

MEMBERS' HANDBOOK

STARC v2.0



**St Austell
Running Club**

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INTRODUCTION

FUN - FRIENDLY - SUPPORTIVE

More than just a running club, we're a support network!

This Members' Handbook is intended to outline St Austell Running Club (STARC) activities and intentions.



Our aim is to enable members of all abilities to enjoy and improve their running. We are affiliated to UK Athletics and have qualified running coaches and leaders.

STARC has a full constitution to help our members, its officers and make the club run more smoothly. It explains what the club is about and clarifies club procedures. Some extracts can be found in this handbook; however, the full constitution is located on the club website here:

<http://www.staustellrunningclub.co.uk/downloads/STARC%20Constitution%20issue%202%20October%202011.pdf>

Visitors are always welcome. We require you to sign the “visitors’

book” and enter emergency contact details. Please also inform the group leader if you have any medical condition that they need to be aware of. Potential **new members** are welcome to try out the club as a visitor for up to 4 weeks before committing to membership.

Membership runs from 1st April till 31st March each year. The details of the membership charges are shown on our **membership form**. Part year discounted fees are available for those joining later in the membership year. Applicants must be over 18.

The club competes in the **Cornish Grand Prix**, the **Multi Terrain Race Series**, along with other events in the County and nationally. Members competing for the club will need to wear a **St. Austell Running Club racing vest** or **tee shirt** in the club colours of purple and gold.

NOTE: This document is produced in an electronic format and so any printed versions may be out of date and not have accurate, complete information.

ST AUSTELL RUNNING CLUB

St Austell Running Club (STARC) was formed in October 2007 to serve St Austell and the surrounding area and is still actively recruiting members. All levels of ability are welcomed, and a weekly training schedule is established to cater for experienced runners and newcomers/beginners. Each weekly training session is part of a structured plan geared towards certain races and can be as intense as the individual wishes to make it. The training schedule is updated on a weekly basis and posted on the STARC social media pages.

STARC is based at Tregorrick Park (St Austell Rugby Club) and meet every Tuesdays and Thursdays at 6.20 p.m. for a 6.30 p.m. training session. Experienced Group Leaders and qualified coaches, take charge of running groups ranging from beginners through to established runners, ensuring that no one trains alone. We have a 'Intro Group', especially for beginners and these runners receive specialist support to gain confidence, before joining the main training groups. A 'Development Group' was started in October 2010, where members from the Foundation Group can run further, but at the same pace. There's also a 'Run/Walk' beginners' group who meet at 6.30p.m. on Mondays, at Tregorrick Park. Many have progressed to the 'Foundation Group' and mainstream running groups of the main club and are now participating in local races. STARC are rightly proud of this Monday Run/Walk Group, which has been quite inspirational since its inception.

www.staustellrunningclub.co.uk

WHEN WE MEET

DAY	TIME	GROUPS & LOCATION
MONDAYS	6.30pm	Run/Walk, structured sessions St Austell Rugby Club. The Run/Walk Group is aimed at beginners to build confidence, strength and stamina prior to moving on to the club nights.
TUESDAYS	6.30pm	All Groups, structured sessions St Austell Rugby Club
THURSDAYS	6.30pm	All Groups, structured sessions St Austell Rugby Club
SUNDAYS	Various	If there is no planned event, you can often find several groups of people meeting for a training run, normally posted on Facebook

In addition to the above sessions, there may also be available trail runs or track sessions. More information will be posted on social media and the STARC App of such upcoming events.

The club nights are conducted in ability groups starting with the **Intro Group** which is the next step up from Run/Walk. The **Development Group** bridges the gap between Intro and the other groups. The ability groups are organised by speed per mile with the

quickest group running at sub 7 minute miles and other divisions up to 11 minutes per mile.

HOW WE HELP

Individuals

Through our club training sessions and everyone's commitment to help each other, we ensure you the best out of yourself.

Charities

Through numerous events, both running and social events, STARC is committed to raising money for local charities such as:

- Cornwall Hospice Care
- Royal Cornwall Hospital
- St John Ambulance
- Merlin Multiple Sclerosis Therapy Centre
- Ann Conroy Trust

MEMBERSHIP

Membership is paid annually and expires on 31st March. Application forms can be downloaded from the club website. Membership is managed via the England Athletics (EA) portal and so you will be sent emails from this regarding electronic payment etc. Please ensure your email address is correct.

Once you have been registered on the EA portal, you will have your own access to your page where you can manage your personal details.

BENEFITS

There are numerous benefits of being a member of STARC:

- Advice from experienced runners
- Chance of London Marathon Entry
- Club Statistics
- Friendly network to encourage and motivate
- Maintaining your running record
- Reduced membership fees for The Saints Gym
- Running with like-minded people
- Running with qualified leaders and coaches
- Social events
- Structured training sessions

EA LICENCING

An England Athletics licence means you will be registered as an athlete. You must be a member of an athletics or running club that is affiliated to England Athletics to become a registered athlete. Luckily, St Austell Running Club is such an affiliated club. Having an

EA licence offers discounts in UKA licenced road races entry fees which is normally @£2 per entry.

STARC is responsible for registering you with England Athletics. The Affiliation Year runs from 1 April and the fee for athlete registration is paid by club members alongside their club membership fees. STARC currently subsidises part of the cost of this licence.

Once England Athletics have received your details from your club and payment for your registration, you will be allocated a Unique Registration Number (URN). Which may be requested when entering some races.

Another benefit of holding a licence is the exclusive offers and discounts from a range of England Athletics' commercial partners, including Shokz, SiS and Sportshoes.com to name but a few. These are only available to England Athletics' registered athletes (i.e. those holding an EA licence).

CODE OF CONDUCT

Although most of our sessions are led by run leaders or coaches, please bear in mind that all members participate in club sessions at their own risk and are responsible for their own safety. This includes managing any injuries or medical conditions which may impact your running, and ensuring you have adequate hi-visibility kit when running in low visibility. All our club sessions take place either on the streets and trails, local parks, or on running tracks used by other clubs and members of the public. We ask members to bear this in mind at all times, and to give priority to pedestrians and avoid cycle lanes when running in the streets and parks.

We also aim for the club to have no negative impact on the local area, which means never leaving litter behind and ensuring we cause no damage or nuisance during our training sessions.

We believe the club is an asset to the local community and strive for this to be reflected in members' behaviour.

We encourage you to run in a STARC vest, showing the purple and gold colours, so everyone knows who they are racing against and show the size of STARC presence at local events and the extent of our reach when running at events further afield. It is also a great advert for the club. In addition, it ensures you can claim your mileage against your running stats in the club (see Running Statistics).

EXPECTATIONS OF ALL RUNNERS










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- Respect all other STARC members and those of other clubs from whatever background.
- Respect all officials of STARC and other clubs and accept their decisions as final and thank them for helping you to be able to compete.
- Listen to and respect your group leader – your safety and enjoyment is their priority.
- Make yourself aware of the rules of your race event and/or that of any particular venue – If you feel you have suffered from an incorrect interpretation of the rules, remain cool and discuss it with coach and/or official.
- Respect your opponents and other runners. Help people. Treat others as you would expect to be treated. Be modest as a winner and gracious in defeat.
- Show loyalty to running and all the participants.
- Keep high standards of fair play, do your best and have fun.
- All forms of bad behaviour to fellow runners/officials/venues and equipment, bad language, inappropriate gestures and bullying are not acceptable. Any cases of not following this may well result in disciplinary action.
- Anticipate & be responsible for your own needs including being organised, having the appropriate equipment (e.g. hi-viz, headtorches, race vests etc) and being punctual for both training and races.

- Pay your membership fees on time – failure to pay STARC membership means you are not affiliated to the governing body (EA) and therefore cannot represent the club (or be valid for London Marathon ballot). Un-registered athletes are not insured.
- Wear suitable kit for training and races – wear your STARC colours when racing.
- Make sure your leader and/or welfare officers are aware of medical conditions you have as mentioned on your membership form (this information remains confidential).
- If you are suffering from a new medical condition, ensure your leader is aware of this as this can affect your training and ability to compete. The same applies to any drugs you may be taking, or you just feel unwell.
- In the event of changes to your contact details, next of kin etc make sure the membership secretary is informed straight away.
- Be a role model and good ambassador for STARC in both training and at races.
- Be mindful of what you post online and how this may be perceived by other members of the club or anyone else who may be able to read it.
- If you have COVID-19 symptoms, or any other contagious condition, please refrain from running/social activities.
- Race entries for the Cornish GP and MTRS are now exclusively done on-line through “SI Entries” <https://www.sientries.co.uk/>. It is the member’s responsibility to register with SI entries and to ensure that their personal details and club affiliation are correct. This data is used to compile the seasonal GP and MTRS tables if a person’s details are not correct, then it will impact upon the tables and may mean that they are omitted from them.

- Chip timing will be used for all GP and MTRS races use a transponder ankle tag. These **MUST BE** worn on the ankle and not on the wrist or attached to a belt. Your number bib should still be worn on the front of your vest.
- Some events will use a transponder chip contained within the Bib number allocated at registration. Do not bend or interfere with this transponder as it may fail to operate and record your time. The bib should be worn on the front of the vest when crossing the timing mat either at the start or the finish of the race, do not obscure the bib by setting or stopping your watch. It has been noticed that occasionally this action interferes with the chip reading and the runner is missed off the results. After finishing the race please remove your bib number and do not take it back into the region of the finish mat as it may confuse the results.
- Some events will use an alternative means of timing, such as ankle tags, or shoelace tags. Please read the instructions carefully to ensure the timing is recorded properly.

EXPECTATIONS OF RUNNERS IN RACES

-  Please be aware that these races are organised and staffed by volunteers, many of them runners who are giving up their time to enable the event to take place. Please treat them with respect and show gratitude, they may have been standing in the rain and wind for some time.
-  Make sure you get to registration in plenty of time before the start to collect your number.
-  Get to the start line in plenty of time and take your place in a starting position commensurate with your predicted finishing time, it is bad form to start close to the front and then have to be overtaken by much faster runners positioned behind you.
-  Be considerate of other runners do not run in groups that might block the road.
-  At the finish, cross the line and continue through the funnel to the open area so that other runners can follow.
-  The officials are trying to concentrate on recording the times and finishing positions of all the runners in the race and are not able to give you finish time or position at that point.
-  The provisional results will be posted as soon as they have been processed by the computer. Do check these to make sure that your details are correct and report any errors as quickly as possible.

It is appreciated if you would stay for the presentation as a lot of effort has gone into putting on the race and if you or your fellow club mates have won prizes it is good for them to be appreciated.

EXPECTATIONS OF LEADERS

- Please ask your group about any medical issues or injuries before you start a run.
- Count your runners in and out
- Ensure adequate warm up and cool down sessions are carried out
- Plan and risk assess your route
- Ensure adequate loop backs are in place to keep your group together
- Carry a mobile phone in case of emergency
- Report any accidents (there is an online accident form both on the club website and the STARC App).

Remember that all emergency details are contained in the filing cabinet (key is kept in key safe).

KIT

There is a vast array of everything you could possibly need and there is even more that you could possibly want. Choices of anything comes down to personal choice, fit for purpose and cost. What works for one person may not work for another but there is nothing wrong with asking peoples' advice or even starting a social media poll on what people use so you can get honest opinions and viewpoints before you start trying them out for yourself.

Everyone is different but your own personal experience will tell you what to wear for the prevailing conditions. Ensure you wear appropriate clothing so that you do not overheat, you do not get too cold, or have a waterproof jacket if it's raining.

In addition, if it is dark wear reflective clothing and a head torch. At any time of day, always make sure you can be clearly seen by other people especially drivers, wear bright colours.

Technology is present in every aspect of life and running is no exception. Most people use some form of fitness, sports watch or an app on their phone to record their activity. Some watches can cost several hundred pounds, but there are some apps that are totally free (but you will have to carry your phone, in order for the app to work – which is also beneficial in case of emergencies).



The tools of your 'trade' are running shoes and it cannot be stressed enough about ensuring you visit an appropriate running shop to be fitted for your shoes to get advice and to try numerous pairs. A gait analysis will also benefit to ensure that additional analysis for suitability.



Numerous accessories exist to help you with your training and racing. Hydration belts/backpacks/bottles, buffs, hats, lights, coats etc. Find what works best for you!

Reviews of some products have been submitted on the STARC website, under 'Reviews' where you will also find Race Reports.

THE WEARING OF HEADPHONES

Under the Guidelines for the Grand Prix Series:

"Competitors are advised that IPODs, MP3 Players earphones and headsets are banned from GP races and anyone reported wearing them will be disqualified."



In addition, the wearing of headphones GP and MTRS races do not allow the use of bone conducting headphones such as "Aftershokz". It is acknowledged that these devices do not cover the ears and instructions from marshals can be heard. However, the permit and insurance for the races prohibit the use of headphones so the marshals are instructed to disqualify anyone wearing them and when at speed and in a crowded area race marshals cannot distinguish

between ordinary headphones and bone conducting types, so all headphones are banned.

A copy of the full Guidelines can be found at
<http://cornwallrunning.co.uk/wp-content/uploads/2017/03/Guidelines-for-Grand-Prix-Races.pdf>.

Please note that this is policed and there are numerous examples where people have been disqualified.

Races that do not fall under the GP series will have their own rules and so please ensure you read them carefully if you are considering wearing headphones for a race.

SOCIAL MEETINGS

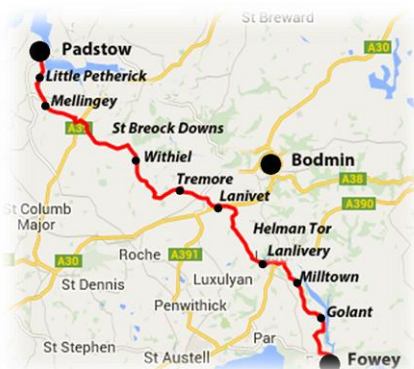
We are a very friendly and sociable club, and there are lots of opportunities for members to get together outside of training sessions. However, you may not immediately recognise your training buddies in civilian clothing and not sweating profusely!

Various social events happen throughout the year, below you can see some examples.

SAINTS WAY RUN

The annual Saints' Way relay takes place towards the end of May. For those who haven't done this before, it is something different from normal training or racing. It gives a chance to run

socially and chat with other club members and whilst it does involve running, the atmosphere is relaxed and friendly with regular stops for refreshment. The first running of this event was in May 2008 and its popularity has grown annually with as many as 80 club members



taking part. The event is run in groups and is guided by experienced club members along the whole route.

The Saints' Way is the ancient pilgrims' route from Padstow to Fowey. The route is split into 6 sections and is suitable for members of all abilities.

You choose the distance you wish to cover from 4 miles to the full 30 miles. You can do just one leg, two consecutive legs or whatever you wish.

TINSEL RUN

Run on the last club night before Christmas this is a five-mile loop through town. Dressed in your best tinsel, Christmas lights etc.

We make our way slowly down the bypass, through town and back. Please note that this is a social run, lots of loop backs and run at the pace of the slowest runner. A chance to meet and talk to club runners you wouldn't normally run with.



CHRISTMAS PARTY

Not to be missed!

The best party in town. This is a chance to dress up in party frocks and tuxedos and dance the night away. A full sit down three course meal followed by the end of year awards such as the Runners' Runner Award, the Most Improved Runner Award, the Chairman's Appreciation Award and of course the Nutter's Award; amongst others.....

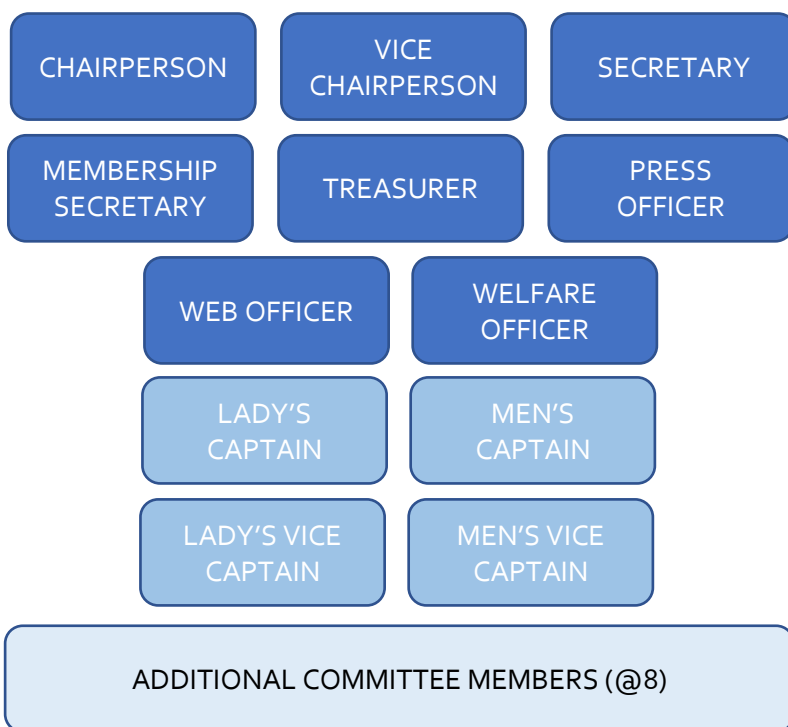


Not forgetting the longest raffle ever!

THE COMMITTEE

A club's success is largely down to the work of its committee, the group of people who manage the club's affairs.

An effective club committee exists to serve the club and to ensure that its members receive the best possible service and experiences.



All members of the Club Committee are expected to attend the meetings that are held every 6 weeks as well as take on actions and responsibilities for the roles they have volunteered to do. Also, from

time to time Club Committee members are expected to assist the Chair, Vice Chair and Captains in the smooth running of Club activities. Committee are expected to lead by example and ensure that everyone follows suit.

ROLES OF COMMITTEE MEMBERS

Chairperson

Overarching: To lead the club's Committee and to act as an ambassador for all aspects of the club and club life.

- Ensure the club's Committee is effective in fulfilling its role and responsibilities on behalf of the club.
- Chair Committee meetings.
- Set the strategic and operational goals for the club.
- Ensure all aspects of the club and club life are represented and have a voice.
- Advise and support Committee members and Officers helping them to fulfil their roles.
- Act as a spokesperson for the club and Committee.
- Act as an ambassador for the club.
- Present prizes and speak at club events.

Duties at formal meetings:

- Prepare agendas, in consultation with the Club Secretary.
- Conduct the meeting in a manner that enables all Committee Members to have his or her say.
- Conduct the meeting in a way that ensures business is dealt with effectively.
- Steer the meeting through the agenda.
- Summarise what has been said.
- Move to a vote if necessary.
- Additional responsibility undertaken:
 - Tinsel Run
 - Mob Match
 - Game nights

- Christmas Party
- Disputes etc
- 0-5k Group

Vice Chairperson

Overarching: To assist the Chairperson in their duties and deputise as required.

Secretary

Overarching: The principle administrator for the Club.

- Prepare & circulate Committee meeting agendas.
- Prepare & circulate the minutes of committee meetings, including assigning action points.
- Ensure that action points from the meeting have been carried out.
- Responsible for carrying out or delegating all of the administrative duties that enable the Club Membership to function effectively.
- Be responsible for the day to day running of the Club.
- Will have a good understanding of all of the roles within the Club to ensure that the Management Committee and the Membership are united in their objectives.
- To be the fixed point of contact for all enquiries and to deal with all correspondence.
- To keep up to date with UKA and other sports bodies initiatives.
- To apply for London Marathon places

Treasurer

Overarching: To manage the club's finances.

- Maintain the club's accounts.
- Issue cheques.
- Keep accounts for the club's races.
- Make payments to charity beneficiaries.

- Maintain the club's bank accounts and bank relationship.
- Produce annual accounts following the club's year-end.
- Promote good financial wellbeing for the club.
- Advise on governance and financial matters as necessary.
- Act as the financial representative on the Club's Committee.
- Contribute generally as an Officer of the Club and to Club's Committee.
- Arrange for an independent review of accounts to take place.

Membership Secretary

Overarching: To manage the end-to-end life cycle for club and EA membership.

- Keep and maintain accurate records of each Club Member's personal details.
- Provide regular reports to the Committee and Club Leaders providing updates on number of members, breakdown by category etc.
- To ensure that each Club Member's details regarding registration are with UKA.
- Respond to membership queries at all stages e.g. Application, Pre and Post Registration.
- Administer annual renewal of club membership.
- Monitor payment of membership fees.
- Present applications for membership, to the Committee for acceptance/decline.
- To be an active member of the Management Committee.
- Ensure personal data files are kept up to date

Captain/Vice-Captains

Overarching: To look after club members and to promote participation in club competitions.

- Actively encourage members to take part in races.
- To be an active member of the Management Committee.

- Analyse race participation and results.
- Consider ways of encouraging members to participate in the club and improve themselves.
- Are responsible for the smooth running of club nights including members, leaders' schedule and activities

Social Secretary

Overarching: To arrange club social events

- To coordinate and communicate all intra-club social activities, such as the Awards Night, Christmas Party and any other social events the club sponsors for the benefit of Club Members.
- To be an active member of the Management Committee.

Press Officer

Overarching: To promote the activities of the Club within the public domain.

- To keep the club membership updated with news and events using email, club website and social media.
- To publicise and market club news, activities and events to the local community using website, social media, press releases.
- Liaise with external reporters /photographers to ensure that accurate information about the Club's activities are provided.
- Plan activities, promotions, publicity campaigns.
- Ensure website is kept up to date with relevant content; social media displays appropriate content in line with the club's objectives.

Web Administrator

Overarching: To ensure that the website supports the overall goals of the club and individual committee members in fulfilling their roles.

- Maintain the structure of the website so that members and applicants can easily find information about the club and its

activities.

- Renew domain name registration and hosting for the club website.
- Maintain the club website software, including the capture and storage of backups.
- Update information on the website where the content owner is not able to do so themselves.
- Ensure that the club complies with data protection legislation regarding personal information held on the website.
- To be an active member of the Management Committee.

Welfare Officer/s

Overarching: To ensure safeguarding of members and to promote good practice to create a safe and welcoming environment.

- To ensure that the welfare of club members is considered and managed in every club decision and event.
- To ensure that the Club upholds its responsibility of a Duty of care towards its Membership and to associated members of the public.
- To ensure that the Club adopts and maintains Health and Safety policies, in accordance to UKA and the Clubs Constitution and Rules.
- To ensure that all activities that the Club undertakes are covered by a Risk Assessment.
- To report back to the committee on any breaches in the Club Code of Conduct.
- To ensure that all accidents and incidents are correctly reported.
- To be an active member of the Management Committee.

Liaison Officer

Overarching: This is required to represent the club at both Grand Prix and MTRS meetings (approximately four per year).

- Ensuring that STARC are in agreement with any items discussed and if not then voicing opposition.
- Feeding back to the GP/MTRS committee any comments from STARC committee or members regarding GP/MTRS races or activities.
- Reporting back to the STARC committee any significant items raised at the GP/MTRS meetings.
- If unable to attend a GP/MTRS meeting, then identify another STARC committee member to attend.

Miles Records Officer

Overarching: To maintain records for recording the mileage for club members.

- This entails gathering data on races completed by club members and updating the data spreadsheet.
- Being the contact for any races undertaken by members out of county.

Equipment Officer

Overarching: To maintain records of club equipment.

- This includes keeping track of equipment for races such as signage, tables, water containers, banners etc.

Club Training Course Coordinator

Overarching: To maintain records of training of members.

- Keeping track of relevant training courses that are available and applicable to our members and leaders. Such as LIRF, first aid, traffic management, chip timing etc.
- Maintaining records of members who have undertaken training.

The club is also very proud to have Iain Walker as **Sports Chaplain**.

"My role is to have a listening, non-judgmental ear to provide pastoral and spiritual care to any of our members. This is very much by permission and is confidential. I'm here for those

with a faith or no faith and it's about the wellbeing of all those involved in sport. In other words; if you run, need a chat (like cake), then I'm here for you."

Ordinary Members

Overarching: To support other members of the committee in their roles where required.

- Actively participate in committee discussions and activities.
- Participate and/or lead in Working Parties to deliver actions outside of the committee meetings.
- To be an active member of the Management Committee.

There are structured, regular committee meetings during the year, culminating in an AGM in November. Minutes of committee meetings are located on the club's web page.

AGM

A general meeting shall be held annually during the month of November to receive the committee reports and financial statement, elect officers and deal with any other matter specified on the agenda.

The Secretary shall give every member at least 21 days' notice of the time and place of the annual general meeting. Notice of any business which you wish to place on the agenda must be given in writing to the Secretary at least 14 days prior to the meeting. No other business shall be dealt with at the meeting.

CLUB FINANCES

The Treasurer will be responsible for the finances of the club. All club monies will be banked in an account held in the name of the club. The financial year of the club will end on 30th September.



The Treasurer shall ensure that the accounts are reviewed by a competent person independent of the Management Committee before presenting a statement of annual accounts at the Annual General Meeting. The accounts shall also be available for inspection by any club member at any point throughout the year.

Any cheques drawn against club funds should hold two signatory (persons identified against the account with the Bank) signatures.

The club is a not-profit-distributing organisation. Any surpluses will be used to maintain or improve the club's facilities and to further the club's objectives. No money shall be paid or transferred to any member of the club, except for the reimbursement of expenses incurred in connection with the running of the club, provided the expense has been previously agreed by the Management Committee.

From time-to-time the club may make contributions from surplus funds to charity (e.g. from club race entry fees). Funds from membership fees will not be used for this purpose.

HOW YOU CAN HELP

There are numerous ways anyone can help to ensure the club continues to maintain successful, such as:

- Get involved
- Have your say
- Volunteer at events even if you can only afford a couple of hours, or even ask family members to help if you are running the events yourself, every little bit helps
- Become a leader
- Welcome new runners and visitors and support anyone you can
- Attend our numerous social events
- Join the committee

THE ROLE OF THE TAIL RUNNER (Sweep)

Volunteering as a 'Sweep' can be greatly rewarding and play a crucial part in all running events, however events can vary, therefore, so can the role. For the uninitiated a sweeper is positioned at the rear of the race behind the last competitor: and as the name suggest sweeps along the route ensuring that the runner stays on course and letting the check points know that there is no left on the course.

Some events will require you to ensure the race finishes on time, by setting the slowest pace permissible this may be comfortably walking a 20 minute mile and maintaining that pace for the duration of the race length, however, that can depend on the pace of the last runner as they may be quicker than this so you have to ensure that tail runners will be able to keep with the last runner at whatever pace they are maintaining.

Tail runners also form a visible end to the race for spectators and event staff alike and can help motivate and cheer on the slower runners.

There should always be a minimum of two tail runners, some longer distances (e.g. greater than half marathon) should have at least three.

There should be a direct means of communication between the tail runners, the event organiser (e.g. race director, or allocated personnel) and the appointed emergency services.

If there are timing cut-off points, runners outside this time should be led to the next marshal point before tail runners can dispose their responsibility toward them and then catch up to the next back runner. This may mean that the tail runners split so that one can catch up with the last runner while the other chaperones the dropped runner who may well be injured. Tail runners should keep in contact via mobile phone and should meet up and continue their joint role as soon as practicable.

Tail Runner Kit

- An official race number
- High viz vest, so you are visible as the official end of the race
- Food and fluids for yourself (probably more than your usual race owing to the duration and you may have to share with a runner to help them get over a rough patch)
- Appropriate clothing for all potential weather, you could be out there for several hours (e.g. spare cap, long sleeve top, waterproof jacket)
- Carrier bag (you may need to collect some litter and drop off at a marshal point, not good feedback for the vent if we leave obvious litter like gel packets etc)

Tail Runner Rules

1. Details of various contacts and fully charged mobile phone.
2. What are you to do in a case of emergency?
3. Are you required to pick up any signage or course markings along the way? Is signage appropriate for any races that are using the same route?
4. Make sure all runners get over the start line efficiently (give them a little head start so they are not pressured, and you will soon catch them up and letting them enjoy the start without feeling hounded)
5. Informing marshal points and aid stations that you are the tail end of that race distance.
6. Do not lose any runners and ensure you are the last through the check points
7. It's all about the runner. Sweeping has to be a selfless activity. It is not a free entry into the race, and it is not about the sweeper getting a good run. It's a long hard day out. You should ensure that the last runner does not feel

pressured or hunted. They simply need the re-assurance that there is someone behind looking out for them. The runner will let the sweeper know what they want, be that keeping a discreet distance; running beside them; running slightly ahead; chat or silence; encouragement or a swift kick up the backside.

SEASONAL CHANGES

It's always good to be prepared and often simply down to the time of year will change how you approach your run. So, here are a few tips and STARC rules that should help you with this preparation for both your Summer & Winter running.

WINTER RUNNING

High Vis

It's dark so stay safe and be seen, by wearing bright and reflective colours. Or you could just wear a high viz bib which are super bright reflective and won't cost a lot of money. Try avoiding wearing dark coloured clothing as drivers of vehicles will not see you!

When it comes to STARC club training runs, it is essential that you follow these rules. It is always announced when the club feel it is time to wear high viz during training evenings as the nights are getting darker.

Warm / Breathable base layer

Keeps you warm but still allows you to perspire and wicks away the sweat so you don't feel the cold.

Keep hands and head warm

Wearing a running hat or buff to keep your head warm.

Also gloves that keep the hands warm. Waterproof options are available to buy.

Pre run warm up

Remember that you will warm up once you get moving so dress as if it's slightly warmer or wear removable layers.

Keep moving

If running in the cold, once you have stopped you will quickly become cold. If waiting for a friend or group then it would be ideal to try and keep warm, jog on the spot, or 'loop back' to others to keep the blood flowing.

Off Road/Trail

If you are braving the off-road routes during the dark, make sure that you have a bright head torch and always ensure plenty of power i.e. carry spare batteries.

Stay Hydrated

Even though you may not feel thirsty as its cold, your body still needs fluids replacing. Remember to always hydrate before and after your winter runs. Remember to bring your water to club nights at the rugby club as there is no water supplied!

Weather conditions

Common sense should prevail on some occasions. Wind, Rain, Ice, Snow etc. could actually make it unsafe to go out for a run. STARC will always put safety 1st and if the risk of accidents increases because of weather conditions then the decision would be made whether to cancel the club night. Keep an eye on social media for any updates if the weather is extreme!

SUMMER RUNNING**Sun Hat / Visor**

Keep the suns glare from your face by wearing a sun hat or visor.

Light loose clothing

By wearing light and loose running clothing it will allow your skin to breathe and the breeze to cool you down (if any!)

Protect your skin, Sunscreen Up

Make sure that before your run you apply sunscreen. It may be wise to ensure that the sunscreen used will not wash away with sweat. You can buy waterproof options.

Hydration

Hydrate properly BEFORE, DURING and AFTER a run. Remember that after a run you will still be perspiring so keep the fluids topped up.

Remember to bring your water to club nights at the rugby club as there is no water supplied!

Route

Choose a route that is shaded or follows a river/stream this will lessen the impact of the sun.

Timing:

If possible, avoid running during the midday sun. Not always an option when doing higher mileage runs.

Carry Water

Invest in a hydration pack. Very helpful during long runs, so you can carry your own water supplies.

Electrolytes

As you are sweating more during hot weather, water may not be enough to keep you hydrated. Additional help with hydration would be a form of electrolyte tablets, which you either add to your water or carry tablets. Another option with some runners is taking salt tablets during your run.

RUN/WALK

The Run Walk Group meets on Monday evenings, with sessions starting at 6.30pm. The group meet most weeks at St Austell Rugby Club, with occasional sessions organised at alternative places to give some variation and scope to the sessions. There are two different ability groups available each Monday.



The **Intro Group** is for those who are starting out and wanting to learn if running is an activity that they can enjoy and benefit from. These sessions are very gentle, they are structured to periods of running and walking that gradually build week on week until the runner feels confident in their improved endurance, that they can run for longer periods and distance.

The next step is to the **Development Group** who run further in distance or complete more repetitions in a structured session, with less periods of walking.

Once a runner can run most of a three mile distance it is then time to move on from this group and join the foundation or progression groups on a Tuesday and/or Thursday.

The Run Walk sessions alternate each week. One week a straight run, with the other being a structured session. Time trials are also run periodically, which are a really great way of measuring improvement and help to build confidence.

Once a year a free 0-5k eight week training plan is organised which finishes with attendees completing the 5k distance either on the final session or at a local Park Run, which is typically the Eden Project Park Run (Park Run details included in this handbook).

Many of the leaders and helpers at this group started their running journey at Run Walk, so really know what starting out feels like. They offer support and advise based on their knowledge and wisdom to help every member to realise what can be achieved and that actually, "I can run".

MAKING RUNNING EASIER FOR BEGINNERS

Rome wasn't built in a day and neither are efficient runners.....



Make an effort to make it enjoyable

- Relax be comfortable, be social, the more you enjoy it the more you will want to continue.



Do not track distance

- Setting a goal to run for a few minutes will seem a lot less daunting than running for a mile.



Lower your expectations

- You won't feel like a gazelle running through the African plains, you will have to get through a series of sticky runs before it feels good.



Get fitted for a pair of running shoes

- A very important step to making you feel like a real runner, vital for your feet.



Stick to a plan

- Have a plan and stick to it, the progress will motivate you further.



Start slow

- Leave your ego at home so you don't start running at top speed too soon. Learn to start at a comfortable, easy pace.



Incorporate walk breaks

- There's no shame in walking (we all do it at times), these vital recuperation periods will give you the means to run further.

Track your progress

- Find a way to track your progress from your very first run (a diary or your initial training plan?), the motivation you get from this is insurmountable.

Run in a pretty location

- So much more enjoyable and difficult not to do in Cornwall.

Smile

- Even if you are not enjoying it trick your brain into thinking you are (and always important for those people who like to take photos at the most inopportune times).



STRUCTURED SESSIONS

The activities on regular club nights are either **"Structured"** or **"Straight Run"**. There is one structured session programmed each week and this alternates between Tuesday and Thursday. The **structured sessions** are conducted by coaches and leaders and are open to all. Their purpose is to develop the runner's ability in terms of speed, strength and stamina. They typically involve speed work or hill sessions but are generally of shorter duration than the straight run. Included in these sessions are activities such as time trials to measure improvement and other training schemes that enable the whole club to participate. Examples include:

Name	Description
Straight run	<p>A straight run, generally between 4 to 6 miles, in your timed groups e.g. sub 7s, sub 8s, sub 9s, sub 10s etc.</p> <p>Your group leader will determine your route and set the pace.</p>
Out and back	<p>This is a straight run in a certain direction, generally for 20 minutes out and then back. All groups will follow the same route.</p> <p>The idea is to get back to the start within the 20 minutes (or quicker) that you ran out, but now you are not now on fresh legs, so more effort must be used.</p>
Hill Reps	<p>Timed sprint sessions up a hill, generally 30s to 1 minute durations. Jog back down to the start to recover.</p>

	<p>On every successive attempt try and reach the same point (or further), than your first attempt.</p>
Fartleks (Swedish for 'speed play')	<p>Fartlek runs are a very simple form of a long-distance run. Fartlek training is simply defined as periods of fast running intermixed with periods of slower running. For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in when possible.</p> <p>Run fast bursts between lampposts, trees, phone boxes etc, as hard as possible, then maintain a steady pace in between.</p> <p>Useful to have a group leader to mix up the distances/timings so that they are not regular intervals.</p>
Pyramids	<p>This involves starting with a rep at a certain time or distance, then increasing the time/distance of each successive rep until a maximum is reached. Rep time/distance then decreases until it reaches the starting point again. For example, start with a 2 minute rep and add a minute to each rep up to 5 minutes then work your way back down; include a 30second rest between reps.</p>
Irish Pursuit	<p>You team up in 3's: fast, medium and slower paces. You do a 1 mile circuit at the slower pace, then 1 lap at the medium pace, then the last lap at the fastest runners pace. It's</p>

	<p>considered to be a more social structured event because you'll be mixed with runners you wouldn't normally - faster/slower etc. So you get a chance on the way to chat with your fellow runners too.</p>
Shuttle Runs	<p>Members are grouped into teams of three of similar ability and then each group member runs in turn to the next member in relay/shuttle form. The next member then continues and runs to the third member who then returns to the first member. This situation continues for the number of repartitions dictated by the leader. To make it competitive usually two or more teams are matched against one another.</p>
Hoe Down Relay	<p>In this session, a faster runner is matched in a team of two with a slower runner. They will run a circular route with the faster runner running clockwise and the slower runner running counter clockwise. When they meet about halfway around the course, they each turn round and run back the way they came to the start point. The faster runner then continues running counter clockwise round the route and the slower runner going clockwise until they meet again. This time they turn around and run back to the start.</p> <p>This is a popular session run by all the club, it introduces members to each other when they might not have met previously by being in different ability groups. This is competitive</p>

	and generally makes all participants work quite hard.
Trail Running	Trail runs can be on muddy tracks, sandy trails, fields, forest paths anything that is not tarmac. Some runners enjoy the trails more, saying that it is kinder on their bodies as it's a softer surface and feel more closer to nature, with the trails you are away from all the hustle bustle of the traffic. When you get on the trails pace is irrelevant as every trail is different. With Trail running you don't need anything different from road running except maybe trail shoes, if it's not dry.
Track Sessions	A 12 week training schedule at Par track consisting of structured sessions such as 400 frenzy; pain comes in threes; ramp sprints; mile reps; sprint relays etc.
Tempo Run	Longer than intervals, generally 10 to 20 minutes run at a little slower than your 5K pace. Could be a 15-20 minute out and back for example, but at a faster pace. The purpose is to raise the point at which lactic acid builds up in the muscles.

The running and training activities of the club are organised on a quarterly schedule by the **Club Men's and Ladies' Captains and Vice Captains**. These captains are on hand to assist with any queries you may have and to guide you to one of the coaches if you require specific coaching.

TIME TRIALS

In addition, to the structured sessions above, STARC also hold time trials at various times. These time trials are normally run every quarter through the season at the end of March, June and September. (December is saved for the Tinsel Run).

Run on a handicapped system; each group sets off 3 mins apart with progression and sub 11 starting at point zero, sub 10 after 3 mins, sub 9 after 6 mins, sub 8 after 9 and 8/7's after 12.

They are normally run over 3k or 4 miles depending on the light! Run under race conditions it's a chance to measure your progress/fitness or get used to that race feeling!

Medals are earned during training; you just pick them up on race day



THE GRAND PRIX SERIES

The Cornwall Grand Prix Series is made up of numerous road and multi terrain races of various distances from 4 miles to half and full marathons, that take place throughout the year at locations throughout the County.

Competitors have to complete at least 8 series races to qualify to compete in the overall Cornwall GP Series standings at the end of the year.

The Grand Prix is typically made up of the following races, however, **this can change on a year-to-year basis**. Please visit the STARC website (or the Cornwall Running website) for dates and updates.

Stormforce	10 miles
Newquay	10 k
Looe 10	10 miles
Falmouth Half	13.1 miles
An Res Hellys	10 miles
Trevornick	10 k
Sticker	5 miles
Magnificent 7	7 miles
Indian Queens Half Marathon	13.1 miles
Treggy 7	7 miles
Truro Half Marathon	13.1 miles
Cornish Marathon	26.2 miles

(For those not sure: 13.1 miles is a half marathon and 10k is about 6.2 miles)

There are age categories for the series which takes your age at the 1st January for that year, i.e. if you have a birthday after that, your age category will not change until 1st January the following year.


For further details (e.g. dates, programme, results) head over to the Cornwall Running website <https://cornwallrunning.co.uk/>



STARC before the Truro Half 2018

If you want to know more about what some of the races are like, checkout the Race Reviews on the STARC website at

<https://www.staustellrunningclub.co.uk/reviews>



WELCOME TO...

St Austell Running Club

SERVING THE COMMUNITY OF ST AUSTELL SINCE 2007



GET RUNNING

[Home](#) [Getting Started](#) [Races & Events](#) [Some of the Team](#) [Reviews](#) [The Committee](#) [Social](#) [Contact](#) [Stats](#)

Reviews




26 May 2024

Race Report: Classic Quarter 2024:

This was my first event with Endurance Life as the organisers. I had run this route as Mudcrew's Southwest Traverse so knew what I was expecting: 44+ miles along the Southwest Coast Path from Lizard Point to Land's End taking in stunning views and challenging hills (over 7000 feet of gain). It was to be a day of mixed successes and big challenges...

[Read More](#)

Paul Johnson



26 April 2024

Race Report: Beacon Beast Half Marathon 2024

This race is most definitely beauty and the beast. The race started at 9.45am, which didn't mean a crazy early start thankfully. We all milled around deliberating if trail or running shoes were best, shorts or leggings, sleeves or vest. This time of year, you just never know. However, we were blessed with lovely sunshine the whole way round.

CORNISH MULTI-TERRAIN SERIES (MTRS)

The Cornish Multi-Terrain Series gives runners the chance to run on some of Cornwall's beautiful off-road land including Bodmin Moor, the St Austell Clay Trails, Lanhydrock and more. It consists of 11 challenging runs ranging in distance from a 4 mile run on the beach all the way up to a full off-road half marathon on the St Austell Clay Trails. The MTRS series runs from July to June. The races are open to all. Members of affiliated Cornish Running Clubs will automatically be included in the Series tables and must wear their club colours during the competition.

To achieve a Series completion award, competitors need to complete 6 out of the 11 races. In some years there have been differing numbers of races in the Series. The series is typically made up of the following races, however, **this can change on a year-to-year basis**. Please visit the STARC website for dates and updates.

Tywardreath Trotter	7 miles
Bude Pirate Run	8 miles
Bodmin Half	13.1 miles
Imerys Half (St Austell)	13.1 miles
Bude Lifeboat Run	6 miles
Truro Trail	6.2 miles
Bocconoc	5 miles
Tywarnhayle 10k	6.2 miles
Rosemullion 10k	6.2 miles
St Piran's Revenge	6.2 miles
Gribbin 10k	6.2 miles

In both Series there are two individual competitions for both Male and Female, the "Open" and the "Age category" competition. All ages compete in the open and the winner of the race is awarded 300 points and second place 299 and so on down the field.

Age categories for the MTRS are fixed at your age on 1st July in the year the Series starts.

Both the men's and the women's team competition require teams of 4 to score in the MTRS and 6 in the Grand Prix These will be the first 4/6 male finishers from a club and the first 4/6 female finishers from a club. Team competition is open to affiliated running club teams from Cornwall.

For further details (e.g. dates, programme, results) head over to the Cornwall Running website <https://cornwallrunning.co.uk/>



STARC at the end of Season run at Boconnoc

If you want to know more about what some of the races are like, checkout the Race Reviews on the STARC website at

<https://www.staustellrunningclub.co.uk/reviews>

PARK RUNS



parkrun organise free, weekly, 5km timed runs around the world in 645 locations. They are open to everyone, **free**, and are safe and easy to take part in.

These events take place in pleasant parkland surroundings and we encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; all are welcome.

If you're interested in signing up to run at an existing parkrun event visit their website at <https://www.parkrun.org.uk/>.

There are eight in Cornwall, with more being added all the time.



- | | |
|---------------|-------------------|
| 1. Land's End | 5. Penryn Campus |
| 2. Penrose | 6. Kibronney Park |
| 3. Heartlands | 7. Eden Project |
| 4. Trelissick | 8. Lanhydrock |

With Eden and Lanhydrock being local to St Austell.

These 5k runs are a useful addition to anyone's training and often the first official race entry for new runners. With over 2 million runners registered, you are never alone.

Don't forget your barcode!

No barcode, no time.....

RUNNING STATISTICS

There are a few ways to log those all-important miles that you have worked so hard for.



CLUB STATISTICS

We are a club that wants to support runners and are grateful for the support that we receive from all our members. Not everyone is going to represent their County or Country, but we can all represent our club. It is an achievement and an incentive to keep a record of runs/races where we have represented STARC. Grand Prix (GP) races and the Multi-terrain Race Series (MTRS) are two ways that we can run with other people from the club and beyond. The Park runs from all over the world are another way. If you represent STARC in any of these races, then the club collects the stats and they are posted on the club website.



Every 500 miles that you achieve is acknowledged with the presentation of a star. These are not just for elite runners, but every member qualifies based on the distance that they run for the club.

(It should be noted here that if you represent another club in a race then the mileage does not count even though we are still very proud of everything you achieve).

So, what if you are abroad, up-country (in England), or taking part in a race that no one else knows about? Well, on the website, on the Statistics tab is the mileage records officer email. Send them a link to the results that show you as representing St Austell Running Club (STARC) and your mileage will be added to the statistics. You can see yours, everyone else's, and total mileage that we have all done

representing STARC.

Some have been members for over 10 years and others are just starting out. Your stats don't include the 1000s of miles on club nights and on your own and it takes time and commitment but is achievable for everyone.

There are a considerable number who have reached the 500 miles, some have reached 1000 and 1500 miles and there are a few who have gone over the 2000 and 2500 mile distances.

POWER OF 10

This is the National Athletics Statistics website. It gets its name from the standards that the UK Athletics Association sets as a target for the top 10 athletes in the country to achieve. "*Well that's never going to be me!*" I hear you say. Well, if you're a bit of a statistics geek you can look-up the records of current international athletes. If, like most of us, you run for fun, then power of 10 can be a real motivation. They have the statistics for all age groups (for those who don't know, you're a Vet from the age of 35 and the categories then go up in 5-year age groups). They record UKA authorised races and you can compare your runs with people all over the country. There are 'standards' and so not every race of yours will be recorded.



Power of 10 is mostly concerned with athletics (although they do include parkruns). However, the **Run Britain** website is similar and uses a handicap system to help runners compare performance. It is also a good place to enter races. It may also help you decide whether you want to get an EA licence and get £2 off of every UKA authorised race.



STARC ORGANISED RACES

The club is involved in organising a number of **Club Races** throughout the year and it is expected that members will make themselves available to assist in putting on some of these events. We like to expose our members to the whole experience of running, training, competing, organising, marshalling and officiating. Members who wish to extend their involvement and experience further can apply for a club bursary to take training courses to become Leaders, Coaches or Officials.

These races could not go ahead without numerous marshals and other assistants to help make the day a successful club race. If you are running, or not, it would be very much appreciated if you could help or provide another family member or friend to help.

There will normally be an opportunity for you to experience these routes a week or so before the event by way of a reconnaissance run organised by the club.

GRIBBIN 10k

The Gribbin 10k starts, with the kind permission of Sir Richard Rashleigh, at Menabilly Beach car park and circumnavigates Menabilly Estate with a lovely descent down to (and then up from) Polridmouth Cove to Lankelly (Fowey) Rugby Club.

After following the Saints Way across to Tregminion Chapel, the coast path to Gribbin Head provides stunning views across St Austell Bay. The final stage down to Polridmouth again and then up to the house for a final 'enjoyable' hill climb.



EDEN PROJECT MARATHON

(<https://www.edenproject.com/visit/whats-on/eden-marathon-half-marathon>)

The Eden Project Marathon and Half Marathon offers hilly multi-terrain courses around the famous site, following a challenging route through areas of spectacular mining heritage and beautiful countryside landscapes.



*STARC representing
at Helman Tor.*

ENTERING RACES

"I'm not fast enough to enter races". We're not sure how many times we've heard that but, ... *"Yes, you are"*; one thing for sure, someone will win, someone will be last and there will be lots in between, but everyone is a winner!



Races are competitions against other people, but it is mostly against yourself. Sometimes races are easier because there are so many other people supporting you and cheering you on; you may want to try and be quicker than someone else; you may want to try and run further than you have before; you may just want to have that group social before and after. So how do you go about it.

Park runs are a good way to start. Especially if you've done the couch to 5K course or are just starting. You need to register on the parkrun website. <https://www.parkrun.org.uk/register/>. All the information is there and you can print off your bar code and you then have free entry to runs on a Saturday morning all over the country (and the world) and can have your 5K progress recorded.

There are many races in Cornwall. Lots of these are in the Grand Prix and Multi-terrain Race Series (MTRS). A good motivation for entering the series is the reward you receive if you complete the required races, or even the whole series. They are also good for seeing how you compare with runners across the county who are in your age group (See relevant sections in this Handbook). These will be advertised on the club website and facebook page <http://www.staustellrunningclub.co.uk/>. The cost to enter varies but is often about £13-17. You can enter via the SiEntries website <https://www.sientries.co.uk/> with payments being done online.

You are paying for the organisation, road closures, etc and the support of medical cover providers. The races are also often raising money for good causes.

Don't forget that if you applied for an England Athletics licence with your club membership, ensure you only pay for the 'Affiliate' rate which is normally a £2 per race discount.

There are many races across the Country and these can be found on charity websites, club websites and the Run Britain website <https://www.runbritain.com/> amongst many others. The costs can vary quite a bit, but make sure you enter as a member of 'St Austell Running Club' and let us know how you did by forwarding the race results to Iain Walker to update your club stats. <http://www.staustellrunningclub.co.uk/club-records/race-stats/>

Road running may not be your thing. There are many runners at our club who love Ultras i.e. longer than a marathon. Ask them where the good ones in Cornwall are; examples include The Classic Quarter, the RAT, Arc of Attrition, google them to see if they are something you aspire to.

Maybe triathlon races are something you would like to explore. Our club has a number of people who like pushing their bodies in a number of disciplines. Ask around.

Whatever you do, never say you can't race. We're often surprised how hooked we can get when we've tried one.

RACE PRECAUTIONS

If you enter any races outside the Cornwall Grand Prix and Multi-Terrain Race Series races, it is important that these events have had suitable risk assessments, management plans, marshal plans and traffic management plans done and the local authority and highways etc. have all been notified, first aid cover is provided, and the licence provides Third Party insurance cover. It is the individual runner's responsible to ensure that suitable provision has taken place and you are happy to undertake the event.

We do want everyone to enjoy running and so, be aware of appropriate preparations and protect yourself!



LONDON MARATHON

Undoubtedly the biggest UK marathon and the most difficult to get an entry into.



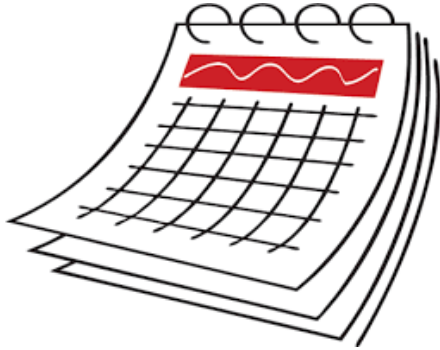
However, a number of entries are offered to the running club, at the discretion of the London Marathon. This number can vary depending upon membership numbers and may be any number from 1 to 5.

To ensure these places are offered on a fair basis to members, STARC offer these places to all members who meet some pre-determined criteria. These criteria will be issued to all members prior to the AGM on an application form.

Applications will be reviewed and approved by the Committee a minimum of one week before the ballot. If acceptable then your application will be put into the ballot, which will be held at the AGM in November.

RUNNING DIARY

There are numerous events throughout the year, different series, different locations, different distances and social events and we all know you wouldn't want to miss anything or book your holidays where they may conflict with such events.



Therefore, STARC maintain a comprehensive diary via the **STARC App**. Here you will find a list of events and the weekly training schedule.



COMMUNICATIONS

- STARC website for club information that is more 'static' in nature.
- Email is used mostly for information regarding membership and England Athletics messaging.
- Facebook is the social media platform of choice for marketing, publicity, photographs etc and has over 1,000 members.
- A Noticeboard is located at the top of the stairs in St Austell Rugby Club.
- The Club Annual General Meeting (AGM) is normally held in November and club members are invited to attend.
- The STARC App provides information for paid members such as training schedule, race events, documents, shop, etc.

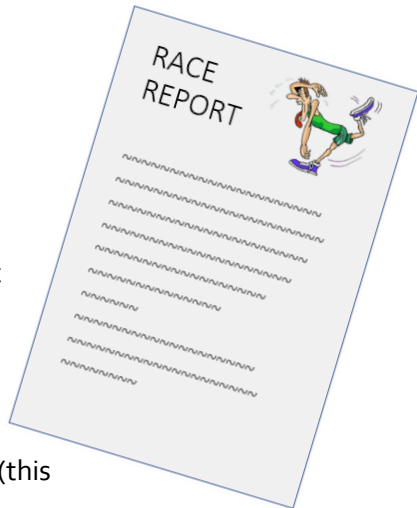
RACE REPORTS

Anyone can write a race report, and they can provide useful information for those who have yet to run that race or provide memories for those who have. There is normally one written after every race and these can be found on the STARC website under Reviews.

WRITING A RUNNING RACE REPORT

There is no specific formula for writing a race report, but they usually have some of this information.

- The event itself:
 - Where?
 - How long?
 - When?
 - Weather?
- Course description and
 - Evaluation of event logistics
- How you trained for the event
- Your gear and nutrition
- Specific experiences (this might include)
 - Thoughts at every mile
 - Mantras you may have used
 - Or songs you have sung
 - Falls (if any—always entertaining)
 - Conversations you've had with others
 - Conversations you've had with yourself
- DNF experience (if applicable) OR



- Your finish and associated emotions
- Your overall evaluation of the event

The next time you do a particular event, consider writing a race report. This is a good practice both for you, your friends, family and other club members. It is also an excellent way to share with folks who may be considering the event you just did. It will offer a unique perspective on the race, and just might persuade others to go off the deep end too.

HEALTH AND SAFETY POLICY

POLICY STATEMENT

St Austell Running Club (STARC) is strongly committed to encouraging its members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability. While the club is for those over the age of 18 we expect any junior athletes to participate within these boundaries for example during fun runs within which they may take part.

HEALTH AND SAFETY POLICY

To support our Health and Safety Policy Statement, we are committed to the following duties:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.

- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

USEFUL WEBSITE LINKS

Title	Description	Link
STARC Website	St Austell Running Club Website	http://www.staustellrunningclub.co.uk/
Power of 10	The National Athletics Statistics website.	https://www.thepowerof10.info/
Run Britain	Runbritain's mission statement is to make British road running the best in the world in terms of organisation, development and performance.	https://www.runbritain.com/
SiEntries	An online entry system for some races.	https://www.sientries.co.uk/
Park Run	parkrun organise free, weekly, 5km timed runs around the world in 645 locations	https://www.parkrun.org.uk/
Cornwall Running	Details and results for the Grand Prix (GP) and the Multi-Terrain Race Series (MTRS)	https://cornwallrunning.co.uk/

FAQs

Question	Answer
Where can I buy a STARC vest/T-shirt?	Club shirts and other running wear can be purchased via our online shop that opens at various times of the year.
Where can I get my name put on my shirt?	Generally most print shops will add your name for a small fee. Places like Lex Designs in St Austell town are very helpful.

Running is the answer.....

Fly the flag.....

