



Minutes for Committee Meeting

Tuesday 13th February 2024. At 20.15 St Austell Rugby Club

Fixed Items

1. Welcome and Chairman's report

A general report on GP races, Purple Gecko. Good support from all our athletes across different events. Good turnout for the Eden Parkrun takeover

2. Apologies for absence. CG,MT,TW,JR,GP,MN,PJ,AT,

3. Review of minutes of the last meeting (relevant items can be moved to be discussed later, if likely to be covered by the agenda)

Minutes from last meeting okayed

4. Membership report (New membership rates and benefits, members introduction letter)

140 members, Female 67, Male 73

5. Treasurer's report

£13,465.07, Payment for leaders courses, individuals to be reimbursed when they pay for their course, still trying to sort out the bank account to go online and to only have one signature rather than two

6. Secretary's report

Constitution looked at and the Kit description amended, all agreed that they are now up to date, this is to be uploaded to the EA site and our website and App

7. Club Races, Sir Richard has been contacted regarding the Gribbin race, we will also contact all people connected with the route of the race, get something printed out with all the information on and post through all doors around the route so everyone knows when it is and the route.

Imerys will not go ahead this year, but there is an option if Imery's can commit to having people from them to help and liaise with us then perhaps this is something that could be looked at for another year.

Still in the process of working on a new race route for this year for the replacement Imerys run, this will hopefully be confirmed for the next meeting, try a new route with less road crossings.

Eden entries opening the end of this month for the early bird entries, they have contacted us regarding the race event fee, this has been £1,500.00 with the amount of work this entails we have increased this to £2,000.00 this will be put to eden and we will wait for their confirmation or rejection of this.

Also looking at dates for the Saints way social run, may be May as usual or could coincide with Fowey sailing weekend, checking dates

Coaching, Training & Captain's/Vice-captains update

Mens Captains Update

Gp series continues to see really strong STARC representation with both Stormforce and Newquay

Jake Stone and Ryan continue to represent STARC well in the various purple gecko run.

Further afield, another good showing from Our distance runners who did amazingly at the Arc of attrition.

It's been really good to see new members in regular attendance at both training and races.

Damen really getting stuck in at races and Derrick joining us to help with his marathon training but really enjoying the club and moving from sub 10 to sub 9 and keeping up well.

Lots of improvement on times throughout the gp series.

Ladies Captains update

We're starting the year as we mean to go on! We're doing amazingly in the MTRS with members on the top 3 for most of the age categories and this will start again at Boconnoc!

The GP is going well with fantastic numbers and great to see new members and returning members. Debbie Marshal is 5th in her category and Janet Wills is 1st in her age category 🍌 We continue to promote the GP races.

Karina Bowers took on defeated the Arc of Attrition 50 miler again, incredible.

We have had a few races further afield with Lorraine Hore getting 5th in her age category at Exeter Half Marathon and Emma and Beckie running Pagan Trails Half Marathon.

8. It goes to show we have lady runners representing all ages, all paces and all distances!

9. Run/Walk Group update

There has been a good turn out for the 0-5K, several of the starters are still coming each week. Also the Run/Walk group has a good healthy amount turning up each week. Will sort out leaders tops for the regular Run/Walk leaders to help promote this group while out running

10. Leaders and coaching

Update from leaders meeting, separate file for full update from meeting, but the summary of this meeting is we had lots of good ideas among the leaders that came and a suggestion of information for structured sessions was mentioned, Doug is happy to do these with a powerpoint session and practical sessions so that everyone can participate, the powerpoint can be saved and shown to other leaders in the future, also an idea to add strength and conditioning with Rich. also if anyone is interested in taking there coaching qualifications as we don't have many at the club at present, the coaches are Martin, Doug, Andy, Jacqui and Dave who is a level one coach in triathlon

11. Welfare

A facebook post has been put out from Iain and Mel to ensure that any members that are injured are still included in the club, to contact us so we know that they have a problem and that we are here to help. Iain has also introduced himself to all groups as the Chaplain so that anyone who would like to discuss anything in confidence

12. Social

Looking at a new venue for the Christmas party, had good feedback for the Brit, they have been contacted, agreed to confirm the marquee and date for the party. Social runs being organised for a Sunday mixed groups and other social events

13. Website/Publicity

127 members using the club App, newsletter and minutes also on the app, also the template is ready to add information on for the next newsletter

To try and raise awareness of the club through local charities, liaise with them to see if we can offer help to those maybe running the marathon for the first time, put together a promotional pack with help and support, perhaps start with Jane at Cornwall hospice and see what the feedback is.

AOB

A plan to have the club shop opened 4 times a year, and to publicise when it opens so that orders can be placed, there is still stock at Cornwall Physio for anyone who wants anything, this is the old heavier tops, possibly hold some stock of the lighter tops at some point, a stock of hats and buffs are held at the club, cash sales only.

STAARC had been contacted regarding one of their runners running at a GP event in a purple top, they had already been contacted by someone else, they were going to look into it and put out an email to all their members to ensure that they are using the affiliated club tops when running.

Sam and Jo attended a course for Race directors which went well

An idea was put forward by Lorraine for the club to look into having a club slogan, this could be opened up to club members for their suggestions and it could be used on club kit etc.

Meeting closed at 21.53pm

Next Meetings: 26.03.24, 07.05.24, 11.06.24, 30.07.24, 10.09.24, 15.10.24, AGM 07.11.24,
03.12.24

All committee meetings at St Austell Rugby club, Tuesday's Start 20.15

AGM on Thursday in November 19.00 - Rugby club