

STARC NEWSLETTER MAY/JUNE

The racing season is now well under way with the 7th GP race completed. So many Club members have completed their 1st race, achieved P.B's and done things that they never thought possible. Well done to everybody. This newsletter will touch briefly on different races in the last couple of months but apologies to anybody who isn't mentioned individually, as there are so many more of you, than time allows.

GRAND PRIX RACES

The 5th Grand Prix race was Trevornick, a challenging and multi terrain 10 miler. This was closely followed by Cubert, a fast and furious five miler, and the 7th race was Sticker, another 5 miler, which is hilly and usually hot. Historically Cornwall AC pick up team prizes in the faster, shorter races, but that is not to say that we didn't pick up various age category prizes and lots of p.b's. The team standings after 7 G.P races are as follows:

Men

A team – 3rd

B team 2nd

Women

A team 4th

B team 3rd

Multi Terrain Series

With the first multi terrain race of the series cancelled due to the weather, the Imerys Half was the first to take place and was put on by our own running club. Also taking place on the same day was the Imerys Marathon. Those who took part or marshalled this event don't need reminding what a fantastic day it was. The weather was beautiful and the enthusiasm shown by our great marshals helped the hot runners around a testing course. A huge thank you again to anyone who helped make this event the success it was. Hopefully, it is an event that will grow year on year as it is truly unique and definitely one to put on your bucket list.

A very worthy mention must go to Starc's Jez Mancer, who finished joint first in the half marathon, after an exciting sprint finish, dipping for the line with Newquay's Craig Webster, to get a time of 1.29.59. Also an excellent result for Tim Montgomery-Smith who came second in the marathon in a time of 3.17. No mean feat for a marathon of this difficulty and in those hot conditions.

The next three multi terrains came thick and fast with Bude Lifeboat Run, Meet your Max and Lanhydrock 10. Again lots of age category prizes floating about and an update of the Grand Prix series will be given in the next newsletter.

DAN 5K SERIES

The Duchy Athletic Network (DAN) Series is an annual grand prix of short races, the format of which changes each year. For 2014 all races will be track races with distances ranging from 3K to 10K. To cater for all abilities, races are split into divisions according to race pace. Events will take

place during the week in the evening at both at Carn Brea running track and Par running track. Two events have already taken place and whilst Starc did not have a huge entry, those that attended enjoyed it and the evenings were a great success. The next event is 31st July. If you would like any further information regarding the DAN series, contact Andy Trudgian or ask at the Club.

TRACK

A reminder that track sessions are held each Tuesday at Par Running Track at an additional charge of £2.00. These sessions are run by Andy Trudgian and if you want to see any improvement in your speed, they are an invaluable way to achieve this. You really won't find anybody that says different. Whatever your pace, go along and give it a go. Sometimes it's even fun! Sessions start at 6.30 p.m.

OTHER RACES

Lots of members are competing in other County or out of County races. If you would like a special mention ,or would like to recommend a race, please do come forward and tell us so that we can share your experiences.

There are two starc members who deserve special mentions in this newsletter. One is Duncan Oakes, who seems to compete week in, week out in some ultra or other. It is easy to get complacent about Duncan's achievements as we have come to expect great things from him, but to consistently achieve such great results is very worthy of a mention. Amongst many of the things Duncan has achieved during the last two months is to win the Classic Quarter, a 44 mile race, along the Cornish coastline from The Lizard to Lands End. Several other Starcies joined the race along with a handful of supporters who never actually got to see Duncan as he was too far in front, finishing in an amazing time of 6.58.18.

The other mention goes to Dave Rowe, who was mad enough to run 145, yes 145 miles! along the Grand Union Canal from Birmingham to London (or maybe the other way round). Dave not only finished but came third. Brilliant but mad! Dave, unfortunately, but not surprisingly, has been suffering some injuries since then but I'm sure we'd all like to wish him a speedy recovery back to running.

THE SAINTS WAY

On a very sunny day in June the Club held it's annual Saints Way run from Padstow to Fowey. This event is great fun, with runners being able to run all or part of the way in what is always a very social, friendly day out. As always Geraldine was our main support crew and was joined by other welcome support en-route. Delicious cakes were consumed at every pit-stop and photos were taken to mark the day by Clive Gibbs. Several Saints Way virgins tackled the full distance and others completed it for the 2nd, 3rd, 4th or more times. Hilary Nicholas, Nicola Hore and Gary Jane were amongst the virgins, with other faster runners stopping at each pit-stop so that the whole group kept together and enjoyed the day as a club, rather than a race. The scenery, the weather and the company could not have been better. In the evening a lovely meal for those involved was held at the White Pyramid in Trewoon. The whole day was so enjoyable and it would be lovely to think that more of the Club took part next year. It really is a day not to be missed.

RUN/WALK

The run/walk group, as we know, has proved to be an invaluable section of Starc. This note is just to say a huge thank you to Geoff Bate, who has decided to take more of a back seat with regards to the run/walk, Geoff has been involved with the Monday night group for a long time now and has done a fantastic job, giving up his own time and training to assist. We all appreciate your efforts Geoff and know that if you find yourself with time on your hands, will gladly welcome you back.

The club only thrives because people give up their own time to help and I know that Helen Stuthridge, Becky James and Sharon Webber, amongst others, have all helped Geoff make the run/walk what it is. If anybody would like to get involved with any aspects of run/walk or any other sections of the club, please don't be shy to come forward.

CHARITY AND SOCIAL EVENTS

In May there was a charity evening at the Rugby Club to raise money for Geoff Bazeley's charity run. Johnny Cowling was, as always, a great night out, and those of us that were there will never forget the gyrating hips of Steve Martin, aka, the Honey Monster. Thanks to those that attended and topped up Geoff's fund raising target for Cornwall Hospice Care.

A couple of weeks ago several Starcies ventured to Fowey for a joint girl/boy night out. Following a gorgeous meal in the Lugger, the crowd ventured all the way across the road to the Galleon, where an evening of drinking, hoola hooping and general merriment ensued. As with all events the Starcies threw themselves into the evening with great enthusiasm and a great night was had by all. Thanks to Julia Nadaud for organising the event.

On the social side of things, don't forget our annual Club barbeque on 20th July, held at the home of Doug and Geraldine. As Doug will tell you this is always the hottest day of the year. This year it's being held after the Mag 7, and Becky is organising transport for those who get to her on a first come, first serve basis. It is always good if anybody that is coming could bring some food, although, sausages, burgers, etc will be provided by the Club for the barby. If you can help out, please see Geraldine to let her know what you can bring. It goes without saying that you may want to bring some beer/wine too.

ANY OTHER BUSINESS

CONGRATULATIONS – to Jane Appleton and Richard Philp on the birth of their little girl, Imogen. Jane has been up to the Club with Imogen and she is a little cutey. That's two potential future Starcies this year, in William Talen and Imogen. Who's next?

Finally good luck to all of you in up and coming races, the next Grand Prix race being The Turkey Trot on 9th July and the next multi terrain is Tywardreath Trotter on 26th July. A speedy recovery to all with injuries. Make the most of the sunshine and enjoy your running!