

St Austell Running Club

Newsletter 25

September 2011

New Members

Welcome to the following new members since the last newsletter : Martin and Charlie Trethewey (both 2nd claim), Rachael Staff, Denise Hartley, Robin Bellairs and John Rutland making a welcome return after illness.

Big 300!

Congratulations to Rachael Staff for recently becoming the 300th STARC member.

Get Well Soon

Good Luck to Mark Owen following his recent knee op. Georgina Speake, Alison Talen, Debbie Hickling, Charmaine Scrace and Sean Quinn have been injured and are hopefully recovering satisfactorily.

Wedding Congratulations

Best Wishes to Holly and Adam, and Lisa and Garry. 2 STARC weddings in a month, which is a rarity for the club. A signed card and gifts from the club were presented to both happy couples.

Beijing ITU Sprint Triathlon World Championships

Marilyn Mitchell is currently in Beijing representing GB in these championships, which is a fantastic achievement for her personally, and for the club.

News just in that Marilyn came 4th in her age category. Well done Marilyn, Top Effort.

There is a raffle at the club to help fund Marilyn's trip and equipment, which will be drawn at the club on her return. Tickets are still on sale if you could please buy some at the club.

Alternately, please donate if possible to her Sponsorship Page, where she is raising money for Cornwall Hospice Care www.justgiving.com/marilyn-mitchell

STARC Sponsorship

The Cornwall College sponsorship is now in place and the first advantage of the link, is the provision of 35 technical running jackets for the club Coaches and Group Leaders. These have been provided by the college.

There will be a photo-shoot at the college soon, to formalise the arrangement.

Further details of the sponsorship will be made available to all members in the very near future.

Runner of the Month

Main Club

Congratulations to Nic Murphy / Terry Wyatt and Lisa Wotton / Stuart Nicholas for winning the July and August awards, respectively.

Run / Walk Group

Congratulations also to Alison Gill for winning the July award for the Monday Night Group, with the August result to be confirmed.

Club Socials

The recent Girls Night Out at the Ghurka Restaurant in St Austell was very well supported and apparently they had a good night as usual.

Steve Covus is organising a Boy's Night Out, with an Indian at Carlyon Bay, followed by a stroll down to the Harbourside at Charlestown.

This will be on Friday 28th October, so let Steve know if you're up for it.

Duchy Athletic Network5k

Well Done to Dan Alsop for winning the overall Personal Best sponsored series, and to all those club members who ran in any of the races. Mandy Bate was the only STARC lady member to complete all 5, with Stuart Nicholas, Darren Stephens and Geoff Bate completing for the men. Great effort, guys.

Leaders in Running Fitness Course

Richard Duane and Helen Stuthridge are taking the course in Truro and will be adding to the club active coaching team, which now numbers a very healthy 35. Lisa Player is also taking the course soon.

STATO Challenge (STARC Grand Prix)

'Next races in the STATO Challenge, Newquay 10K, Mob Match 5 Mile and December Time Trial.

Current Leaders for the ladies are Alison Coleman, Samantha Payne and Sarah Bazeley, for the men Sean Quinn, Andrew Ferguson and Geoff Bate.

Remember you need to have done 6 of the STATO Challenge races to qualify. Only Deb Grills has completed all 8 so far but Tim Adams, Geoff Bate, Steve Truscott, Garry Player, Angela Yates and Stuart Nicholas have already completed 6 or more and are now knocking out their lowest scores with each new race.

Trophies for the first 3 male and female, plus all the qualifiers will be presented at the Christmas Do.

Club BBQ

Thanks to Doug for providing the venue, and Geraldine and Anne for sorting the catering requirements. It was very well supported and despite the weather, was a real success. It was good to see so many families there.

Big 300!

Congratulations to Rachael Staff for recently becoming the 300th STARC member.

Eden Project Marathon

This will be on Sunday 9th October with the Fun Run on the Saturday. Please let the marshal's co-ordination team know if you can help as we need a lot of marshals. Lynne Davey, Geraldine Alsop and Michele Lobb will be assisting Darren Hambly for this year's event.

*The usual club rule will apply, where **you must provide a helper** if you want to run in either race.*

Any club member who does not comply with this rule, will be removed from the entry list and re-imbursed with their entry fee. There are limited opportunities to help with the fun run on the Saturday, for those who genuinely cannot provide a helper.

Katie will be organising marshalling for the fun run, if you can help then let her know.

Christmas Dinner

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. Discounted rooms are available at £30 per single room, £50 per double room, £35 per double room with sole occupancy. These can be booked directly with the hotel, on 01726 812345.

Let Katie know if you would like to go, with your menu choice. There are only around 10 of the 120 places left, so get in quick. The full amounts will be required by the end of October, with cheques made out to St Austell Running Club. The menu is currently on the club website.

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.

Georgina's Beer Bus

Following the successful hiring of the Rugby Club mini – bus for the Mag 7 and Treggy 7 races, it has been booked for the Truro Half Marathon on 18th September. It will fill quickly so let Katie know if you want a place.

Run / Walk Group

Around 25 of the Monday Night Group went to run the Newquay 10k course recently and they were all brilliant, with some running for over 6 miles for the first time. Several are now planning to enter and this should ensure we have a really good entry for the race. Good Luck to the girls!

Westward League

Dates for the WWL 2011/2012 are as follows

09/10/2011 - Redruth

06/11/2011 - Newquay (including Cornwall Champs)

04/12/2011 - Exeter (including Devon Champs)

15/01/2012 - Bideford

12/02/2012 - Bovey Tracy

18/03/2012 - Plymouth

STARC intends to register to the Westward League Cross Country Series. We need a rough number of who is going to run, to compile a list of names for age category registration. We need to pick a team leader (usually someone who is not racing as they need to be at the finish of each race) who can take everyone's finish position and will be responsible for handing the finishing positions and names to the official after each race.

Please let Andy Trudgian know a.s.a.p. if you want to be registered, or would be willing to be Team Leader.

STARC 500 Club

No new members of the 500 Mile Club recently. Table shows all those over 400 race miles for the club.

MACLAREN, Donald	1107
FERGUSON, Andrew	1001
ALSOP, Doug	807
BULLOCK, Paul	765
ALSOP, Daniel	662
BULLOCK, Katie	649
TRUDGIAN, Andy	648
LUSTY, Liz	647
COLEMAN, Rob	628
ADAMS, Tim	619
MILES, Carl	616
PLAYER, Garry	587
EDEN, Reg	577
QUINN, Sean	566
ANDREW, Jamie	539
HOOK, Guy	522
ASSER, James	490
PIPET, Martin	489
OAKES, Duncan	482
WOTTON, Lisa	465
ROBERTS, Malcolm	461
BAZELEY, Geoff	448
WILLIAMS, Ian	446
MELLIS, Susan	419
WALLBANK, Rob	417
MARTIN, Steve	405

London Marathon Club Ballot

Don't throw away your rejection slips when they arrive in the next few weeks, as you'll need them if you want to be included in the club ballot. We expect 4 guaranteed places as last year, but you must satisfy the criteria to qualify.

STARC Annual General Meeting

This will be at the Rugby Club on Thursday 27th October at 7.00p.m.

Darren will be sending out a letter to all members with AGM details and everyone has the opportunity to be considered for certain club officials roles. You will all be notified of these.

This is your opportunity to have a say in club affairs and everyone is welcome to come along. There will be the usual post meeting buffet provided.

There will be an early run before the meeting starting at 5.30p.m. for those wishing to do so.

Races Coming Up

September 2011

Sunday 18th Truro Half Marathon 13.1 miles, GP Race

October 2011

Sunday 2nd Newquay 10k 6.2 miles, GP Race
 Sunday 9th Eden Project Half and Full Marathon 13.1 and 26.2 miles
 Sunday 16th Dartmoor Vale Marathon, Newton Abott 26.2 miles
 Sunday 23rd Exmoor Stagger 15'ish miles multi-terrain
 " " Tavy 7, Tavistock 7 miles

Current Club Officers and Committee Members

Chairman	<i>Paul Bullock</i>
Vice Chairman	<i>Andy Trudgian</i>
Secretary	<i>Darren Hambly</i>
Membership Secretary	<i>Lucy Wright</i>
Treasurer	<i>Sarah Bazeley</i>
Press Officer / Webmaster	<i>Terry Wyatt</i>
Men's Captain	<i>Bruce Maclaren</i>
Men's Vice Captain	<i>Duncan Oakes</i>
Lady's Captain	<i>Lesley Maclaren</i>
Lady's Vice Captain	<i>Rachel Builder</i>
Committee Members	<i>Katie Bullock</i>
	<i>Richard Duanne</i>
	<i>Doug Alsop</i>
	<i>Glyn Chillingworth</i>
	<i>Geoff Bazeley</i>
	<i>Geraldine Alsop</i>

Personal Best Running Store, Carlyon Bay, St Austell - 10% off all shoes, clothing and accessories for St Austell Running Club Members. Club clothing also stocked in store.

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