

Launceston Road Runners

Affiliated to England Athletics and C.C.A.A.



Newsletter Coordinator: Peter Mander

Greystones, Leat Road,

Lifton, Cornwall PL16 0AE

Tel: 01566 780499

peterandjulia@btinternet.com

www.treggy7.co.uk

www.launcestonroadrunners.co.uk

NEWSLETTER NO.113

APRIL 2011

NEW MEMBERS

A warm welcome to our newest member, Melissa Hutchings.

BIRTHDAYS

A "Happy Birthday" in April to Peter Kirby, Alan Littlejohns, Andrew Parker, Sonia Parsons, Peter Statton, Joy Stoppard, Martin Venning

2011 MEMBERSHIP - Fees Now Due

For 2011 our membership fees have been agreed at £20 (which includes the £5 affiliation fee for England Athletics). An application form is attached or can be downloaded from the Club's website. Members may pay by BACS direct into the LRR account (the details you need are Sort Code 77-09-08, Account No.18439968) . Alternatively members may pay by cheque or cash.

In all cases a membership application form must be completed and forwarded to Andy Parker at the address shown at the head of the form. Forms may be downloaded from the Club's website.

SOCIAL

17TH April. We will be holding a Mini-Marathon, a 2.6 mile circuit around Launceston starting at the Eagle House Hotel at 8am and returning there for a continental breakfast and to watch the London Marathon on large screen TV. Everyone welcome (runners or not!).

HEALTH AND SAFETY

In applying for club membership all members confirm that they have read and accept the Club's Health and Safety Guidelines (see Club website).

NB – All members must ensure that they wear a high visibility bib every evening – whether a training run night or a coaching session.

NO BIB - NO RUN!

CLOTHING

We have plain blue technical T-shirts for sale at only £9, or, if you buy a club vest/T-shirt, you can have one for just £5!

FORTHCOMING LRR EVENTS

Steven Hutchinson will again be organising the Bude Lifeboat Run - on Wednesday 15th June

Kevin and Lavinia Marshall will be taking over as race directors for the Treggy 7 on Sunday 4th September

They will need YOUR help! Please put these dates in your diary now!

LONDON MARATHON

Good luck to all our London Marathon runners! It is suggested that you arrange to meet any supporters at the "L" meeting point when you may well meet other LRR club runners.

CORNISH GRAND PRIX 2011

The next race in the series is the Trevornick Trot 10M MT on 8th May.

FOSTERS FIVES 2011

The next races in the series are the Whitemoor 10K on 24th April followed by the Ivybridge 10K on 14th May and the Bideford 10K on 15th May.

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet at the Phoenix Leisure Centre **at 6.45pm (repeat 6.45pm)** for a 7pm start. Please note that we have free use of the main foyer and of the changing facilities. **If you wish to use the gym, showers or swimming pool you must pay the appropriate fee.**

WEDNESDAY NIGHT TRAINING RUNS AT BUDE

Meet at Budehaven Leisure Centre **at 7pm** for a 7.15pm start

THURSDAY NIGHT TRAINING SESSIONS

Meet at Phoenix Leisure Centre car park **at 7pm.**

All members welcome but please note that in the absence of any qualified coaches at the moment these are unofficial training sessions and you attend entirely at your own risk!

7th April - 8-4-8 reps
14th April - Hill reps
21st April - Out and backs
28th April - 40 second lactate drills
5th May - 600 metre reps
12th May - Long hill reps
19th May - 400 metre pyramids
26th May - Short hill reps

If you have any queries, please contact Kevin Marshall on kmarshall0506@aol.com

Please also see the club website for other coaching information.

RESULTS

13th March - Duchy Marathon CGP

Jenny Mills 3.40.44 (104.57), Alan Littlejohns 3.56.07 (85.25) **Jenny was 1st Lady 60/64, Alan 3rd Man 60/64.**

13th March - Duchy 20M

Peter Kirby 2.38.11 (91.23), Julie Towers 2.45.38 (89.98), Martin Venning 3.04.49 (77.10), Laura Hawken 3.28.13 (63.77)
Peter was 1st Man 60/64. Julie was 2nd Lady 45/49. PB'a for Julie, Martin and Laura. Club Records for Julie and Laura.

13th March - Brockenhurst 1/2M Dave Green 2.04.00 (58.43)

13th March - The Grizzly 20M MT Sharon Thorp 5.20.00

20th March - Horner Water 11 XC Jenny Mills 1.30.38 Jenny was 1st lady overall..

20th March - Plymouth Mad March Hare 10K

I have been unable to find a results list for this event. Can anyone help?

26th March - Washington DC National Marathon (USA) David Green 4.51.49 (54.20)

26th March - The Nightrunner (at Beer) 8M MT Alan Littlejohns 1.20.56

27th March - Yeovil 1/2M Steve Babb 1.21.11 (92.06) **A NEW CLUB RECORD**

Steve finished 8th overall.

27th March - An Res Hellys 10M MT CGP

Dan Rogers 59.34, Rich Yates 1.20.46, Andy Parker 1.21.12, Mike Carpenter 1.25.11, Martin Venning 1.25.44, Kevin O'Mahoney 1.30.37, Sue Burges 1.30.49, Jo Northey 1.31.29, Philippa Baker 1.33.37, Linda Pickard 1.36.01, Cheryl Leach 1.45.00

Kevin was 2nd Man 70/74, Sue was 1st Lady 55/59 and Philippa was 2nd, Cheryl was 3rd Lady 60/64.

Dan finished 7th overall.

FORTHCOMING EVENTS

APRIL

3 rd	Taunton Marathon (1/2M)	Taunton	26.2M and 13.1M
10 th	5 Tors Moorland Run	Liskeard	11M XC
10 th	Enys 10K	Penryn	10K
10 th	Honiton Hippo	Honiton	7M MT
10 th	Tavy 13	Tavistock	13.1M
17 th	London Marathon	London	26.2M (Entries closed)
17 th	Arlington Court Cantor	Barnstable	10K XC
23 rd	Haldon Hearbeat	Exeter	8M MT
24 th	Whitemoor 10K	Whitemoor	10K FF

MAY

1 st	Bere Pen 10K	Bere Alston	10K
1 st	Great West Run	Exeter	1/2M
1 st	Saltash 1/2M	Saltash	1/2M
7 th	The Exterminator	Paignton	10K MT
8 th	Trevornick 10	Holywell Bay (Newquay)	10M MT CGP
14 th	Ivybridge 10K	Ivybridge	10K FF
15 th	Bideford 10K	Bideford	10K FF
15 th	Boconnoc 5	Boconnoc Estate	5M MT
29 th	Plymouth 1/2M	Plymouth Hoe	1/2M

Foster's Fives events

Cornish Grand Prix events

XC = Cross Country

MT = Multi-terrain

WEBSITE

It is recommended that you consult our website regularly for the latest news. Results etc are put on line as they occur so are much more current than the Newsletter. It also contains details of qualifying requirements for Club Competitions. Links also enable downloading of entry forms for most races.

If you have any queries with the website, please contact Matt Parsons, email treggy7@googlemail.com

TELL US HOW YOU GET ON. If you are running out of the country or at an event not usually found in the regular results recording places, please advise Peter Mander.

MAY NEWSLETTER

The May newsletter will be published on Wednesday 27th April. Any copy for that newsletter should be with Peter Mander by latest Monday 25th April.

If there are any errors or omissions in the Newsletter, or if you have any suggestions for improving it, or items you would like to see included, please contact Peter Mander.