

St Austell Running Club

Newsletter 26

November 2011

2011 – 2012 Annual Subscriptions

Please remember that your subs are now due, if you have not paid already. Renewals will go up by £5 on the 1st December and you will not be able to race for the club if they have not been paid. This includes the Mob Match.

New Members

Welcome to the following new members since the last newsletter : Andrea Perks, Fiona Bailey, Caroline Stephens, Hilde Andersen, Mike Hawken, Darren Varker, Andrew West, Kylie Allen, Mark Aplin, Liz Barrett, David Hampton, Jemma Holland, Charlotte McColl, Julia Nadaud, Julie Rogers and Pia Birnie, who has re-joined.

Get Well Soon

Josephine Gilbert is currently in hospital in London and the club wishes her well.

Good to see Mark Owen and Marie Gill back training after recovering from knee and appendix operations, respectively. Lucy Wright injured her foot badly during the Newquay 10k and is still not running. Both Daniella Walker (6 weeks) and Terry Wyatt (4 weeks) are also not running due to chest problems.

Congratulations to The Marshals!

Yet another STARC baby as Debbie gives birth to a bouncing baby girl Esmae Marshal, born on 20th October, weighing in at 8lb 8oz. Debbie is now back at the Run / Walk Group which is an impressive feat.

Falmouth Mob Match

This popular 5 miler is this Sunday 27th November at 11.00a.m. There is a double-decker bus going for £5 maximum return fare. This is a subsidised price, so let Katie know if you want a place. Everyone in the club is encouraged to run this race and several STARC debutants ran last year.

The Grand Prix Annual Award Presentation follows the race, and we have 37, 8 Race Finishers, 7, 15 Race Finishers, 6 category placings. Tim Adams and Katie Bullock have been put forward for the Most Improved GP Runners.

Runner of the Month

Main Club

Congratulations to Hannah Adams and Dave Rowe for winning the September Awards, respectively.

Run / Walk Group

Congratulations also to Lisa Pranglely for winning the September award for the Monday Night Group.

Claire Budge's Bodyshop Christmas Offer

'Christmas At Bodyshop

Bodyshop consultant/ STARC member, niceperson (joke!!) , Claire Budge, will be bringing Bodyshop Christmas Catalogues and Gifts that you can look at, along to clubnights in the next few weeks, after some interest from various members.

Any orders taken from STARC members before Christmas, Claire has kindly offered to donate half her commission to the club!!

This is an easy way of shopping for your friends and family hassle free!!

For further information about products you can call Claire on 07719956769!!'

Club Socials

The recent Girls and Boys Nights Out, both at the East meets West, were very successful, with the boys going on to The Harbourside. Both were well supported and the Boys Night seems here to stay. Thanks to Katie and Steve Covus for organising these.

Leaders / Coaches in Running Fitness Course

Richard Duane, Helen Stuthridge and Lisa Player are now fully fledged Group Leaders, and Shaun Scrace, Ian Watkins and Geoff Bate are currently taking their Coaching in Running Fitness courses.

The club is now in a much healthier situation, with the new Group Leaders making Club Nights much easier to manage, with their commitment and enthusiasm.

As a club we are still firmly committed to supporting the existing coaches and group leaders, and encouraging members to take training courses, which will further benefit the club.

Cornwall Sports Partnership Awards

Terry, myself and Katie attended the Cornwall Sports Partnership Awards evening at the Atlantic Hotel, Newquay on Friday 11th November. There were around 150 present, who were all nominated for an award, from right throughout Cornwall.

St Austell Running Club were nominated (along with 6 other clubs) for the Adult Sports Club of the Year, and we were then shortlisted down to 3 clubs. The winners were a strong Cornwall Athletics Club, but we were honoured to even be shortlisted.

We were then included with around 15 other clubs for the overall Club of the Year, but this was won by Penzance Tennis Club.

As we have only been in existence for 4 years this was still a fantastic achievement by the club.

Katie was nominated for the Cornwall Adult Coach of the Year, but this was won by a coach from Newquay Rugby Club. This was still a notable achievement to be nominated, and a first for STARC.

Neil Caddy of Pirate FM was the compere for the evening and guest speakers were Mark Lewarne (GB International Triathlete) and Phil de Glanville (ex England and Bath rugby player). Phil also presented the awards.

This was a great honour and a proud occasion for a club still in it's infancy, and augers well for the future.

STATO Challenge (STARC Grand Prix)

'Michael Crane is leading the points standing on a total of 62 points but will need to complete 1 more race to qualify, with Stuart Nicholas hot on his heels with 61 points having completed 8 races so far.

The ladies race is a family affair, with Samantha Payne on 43 points followed by sister Holly Payne on 36 points. Katie Bullock on 32 points closely follows, with Sarah Bazeley on 28 points. Sarah and Holly you will need to complete one more STATO challenge race before you can qualify,

Next race is the Mob Match.'

Trophies for the first 3 male and female, plus all the qualifiers will be presented at the Christmas Do.

Eden Project Marathon

This was a success with record entries and we showed again that as a club, we are capable of organising the biggest racing event in the county.

Thanks to all who helped, as this was a true STARC effort from the whole membership.

Christmas Dinner

Cliff Head Hotel on Saturday 17th December and we are now full.

Discounted rooms are still available at £30 per single room, £50 per double room, £35 per double room with sole occupancy. These can be booked directly with the hotel, on 01726 812345.

Please note that after discussion with the Cliff Head management, members will be unable to come after the meal, just for the presentation and dancing.

There will be the usual post – dinner club awards, with a few 'light – hearted' awards to follow these.

London Marathon Club Ballot

We had 4 club places again this year and the lucky ballot winners are : Kathy Clarke, Geoff Bate, Tom Howell and Viv Venning. Good Luck to them and the reserve is Claire Budge, who will take the place of any of these if they can't run for any reason.

It was decided at a recent committee meeting that a reserve would not be chosen for future years. If a person drawn from the ballot is unable to run, there will be a re-draw of those left in the final ballot.

Cornish Marathon

What a fantastic effort to put 28 members in this brutal marathon around Bodmin Moor. The men won the team prize for the first time this year and the ladies were third. Duncan Oakes, Dave Rowe, Stuart Nicholas and Phil Montgomery-Smith were the men's team, with Jenna Murphy, Lisa Jones and Deb Grills doing the business for the ladies. P.B's for Claire Budge, Ian Williams, Ken Brown, Geoff Bate and an incredible 50 minute P.B. for Steve Covus. (Steve's regular trackwork is obviously paying dividends).

This was a real STARC highlight of the year and well done to all who ran.

Special mention to Fergy who ran a 45 mile ultra in Wales on the Saturday and still finished the Cornish the day after. Respect!!

St Austell College Open Day..Saturday 3rd December..10.00a.m. to 2.00p.m.

Please support this Open Day to raise funds for local Olympic Athlete, Jemma Simpson, who has lost her Olympic Funding. Jemma has always been very supportive of STARC and this is our chance to pay her back, and also support Russell Lawrence, Director of Sport at the College. Russell has been instrumental in setting up our club sponsorship with the college.

Let me know as soon as possible if you can do a mile or 2 on the treadmill and here's Russ's message, where he's set us up against Charlestown Rowing Club :

'Christmas Fayre to support Jemma. FREE ENTRY !

- Ted & June,(Jemma's parents) will call in to support.
- St Austell Running Club have asked for a treadmill and they will do a "sponsored run" throughout the event, we will get the treadmill into the A level centre so giving it the prominence, I challenged Lauren from Charlestown rowing club to challenge this on an ergo she did accept.
- Running v Rowing greatest distance !!
- Craft stalls are signing up fast
- The college Skills for Life students will be making hampers to raffle – contributions gratefully received – please drop Christmas items in to Mel Hunkin at the college level 4 J426.'

Races Coming Up

November 2011

Sunday 27th Falmouth Mob Match, 5 miles

December 2011

Sunday 4th Westward League, Exeter

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

STARC Annual General Meeting

This was well attended and an opportunity for all members to see how the club has performed over the last 12 months.

Positive reports were given by all current officers, and the Treasurer confirmed a healthy balance sheet, with the club in a good position, financially.

All officers and coaches were thanked and rewarded for their efforts.

Anne and Geraldine were thanked for the superb post – meeting buffet, and Bernie and Mandy were also thanked for the help they have given us on clubnights throughout the year.

2011 – 2012 Club Officers and Committee Members

Chairman	<i>Paul Bullock</i>
Vice Chairman	<i>Terry Wyatt</i>
Secretary	<i>Darren Hambly</i>
Membership Secretary	<i>Lucy Wright</i>
Treasurer	<i>Sarah Bazeley</i>
Press Officer / Webmaster	<i>Terry Wyatt</i>
Men's Captain	<i>Andy Trudgian</i>
Men's Vice Captain	<i>Geoff Bate</i>
Lady's Captain	<i>Rachel Builder</i>
Lady's Vice Captain	<i>Lisa Player</i>
Coaching Co-ordinator	<i>Andy Trudgian</i>
Committee Members	<i>Katie Bullock</i>
	<i>Richard Duanne</i>
	<i>Doug Alsop</i>
	<i>Emma Watkins</i>
	<i>Helen Stuthridge</i>
	<i>Geoff Bazeley</i>
	<i>Geraldine Alsop</i>
	<i>Steve Covus</i>

Multi – Terrain Grand Prix 2012

This is new for 2012 and there will be a series of 10 multi – terrain races of which the runner must complete 6 to qualify for a finishers' memento.

The races are outlined at the end of this newsletter and our St Austell Half Marathon is included, as we were not accepted as part of the Road Running Grand Prix.

Sunday 1 st April	The 5 Tors, 11miles, Minions
Sunday 6 th May	Boconnoc 5, Boconnoc Estate
* Sunday 20 th May	* St Austell Half Marathon
Wednesday 13 th June	Bude Lifeboat run, 6 miles
Wednesday 20 th June	Meet Your Max, 7 miles, Truro
Sunday 24 th June	Lanhydrock 10, near Bodmin
Saturday 28 th July	Tywardreath Trotter, 7 miles
Friday 24 th August	Trelissick 10K
Sunday 14 th October	Race for Wildlife, 10k
Sunday 11 th November	Remembrance Run, 4 mile beach run

* Please note that this race could become a single loop, genuine multi – terrain coastal path / trail run, over a shorter distance