

## ST AUSTELL RUNNING CLUB NEWSLETTER JANUARY/FEBRUARY 2015 (And a tiny bit of March)

A VERY belated Happy New Year to everyone at Starc. Hopefully with the Christmas festivities long behind us, we've all begun the year as we mean to go on, with lots of you starting your Spring marathon training and all sorts of fitness related resolutions being fulfilled.

The 1<sup>st</sup> day of the New Year kicked off with a run, rather than a race for many, at Brown Willy. For those who haven't done this before, it is the best hangover cure, and for many, it did seem that a cure was needed. A fantastic way to see in the New Year definitely a run to be recommended.

### Grand Prix

The first Grand Prix race of the season started with Stormforce on 18<sup>th</sup> January and special mention goes to Stuart Nicolas who ran a fantastic time of 58 mins and was the first Starc man home. Stuart is going from strength to strength and it will be very exciting to watch his progress this year.

The second Grand Prix race was down at Marazion on 1<sup>st</sup> February. It was a cold, windy day, which is never unusual for this race. Laurie Lee was the first St Austell man home, finishing just as Simon Manuel crossed the start line. Simon was a little late to the race due to the fact that he was celebrating his birthday the night before and couldn't quite work out how to set his alarm clock! Full respect to Simon for making the race at all though. That's what you call true Starc commitment.

Team Results to Date after Marazion: Mens Team - 7<sup>th</sup> . Ladies Team 6<sup>th</sup>

### Cross Country

October 2104 was the first time that we had entered a Cross Country team from Starc. It's plain to see from the pictures on facebook and the accounts of all who have taken part, how enjoyable this has been. For enjoyable, you may also use the words; cold, wet, muddy, fast, hard and painful. It's clear though, that for anyone wanting to pick up a bit of speed and stamina, this is the way to go.

We were very proud to have four of our Starcies represent us at the County Cross Country in Bicton on 4<sup>th</sup> January. Debbie Starkey, Jess Buscombe, Jez Mancer and Stuart Nicholas all did us proud. Well done too, to Darren Squires' son Morgan, who was 5<sup>th</sup> home for Newquay/Par. Definitely one to poach on his 18<sup>th</sup> birthday I think.

A very windy and wet Westward Ho was the setting for the next Cross Country on 11<sup>th</sup> January. Dignity went out of the window from the onset here when the girls realised that the toilets were locked and they had to perform, not for the first time, the "cluck down and wee in a row" ceremony. Not an easy feat in the driving wind. This race was one of the most difficult, in terms of weather, out of all of the Cross Country events, although not it seems, for Jeremy Hill, who had to be stopped from running an extra lap, as he was enjoying it so much!

The penultimate run at Bovey Tracy on 8<sup>th</sup> February saw the girls outnumbering the boys (again). The weather was kinder here, and the setting very picturesque. Lisa Player, managed to finish the race despite twisting her ankle badly, so well done to Lisa. It also has to be said that Martin Trethewey finished like his shorts were on fire. Top class sprinting to the line Martin – seems like that track is paying off.

The final Cross Country of the season took place on 1<sup>st</sup> March at Redruth. The sun shone on the girls as they ran but, as has happened in so many of the previous races, the heavens opened during the men's race. They do say, however, that sun shine on the righteous! This was a very soft, challenging course, but saw Dan Alsop up the front with the best of them. It certainly is great to have you back racing for us Dan.

The presentations followed this race and Starc picked up two prizes. Debbie Starkey came 2<sup>nd</sup> in her age category and the Vet 35 ladies picked up 3<sup>rd</sup> place overall. These are fantastic achievements for our first showing at Cross Country and hope that we can build on this for next season. Big thanks must go to Lesley McLaren for gathering interest in this event and to all those that supported in any way, especially Terry who acted as driver and photographer.

## OTHER RACES

With so many other races now being introduced and competed in, it is sometimes hard to keep track of everything people do, so if you would like a mention in the Newsletter please don't be shy to come forward and ask. Sorry if any races have been missed, but there are a few mentioned below:

### Exeter 10K

In January some went up to Exeter to do The First Chance 10k. This is a great race with PB potential. It's a cheap race at £11 and has chip timing. Julia Nadaud and Becky James both got PB's and were both 4<sup>th</sup> in their respective age categories. Well done ladies.

### Arc of Attrition

7<sup>th</sup> February saw the 100 mile coast race hosted by The Mudcrew. This race was obviously not for the faint hearted and for most competitors would have been run through two cold, wintery nights. Luckily the weather was cold but very kind, and the ever irrepressible Duncan Oakes came in, joint winner, with Steve Wyatt. Well done Duncan. We're all so proud of you, even though we may find it difficult to get our heads around your achievements.

### Bodmin Fire and Rescue Half Marathon

Reports are sketchy from this race but a few hardy Starc soles competed and the reviews are excellent. A very challenging race by all accounts but a great course and one to be revisited.

### The Grizzly

This race clashed with the last Cross Country of the season, but by all accounts is like one massive 20 mile cross country course. A scenic run with beach, rivers, mud, fields and more mud thrown in. Well done to all that got round and special mentions to Lucy Mancer, who was the first Starc lady home in an amazing time of 3hrs, 05 mins and to our very own Ultra Man, Paddy Talen, who was just behind her in 3hrs 15 mins.

### Bath Half Marathon

In previous years this race has seen a strong contingent of Starc ladies compete, and not just during the race. The shops are great and the restaurants and bars are plentiful. This year, however, it clashed with other races and there were only two entrants from Starc (that I know of). One was Gennara Laconianni and the other was, Jenna Fuggles. Well done to you both. Great to see you flying the flag for us. A huge congratulations to our friend Emma Steptoe, from Cornwall AC, who

came first overall. A great advert for Cornish running.

### DAVE ROWE

In January, we were all devastated to hear the extremely sad news that Dave Rowe had unexpectedly and suddenly passed away. This news hit everybody very hard, not only in Starc but across the whole of the Cornish running community. It was especially difficult coming so soon after the death of Ben Builder. When something awful like that happens it shows the strength of friendships that running provides. The Club is planning to host a memorial run on the day of our annual Saints Way run to remember both Ben and Dave and to celebrate their lives. The date will be the Sunday of the May Bank Holiday and we hope will be attended by some of our Mudcrew friends and other friends from Cornish Clubs. Details will follow very shortly.

### SOCIAL EVENTS

The New Year usually sees various different fund raisers for the London Marathon. Hilary Nicolas hosted a horseracing evening at the Rugby Club and was great fun. Thanks Hilary.

On 7<sup>th</sup> March Doug and Geraldine will be hosting their annual cake sale at Tremodrett to raise funds for Cornwall Hospice Care, for Hilary and Ruth's London Runs. Anyone who has attended before will know what to expect in the way of mouthwatering cakes and homemade marmalades. If you want a treat, pop the date in your diary.

Big thanks to Alison Talen who organised a joint night out at Ozell Bowl recently. A great night was had by all and the winning pair were Geoff Bazeley and Nic Murphy. Well done Geoff – you've got to be good at something!

### ST AUSTELL COLLEGE SPORTS CLINIC TIMES

St Austell College is offering Starc members a reduced rate at the Sports Clinic. They are open for massages on Tuesdays at 6.30 & 7.30 and on Wednesdays for sports injuries at 9.30 a.m & 10.30 a.m and 6.30 p.m & 7.30 p.m. The price is £6.00, a reduction from the usual £12 charge. If you would like to go please make a booking.

### MEMBERSHIP

Memberships are now due and need to be paid to Emma by 31<sup>st</sup> March. Emma is usually at the Club on Tuesdays and Thursdays and will be happy to take your money. We will all make her life so much easier if she doesn't have to chase people after this date so thank you in advance for your co-operation.

### OTHER BUSINESS

Everyone who attended Martin's games night recently will agree that it was great fun, so huge thanks to Martin who took a lot of time and effort in his organisation of the evening. Likewise to all the captains/vice captains who plan our training sessions and keep us organised. Thank you to our leaders for your continued support. Your efforts do not go unappreciated.

Finally, for those who missed Luxulyan Pantomime recently, you missed a real treat. Oh yes you did! This should be an annual Starc outing. Well done to Andy and Claire Budge and to Terry and Amy Wyatt. First class performances from you all, if not a little worrying from Terry!

