

# St.Austell Running Club AGM Agenda

## 7th November 2024. 7pm.

### 1. Welcome from Chairman 19:05

40 persons attending and signing the attendance register.

Welcome to everyone for attending this evening.

Those that are newer members, this is our Annual General Meeting held every November.

We hold this in order to satisfy EA's regulatory requirements as an affiliated club.

It is also a time where the committee can let you know what has happened in this past year, as well as letting you know what we have planned for the next year.

### 2. Apologies for absence Natalie and Matthew Row, Paula and Armando Vieira

### 3. Accept minutes of last AGM – copies of minutes available on the night. (Proposed, Seconded)

Proposed: Terry Wyatt

Seconded: Lorraine Hoar

### 4. Administration Report from Secretary

Good evening everyone, it's my job this year as your Club secretary to give a report on the past year, it's been another successful year for the club, my main duties are to call the committee together every 6 weeks ish (I know it's seems shorter then that) produce an agenda and to keep the minutes for those meetings, thank you all for your patients this year while I've been finding my feet, I would like to also like to thank the committee on the club members behalf for the hard work this year, after last years AGM most of the key position members on the committee stood down, so you've had most key positions filled by committee members that have had to learn (quickly) on the job with the help of the past committee members, it's been a learning curve for everyone and I for one think they have done an

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amazing job, the club is moving forward, changing and evolving with the times well done everyone, (Clap)

Also my roll is to liaise with the EA, things have been relatively quiet (compared to covid times) and this also involves the London marathon ballot place, we have recently received confirmation that the club will have one place for the London marathon, the draw will take place at the Christmas party and information on the criteria needed to be entered into the ballot will be put on the Facebook page again, anyone not on Facebook please contact me and I'll give you the relevant information on action needed.

The committee is committed to listening to its members, and with the recent survey some suggestions have already been actioned and the rest being looked into when the new committee meets in December, I would like to thank Mandy and Andy who are stepping down from the committee this year for all their hard work over the years they have served the committee and club, thank you both

### 5. Report from Membership

228 paid members Membership is looking strong again this year

### 6. Financial Report from Treasurer – copies of accounts available on the night, no questions from the floor

Proposed: Bradley Parsons

Seconded: Theresa Williams

### 7. Report from Website Officer

Website has had a make over and been updated with information that was on the App, the App has now been closed down, this was due to feed back from the questionnaire that the majority of the members didn't use it. Also added on the website is a suggestions box online form for members to use,

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### 8. Captain's Reports

#### Gwen Maggs Ladies Captain

This year it's been a pleasure to be ladies Captain, welcoming new members and encouraging existing ones. Over the past year, there has been on word which has stood out for me, inclusivity.

At club sessions or races, I love seeing runners from all places groups coming together to celebrate our successes. We come together every week and celebrate whether someone has run a 5K or a 50K, as everyone's achievement is equally as incredible.

We've had many milestones this year for the female runners of the club. We has a hugely successful 0-5K, many of which have carried on in the Monday group or come to Tues and Thurs sessions. We have seen people run their fist 5K, 10K, half marathon, marathon and ultra. We've had people running locally, enjoying the beautiful coastline or Parkrun, are abroad. There include, Scotland, USA, Spain, Norway, France, Greece and more. There are too many achievement to highlight any specifically, but everyone should be proud of themselves.

In the GP -

2nd Female - Jodie Gauld

1st Age Cat - Jodie Gauld

1st Age Cat - Janet Wills

3rd Age Cat - Karina Bowers

3rd - Age Cat - Debbie Marshal

Completed 8 runs - Courtney Marks, Sam Ewart, Jacqui Martin and Gwen Maggs.

MTRS to date -

2nd Age Cat - Shell Dunn

2nd Age Cat - Karina Bowers

2nd Age Cat - Janet Wills

3rd Age Cat - Mel Nile

4th Ladies Team, so all the race for still in the series.

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Returning to inclusivity, STARC has female runners in nearly all age categories, and we celebrate everyone coming over the line - it's finish line not finish time!

I look forward to being Captain for the year ahead and having Lorraine Hoar helping all the way. A massive thank you has to go to Jo Rich, who has been ladies vice captain for the last year. She's been incredible at supporting and encouraging runners in the group and has been an absolute asset to club! She will be missed but we wish her all the best in Ireland.

James Stephens Men's Captain

At Eden ice skating in 2023, our then captain Jamie Masters asked me if I wanted to be men's vice captain. I said yeah...why not.

This time last year, I was sat over there somewhere to be told that the planned captain for the year had left and I'd been promoted to captain. If only all promotions were that easy!

Although having to put up with Ross and Mat more than ever, it's been hugely rewarding to be men's captain.

We've shouted and prodded you all into racing in for the club and you did!

GP Series 2024

As someone who's scared of tree roots, mud and everything that the MTRS offers, I'm a road runner and have loved running with you all through the GP season.

Sticker was the highlight was 44 STARC runners. That's nearly 20% of the entire field.

1st - Ian Walker, Malcolm Roberts  
3rd - Dave Speake, Mark Sweeny

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### Mob Match

The annual end of season mob match will take place on Sunday 24th November. Join us for a 5 mile road run and a taster of the Falmouth Half course for those who may not have done it before.

Prize giving for this year's GP series will follow so come and cheer for our St Austell runners who have placed in the top three of their age category or completed eight or more races. 25!

A special award will go to people like Damen Powell (& Debbie Marshall) who have completed all 14 races.

### MTRS

1st - Derren Blewitt, Ian Walker  
2nd - Brad Parsons, Doug Alsop  
3rd - James Youlden, Denzil Williams

### Team - 2nd

24/25 season has begun with Paul Johnson 2nd in the men's series

### Age cats

1st Paul Johnosn, Matt Phillips,  
2nd Brad Parsons, Brett Jackson, Steve Menear,

### Men's team second

There's a man who is apparently allergic to road running and continues to champion the MTRS series. Thanks to James Youlden for his constant support in rallying the troops for the MTRS

Can we get first in the men's team champs? There's plenty of opportunities to join up to help!

### Elsewhere

Jake Stone lies 3rd in the Purple Gecko Trail Running 5k series.

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Brad Parsons set an incredible new course record for the Saint Way ricochet

Derek, Brad and many others have raised an incredible amount of money for charity at the London Marathon.

It's been great to see so many great results for Matt Phillips, Andy Coles and many more.

Derek ran 5 miles on a boat and I met Mike Counter's cat.

I'd like to thank all of our leaders. Thank you for putting up with 800 different versions of the rota each time that I'm in charge of it and for turning up in all conditions to make our club nights possible.

We sadly say a sad goodbye to Andy Rich and James Roper but this does mean that we'll all be promoted one place at the next Eden Project Parkrun.

For those of you who don't know, I will be your men's captain again for 2024 and am delighted to welcome Andy Coles to the team as our next men's vice captain.

I've really being men's captain this year and I can't wait for next year.

Let's keep the momentum and keep those big turnouts at races.

On a personal note, I'm going to be a brave boy and try more MTRS races in 2025 and hope to see you there....unless it's muddy and rough.

### 9. Reports from other club activities as appropriate

#### Run/Walk

Evening everyone, here we are again, it doesn't seem a year has passed since I was standing here talking to you, but it is and a lot of stuff has happened.

The last few years since Covid the 0-5k hasn't been as successful as previous years, I was in two minds whether to do one this year, there are lots of apps out there and would people really want to come out

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and do it, but apps don't give you the comradery that you get with a group of people all starting the journey at the same time, this year I think was a great success we had several come to the first session and most of these continued through all weathers to the end and finished with the parkrun which was also very well supported by our club members thank you all for the support. Several of the 0-5k have become members and are attending clubs nights and races. The aim of the run/walk group is to start people on their running journey, to help meet people and forge good friendships with like minded if slightly mad people, that help you on the way to achieve your goals, there to support you, pass you a tissue or give you a hug when you need it. I like to think its a family, with craziness, determination, a hand to hold, a shoulder to cry on all packaged in Lycra, hi viz and Strava , but these people will be there for you, in your moments of glory and in moments you think you've not achieved quite what you wanted, but there is always a lesson learned and these things make us stronger and more determined to face our demons and win. The Monday group wouldn't exist if it was for the hard work and determination of the leaders that turn up every week in all weathers happy to support those that come on a Monday and to encourage them to join in session on the main club nights, thank you all for your support and it's thanks to you that the Monday group is such a success, let's look forward to 2025 and hope that brings us just as much success, with new faces and old all working together to help everyone achieve their goals.

#### 10. Resignation and Election/Re-election of Officers and Committee:

- a. Elections of Officers in contested positions by ballot. (if required).
- b. Election of remaining Officers and committee on block. (Proposed, Seconded)

#### **Officers:**

<b>Chair</b>	Samantha Ewart
<b>Secretary</b>	Jacqui Martin
<b>Vice Chair</b>	Paul Johnson

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**Treasurer** Debbie Gibbs  
**Membership Secretary** Gemma Pateman

Mens Captain James Stephens  
Mens Vice Captain Andy Coles  
Ladies Captain Gwen Maggs  
Ladies Vice Captain Loraine Hoar

Proposed: Mathew Henderson  
Seconded: Janet Wills

**Committee:**  
Christine Todd (Social Secretary)  
Martin Trethewey (Training and Coaching Coordinator)  
Clive Gibbs (Website)  
Jacqui Martin (Run/Walk Group)  
Melanie Nile (Welfare Officer)  
Iain Walker (Welfare Officer & Chaplain)

Doug Alsop Terry Wyatt  
Dave Speake Natalie Row  
Aramando Vieira Karina Bowers

Proposed: James Stephens  
Seconded: Damon Powell

11. Committee put forward keeping the membership the same price as last, see below

### St Austell Running Club - Membership Prices From April 2023

Individual (with EA Licence)	£37
Individual (without EA Licence)	£25
Individual (active run leader) (with EA licence)	£25



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Individual (second claim)	£20
Military (with EA licence)	£20
Military (without EA licence)	£10

Proposed: Jennie James  
Seconded: Clive Gibbs

### **ARC**

Association of running clubs

similar to in England athletics in that they ensure runners when completing club activities Monday Tuesday Thursday and trail nights which our club organised

runs they also ensure races that are put on by the club - Gribbin 10k etc

So why do we need this?

One major difference is the requirement of training to become a group leader.

Over the years England had athletics has become more expensive to purchase their training courses – they now cost £175 per head.

The training has also become a lot more complicated both in the initial gaining of leader's license, and also in order to renew your leadership license. (every 3 years) with the online learning not being particularly engaging and difficult to navigate.

With ARC we are able to decide in-house who we feel is suitable to lead any group within our organised sessions.

The committee have discussed this, and feel that with the expertise we have inhouse, we are able to ensure that we can provide inhouse training to anyone who wishes to become a group leader.

It is our hope that there will be more volunteers within the club who would like to take advantage of this opportunity so that on nights where there are no EA registered leaders available for certain groups, then there will be

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someone who feels comfortable and confident to take the lead on their speed group.

For a club with 250 members the fee with ARC is £276.

With the cost of leader's courses costing £175 per person it only takes two people to go through our own internal training for us to have started to make the cost worthwhile.

I must reiterate, this is in ADDITION to our EA affiliation, so no one will lose their EA membership, and we will also still qualify for one London Marathon Ballot entry.

Does anyone have any questions in relation to this?

Could I have a proposer please?

And a seconder.

Proposed: Paul Johnson

Seconded: Doug Alsop and Gemma Pateman

### 12. Any Other Business (Pre-Notified Agenda Items Only) –

Martin Trethewey, Addressed the room, outlining that he would be taking over the leader and coaching for the club from Jo, asking the leaders to stand and for people to applaud them and all they're hard work they do for the club, also that we need more leaders to cover all groups approximately 25, the advantages are making your own routes and leading a group.

Feedback from questionnaire, the App isn't as popular as the facebook page, so we will put things back on the facebook page and the website, we have implemented a few items from the questionnaire results and the others will be addressed at the next committee meeting

Doug addressed the room regarding the going for 10, this is a training programme for people over the winter to be ready for Stormforce 10 and Newquay 10K, we have 50 people so far have

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signed up, there will be an introductory talk next week at the club on the Tuesday and the Thursday.

Kit is being looked into from different suppliers

Thank you to Jamie Masters who has done a brilliant job on the club trail nights, but has decided to step down due to family commitments, Karina Bowers has volunteered to take these nights over and will be assisted by leaders until she passes her leaders course.

Also mentioned that raffle prizes are needed for the Christmas party

### 13. Closing speech

#### **Chairs speech**

So, this has been my first year as the Chair for the club, which brought with it a number of changes within the committee at the start of the year.

Because of this I seem to have bypassed 'learning the ropes' as Vice Chair, and have jumped in with both feet!

So it is important to say Thank you, to both Paul Johnson, the Vice Chair, and also to Martin Trethewey who has been on hand to help me understand and navigate different scenarios as they have unfolded.

There were also a number of experienced people stepping back from the committee last year, and a new wave of members stepping in – so thank you to you all, fresh and experienced for all the work you have done over the last 12 months. Whether you have been taking part in the meetings, helping to organise events or undertaking regulatory requirements, your contribution is very much appreciated.

It would be remis of me not to mention the 'face' of the **committee** – your Captains. James and Gwen along with Jo have been busy making sure that the sessions go to plan, coming up with ideas that have then been put into place. Although there is a fair bit of work that goes into the captain's role, I am sure they will agree that it is both rewarding and fun. And also Jacqui for all her hard work in the run/walk group on Monday nights.

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Some of you may be aware that at the last AGM, it was agreed that we would reduce the membership fee, which was greatly received. Just a reminder - what do you get for your money?

- Two weekly sessions lead by trained leaders – this could be either a straight run or a structured session.
- Access to Strength and Conditioning sessions aimed at runners.
- Access to Yoga Sessions again, aimed at runners.
- We log and reward your miles run as a club member with 500-mile stars.
- Coming very soon – we have a 10K and a 10 Mile training plan which will be delivered by Doug along with Jacqui's help with the aim of meeting your own target times at Stormforce and Newquay 10K in January and February respectively

And of course, Free entry to Eden

- It is worth mentioning that the free membership to Eden is as a result of our collaboration with them on the Marathon and Half Marathon. This as with all races is only made possible by volunteers in marshalling and helping with this wonderful event. So we do ask you that wherever possible you give up your time to volunteer or provide a volunteer if you are racing! Just as a note, this year we needed over 150 volunteers out on the course, so your time on this day and on other race days that we hold, is much appreciated.

We have also had a small number of fund-raising events this year – the quiz held in June where we raised over £200. We are planning to hold another quiz early next year so get your teams ready!

We also had a 'Film Night' where we showed the film Running the Roof, which starred our very own Jodie. Certainly, a film to show how much mettle some people have got! We raised just over £200.

Thank you to Chris for your efforts in organising these events as well as the Christmas Do, the Par Inn BBQ and other less obvious things that get done behind the scenes.

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If anyone has any ideas for future events, or would like to help, please feel free to get in touch with Chris.

Looking forward to this next year, you have heard from your captains on how well the club has performed over the last year, you've heard from Doug and Jacqui about the plans that have been put in place to aid the start of your year and keep you motivated over the winter period.

You've heard from Martin on how he intends to help the leaders grow in confidence and abilities.

So all in all, this should be a really good year for STARC!

But with all this excitement and future prospects, there are a few members of the club who are moving on to pastures new – Well done to Harry for getting his long-awaited new job. It's a shame its in Milton Keynes, but you will always be welcome here when you are down this way.

To Megaan and James, who have decided to return to Bath – I have been assured by both of them that being members of STARC, has been one of the best things whilst they were in Cornwall, but send them off with love, back to the busy life they seek in the big bad city!

Again, the same to Jo and Andy. Both of who have been fantastic members of the club. We wish you well in your relocation to Ireland – and expect some visits!

As a club, we have earned many achievements this year both home and away – lots of distances so whether it was your first or 50<sup>th</sup> in any distance, 5k, 10K 10mile half or full marathon, or indeed an Ultra, we thank you for completing these in Purple and Gold STARC Colours.

Thank you.

Meeting closed at 19.56