

St.Austell Running Club

Newsletter 33

February 2013

New Members

We have had a great number of new members arrive at the club, taking us over 320 members. So it is a warm welcome to:

Brian Abbott, Kathryn Beale, Dave Buckland, Brett Jackson, Broni Jones, Nick Loewendahl, James Miller, Taryn Montgomery Smith, Tamsin Salliss, Virginija Steponkute, Fiona Thomas, Rachael Trudgian Pauline Buscombe, Elaine Hambly, Rachel Haspell, Allan Orton, Martin Southgate and Shelley Warren.

Good Luck to all to you all with your training, racing and socialising with the club.

Also a welcome return to Angela Yates following her long illness.

Good Start to the Year

*An excellent start was made to the new season at the Stormforce 10, we had loads of PB's and also a number of members making their debut for the club or running their first 10mile race. **Well done everyone.***

Get Well Soon

To Katie Bullock and Michelle Dudley who have been unwell since before Christmas and to Charlie Trethewey, Andrew Ferguson and Dave Rowewho are suffering from injury.

Christmas Do

Following the success of last years do we have pre booked the Cliff Head again for 2013.

Congratulations

Congratulations to Debbie Townsend and hubby Richard on the birth of their little girl Erin Jeanette Anne Townsend.

Group Leaders

Congratulations to Sharron Webber on completing her Group Leaders Course.

Imerys Clay Country Marathon and Half Marathon 29th 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.

Up and coming races

Sunday 3rd February 2013 Marazion 10k - Grand Prix Race

Sunday 10th February 2013 Westward league Bovey Tracey - XC

Sunday 24th February 2013 Cornwall Fire and Rescue Half Marathon - Bodmin

Sunday 3rd March 2013 Duchy Marathon and 20 mile race - Grand Prix Race

Sunday 10th March 2013 Looe 10 mile Road

Sunday 17th March 2013 Westward league Plymouth - XC

Sunday 17th March 2013 Falmouth Half Marathon - Grand Prix Race

Sunday 24th March 2013 An Resek Hellys ,Helston 10 mile MT - Grand Prix Race

Sunday 31st March 2013 Whitemoor 10k – *This has a totally new course which is completely off road, worth giving it a go if nothing better to do on Easter Sunday.*

Terry