

ST AUSTELL RUNNING CLUB NEWSLETTER

SEPTEMBER/OCTOBER 2014

First off, apologies for the fact that this newsletter won't be as detailed as some previous ones. This is due to time restraints and the fact that notes taken throughout September and October to make the writing of the newsletter easier, have been lost!!! Nevertheless, hopefully the basics will be covered and anybody who would like a particular mention in the next edition will have to make themselves known.

GRAND PRIX

After 3 Grand Prix races in September and October, The Treggy 7, Truro Half and Newquay 10K, the team standings are as follows:

Mens A team 6th, B team 4th and ladies A team 4th, B team 4th.

As always all those participating have done us proud and it's great to see, not only the more experienced runners continuing to do well, but to see such great improvements from newer runners. Well done to all those who have taken part and a big thank you to all those who always support with such enthusiasm.

OTHER RACES

Several Starcies made, what is now becoming a popular annual trip to Cardiff for the Half Marathon. This is the 2nd biggest half in Britain and is a great PB course in a great City. Some fantastic performances, notably from Jez Mancer and Stuart Nicholas. P.B's were plentiful, the shopping was good and the evening celebrations were carried out like only Starc know how. This is definitely a race to recommend for all sort of reasons.

The biggest half marathon, i.e The Great North Run was held in September and our loan Starc, Claire Todd ran a fantastic time of 1.47. Good going Claire.

CROSS COUNTRY

October saw the first of the Westward League cross country races in Plymouth. There was a great Starc turnout, mostly newbies to the whole experience. The general opinion was that it was great fun, albeit very hard, and that the girls did better than the boys. The next event is 9th October at Newquay and it looks as though we will have an even bigger crew going. Will the boys do better this time!!

EDEN

Well, what can be said about The Eden Full and Half Marathon. Probably nothing that you haven't already read. The feedback has been absolutely amazing. The day was a great success from the point of view of runners, marshalls and spectators. To cap it all Starc only went and won both events!! Phil Montgomery-Smith had an amazing run to win the full, after not having too much recovery from his UTMB 100 mile race and Truro Half, with Tim Adams coming in very close behind in 2nd place. What a proud day for Starc. Well done boys. As if that wasn't enough, our very

own Dan Alsop, fresh from travelling South America, won the the half with Nick Loewendahl coming in 3rd place.

Not to be outdone by the men Debbie Starkey came 2nd in the half with many other ladies completing what is a challenging first half marathon. The women also put in some sterling performances in the full marathon. Julia Nadaud, who is getting increasingly stronger, ran a fantastic first marathon in a time of 4.09. Wow Julia, what could you do on an easier course?

The sun shone for the marshalls who did what Starc marshall's do best. A big thank you to everyone that helped in any way. The day could only have been a success with the Club's help and Starc definitely showed what a great Club we are. A thank you from Eden was provided a couple of weeks later with an ice skating evening and a good time was had by all. Thankfully the evening passed without injury.

OTHER STUFF

Some of you, although, not many it seems, have had your London Acceptance places. The Club have some places to give away in a ballot to be drawn very soon. If you would like to compete in the ballot please hand in your rejections slips as soon as possible, making sure that you fulfil the criteria that can be found on the Starc website. Good luck.

Group Leaders - The captains doing the training schedule are finding it increasingly difficult to fulfil the speedy slots with group leaders. If you are interested in becoming a group leader, speedy or not, please see Helen Stuthridge, who will be happy to give you more details.

AGM – Please make sure that you have notified Darren Hambly if you would like to attend the AGM on 11th November and confirm whether you would like a steak or cheese & onion pasty. Likewise, if you would like to offer your assistance on the committee or take on any roles please let him know. If you have any ideas to improve or change the Club please don't be frightened to come forward and say. The committee always welcome feedback.

The Cornish - The final GP race of the season (apart from the Mob Match) is the Cornish on 16th November. We historically perform well at this event and it has become a bit of a favourite with several of our longer distance runners. It is a great race to support and it is accessible from many places and the runners would welcome any support available, as it can be a long and lonely run across the moors. If you're not running why not come along and have a bit of a shout.

SOCIALS

In September the ladies had a good evening in Mevagissey, eating at the Sharkesfin, where the food is to be highly recommended, and then a bit of a boogey in The Tavern. On 22nd November, the girls are at it again, going on a trip to Plymouth to see The Full Monty. This evening has been arranged by Mandy Bate and promises to be a good day. Thanks Mandy. Come on boys – you need someone to organise you! It is rumoured that Alison Talen is fixing a date in January/February for a joint day/evening out. Any suggestions of where to go would be gratefully received.

Coming up next month is the evening everyone looks forward to – the Christmas Party. There are still a few places available so if you would like to go to the Cliff Head on 13th December please speak to Becky James. You do need to be quick though.

INJURIES

A big get well goes out to Mark Owen who has had a major back operation this week. Get well soon Mark, we want you dancing at the Christmas do!

Also Bob McLane has suffered an achillies injury and has been hobbling around on crutches. We know your on the mend now Bob but hope to see you back running soon.

Finally, although I apologise for those I have missed, get well Doug, who is currently cursed with plantar faciitis. Hope your recovery is a speedy one Doug.

GOOD NEWS

Finally, ending on some good news. Lots of congratulations to Dan and Helen Alsop who got married in October. Dan looked handsome and Helen looked so so gorogeous. Lots of good wishes to them on their new life together.