

Races

■ Sunday, October 2 – Newquay
10k GP race

■ Saturday, October 8 –
Lanhydrock 10 miles MTRS race

■ Sunday, October 9 – cross
country– Plymouth

■ Sunday, October 16 – Eden
full/half marathon.

Christmas Party

FRIDAY 9th December
Porthavallen Hotel
6.30pm, £28 per person
We are now full, taking names
for reserve list & payments to
secure place.
Catch me at the club or contact
Tel 078759878055, Facebook,
email:
charlietrethewey@btinternet.com

Returning soon Par Running Track

11 week programme will be
starting tues 4th October, 6.30pm,
£3 session For all abilities, great
way to improve speed, with a time
trial at the end.

For more information please
contact Shaun Scrace, Andy
Trudgian or Martin Trethewey.

Beginners Triathlon

September 14 saw the first sea
swim for the beginners triathlon
training group.
Polkerris was the stunning setting
and five brave souls turned up
along with the expert triathlete,
John Yelland who offered a safety
blanket to dispel any fears.
Everyone became fully immersed
in the experience and swam
further than they thought they
could!
Keep checking FB for updates on
venues. Everyone is welcome to
meet up on a Wednesday evening.
For more details contact Rachael
Staff on rlstaff@hotmail.co.uk

London Marathon

Good luck to everyone who has
entered!!
Remember to keep your rejection
slip should you wish to apply
for a club place!
However you will need to meet
the club criteria.
Copies and the forms will be
available at the club over the
next few weeks, all applications
to be in to a committee member
by November 1.

Remember, remember the eighth of November!

On the 8th of November it will be our AGM, we look forward to seeing you there! Detailed information will be sent to you shortly. don't forget to order your pasty!

We would like to thank Terry Wyatt for all his hard work at the club taking the role as Chairman over the last 4 years. After a lot of thought Terry has decided he would like to stand down as chairperson but still remain on the committee.

If you would like to be considered for any of these roles on the committee please bring yourself forward. So far the following members have expressed interest to be considered for the following roles:

Chairperson – Martin Trethewey
Vice- chairperson – Scott Pateman
Secretary– Andy Trudgian
Membership Secretary – Jane Thomas
Press officer– Gareth Rowett
Webmaster – Scott Pateman/Gareth Rowett
Men's Captain – Jamie Masters
Ladies' Captain – Kimberley Small

These roles also need to be filled including general committee members: Treasurer, Men's vice captain, Ladies' vice captain.

PLEASE COME FORWARD BEFORE AGM.

If more than one person volunteers for a single role then there will be a secret ballot.

Website

We need your help!!

A big thank you to Simon Williams who has maintained and kept us all informed with our fantastic website! We really appreciate your hard work Simon.

We are now looking for any members who may be able to help and take over this role (with shared responsibility).

A big thank you in advance!! Please contact Scott Pateman (contact needed). Or speak to any committee member if you could help us.

Cross country

On Sunday, October 9 it will be the start of the westward league XC season. Over the last two years we have successfully managed to build a male & female STARC team of all abilities.

With much thanks to Lesley Maclaren for organising the season, for more details please contact:
lesleymaclaren@me.com

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!

Doing something that should be in the press?

**Make sure you get
your story out there
for everyone to see.**

**Please email our new press
officer Gareth Rowett on:
staustellrunningclubpr@gmail.com
with all the details of what
you are doing, how you got
on and if you've got a picture
too send that across.**

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
s.scrace@sky.com
Doug Alsop
tremodrett@talktalk.net or 01726
891094

Shaun Scrace
s.scrace@sky.com
Andy Trudgian
andy@runrace.co.uk

Eden Marshalls needed

Please if you could spare some
time to marshal on October 16
it will be much appreciated!

As a thank you all marshals
and their families will be
rewarded with a free exclusive
skating evening at Eden !!

Don't forget everyone already
gets free entry into Eden with
their STARC membership.

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