



Minutes for Committee Meeting

Tuesday 16th June 2026. 20.15 St Austell Rugby Club

1. Chairman's welcome

Welcome everyone, nice to have a change of scenery (last minute decision to meet at Hewas Inn)

2. Apologies for absence: PC, DS, DT, AV, PV, IW, CB, JJ

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

4. Membership report and approval of members

95 Female paid

97 Male Paid

5. Treasurer's report

£16, 880.88

Insurance for BBQ outstanding

6. Secretary's report

Nothing to report

7. Trail

Recce of Tywardreath Trotter, good turnout drink after was good as well, Helman Tor next one brought forward as away next week and a run, also a Recce of the Rat

8. Race Reports Captains/Vice captains

July Ladies Report

GP - after Turkey Trott

Clare Dale - 1st overall

Age cats:-

Nicci Bonfield

Clare Dale

Emma Lawry

Debbie Marshall

Beckie Shore

Janet Wills

5th Team place

MTRS- After Meet your Max - last race

Winners:-

Abbi McEwan 3rd overall

Age cats:-

U35 - Abbi McEwan 2nd

45- 49 - Karina Bowers 2nd

50- 54 - no age cats but 4 in the top 10 🧡 Mel, Alison, Wendy and Liane!

The new season MTRS started 25/7, which we had a great turnout for and on her I believe first race for STARC - Leonie Munn 2nd in age & Karina Bowers 3rd in hers. Also the ladies team came 3rd - Leonie, Karina, Hannah Jenkins & Steph Edwards. Great start & brilliant to see Mel Edwards back running 🧡💜

STARC ladies 36 hour relay team came 1st at Hope Festival - Gill, Jacqui, Sam Ewart and Loraine Hoar

Also we had Nicci Bonfield 36hrs -100 miles & Sam Timothy 80miles - where she fell over and didn't the day on a stretcher and in Derriford. She's now recovering well following a stress fracture. Anita Hudson also joined us for the 12hr and came first in her age category 🧡

Jodie Gauld- May completed the Lakeland 100.

Clare Todd & Anita Hudson also completed the Lakeland 50 🧡

'MTRS series - since the last meeting we had the final race of the 2025/26 season - Meet Your Max (MTRS 12) on 17th June - Age Cats for Bradley Parsons 2nd & Steve Towsey 2nd.

Final placings in MTRS Table for 2025/26 season as follows: Bradley Parsons finished 2nd in the Table. Age Cats for - Bradley Parsons 1st, Steve Towsey 1st, Mathew Henderson 2nd, Jordan Cocks 3rd, Luke Fordham 3rd, James Youlden 3rd, Mike Dowrick 3rd, Steve Menear 3rd, Doug Alsop 3rd. Our Mens Team achieving 2nd Place in the Table.

Mens July Report

MTRS 2026/27 we had the 1st race in the series -Tywardreath Trotter (MTRS 1) on 25th July 2026 with Bradley Parsons finishing 2nd overall & Age Cats for Iain Walker 1st, Bradley Parsons 2nd, Steve Towsey 2nd & Doug Alsop 2nd.

In the GP series:

We had St Agnes 5 Miler (GP7) on 24th June 2026 with Age Cats for Jamie Daniell 3rd & Andrew Hall 3rd.

Magnificent 7 (GP8) on 5th July 2026 with Age Cats for Dan Alsop 1st & Andrew Hall 2nd.

Turkey Trot (GP9) on 15th July 2026 with Age Cats for Andrew Hall 2nd & Dan Alsop 3rd.

GP Table so far this year:

Bradley Parsons is currently leading the Table with James Martyn in 3rd Place. Age Cats currently in the Table for Bradley Parsons 1st, Andrew Hall 1st, Mark Sweeney 1st,

James Martyn 1st, Peter Brodey 2nd, Christopher Baggott 2nd, Stuart Richards 2nd & Mike Greer 3rd. Our Mens Team currently 5th Place in the Table.

Purple Gecko Harlyn Bay Long 10K on 19th July 2026 - Age Cat for Donald Boag 1st.

The Montane Lakeland 50 & 100 24th-26th July 2026: David Speake completed the Lakeland 100 for the 11th time.

Patrick Haynes completed the Lakeland 50.

Rob Wallbank completed the Tywardreath Trotter for the 20th consecutive time.'

9. Run/Walk Group update

All good with the run/walk, good numbers each week, summer tour going well, We raised £268 for Mountain rescue and they came and we did a presentation of the money to them

10. Leaders, Training and Coaching, Training leaders Doug

Second phase of second cohorts ready to start phase 3, the extra leaders really helps with the scheduling, the next batch of leaders has sub 7's which will really help. First aid course September, also there is a coaching course in September locally (Cornwall/Plymouth)

11. Club Races,

Eden all paperwork sent in, notifying Ambulance being done, keeping the same course we've done the last two years due to the tunnel

12. Website

Clive has some samples of hydration vests with the club logo on the back, these are £24 and can be bought in batches of 5, order 5 with the bottles and see how they sell
Club shop open at the moment, get rid of stock we have the link on the website

13. Social

BBQ good, with rounders, 3 legged race, tug of war, Derek to sort BBQ at Par Inn, social run at Caerhays and music afterwards

Any Other Business

Injury prevention sessions, is this something that the coaches could do, probably need someone more specialised in injury prevention, build up resilience over the first two years of running not doing too much too soon, perhaps some guidance from members, Guest speaker at the AGM, Lou has offered to do another session, maybe an induction for new members could be an idea to help or at sessions, we are surrounded by people who make the extraordinary look ordinary its difficult for people joining the club to know how long it takes people to get to this stage

Stars order some more, also add different stars for 1000, 1500 etc.. can have the option to return stars to get the next star instead of having 2 x 500 have a 1000 star,

Start costing out for 20th celebrations, maybe have a sub committee to make arrangements and ideas

Possibly look into getting a new gazebo, maybe also an open day for the club with freebies etc..

Next Meeting: 08/09/2026, 13/10/2026, AGM 05/11/2026, 01/12/2026

All committee meetings on a Tuesday 8.15pm – Rugby Club. (unless stated)

Meeting closed 9.20pm