



Calling Notice and Agenda for Committee Meeting

Tuesday 3rd December 2024. 20.15 St Austell Rugby Club

1. Welcome and Chairman's report

Welcome Andy & Armando to the committee and welcome to all the committee

2. Apologies for absence. MN, DS, CT, CG, DG, GP, TW

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

Minutes approved from last meeting

4. Membership report and approval of members

Was agreed that any new members would now be held until the new year, to get the extra time on the membership

5. Treasurer's report

Balance of accounts 12,884.19, a few things to add to the balance 400.00 raffle, 110.00 from the auction minus the cost for trophies

6. Secretary's report, Yoga Dates, Strength and conditioning dates, Marathon place

Date for the above all approved by the rugby club and agreed with Sam and Rich, Details to enter the marathon will be sent to Janet Wills

7. Race reports, Captain's/Vice-captain's update (advertising for new captains and showing who has been captains before)

Gwen Maggs Ladies Captain

Eden Marathon and great runners in half and marathon all paces from the club and great support for marshalling

Jodie Gauld 2nd Female and 10th overall Maverick Race 100km Jurassic Coast

Rosemullion 10K - Nat Downing 2nd age cat, Karina Bowers 3rd age cat

Cornish Marathon - Jodie Gauld 1st overall, Jodie and Nat Downing 1st age cat and 3rd Janet Wills. Female Team - Jodie, Nat, Karina Bowers, Debbie Marshal





Lobster Lollop 5K - Courtney Marks 3rd age cat, Theresa Williams 2nd age cat and Ann Bradley 2nd age cat Canicross.

MTRS age cat - Shell Dunn 2nd, Karina Bowers 2nd, Mel Nile 3rd, Janet Wills 2nd

GP Results -

2nd Female Overall - Jodie-May Gauld

Age Categories -

-  Jodie Gauld
-  Janet Wills
-  Karina Bowers
-  Debbie Marshall

Debbie Marshall completing all 14 races

Completed the 8 GP races -

Jacqui Martin
Sam Ewart
Courtney Marks
Gwen Maggs

James Stephens Mens captain

Men's Team roundup - December

I'm delighted to welcome Andy Coles to the team and the committee as our new vice-captain.

The combination of Andy's regular appearances at the club and races, times tumbling, age category success and Andy being an all-round good guy made this selection a no brainer.

Mob Match

Another strong turnout at this year's Mob Match which was a great sign off for Harry Stallard's time with us.

Harry is a really good example of someone who's progressed in so many ways by being a STARC member. From that shy lad who'd done a few 5ks to the seasoned runner who's lost so much weight, run 17 races for STARC including 5 half marathons and I believe he's gained so much more confidence from being in the club.

Iain Walker did it again. Another first place in age cat over four minutes ahead of his nearest rival affirming why Iain was first overall in both the GP and MTRS series this year.

Elsewhere Mark Sweeny picked up another award coming second in age cat. Another great year for Mark.

GP Results

We certainly made our presence felt at the series awards with the loudest and most supportive club in the hotel. We hope that we didn't disturb paying hotel guests too much!

Ryan Marks came second in the Mini GP series and the other age cats results follow.

1st – Iain Walker, Malcolm Roberts
3rd – Dave Speake, Mark Sweeny,

Damen Powell was one of one eight runners to complete all 14 races this season. Well done to him for not only completing his first marathon but two marathons in the same month!

Christmas Party

A fantastic night was had by the men at the Christmas party with no men falling over. Unlike the ladies team. Thank you Christine.

Next year

57 entries for Stormforce and 68 for Newquay 10k so far (men and women). Thank you to Doug and Jacqui for their encouragement and making this possible. Roll on January.

A gaggle of us will take part in the Brown Willy Run on New Year's Day and hope to see you there! Eden Park Run before is optional.

8. Run/Walk Group update

0-5K will run again in the new year, it will be a 10 week course and will finish on the with a Park Run on 29/03/2025, an idea from Paul to also have a STARC park run take over the day as well, for extra support, also James suggested perhaps a press release to local media. The Run/Walk tour is going well with a good regular number turning up at each of the runs and some members joining the main groups on a Tuesday and Thursday

9. Leaders, Training and Coaching,

With the EA costing 175.00 per leader, we are going to train some leaders in house and through ARC, to give them a full training schedule and help with confidence to talk to a group, risk assessment, structured sessions, we want to make sure they feel supported and confident when leading. We need approximately 20 new leaders throughout the groups, do in house training with a quicker turnaround than the EA training, partner them up with another leader until they feel competent, also inhouse safeguarding, first aid courses new leaders, maybe refresher courses for present leaders, about 7 leaders for each group, Paul is going to look into some safeguarding material to use for training. We will still have the EA leaders as renewal isn't a huge cost, the coach coordinator oversees the training headed by the club coaches and the welfare team. a sub committee and group to be set up for the training and then report back to the committee

10. Club Races,

New date for the Gribbin race, possibly 28th May, so it is not the last race of the MTRS season, Everyone paid, maybe not the granite towers

Imerys replacement run is going well, Mark who is a member of the club and one of the main managers at Imerys went along on the recce and likes the route and is happy to get the permissions that we need to get the race in a position to run, waiting for sign off from Imerys, but we would need to probably have the race on a Saturday so we can use the brewery for the registration, and start, this cuts down the road use and will cut down the number of marshals needed, risk assessment done, possible date 22nd March, 10 mile route, hopefully sponsorship from Imerys and the Brewery.

11. Website,

The STARC app is now closed, all information will be posted on the Facebook page and the website will be updated with all relevant information and forms that are needed,

12. Welfare

All ok and checking on any courses that need to be done

13. Social

Christmas Party was a success but would look into finishing later next year, it was sold out, also looking at more social runs next year mixed groups, Irish pursuit and hoedown, the right leaders for each group, Sunday runs to be introduced and the recce runs for the going for 10.

Any Other Business

Iain Approach ways to integrate run/walk into Tuesday and Thursdays, also ways to use Par track, Also look at ways to encourage people to move up groups
Had a discussion on integrating the Run/Walk in to the main groups, to continue with the support and encouragement to join the Tuesday and Thursday and try look at ways of encouraging use of the track, waiting on new dates from Newquay and Par training sessions that club members can join
ARC training of leaders Covered above

Agree meeting dates as below - agreed

Also waiting for samples for the new kit, Hi Viz prices from SScreen print just would like to see samples, also a mock up and sample of the new club kit before making any decisions, we've also had the prices for the sew on madges but would also like to see samples of the printed and sew badges yo make a decision on if we are going to order any.

Next Meetings: 07/01/2025, 18/02/2025, 25/03/2025, 06/05/2025, 17/06/2025, 29/07/2025, 09/09/2025, 14/10/2025, 06/11/2025 AGM, 02/12/2025

All committee meetings on a Tuesday 20.15 – Rugby Club.
AGM on Thursday in November 19.00 – Rugby Club. (Proposed dates above)

Meeting finished 10pm