

ST AUSTELL RUNNING CLUB

NEWSLETTER

JULY/AUGUST 2014

What a beautiful Summer it's been and we've all been taking advantage of the lovely Sunny weather. Again, there's been so many races and different events that its going to be impossible for me to mention too many individuals but don't forget if you have anything, or anybody, that you would like to give special mention to in the forthcoming newsletters you only have to shout to one of the committee, or write your own small piece, to be included.

Grand Prix

The Turkey Trot saw many people complete the 8 qualifying GP races needed to compete in the series. The short sharp race was a gift for many younger Cornwall AC racers but once again, Sue Mellis flew the flag for St Austell and came 1st in her age category.

The Mag 7 was held to coincide with the Annual Club barby and, as always, predicted by Doug, turned out to be the hottest day of the year. Well it certainly felt that way for those that were running. A hilly, challenging but pretty course in cool weather, but a real test in the sunshine. Those that survived had a well deserved drink at arguably the best Club barbeque to date, hosted very kindly by Doug and Geraldine. A big thank you must also go to Terry Wyatt who very kindly taxied drunken individuals to and fro for what must have seemed like the best part of the day. For those who have never attended the Club barby, make sure you mark it on your calendar for next year as it's a fantastic social event for all the family.

The 10th GP race of the season was Indian Queens Half marathon. This race lulls runners into a false sense of security. Do not think that because it is flat it is an easy run. It pushes runners to their limits and catches a lot of people out who go out too fast at the beginning. There were many first timers at this race. Well done to all of you, especially Sharon Webber, who I know has had this race in her sights ever since she joined the Club. You can tick that off your list now Sharon.

The last GP for August was St Levan 10K. The contingent from St Austell was not big, largely due to the RAT being held the next day. Who needs to send a crowd though when you can just send Lucy Mancer who won the race in style. Geoff Bate, who is hoping to achieve completion of all 15 GP races, had to complete this one despite the fact that he was also running the RAT the next day. Madness! But well done Geoff.

MULTI TERRAIN GRAND PRIX

On a sunny evening in July the ever popular Boconnoc 5 mile race was held in the grounds of Boconnoc Estate. A beautiful setting and the next race in the multi terrain GP. The proceeds of this race always go to St Johns Ambulance. St Austell had a good turnout and the mens team managed an impressive 1st place, whilst the ladies came a respectable 3rd. Lots of age category prizes were won but a big vote of thanks must go to the ladies who made the cake stall such a success. It is fast becoming realised what talented cooks we have in the club and Hilary Nicholas, Becky James, Ali Talen, Nicki Hore, Melissa Rowe and Sue Mellis, amongst others, and I apologise for those I have missed, did a fantastic job in producing some great cakes to refuel the tired runners.

The next race, The Tywardreath Trotter, is another evening race and is always great fun, not least because it starts and end next to a Pub. Another beautiful evening saw Darren Squires take the prize for the fastest half mile, winning himself a meal for two at the Cliff Head Hotel. Sadly Darren could not maintain the pace and gave the limelight away to our star husband and wife team, Jez and Lucy Mancer. Well done though Darren. You surprised a lot of people that night, not least yourself.

Following the Tywardreath Trotter the presentations were made for the mini MTRS series in which we had several trinkets to collect. Mens 1st team, Ladies 3rd team and age category wins by Darren Squire 3rd, Andy Lucas 1st, Brian Abbott 2nd, Malc Roberts 3rd and Doug Alsop 3rd. Georgina Speake did it for the women collecting a 2nd place prize. Great going all of you.

OTHER RACES

As already mentioned there were so many races over the Summer. One becoming a firm favourite with some of our ultra nutters is the Montane Lakeland 50 & 100. Duncan Oakes obviously completed the 100. He would hardly mess around with the 50, whilst Andy Young, Tim Adams, Doug Alsop, Jamie Masters and Brett Jackson completed the 50. If you care to look at the utube video you will get a taste of how well organised and spectacular this race is. There is also a great race report on the website written by Jamie Masters.

A couple of weeks later Duncan decided that he hadn't done enough running and entered the North Downs 100, and he only went and won it!! What does that man have for breakfast. But as Gary Jane said – could he put a Rowntrees Fruit Pastel in his mouth without chewing it? Probably!

Gary and Lisa Player took part in the Long Course Weekend at Tenby which is an iron man completed over 3 days. ie swim the first day, then bike, then run on the 3rd day. There

reward was a fantastic medal which came in 3 parts and could be put together to make one complete medal. A lovely momento for a lot of hard work.

And then, of course, there was the long awaited RAT race organised by Mudcrew Events. Different distances of 11, 20, 32 and 64 miles which many of you had trained long and hard for. The weather was warm, if not a little too warm for running. Just perfect if you were going to a wedding though! Special mention to Steve Covus for slaying his demons and returning to finish the 64 after having to pull out last year. By all accounts most people enjoyed it, albeit through gritted teeth. The Mudcrew are fast earning a reputation of putting on some well organised and supportive races so well done to them.

Finally, what can be said about Phil Montgomery-Smith apart from AMAZING. Phil ran the Ultra Trail Mount Blanc at the end of August and completed it in a time of 34 hours and 38 minutes. At the time of writing this he is still travelling back from France so we have yet to hear his tales. We'd all love to read that race report I'm sure. You deserve to be shouting from the rooftops what you have achieved Phil.

THE WESTWARD LEAGUE

October 12th sees the start of the Westward League in Plymouth. This is a cross country series. Usually 10k for men and 6k for woman. It is a tough, rough and ready series of races which will help strengthen and prepare you for the following GP series next year. If anybody is interested or would like any more details please contact one of the committee members. There are 6 races in series, one each month until March.

SOCIALS

On the 19th September the girls are having an evening at Mevagissey. Eating at the Sharksfin at 7.30 and then maybe doing a little tour of the pubs. If you would like to go or would like any more details please contact Sarah Bazeley.

There's no news of any pending boys night out but no doubt they will be organising something soon. They won't want to be outdone by the girls.

FINAL THOUGHTS

Several of you will be out of running at the moment with various injuries so take care of yourselves and recover quickly. Best wishes go especially to Terry Wyatt, Chairman, who had his hip operation and is now on the road to recovery; Robin who suffered a bad shoulder injury when he was knocked off his bike recently, Sue Mellis who has undergone a

small eye procedure and cannot run; and lastly Angela Yates who has finally finished her chemo. Good on you Angela. You're looking great and we hope to see you back at the Club soon.

Finally, just a mention of the forthcoming AGM, the date of which is still to be finalised. If anybody would like to step up and take on any additional duties, i.e group leader, helper at the track, writer of the newsletter, captain, vice-captain, vice chairman, etc, don't be shy to push yourself forward. The Club only exists due to the offers of help and assistance. Nobody expects you to be professional at anything, just willing. If you want to change things or have any ideas to make things better perhaps you would like to go on the committee? Don't be shy. The more people that help and assist in all areas of the Club, the better the Club will be. Plus it might be fun!