



## Minutes of Committee Meeting

Tuesday 9th January 2024. At 20.15 St Austell Rugby Club

### Fixed Items

1. Welcome and Chairman's report

Gribbin Virtual run, Welcome Lorraine Hoar to the committee. Thank you to Andy Trudgian for all his years on the committee and was awarded the lifetime membership award.

2. Apologies for absence. MN, MB

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 05.12.23 were agreed as a true and accurate record

4. Membership report

New members joining, about 200 members, Gemma is getting to grips with the system

5. Treasurer's report

£13,708.68 balance, still Imerys water station cheque that hasn't been cashed, safeguarding, Par track all up to date, Lex Design all paid and £100 from the Monday track given to Debbie to pay in.

6. Secretary's report

All OK need to check the constitution and once finalised upload to the EA Site, welfare course to be done

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

No races as yet, good entry for Stormforce and the other GP races with entries open, We have several top 10 age categories places in the MTRs which will resume later this year, Janet Wills got 2nd in her age category at St Pirans Revenge, Claire Todd did the Fairytale of Newquay.

Race Directors course coming up Sam and Jo doing this, Cornwall Road Running group will pay for one and the club will pay for one.

## 8. Run/Walk Group update

All good with the Run/Walk, getting ready to start the 0-5K in January

## 9. Leaders and coaching

A few gaps in the schedule needing leaders, but people do volunteer on the night, need to check that all leaders are up to date with their DBS checks, and that they will need 3 forms of identification.

Gwen, Jo and James doing the leaders course, may need vouchers or pay and claim the money back, also will need to book a safeguarding course.

## 10. Club Races,

Eden Marathon and Half will be 20th October 2024

Gribbin 27th June 2024 and will be part of the MTRS, the race committee see all farmers and homeowners personally this time to ensure that they know when the race is and that all access is agreed and cattle are moved for the event. Check the route again for any hazards such as spikes, roots etc..

Still finalising the replacement Imerys race, just to check a few details and hopefully have a firmer idea for the next meeting, the start, parking and proposed route, hopefully approach the Brewery, Poltair, Football club and check the clay trails

## 11. Publicity and Website

Website all ok, App is working well, Members are using it, date of Falmouth changed of the App, Upload the new constitution.

Newsletter is good to release, will be sent out quarterly, a template is done to start the next one, also put the Newsletter on the website, Facebook and App, Add Run/Walk and what the club does and what it has to offer members.

To introduce a new public Facebook page, they can see whats on it and comment, this is a trial.

## 12. Welfare

Contact injured members to ensure that they know they are supported by the club and check if everything is ok and if they need any help.

## 13. Social

Social Sunday runs to be re-introduced, maybe where we can finish with tea and cake and a catchup, these will be open to all runners and a good way to mix members

## Any other Business

List of benefits that members receive, advertise new membership fees, produce a members introduction letter, which can be sent when members join.

Yoga all sorted with the rugby club and Sam, aimed at runners with deep stretching, this will be after a run.£5 per person members only.

£124.80 made from the Virtual run, 27 people ran it.

Parkrun take over 10th Feb 2024, looking for club volunteers, lots of interest so far.

At this moment in time we will not be continuing with the Tri side of things at the present time

Meeting closed 21.25pm

Next Meetings: 13.02.24, 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

Proposed AGM on Thursday in November 19.00 - Rugby club