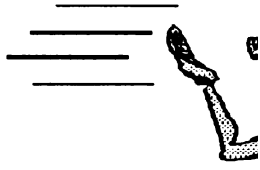


Launceston Road Runners

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



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NEWSLETTER NO.117

AUGUST 2011

BIRTHDAYS

A "Happy Birthday" in August to Lisa Baxter-Chalk, David Green, Janet Lathom, Peter McAughey, Kevin O'Mahoney, Dominic Scotting, Demelza Turvey and Paul Whybrew.

NEW MEMBERS

A warm welcome to our newest member, Peter Davies.

CONGRATULATIONS

To Dan Rodgers on winning the Moor Than 10K MT race

To Steve Babb on breaking the Club Record for Men 45/49 at 7M.

SOCIAL

19th August. Helen Mason is organising a run from the Rising Sun, Altarnun, out across the moor and back to the pub for a meal. Meet at the Rising Sun (just outside the village) at 6.45pm. Menus for the Rising Sun will be available and posted on the notice board. If you do want to eat, I shall need your orders well in advance as the Rising Sun gets pretty busy on a Friday night.

23rd September Helen is also organising an evening of climbing at The Barn, Indoor Climbing Wall at Milton Abbot from 7 – 8.30pm. Basic cost is £12.50 and hire of shoes £1.50. The Barn is located at Eastacott Barton, Milton Abbot (PL19 0QP for those who need to see where it is!). They have indicated a discount dependent on the number of members attending. So the cost could be less than this on the night and I'll need to know numbers by latest the Tuesday before the event.

Whether you are an experienced or inexperienced climber, this is a great venue with instructors on hand to help with this challenge. A great opportunity to try something different!! So why not give it a try?

For both of the above contact Helen on Tel 01566 880013 or mobile 077919 38929 or john-helen@bowden-mason.fsnet.co.uk

22nd July. John Spettigue writes – "Twenty or so members went out to Trethorne for an evening of Bowling and Dodgems. We started with the Bowling and a little competitiveness started to creep in to some peoples games and as they progressed a certain Dan Rodgers and Di Reddcliffe proved to be our very own kingpins.

After a lovely meal, which when I ordered I was asked "I thought you runners were supposed to be healthy", but we are all allowed treats along the way I'm sure.

Now to the Dodgems. You never realise how much pent up aggression there is until you get on the Dodgems with a group of "friends". I think everyone really enjoyed themselves".

...

TREGGY 7

4th September. If you are not running then please volunteer to help in some way on the day (your friends and relatives can help too!). Please contact Kevin Marshall on Tel 01566 784513 or email kmarshall0506@aol.com

CHRISTMAS PARTY!

Put a note in your diary NOW! Christmas Party at Eagle House Hotel on Friday 9th December.

REMINDER

The meeting times for Club Nights/Training Nights are detailed below. **Please try to be on time!!**

CORNISH GRAND PRIX 2011

The next races in the series are the Indian Queens 1/2M MT on 7th August (fully booked – no entries on the day – those with numbers over 600 wont get their medal on the day) and the Treggy 7M on 4th September.

FOSTERS FIVES 2011

The next race in the series is the Torbay 10K on 21st August.

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet at the Phoenix Leisure Centre **at 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!

4th August - 400m pyramids
11th August - Mystery session
18th August - Half mile reps
25th August - Hill session
1st September - Mystery session

Could everyone please try to bring a stopwatch with them to the sessions.

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

Please also see the club website for other coaching information.

RESULTS

Sorry – omitted from last month

26th June - **Malvern Challenge 26M XC** Jenny Mills abt 7 hrs 2 mins

26th June - **Bude Shoreline Triathlon** Swim 500m, Cycle 11M, Run 3.5M
Sue Burges 1.27.58 (including transitions) **Sue was 1st Lady 50/+**

2nd/3rd July - **Saunders Lakeland Marathon**
Stephen Hutchinson (partnered by Andy Cloke, Bude RNLI crew) 6th overall PB finishing position
Day 1 - 6th in 4.35.31 Day 2 - 10th in 4.55.28

3rd July - **Launceston Tough 10M CGP**

Dan Rodgers 1.03.03 (83.19), Steve Babb 1.07.14 (82.98), Jenny Mills 1.21.17 (98.34), Dominic Scotting 1.24.40 (61.95), Alan Littlejohns 1.25.52 (81.21), Rich Yates 1.26.57 (64.16), Helen Howgill 1.27.23 (71.35), Mike Gilbert 1.28.36 (59.20), Andy Parker 1.34.55 (61.36), Martin Venning 1.36.00 (69.88), Sue Burges 1.37.21 (65.58), Kevin O'Mahoney 1.41.31 (74.58), Mike Carpenter 1.42.23 (62.68), Stewart Gynn 1.42.25 (60.35), Sandra Gynn 1.44.21 (60.35), Julie Barriball 1.47.29 (61.06)
Cheryl Leach 1.52.48 (72.73), Ann Venning 2.12.23 (58.87)

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

PB's for Dan, Dominic, Helen and Julie

9th July - **Duckponds 7K MT** Sarah Bolt 44.24

10th July - **Moor Than 10K MT**
Dan Rodgers 41.08, Martin Venning 1.01.10, Ann Venning 1.26.07
Dan won the race!! Martin 1st Male 60/+ Ann 2nd Female 55/+

13th July - **Turkey Trot 4M CGP**

Dan Rodgers 21.52, Dominic Scotting 26.25, Mike Carpenter 31.08, Martin Venning 31.38, Philippa Baker 32.25, Kevin O'Mahoney 33.52, Sue Burges 34.46, Peter Mander 36.20, Cheryl Leach 39.15, Ann Venning 47.37, Diane Reddicliffe

Ladies - 55/59 Philippa 2nd, Sue 3rd. 60/64 Cheryl 3rd. Men 70/74 Kevin 2nd

16th July - **Haytor Heller 6M XC** Peter Mander 1.15.36

16th July - **John Knox Challenge 20M XC** Jenny Mills about 3.40

17th July - Magnificent 7M CGP

Dan Rodgers 41.07 (88.12), Steve Babb 45.13 (84.97), Dominic Scotting 48.43 (74.37), Alan Littlejohns 55.56 (85.86), Helen Howgill 57.05 (75.21), Rich Yates 58.10 (66.05), Peter McAughey 59.14 (62.24), Mike Carpenter 59.50 (75.31), Philippa Baker 1.03.17 (79.82), Sue Burges 1.03.35 (82.34), Kevin O'Mahoney 1.03.42 (81.86), Cheryl Leach 1.11.40 (78.82) Sarah Bolt 1.13.45 (57.63), Ann Venning 1.26.14 (62.63)

Ladies 55/59 Philippa 2nd and Sue 3rd 60/64 Cheryl 1st

Men 70/74 Kevin 2nd

NEW CLUB RECORD FOR STEVE

PB's for Dan, Steve, Dominic, Peter, Sue, Cheryl and Sarah

FORTHCOMING EVENTS

AUGUST

6 th	Cornwood Challenge	Cornwood	10K	
7 th	Indian Queens 1/2M	Indian Queens	1/2M	CGP FULL – No entries on day
7 th	Totnes 10K	Totnes	10K	
12 th	St, Levan 10K	Nr. Penzance	10K	
13 th	Tavistock 10K	Nr Tavistock	10K	
13 th	Sticklepath Horseshoe	Okehampton	9.6M	XC/Fell
17 th	Dalwood Fayre 10K	Dalwood	10K	MT
19 th	Altarnun Run	Rising Sun, Altarnun	Club run and meal 6.45pm	
21 st	Torbay Royal Regatta 10K	Torquay	10K	FF
26 th	Forest Flyer	Haldon Forest, Exeter	5M	MT
27 th	Oke Croak	Okehampton	10+M	XC
29 th	Peter Tavy Plod	Peter Tavy	5M	(No accuracy certificate)*
29 th	Lustleigh Show 10K	Nr Newton Abbot	10K	MT

SEPTEMBER

4 th	Treggy 7M	Launceston	7M	CGP
4 th	Back in Five	Torrington	5M	(No accuracy certificate)*
4 th	The Dartmoor Dash	Princetown	5M approx	CC
11 th	Probus 10K	Probus	10K	FF
11 th	Ivybridge Beacon Challenge	Ivybridge	7.5M approx	MT
18 th	Six Moor Miles	Yelverton	6M	XC
18 th	Newton Abbot Ladies 10K	Newton Abbot	10K	FF
18 th	Truro 1/2M	Truro	1/2M	CGP

Foster's Fives events

Cornish Grand Prix events

XC = Cross Country

MT = Multi-terrain

* Pentathlon trophy points are not calculated for pentathlon distance races not carrying course accuracy certificate.

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 county/country or at an event not usually found in the regular results recording places, please advise Peter Mander.

SEPTEMBER NEWSLETTER

The September newsletter will be published on Tuesday 30th August. Any copy for that newsletter should be with Peter Mander by latest Monday 29th August.

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.