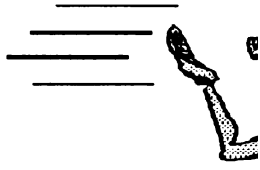


Launceston Road Runners

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



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NEWSLETTER NO.121

DECEMBER 2011

“A HAPPY CHRISTMAS TO ALL OUR READERS”

BIRTHDAYS

A “Happy Birthday” in December to Jackie Chapman, Tom Glendinning, Richard Japes, Patsy Lambrechts, Cheryl Leach, Kevin Marshall, Doug Smith and Derek Veale.

LONDON MARATHON

Congratulations and good luck to Marion Prideaux and Andy Parker who were the winners of the Club’s guaranteed London Marathon places.

LRR CHRISTMAS PARTY 2011.

Final reminder! Friday 9th December at the Eagle House Hotel. Jon Spettigue needs to know if you are going **by latest 6th Dec!**

HEALTH AND SAFETY

Please remember you must wear a high visibility bib on evening training sessions and runs.

Please note that all training runs and coaching sessions are subject to weather conditions and will be cancelled if conditions are considered to be to risky!

CORNISH GRAND PRIX 2011 RESULTS

Fortyseven members entered at least one race in the series of which ten members completed the necessary minimum eight qualifying races.

Ladies - 35/39 Jo Northey 19th (out of 80), 55/59 Sue Burges 1st, Philippa Baker 2nd,
60/64 Cheryl Leach 2nd, Ann Venning 6th.

Men - U/40 Dan Rodgers 4th (and 4th overall out of 238), 60/64 Alan Littlejohns 5th, Martin Venning 9th
70/74 Kevin O’Mahoney 2nd equal.

Special congratulations to Sue, Philippa, Cheryl and Kevin on their podium places and to Dan on a fantastic debut!!

CORNISH GRAND PRIX 2012

The races in the series for next year are listed on the attached sheet (some dates still to be confirmed).. The first race is the Storm Force 20M on 22nd January.

These races are extremely popular (last year 1189 runners entered at least one race!!) and some have limited entry numbers so it is recommended that you enter as early as possible. It is a great series so why not have a go? As mentioned above, we had 47 members ran at least one race this year and perhaps in 2012 we could get **every** member of the club completing at least one race!!

FOSTERS FIVES 2011 RESULT

Only six ladies completed at least five qualifying races. Come on ladies, you can do better than this!!

Final positions – Sue Burges 433.37 points, Philippa Baker 432.81, Janet Lathom 409.25, Cheryl Leach 404.34, Jackie Chapman 358.81 and Ann Venning 353.63

FOSTERS FIVE 2012

The qualifying races for 2012 are listed on the attached sheet (some dates still to be advise). The first race in the series is the First Chance 10K at Exeter on 8th January.

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!

1st December - Half mile reps
8th December - Hill session
15th December - Christmas Relays
22nd December - No training night
29th December - No training night
5th January - 400m pyramids

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

23rd October - Amsterdam 1/2M

Dave Pickard 2.00.28 (66.98), Linda Pickard 2.00.34 (76.14)

30th October - St.Pol to Morlaix, Brittany 10K

Kevin O.Mahoney 51.04 (92.23)

30th October - Great Flat Lode 5M ish MT

Martin Venning 44.20, Ann Venning 58.25

5th November - Rotorua Spring Triathlon

Sue Burges Swim 750m/25.11, Bike 20k/59.38, Run 5.5k/36.23 (including transitions) Sue was 3rd Lady 55/59

6th November - Tikitapu (NZ) 10K

Sue Bruges 54.29 (86.63) A PB for Sue and 2nd Lady 50/59.

6th November - Plymouth 10K

Peter Kirby 46.14 (90.12), Stewart Gynn 48.08 (69.61), Matt Parsons 52.20 (61.50), Michele Harrison 53.24 (71.60)
Sarah Bolt 1.04.48 (58.41)

Peter was 3rd Male 55/+. A PB for Stewart.

6th November - Templer Ten 9.6M MT

John Osborne 1.10.42, Alan Littlejohns 1.16.03 John was 2nd Male 60/+

6th November - Billericay 10K

John Brown 55.14 (70.89)

6th November - Rutland Water Marathon

Davey Green 5.11.00 (51.38)

12th November - Six Dales Circuit 26M XC

Jenny Mills around 5.25 including the usual check points, food etc.

13th November - Deviock Bounder 10M

Dan Rodgers 1.01.23 (85.45), Mike Whitley 1.24.20 (68.31) **Dan was 2nd overall!**

13th November - Seaton Valley 5M MT

Joe Kearns 35.15, Peter Mander 44.12, Jackie Chapman 47.21, Mick Foster 49.57 and Patsy Lambrechts 50.43.

20th November - The Drogo 9.6M XC

Dan Rodgers 1.05.03, Mike Whitley 1.24.12, Martin Venning 1.44.46, Marion Prideaux 1.49.12, Peter Mander 1.51.55, Derek Veal 1.58.27

20th November - Cornish Marathon CGP

Steve Babb 3.01.08 (90.08), Jenny Mills 4.05.26 (95.25), Alan Littlejohns 4.07.28 (82.41), Becky Mudd 4.22.46 (68.72), Davy Green 5.05.01 (52.39)

Steve was 3rd Man 45/49, Jenny was 1st Lady 60/64

Congratulations to Alan who was awarded a bottle of champagne for his 25th completion of this race!

27th November - Mob Match 5M Falmouth FF

Brian Wiles 36.34 (94.80), Peter McAughey 37.54 (70.00), Alan Littlejohns 38.46 (88.25), Martin Venning 41.05 (80.11), Kevin O'Mahoney 41.29 (90.84), Jon Spettigue 41.38 (68.63), Jo Northey 43.13 (70.17), Peter Mander 43.40 (88.87), Philippa Baker 44.09 (82.47), Janet Lathom 45.09 (80.64), Jackie Chapman 49.03 (67.77), Cheryl Leach 54.55 (73.52), Ann Venning 54.55 (70.49)

A PBO for Jon and a PB for Peter McAughey

FORTHCOMING EVENTS

DECEMBER

3 rd	Ottertton Reindeer Run	Ottertton	10K	MT
10 th	Cockington Christmas Caper	Cockington Court, Torquay	7M	XC
11 th	Santa Xmas Pub Run	Plymouth	5K	
18 th	Torrington Xmas Caper	Torrington	7M	MT
26 th	Jingle Bells Jog	Burrator	4M	

JANUARY

1 st	Brown Willy Run	Jamaica Inn, Bolventor	6M	XC
8 th	First Chance	Exeter	10K	
15 th	Oh My Obelisk	Dawlish	10M	MT
22 nd	Storm Force 10	Camborne	10M	CGP
28 th	Blackdown Beast	Dunkeswell	16M or 10M	MT
29 th	Hestercombe Humdinger	Nr. Taunton	9.5M Road (& 5K)	

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.

JANUARY NEWSLETTER

The January newsletter will be published on Friday 30th December. Any copy for that newsletter should be with Peter Mander by latest Wednesday 28th December.

IMPORTANT NOTE

It is important that you check your own results as during the year the aged Editor manages to make a number of mistakes and omissions which can affect who wins the various Club competitions. If you find any, please notify Peter Mander without delay. Similarly, if you have any ideas for improving the Newsletter or any items you wish to be included please also contact him.