

# Denmead Striders Running Club

## Annual General Meeting 2017

Friday 17<sup>th</sup> March 2017, 7.00pm at Cowplain Activity Centre.

### Minutes

The Chairman, Terry Aked, opened the A.G.M. at 19.00 and thanked everyone for attending. He reported as follows;

Since the last AGM we've seen a lot of changes within the Striders. We have of course witnessed the arrival of a new chairman, (time will tell if he turns out to be any good!), but we also welcomed a new editor for our newsletter, a new webmaster, head coach, ladies captain, members rep, results guru's, 3 new coaches and a gazebo!!

We have seen another greatly successful Denmead 10k, some amazing race days, Ryde, Kent Roadrunner, and the remarkable support at the Portsmouth Coastal marathon, where there were as many members out supporting as running, all spring to mind. New members have arrived and fitted in nicely, Lee's curry and drinks nights are as popular as ever- maybe too popular for a running club??

I feel the great thing to come out of all this is that it feels like nothing has changed. We still have a happy friendly club, we still support and encourage each other and we still get to go running with people we consider as friends. So I hope everyone else feels the same, and our club continues to provide what our members want. Judging by the smiles and laughter I see on a weekly basis we are all still enjoying it, and that is the important thing.

### **1.1 & 1.2 2016 AGM minutes – Matters arising.**

There were no matters arising from the previous AGM. The minutes from the previous AGM (18/03/2016) were agreed and signed as a representative account of the meeting.

### **2. Reports from Committee members.**

#### **2.1 Club Secretary – Tracey Crank**

As stated in the club constitution the Club Secretary confirmed the club is affiliated to UK Athletics (UKA) and its subsidiary England Athletics (EA), The Hampshire Athletic Association (HAA) and the South East of England Athletic Association (SEAA)

The club is also affiliated to the following 'racing' leagues. The Hampshire Road Race League (HRRL), where we have 2 ladies and 3 men's teams, and the Southern Cross Country League.

The committee met on several occasions during the year and the minutes are available on the website. There were no proposed changes to the Constitution.

#### **2.2 Treasurer – Stuart Hoare.**

For the past year the club remains in a healthy financial state, as shown on the income and expenditure accounts appended to the minutes.

The club's income is generated from the membership subscriptions. During the past year England Athletics raised the registration fee to £13 per person, with a further rise in the current year to £14.

The club has raised the current membership subscription to £24 to cover this increase.

Other income received by the club is derived from a contribution from providing marshals at the Great South Run £300 and from Online Easy Fundraising commissions of £218, which pays towards the various running costs and affiliation fees of the club. The running of the Denmead 10K, does generate an additional revenue stream and this has enabled the club to purchase the Gazebo, cover the costs of the Social Events and recently paid for some Coaching Courses for club members.

### **2.3 Membership Secretary – Julia Revill.**

2016 was a record year for the club with 166 members on the list by the end of November.

It was good to see many new runners to the club as well as the renewals, with an approximate ratio of 40% ladies to men.

When I was involved in a race event it was evident that the camaraderie within the club is great and I thoroughly enjoyed being with the other members and their support. I am looking forward to an equally enjoyable 2017.

### **2.4 Publicity – Sarah Heard**

Membership has remained at a very healthy level this year so publicity efforts have not been required. Denmead Striders continue to enjoy a good profile in local news, with frequent coverage of notable performances by club members at local races.

### **2.5 Club Captains**

#### **Martin Shaw**

At the end of the last season the men's A team finished in 6<sup>th</sup> place in division 1, the B team 9<sup>th</sup> in B division 1 and the C team in 4<sup>th</sup> place in B division 2.

Congratulations go to Julian Manning who won the individual league in HRRL. Other notable performances in the league were Jon Sullivan in 14<sup>th</sup> place overall, Gary Armstrong in 23<sup>rd</sup>, Lee Mawson in 45<sup>th</sup> just pipping Paul Welch in 46<sup>th</sup> position. Brian Harris was one of the few runners in the league to complete all the races.

This season with 5 races to go, the A team is 7<sup>th</sup> in division 1, the B team 9<sup>th</sup> in B division 1 and the C team 4<sup>th</sup> in B division 2. Unfortunately Julian is only in 2<sup>nd</sup> position in the individual league but I'm sure that will change.

Overall our league form is pretty consistent and the number of men participating in league events is growing.

#### **Kirsty Bailey**

Firstly I'd like to acknowledge and thank Mel for a sterling job as Ladies Captain over the past few years and for giving me the opportunity to take over the role.

The ladies finished the 2015/2016 season with the A team in 2<sup>nd</sup> place of A division 2 and the B team in 10<sup>th</sup> place out of 14 in B division 1. The A team was subsequently promoted to A division 1 and the B team maintained a solid performance to stay up in B division 1 having been promoted the previous season. 4 of our ladies finished within the top 65 - Liz Steward 18<sup>th</sup>, Kirsty Bailey 30<sup>th</sup>, Mel Hunt 39<sup>th</sup> and Anita Crawley 58<sup>th</sup>.

With 5 races remaining in the 2016/2017 season, the A team are holding a strong position of 6<sup>th</sup> place in A Division 1 and the B team in 11<sup>th</sup> so if we continue to perform at the current level there should be no reason why both teams should not remain in division 1.

## **2.6 XC Representative – Graham Clarke**

The cross country season seems to have passed very quickly this year – or maybe it is just me getting old! The fixtures this year were the same six events as last year but the weather has been a lot kinder to us with mud being a significantly less dominant feature except at Lord Wandsworth College! The Manor Farm took place on an exceptionally cold but bright January day but the usual mud had turned into what felt like concrete through my trail shoes and was significantly more demanding on the limbs (it was for me anyway!).

Competition from the other clubs was very strong in all the races. There were some exceptionally fast young runners from the likes of Basingstoke, Haslemere and Farnham but they were just within the speed limits set by the League. Consequently our own teams we didn't manage to stay in the top ten this year and we finished 14<sup>th</sup>. However this was not through lack of enthusiasm of our members. We fielded full men's and ladies' teams for all but one event and at the QECP race, a record number of 38 Striders competed which is brilliant. Most importantly, I am pretty sure that everyone enjoyed the races which is really what these races are all about.

50 Striders participated in at least one of the Southern Cross Country League races, 12 of whom completed four or more races, earning themselves Striders' League bonus points!

Congratulations to all of you in the scoring teams this year and in particular to Paul Welch and Gary Armstrong (5 times), Matt Cheyney and Mel Hunt (4 times) and Liz Steward (3 times).

I would like to give special mention to Tony Laurenson who completed all six races and to Lisa Peckover, Mel Hunt, Gary Armstrong, Paul Welch, Brian Harris and Gary McCawley who missed just Pamber Forest due to a clash in dates with the Solent Half.

I would also like to thank Clare Welch and Mel Hunt for their help in recording the positions of our team members at the end of the races and Alan McVittie for stepping in at Pamber Forest when I decided to take the easy option of the Solent Half!

This is the last time that you will have to listen to me rambling on at the AGM as XC rep but hopefully I will still be participating in the races. Thank you for your support over the last 5.5 years and I know that you will do the same for my successor.

## **2.7 Coaching – Graham Bowpitt**

This year has been a great year for the team of coaches, the standard of coaching has just gone from strength to strength and it has been reflected in the fantastic results that the Striders have achieved. I want to thank all coaches for the commitment and effort that they have put into making the sessions run smoothly and at times changing them at short notice due to changing circumstances.

Massive congratulations to Gary McCawley for taking on the role of Head coach and I thank him for being the driving force behind the last two training schedules. I would also like to congratulate the three new coaches Rory Heard, Paul Welch and Kirsty Bailey on passing the Lirf course and hope that they enjoy coaching as much as we do.

On a more personal note I would like to thank every member of Denmead Striders for making the 6 years I have been a member so much fun. You are a brilliant bunch of people and I will miss each and every one of you, as we start our new life in the west country. If you are ever in the area please feel free to contact me on facebook/email and call in for a cuppa or a run. You will be most welcome.

### **3. Affiliation to the HRRL and SCCL for 2016/17**

The Club Chairman put forward a proposal that the club remained in the HRRL and the Southern Counties Cross Country League for 2016/17 season.

Proposed: Julia Revill  
Seconded: Mark Pelley

The proposal was put to the A.G.M. and agreed.

### **4. Election of Officers.**

The Cross Country Representative reported that he would be standing down and Paul Welch had kindly agreed to take his place. All other committee members were happy to continue in their roles.

The chairman asked if anyone else wanted to put their names forward for any of the positions which would result in an election being held.

<b>Position</b>	<b>Elected Officer</b>
Chairman	Terry Aked
Vice Chairman	Lee Weeks
Treasurer	Stuart Hoare
Club Secretary	Tracey Crank
Membership Secretary	Julia Revill
Club Captains	Martin Shaw & Kirsty Bailey
XC Representative	Paul Welch
Club Kit	Terry Aked
Newsletter Representative	Claire Welch
Publicity Officer	Sarah Heard
Website	Sarah Heard
Members Representative	Mel Hunt
Members Representative	Richard Gray

With no further changes the above officers were appointed.

### **5. Health and Safety**

There were no notifiable occurrences during the year. It was agreed that runners would continue to be encouraged to wear hi-viz and additional signage was being sought to put out on training nights. With the additional businesses being built at the winter training site more sessions would be moved to Berewood Estate to provide a safer environment.

### **6. Website Update – Sarah Heard.**

This year I completely overhauled the website over Christmas. Thank you to all members for your feedback on what you like, and what you would like to see added in future - I am planning on putting the committee member photos back online over Easter.

The new website lets me give other people accounts and Clare Welch has kindly been the guinea pig for putting the race results and if you have content you want to update the website with on a regular basis, and you would like to do it yourself, please contact me and I can give you an account and show you how to do it.

I hope you find the new website useful and am always happy to hear any suggestions for improvements.

## **7. Club Newsletter – Clare Welch.**

The new format of the newsletter has now been running for a year and appears to be received well. From feedback received, some of the regular features such as race dates are helpful.

I still receive contributions from members and the new photo section suggested by Martin Parfitt seems to attract even more participation.

It would be great to get more feedback from peoples experiences, especially if it something weird and wonderful. However, I know not everyone is keen to put pen to paper so if anyone has suggestions on how else we can capture this it would be appreciated.

## **8. A.O.B.**

8.1 None notified

## **9. Chairman's Closing Remarks.**

As another AGM draws to a close I would like to welcome Paul Welch to the committee as our new XC rep and thank him for taking on the role. I must also highlight and thank all the committee members, as well as Gary, Lisa and Clare for providing the results every week, Rory and his team for their faultless organisation of the Denmead 10k along with everyone who helped in various roles on the day. Then there is Mick, John and Sue who all help with training sessions throughout the year, Steve T for his legendary Lidl runs, and anyone else I've missed.

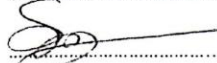
It's teamwork that keeps this club going and a lot of people put in a lot of time and effort so we can 'just go running' a couple of times a week. So on behalf of all our members, thank you for all you do, and here's to a successful 2017.

We will now have a short break before commencing with our awards night.

Meeting closed at 19.30

<b>DENMEAD STRIDERS RUNNING CLUB</b>			
<b>Income &amp; Expenditure</b>			
<b>01 January 2016</b>			
<b>to 31 December 2016</b>			<b>2015</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Balance held, 1 January 2016</b>			
Balance at Bank		3,540.63	3,093.60
Cash in hand		-	-
		<u>3,540.63</u>	<u>3,093.60</u>
<b>Income</b>			
Subscriptions	3,277.00		2,228.00
Great South Run	300.00		300.00
Donations	-		255.00
Easy Fundraising	218.22		151.36
Other	-		165.00
	<u>3,795.22</u>		<u>3,099.36</u>
<b>Running costs of the club</b>			
Affiliations & memberships	2,227.00		1,831.00
Gazebo	691.97		164.98
Equipment, etc.	64.36		141.98
Donations to CRY	-		300.00
Stationery & other costs	85.56		72.07
Website/Domain	36.87		-
Awards night costs	814.00		861.13
Social events	455.75		211.14
Ryde Road Race transport	253.75		322.50
Kent Road Race, transport contribution	150.00		-
Club Kit	114.40		98.80
	<u>4,893.66</u>		<u>4,003.60</u>
<b>Club running deficit in the year</b>		<b>(1,098.44)</b>	<b>(904.24)</b>
<b>2015 Denmead 10K, surplus</b>		<b>1,070.58</b>	<b>1,351.27</b>
<b>Balance of the Club, 31 December 2016</b>		<b><u>3,512.77</u></b>	<b><u>3,540.63</u></b>
<b>Represented by:</b>		<b>£</b>	<b>£</b>
Balance at Bank		3,422.77	3,540.63
Cash in Hand		90.00	-
		<u>3,512.77</u>	<u>3,540.63</u>

I confirm that these accounts, consisting of the Income and Expenditure Account are in accordance with the books and records as presented to me.



Mrs Sarah Hughes AAT  
Independent Assessor