



Calling Notice and Agenda for Committee Meeting

Tuesday 7th January 2025. 20.15 St Austell Rugby Club

1. Welcome and Chairman's report

Happy New year Everyone

2. Apologies for absence. SE, LH, KB

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

225 paid up members, new members now being added as these will now carry over until next year

5. Treasurer's report

Balance of accounts 15,061.78 nothing outstanding to be paid out, Eden had paid 2,833.00 also some money to be paid in from the raffle Christmas party 400.00 and auction of artwork 110.00, look into donating to our yearly charity, a new shed, buses etc..

6. Secretary's report,

Next meeting date is to be moved to 11th February as the Rugby club have a function on 18th Feb, all dates approved for the Yoga and Strength and conditioning, London Marathon placed all entered

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

Ladies Captain Update - Gwen Maggs

MTRS Age Categories -

2nd Shell Dunn

2nd Karina Bowers

3rd Mel Nile

St Pirans Revenge

3rd age cat Jodie Gauld (4th overall)

3rd age cat Nat Dowling

GP Age Categories -

2nd overall - Jodie Gauld

1st Jodie Gauld

3rd Karina Bowers

3rd Debbie Marshall

1st Janet Wills

Mince Pie 10 - Ann Bradley and Theresa Williams

Mens Captains report- James Stephens

MTRS

St Pirans Revenge took place in early December with the men's team coming third, Steve Towsey coming first in age cat and Steve Menear coming third.

We're now over half way through the MTRS season.

In the men's standings currently

2nd - Paul Johnson

3rd - Brett Jackson

In the age category standings

1st - Paul Johnson, Mat Phillips

2nd - Bradley Parsons, Brett Jackson, Steve Menear

3rd -

GP

A new GP series is just around the corner with 63 members entered for Stormforce and 75 entered for Newquay 10k.

Elsewhere

A gaggle of members went to the Purple Gecko Santa Scamper at Siblyback with Ryan Marks coming first in the 5k.

Bradley Parsons came third overall in the Rescue Ramble over at Wadebridge

Iain Walker came second in the Fairytale of Newquay.

The captains plan to meet in early February to discuss plans for the year including a potential summer tour.

Fairytale of Newquay Gemma Pateman

At Dennis Boxing Day Run - Claire Johnson, Debbie Marshall, Courtney and Michelle Marks

Rescue Ramble 10K - Abby McEwen 3rd Female

Purple Gecko Santa Scamper 5K and 10K

Some new speedy runners who have started doing races, Nat, Abby, Claire, Libby, so it'll be great to see how we do going forwards. Also great to see people taking on challenges and new races, such as the Abbie's doing a 10K, and Michaela and Vicky Chenoweth. Also Carol Boag getting back into running at a snowy PR 🌨️

Karina's trail runs are proving really popular with a mix of runners and a fun atmosphere

8. Run/Walk Group update

The 0-5K will start in January and end with a group run at Eden Project park run, Paul hoping to also do a STARC park run take over on that day so that the 0-5k will have lots of support and members will also be asked to run with the group to give extra support. The Monday group numbers are still high which is good and we have had several new people join in as well.

9. Trail Nights

Hello Everyone,

Apologies I couldn't make the meeting this evening. I did mention before joining the committee that Tuesdays were difficult for me due to work and childcare commitments.

Well what can I say I think the trail runs have so far been a resounding success.

The first one in December had 15 runners. We did a 5.5 mile run around Kingswood and Pentewan. There were a few people there who hadn't been to the normal club runs in a while so its great that we

can offer something for those that do prefer trail running and draw more people in.

The second run in January was a route that I made up around the pathways and fields near where I live

in Polgooth. This is not one of our 'well known' trail routes, I think people really enjoyed trying something

new. And we had 22 runners on this one! I think the pub after may have been a factor in drawing people in though! It was great to have a little bit of social after and chat to people in the warmth. It should be noted that it was absolutely freezing during this run, frost had even started to appear on the

fields, so kudos to everyone who braved it!

The runs have been structured with me leading and Doug tail running, so we all run as one big group and

the faster runners can go ahead and loop back if they wanted. I think everyone has really enjoyed running as a big group, the faster and slower runners don't usually run together during normal club runs,

and I think many people are enjoying this factor.

I have had people contact me who have not been to club in a long time to express their interest in coming, some have mentioned how they could be quite slow and were worried about being left behind.

I've reassured them that we will continue the runs with a tail runner so all abilities are welcome.

The next one is out to Black Head. I like to plan everything well in advance, this then gives people the

opportunity to put it into their diaries. I also have been given descriptions of the routes so people are prepared! The next one I would consider quite a challenging technical route.

Who knows, in the future if the trail runs continue in popularity we could increase to twice a month.

Although I am very aware that it does take people away from the normal club runs, but definitely something to consider. A lot of people do prefer trail to road running.

10. Leaders, Training and Coaching,

Starting point for new ARC leaders, 5 are down on the list, a program has been put together as a starting point by Doug, this will cover structured sessions and straight runs, risk assessments and safeguarding, also looking into DBSS checks and what the costs of this would be,, each ARC leader will be shadowed by an EA leader and will do 2 structured and 2 straight runs before leading their own groups, this will hopefully be something we are hoping to go through quite quickly so they will be able to help with leading groups and there will generally be an EA leader in the group as well to help

11. Club Races,

New date for the Gribbin race, possibly 28th May,

The replacement Imery's race St Austell Skyline 10 is going well, Date 22 March, almost ready to go, just need to finalise the finish line, SI entries 100 limit, chip timing and logo to be designed for the race and medals, GPS route to go on website

Eden save the date has gone live 19th October

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12. Website,

UPDATE

The website had undergone some slight page facelifts during October & November. The website is still quite a 'static' item with Facebook being the primary source of communication and news information.

Nothing has yet been submitted via the 'Suggestion Box' on the website.

2025 – Website and other Developments

1. Suggestions and proposals are always welcomed for changes etc to the website.
 2. Additional submissions for 'Meet Some of the Team' following changes to the Committee?
 3. Do we want to pursue some Club member profiles for 'My Journey', as motivational encouragement to other (especially new) members?
 4. Are we continuing with Newsletter?
 5. Trade Page Proposal? Easily done, but personally, I don't see this as something that should be prioritised. I just don't see it as something that will really help existing members or attract new members. I would prefer to devote our time on developing materials that actually come under the remit of a 'running club'. For example:
 - a. Race Directors' Handbook (previously started May 2023)
 - b. New ARC Leader Training Scheme (Early days on this)
 - c. Members Handbook Review (Some changes have been made, is everyone happy it is complete?[August 2024])
 - d. Suggestions from member survey e.g.
 - i. only @50% attend weekly sessions, is this something that should be considered to attract better attendance?
 - ii. runner of the month?
 - iii. improved communication of information to members?
- Note: Club Member trade adverts would require:
Significant caveats to be included to ensure no liability from the Club advertising a service

Simplify newsletter

Discussed a trade page but the thoughts were that this is probably not such a good idea as was can not endorse all traders and look like we do and would be hard to keep an eye on and if its not running related should it be on the facebook page or website

13. Welfare

All ok and checking on any courses that need to be done, bereavement meeting attended by Iain, also leaders to be reminded that no headphones on club run

14. Social

Tregony Teachers at the Rugby club posted on facebook for members if they would like to go, Feb/March bowling night, Club to pay deposit which will be paid back when the members pay to come. Winter warmer run from Par Inn mid March

Any Other Business

Look into refresher first aid courses and first aid for those that have not done it. Look into holding club kit at the club, how it would be paid for and stored, new shed for the signs etc and the club kit

Please note that February meeting date has changed

Next Meetings: 11/02/2025, 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 9.30pm