

St Austell Running Club

Newsletter 23

May 2011

New Members

Welcome to the following new members since the last newsletter : Justine Allen, Angie Andrews, Gill Burley, Tracey Coles, Sara Dubare, Mark Haley, Karen Jackman, Nicola Hoar, Gary Jane, Ann –Marie Knight, Liz Morgan, Richard Osborne, Darren Stephens, Sharon Webber and Angela Yelland.

Get Well Soon

Sue Mellis, is still struggling with injury and Jason Penprase has dislocated his shoulder, so we hope to see them back as soon as possible. Thanks to Bruce Maclaren for his continued support, despite his injury.

Mr and Mrs Dutton

Congratulations to Mike and Becky who got married recently. They were presented with a set of wine glasses at the club and we all wish them a happy future together.

Run / Walk Group

The 1 year anniversary was very well attended with Anne and Katie putting on an excellent buffet. Thanks to all the Run / Walk Group for their support.

The group is flourishing with new members most weeks and there is a continual flow progressing through to the main club, thus strengthening the club.

Thanks to Katie, assisted by Terry Wyatt, Helen Stuthridge, Mike Dutton, Becky James and Geoff Bate, as Group Leaders.

Marilyn Wins International Vest!

Following her recent, outstanding performance in the Eton Triathlon, Marilyn has qualified for the ITU Sprint Triathlon World Championship, in Beijing in September.

This will mean a Great Britain vest for Marilyn and I'm sure all the club would like to congratulate her on this honour. Good Luck, Marilyn, you've done us proud.

Par Running Track Session

A message from Andy Trudgian, who is doing a sterling job with his weekly track sessions on a Tuesday.

'For those of who have not tried the track before we will be holding, at a date to be announced, a fun "Try it Out" evening in the summer. This will be an ideal chance for anyone new to the track to have a go and understand what it is all about. It will be done in an informal and relaxed way and will be for all abilities. The evening will coincide with a visit from Brooks and will be a chance to try on and have fun with lots of different running shoes including racing shoes and spikes.'

Boconnoc 5

This was a really successful event and thanks to Tracey Davey and Geoff Bazeley, for co-ordinating the marshals and the course signage, etc.

STARC entered 60 runners and provided all the marshals, so a brilliant club effort.

Well Done to Duncan Oakes for winning the race and commiserations to Stuart Nicholas, for going from 5th at 4.5 miles and finishing in 30th at the end. He was spotted running around Lostwithiel after a slight race detour!!

The club have received a nice letter of thanks from Charles Edward – Collins, the County President of St John Ambulance. Terry will put this on the club website.

Another proud day for all STARC members.

Runner of the Month

Main Club

Congratulations to Lianne Rickson and Nadia Alsop for winning the March and April awards, respectively.

Run / Walk Group

Congratulations also to Justine Pender and Patricia Hunter as winners of the March and April awards for the Monday Night Group.

Club Socials

The girls had a recent social starting at PB Running for some liquid refreshment (isotonic, I hope!!) and moving on to the Chinese Restaurant next door.

Katie has been asked to arrange another of the popular Truro Day's Out, which will be on Saturday 11th June. Same format, train to and from Truro, Noodle Bar for food, everyone welcome, with partners, etc.

Let Katie know if you're on.

There will be a long awaited return of the popular Horse Racing Evening, at the Rugby Club in July, with a date to be confirmed. Everyone welcome, but Richard Hawken and Simon Jones could be banned from the last race as they keep winning all the money!!

The St Austell Half Marathon

The first running (pardon the pun) of the St Austell Half and 6 miler was a successful event for the club.

Thanks to Dawn and Malcolm Roberts for successfully organising the marshals, of which we needed around 90, and Geoff Bazeley and Mark Owen for their help all day with signage and general assistance.

The feedback has been very positive and we will be seeking inclusion of the half in the 1012 Grand Prix.

Another occasion when the membership really pulled together to make this a STARC success. Thanks.

Sticker 5

This STARC assisted Grand Prix Race is on Saturday 18th June and in excess of 500 runners are expected. Around 120 children will do the 1 mile fun run at 5.15p.m. and the 5 mile starts at 6.30p.m.

In 2009 we were the first Cornish club to enter 100 runners in a GP race and it would be good for the club to repeat this in a few weeks, and be the second. Rachel Builder will be 'encouraging' you to enter, so please support the race if you can. 5 miles is attainable for the majority of the club so please give it a go.

We usually provide a few marshals for manning the drink station, giving out mementos', etc, so if you're injured or not running, please let me know.

There is a post race disco and karaoke, with a trophy for the best effort. The girls won last year (very controversially, I must add) so the boys will be looking to bounce back this year.

Duchy Athletic Network 5k

We will be holding our own 5k cross country run as part of the DAN 5k Series, at the Rugby Club on Wednesday 27th July at 7.00p.m. The entry form is now on the website.

You are all welcome to run, but we will need some marshals. Please let me know if you can help.

Leaders in Running Fitness Course

Phil Lean, Lisa Jones and Andy Young are interested in the Group Leaders Course, but we still need more, especially at the fast end. If we can get at least 8 then we can run our own course at Biscovey School. Please help the successful clubnight organisation of the club by volunteering for the 1 day course.

Let Lesley Maclaren know if you're interested.

Saints Way Run

This is open to everyone and you can do a short leg of 4-5 miles or longer by combining legs if you wish. The more the merrier and details are at the club each week. See Doug or Geraldine if you want to take part. There is the option of a post run meal at the White Pyramid with several going already.

Traffic Management Course

Some members have shown an interest in attending a 1 day Traffic Management Course and this is important for any future road races that the club organise. A list of possible dates is available, so if you're interested please let me know.

Good Luck, Tom

Tom Howell is leaving the area to live in Plymouth and we all wish him all the best for the future. The good news is he would like to stay with the club as 'second claim' and still run for us in some GP Races. All the best for the future, Tom.

SIS Sports Presentation

Peter Slijkhuis, from Science in Sport, visited the club and joined in the hill reps session, thoroughly enjoying himself. He gave a very informative presentation after the club run, which was well attended. This will be repeated in the future, probably during the build-up to a marathon or other long distance event.

Westward League

The club has decided to register for the Westward League Cross Country later this year. This is a positive step and will mean a STARC team competing in the cross country series of races, between October and March. Further details will be given at a later date.

STATO Challenge (STARC Grand Prix)

Here's the latest news from STATO

'Jamie Andrew, Andrew Budge, Claire Budge, Reg Eden, Debbie Grills, Gary Player, Stephen Truscott and Angela Yates are the only club members to have completed both the STATO challenge races so far...can they complete them all???

Overall the mens results have stayed the same with Richard Duane in the lead on 6 points and Shaun Scrace and Spencer Culley closely following on 5. The womens race has Marie Blackbeard in the lead with Louise Powell in 2nd and Lianne Rickson and Kayleigh Newstead chasing up in 3rd.'

Just a further reminder :

The STATO Challenge for 2011 will consist of the following races, totalling 12, of which you must complete 6. STATO (whoever he or she is) has come up with a challenging set of predominately local races, and as usual, there will be mementos for all who complete the 6, and trophies for 1st 3 Male and Female.

These will be presented at the Christmas Dinner at the Cliff Head.

Whitemoor 10k

Boconnoc 5

June Time Trial

Cubert 5

Sticker 5

St Austell 5k

Aug Time Trial

Tywardreath Trotter 7

Probus 10k

Newquay 10k

Mob Match 5

Dec Time Trial

Milletts Store Discount Card

Any STARC member interested in a discount card to Milletts Outdoor Clothing Store, please let Dawn know dawn@romania19.plus.com or text to 07870 332 184

I'm contacting you regarding the new and free **Specialist Outdoor Group Discount Card** available from the Blacks Leisure Group that you showed interest in while visiting our Bodmin Milletts store.

I've been dealing with many outdoor groups, organisations, schools and colleges within the South to offer all outdoor enthusiasts Specialist discount cards and I'd like to personally extend this offer to all members that belong to your Running Club. The store informed me that you could forward this invitation on to the club leader/chairman?

This new card entitles its holder to **15% off all transactions in any Milletts and Blacks Store Nationwide** and this card can even be used in conjunction with sale priced items. The discount card scheme is free to become part of and valid for a full year.

This is an individual discount card so everyone in your group is welcome to their own card.

The only information we need for a group to receive their discount cards would be:

The first initial and surname of everyone interested in their own individual card (to be printed on the card)

- The name of your group/organisation (to be printed on the card)
- And then finally the selected address to send all the new discount cards to (this can be your local store for collection, a meeting location or a group leaders address from which the cards can then be distributed to everyone effectively).

If interested I have attached a group sign up spreadsheet that you can fill out collectively with your group member's names and email back to me and I will create a discount card for everyone on the spreadsheet.

As a previous Duke of Edinburgh participant and Scout leader I strongly feel this new scheme can be of great benefit to all outdoor enthusiasts and really reward them for their loyalty over the previous years.

I am also the direct contact for any large or bulk orders you would like to make for your group as the Specialist Group Advisor for the South. I will be very competitive with all pricing and ensure you get exactly what your group requires so please don't hesitate to contact me for any quotations on behalf of our company.

I hope this new discount scheme has been of interest to you and I'd just like to reiterate that it is completely free for your group to become part of and every member of your group is entitled to their own card.'

Thanks Dawn

Races Coming Up

Don't forget, you need to complete 8 of the 15 Grand Prix races to qualify for a completion memento. 2 must be 10 miles or over. Do you want to be there at the GP Presentation at Falmouth in November and walk up with the rest of the club to receive your memento? Go for it!!

June 2011

Tuesday 7th	Cubert 5, Near Newquay	5 miles	GP
Saturday 18th	Sticker 5, near St Austell	5 miles	GP