



STARC Newsletter 32

Christmas 2012



New Members

Welcome to new members Amy Buscombe , Jessica Buscombe, Julie and Mark Jones, Abi Omlo, Sarah Jane Peters, Steve Reid, Martin Whitehead, Paula Nightingale, Valerie May, Nigel Marshall, Samantha Richards and Debbie Starkey.

Cornish Grand Prix Series

Congratulations to everyone on completing the GP series, Special mention must go to Katie Bullock on being awarded '**Most Improved Runner**' in the Grand Prix Series, Katie also completed all 14 races most of them completed with Claire Budge who despite injury half way through the year also completed all 14 races. Patrick Talen also completed all 14 races and Tim Adams made it an amazing 59 consecutive Grand Prix races. Sue Mellis and Marilyn Mitchell both won their age group and the men's team finished 3rd and the ladies 4th.

MITCHELL, Marilyn	800	Female 65 - 70	1st
MELLIS, Susan	799	Female 60 - 64	1st
ALSOP, Doug	798	Male 60 - 64	2nd
ROBERTS, Malcolm	795	Male 55 - 59	2nd
LEE, Laurie	782	Male 50 - 54	2nd
OAKES, Duncan	787	Male 45 -49	3rd
St. Austell Running Club	789	Male Team	3rd
St. Austell Running Club	779	Female Team	4th

ADAMS, Tim	59	complete
TALLEN, Patrick	14	complete
BULLOCK, Katie	14	complete
BUDGE, Claire	14	complete
NICHOLAS, Hilary	8	series qualifier
PAYNE, Holly	8	series qualifier
PIPER, Jacqueline	8	series qualifier
SCRACE, Charmaine	8	series qualifier
SPEAKE, Georgina	8	series qualifier
STUTHRIDGE, Helen	8	series qualifier
WATERS, Rachel	8	series qualifier
WATKINS, Emma	8	series qualifier
HAMBLY, Darren	8	series qualifier
HAMPTON, David	8	series qualifier

HOWELL, Tom	8	series qualifier
JANE, Gary	8	series qualifier
LUCAS, Andrew	8	series qualifier
MARTIN, Steve	8	series qualifier
MCCOLL, Darren	8	series qualifier
NICHOLAS, Stuart	8	series qualifier
OWEN, Mark	8	series qualifier
SPEAKE, David	8	series qualifier
TRUSCOTT, Neil	8	series qualifier

World Triathlon Finals

Congratulations to Marilyn Mitchell who represented Great Britain at the World Finals in New Zealand and finished 5th in her age category.

Torchlight Carnival

Thankyou to everyone who helped out at the Torchlight Carnival this year to help make the event another great success.

Christmas Do

This year's do is at the Cliff Head Hotel again, there are still places available upto 7th December, price £24.95.

Tinsel Run

This year's 'Tinsel Run' is on Thursday 20th December, and will be run from the **Rugby Club at 6:30pm**, this will be followed by Baps or Bagettes and alcohol for those that want to join in the festivities.

Club Closed

The college will not be open on the following dates over Christmas.

Monday 24th December (Christmas closure day)

Tuesday 25th December (Bank Holiday)

Wednesday 26th December (Bank Holiday)

Thursday 27th December (Christmas closure day)

Friday 28th December (Christmas closure day)

Monday 31st December (Christmas closure day)

Tuesday 1st January 2013 (Bank Holiday)

Wednesday 2nd January (Christmas closure day)

Fond Farewell

We will be soon saying a fond farewell to Richard Duane who is moving back to Essex, if anyone should wish to farewell then Richard and Donna will be in the Holmbush at 7pm on Friday 7th December. Richard has been the driving force behind our Triathlon members for the last couple of

years and have put some great training sessions together. Dave Speake is going to carry on with the brilliant work Richard has done.

AGM

Following the AGM a new committee has been elected to serve the club. A big thank you must go to those who previously served the club – Paul Bullock, Katie Bullock, Lucy Wright, Rachel Builder, Steve Covus and Richard Duane

New Committee

Chairman Terry Wyatt
 Secretary Darren Hambly
 Membership Secretary Emma Watkins
 Treasurer Sarah Bazeley
 Press / Webmaster Terry Wyatt/Simon Williams
 Men’s Captain Geoff Bate
 Men’s Vice Captain Stuart Nicholas
 Lady’s Captain Helen Stuthridge
 Lady’s Vice Captain Claire Budge
 Committee Members
 Doug Alsop
 Andy Young
 Geoff Bazeley
 Geraldine Alsop
 Michelle Lobb
 Becky James
 Andy Trudgian
 Shaun Scrace
 Georgina Speake

STARC 500 Mile Club

Here is an updated list of all those that have run 300 miles or more for the club.

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	HOWELL, Tom	534
ALSOP, Doug	1111	MELLIS, Susan	516
MACLAREN, Donald	1107	PIPET, Martin	501
ADAMS, Tim	981	ROWE, David	485
BULLOCK, Paul	969	BAZELEY, Sarah	463
BULLOCK, Katie	908	WALLBANK, Rob	461
ALSOP, Daniel	888	GREET, Pete	460
OAKES, Duncan	808	WYATT, Terry	437
TRUDGIAN, Andy	803	OWEN, Mark	431
PLAYER, Garry	736	MONTGOMERY-SMITH, Phil	428
LUSTY, Liz	724	ENDEAN, Dave	405
MILES, Carl	668	HOULT, Colin	387
EDEN, Reg	668	MACLAREN, Lesley	381
COLEMAN, Rob	628	TREBILCOCK, Mark	375
ANDREW, Jamie	601	PENPRASE, Jason	353
BAZELEY, Geoff	589	PEARCE, Gregory	349
QUINN, Sean	571	SCRACE, Shaun	342

NICHOLAS, Stuart	569	STUTHRIDGE, Helen	340
BUDGE, Claire	569	BATE, Geoff	337
ASSER, James	561	BAZIN, Peter	331
ROBERTS, Malcolm	559	BUDGE, Andrew	330
WILLIAMS, Ian	551	MITCHELL, Marilyn	329
MARTIN, Steve	551	CAMBORIEUX, Catheryn	325
HOOK, Guy	548	MCFADDEN, Tracy	317
HAMBLY, Darren	545	CHILLINGWORTH, Jackie	311
CAIRNEY, Shirley	540	CROWLE, Mark	307
GRILLS, Deb	540	JONES, Simon	306
PLAYER, Lisa	539	ELLIS, Steve	300

Race Diary

Westward League Cross Country is currently taking place, dates are as follows :

13/01/2013 – Westward Ho

10/02/2013 - Bovey Tracy

17/03/2013 – Plymouth

December

Sunday 26th December 2012 Boxing Day Run St.Dennis

January

Tuesday 1st January 2013 Brown Willy New years Day Run Jamacia Inn 6 mile MT

Sunday 13th January 2013 Westward league Bideford (TBC) Westward Ho XC

Sunday 20th January 2013 Storm Force 10 Cambourne Road 10 mile **Grand Prix Race**

Sunday 27th January 2013 Devon v Cornwall Mount Edgecombe Mt Edgecombe 10 mile

February

Sunday 3rd February 2013 Marazion 10k Marazion 10k Road **Grand Prix Race**

Sunday 10th February 2013 Westward league Bovey Tracey Bovey Tracey XC

Sunday 24th February 2013 Cornwall Fire and Rescue Bodmin 13.1 mile

Merry Christmas everybody lets have another good year in 2013

Terry