

St Austell Running Club

Newsletter 24

July 2011

New Members

Welcome to the following new members since the last newsletter :Patrick Talen, Sarah Robbins, Michaela Trethewey, Alan Wherry, Lizzie Wheatcroft, Lisa Prangle, Catherine McGall, Andrew Lucas, Justin Pascoe, Maggie Tagney, Tim Clifford, AbbieGolley, Diana Magyar, Jane Neaney, Elaine Harper, Emma Murray, Lisa Pope, Moira Nottle, Oliver Westaway, Richard Growden, Jan Green and Sam Cotillard.

*Welcome **back** to Ken Brown and Martin Bullock, who just couldn't stay away!!*

Get Well Soon

Let's hope Mark Owen, Darren Hambly and Geoff Bazeley return to training soon, as they have had recent injuries. Unfortunately, BruceMaclaren and Sue Mellis are still not back in training.

Happy Big 40's

Congratulations to Alison Coleman and Glyn Chillingworth, who recently reached this landmark.

Run / Walk Group

There was a recent 'Flying Coach' visit from Viv Matthews, a highly qualified running coach, and the girls did themselves proud. Viv was very impressed with the commitment and effort from the Group and was full of praise for the initiative shown by the club, in setting up and progressing the group so well.

Another recent visitor to the Run / Walk Group was Andy Moore, Hayle Runners President and Chairman of the DAN, who was equally very impressed with the session planning and commitment from the ladies.

Par Running Track

Andy is getting good regular support at the track and is always looking for more members to try the speedwork sessions out. All members of all abilities would benefit, so don't be afraid to give it a go on a Tuesday.

STARC Sponsorship

It was confirmed in mid – July, that the STARC Committee has accepted an excellent sponsorship offer from Cornwall College. Full details will be made available as soon as possible, but the offer is extremely beneficial, and will confirm the financial stability of the club, and give 'in – kind' benefits to members.

We were offered this sponsorship after a senior college official ran in our recent St Austell Half Marathon, and liked the 'family feel and atmosphere' of the event, and suggested the college would benefit from mass participation aspect of road running, rather than the 'elitist' approach to sponsorship. This firmly backs up our STARC ethos and the marshals at the race were pointed out as being outstanding.

Therefore, a big thanks to all those who helped to make the race run smoothly.

Sticker 5

A big thanks to all who supported the Sticker 5 by running or helping in some way. Sticker Football Club extend their gratitude to STARC and realise the race could not happen without our assistance.

The day went well and congratulations to Alison Coleman for winning the trophy at the post-race karaoke, for the 'Most Enthusiastic Effort'.

Runner of the Month

Main Club

Congratulations to Rob Coleman and Deb Grills for winning the May and June awards, respectively.

Run / Walk Group

Congratulations also to Sarah Dubare and Shirley Olsen as winners of the May and June awards for the Monday Night Group.

Message from Lou

Dear Runners

I am writing to you let you know about the treatment offers I have for St Austell Running club and to introduce myself to those of you I haven't met either through the club or through treating. I have been a member of the club for approximately 18 months now but don't always get to training as often as I'd like!

I am an experienced Chartered Physiotherapist and have recently started a Saturday Clinic at the Personal Best Running Shop, Carlyon bay. I am keen to let local Sports people, and particularly runners, know about my business and to support them in any way that I can.

I have experience working for a number of elite teams including Great Britain hockey and Birmingham City Ladies football club, as well as with a number of International Triathletes, Netball Players and Squash players and with large numbers of competitive runners.

My areas of specialism include Running and Sports injuries and complex/ persistent or neuropathic (nerve pain) symptoms. I use a range of techniques including joint mobilizations & manipulations, electrotherapy, massage, neural mobilizations, myofascial release, acupuncture and rehabilitative exercise.

I relocated to Cornwall from Birmingham 18-months ago to work at Cornwall's longest established Physiotherapy practice in Falmouth, and work here during the week in addition to now setting up my own practice closer to home at Personal Best. I am keen to begin working with Competitive Sports people in the County as sport is where my passion and experience lie.

As a member of the club, **I offer 10% off all Assessments and Treatments for members of St Austell Running Club.**

If anyone has any questions at all, needs any injury advice or would like to know more or book an appointment please call or email me. Also, feel free to also pass my details to anyone outside the club whom you think I could help.

Best Wishes

Lou.

Louise Nicholettos

Chartered Physiotherapist BSc (Hons) MSc MCSP HPC

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Club Socials

The Truro Day Out was a successful social and will be repeated at a later date.

There is a Girls Night Out planned for Friday 19th August at the Ghurka Restaurant in St Austell. Post meal partying optional, so Let Katie know if you're up for it.

Duchy Athletic Network (Tregorrick)5k

Thanks for everyone's help in making this such a success. 133 in the 5k and nearly 50 in the Fun Run ran in excellent weather. The feedback has been really positive, with the marshals getting praise from many sources.

Liz Lusty's Coastal Charity Challenge

What a fantastic effort from Liz, who ran between 20 and 40 miles for 8 consecutive days, along some pretty brutal coastal terrain. The challenge was completed with the 44 mile Classic Quarter, which is a challenge in itself. Liz has confirmed that she raised around £1500 for Children's Hospice South West.

Leaders in Running Fitness Course

Phil Lean, Duncan Oakes, Stuart Nicholas, Clare Budge, Reg Eden and Kelly Osborne took the recent Group Leaders Course at Biscovey School. This will help to ensure that groups on clubnights are safely led, but we could still do with more.

There is a course at Truro on 17th September, so let Lesley Maclaren know if you can attend.

There is also a Safeguarding and Protecting Children in Sport Course at Polkyth Leisure Centre on 23rd August.

In recognition of their service to the club, Current Coaches and Group Leaders will soon receive personalised STARC technical jackets, reduced membership renewal, as well as other benefits going forward.

Saints Way Run

This was well attended and rounded off with a good evening at the White Pyramid. The weather was not quite as kind as previous years and the sea was pretty cold at Ready Money!

Thanks to Anne, Geraldine and all those who provided the usual top class support on route.

STATO Challenge (STARC Grand Prix)

An update is imminent to include the DAN 5k and Tywardreath Trotter.

Club BBQ

This will start from around 2.30p.m. after the Indian Queens Half Marathon on Sunday 7th August. It will be at Doug's house near Roche and the meats and soft drinks will be paid for by the club, as usual. Everyone welcome, and please let Geraldine know if you are going. Please bring a salad or sweet, and your booze.

Katie is organising mini-bus trips from the Par / St Austell area, so let her know if you're going.

Babies

Congratulations to Fred Kimpton, Rob Wallbank and their respective families on their new arrivals. There are 2 more female members 'in the club', pardon the pun, so watch this space!!

Christmas Dinner

This year's Christmas Party is being held at the Cliff Head Hotel on Saturday 17th December. It is £24.95 per person (same as last year!) which includes a 3 course meal and a Disco. We will also be having our annual awards after the meal. Places are expected to sell-out as for the last 2 years, so let Katie know if you would like to go, and it is on a 'first come – first served' basis.

Please note that after discussion with the Cliff Head management, members will be unable to come after the meal, just for the presentation and dancing. The menu will be on the website shortly.

Eden Project Marathon

This will be on Sunday 9th October with the Fun Run on the Saturday. As Tracey Davey is unable to help co-ordinate the marshals this year, Lynne Davey, Geraldine Alsop and Michele Lobb will be assisting Darren Hambly for this year's event. If you can help, please let them know as the process is now starting.

Club Kit

We now have a full compliment of club kit and clothing available from Andy at Personal Best Running Store, Carlyon Bay. Male and female vests and t-shirts in all sizes are in stock and hoodies (with names if preferred) can be ordered. For all your general running kit, trainers, etc, please do not hesitate to contact Andy, as he'll make every effort to give all STARC members a good deal.

Contact Andy on 01726 815255 or andy@pbrunning.co.uk

Big 300!

Lucy Wright, our Membership Secretary, has confirmed recently that we now have 297 paid - up members, so look out for the 300. This is quite a feat as we only started in October 2007, and celebrations will be in order when we reach this milestone.

Races Coming Up

August 2011

Sunday 7 th	Indian Queens Half Marathon	13.1 miles, GP Race
Wednesday 10 th	DAN 5k, St Clement, Truro	3.1 miles multi-terrain
Friday 12 th	St Levan 10k, near Penzance	6.2 miles
Wednesday 17 th	DAN 5k, Cape Cornwall	3.1 miles, multi-terrain
Wednesday 24 th	DAN 5k, Gwithian Towans	3.1 miles, multi-terrain

September 2011

Sunday 4 th	Treggy 7, Launceston	7 miles, GP Race
Sunday 11 th	Probus 10k	6.2 miles
Sunday 18 th	Truro Half Marathon	13.1 miles, GP Race

Boff's Offer

Barbara Peppiatt, who supported the recent St Austell Half Marathon, has a will writing company 'Wills 2 die 4'. She says they are happy to offer a free will writing consultation by phone or at home to any St Austell Road Runner. After an initial chat Barbara will provide a quotation and you can choose whether or not to proceed.

Barbara Peppiatt

Independent Insurance Consultant

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