

ST AUSTELL RUNNING CLUB
NOVEMBER/DECEMBER 2014 NEWSLETTER

How time has flown and already it's time for the final newsletter of the year. There has been so many things to report throughout the year, and these final two months have been no exception.

On 11th November we held our annual AGM. Some new positions were taken on the Committee. Terry Wyatt remains as Chairman but will be assisted by Geoff Bazeley, Vice Chairman. Andy Trudgian is the new secretary. Martin Trethewey is now Men's Captain, assisted by Scott Pateman, Vice Captain. Whilst the new ladies captain is Julia Nadaud and the role of Vice is taken by Lesley McLaren. Good luck to everyone and thank you to all on the Committee and to everyone that has helped toward to the running of the Club throughout this past year.

Grand Prix

The final race of the year was the ever popular Cornish Marathon. Starc had a great turnout for this event, from runners and supporters alike. We finished the season in great style with some fantastic performances. Stuart Nicholas, Phil Montgomery-Smith, Duncan Oakes and Tim Adams were the winning mens team, with other notable runs from Scott Pateman, running his first marathon, Claire Todd, Melanie Maskell and Kerry Sweet, to name but a few. A massive well done to all who ran the race on such a demanding course.

The celebrations continued the following week in Falmouth at the Mob Match where the Grand Prix presentations took place. There were lots of good runs again from Starc but the star of the day on the course was Angela Yates, making her comeback race. Angela, without doubt, got the loudest and best deserved cheer of the day. Although we did not do collectively as well as some previous seasons there were lots of age category prizes won. First in their age categories were Doug Alsop, Sue Mellis, Malcolm Roberts and Emma Murray, whilst Laurie Lee was second and Jess Buscombe third. Numerous prizes were given to those who had completed all 8 Grand Prix races and Debbie Marshall, Geoff Bate and Tim Adams were awarded their trophies for completing all 15 races of the series. Special mention should go to Tim who has, to date, completed 89 Grand Prix races in succession. An outstanding achievement, especially when you consider that he has still achieved several PB's this year.

Overall the ladies team came 4th in the series and the men took 6th place. Well done to everybody that competed in any way and lets build on our successes in 2015.

Cross Country

The 2nd cross country fixture of the year was at Newquay and saw a record turnout for St Austell of 31 runners. This was probably due to the fact that it is the closest fixture and also because people noticed how much fun was had at the previous race in Plymouth. More fun was had in Newquay and the persistant rain during the men's race did not deter runners or spectators. Well done to Gemma Pateman and Darren Squires who made it to the startline, even having done the Remembrance Run in Penzance that same morning. That's dedication to Cross Country. Massive congratulations to Debbie Starkey, Jess Buscombe, Stuart Nicholas and Jez Mancer who have been selected for the Cornwall team at Bicton on 4th January. Good luck guys. Hopefully they'll be some support from Starc up there.

The Starc minibus made it's way (somewhat tentatively) to Exeter for the 3rd meet of the series. Again there was a good turnout and much laughter was had there and in the bus on the way home. Several bottles of prosecco were drunk, some even before the race, as it coincided with the ladies

captains birthday, but if you can't have fun whilst running, what's the point? Well done to all.

Other Races

There have been lots of other races that many of you have competed in. If you would like a special mention please let it be known before the newsletter is done. It is very difficult to remember, or to even know about, all of your achievements, and we would like to hear about them.

Lisa Player came first in her age category in Plymouth 10k. Well done Lisa.

Duncan Oakes did a short run (for him) in November. A quick jog over the Brecon Beacons. The run was approximately 44ish miles and was a tad hilly! Duncan, in his usual modest, unassuming style won the race of course. Dave Rowe followed not too long after. This was no mean feat for either of them, considering the amount of red wine that was consumed the evening before. How do they do it? Georgina Speake and Sarah Bazeley took part in the 10 mile fun run across the Beacons, and thoroughly enjoyed the whole experience. The scenery and company were both fantastic. A weekend to be recommended for next year.

The final race of the year for most came in the form of the Scrooge, an event hosted by the Mudcrew at Heligan Gardens. Lots of the Club ran the race, whilst the more sane ones amongst us, chose to marshall. The pictures taken by Terry speak volumes. It was a really fun day with a great party to finish. Well done Mudcrew. And Happy Birthday to Andrew Budge who chose to run the race as part of his 50th birthday celebrations.

Ben

At the end of November, we all heard the extremely sad news that Ben Builder had passed away. Ben joined the Club, following in his wife, Rachel's footsteps, and became a popular, well liked member. Even some who knew Ben were unaware of the brain tumour that he had, as he rarely talked about it, preferring to live life to the full and enjoy everyday. His modest, friendly and kind disposition were the reasons we all thought so highly of Ben. He will be missed and our love and thoughts go out to Rachel, Felix and Evie.

Socials

In November 20 plus women went to see the Full Monty in Plymouth. Mandy Bate very kindly organised this event and by all accounts everyone had a good time.

December 13th saw the best night of the Starc calendar, the Starc Christmas Party. This is one of the only nights of the year when there is no sign of lycra and the girls and boys of Starc show how well they scrub up. Laughing, dancing, drinking aplenty and one or two sore heads the next day. Prizes on the nights went to Julia Nadaud – Runners Runner, Steve Covus – Nutters Award and Matt Nicholas – Triathlete of the year. Sharon Webber, Charlie Trethewey and Becky James also won awards from the Chairman. Thanks to Becky James and her assistant Nic Hoar for organising such a fantastic event. Unfortunately, the Cliff Head Hotel will be unavailable as a venue next year, so if anybody has any ideas as to where we could relocate, let the Committee know. Ideally it needs to be somewhere local and exclusive, that could cater for approx 100 people.

A date for your diaries is 30th January. Hilary Nicolas is raising funds for her London Marathon run in aid of Cornwall Hospice Care and is hosting a horse racing evening at St Austell Rugby Club. More details will follow shortly but on previous occasions these evenings have been great fun and are not to be missed.

It has been rumoured that a joint social is in the offing for late January. Watch this space for more details. And if anyone would like to take the initiative and organise an event, be it joint, men or women don't be shy. Social events are always well attended.

Looking ahead to 2015

January will see the start of London Marathon training for many. The three draw Club places went to Julia Nadaud, Debbie Marshall and Steven Martin, but they will be joined by many others, training for either London or other spring marathons. Don't forget the wealth of experience that can be drawn upon in the Club and let the Captains know if you would like any advice or if you would like to run to a plan designed just for yourself. They will be happy to point you in the right direction.

There are so many things to look forward to in the coming year. The first race of the season kicks off, a little gingerly, on 1st January with the annual Brown Willy run. Those sober soles (or maybe just hungover) brave enough to drag themselves out of bed will be pleased they did so once they reach the top of Brown Willy. Go on – you know you want to. What better way to start 2015.

11th January sees another Cross Country in Bideford, followed closely by Stormforce 10. Lets get January off to a flying start.

Hopefully 2015 will see the return of some runners who have been out long term with injury, Doug Alsop, Geoff Bazeley, Simon Williams and Mark Owen, who has been out for some considerable time following his back op, to name but a few. To anybody else injured, rest up and get well soon.

All that remains is to wish everybody a healthy and HAPPY NEW YEAR and we hope that all your running goals are achieved in 2015, or that you at least have fun trying.