

## ST AUSTELL RUNNING CLUB NEWSLETTER

### MARCH/APRIL 2014

It's two months since the last newsletter and there's lots to report. Races and events have been numerous with Grand Prix races and various out of County events. Memberships are due if not already paid, and Emma would appreciate not having to chase people for subs, as she already has enough to do. She is usually to be found at the Club before the Club runs and will be happy to see you then.

#### RACES

##### Falmouth Half

The 3<sup>rd</sup> Grand Prix race of the season was Falmouth Half. A very hilly race raising funds for Cornwall Hospice Care. 28 brave Starcies turned out for this challenging course which was never going to be a PB run. Some of the attraction was maybe the shopping which followed in the town or the post race lunch at Wetherspoons. Some good times, however, were posted, notably by Phil Montgomery-Smith, Duncan Oakes, Stephen Hands and Anthony Jarvis. Doing us proud for the ladies were the ever reliable Jess Buscombe and Emma Murray. Well done to all that completed.

##### An Resek Hellys

The 4<sup>th</sup> Grand Prix race of the series was held on 30<sup>th</sup> March at Helston. The challenging 10 miler was attended by 36 Starcies. The ladies team came away with a 4<sup>th</sup> team place and consisted of Emma Murray, Gemma Martin, Lisa Player, Claire Todd, Georgina Speake and Julia Nadaud. The men achieved a 5<sup>th</sup> place and consisted of Phil Montgomery-Smith, Stephen Hands, Anthony Jarvis and Tim Adams, Laurie Lee and Richard Martin.

##### Team Placings After 4 GP races

###### Men

A team - 5th

B team – 4th

###### Women

A team - 2nd

B team - 3rd

##### Out of County Races

On 2<sup>nd</sup> March there were two half marathons, one in Bath and one in Bideford. Two great courses with chances for PB's. It was the ladies mainly who featured at Bath. Again, it may have been something to do with the lure of the shops. Some great times were posted and a good time was had by all. Sarah Bazeley and Melissa Rowe were chief supporters and managed to see everyone en-route, on what was a cold and wet rainy day. The two men that did appear for Starc put in fantastic performances with Jez Mancer getting a very impressive 1.15 and Matt Grose 1.39. Thankfully all the ladies finished and managed to get back to the shops before they closed.

At Bideford there were again some great efforts and P.B's. Stuart Nicolas had a P.B of 1.17. Well done Stuart. You are going from strength to strength. Jess Buscombe had a new club record by 10 seconds of 1.32.35, whilst Emma Murray and Doug Alsop also got new age category club records.

Amazing performances by all.

The next races on the list were the Paris Marathon and Taunton Marathon. Several of the Starc contingent joined up with Newquay Road Runners on their organised yearly trip to Paris. Reliable sources say that Starc did themselves proud and enjoyed the trip to the full. Shawn Ferris was the first Starc male home in 3.31 with Geoff Bate 2<sup>nd</sup> man home with a new PB of 4.16. Shawn Ferris also won the award for most gallant male. Some disturbing photos were posted of snails and frogs legs but the meal in the evening seems to have been a great success. Thanks to NRR for organising a great trip.

Taunton was the same day as Paris and whilst the sky was not so blue, it did turn out to be a muggy hot day. There were some disappointing results but on the whole, some great performances. Rachel Builder ran a great race and achieved a PB, narrowly missing a good for age time by 2 minutes. Well done to Claire Budge, Helen Stuthridge, Darren McColl and Neil Truscott too. Great Starc support around too.

The annual pilgrimage to London was held on 13<sup>th</sup> April with a lot of seasoned marathon runners going and a few newbies. Again there were some amazing performances but special mentions must go to Stuart Nicholas who achieved a PB of 2.48.56 and our very own Honey Monster, AKA Steve Martin. A lot of money has been raised for charity and personal goals have been achieved. Great stuff by everyone.

Finally, another, very out of County race, was the Boston Marathon. The lovely Shirley Cairney did us proud and ran a great race in what was surely a very emotional event. Not a PB for Shirley but a fantastic time of 3.57. That first class plane travel obviously did you the world of good Shirley!

### Other Races

On 22<sup>nd</sup> March The Mudcrew held their first headtorch race. This was never going to be easy and proved to be a little further than most people thought it would be! By all accounts though it was a great success and lots of Starcies will, no doubt, be signing up again next year. (Although some may not!). Well done to the Mudcrew for organising such a unique event.

At the Club 1 mile and 3 mile time trials were held with some excellent results. These time trials are such a good measure of where you are in terms of improvement so don't be afraid to put your names down the next time they are held.

Unfortunately the first Multi Terrain Grand Prix race of the year, the 5 Tors, had to be cancelled due to the torrential bad weather over the Winter. The next MTGP will now be the Immerys half marathon on 18<sup>th</sup> May.

### CHARITY EVENTS

Throughout March and April several fund raising events have been held for Cornwall Hospice Care, raising funds for the London Marathon places taken by Steve Martin and Geoff Bazeley. As ever, Starc members gave generously, attending the cake bring and buy open day at Doug and Geraldine's; bingo at Mount Charles Club and line dancing at Trethurgy. Those that attended Trethurgy will be aware of the unfortunate incident that occurred when one lady had a fall and broke her hip. This lady has been in hospital for some time but returned to her home on Friday 25<sup>th</sup> April and is making a good recovery. Thank you to all that helped and enquired after her health.

On 23<sup>rd</sup> May Johnny Cowling is at St Austell Rugby Club, raising funds for Cornwall, Hospice Care and Trethurgy Village Hall. If anyone would like to go please contact Sarah Bazeley. Tickets are limited and are £10 per head. Anybody who has seen Johnny Cowling before will know what a great evening it will be.

### SOCIAL EVENTS

As well as Johnny Cowling on 23<sup>rd</sup> May, there is another boys/girls social in the planning on 21<sup>st</sup> June. We will be heading for Fowey but further details are to follow. If you would like to attend, further information will be posted on the Starc facebook page and Starc Website.

Mandy Bate has organised some girls only tickets for The Full Monty at Plymouth in November and so anybody that wants to attend should speak to her as soon as possible.

### STARC WEBSITE

In the last newsletter it was mentioned that the 500 mile list would be featured in this edition. The list has now been updated on the website and if you haven't seen the new website, it really is worth taking a look. There is so much information to be found there and I'm sure we must be the envy of many other clubs. Have a look and see!

### CELEBRATIONS

Finally some lovely news to end. The long awaited arrival of William John Talen came on 7<sup>th</sup> April. A gorgeous little boy who looks exactly like his Daddy. Alison assures us though that he has Clemo brains. Thank goodness! Congratulations to the proud parents, Alison and Paddy.

Big congratulations too to Carly Thomas and Matt Kendall on their wedding on 26<sup>th</sup> April. Carly looked absolutely stunning, as ever and although the day was rainy, it certainly didn't dampen the enjoyment. Love and best wishes for a happy future together.

We're just waiting on you now, Jane Appleton. News of Jane's pending arrival should be in the next edition. Watch this space!