



## Minutes of Committee Meeting

Tuesday 5th December 2023. At 20.15 St Austell Rugby Club

### Fixed Items

1. Welcome and Chairman's report

Christmas Party went well, last trophy given out tonight, a report of all winners and nominations for Runners runner will be posted

2. Apologies for absence. TW, IW, AT

3. Review of minutes of the last meeting (relevant items can be moved to be discussed later, if likely to be covered by the agenda)

Minutes of last meeting 17.10.23 were agreed as a true and accurate record

4. Membership report

Gemma has now been added as Membership secretary and now has access to the portal, some new and past members are joining

5. Treasurer's report

All out going for Eden have been finalised and the total in the account is £13,626.29, as of 01.12.23.191 St Johns still outstanding from Imerys, All races and Christmas party completed

6. Secretary's report

Clive Gibbs was the athlete drawn for the Club ballot for the London marathon, invitation received from TCS London Marathon and sent to Clive who has entered and received confirmation from TCS London marathon that his entry has been received.

New committee members all on the EA site and have access

#### 7. Racing, Coaching, Training & Captain's/Vice-captains update

A full round up of the GP was given with several prizes in age categories achieved, the Cornwall GLass GP awards were given out on the Sunday at Falmouth, suggestion to reintroduce the bus down and back. James Youlden doing really well at promoting the MTRS, we have have a good turn out so far this year with a number of members high in the age categories

#### 8. Run/Walk Group update

The Winter tour has proved popular with a number of runners each week, The track has broke even with the costs and the number of people each week, to continue this for the first monday of the month in the new year and to promote this as an open event for any members wanting to go along and give the track a go. In the new year to start the 0-5K to introduce new people to the club

#### 9. Leaders and coaching

To try and get a meet up with the leaders in the new year, to exchange training ideas and to help new leaders with structured runs, find out the active leaders and to maybe introduce an item to those that have done 6 sessions through the year, advertise for people to become new leaders and remove those that no longer wish to lead

#### 10. Club Races, Replacement race for Imerys, Gribbin 10K

Two proposed routes for different runs to replace Imerys, a ½ marathon route which is to possibly start at Poltair, which covers trail, road this one is more along the lines of Imerys, the other route starts at the rugby club and is a 10 mile loop to cover Pentewan trial and to come back via the coast path, both are good routes with the 10 mile being challenging, more trials needed before a decision is made, to be held the same time as Imerys is normally in May

We have some medals left over from the Gribbin run, so a suggestion was made to do a virtual run to hand out the medals, this is to cover the route of the original run. Also some slight changes to be made to the Gribbin run for next year.

Eden date for 2024 20th October 2024

## 11. Publicity and Website

Website updated from AGM with the new committee members and their positions, maybe some information on each committee member to be added, updated the world map, new prices on the website for the memberships, also a letter to be produced for new members so they know where to meet, what they get for the membership etc.

## 12. Welfare

To be careful on some roads and pavements, also still trying to get onto the welfare course

## 13. Social

To look at possible new venue for next years Christmas party, arrange more social nights for the club members, bring back the newsletter quarterly to ensure members are up to date with what has gone on and to be put on the website so new members know what we offer

## Any other Business

Informing all members regarding the new membership fees and advertising to proposed new members

List of proposed dates (Please see below) This needs to be sent to the Rugby club so they know when the meetings are.

Possibly introduce yoga, Sam Dickenson has been approached to do this, need to check with the rugby club if we can have a room once a once to do this after the club run, price £5 per person, also to mention to the rugby club that the alarm isn't setting sometimes

Meeting concluded 21.35

Next Meetings: 09.01.24, 20.02.24, 26.03.24, 07.05.24, 11.06.24, 30.07.24, 10.09.24, 15.10.24, AGM 07.11.24, 03.12.24

All committee meetings at St Austell Rugby club, Tuesday's Start 20.15

Proposed AGM on Thursday in November 19.00 - Rugby club