

Races

■ Sunday 13th November, St Michaels Mount Remembrance run (approx 4 mile beach run) £12. Cheques – mounts bay harriers (MTRS)

■ Sunday 13th November, Cross Country, Newquay (10k men, 5k ladies)

■ Sunday 20th November – Cornish marathon (26.2 miles) £24, cheques – East Cornwall Harriers (GP)

■ Sunday 27th November, Falmouth Mob Match (5 miles) End season presentation. Cheques – Falmouth road runners. (FREE BUS)!!

More details: Helen.Struthridge@imerys.com

Christmas Party

Friday 9th December
Porthavellen Hotel
From 6.30pm £28 per person
PAYMENT AND MENU CHOICES
BY 3RD NOVEMBER!
Full details on website &
facebook.
Contact Charlie: 07859878055
Charlie@btinternet.com

Par Running Track

Tuesday Evenings at Par running track, 6.30pm
£3.00 session.
Organised by our coach Shaun Scrace, for all abilities, come and give it ago.

Beginners Triathlon

The 'beginners' triathlon swim group have now come in from the cold and are meeting at 8.50pm on Wednesdays at Polkyth. At the moment we hire one lane but there's plenty of space if anyone would like to join us! Just come along on the night or message Rachael via email on Rlstaff@hotmail.co.uk or Facebook St Austell triathletes Facebook page.

London Marathon

Congratulations to all those lucky enough to get into the ballot.
Not so lucky? Remember to keep your rejection slips and fill in one of our criteria forms for a chance to get a club place, applications in by 1st November.
CORNWALL HOSPICE CHARITY PLACES!!
We have also been offered two charity places for the London Marathon.
Total to be raised £1,750 (£100 cheque deposit will be required immediately)

Remember, remember the eighth of November!

Look forward to seeing you all on November 8! Pasty orders need to be in by November 4, contact Sarah on Facebook or by email: Sarahbazeley@btinternet.com Please remember if you would like to be considered for any roles on the committee please bring yourself forward before the AGM.

Treasurer

We would like to give Sarah Bazeley a massive thank you for all her hard work as our treasurer at the St Austell Running Club. Unfortunately after seven years Sarah has decided to stand down, but still a very valuable member of the club. Thank you Sarah.

Eden Marshalls treat!!

A massive well done to everyone involved in the success of Eden this year, you were amazing!!! Eden are putting on a special ice skating night on November 9 for all marshalls as a thank you for your time. (Partners and children welcome) Contact Melissa Rowe to book your space.

GROUP LEADER COURSE

Fancy becoming one of our club leaders?

Book your place now!

**ONE DAY ONLY COURSE!
NO EXAM!**

At Bodmin Dragon Centre
January 14 2017

Contact: Helen Struthridge

FALMOUTH MOB MATCH

FREE BUS!!!

November 27

Don't delay get your name down today!!

Come and celebrate the end of the Grand Prix series and enjoy the presentation.

ONLY 10 SPACES LEFT

More details visit website

Contact Charlie Trethewey

Time to wear hi-vis!

As the dark evenings set in you will need to wear hi-vis clothing while running on all club nights.

Head torches are also recommended.

Stay within your groups please!

STARC VOLUNTEERS!!

The St Austell running club would not be so successful without our committed volunteers! Each month I would like to introduce you to one of our amazing team: This month I would like you to meet:

Georgina Speake
WELFARE OFFICER



I am Georgina Speake (Symons on FB!)

Previously was ladies captain and won most improved female runner for the GP, been a group leader for yonks, encourage others to do the same so you meet and run with people of all abilities.

Been a health and safety inspector for 16 years so happy to take on welfare roll (previously done by Geraldine).

Able to help the club with traffic management, event risk assessments etc, responsible for welfare ensuring all runners are safe and happy. Send out cards (let me know of anyone requiring one – births, deaths, marriages, get well and other occasions).

Meet our STARC Coaches!

Are you new to running, looking to go onto that next level??

Or just want some advice?? With winter training upon us and the start of marathon training for many why not seek the help from one of our coaches!! Always happy to help, eager to help you to achieve your goals! Get that training plan today!

Contact:
Lesley Maclaren
lesleymaclaren@me.com
Doug Alsop
tremodrett@talktalk.net
or 01726 891094
Shaun Scrace
s.scrace@sky.com
Andy Trudgian
andy@runrace.co.uk

If there is anything you would like added please contact Charlie Trethewey via email: charlietrethewey@btinternet.com