



# St.Austell Running Club

## Newsletter 34

### April 2013

#### ***Memberships***

Welcome to new members and to those who have rejoined, for those still coming to the club but have not paid your membership yet can you do as soon as possible as your race license is now out of date.

#### ***Cornwall College***

A big thankyou! to Cornwall College for letting us use their facilities for the last six months, anyone using the College Gym please ensure you take your membership card with you or at least give them your name as they do have a list of all paidup members. If you are going for the first time you will need to book an Induction.

#### ***Get Well Soon***

Andrew Ferguson has now had his operation and we all wish him a speedy recovery. Also to Darren Hambly who took more than one tumble at Whitemoor injuring both his hand and his leg.

Good to see Anne Marie Knight has now recovered from her fall during a walk/run session and is back running again.

#### ***This Season***

Our good start to the new season continues in the GP series, after An Resek the mens team recorded their third 1<sup>st</sup> place result, there have been some great individual results as well. To add to this success in the first race of the Multi Terrain a rather cold 5 Tors both the men and the women won the team events with Dan Alsop finishing 2<sup>nd</sup> overall and Lucy Mancer and Debbie Starkey finishing 1<sup>st</sup> and 2<sup>nd</sup> in the women's race well done everybody.

#### ***Group Leaders***

If anyone is interested in taking a group leaders course, there is one in Truro in May, please contact Helen Stuthridge.

#### ***Imerys Clay Country Marathon and Half Marathon 29<sup>th</sup> May 2013***

We are now well under way with the organisation of the race. If you are willing to help out in any way, especially with Marshalling would you please give your details to Geoff Bate who will pass on to the relevant organiser.

### ***London Marathon***

Good luck to the following who are running in this year's London Marathon either representing the club or their chosen charity.

Duncan Oakes  
Phil Montgomery – Smith  
Stuart Nicholas  
Tim Adams  
Shaun Scrace  
Shawn Ferris  
Doug Alsop  
Rob Wallbank  
Kathy Clarke  
Jess Buscombe  
Amy Buscombe  
Carly Thomas  
Gary Jane  
Andy Budge  
Martin Trethewey  
Charlie Trethewey  
Geoff Bate  
Debbie Marshall  
Danni Walker  
Charmaine Scrace  
Nadia Jay  
Michelle Moore

### ***500 Race Miles***

Here is the latest list of race miles done by members of the club with 300 or more.

FERGUSON, Andrew	1220	GREET, Pete	499
ALSOP, Doug	1135	WALLBANK, Rob	494
MACLAREN, Donald	1107	ROWE, David	485
ADAMS, Tim	1061	OWEN, Mark	480
BULLOCK, Paul	969	WYATT, Terry	478
ALSOP, Daniel	929	ENDEAN, Dave	471
BULLOCK, Katie	908	HOULT, Colin	406
OAKES, Duncan	852	SCRACE, Shaun	385
TRUDGIAN, Andy	838	BATE, Geoff	383
LUSTY, Liz	737	MACLAREN, Lesley	381
PLAYER, Garry	736	TREBILCOCK, Mark	375
EDEN, Reg	688	BUDGE, Andrew	374
MILES, Carl	668	STUTHRIDGE, Helen	364
NICHOLAS, Stuart	648	PENPRASE, Jason	353
BAZELEY, Geoff	644	PEARCE, Gregory	349
BUDGE, Claire	634	CAMBORIEUX, Catheryn	333
ANDREW, Jamie	629	WHERRY, Alan	333
COLEMAN, Rob	628	BAZIN, Peter	331
ROBERTS, Malcolm	598	MITCHELL, Marilyn	329

MARTIN, Steve	586	SPEAKE, David	325
MELLIS, Susan	581	MCFADDEN, Tracy	317
HAMBLY, Darren	577	JANE, Gary	312
GRILLS, Deb	577	CHILLINGWORTH, Jackie	311
WILLIAMS, Ian	577	CROWLE, Mark	307
QUINN, Sean	571	JONES, Simon	306
ASSER, James	561	BUILDER, Rachel	306
HOOK, Guy	548	TALEN, Patrick	300
CAIRNEY, Shirley	540	ELLIS, Steve	300
HOWELL, Tom	540		
PLAYER, Lisa	539		
BAZELEY, Sarah	509		
MONTGOMERY-SMITH, Phil	501		
PIPET, Martin	501		

*Up and coming races*

Sunday 5th May 2013	Saltash Half Marathon	Saltash	13.1 mile MT	
Sunday 12th May 2013	Trevornick 10 mile	Cubert	10k MT	Grand Prix
Sunday 19th May 2013	St. Austell Half Marathon & Marathon	St. Austell	13.1 & 26.2 mile MT	Multi Terrain GP
Tuesday 4th June 2013	Cubert 5	Cubert	5 mile Road	Grand Prix
Wednesday 12th June 2013	Bude Lifeboat Run	Bude	6 mile MT	Multi Terrain GP
Saturday 15th June 2013	Sticker 5	Sticker	5 mile Road	Grand Prix
Wednesday 19th June 2013	Meet Your Max	Truro RC	7 mile MT	Multi Terrain GP
Sunday 23rd June 2013	Lanhydrock 10 m	Lanhydrock	10 mile MT	Multi Terrain GP

**Terry**