



Races

- Sunday 4th December, Cross country – Exeter (10k men/5k ladies)
- Sunday 4th December – Race for wildlife MTRS Series – 7.5 miles £12 – cheques made payable Mounts Bay Harriers
- Sunday 22nd January – Stormforce FIRST GP RACE OF THE 2017 SEASON!!! 10 miles £12 – made payable Carn Runners

More details: Helen.Struthridge@imerys.com

Christmas Party

Friday 9th December
From 6.30pm – midnight!!
Look forward to seeing you there!! Any RAFFLE donations will be much appreciated. Please pass them to Charlie. Thank you

Tinsel run

December 22
Prize for the best lit up fancy dress!!
We look forward to seeing you at our annual tinsel run, always a great social run before Christmas, an opportunity to dress up in fancy dress with lots of lights!!!
As one big group with all abilities together we will run a 5 mile loop (through St Austell town), ending with mince pies and cream kindly donated by the co-op.

Boxing Day run

Social charity run
All welcome
Fancy running off Christmas Day cobwebs, St Dennis have put on a social charity run for many years!! Always really enjoyable, normally ends with a few drinks at the bar!!
For a small fee:
Meet outside working men's club, you can choose to walk 4 miles or run 4/8 miles!
It is a 4 mile loop.
10am start for walkers
10.30am start for runners

New Day's run

Brown Willy Run
11am on 1st January
At the Jamaica inn (pl15 7ts)
For those not familiar with this event it is a well signed informal run about 7 miles, mostly on open moorland.
No entry fee (donation charity)
Dogs welcome
Register in the pub & tick yourself back in on return.

YOUR 2017 COMMITTEE



Welcome to your December Newsletter I would like to start by thanking everyone who supported the club AGM. I believe that you have voted in a very strong and talented group of individuals who make an awesome team.

I can promise you that we will work tirelessly throughout the year to make this our 10th year a complete success. If you have any concerns or ideas please don't hesitate to talk to one of us.

Finally on behalf of myself and the Committee I'd like to wish you all a wonderful Christmas & a Happy New Year!

Martin

CONTACTS

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Helen Struthridge – Run/Walk
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Geoff Bazeley – Committee Member

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Terry Wyatt – Committee Member
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Rachael Staff – Committee Member
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Claire Todd – Committee Member
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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. Time trial on December 13.

Triathlon

Swim nights at Polkyth
Wednesday nights 9–10pm
More information contact Rachael
Rlstaff@hotmail.co.uk

YOUR AWARDS

Runner's runner

Over the next couple of weeks we would like you to vote for who you think should receive the STARC "Runner's Runner" award.

This award can go to any member!

Someone who has inspired you, has helped you to achieve or just a great example to others.
Voting slips will be available at the club and a ballot box.
Happy voting !!!

Last year's deserving winner was Angela Yates, who will it be this year?

The club also have a variety of other awards which will be presented at the Christmas party, IT COULD BE YOU!



OUR CHRISTMAS TREE AT CARCLAZE CHAPEL

Great effort. Thank you Sarah Bazeley for organising!!
Well done everyone!



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



MERRY CHRISTMAS TO ALL OUR CLUB MEMBERS