St.Austell Running Club AGM Minutes
9th November 2025 7pm.

1. Welcome from Chair

   50 members attended

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 and ARCs 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 GP, DB, CB, JW

3. Accept Minutes of last AGM – copies of minutes available on the night.
   (Proposed: Gwen Maggs, Seconded: Clive Gibbs)

4. Administration Report from Secretary

   Good evening everyone, as Club secretary I'm to give a report on the past year, it's been another successful year for the club, with members competing far and wide and new members joining the club, for those of you that are unsure of my duties and there are probably many, I organise the committee meetings every 6 weeks ish, produce an agenda and to keep the minutes for those meetings, which are put in the website for everyone to see, I would also like to thank the committee on the club members behalf for the hard work this year, for the key roles this has been our second year and I for one am still learning the ropes, I know how hard everyone has worked and they have done an amazing job, with continuing moving the club forward, changing and evolving with the times well done everyone, (Clap)
   Also my roll is to liaise with the EA, this involves the London marathon ballet 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 enter the ballot has been posted, anyone

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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, so any suggestions please let us know, your thoughts and input is what is needed to keep the club current and working for its members, I would like to thank Christine who is stepping down from the committee this year for all her hard work over the year organising all the social and fund raising events over the year

5. Report from Membership Secretary

"Apologies I could not attend tonight's AGM
What a great influx of new members we have had over the last 12 months! We currently stand at 203 paid members (Female 111 & Male 92)"

Membership Prices for 2026 (Proposed:Mat Henderson, Seconded: Armando Vieria)

Single Membership with EA Licence £40 (increased by £3 due to EA Licence fee increase of £3)
Single Membership without EA Licence £25
Single Membership without EA Licence out of County Second Claim £20
Active EA Leader with EA Licence £25

6. Financial Report from Treasurer – copies of accounts available on the night. £14,630.00 (Proposed: Alison Day, Seconded: Paul Johnson)

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7. Captain's Reports

Gwen Maggs (Ladies Captain)

I said it last year and I'll say it again, STARC is all about diversity and inclusion, and this year has been no exception. We have women in the club enjoying run/walk to Sub 8s, and membership as a whole continues to grow. I believe this is thanks to the support and encouragement we all give each other, celebrating ALL achievements.

Women have been flying the STARC flag all over the world, Anita Hudson in Las Vegas, Loraine Hoar in Peru, Debbie Marshal in Spain, Carol in the Serengeti, Michelle, Courtney and Isobel on Turkey, Wendy in Benidorm, Jen Burden in Canada and Lorraine Wherry in Tenerife.

We've also seen some amazing achievement this year, Jodie Gauld's 2nd lady at the Dragons back, Karina Bowers 1st Lady at the Saints Way Ricochet, Claire Todd's Outlaw Ironman distance, Jacqui Martin and the Saints and Smugglers 100 mile Challenge, Jacqui and Sam Ewart and the Smugglers Way 37 miler, Debbie Marshal completing 100 miles at the Hope 36, Debbie Gibbs and Jen Burden at the Valencia Half, Jules Williams and Gill Overell at the San Tropez Marathon, Vicky Chenoweth and Stormforce 10, Ultra Marathons by Nat Dowling, Steph and me, Janet Wills completing the London Marathon and so many other races!

GP series -
Overall Clare Dale 6th and Libby Bonney 8th
Age cats -
1st Libby Bonney
2nd Clare Dale, Theresa Williams
4th team
Debbie Marashal has completed all GP races three years in a row!

MTRS
Overall Nat Dowling 5th and Karina Bowers 10th
Age cats -

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2nd Nat Dowling
3rd Shell Dunn, Karina Bowers, Janet Wills
3rd Ladies team

The club wouldn't be what it is without all the leaders, committee members, Karina taking on the trail runs, Sam hosting Yoga, Marshals at races, supports to all runners and everyone who encourages each other.

Especially thank you to Loraine for being a fantastic vice captain and bringing so much energy and demonstrating what runners can achieve despite set backs. With Alison by her side, with your enthusiasm, the STARC ladies are in good hands

James Stephens (Mens Captian)
This year started in spectacular style thanks to Jaqui and Doug's going for ten programme to help ready people for the first race of the GP Stormforce ten

From this moment on, member attendance at races stepped up a gear. Sticker 5 saw 54 STARC runners making up nearly 20% of the entire race.

There are so many achievements. I'd love to list them all but I've only got four hours up here, so I'll be brief.

Local superhero Bradley Parsons breezed through various ultra marathons, setting a new record on Saint's Way Ricochet.

At the slightly more mature end of the club, both Doug and Iain have a continued to amaze with completing various ultras and races throughout the year.

On the wonkier end of the club, a special mention must go to Damen Powell. Damen took on the plage as part of the annual RAT festival. This 64-mile race is gruelling enough as it is but Damo fell over at Caerhays (mile 14ish?) and continued on

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throughout the night to complete the race with absolutely knackered kneed which saw various trips to hospital over the following weeks. Absolute plonker. I mean well done Damo.

Jordan Cocks joined the club in 2024 following his first ever 5k. Just over 12 months later, Jordan completed in the London Marathon. Not only is the commitment to training and incredible achievement, Jordan also got a ballot place on the first try! Unheard of.

GP Series
Another strong showing throughout the year. In the age cats.

2nd - Steve Towsey, Marv Hine
3rd -Stu Richards, Brad Parsons
MTRS

With the season ending in July, we're now mid-way through the 25/26 season but last season saw the following.

The men's team came second overall.

2nd – Steve Menear, Bradley Parsons.

The men's team continue to show great form and are once again second at the mid-point of the current season.

As this will be the last time that I stand in front of you as men's captain, I'd like to reflect on the last two years and say my thanks.

After Eden ice skating in 2023, I accepted the role as vice-captain from Jamie. At this very meeting that year, it transpired that the then captain had done a runner (no pun intended) and I went straight to captain.

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As someone who doesn't really like people, this role has changed me, and I don't think that I can say that anymore. I've absolutely loved spending time with you all …well most of you all, with highlights being Sticker 5 recce and this year's Saint's Way run…..until I got lost. Having that opportunity to run and chat with people of all abilities was an absolute treat.

I'd like to thank the leaders who not only come out in all weathers to lead our club runs but who have also managed to keep track of the constant rota errors and revisions that I've made over the last two years.

I'd also like to thank the committee for keeping the club alive and kicking, for organising races, the social events, paying the bills and everything in between.

I'd also like to thank you all for being such amazing members over the last two years, for laughing at some of my terrible jokes and for not always leaving me behind on club nights when I'm locking up the club.

This club thrives on volunteers and without them, it does not exist. Whether you volunteer to become a leader, a vice captain, you want to join on the committee, marshall at our events or something else, I highly recommend it, and it really helps.

On a non-STARC note, as some of you may know, I work at The Lost Gardens of Heligan. Over the last few months, I've been working to create and launch Heligan parkrun. I'm really hoping to launch the event in mid December and will likely need your support.

I'd now like to pass the captain's baton over to Andy Coles who in turn passes his vice captain's baton on. I'd like you all to give a round of applause to our new men's vice-captain, Chris Baggot.

Thank you.

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8. Reports from other club activities as appropriate

Run/Walk

Evening everyone, sorry me again it's been a very good year for the Monday group, numbers are strong, people challenging themselves to do things that they never thought they could do, and most of all enjoying the challenges and excelling in them, I couldn't be more proud of them.
We have continued with the 0-5k which wasn't as popular this year but we had some great runners join us through this, so it's always worth doing to help those start there running journey, I for one think it's good to have the group support when doing this, I know there are a lot of apps offering this but it's doesn't give the personal help, guidance, support and fun that the group does, also thank you to those that supported at the park run, it's always greatly appreciated and also other run/walk members join in, sometimes for the first time it helps to have the support of the club

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 crazy individuals that support you in your goals, cheer your achievements and pick you up when you feel down. We are a family and we are here for all the good, the bad and everything in between. There is always someone there to help in what ever way needed and also to make a funny comment to help cheer you up. But we are not just for new runners, those that have had injuries or lost there running mojo or just not run for a while, we are the stepping stone to the main club and always happy to welcome members and help them back to full fitness, we have tours throughout the year to introduce new routes keep things fresh and welcome all members to these, it's nice to see new faces and it encourages people to make the step to the main club and let them know it's not that scary. The Monday group wouldn't exist if it was for the hard work and dedication 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

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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 2026 and hope that brings us just as much success, with new faces and old all working together to help everyone achieve there goals.

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

    a. Elections of Officers in contested positions by ballot. (Proposed: Debbie Marshall, Seconded: Lorraine Hoar).

    b. Election of remaining Officers and committee on block. (Proposed: Iain Walker, Seconded: Theressa Williams)

Officers:

Chair	Samantha Ewart
Secretary	Jacqui Martin
Vice Chair	Paul Johnson
Treasurer	Debbie Gibbs
Membership Secretary	Gemma Pateman
Mens Captain	Andy Coles
Mens Vice Captain	Chris Baggott
Ladies Captain	Loraine Hoar
Ladies Vice Captain	Alison Day

Committee:

Derek Thomas	(Social Secretary)
Martin Trethewey	(Training and Coaching Coordinator)
Clive Gibbs	(Website)

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Jacqui Martin	(Run/Walk Group)
Melanie Nile	(Welfare Officer)
Iain Walker	(Welfare Officer & Chaplain)

Doug Alsop	Terry Wyatt
Dave Speake	Armando Vieria
Kaina Bowers	Paula Vieria
Phill Clatworthy	Debbie Marshall
James Stephens	Jennie James

10. Any Other Business (Pre-Notified Agenda Items Only) – New leaders/T Shirts

As suggested at the last AGM, we have begun our in house training of leaders through ARC, this has been a great success with the first batch of leaders passed the straight run element of the training and leading groups, with the second part on structured sessions to come, new leaders handed T-Shirts, stop watches etc.. Luke, Dave, Karina, Andy, Craig, Damen, Loraine and Izzy

11. Formal closing address from Chairman

This is the second year with me as Chair for the club and with Paul as my trusty ‘sidekick’. I
still feel very much like everyday is a school day, with so much to learn as we go. But this couldn’t have been possible without the rest of the committee – Many of whom have been steering the club for many years bringing with them a wealth of experience and knowledge.
So that the room can give thanks, could the committee members please stand up

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A lot of work goes on behind the scenes to ensure that the weekly sessions run smoothly, organising the rota, the leaders keeping up to date with all the wonderful races and events that have taken place throughout the week and reporting back and celebrating success for each and every one of you.
There are times it gets really hectic, but I hope they will all agree, it is also very rewarding.
so thank you once again to your Captains, Gwen and James who filled the role for a second year, and a big thank you to Loraine and Andy for stepping up and volunteering to be your
Captains for the year ahead. You have also heard how Ali and Chris will be stepping in to the Vice Captains roles – again, Thank you. To Jacqui and the undeviating team of regulars that help the Run/Walk group.

Club Races:
We have also seen a new race added to the MTRS calendar – Skyine 10, which I am sure any of you who have completed the route, whether the actual race or the virtual – it most certainly is NOT a 'Dash' which was one of the suggested names put forward by Paul!
The second year of the fully fledged Gribbin 10k went ahead this year as part of the MTRS series and is still proving to be popular among the racers.
Eden last month in its 15 th year now!! And from all of the organisers of these races – thank you to all the volunteers – you all make it work!
Just a reminder of the great benefits of STARC - Two weekly sessions lead by trained leaders – this could be either a straight run or a structured session. As you have just seen, this year saw the first intake of inhouse leader training courses which has been a great asset to the club – so we all thank them for their time and dedication to helping the club.
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.
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

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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.
Following on from last years Going for Ten, This year over the winter months Doug will be offering the opportunity of a 'You're having a Half' training plan, which will take into account the first two races of the GP – the new Trevithick 12 and Newquay 10k, leading up to a PB for a half marathon in March – there are a few options available and some flatter than Falmouth!!
Thank you to Chris for your efforts over the last couple of years in organising events such as the Christmas Do, the Par Inn BBQ, Quizzes, bowling and other less obvious things that get done behind the scenes.
I would like to welcome Derek to the committee to continue to drive forward the social side of the club. If anyone has any ideas for future events, or would like to help, please feel free to get in touch with Derek.
Also in the year ahead, we are looking to start a Kit Swap – a quarterly night where you can bring unwanted kit along and maybe pick up some other kit. We don't want to hold a huge amount, however we are initially thinking that we could take it along to one of our club races
– Skyline, Gribbin to sell on at bargain prices.
One of the things I am looking at (and you may have seen on the Club Strava Page) is how to utilise the Strava Events – so I have set up an event for this Saturday – Park Run! So
please, if you are completing Eden Park run this weekend, see if you can log your run!
Iain is liaising with Par Track to arrange track sessions for those that want to have additional structure to increase your running capabilities.
Again, it has been an amazing year for each of you here tonight. Whether you have been globe trotting reaching the highest peaks of the world, completing half marathons on repeat
all over the place. If you are diligently maintaining your best efforts at park run or you have exceeded all expectations in time and or distance – give yourself a pat on the back. You are all brilliant.
So finish lines not finish times
Completing not competing or
The faster you run the faster you're done

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

Meeting closed 19.50