

St Austell Running Club

Newsletter 29

May 2012

Apologies for this newsletter being a little late, but STARC has had a busy time recently. Thanks to all those who have helped in any way.

Take Care and Good Luck, Jamie

Jamie Youlden goes back to Afghanistan in mid- June, until the end of August. I'm sure we all wish him the very best and look forward to his safe return.

New Members

Welcome to the following new members since the last newsletter : Judith Searle, Gemma Martin, Heather Jackson, Tamsyn Henvest, Theresa Dennett, Jaime Lewis, Heather Jackson, Sharon Pinkston, Sharon Beynon, Nicholas Parr, Maggie Black, Mike Hawke, Gemma Bullock, Amanda Matthews, Emily Ramsden, Russell Lawrance, Joanne Wilton and Elouise Gill.

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

Get Well Soon

Geoff Bate is still not back to regular running, but has shown brilliant commitment in continuing with his role as Vice-Captain. Colin Hoult and Claire Budge are currently ill and not running at present, with Daniella Walker recovering from a knee op and getting back to fitness.

Good to see Sue Mellis and her brother Dave Endean, and Sarah Bazeley back in regular training after lengthy injuries.

Clubnight at Sticker Football Club

The Rugby Club is not available on Thursday 31st May, so the club run will be at at Sticker Football Club, at 6.30p.m. This will be a chance for a recce run around the Sticker 5 as we usually do each year. There will be pasties available, but you will need to order one.

Good Luck, to Samantha Payne

“Hi everyone

Before Christmas I got a new job working for Seasalt down in Falmouth which has been brilliant but unfortunately has meant that I can no longer commit to training in St Austell after work so I have made the difficult decision to leave St Austell Running Club. I still really want to run & train with a club so am joining up with Falmouth Road Runners (Boo!) so that I can continue to race & have the support of a club around me. They seem like a friendly bunch so far :-)

I'm really sad to leave STARC as I have made some great friends & made such good progress in my first year of running so thank you to everyone for all the support & encouragement & I will miss you all lots.

I look forward to seeing you at future races & wish the club loads of luck & success. In the words of Paddy Tallen, I will still be purple & gold at heart!”

Congratulations Tracey

Tracey Davey recently gave birth to a baby boy, Jasper Reggie and everyone at STARC wishes them well and look forward to seeing Tracey back in the future.

Congratulations to Matt and Kayleigh

Matt Grose and Kayleigh Newstead have recently married and several club members attended their wedding, or evening do at the Rugby Club.

Congratulations to them both from all at STARC.

Club Socials

30+ girls enjoyed their latest Girls Night Out at the Harbourside, and the joint social at Truro with Hayle Runners, and a couple from Newquay RR and Cornwall AC was also well attended. Hayle might put more runners into races, but we outnumbered them at Truro! The consensus was that we repeat this in the future.

There is a disco and karaoke after the Sticker 5, with a trophy up for grabs for the best karaoke act. All welcome and it usually ends up as Girls v Boys.

Katie is already planning the next Girls Night Out, as several have asked, and is open to suggestions.

STARC Website

Terry is fine tuning the new website, and ironing out a few niggles, but it struggling a bit with work commitments. Simon Williams, who happens to be a website designer, has offered to assist Terry with the upkeep of the website for the future. Good Luck guys.

Club Kit

This is available from Andy at PB Running Store, Carlyon Bay. Alternatively, let me know if you need any kit and I can sort it for you, either at the club or a race.

Racing Vests : £16

Racing SS Tees : £17

Training SS Tees Mens Black : £14 (New)

Training SS Tees Ladies Purple : £14 (New)

Training SS Tees Fluorescent Yellow : £15 (New)

Active Jackets : £35

Hoodies Black : £16 + £2 for name

Hoodies Black / Purple : £18 + £2 for name

Storage Shed

We have been given storage space at Cornwall College as a further addition to our club sponsorship and all the club signs and equipment is now stored there.

Leaders / Coaches in Running Fitness Course

Hannah Adams, Martin Trethewey, Louise Powell, Cliff Flowers and Charlie Trethewey have taken their Group Leaders course and are now taking groups on clubnights.

Top Marathon Efforts

Well Done to all club members who ran in Spring Marathons, with some fantastic performances and loads of P.B.'s throughout Cornwall and afar.

Deb Grills Charity Run

This was well supported with around 40 of us running from Fowey to Charlestown, and further. Generous donations saw that Deb raised a minimum of around £600 for a very good cause.

STARC Triathletes

The recent Helston Tri saw 10 members of the club take up the challenge. This section of the club continues to grow, and if you're interested in maybe doing a Triathlon speak to Richard Duane or Garry Player.

Christmas Dinner

Date for the diary. The Cliff Head has been booked for Saturday 15th December 2012. There are 120 places and it will be first come – first served, so if you want to guarantee your places, let Katie know. It has been full for the last 3 years and expected to be this year.

It is envisaged that the cost of tickets will be subsidised by the club this year, so don't miss out!!

Club Races 2012

Boconnoc Race. *A big rise in entries saw 280 finishers in this popular 5 mile multi-terrain race and a fantastic sum of £1600 was raised for St John Ambulance.*

Thanks to all who helped in any way and Alison Tallen did a great job in organising the marshals, ably assisted by Geoff Bazeley. Thanks also to Michele Lobb for taking race entries.

Imerys Clay Country Marathon. *This was a success with very positive feedback. The runners consensus was that the course severity was balanced out by the unique nature of the course, and the fantastic views of the locality.*

Again, thanks to all who helped in any way and a great job done by Helen Stuthridge and Sarah Bazeley in raising a team of over 100, for marshalling, timekeeping, drink stations, etc.

Special thanks are also due to the 2 Geoff's (Bate and Bazeley) for their tireless efforts, and Lucy Wright and Becky James for taking race entries.

A big thanks as well to all the STARC members who supported the event through their respective business's :

Personal Best Running Store (Race number sponsorship from Andy Trudgian)

Minear Engineering (use of vehicles through Geoff Bazeley)

Teddington Appliance Controls (Terry Wyatt)

South West Quality Services (Ian Watkins)

Geoff Bate Plumbing and Heating

St Austell Voice (Gareth Rowett)

Chase Templeton Insurance (Boff Peppiatt)

Manor House Dental Practice (Nicola Hoare)

Millers Countrywide Estate Agents (Michelle Frank)

Boconnoc and the Imerys races are included in the Multi-Terrain GP Series, which is already proving a very popular alternative to the road GP.

The Imerys Clay Country Marathon will be held on Sunday 19th May 2013 and it is planned to be a single loop marathon, as well as a single loop half marathon. Both races will hopefully be included in the Multi – Terrain GP series, as a genuine multi-terrain marathon will enhance the series.

Sticker 5. *If anyone can help in any way on Saturday 16th June it would be appreciated. Fun Run at 5.30p.m. and 5 mile at 6.30p.m.*

Races Coming Up

June 2012

<i>Sunday 3rd</i>	<i>Plymouth Half Marathon</i>
<i>Sunday 10th</i>	<i>Ruby Run Half Marathon, Holsworthy, Devon</i>
<i>Wednesday 13th</i>	<i>Bude Lifeboat Run, Bude. 6 mile multi-terrain</i>
<i>Wednesday 20th</i>	<i>Meet your Max, Truro 10k multi-terrain</i>
<i>Saturday 23rd</i>	<i>St Dominicks Dash 5 miles. St Dominick, Cornwall</i>
<i>Sunday 24th</i>	<i>Lanhydrock Run. 10 mile multi-terrain</i>
“ “	<i>North Devon Marathon and Half Marathon. Multi-terrain, Woolacombe, Devon</i>

STARC Races or STARC Assisted Races

<i>Saturday 16th June</i>	<i>Sticker 5 (GP Race)</i>
<i>Thursday 5th July</i>	<i>Tregorrick 5k. St Austell Rugby Club. Multi – Terrain</i>

STARC 500 Mile Club

FERGUSON, Andrew	1132
ALSOP, Doug	978
BULLOCK, Paul	896
ADAMS, Tim	852
ALSOP, Daniel	841
BULLOCK, Katie	802
TRUDGIAN, Andy	760
LUSTY, Liz	714
OAKES, Duncan	712
PLAYER, Garry	698
EDEN, Reg	668
COLEMAN, Rob	628
ASSER, James	561
ANDREW, Jamie	544
BAZELEY, Geoff	542
HOOK, Guy	535
PLAYER, Lisa	528
WILLIAMS, Ian	525
CAIRNEY, Shirley	511
MARTIN, Steve	501
ROBERTS, Malcolm	486
ROWE, David	485
BUDGE, Claire	469
GRILLS, Deb	467
WALLBANK, Rob	454
HAMBLY, Darren	448
BAZELEY, Sarah	436
MELLIS, Susan	419
MONTGOMERY-SMITH, Phil	418
HOWELL, Tom	417
GREET, Pete	396
WYATT, Terry	392
HOULT, Colin	377
NICHOLAS, Stuart	371
ENDEAN, Dave	355
PENPRASE, Jason	353

PEARCE, Gregory	342
OWEN, Mark	334
CAMBORIEUX, Catheryn	321
CHILLINGWORTH, Jackie	307
CROWLE, Mark	307
SCRACE, Shaun	306
JONES, Simon	306
BUDGE, Andrew	300
FENN, Holly	298
MITCHELL, Marilyn	295
BATE, Geoff	295
MORRIS, Tony	282
HAWKEN, Richard	274
COLEMAN, Alison	272
BAZIN, Peter	270
BUILDER, Rachel	263
DAVEY, Tracey	256
ALSOP, Nadia	254
COVUS, Steven	245
YATES, Angela	241
KIMPTON, Fred	239
BROWN, Ken	235
STUTHRIDGE, Helen	235
CULLEY, Spencer	229
BAILEY, Sarah	222
CHILLINGWORTH, Glynn	210
SPEAKE, David	207
NEWSTEAD, Kayleigh	205
O'REILLY, Gayle	200