

St Austell Running Club

Newsletter 31

September 2012

High Viz

Unfortunately the dark evenings are upon us, and 'Hi – Viz' bibs, t-shirts, jackets etc, are now an essential part of the club training kit on clubnights. Please ensure you are visible to traffic on clubnights, as we take to the roads around town. This is a Police regulated policy.

New Members

Welcome to the following new members since the last newsletter : Tom Joyce, Debbie Lagor, Robin Teverson, Jenny Simpkins, Jane Thomas, Suzanne Kiddy, Darren Squire and Kirsty Hughes.

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

Get Well Soon

Nicola Hoare, Deb Grills, Kayleigh Newstead and Lianne Rickson are currently injured and we wish them well as they recover.

Great to see Rachel Staff return to running with the Run / Walk Group after a major operation, and also to see Colin Hoult back after a lengthy illness.

Run / Walk Group

Good to see the Run / Walk Group going well at the moment, with an influx of new, enthusiastic ladies, several of whom will be moving on to the mainstream clubnights.

It is also good to see regular club members who have been ill or injured, coming on a Monday to get back in the groove of regular training.

A big thanks to Katie, Helen, Becky, Terry and Reg, for their continuing support as Group Leaders.

Club Socials

There is a 'Girls Night Out' planned for Saturday 20th October, with the venue to be decided. If any of you girls have any ideas, then let Katie know as soon as possible.

STARC Baby Boom Continues!

More babies on the way! Congratulations and best wishes to Holly Patton and Justine Nicholls, who are both expecting their first babies. Following Debbie Townsend in the last newsletter, it must be the Rugby Club water!!

Club BBQ

The club BBQ was well supported as usual and thanks to Doug for the venue, Fergy for the liquid refreshment, Anne and Geraldine for the catering, and to all those who helped with the cooking and any other assistance. Great to see so many families there and we needed 3 mini-bus trips to ferry everyone around.

STARC Websitea big thanks to Simon

Simon Williams has helped Terry to get the new Cornwall College sponsored club website up and running. The feedback has been very positive and please let Terry know if you have any ideas or thoughts on the new website going forward.

STARC Annual General Meeting

This will be at the Rugby Club on Tuesday 23rd 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 club officials' roles.

Please make an effort to attend and see how the club is progressing and the financial position, etc.

There will be the usual post meeting buffet provided, and there will be an early run before the meeting starting at 5.30p.m. for those wishing to do so.

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 also satisfy the criteria to qualify, which is : 12 months membership, 6 races for STARC during the year, regular clubnight attendance, helping at races, etc. Details will be given at the club.

St Austell Torchlight Carnival.

As we have provided marshals for several years, the organiser of the Torchlight Carnival has asked if we can assist again this year. It is a good opportunity for us to help with this charity event and raise our club profile locally. It will mean a few of us manning road junctions, and others walking alongside the procession making sure people watching keep clear of the lorries and floats.

If you can help for a couple of hours on Saturday 17th November from 6 – 8'ish it would be appreciated.

STARC Clubnight Location

The STARC membership has now had the opportunity to vote on where we meet for future clubnights and the decision is for 6 months during the winter at Cornwall College and the 6 summer months at the Rugby Club. This enables us to use the trails and cliff paths from the Rugby Club in the summer, with the safer, streetlit routes from the College in the winter.

The Committee has recommended that annual subscriptions are reduced from the current £40, to £32, as the College will not charge for the use of their facilities as part of their continuing sponsorship.

'Keep it in the Club'

This is a new idea that will benefit all those STARC members who have their own business.

If a club member needs a tradesman, or business contact of any description, for painting, building, plumbing, insurance quotations, etc, I will make up a database of the details of club members who want to be included, with their business contact numbers, e-mail addresses, websites, etc. This will hopefully supply club members with details of reliable business contacts, and also support club members with additional work.

Please forward me your business details if you want to be included on a database which will be added to the club website. It is open to club members and their immediate families.

Traffic Management Course

We need members to take a 1 day Traffic Management Course, to be able to submit Traffic Management Plans and place signage, etc, for club races. There are 2 coming up soon, Monday 1st October and Friday 12th October, both at the One Stop Shop, St Austell. The courses are from approximately 10.00a.m. – 4.00p.m. and if anyone can make it, please let Doug or myself know as soon as possible as the spaces are limited.

There is no charge at present, but in the future it will be £60 per course, which the club will obviously pay.

Westward League Cross Country

Dates for the WWL 2012 / 2013 are as follows :

14/10/2012 - Redruth

04/11/2012 - Newquay

02/12/2012 - Exeter

13/01/2013 – Westward Ho

10/02/2013 - Bovey Tracy

17/03/2013 - Plymouth

STARC intends to register to the Westward League Cross Country Series. Geoff Bate has offered to co-ordinate this, and register the teams, etc. Please let him know as soon as possible if you're interested.

Imerys Clay Country Marathon

Several club members supported this event earlier this year and an entry form, designed by the Graphics Team at Cornwall College, will be out very soon. If you would like to support the event and have your business logo on the entry form and other advertising material, please contact me for further details.

It is planned to have jute bags for all finishers, with all the supporters logos printed on them.

STARC 500 Mile Club

Doug has now reached his 1000, with Claire Budge, Deb Grills, Tom Howell and Darren Hambly reaching their 500's. Congratulations and well done to them all.

Please remember that you must race for STARC and wear a club vest during the race to qualify for the 500 Mile Club.

FERGUSON, Andrew	1220
ALSOP, Doug	1043
BULLOCK, Paul	963
ADAMS, Tim	929
BULLOCK, Katie	863
ALSOP, Daniel	857
TRUDGIAN, Andy	787
OAKES, Duncan	760
PLAYER, Garry	736
LUSTY, Liz	714
EDEN, Reg	668
COLEMAN, Rob	628
ANDREW, Jamie	591
BAZELEY, Geoff	562
ASSER, James	561
ROBERTS, Malcolm	553
HOOK, Guy	548
MARTIN, Steve	539
CAIRNEY, Shirley	536
HAMBLY, Darren	528
WILLIAMS, Ian	525
BUDGE, Claire	523
GRILLS, Deb	520
HOWELL, Tom	513
ROWE, David	485
NICHOLAS, Stuart	480
MELLIS, Susan	470
BAZELEY, Sarah	463
WALLBANK, Rob	461
GREET, Pete	453
MONTGOMERY-SMITH, Phil	423
WYATT, Terry	420

Christmas Dinner

The Christmas Dinner places are now filling, for the Cliff Head on Saturday 15th December 2012. There is a limit of 120 and the menu is on the club website. There are discounted rooms available for anyone wishing to stay overnight. Katie will soon be circulating a seating plan at the club, so let her know if you want to sit with a particular group. It will be first – come, first – served.

Mob Match

We usually have a good entry for this 5 miler at Falmouth on Sunday 25th November, with several usually making their racing debuts. The Grand Prix Presentation follows the race and we can hopefully fill a coach again.

Race Diary for October and November 2012

Sunday 7th October	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 28 th October	Great Flat Lode Run	Redruth	5 miles	Multi Terrain
Sunday 4 th November	Plymouth 10k	Plymouth	6.2 miles	
Sunday 11th	St Michael's Remembrance Run	Marazion Beach Run	4 .2'ish miles	Multi Terrain GP
Sunday 18th	Cornish Marathon	Pensilva, Nr Liskeard	26.2 miles	Grand Prix Race
	Drogo 10	Castle Drogo, Devon	10'ish miles	Multi Terrain
Sunday 25 th November	Cornwall Mob Match	Falmouth	5 miles	

Current STARC COMMITTEE

Chairman

Paul Bullock

Vice Chairman

Terry Wyatt

Secretary

Darren Hambly

Membership Secretary

Lucy Wright

Treasurer

Sarah Bazeley

Press / Webmaster

Terry Wyatt

Coaching Co-ordinator

Andy Trudgian

Men's Captain

Andy Trudgian

Men's Vice Captain

Geoff Bate

Lady's Captain

Rachel Builder

Lady's Vice Captain

Helen Stuthridge

Committee Members

Katie Bullock

Richard Duane

Doug Alsop

Steve Covus

Geoff Bazeley

Geraldine Alsop

Emma Watkins