



Minutes of Committee Meeting

Tuesday 10/09/2024 20.15 St Austell Rugby Club

Fixed Items

1. Welcome and Chairman's report

Welcome everyone. Thanks to Paul for chairing the last meeting.

Welcome back to Loraine, glad that you have had the all clear to start jogging (running lightly) again.

Par Inn run - was really well received by all who attended. Thanks to Chris for organising.

Lots of people taking part in many of the GP races - some fab number of attendance well done to the Captains for generating the enthusiasm.

Rat - Well done to all members who challenged themselves with the various distances.

Emma & Beckie - Finished their Purple Gecko 100 mile challenge on Saturday last.

Really well done to Bradley - Saints Way Ricochet new course record!!

Park Run takeovers - good presence by the club - Thank you Paul for organising.

2 Apologies for absence. TW, MB, MN, MT, JR

3. Review of minutes of last meeting

Minutes OK from last meeting,

4. Membership report/New members

We have over 180 paid members at the moment, so the membership is remaining healthy, several new members and interest through the facebook page, will need to compile a list of people who have not renewed and these will need to be removed from the app, there details will remain on file incase they wish to join at a future date

5. Treasurer's report

16,237.28 in the bank account at the moment, a cheque for the food bank from the Gribbin race 250.00

6. Secretary's report

Nothing to report

7. Race reports, Captains/Vice Captains updates

Ladies Captain Report -

Bodmin Triathlon - Claire Todd

Purple Gecko Scorrier 5K, 10K and half marathon by Alison, Wendy, the run/walk crew and Debbie Gibbs

Kaolinlite - Jodie Gauld First Lady, Izzy and Claire Todd did the swim/run

St Ives 10K - Shell, Mel and Sam

RAT - many people took on the different RAT distances this year, some seasoned and some taking it on for the first time.

White - Gwen and Mel Nile

Red - Debbie Gibbs, Hannah Watts, Jo Rich

Black - Jacqui Martin, Georgia

Plague - Karina Bowers

Indian Queens

Sticker 5 - Karina Bowers, Theresa Williams and Janet Wills 3rd age category

Treggy 7 - Karine 2nd age category

Cheltenham 10K - Lorraine Wherry

Purple Gecko Saints Way - Beckie and Emma who completed the Saints and Smugglers 100 miles

Bude Pirate Run - Nat 2nd and Karine 3rd age category with ladies 3rd team overall

GP -

Courtney Marks 2nd

Debbie Marshall 1st

Sam Ewart - 2nd

Janet Wills - 3rd

MTRS -

Shell Dunn 2nd

Janet Wills 2nd

STARS 🌟

Jacqui Martin 1,000

Jodie Gauld 3000

Beckie Shore 500

And more...

Mens report

As we near the end of the main GP season, it's been an honour to be the captain of a team that's shown so much enthusiasm throughout the year.

At Treggy 7, there were comments on how many STARC attended the event and Sticker saw 44 runners racing for us. That's almost 20% of the entire field!

Damen Powell has completed all races so far with another 11 men having completed 8 or more races and others not far behind.

In the standings, the men's team are sixth in the standings with us being one of only two clubs to have had representatives at each GP race.

In the age categories, we have the following men in the top three positions.

2nd, Malcolm Roberts, Mark Sweeny, Mike Counter,

3rd, Steve Menear, Christopher Baggot, Stuart Richards, Matt Row

A special mention to Andy Coles for his recent appearances in the top three in his age categories with more surely to follow.

Ian Walker has had a clean sweep in series and is likely to wrap up 1st place in his age category at Truro half this weekend.

Next up in the GP series, Truro Half Marathon with 25 STARC runners

MTRS

The new MTRS series began at Tywardreath in late July with 34 runners representing the club.

Mike Counter enjoyed his first appearance in the Male 60-64 age category with an age cat win! Andy Coles also won his age cat, with Rich Martin coming second in age cat.

Strong positions followed for the Club in both the St Ives 10k and the Bude Pirate run

2nd place for the men's team and Bret coming first in age cat and Steve coming second.

Other races saw Brad setting a new record in the Saint's Way ricochet. A sub pace for 55 miles. Incredible!

8 Run/Walk Group update

The Summer tour has been going extremely well, with 30 people at the last Monday gathering, only one more of the tour to go and then we will be back at the club, the evenings are drawing in so hi viz/reflective clothing and torches are at the ready. There are a number of the Run/Walk who are entering races and doing well and gaining in confidence, also some coming to the main club nights, so good to see them setting the goals and achieving them in their running and transferring those skills into everyday life. The track is also doing well and more or less covering the cost of the hire, this month we split the group to enable those that had been more often to challenge themselves without frightening the new comers, perhaps try and encourage some of the other groups to come and join us at the track throughout the winter, so all in all the group is doing well

9. Leaders and Coaching

A few leaders are near to completing their training course, Doug has suggested putting together a training programme for people to improve their 10k or 10 mile time, this will be put together and hopefully start after Eden in time stormforce in the new year and Newquay 10k

10. Club Races

Gribbin has had lots of positive feedback from people who ran it, a cheque for 250 will be given to St Austell Food bank and the food that was collected, next year we are looking to maybe change the date as the last 3 MTRS races are very grouped together, also it would be nice if a representative from the foodbank come to the race and all the food donations could be taken away on the day.

Imery's replacement, still waiting on people to get back to us from Imery's about the risk assessment, then we can confirm a date and get permission to where the start will be

Eden, there is a problem with a bridge missing at Pontois Mill, the bridge has been gone since about May and we were hoping that this was going to be replaced before the Marathon and half, Countryside Commission have said it will be done in September but this is very close to the race, a new route has been looked at and this needs to be run and a risk assessment done, with also a slight change in the middle to make the distance correct, as soon as this is done the new route can be mapped and new marshal points added. The marshal points are in hand with previous marshals being approached to do the same points as they have done before, then any that need filling a call will be put out for help, the pasty delivery for the marshals has also been thought through with also the possibility of the free beer also being delivered as those that are a way out will probably not come to Eden after they have been marshaling all day. The tail runners for the half and marathon are in place, also membership cards for those that help on the day.

11. Publicity & Website

The photo on the Facebook page to be updated, by Sam, a list of past members that have not renewed this year to be done and then these people removed from the app

12. Welfare

A post to go up regarding hi viz/reflective clothing to be worn also head torches etc.. the light is fading fast now and people need to be wearing this for safety. The voucher that we have we will use to buy the club hi viz then these can be sold to anyone that would like to buy them, also yellow hi viz vests to be sourced with the grey reflective club logo on so these can also be purchased, New samples of the ladies vests are also coming with the next order.

13. Social

Weather hasn't been that kind to us this year to organise the camping and BBQ, Looking at doing

another winter/spring run from the Par Inn, maybe even a Summer ball next year, also another quiz night either Bethel or Heavy transport. Advertise the Christmas party as the Britannia need figures the end of September, the committee have agreed to subsidize the Christmas party again this year and also to supply wine at the table. Also the film night and Q & A with Jodie is being organised just waiting on confirmation of dates from the Rugby club and if they can supply anyone for the bar.

Any Other Business

Membership prices to remain the same for next year (checking on the price of the EA membership)
AGM date confirmed as the 7th November so we need to get this date out to the members, also any candidates for the Vice captain positions, also post the criteria for the London marathon place so we can draw this at the Christmas party, suggestions for the awards so these can also be ready for the christmas party, Dinos art work bought by Sam for 50 pounds. The CRRRG are looking for a new chairman, if anyone in the club is interested to let them know, Doug has information on what is required as chairman as he has done it before.

Meeting finished 21.57

Next Meetings: 15.10.24, AGM 07.11.24, 03.12.24

All committee meetings at Tuesday 20.15 – Rugby Club.

AGM on Thursday in November 19.00 – Rugby Club. (Proposed date above)