

St.Austell Running Club AGM Minutes

19:00. Thursday 9th November 2023

Meeting opened at 19:08.

33 persons attending and signing the attendance register:

1. Welcome from the Chair

The Chair Martin Trethewey welcomed everyone and thanked them for their attendance, reminding the meeting that it is regulatory necessity of being an affiliated body that we hold an AGM.

2. Apologies for absence

Received at, and prior to the meeting: Steve Tregidgo, Ian Gronwalt, Nigel Marshall, Debbie and Clive Gibbs, Charlie Trethewey, Gareth Rowett, Danny and Karl Walker, Ross Buscombe, Anne Bradley, Peter Middleton, Claire Todd, Ross Lawry.

3. Accept minutes of last AGM

Copies of the 2022 AGM minutes were circulated and there were no matters arising. The meeting was invited to accept these minutes as a true and accurate record.

Proposed: Debbie Marshall

Seconded: Armando Viera

4. Administration Report from the Secretary

The secretary, Andy Trudgian gave a report as follows.

It is my pleasure to deliver you my secretaries report and to do so after another successful year for our club.

My main role as your secretary is to call together the committee for regular meetings and to provide an accurate record of the discussions. I thank the committee for never complaining on being called to late evening meetings and for putting up with my poor spelling and bad grammar.

The committee you elected at the last AGM and who has served you over the last 12 months has been excellent. I hope you allow me to thank the committee on your behalf for all their hard work through the year.

Another part of my role is to act as liaison between the club and our sport's governing body - England Athletics. Whilst the EA can sometimes feel a little distant from us down here in Cornwall, I can assure you that our club is seen in good standing outside of our county and within the EA. I talked just recently, about our club with the EA's area rep. He was very impressed, not only with our clubs training structure to support our running but also in the wide range of social events we provide for our members and efforts we go to in organising prestigious local races. I can do no better than to choose two of the words he used when summarising our club. Community and Family.

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I like several other club officers will be stepping down from my role this evening. I see this as nothing but a positive step in bringing in new faces and new ideas to our club.

In the 9 years I have served as your secretary, there has been a common theme. Dedicated, enthusiastic and hardworking people committed to making St Austell Running Club a success and a family within its community.

I have every confidence that going forward this will not change.

I have enjoyed enormously my time as your club secretary and I look forward to continuing to support the club as a member of the committee.

Thank you all very much.

The chair thanked Andy for his help and support over the previous year but also wished to acknowledge Andy's support for the club as a member of the committee, club captain twice, track coach and 9 years as secretary. He asked the incoming secretary to add acknowledging this exceptional service in some way to be an agenda item at the next committee meeting.

5. Report from Membership Secretary

Mandy Blight advised that membership levels at the time of the meeting stand at 190 and that she was standing down in her role at this AGM after a number of enjoyable years.

The chair thanked Mandy for her work and time on this important aspect of the club and noted that Mandy was his longest standing membership secretary.

6. Financial Report from Treasurer, including stock and assets

The Chair presented the set of accounts in the absence of the treasurer. He outlined the club's continued healthy financial position and invited any questions. The meeting was then invited to accept them as a true and accurate record of the club's financial position.

Proposed: Doug Alsop

Seconded: Lesley Pallett

The chairman thanked Debbie Gibbs for her continued hard work as club treasurer.

7. Report from Website Officer

The Chair presented a report from Clive Gibbs as follows:

Sorry, that I am not attending in person, but sun, sea and sand had a slightly bigger draw.

There have been several developments to the website etc during 2023.

The Website has undergone a full rebuild to include previous features as well as some

additions. The website provides a more 'static' public facing image of the club.

Some

features include:

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- o *Members' Handbook (Home>Member's Handbook)*
- o *A history of the club (Home>Member's History)*
- o *Club runners' mileage (Home>Club Stats)*
- o *STARC Around the World (where has Shirt been represented) (Home>STARC Shirt Locations)*
- o *Online membership application form for new members (Link on Home page)*
- o *Events (Races & Events)*
- o *Meet some of the Team (Some of the Team)*
- o *Reviews (Race reports, products etc) (Reviews)*
- o *The Committee (H & S, documents, Hall of Fame etc) (The Committee)*
- o *Social events (Social)*

• *In addition this year, we have built the STARC App.*

The App is only available to paid up members for more personalised information. Therefore all members should download the free app as it includes:

- o *Events*
- o *Training Schedule*
- o *A documents area*
- o *Online Accident Form*

AGM 2023 – Item 7 – WEBSITE REPORT (Clive Gibbs)

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- o *A Chat facility*

This has all been achieved while reducing the overall costs of provision.

If there are any suggestions, amendments, queries etc please do not hesitate to contact me at starcrunning@gmail.com.

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The Chair thanked Clive for all his efforts in improving the club's online presence.

8. Reports from the Captains

Current ladies' captain Sam Ewart gave a report as follows:

Why did I volunteer to become captain?

*A more pivotal question is, **why are we all here?** – not in an existential meaning, but here, tonight as part of St Austell Running Club?*

For me, because I wanted to try something different, so why not running? Its not something I was ever any good at (well, apart from the one time I actually ran the cross country in PE, and came in 3rd. Sadly, my reputation was such that I was accused of cheating! So I figured I may as well not waste my energy and never took part in another PE lesson again!)

Until 2016 when I joined the run walk group. And I found a collective where running was the focal point, but friendships I am sure you will all agree, are a primary factor of what is offered here at STARC. A club with members, leaders and a committee that have the good of the club at their hearts.

So back to 2016, when I couldn't even run for 30 seconds, I joined, and found a love of achieving. Well lets face it, when the bar is that low, achievements are hard earned, but easily found... There have been some really memorable moments in my journey – when you run the same route as a year ago – but actually you can run it, not run walk it!

When out on a training run and you take a moment to commend yourself for because you have run 5 whole miles! – yet you are only halfway through! Surely those achievements belong to other people? Not me!

And I remember these exact moments often, and they serve as a reminder to me of how far I have come and how it is possible for everyone to achieve – If I can do it, anyone can!

To everyone who is at the beginning of your running lifestyle, enjoy it, and it will come!

here are two pieces of advice I have taken with me, and both of them have helped me to achieve all that I have done.

Finish lines, not finish times!

and as someone once stood here and said, Fake it until you Make it. – I have recently found out that this was from a 'real' motivational speaker – however, it's the words of Dave Speake I hear!

During those earlier years, there were a few people that were always there being inspirational to me. Chris, who I have travelled many road on our runs since we first met in the 0-5K, thank you – having a running buddy really did help me keep the momentum. Debbie, always a wonderful happy person, full of encouragement and enthusiasm. So when Debbie was looking for a Vice Captain..... well why not?

And it is those small nuggets, (Fake it til you make it, and finish lines not finish times) that made me think, perhaps I have something to offer back to the club.

Encouragement and praise for everyone who has dared to achieve. And I hope that my time as Ladies captain has delivered this.

Having mentioned everyone as a collective who have started their journey, it would be remis of me not to mention those who have progressed and achieved some great accomplishments:

So many people did so such amazing things this year,

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And so on to those who have achieved the really difficult, long, arduous achievements - to that ends we should mention Jodie, who has completed many amazing runs this year.

Karina for the Lakeland 50, to Miranda for the Cornish.

To Debbie, once again our Queen of the GP!

To Courtney for the phenomenal amount of dedication to her running throughout the year, which culminated in her first Marathon.

Not least to Shell. Well done on completing the GP this year, and thank you for our wonderful 'Adventure Days' conquering not only our first Ultra's, but a few fears along the way!

Debbie Gibbs, who seemed to be quietly running a half marathon seemingly every weekend!

Added to this, were all those who completed London Marathon – Jules, Gwen & Debbie

Beckie and Emma, who decided that Vienna Marathon would be a great weekend away!

To Sophie, who has been quietly racing all over the world!

So I would like to thank everyone for allowing me to Captain them,....

But now I pass the Ladies Captain baton, over to Gwen, who I am sure will continue to offer such support and encouragement to everyone.

Current Men's captain Jamie Masters gave a report as follows:

Well didn't think I'd be captain again for the club but it was an honour to be asked, the first challenge for me was to get a wing man and that seemed difficult, eventually Gareth agreed to do it and I thank him for stepping up to the mark, so Thank you for your hard and enthusiastic approach to the role.

Things don't happen in this club with out people putting in the effort and I have kinda taking a back seat being captain, but having Sam as my opposite and Gwen have made things a whole lot easier in this role. They have been great and picked up the pieces and filled in gaps everywhere throughout the year, Thank you ladies.

What can I say about the men, wow what a great bunch we have some competitive against others, some against them selves but in all everyone gives there all with it trying for that pb time or distance pb or just trying to keep fit.

So the guys.....

With everyone now not just focused on the GP series or MTRS it is very difficult to keep an eye on who is doing what, where and when, but the chats we had on a Sunday between the captains we tried our very best to try and find out the races people had done and how well they done.

I think it's great how we share our races, pics and results with each other so we can celebrate as a club and not just an individual as with this club we are a whole and not a me.

Regarding the GP series at the end of 23, we had 41 men run at least 1 race in the series,

With David Tregonning coming 3rd overall and 1st in his age cat, Richard Martin coming 3rd in his age cat, Iain Walker coming 2nd in his age cat, and the male team coming in 4th overall for the year.

With the MTRS with the 22/23 season, we had 25 men do at least 1 race in the series.

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With David Tregonning coming 2nd overall, James Youlden coming 3rd overall, and I can't really miss out how we had 4 runners in the top 10 overall with Anthony Jarvis 4th and Brett Jackson 9th.

David Tregonning 1st in age cat, Brett Jackson 3rd age cat, James Youlden 1st age cat, Anthony Jarvis 1st age cat, Ian Gronwalt 1st age cat, and the men's team coming 2nd overall in the series.

This club is not just the gp and mtrs series it is much more than that, it is an ultra running club, Triathlon club, it is a cycling club, it is a swimming club. It is what we make it and we want it to be, keep being you and being great at it.

I've said it many times this club is like family and everyone really encourages and supports each other, big well done to all of you.

Before I take my seat I just want to say a thank you to all the committee new and old it's you guys in the background that does hours of unpaid work to keep this club going you are the engine of the club. Please let's hear it for the committee

Thank you.

The chair added his thanks to the captains and vice captains and all run leaders for their continued efforts he also wished to acknowledge the efforts of Jamie Youlden in bringing club teams together for the Multi Terrain race series.

9. Reports from other club activities

Jacqui Martin gave a report on the run/walk group as follows :

Run/Walk speech Good evening everyone, sorry to those who had to listen to me last year, I'll be quick your probably hungry and I have to get to work 😊 I would like to start by saying thank you to the hardworking leaders that are here each week to take the groups, without you I wouldn't be able to run the Monday session, so thank you for all your hard work and for also looking after me and sending me home when you think I need it, also welcome and thank you to Iain Walker for also adding to our Monday group as the chaplain and a leader. We have had a number of new and returning runners which is nice to welcome and a steady core of people who turn up every week, we turn up each week for you and hope that you enjoy it. I've introduced this year our summer tour which everyone seemed to enjoy and made a change as there is only so many times you can run up and down the road to the rugby club 😊 this month we are just getting ready to start our winter tour which will include the Christmas lights, (I know that's scary that Christmas will be here before we know it. Some people think running is a solo sport, where you train hard to get results, this maybe the case for some, but I think for many even though it's a personal journey it's made that much better by sharing the experience with other like minded people. The support, help and general comraderie that comes from sharing your time, with fellow runners who think Lycra is acceptable, who look at every journey to see if it's runnable (or if they have run it in some event) and look at a new place as a possible new running route, as mad as this sounds to others this is the strange bond that holds us all together, whether your a 6 minute miler or a 16 minute miler a miles a mile and if your moving faster then a walk over it or parts of it your a runner. It's not all About the times you achieve, or the place you came, it's the challenges and goals that you set yourself and achieve, these are different for everyone, so it's doesn't matter if your goal is a 5k or a marathon or an ultra each one is no more important or less worthy of recognition then the other as it's the

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dedication and hard work to achieve it that is the important thing and total respect to anyone who sets themselves a challenge and sees it through. So here's looking forward to 2024 and all that it brings and you never know I may be lucky enough to be standing here again next year boring you.

The Chair thanked Jacqui and all the leaders who have given their time to support this important part of the club.

10. Election of Officers and Committee

There being no other propositions, the officers and committee were then proposed on block as follows

Officers:

Chair	Smantha Ewart
Secretary	Jacqui Martin
Vice Chair	Paul Johnson
Treasurer	Debbie Gibbs
Membership Secretary	Gemma Pateman

Committee:

Christine Todd	(Social Secretary)
Joanna Rich	(Training and Coaching Coordinator)
Clive Gibbs	(Website)
Melanie Nile	(Welfare Officer)
Iain Walker.	(Welfare Officer & Chaplin)
Jacqui Martin	(Run/Walk Group)

Martin Trethewey	Terry Wyatt
Doug Alsop	Andy Trudgian
David Speake	Mandy Blight

Mens Captain	James Stephens
Mens Vice Captain	?
Ladies Captain	Gwen Maggs
Ladies Vice Captain	Joanna Rich

The block election of officers and committee as listed was suggested.

Proposed: Lesley Pallett
Seconded: Debbie Marshall

11. Agree membership subscriptions for coming year

Two proposals for membership fees going forward were discussed and a vote by show of hands determined the most popular option for membership fees from April 2024 as follows:

**St Austell Running Club - Membership
From April 2023**

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Individual (with EA Licence)	£37
Individual (without EA Licence)	£25
Individual (active run leader) (with EA licence)	£27
Individual (second claim)	£15
Military (with EA licence)	£22
Military (without EA licence)	£10

Proposed: Sam Ewart
Seconded: Jamie Youlden

12. Any Other Business

The Chair wished to place on record his sincere thanks to Mel Rowe and Charlie Trethewey for their support on the committee over a number of years in their roles as vice chair and social secretary.

The incoming Chair, Sam Ewart addressed the meeting as follows :

The off the cuff speech for Martin, had the following bullet points:

Thank you from all of the members, leaders and committee members to Martin.

Martin has been the longest serving chairman, spanning 10 years, and has put in a lot of effort heart and soul into the club.

So from all of us, I would like to present you with the Life time membership award.

13. Formal closing address from Chairman

The outgoing Chair Martin Trethewey, closed the meeting with the following address:

The Final Word

When you come to an end of a chapter you always reflect a and ask yourself, if you did OK, could you have done more? So, I've been reflecting on the last 10 years however before I recap and let you guys decide I want to take my last opportunity to pay tribute to three great friends that we have lost though my tenure.

In 2014 we lost a great friend in Ben Builder. Ben will always be known for his smile and I remember to this day the time he told me that his lump had come back but not to worry, they will remove it and I'll carry on.

In 2015 we lost Dave Rowe. Dave was the guy that really welcomed me to this club and he would always spend the first 4 laps of track, checking in with me to see if I was OK and enjoying the club. He was a real club legend.

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And then unfortunately in 2021 I lost my school friend Sarah Bazeley, as well as a great friend to everybody Sarah was also the club treasurer for seven years.

When I reflect on my role for the club I analyse it in three terms

The first term was 2013 to 2019

In 2013 I was lucky enough to be voted as vice captain and then 2014 club captain. Some of the highlights that I'm immensely proud of include when, we decided to turn the cross country field in Newquay purple and gold. We managed to get a team of 31 people taking part, totally amazing.

We I also looked at recognising our leaders xIncluding the leaders T-shirts which are ever so popular nowadays

In 2015 I was voted vice chair and later in 2016 became chair

When I became chair I thought it's important to have a vision. My whole vision for this club was to make it an all inclusive club that is family friendly above all else. I have also tried to always do what was best for the club in the first instance.

Looking back at my term as chairman some of the highlights that I'm extremely proud of include

Setting up the 10th year sub committee and all that, that achieved, Charlestown Regatta raft race where we turned the beach purple and gold once more, with 60 people supporting us from the beaches . In 2018 with Gareth Rowett we introduced 'bring a friend' which brought in 44 new people to the club and in 2019 we changed it to couch to 5K and again another 48 people started our running club, finally in 2020 we we called it nought to 5K and an amazing 66 people turn up for that event. What was truly amazing was that 150 people were introduced to running for the first time due to this initiative.

We also introduced the Par BBQ which was aimed to reward our families for supporting us when we run. 110 people turned up-and the photograph outside is amazing. We also introduced a camping weekend to try to protect Doug's and Geraldines garden as well as have a fun sports day for the kids and the sports event of the year 'rounders'. We introduced the kids running vests and initially gave out 49 kids T-shirts. To see the junior Starcs taking part in the fun runs it was an amazing feat to see.

The proudest moment, was that for three years on the bounce we had the most participants in the Grand Prix. So big had we become that we had to phone Newquay running club to beg for more places in the Newquay 10K as they had allocated us 60 places but we had 95 people actually run the race and a waiting list of another 15 people, it was truly amazing

So, by this time membership has now hit 290 and it was time to pass on the club to somebody else!

But then we was hit by the C word

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That's right COVID ! so my second term was a very strange time to lead the club. Leading through COVID was tough, I felt like Boris! I actually had to close the club down and we had to make some tough decisions. We had to keep an eye on all the rules and changes which were changing on a weekly basis but I'm immensely proud of how we run the club during that. With great financial controls in previous years, had made sure that we had funds to last COVID. Also the captains plus other people bought some amazing challenges to keep us sane, with the final challenge being the STARC lockdown marathon which again was designed so that all family members could take part. And, who would have thought every meeting during COVID would be done on Zoom, there's a first.

My third term was coming out of Covid, rightly or wrongly I couldn't abandon the club coming out of COVID. I personally wanted to see the club into the new world and make sure we had a structure in place before handing over the reins.

As part of the new dawn, I wanted to have a fresh start and we introduced free of charge our brand new kit and half price membership, again, down to the great financial position that we had created, especially when many clubs folded due to lack of cash flow.

What I am also really proud of coming into of a new world was that we didn't sit back to see how things would turn out, we wanted to lead the way on a number of firsts. Doug led the way with the Marathon meaning we were one of the first to put on a race. We were first club to bring back social events with bbq's and the Christmas Party and the first club to start getting fun runs back on the calendar which are missing across the GP, well done Gwen.

And of course we're the first running club in the country to have our very own Chaplin. I can't thank Iain enough for doing this vital role in today's society

Finally you'll be pleased to hear, I've been immensely proud to serve STARC over the years and been extremely lucky to have some brilliant people to support me over the years and I believe that I'm leaving the club in a fantastic place, all the equipment has been renewed and everything is fully stock, finances are in great order with £4000 pounds above where we set our target and more importantly with Sam who has been a fantastic captain over the last 12 months, you have somebody I believe, will take the club forward and produce many amazing results in the future.

SO, my last I asked from everybody, is that you fully support Sam and the new officers,

over out, thank you very much

Close of meeting

The Meeting closed at 20:18