



## Minutes of Committee Meeting

Tuesday 7th May 2024. 20.15 St Austell Rugby Club

### Fixed Items

1. Welcome and Chairman's report

Welcome to those present.

Special mention Loraine who has a significant injury, but is improving.

Membership renewals have been sent out.

2. Apologies for absence. MN,LH,AT,CG,DG,MT,TW

3. Review of minutes of last meeting

Minutes OK from last meeting

4. Membership report

163 paid members

5. Treasurer's report

Balance of accounts as of 01.05.24 15,246.03

6. Secretary's report

Nothing to report

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

A suggestion to have the main club runs from different start points, also a recce of Tywardreath Trotter and sticker also a treasure hunt

Report from James

London Marathon

Clive, Dan, Brad and Derek all did incredibly well in the London Marathons with Derek running his first marathon and Brad setting an incredible sub 3-hour time.

An Res

33 members in attendance with Doug and Iain coming first in their age categories and Mark coming home third in his age categories.

Boconnoc

Yet another strong showing from the club with 35 members in attendance

Ian, Doug and David coming first in their age categories  
Brad and James Youlden came second  
Antony and Derren came third

Elsewhere

Saltash saw Alan coming first in his age category in the half marathon with Jake and Ryan flying the STARC flag in the Purple Gecko 5k series.

Lots of members have been doing outside of the GP and MTRS series. Worth us asking now and again which events members have booked onto to inspire other runners to join them and have good STARC showing outside of the county too.

There are just too many races and results to list this evening but it's great to see our purple and gold vests being worn around the world.

Report from Gwen

Races Tunnel 10 good turn out from the ladies, some from the 0-5k doing their first race, Freedom racing Sophie Street and Jodie Gauld, An Res Janet Wills 2nd in age cat, Purple Gecko 5k Courtney Marks, Trilateral 40 Melanie Nile, Emma Lawry and Beckie Shore, Paris marathon Jules Williams, Run like hell, Karina 1st Age Cat and Claire Johnson, London Marathon Debbie Gibbs, Sam Eden and Veronika, Rhodes 10k Lorraine Wherry, Smugglers way Gemma Pateman, Emma Lawry and Beckie Shore, Bodmin beast, Karina, Sophie, Jodie, ½ Gwen, Vicky Oakes and Jo, Plymouth half Rachel and Lianne, 10k Kate and Sarah, Bconnoc 5 22 runners Janet Wills 2nd age cat, Weston Park Run Issy, Saltash half, Sam Ewart, Jacqui Martin, 5K Kate Williams

Doing well in the GP and MTRS tables with several in the top 4 places for age cats

Distance stars, Gemma Patemen 2000, Debbie Marshal 2500, Jodie Gaulg 3000, Karina Bowers 1500, Beckie Shore 500, Emma Lawry 500

#### 8. Run/Walk Group update

Run walk is doing well and the Spring tour is proving popular with a good turn out each week, soe members of the Run/Walk 0-5k have moved to the main group with Sarah Price aiming to do a marathon towards the end if the year and Kate Williams, Shelia and others taking part in races and park runs

#### 9. Leaders and Coaching

A few gaps in the leaders schedule but they are generally filled each month, the prompt on messengers and sessions that need leaders does seem to work, also to try and get leaders to commit to 2 sessions a month, suggested that perhaps if they knew what session were coming up but then they could pick and choose and then the same leaders would be left with structured sessions which is fair, maybe trial some joint groups to give members the confidence to move up a group to try it and not feel under pressure. We could do with more leaders across the groups. Doug's leader sessions to be booked in

#### 10. Club Races

Gribbin next month, great response for marshals, Iain is happy to be the sweep runner, Armondo collecting the timing equipment from the race before, Doug is doing the timing and water, there will be a baggage drop at the start and this will be collected in a van and taken to the finish, club gazebo for the cakes etc.. to be sold at the end of the race. National trust has been contacted, 68 entries so far hoping for 150, moving the start back the road so that they can thin out a bit before the field narrows, car park in the main field and someone to collect the money and hand in.

Replacement run for Imerys, a last recce to be done, looks about 10 miles, regular access of paths so no permission needed, just the road crossing at Drummers Hill, check to see if the paths need clearing, also waiting to hear from the Brewery if they would like to be involved and if we can use that as a starting point.

#### 11. Publicity & Website

Sent to the radio and papers regarding Iain as Chaplain, will look in to the main contact for the sports section of the voice and contact them direct, (Lesley Pallet maybe a good person to ask) When Iain wears his Chaplain top to races he has been approached by different people from different clubs to find out what he does, maybe highlight this more so people are aware of it, possibly the club to donate to the Chaplaincy fund

#### 12. Welfare

#### 13. Social

Christmas Party arrive at 6.30pm to sit at 7pm.

Quiz night 5 June 7.30pm at Bethal Social club, sits about 60, 2-6 people in a team 3 per person, 13 for the hire of the club, Iain has a PA system if the club doesn't, Call out for raffle prizes

### **Any Other Business**

ARC as a possible replacement for EA for affiliation, much to discuss on this, the pro and cons such as no marathon place which is dependant on EA membership, but the leaders cost to train could be a lot less and not so time consuming on renewing, a inhouse training programme, EA data base which ARC doesn't have, maybe look at registering with both.

July 27th Park run take over by STARC

Meeting finished 9.44 pm

Next Meetings: 11.06.24, 30.07.24, 10.09.24, 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)