



## Minutes of Committee Meeting

Tuesday 26th March 2024 At 20.15 St Austell Rugby Club

### Fixed Items

1. Welcome and Chairman's report

Doug's open day raised £1,100.00 but there are still more donations coming in, £500 to the St Johns Ambulance and £600 to Jane for the Cornwall Hospice.

Doug's leader night is all booked

0-5K was successful and may be have medals/certificates for those that complete it in future.

Members renewal, Gemma to check with Club members what membership they would like before joining, incase of any changes

Look at the benefits of being with the EA, as the license fee is increasing to £19 per member

2. Apologies for absence. JS,AT,GP,MN,TW,LH,CT

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 of last meeting 13.03.24 were agreed as a true and accurate record

4. Membership report

223 paid members, 17 new members in March which several came through the 0-5K

5. Treasurer's report

£13,346.83 in the bank, Outstanding Foodbank (Jo) and Lex designs (Mandy)

6. Secretary's report

Club affiliation £200 and £19 per member

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

Jo, James and Gwen doing leaders course, will look at what groups need more leaders and request more people to do the leaders course

Gwen

Leader notes

MTRS

5-7th Jacqui Emma and Beckie overall

Age categories -

1st Gwen

3rd Izzy

4th Karina

1st Emma

5th Sam

2nd Jacqui

3rd Beckie

2nd Janet

4th Female Team

GP races

We've had the Looe 10 Miler and Falmouth Half with a strong turn out for both races.

11th Debbie overall

Age Categories -

1st Debbie

6th Sam

6th Jacqui

7th Lorraine

3rd Janet

6th Ladies Team

Falmouth - Janet 1st and Megan 3rd age cats

Looe -  
2nd overall Jodie  
Age Category -  
2nd Jodie  
4th Megan  
7th Karina  
5th Ladies Team

#### Marathon Training

A number of our female runners are work hard marathon training. Lorraine, Sam and Debbie for London and Jules, Sam E, Chris, Shell for Edinburgh

#### 0-5K

We saw a huge number of women take on the 0-5K and we hope many of them will stay on with run-walk and join the Tues and Thurs nights. Amazing support from the whole club

Races run by female members - Chester Ultra, Bideford Half, Lulworth 12K, Minnesota Half, Cousin Jack, Polruan Shuffle

James

#### Men's team round up

Our fantastic turn outs at events continues with a good showing in the GP series and other events across the region.

The men braved biblical rain on the dreaded hills of Looe 10 Miler in race 3 of the GP series. Mark Sweeny came second in his age category and Malcolm Roberts came third in his age category.

Slightly better weather arrived in time for Falmouth Half and yet another good showing from the men with Tim Adams coming second in age category, Mark Sweeny coming third in his age category and Iain Walker coming first in his age category.

In the Purple Gecko series, Jake Stone lies second in the men's 5k series with Ryan hot on his heels in third.

There was a great turnout from St Austell runners at both the Granite Way 10 and 20 Miler and Bideford Half in early March.

With such great interest for both events on a weekend where there were no GP or MTRS races, it might be worth seeing if there's an appetite to get an even bigger turnout for one of these events in 2025 (Bideford Half please!)

We now look ahead to a gaggle of us attending Fowey Tunnel 10 on Good Friday, An Res in April then Boconnoc 5 in May.

A special mention to Derek Thomas. Derek joined us as a sub ten runner only a few months ago.

At Falmouth Half, Derek completed the course in 1.48.14!

#### 8. Run/Walk Group update

The 0-5K came to an end with several running the park run, we also had a good turnout from club members to support the runners, thinking next year we could have certificates or something to give to the people that complete it, also something for them to wear when doing the park run so we can easily pick them out from the other runners.

The Run/Walk group is going well with a good number coming each week and also some of the 0-5 have joined as members and are coming on a Monday and main club nights. Also doing a Spring tour with the Monday group as the summer and christmas tours proved popular

#### 9. Leaders and coaching

Leaders follow up sessions to be organised with Doug and the Rugby club, Gwen, Jo and James doing their leaders courses, we also need to try and recruit more leaders.

#### 10. Club Races, Replacement race for Imerys,

Recce of new Imerys route needs to be done, the route we have at the moment has a main road crossing issue, hoping for a 13 mile route but it may be a 10 mile route.

The Gribbin entries are to be organised and made live on Slentries, letters need to be dropped to all the people on route to inform them of the race, also need to check the carpark for the event.

Eden have agreed to the new management charge of £2,000.00, they have increased the entry fee, the early bird entries go live the end of March beginning of April.

#### 11. Publicity and Website

Website is going well, the world map is filling up, App is also going well and members find it useful and informative, but not all members are using it so may need more advertising. The welcome pack will have all info on the club, strava app and Club Shop. Newsletter is due out this week, and also needs to advertise the Saints way, giving information on each of the sections to encourage new members to join in, London ballot and marshaling.

#### 12. Welfare

Welfare for newsletter, been sent to clive, welfare officers to be contacted by members that are injured to see if they need any help and support, Iain also doing bereavement training, orange badge mental health & suicide. Has got a new Chaplain jacket which is purple, has had a positive effect and even been approached by other runners from other clubs. Also make an announcement of when we can turn left out of the club

#### 13. Social

Christmas party booked 29th November at the Britannia Inn in the Marquee, they need a deposit of £500.

Fundraising ideas such as a Summer ball, Garden Party for the summer, Janet Wills has offered her garden for this, raffles, quizzes, charity run ect.. Also a film night Running the Roof which Jodie May-Gould is in, a night where we can watch the film and have Q & A with Jodie

Any other Business

Saints Way date 2nd June 2024

Meeting concluded 21.30

Next Meetings: 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

Proposed AGM on Thursday in November 19.00 - Rugby club