

ST AUSTELL RUNNING CLUB NEWSLETTER  
JANUARY/FEBRUARY 2014

So here it is: the first Starc Newsletter of 2014. Infact, the first for a little while. Hopefully a two monthly edition that will become a regular occurrence. If there is anything at all that you would like to see included in the Newsletter please let the Committee know. So much already seems to have happened during the first part of the year and it looks like it's going to be an interesting and exciting season.

RACES

Stormforce

We kicked off the first GP race of the season on January 19th in true Starc style, entering 57 members into Stormforce. This was the highest entry from any Club. Some fantastic performances were put in with the ladies doing us proud in different age categories: Emma Murray 1<sup>st</sup> in hers, Sue Mellis - 2<sup>nd</sup> and Jess Buscombe and Lisa Player – 3<sup>rd</sup>. The men also shone in their age categories with Malcom Roberts – 1<sup>st</sup>, Jez Mancer, Jamie Youlden, Laurie Lee and Doug Alsop picking up 2<sup>nd</sup>. The men's team consisting of Jez Mancer, Stuart Nicholls, Jamie Youlden, Stephen Hands, Phil Montgomery-Smith and Anthony Jarvis also collected a well deserved 3<sup>rd</sup> place overall, with Jez Mancer coming a fantastic 2<sup>nd</sup> place overall

Marazion

The 2<sup>nd</sup> GP race took us down West to Marazion where again we had an impressive entry of 53 runners. There were P.B's flying about all over the place in this race and some first time entries from some from our Monday night run/walk group. Age category places came from Sue Mellis -1<sup>st</sup> for the ladies and Malcolm Roberts collected 1<sup>st</sup> in his, with Phil Montgomery-Smith and Stephen Hands getting 2<sup>nd</sup>.

Team Placings after 2 GP races

Men

A team – 5th

B team 4th

Women

A team – 7th

B team - 4th

MULTI TERRAIN SERIES 2013

On 16<sup>th</sup> February the presentation evening was held for the 2013 Multi-Terrain Series. Many Starc mud fans took part but a massive well done to Jamie Youlden who won 1<sup>st</sup> prize overall. Deb Grills also collected 1<sup>st</sup> prize in her age category.

Many of you have done races during Jan/Feb that may not have been mentioned but well done to each and every one of you. If you would like a special mention in the Newsletter please contact the Committee and let us know.

## MONDAY RUN/WALK GROUP

The Run/Walk Group regularly gets between 25-30 ladies and 1 or 2 men each week. Training has been going very well which was proved during the first 3 mile time trial for the year with everyone improving from their last time trial. The coaches picked the most improved runner for the year and for 2013 it went to Claire Hawke. Well done Claire It was very well deserved. 5 ladies completed the marazion 10k race in February and are looking forward to the next one .

## CHARITY EVENTS

Several fund-raising events are currently underway to raise money for various charities:

London Marathon Fund-raising – Geoff Bazeley and Steve Martin are running London for Cornwall Hospice Care and would appreciate your support. There is a sweepstake form doing the rounds, asking you to bet on how far behind Mo Farrer, Geoff will be. A £2 go will win you £20 and a £5 go will win you £50. The sheet will be on the “race entries” table before each training night.

Steve has got his fund raising off to a great start with his treadmill at Asda, raising approx £850 and as this newsletter goes to print he is making plans for his Bingo evening at Mt Charles Band Club.

On 15<sup>th</sup> March Doug and Geraldine have very kindly offered to host an open house day from 10 a.m until 4 p.m for a cake sale. Those of you that have attended previous days like this will know that they are not to be missed. We do have some very talented cake makers in our club! It is also a very nice social occasion.

On 29<sup>th</sup> March you are invited to don your cowboy hats and spurs (Paddy) and come to Trethurgy Village Hall for a line dancing evening. Adults and children welcome. Entry is £5 and if you would like to bring your own drink you are more than welcome. The evening kicks off from 7.30 p.m.

Finally Deb Grills has an amazing event planned for this year the details of which are below and are self explanatory but I'm sure we would like to wish her good luck and will support her wherever we can:

## **“Harbour 2 Harbour”**

(in aid of Little Harbour)

During the summer of 2014, Deb Grills is hosting a running event known as "Harbour 2 Harbour". It aims to raise funds for Little Harbour (Children's Hospice South West - CHSW) and involves her running around Cornwall on its 300 miles of beautiful coast path. Little Harbour's annual running costs exceed £2 million. This is close to £5 per minute. If she can raise £5 for every mile, it will raise £1500.

For Deb, being Cornish and passionate about her home county, conquering the coast path is something she has wanted to do for sometime. Her goal is to cover the miles,

running one day a week, doing an average of 22 miles at a stretch. The finale will be her taking part in Mud Crew's "RAT 32" on Aug 16th.

### How you can get involved: -

- **RUN!**

As a runner, you may like to run a few miles with Deb. The first date for your diary is **Saturday 10<sup>th</sup> May**. The opening leg kicks off from the gates of Little Harbour at Porthpean at 9.00am. The 12 mile course is the beautiful and familiar coast path to Fowey. Free parking and toilets will be available at The Porthpean Outdoor Education center (known by many of you as the RAT headquarters). It is hoped you will be provided with free transport back from Fowey. It's not a race, there won't be marshals, there's no entry fee but it should be a fabulous run, and perhaps a taper run for the Imery's Marathon the week after! Deb would like to hope that donations will be generous and many will support the event.

**For further details keep an eye on the events Facebook page "Harbour 2 Harbour".**

- **BUY A SWEEPSTAKE TOKEN AND WIN £50**

How many hours and minutes do you think it will take for her to run the whole of the coast path? Buy a £2.50 Sweepstake time from the 100 time options available. The correct time will be announced at the end of the RAT and the winner will receive £50 cash.

- **MAKE A DONATION**

CHSW Collection tins await your contributions at the start of each leg and along the way where the support crew will happily receive your donations. If you would like to donate on line, the events Just Giving page is : [www.justgiving.com/Harbour2Harbour](http://www.justgiving.com/Harbour2Harbour). Remember £5 for every mile equals just 5 minutes of hospice care. Thanks for your generosity.

**A big thank you to the support of Mud Crew and the members of Starc.**

### SOCIAL EVENTS

Following on from a fantastic Christmas Party in 2013 Starc, started the New Year with their first social event on 16<sup>th</sup> January, with a ladies evening at the Hall for Cornwall. Several brilliant fancy dress costumes were paraded at our Grease Night. It is safe to say that a good night was had by all.

Not to be outdone, the men then got in on the act and a joint evening at Smorgers was held, followed by a few drinks at Wetherspoons. Details are sketchy but I think it was a success.

If anybody has any other plans for Social Do's – please don't be afraid to come forward with your ideas. We are not “all” about running!!!

### STARC WEBSITE

For those of you who do not look at our website regularly please do have a look. Simon has done a fantastic job in updating the format. The race results are now in HTML format instead of just Excel and can be sorted by name, time etc. There are also race stats at the bottom of each race results page. A near-future update will be race stats for this season - a list of all STARC runners who have run in races this season (2014) with each runners total miles run etc. If anybody has any results not listed on the website please send them to Simon so they can be included in the stats. You can find any information you need on the website, i.e location of Sunday runs, training details, Committee contact details, photos and much, much more.

### P.S Mentions

Very recently the Club's favourite couple Doug and Geraldine, celebrated their Ruby wedding Anniversary. Lots of best wishes and congratulations from all at Starc.

We're hoping that the next newsletter will bring baby news and wedding news so “watch this space”.

Also included will be an up-dated list of 500 mile and near 500 mile winners.

Good luck to all in the forthcoming races, especially the next GP race, Falmouth half on 16<sup>th</sup> March and The Mudcrew's Dark on 22<sup>nd</sup> March.