



St Austell Running Club

Newsletter 27

Christmas 2011



May I take this opportunity of wishing all STARC members and their families, a Happy Christmas and a Successful 2012. Thanks also for your continuing support in making the club what it is.
Paul

Get Well Soon

Josephine Gilbert received the card signed by the club and has replied to say a big thanks to everyone. She is still in hospital and was unable to receive her trophy for the 1st Under 20 Female at the GP Awards.

Terry is still struggling with chest problems, but on a good note, Amir Gatreh returned to the club recently and is hoping to resume running in the New Year. Di Walker is still unable to run and being missed by her Run / Walk colleagues.

2011 – 2012 Annual Subscriptions

Subs are now SERIOUSLY OVERDUE and anyone who hasn't paid or contacted Lucy will be removed from the club membership database and mailing lists immediately after the Christmas Break.

Lucy's address for your membership cheque is :

67 Tehidy Road, Tywardreath, Par, PL24 2QD

Non members will also have to enter races as unaffiliated and not be able to wear a club vest.

Runner of the Month

Run / Walk Group

Congratulations also to Elaine Harper and Mike Hawken for winning the October and November awards for the Monday Night Group.

Christmas Dinner

What a great night!!

Very positive comments for the evening as a whole and a big thanks to the Cliff Head for the efforts they made, and the raffle prize of a free 3 course meal for 2. The raffle (big thanks to all those who donated prizes) covered the cost of the wine on the tables, with a little 'outside assistance'.

Congratulations to Geoff Bate who won the 'Runner's Runner' Award and the male STATO Trophy, with Samantha Payne winning the lady's equivalent.

Other STATO award winners were Sarah Bazeley and Holly Payne, being joint 2nd for the ladies and Michael Crane and Stuart Nicholas 2nd and 3rd for the men.

Deb Grills was the only one to complete all 12 races and 36 mementos were given to the 6 race finishers.

Garry Player's 'Nutter Award' went to a well deserved James Asser.

Chairman's Awards were given to Sarah Bazeley for her sterling work as Club Treasurer, and 'The Adam's Family' for the support and commitment of Tim, Hannah and the boys. This really epitomises the STARC club ethic.

The STATO Awards were kindly presented by Gareth Rowett, the St Austell Voice Sports Reporter, and Hannah Adams was the 'WAG of the Week' in this week's Voice. Good one Hanna and enjoy your free Domino's Pizza!!

Matt Grose and Lisa Player won the STARC Triathlete of the Year Awards for the male and female, respectively.

A few 'wind – up' awards to those who made a few 'boo – boos' during the year (photos on the website) and a big thanks to Katie for organising the evening, ended the trophy presentation.

Christmas Clubnights

Please note, there will be no main clubnight on Tuesday 27th December, and no Run / Walk on Monday 26th December and Monday 2nd January.

STARC London Marathon Trip

Katie has been asked to sort out a possible trip and has got some prices. Let her know if you're interested.

Lady's Vice Captain

Lisa Player has decided to stand down as Vice Captain and Helen Stuthridge has agreed to replace her. I'm sure Helen will be fine in this role and would like to wish her well.

Lisa would like to stay on the club committee and continue with her 'Sub 4' marathon plan.

St Austell College Open Day

Thanks to all those who supported this and the 'Treadmill Marathon Team' of Stuart Nicholas, Deb Grills, Geoff Bazeley, Steve Martin and Michael Crane, managed a 3.08 marathon, only to be beaten by a STARC aided Charlestown Rowing Club, boosted by Stuart's efforts. The rower's included John Grills and Russell Lawrance, and finished their 26.2 mile row in 3.05.

Jemma Simpson will benefit from monies raised going towards potential physio and medical expenses, etc, during her 2012 London Olympics training. There will be a continuing Charity Trust set up in Jemma's name, to support local athletes who need assistance.

Par Running Track

Andy is pleased with the regular numbers attending the track on Tuesdays, and after Christmas is a prime time for anyone new, to give it a go. 6.30p.m. prompt and there is a cost of £2 towards the cost of the track.

Club Socials

Finally, a date has been set for the long awaited Horse Racing Evening. This will be on Friday 3rd February at the Rugby Club, starting at 7.30p.m. The previous evenings have been huge successes and details about sponsoring horses and races will be given at the club.

Steve Covus and Katie are currently organising the next boys and girls nights out for January, with both well supported last time.

STATO Challenge (STARC Grand Prix)

Anyone wishing to organise the STATO Challenge for 2012, please contact myself or Andy Trudgian for details. We would like to keep this going, but with a possible change of format.

Races Coming Up

December 2011

Monday 26th Boxing Day Run, St Dennis, 4 or 8 miles

January 2011

Sunday 1st Brown Willy Run, Jamaica Inn. 6 miles multi-terrain

Sunday 8th First Chance 10k, Exeter

Sunday 15th Westward league, Bideford

Sunday 22nd Stormforce 10, Camborne. Grand Prix Race

February 2011

Sunday 5th Mounts Bay 10k, Marazion. Grand Prix Race

Sunday 12th Westward League, Bovey Tracy

Sunday 19th Plymouth Hoe 10

Sunday 26th Fire and Rescue Half Marathon, Bodmin

Top Man Dan

Congratulations to Dan Alsop, who finished the year with a resounding win at the recent Torrington Christmas Caper.

What a fantastic year he's had, with several race wins, and the Grand Prix Winner.

For all Coaches and Group Leaders

- A **'Running Basics' workshop** is being delivered by Simon Grose the Head Coach (Level 3) of Hayle Runners at the Carn Brea track on Thursday 26th January, 2012. This workshop will be a great start to the New Year for many of our up-and-coming endurance coaches and I'm sure will also be very useful to established endurance coaches also.

The workshop is designed at a basic level, however it will be informative enough to give a good insight into endurance training for runners. Are you a new coach, a coach wanting to develop more knowledge or someone new to endurance running?

If the answer is YES, then this workshop is for you!

Warm up

- ⤴ **Why is it important to warm up and how long should this take?**

- ⤴ **Dynamic stretching**

- ⤴ **Speed drills**

Running technique

- ⤴ **Why is it important to develop or correct our running style?**

- ⤴ **Understanding and identifying good and bad posture**

Training sessions

- ⤴ **What sessions will help develop our running?**

- ⤴ **Threshold running – Tempo and Cruise running**

- ⤴ **Interval running**

Warm down

- ⤴ **Why is it important to warm down and how long should this take?**

- ⤴ **Static stretching**

Delivered by Simon Grose a Level 3 Endurance coach, this workshop will require attendees to wear appropriate training kit for track work. If you wish to attend this workshop, please contact Simon Grose at sgrose05@gmail.com or Rob Cockings the DAN club and coach coordinator at rcockings@cornwall.gov.uk / 01872 323344 or 07973813550

To help cover the cost of hiring the track, a small fee of [£2 per attendee](#) is requested, which can be paid on the day.