

# *St Austell Running Club*

## *Newsletter 30*

### *July 2012*

#### ***New Members***

*Welcome to the following new members since the last newsletter : Rachael Mathews, Greg Hall, Chris Phillips, Antony Jarvis, Lucy Mancer, Eric Moore and Daniel Parry.*

*Good Luck to all to you all with your training, racing and socialising with the club.*

#### ***Get Well Soon***

*Angela Yates is now recovering well after her major operation and Rachael Staff is hoping to return to the Run / Walk Group in a few weeks, also following a major operation.*

*Andy Young is now back in training, but Reg Eden is unfortunately not able to run, but walking to the club on a regular basis. Both these, and John Rutland, have had recent heart related problems.*

*Trish Jones is injured and Claire Budge is struggling on with a 'wounded knee' after tripping over, 100 yards into a 16 mile training run. What a trooper for hobbling around the Turkey Trot and Mag 7!!*

#### ***Clubnights in July / August***

*As the Rugby Club is unavailable due to their filming commitments, we are currently holding clubnights at Cornwall College, from the A Level centre, next to the Keay Theatre. Thanks to Russell Lawrance at the College for arranging this at fairly short notice.*

*The facilities are ideal and offer everything we have at the Rugby Club, with water, tea, coffee, etc, available after the run, and showers and changing facilities.*

*We will return to the Rugby Club when filming has finished, which is anticipated to be on Sunday 12<sup>th</sup> August. We should then return to the Rugby Club for Tuesday 14<sup>th</sup> August.*

*Thanks to everyone for their understanding at this awkward time.*

#### ***Club Socials***

*The girls have been busy with their socials to see Sister Act at Plymouth Pavilions and an ABBA tribute band at the Hall for Cornwall, with both well attended.*

*The boys are trying to get something on, with little success, but watch this space!!*

#### ***Congratulations to Mrs T***

*Just as she returns to regular running with the Monday Night Group, Debbie Townsend breaks the news that she is expecting another baby!!*

*Best Wishes to Debbie, Rich and Edward.*

#### ***Club BBQ***

*This will be at Doug's house at Tremoddrett, near Roche, after the Indian Queens Half Marathon on Sunday 5<sup>th</sup> August, from 2.00p.m. as in previous years. Club members and their families are invited and all the meats will be paid for by the club. Just bring a bottle and some salads, sweets, etc.*

*There will be a mini-bus from the St Austell area, with kids going for free. Let Katie know if you're coming and want the mini-bus. It will make as many trips as necessary.*

*We need to know numbers for catering purposes.*

#### ***Triathlon Coach***

*Richard Duanne has just qualified as a Level 2 Triathlon Coach. This has been supported by the club and shows our commitment to all areas of running and associated activities.*

*Well Done, Rich.*

## **STARC Website**

*Simon Williams will be involved with the running of the new website, to help Terry who is busy with work commitments. They have both met with the College IT Team and Simon is now on the case.*

## **Club Races 2012 – 2013**

### **Imerys Clay Country Marathon and Half Marathon**

*This was very successful and Imerys and Cornwall College were delighted with this first running of the event and firmly behind plans to make it a regular occurrence. The date for next year has been confirmed for Sunday 19<sup>th</sup> May 2013.*

*Numbers were small for the marathon, as expected due to the short notice of the event, but this was boosted by over 200 in the half. The fun run was also well supported.*

*Thanks to Darren Hambly (Risk Assessments and race Health and Safety), Becky James (Race Entries), Helen Stuthridge and Sarah Bazeley (Marshal Co-Ordinators) and Lucy Wright (Results). Also to the 2 Geoff's for their efforts up to and on the day, with general setting – up, van driving, and making sure the pasties were on time!! A huge thanks also to everyone who helped in any way.*

*At a recent meeting with the College and Imerys Management, it was suggested that the marathon for 2013 will be a single lap race, with Imerys keen to grant access to more of their working sand roads. The half marathon will basically be the same as last year with a few minor changes and be included in the Cornish Multi-Terrain Grand Prix Series.*

*I suggested a deadline of the Cornish Marathon in November, to have the routes confirmed and finalised, with an entry form available at the Cornish Marathon. This was accepted and the College Graphics Team will be designing the entry form, which I'm sure will be much better than my attempt.*

*Anyone with any thoughts or ideas about the existing or anticipated race routes, logistics, etc, please let me know as soon as possible as things will be starting shortly.*

### **Sticker 5**

*Thanks to all those who supported or helped at Sticker in any way.*

### **Boconnoc 5**

*This was highly successful with a huge increase in entries and all proceeds of the race, totalling over £1700, went to St John Ambulance. This is a really worthwhile cause and we benefit with reduced First Aid cover at our club organised races.*

*Thanks to Michele Lobb for once again taking race entries and Alison Tallen for co-ordinating the marshals.*

*The Boconnoc Estate are holding more weddings throughout the year, which will mean the courtyard area will be unavailable to us on most Sundays. We have therefore decided to hold the race on Thursday July 4<sup>th</sup> in 2013, when all facilities will be available. Hopefully it will be a nice evening with a 7.00p.m. start.*

### **Tregorrick 5k**

*We recently hosted The Tregorrick 5k, one of the DAN 5k Series, and despite the horrendous weather leading up to it, it went off satisfactorily. Numbers in both the fun run and 5k were down on last year, but this was presumably due to a combination of the weather and a glut of races around this time.*

*Thanks to Andy Trudgian for taking entries and Geraldine Alsop for co-ordinating marshals.*

*The corresponding date for 2013 has been taken for the Boconnoc 5, and if the DAN series continues we will schedule the race into the calendar nearer the time.*

## **Leaders / Coaches in Running Fitness Course**

*Sharron Webber is taking the next Group Leaders Course so good luck to her.*

*We now have a new supply of stopwatches, whistles and 'STARC Bum-Bags', so please let me know if you're an active Group Leader and need any of these items.*

### ***Traffic Management Course***

*We could do with a few volunteers to take a Traffic Management Course, to assist in Race Management involving road closures, etc. It will probably be on a Saturday and please let me know if you are interested.*

### ***Race Timekeeping Training***

*Club timekeepers, to assist the official team, is the biggest problem I face with race organisation. I am planning to hold a short training session with Derek Burrows, the Official Timekeeper, to introduce people to the finish system at races.*

*It will be at the Rugby Club and would really benefit the club if a few could take part. Again, please let me know if you're interested.*

### ***STARC 500 Mile Club***

<b>500 Mile Club Members</b>	<b>Total</b>	<b>'Getting Close To It' Gang</b>	<b>Total</b>
FERGUSON, Andrew	1181	BUDGE, Claire	490
ALSOP, Doug	997	GRILLS, Deb	486
BULLOCK, Paul	923	ROWE, David	485
ADAMS, Tim	889	HAMBLY, Darren	481
ALSOP, Daniel	857	WALLBANK, Rob	454
BULLOCK, Katie	830	HOWELL, Tom	451
TRUDGIAN, Andy	780	MELLIS, Susan	450
OAKES, Duncan	740	BAZELEY, Sarah	442
PLAYER, Garry	716	GREET, Pete	426
LUSTY, Liz	714	MONTGOMERY-SMITH, Phil	423
EDEN, Reg	668	WYATT, Terry	414
COLEMAN, Rob	628	NICHOLAS, Stuart	408
ANDREW, Jamie	578	HOULT, Colin	377
ASSER, James	561	ENDEAN, Dave	360
BAZELEY, Geoff	542	OWEN, Mark	357
HOOK, Guy	535	PENPRASE, Jason	353
PLAYER, Lisa	534	PEARCE, Gregory	342
CAIRNEY, Shirley	529	CAMBORIEUX, Catheryn	321
WILLIAMS, Ian	525	MITCHELL, Marilyn	316
ROBERTS, Malcolm	519	BUDGE, Andrew	312
MARTIN, Steve	513	CHILLINGWORTH, Jackie	311
		CROWLE, Mark	307
		SCRACE, Shaun	306
		JONES, Simon	306
		BATE, Geoff	306
		ELLIS, Steve	300

*Thanks to Andy Trudgian for these stats and he also informs me that St Austell Running Club completed **50,000** race miles since we started in October 2007, at the recent Magnificent 7.*

## **Christmas Dinner**

*Places are being taken up fast for the Christmas Dinner at the Cliff Head on Saturday 15th December 2012. There is a limit of 120 and the menu is below. Let Katie know if you want to come and rooms are available at a discounted price to be confirmed.*

# **Christmas Party Night Menu 2012**

## **- Starters -**

Roasted Sweet Red Pepper and Tomato Soup

*served with a crusty roll*

Coarse Meat Pate

*with homemade spiced fruit chutney*

Prawn & Smoked Salmon Timbale

*with dressed leaves*

## **- Main Courses –**

Traditional Roast Turkey

*with cranberry and red currant stuffing drizzled with a rich red wine jus*

Fillet of Lemon Sole

*with a saffron and salmon mousse, tomato herb cream*

Roasted Seasonal Vegetable Risotto

*with a chervil cream*

Traditional Roast Topside of Beef

*with creamed horseradish & Yorkshire pudding*

## **- Desserts -**

Christmas Pudding

*with brandy cream sauce*

Duo of Chocolate Mousse

*with a mango coulis*

Chef's Selection of Ice Creams

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Coffee & Mints

*Race Diary for the remainder of the year is here, so plan your races now :*

<b>JULY 2012</b>				
Saturday 28th	Tywardreath Trotter	Near Par, Cornwall	6.5'ish miles	Multi-Terrain GP
Sunday 29th	6 Moor Miles	Yelverton, Devon	6 miles	Multi-Terrain
<b>AUGUST 2012</b>				
Sunday 5th	Indian Queens Half Marathon	Near Newquay	13.1 miles	Grand Prix race
Wednesday 8th	Cape Cornwall 5k	Cape Cornwall	DAN Series (5)	Multi Terrain
Friday 17th	St Levan 10k	Past Penzance	6.2 miles	
Saturday 18th	Sticklepath Horseshoe Fell Run	Dartmoor	9.6 miles	Fell Run / MT
"	Roseland August Trail Run	Near St Austell	32, 20, 11 miles	Multi Terrain
Wednesday 22nd	DAN 5k Series Presentation Race	Truro Rugby Club	5k	Multi Terrain
Friday 24th	Trelissick 10k	Near Truro	10k'ish	Multi Terrain GP
Saturday 25th	Oke Croak	Okehampton	10'ish miles	Multi Terrain
Sunday 26th	Torbay Royal Regatta 10k	Torquay	6.2 miles	
<b>SEPTEMBER 2012</b>				
Sunday 2nd	Treggy 7	Launceston Castle	7 miles	Grand Prix Race
Sunday 9th	Probus 10k	Near Truro	6.2 miles	
Sunday 16th	Truro Half Marathon	Truro	13.1 miles	Grand Prix Race
Sunday 23rd	Newton Abbott Ladies 10k	Newton Abbott	6.2 miles	Ladies Only
"	Bude RATS Ultra Run	Bude	42, 22, 12 miles	Multi Terrain
Sunday 30th	Bristol Half Marathon	Bristol	13.1 miles	
<b>OCTOBER 2012</b>				
Sunday 7th	Newquay 10k	Newquay	6.2 miles	Grand Prix Race
Saturday 13th	Mouth to Mouth 10k	Near Bude	10k'ish	Multi Terrain
Sunday 14th	Race for Wildlife	Penzance	10k'ish	Multi Terrain GP
"	Cardiff Half Marathon	Cardiff	13.1 miles	
Sunday 21st	Tavy 7	Tavistock	7 miles	
"	Stroud Half Marathon	Stroud, Gloucester	13.1 miles	
"	Abingdon Marathon	Near Oxford	26.2 miles	

“	Dartmoor Vale Marathon	Newton Abbott	13.1 and 26.2m	
Sunday 28th	Great Flat Lode Run	Redruth	5 miles	Multi Terrain
<b>NOVEMBER</b>				
Sunday 4th	Plymouth 10k	Plymouth	6.2 miles	
<b>Sunday 11th</b>	<b>St Michael's Remembrance Run</b>	<b>Marazion Beach Run</b>	<b>4 .2'ish miles</b>	<b>Multi Terrain GP</b>
<b>Sunday 18th</b>	<b>Cornish Marathon</b>	<b>Pensilva, Nr Liskeard</b>	<b>26.2 miles</b>	<b>Grand Prix Race</b>
“	Drogo 10	Castle Drogo, Devon	10'ish miles	Multi Terrain
Sunday 25th	Cornwall Mob Match	Falmouth	5 miles	
<b>DECEMBER 2012</b>				
Sunday 26th	Boxing Day Run	St Dennis, Cornwall	4 or 8 miles	