

St Austell Running Club

Newsletter 4

April 2008

Welcome to the Club

New members since the March newsletter are : Steve Martin, Lynne James, Amy Brown, Alison Coleman, Lynne Davey, Shane Pomeroy, Rachel Brown, Graham Pring and Claire Budge
A warm welcome to you all.

Get Well Soon

Best wishes go to Kim Rowett, Stephen Waters, Lesley Maclaren, Sue Cullinan, Dave Rowe and all those who have been injured or unwell recently.

Member's Award Scheme

Terry has offered to keep this up-to-date and the current standings are on the website. As you all know, points are allocated for club support, whether it is for attending clubnights, supporting races and social events, or racing for the club. Even if you are injured you will still be encouraged to come to the club or support at races.

The points allocation is as follows :

1 point for attending a clubnight

1 point for attending the Sunday Run

1 point for supporting or helping at a race

1 point for attending a Social Event

2 points for entering a race for STARC

3 points for entering a Grand Prix race for STARC

Terry is keeping a running total on the website with a 'Top-Ten' table. The Committee are not included in this list because it is done to encourage others to develop an interest in the club.

The first 3 members with the most points at the end of the year will win an award.

Restormel Grant for Equipment

We have received a £434 grant from Restormel Council, which has funded Race Signs, Marshall's Bibs, Training Equipment and **The Flag!!**

Thanks to James Clark from Restormel for his support.

Restormel Award for Sporting Achievement

At a recent Awards Evening at Newquay Sports Centre, Doug, on behalf of the club was presented with a Restormel Award for Sporting Achievement.

This shows the impact that the club has made in such a short time and we thank Marilyn for proposing us.

James Asser's Website

James is currently recovering from a serious knee injury, but photographs of recent races can be viewed and purchased on his website. The website is www.oiupixs.com

Race for Life

Katie is recruiting female runners for the Race for Life at Eden on Sunday 15th June at 7.00 p.m. The emphasis will be on a bit of fun and will be in fancy dress. This will promote the fact that STARC is the closest running club to the Eden Project, so contact her if you want to take part. The link to enter is www.raceforlife.org and be quick to avoid disappointment.

Car Treasure Hunt

This is at Sticker Football Club on Sunday 20th April. Proceeds will be shared between STARC and Mount Edgcombe Hospice. The route will be on local roads and the bar and refreshment will be available after.

The cost is £5 per car and it will be a 2.00 p.m. start.

Christmas Dinner

Katie has booked the Cliff Head Hotel, Carlyon Bay for our first Christmas Dinner on Friday 19th December. The cost will be £22.50 for the Dinner and entertainment, with the option of staying over at £28 for B&B. £5 deposits will be required to make the booking so if you are interested please let her know as soon as possible. If anyone wants to pay a small amount each week/month towards the cost, Terry and Alison have offered to keep a record. You can pay them any amount in cash and they will sign the book to record the payment, and give you the total paid in, just before the Dinner. This will spread the cost of the tickets throughout the year and can also include some spending money for the night.

Horse Racing Evening

Andy Tregaskes is organising this free of charge to raise funds for the club, so please support it. The date is Friday 9th May, starting at the Rugby Club at 7.30 p.m.

If you are able to buy a horse for £5 or sponsor a race for £10, please let Andy or a committee member know.

The Great Saints Run

This idea was dreamed up by myself and Doug on a recent Sunday Run and will happen on Sunday 18th May. The Saints Way is a historic trail from Padstow to Fowey and is very scenic and hilly in places, with plenty of mud on a wet day! It is approximately 30 miles in length.

We would like to invite the whole club to run it in relays, with teams of mixed abilities. It is planned that sections of 5-6 miles will be covered by runners of similar pace and a baton will be carried by each team. Anyone wanting to run extra sections can do so, but not as part of a team.

A team will be made up of the faster runners to set a time that can be challenged in future years as this will hopefully become an annual event.

All club members are very welcome to participate and Alison is currently taking entries.

The run will start at 9.00 a.m. and we expect to finish at around 3.00 p.m. It is envisaged that we will then descend on a local pub for some well earned refreshment.

Paul's Big 50

As Saturday 17th May is my 50th, it would be a bit unfair to have a party on the night before the Great Saints Run, so I will be having a bash at our house at Polgooth on Friday 16th May. This will be a good chance to carbo-load' for the big event!

Everyone is invited, starting at 7.00 p.m. Please tell Katie if you are coming so we can sort out the catering. No presents, but donations to Mount Edgcumbe Hospice if you wish.

Sticker 5

If anyone is not running or can volunteer a friend or family member, any extra help would be appreciated. There is a trophy for the team with the most entries and if we all enter we should stand a good chance of winning it. Hayle Runners and Tamar Trotters have won this previously and will be well supported this year I'm sure. There is a post-race disco / karaoke in the marquee this year and it will be part of our social events calendar.

Handicap Race

The clubnight on Thursday 1st May will be a 4 mile Handicap Race along the Pentewan Trail. This will be organised as a race and everyone will be able to establish a benchmark. We can repeat the race at regular intervals so everyone can monitor their progress. The race can be as hard or easy as you want to make it and the distance is such that it is attainable for all. Anne Bullock and any helpers will ensure the timekeeping and results are correct.

Cornwall Hospice Care

This is a very worthwhile charity, and with Mount Edgcumbe Hospices literally on our doorstep from the Rugby Club, it has been chosen as our club charity. We will be doing a series of events throughout the year with the intention of raising money for them.

E-mail Race Entries

This system is working well, but everyone needs to realise that if you enter with Alison in this way, you will be unable to get your entry fee back if you pull out through injury, illness, etc.

We currently have 53 club members entered for the Cubert5 which is an excellent effort.

Foundation Group Volunteers

The Foundation Group is flourishing and it has been decided to share the running of it between volunteers. Several committee members have agreed to help and any further volunteers can contact Paul Bestwick or Katie.

Fergy's Charity Bash

Andy will be running the New York Marathon for charity later this year and will be holding a Charity Fundraiser at Lakeview Country Club, on Friday 13th June.

Starting at 7.00 p.m. there is a 5-6 mile fun run, cycle race, live bands, BBQ, etc. Everyone is welcome.

Paris Marathon 2008

Congratulations to Maggie for running the Paris Marathon in 4.31.32.

London Marathon 2008

The inaugural club trip was a definite success and Anne Bullock has been thanked for the organisation. The hotel was excellent and the train was even on time, with just a small detour on the way up.

There were some excellent performances from club members :

- John Sidebotham : 2.56.46 Another sub 3 for a man in a fine run of form, despite a recent injury*
Bruce Maclaren : 3.05.40 Going from strength to strength with another PB
Doug Alsop : 3.16.04 Proves there is still life after 60 with his best performance for several years
Steve Ellis : 3.27.44 6 P.B's on the trot, culminating in a big marathon PB. Brilliant effort
Carl Miles : 3.31.12 Solid run as he trains for his forthcoming Ultra Marathon
Simon Pollard : 4.09.48 Couldn't make the club on the Tuesday after London as he was worried he couldn't get up the stairs! PB of 40 minutes which is a superb effort
Ann Rowett : 4.35.40 Went for it, but struggled in the latter stages. Still a good performance.
Darren Hambly : 4.55.20 Solid debut which rewards the training Darren has put in
Helen Rule : 5.07.13 Took the marathon on at very short notice, for a very good cause. Ran every step of the way, with a brief pit stop at Greenwich to water someone's driveway! Admitted to having a big 'strop on' along the Embankment and was not very complimentary to H.R.H. when passing her residence. A very gutsy display, Brilliant!
Paul Bullock : 5.07.13 Paced around by Helen and managed to finish in one piece. Looking forward to the Buckley Challenge in 2009, when 2 old 'has-beens' will do battle in the capital!
Rob Collins : 5.15.37 Had a few last minute problems and bruised toenails, but still a good debut

London Marathon Club Places

We have now reached membership of over 100 and anticipate that the club will receive 3 Guaranteed Entries to the 2009 London Marathon.

It has been decided that the allocation of these entries will be decided by ballot, with the following criteria for ballot inclusion :

- a) Membership must have been for a full year before the ballot (9 months for the 2009 ballot as the club will not have been formed for a full year)*
- b) The member must have completed at least 4 races for the club during the year*
- c) Clubnight attendance must be at least 30%*
- d) A London Marathon rejection slip must be produced*
- e) Must not have been a recipient of a club place in the previous year (after 2009)*
- f) Ballot 1 will be for all rejected members who have never run in the London Marathon*
- g) Ballot 2 will be for all rejected female members + 1 reserve*
- h) Ballot 3 will be for all rejected male members +1 reserve*

This will ensure that the ballot is conducted fairly between active club members.