



Calling Notice and Agenda for Committee Meeting

Tuesday 25th March 20.15 St Austell Rugby Club

1. Welcome and Chairman's report

Welcome everyone, We've had a bowling evening which everyone enjoyed, Armando the surprised bowling champ, which seem to be a surprise to him as well, social runs, the inaugural Skyline 10 mile run, which will hopefully be in the MTRS next year, Accident reporting even if not run related perhaps should still be documented eg. nose bleed etc.. in-case this becomes a regular thing and then perhaps should be investigated by the runner, we also need to let EA leaders know that if an accident is reported and needs medical assistance that this should be reported to the EA.

2. Apologies for absence. KB, TW, CT ,LH

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

We have about 200 members, but memberships are due 1st April, all emails being sent out for renewal of memberships, anyone who wanted to join have been informed if they have been members before to wait until April, also added to the renewal letter, our club benefits, rules, club kit

5. Treasurer's report

£14,545.56, most of the items for the Skyline run have been accounted for, but there are a few bits outstanding, made approximately 200 pounds on the skyline run

6. Secretary's report,

Nothing to report will check that everything is checked off for the EA.

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

Ladies Captain Report - (Gwen Maggs)

Purple Gecko Cardinham Half - 4 women

Exeter Half - Nat Dowling 1st age cat, Paula and Vanessa got PBs

Brown Willy race

Dubai Burj2Burj Half - Ann Bradley

Sally Fletcher 100th Parkrun

500 mile stars - Gwen Maggs, Mel Nile

Polruan Shuffle - Sam Ewart, Jacqui Martin, Steph Edwards

Looe 10 Miler - 1st age cat Nat Dowling and 2nd women's team

Cousin Jack Ultra - Karina Bowers, Jodie Gauld

Cousin Jack - Mel Nile, Loraine Hoar

PG Siblyback 5K - Alison Borman
Bath Half - Nat Dowling 2nd age cat
Falmouth Half - Janet Wills 3rd age cat
Park Runs being posted
Loads of PBs at races and Parkrun's
Debbie Gibbs Lisbon half marathon

GP series
3rd overall - Nat Dowling
7th overall - Libby Bonney
1st Age Cat - Nat Dowling
2nd age cat - Libby Bonney, Vicky Oakes, Theresa Williams
3rd age cat - Clare Dale, Anita Hudson
3rd Ladies Team

MTRS
2nd Age cat - Shell Dunn, Janet Wills
3rd age cat - Mel Nile
4th Ladies Team

We have a fantastic mix of runners in the club at the moment. Those achieving personal goals and reaching new miles and fast paced runners who are winning age categories for the club. Club numbers at races is amazing but the MTRS is less this year, but the GP is doing well. Runners doing different events and social runs too, which is great

Mens Captains report (James Stephens)

Since our last meeting, the club has been fantastically represented at a number of races.

The horrible hills of Looe saw a good gaggle of STARC runners.

In the age categories, Steve Towsey collected a third place and Malcolm Roberts came second.

A really strong team effort saw the men's team coming second.

Race four in this year's GP series quickly arrived in the form of Falmouth Half Marathon.

Marv Hine came third in age cat, Malcolm Roberts seconds and Steve Towsey collected his first age cat win.

This week saw the inaugural running of our very own Skyline 10 race around the trails of St Austell. As well as marshalls and supporter, STARC members also took part with James Roper and James Youlden coming third in their age categories.

Further afield, haven't we been busy!

Jon Fletcher, Mathew Henderson, Ross Lawry and James Stephens travelled to Okehampton for the Granite Way 20 miler.

With a 20 minute delay to start combined with unripe bananas at the end, I wouldn't recommend this one....but nowhere near as bad as the fiasco that Clive Gibbs experienced at the Lisbon Half Marathon!

Liam Donnelly, Iain Walker and Matt Phillips headed to the coast to take part in Cousin Jack with Paul Johnson taking part in the Ultra.

It's been great to see lots of PBs at races, runners trying a faster group at club nights and plenty of social runs.

8. Run/Walk Group update

The 0-5K finished this week with the people that completed it given medals, looking forward to the Parkrun at the weekend, which STARC will be marshalling and hoping several will also run with the 0-5K, Run/Walk is going well, ensure that any runners are encouraged to move up to the Tuesday and Thursday groups if they can.

9. Trail Nights

10. Leaders, Training and Coaching,

Stop watches and whistles have been given to leaders. Hi Viz shirts will also be handed out to leaders that have done 6 leads to replace any old ones, black ones have been issued to new leaders. All ready to start the training for the ARC leaders, the theory sessions will be first sending out dates to the interested people to organise when they can do them, probably at Dougs and they will be about 2 hours long talk and powerpoint, this will be sent next week, safeguarding by Mel and Iain, possibly mention to leaders about a basic first aid kit, recommendation only, Mel has safeguarding course booked, Iain also doing the under 18's safeguarding, Iain also booked to take the EA coaching course.

11. Website

Looking into adding Rich and Sam to the website to advertise them as a club benefit, need to have a brief write up from them to add to the site. Sam has sent something but this needs to be checked and changed slightly to reflect the benefits for the club members, basic newsletter to promote races and upcoming events

12. Club Races,

Skyline report from Paul

.Thank you; Team effort; So many people; Great course
No incidents

Venues seemed to work
Some adaptations for next year, increase in fee
Lots of great feedback - course in particular
Finances
Aiming for MTRS - 200-250
Virtual
Final thanks to Gwen, Sam and my wife

Also the Skyline feedback is good, good support from the college, Brewery and Imerys, made about 200 with the entry fee of 15, but looking to increase that for next year to maybe 20 as a few things will need adjusting and could incur more costs.

Gribbin all paperwork completed, the date is 28th May, in talks regarding the medals, looking at changing the course and running it the opposite way round so that runners do not need to go through the very narrow ledge, but will need to look at the wooden boardwalk to ensure that is it strong enough to handle the runners, Sir Richard is happy for us to have some tables with cakes etc on at the finish and the gazebos. Entries are now open

Eden entries are open, need to check if the bridge has been replaced at Pontsmill then we will go back to the original route

13. Welfare

Stars need to be reordered, Iain has been informed who from, Courses all booked for Iain and Mel with Iain doing the under 18's in case family members want to speak to him as the Club Chaplain

14. Social

Christmas party looking at the Brit again, see if the disco can run till 12, looking at doing a beach clean and BBQ instead of the camping this year, 1st/2nd weekend of September, also a quiz night and or bowling night. The Winter stew run seemed to be a success

Any Other Business

The Clubs Saints way will be on the 25th May

Next Meetings: 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 Tuesday 20.15 – Rugby Club.

AGM on Thursday in November 19.00 – Rugby Club. (Proposed dates above)

Meeting finished 9.45pm