

# **St Austell Running Club**

## **Newsletter 22**

### **March 2011**

#### **New Members**

Welcome to the following new members since the last newsletter : Jane Appleton, Paula Budge, Chris Marriott, Caroline Hammond, Tracey Middleton, Gemma Morcom, Rachel Morcom, Justine Pender and Bev Talbot.

#### **Get Well Soon**

Natasha Day, Terry Cairney, Bruce Maclaren, Sue Mellis, Debbie Hickling, Sarah Bazeley and Glynn Chillingworth, who are all struggling with various injuries and we hope to see them back as soon as possible. Good to see Kayla Vague back and running and thanks to Sue for her support at races.

#### **STARC Yearbook**

The 2010 yearbook is without doubt the best yet and thanks must go to Terry (and Liz!!) for such a fantastic effort. Terry assures me that everyone who ran in a STARC vest last year is in the book somewhere, so please visit the link and consider ordering a copy.

<http://www.blurb.com/bookstore/detail/2020227> It's a bit pricey, but well worth it as a keepsake.

Thanks to Jemma Simpson and Chris Thompson, our GB International Athlete friends, for providing the Foreword to the book.

#### **Run / Walk Group**

The very successful Monday Night Group will reach it's 1<sup>st</sup> Anniversary in April, and this milestone will be celebrated with a post run buffet on Monday May 2<sup>nd</sup>. The group has added over 60 new members to the club and are still consistently average around 40 runners each week, even though a large amount have progressed to the main club.

Everyone who has been involved with the group is invited, runners and coaches. Please let Katie know if you are coming for catering purposes.

#### **UKA Information**

A recent Race Directors Newsletter gave the following running related facts.

- The December (2010) Sport England Active People survey showed recreational road running participants at around 1.8 million – this being one of the largest groups, and in growth, throughout the last 3 years.
- There are 3,500 licensed road races each year
- 8,600 runners have downloaded their Runbritain Handicap score since it was launched in September.
- Athletics Data has recorded almost a million individual race performances from licensed events since the handicap scheme was launched last year.
- The largest race is the Great North Run at 37,000. The average licensed event is 400.
- The average male runner is a 39 year old accountant, and the average female runner is a 32 year old teacher.

Therefore most races in Cornwall are above the average of 400, and do we have a male accountant of 39, or a female teacher of 32 in the club?

#### **5k Track Time Trial**

Simon is organising a 5k Time Trial at Par Track on Tuesday 29<sup>th</sup> March, starting at 6.30p.m. This is an ideal introduction for new runners to the track, and for experienced runners to get a benchmark that can be repeated. There will be official timekeepers and race conditions. Timekeeping help would be appreciated, please.

## **Bocconnoc 5**

Tracey Davey is now taking names for marshals, timekeepers, drink station helpers, etc, and she can be contacted on [traced@live.co.uk](mailto:traced@live.co.uk). Please let Tracey know if you or a friend, family member, etc, can assist in any way, as we will need around 30.

This is a popular 5 mile 'Multi – Terrain' race which is run within the scenic Bocconnoc Estate, near Lostwithiel, with all proceeds going to St John Ambulance.

Hopefully several club members will run this, as being 5 miles, it should be attainable to most of the membership. I am in the process of arranging a trial run of the course when the light evenings come, and anyone is welcome to come out and have a run around the Bocconnoc Estate.

## **Runner of the Month**

### **Main Club**

Congratulations to Nadia Alsop and Phil Montgomery Smith for winning the January and February awards, respectively, training and race improvement.

### **Run / Walk Group**

Congratulations also to Sandy Meloy for her continuing improvement, and Alison Tallen for her training commitment, as winners of the January and February awards for the Monday Night Group.

## **Club Socials**

Thanks to Geoff for organising a successful day out in Truro, and Katie for encouraging over 40 lady members to take over the Harbourside and Rashleigh Inns at Charlestown.

A mini-bus full of STARC ladies, in full 70's attire, saw Bjorn Again at the Plymouth Pavilions, recently. Good to see the socials going well as they are an important part of club activity.

## **The St Austell Half Marathon**

There will be a 6 mile (6miles and 247m) run starting with the half marathon, but this will have a limit of 200. It will be 'first come – first served' to enter. Andy is reserving the first 50 numbers in each race to STARC members, so if you have a favourite number, let him know as soon as possible.

Sponsorship for the race has been very positive and the route has now been officially measured.

Dawn and Malcolm Roberts are organising the marshals, so if you can help, please contact Dawn on [dawn@romania19.plus.com](mailto:dawn@romania19.plus.com) or text to 07870 332 184. We will need around 50 in total.

Dawn intends to have a short (45 mins) marshal's briefing after training on Tuesday 19th April. If you have never marshalled before, or don't know the course, please endeavour to be there.

**Don't forget.....you will have to provide a helper if you want to run in either the 6 or the half.**

## **Leaders in Running Fitness Course**

Shaun Ferris has now qualified as a Group Leader and will strengthen the existing Coaches and Group Leaders Team.

We still need more Group Leaders, particularly for the faster groups on Club Nights.

## **SIS Sports Presentation**

I have arranged for Peter Slijkhuis, from Science in Sport, to come and give a talk about the SIS range of sports drinks, gels, etc, and he will cover nutrition in half marathon / full marathon running. He will also explain some principles like carbo-loading, recovery and nutritional race strategies. There will also be a sampling session with freebies. This will be as soon as possible after the club run on Tuesday 26<sup>th</sup> April.

If successful, this could be repeated at a more opportune time, leading up to a half or full marathon.

**Well Done for the excellent performances in the recent Duchy Marathon and 20 miler and good luck to all those running Spring Marathons!**

## **STATO Challenge (STARC Grand Prix)**

*The STATO Challenge for 2011 will consist of the following races, totalling 12, of which you must complete 6. STATO (whoever he or she is) has come up with a challenging set of predominately local races, and as usual, there will be mementos for all who complete the 6, and trophies for 1<sup>st</sup> 3 Male and Female. These will be presented at the Christmas Dinner at the Cliff Head.*

Whitemoor 10k  
May Time Trial  
Boconoc 5  
Cubert 5  
Sticker 5  
St Austell 5k  
Aug Time Trial  
Tywardreath Trotter 7  
Probus 10k  
Newquay 10k  
Mob Match 5  
Dec Time Trial

## **Races Coming Up**

*You need to complete 8 of the 15 Grand Prix races to qualify for a completion memento. 2 must be 10 miles or over.*

### **April 2011**

Sunday 3rd	Penzance Triathlon	400m, 15.5m, 4m	Swim, Bike, Run
Sunday 3rd	Taunton Full and Half Marathon	26.2 and 13.1	
Sunday 10th	5 Tors Moorland Run, Minions	11'ish miles	Moorland
Sunday 10th	Enys 10k, Penryn	6.2 miles	
Sunday 10th	Tavy 13, Tavistock	13.1 miles	
Saturday 16th	Endurance Life Marathon, Exmoor	26.2'ish	Multi Terrain
Sunday 17th	London Marathon	26.2 miles	
Sunday 23rd	Whitemoor 10k	6.2 m iles	

### **May 2011**

Sunday 1st	Great West Run, Exeter	13.1 miles	
Sunday 1st	Saltash Half Marathon	13.1 miles	
<b>Sunday 8th</b>	<b>Trevornick 10, Holywell Bay, Newquay</b>	<b>10'ish miles</b>	<b>GP Multi Terrain</b>
Sunday 15th	Boconnoc Run, Near Lostwithiel, Cwll	5'ish miles	Multi Terrain
Saturday 21st	Saltash Aquathlon	500m, 5k	Swim, Run
Sunday 22nd	St Austell Half Marathon, St A Rugby Club	13.1 miles	Multi Terrain
Sunday 22nd	St Austell 6	6.1x miles	Multi Terrain
Sunday 29th	Plymouth Half Marathon	13.1 miles	

### **June 2011**

Saturday 4th	Dartmoor Discovery Uktra, Princetown	34.1 miles	
<b>Tuesday 7th</b>	<b>Cubert 5, Near Newquay</b>	<b>5 miles</b>	<b>GP</b>
Sunday 12th	Plym Valley Challenge, Marjons	9'ish miles	Multi Terrain
<b>Saturday 18th</b>	<b>Sticker 5, near St Austell</b>	<b>5 miles</b>	<b>GP</b>
Sunday 26th	North Devon Marathon and Half	26.2 and 13.1	Multi Terrain

### **July 2011**

<b>Sunday 3rd</b>	<b>Launceston 10</b>	<b>10 miles</b>	<b>GP</b>
<b>Wednesday 13th</b>	<b>Summer Turkey Trot, Redruth</b>	<b>4 miles</b>	<b>GP</b>
<b>Sunday 17th</b>	<b>Magnificent 7, Saltash</b>	<b>7 miles</b>	<b>GP</b>
Wednesday 27th	St Austell 5k, Rugby Club	5k	DAN Series

## Club Kit

Don't forget, if you need any club kit, it's all at Personal Best Running Store at Carlyon Bay.

Andy is offering a 10% discount to all STARC Members.



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