

Races

- Sunday 5th Bideford Half Marathon
- Sunday 12th Falmouth Half Marathon - (GP Race)
- Sunday 19th Westward League, Redruth cross country 6

More details: Helen.Struthridge@imerys.com

Membership now due!

2017/18 membership is now due and needs to be paid by March 31. Attached with the newsletter you will find the new membership form, which we require everyone to fill in. **THANK YOU!**

Congratulations

Paul Maskell who won the Arc of Attrition and Phil Montgomery-Smith for finishing joint third with Duncan Oates.



SUNDAY RUNS!!

Been some excellent turn outs for Sunday runs from all club members. Watch out for updates on Facebook. More info contact Geoff Bazeley on Facebook

DAY/NIGHT OUT

March 4 - fun day and night out in Truro, meet at William IV. Train times down - 13.45, 14.14, 15.21 and 16.10. See Sarah Bazeley for further details.

PAR RUNNING TRACK

Will be closed from March 1, for £200,000 refurbishment. Please keep your eye out for re-opening date.

Grab a friend update

Fantastic to see so many both new and old join us for our 0-5k programme. 22 on an average night! Massive thanks to everyone who supported these sessions.

YOUR SAFETY IS IMPORTANT TO US!!

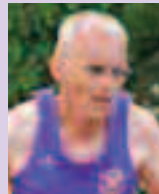
Please, please remember your hi-viz. It is important to be seen!! Please can I ask when leaving the rugby club, keep to the left of the car park on your way out. Keep to the right coming into the club, as will be instructed by your group leader.

Imerys Marathon

Join the greatest team in the World! STARC marshalls are famous for their support at races. Can you help out on May 14? Please see Helen for more details.

UPCOMING CHARITY EVENTS

As you may know David Ralls was one of two the STARC runners who obtained a club entry to the London Marathon this year. What you may not know is that Dave has been battling cancer since 2012 and is raising money for the Sunrise Centre, the Clinical Oncology Unit at the Royal Cornwall Hospital. You can read more of his story at: www.just-giving.com/fundraising/David-Ralls



For Gemma and Hannah's Cornwall Hospice Care fund

Also a massive well done to Gareth Rowett with his charity golf day and Leanne Smith and Jane Appleton for their fundraiser at the Kingswood. Both events raised a lot of money for their London Marathon fund.

Cornwall Hospice Fundraiser!

Doug & Geraldines Annual Open House event!!
Saturday, April 8 at Tremodrette Mill (Roche) 10am - 4pm
Come and enjoy Tea & Cake!
Stock up on some homemade marmalade & lemon curd!! (Advance orders being taken).

10TH YEAR ANNIVERSARY

2017 is an important year for the club as we celebrate our 10th anniversary in October.



As part of the celebrations:
Some provisional dates for your diaries

10th anniversary club photograph for ALL club members at St Austell Rugby Club THURSDAY, JUNE 1

James Bond-themed Casino Royale night! seated three-course meal at St Austell Rugby Club DATE TO BE ANNOUNCED

Family packed camping weekend! at River Valley Holiday Park SEPTEMBER 1 AND 2

Special 10th anniversary club night! at St Austell Rugby Club TUESDAY, OCTOBER 31

Further details to follow plus other things happening throughout 2017.

Please check your email inbox, Facebook and club website for further details.

Please support your 10th anniversary events, for further information speak to one of the members of the 10th anniversary sub-committee.

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