

St Austell Running Club

Newsletter 21

January 2011

Happy New Year

Happy New Year to all past and present members of St Austell Running Club.

New Members

Welcome to the following new members since the November newsletter : Louise Powell, Josephine Gilbert, Andy Young, Lisa Stoops, Simon Williams, Lucy Medway, Sandy Meloy, Laurie Lee, Liz Brown, Rachael Blackie, Simon Collarbone, Rosie Corfield, Louise George, Richard Hughes, Gavin Leney, Ann Miller, Shirley Olsen, Gemma Pateman, Scott Pateman, Paul Quinn, Patricia Quinn, Carly Thomas, Lynda Thomas, Jeremy Warren, Sarah Wood, Chris Hutchings, Alison Talen, Richard Patrick, Samantha Richards and Debbie Watts (she couldn't stay away!!).

Hi -Viz Clothing

Please make sure that you wear 'hi – viz' clothing when running with the club after dark. It has been pointed out that some members are not doing this, which directly contradicts our safety policy.

Anyone not wearing the relevant clothing on a clubnight will be asked not to run with the club.

Get Well Soon

Angela Yates, Charmain Scrace, Ann Rowett, Helen Stuthridge, NatashaDay, Marilyn Mitchell and Andy Trudgian are all struggling with various injuries and we hope to see them back as soon as possible.

St Austell Mayor's Sport Day

This went really well and we were thanked for our efforts by the Mayor.

Particular thanks to Shaun Scrace for lending his treadmill, and Geoff Bate for transporting all the equipment from Polkyth in his van. A big thanks also, to those who assisted during the day.

The Mayor is keen to repeat this sometime before May and with more advanced notice it would be very beneficial to the club.

Boconnoc 5

The Race Licence has been received for this race which is on Sunday 15th May and entry forms are now available on running club websites.

We will need a few marshals, timekeepers, etc, but hopefully as many members as possible will run in this popular 5 mile 'Multi – Terrain' race. It is run within the scenic Boconnoc Estate, near Lostwithiel, with all proceeds going to St John Ambulance.

Thanks to Andy at Personal Best (www.pbrunning.co.uk) for sponsoring the race numbers for both this race and the new St Austell Half Marathon.

Runner of the Month

Main Club

Congratulations to Tim Adams for winning the December award, for his training and race commitment.

Run / Walk Group

Congratulations also to Mandy Bate for her continuing improvement, Turkey Trot race effort and support at the Mayor's Charity Day.

Club Social

This will be an afternoon / evening around Truro, organised by Geoff. Train to and fro, with a meal at the Noodle Bar for those that want to eat.

All Welcome, girls and boys on Saturday 12th February. Geoff will have train details at the club.

The St Austell Half Marathon

This is progressing well, with the smaller race having a limit of 200 entries, which will encourage those who are able to run for 6 – 7 miles, but encourage the majority to run the half marathon. The half will obviously be the main event. As I said at the club, I think we can sponsor the race from within our membership and there have been some really good offers already. If your business would like to support the event, a minimum of £50 will see your business name on all race entry forms, etc. £100 will see your logo on all race literature and anything above this will be treated accordingly and given the higher profile it deserves.

Alternatively if anyone has a contact for free bananas, drinks, etc, from local shops or supermarkets, again let me know. Fliers and leaflets can also be distributed in goodie bags on the day.

Please let me know as soon as possible if you can sponsor or support the event in any way, and 3 excellent offers have already come in from club members, and thanks to those involved.

I have measured the course and details will be available at the club. The short race will be 10k in distance.

Thanks to Jess Ratty, who has offered to look after the PR side of the event, as she works in this area.

Don't forget.....you will have to provide a helper if you want to run in either race.

London Marathon 2011 Club Trip

Payment, with cheques to St Austell Running Club, is needed urgently. Please pass your cheques to Katie or contact Anne for further details annebullock@btinternet.com or 01726 61462.

The train tickets will be ordered the first week of February and will be approx £45. These prices are subject to change but this should be the most you will have to pay.

Leaders in Running Fitness Course

The Group Leaders course went well at Biscovey Junior School, St Blazey, on Saturday 29th January.

Becky James, Ian Watkins, Glyn Chillingworth, Jason Murphy, Chris Hutchins, Rachel Builder and Scott Pateman are now qualified Group Leaders. These can be added to the team along with Shaun Scrace, Geoff Bate and Barbara Peppiatt who recently took their LIRF Course at Tavistock.

Good Luck to these new Group Leaders and let's support them on clubnights.

Christmas Dinner

Following positive feedback when everyone was asked at the club, The Cliff Head Hotel has been booked for Saturday 17th December 2011. The only difference to 2010 will be that you will only be able to attend for the full evening, not just for the post dinner entertainment.

Race for Life

The committee has decided that we will not be organising the new event at the Royal Cornwall Showground, as it is not really local to us.

Club Ballot for London Marathon Places

Assuming we get 4 club places for the 2012 marathon, the rules for applying have been slightly amended. The following criteria will apply :

- 1. Have been a paid up member since November of the previous year.*
- 2. Must show evidence of the reject slip from the official LM ballot.*
- 3. Must have represented the club in at least 6 races in the last 12 months.*
- 4. Must not have been the recipient of a club place in the previous year.*
- 5. Must have attended clubnights on a regular basis.*
- 6. Must have assisted in the running of the club or at events organised by the club.*

Examples of assistance are: -

Marshalling at races, Coaching/Leading other examples will be considered.

STARC 500 Mile Club

Reg Eden becomes the latest club member to race 500 miles and receive his silver star. Well done Reg.

Members of the 500 mile club are now able to get a silver star embroidered onto their race vest and any other club clothing. This can be arranged by Andy through his shop.

Those already with their star and those getting close are in this list.

MACLAREN, Donald **	1102
FERGUSON, Andrew *	712
ALSOP, Doug *	689
BULLOCK, Paul *	689
TRUDGIAN, Andy *	637
ALSOP, Daniel *	543
MILES, Carl *	543
BULLOCK, Katie *	534
LUSTY, Liz *	532
ANDREW, Jamie *	527
PLAYER, Garry *	527
HOOK, Guy *	521
ADAMS, Tim *	505
EDEN, Reg *	503
MELLIS, Susan	452
WOTTON, Lisa	443
COLEMAN, Rob	426
ROBERTS, Malcolm	419

Races coming up :

Sunday 6th February.....Marazion 10k (second in the GP series)

Sunday 20th February.....Plymouth Hoe 10

Club Kit

The new system where all club kit can be purchased at Andy's Shop is working well and please feel free to have a look around the shop if you call in for a new vest, hoodie, etc.

Don't forget Andy's Running Shop for your 2011 running kit



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