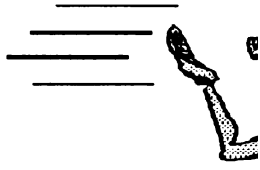


Launceston Road Runners

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.123

FEBRUARY 2012

BIRTHDAYS

A "Happy Birthday" in February to Jim Baker, Stewart Gynn, Kevin Harrison, Diane Reddicliffe and Peter Thorp.

ANNUAL GENERAL MEETING

This will take place at 7.30pm on Wednesday 22nd February at the Eagle House Hotel. Please do your utmost to attend. Presentation of awards to the Club's 2011 competition winners will follow the AGM.

CONGRATULATIONS

To Brian Wiles on setting a new Club Record for Men 65/69 in the Storm Force 10M

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 too risky!

MEMBERS' MEMBER TROPHY

If you have not already done so, please complete the attached form with your nomination and hand it to a Committee Member as soon as possible. You may nominate any member you like for a particular reason or simply because they add to your enjoyment of being a member.

CORRECTION

In last month's newsletter, Peter Kirby's points for the Pentathlon Cup should have read 460.48. Peter also qualified for a Gold Certificate.

SAUNDERS 2 DAY LAKELAND MARATHON

Stephen Hutchinson is looking for a partner to join him in this year's Saunders Lakeland Marathon <http://www.simm.org.uk/>. The event takes place over the weekend of 7 and 8 July. Anyone interested should contact Stephen on 01288 352884 or stephenjhutchinson@yahoo.co.uk

CORNWALL AIR AMBULANCE TRUST

The Trust advise that on 25th March they are organising 4K and 10K races at Cornwall Airport, Newquay, starting at 10.00am. They are anxiously seeking qualified volunteers to help with time-keeping. They add that there will be vast quantities of pasties, beer, etc available to anyone who volunteers!!

If you can help, please contact Susie of Air Ambulance on 01726 890444 or email Susie@cornwallairambulancetrust.org

CORNISH GRAND PRIX 2012

The next race in the series is the Marazion 10K on 5th February but this is already full. (In fact, there is a "waiting list" for this race, so if you have an entry but do not intend to use it, please let Jon Spettigue know asap).

This will be followed by the Duchy Marathon on 4th March and An Resek Hellys on 25th March.

It is recommended that you enter CGP races as early as possible. It is a great series so why not have a go?

FOSTERS FIVE 2012

The next races in the series are the Marazion 10k and the Exmouth 5M on 5th February. (the former is already full!).

CORNISH MULTI-TERRAIN GRAND PRIX 2012

This is a new competition which starts next April. See the attached sheet for full details.

DIARY NOTE

Our Bude Lifeboat Run (6 miles and 1 mile) will be on 13th June. Make a note in your diary now! If you are not running it, then your help will be appreciated. (Contact stephenhutchinson@yahoo.co.uk).

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!

2nd February - Mystery session
9th February - Half mile hill reps
16th February - Hill session
23rd February - Mystery session
1st March - Hill session
8th March - 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

7th December - **Wellington Santa Run About 5K** Julie Towers about 8.40

2nd January - **Milton Keynes Marathon** Davey Green 4.37.50 (57.51) **A PB for Davey**

8th January - **Exeter First Chance 10K**
Becky Mudd 46.25 (81.54), Mike Carpenter 48.36 (83.59), Chris Beighton 49.32 (TBA), Martin Venning 50.05 (82.14),
Jon Spettigue 52.42 (61.07), Richard Japes 53.40 (61.17), Peter Mander 53.47 (91.56), Sue Burges 55.47 (84.62),
Jo Beighton 56.42 (TBA), Jackie Chapman 59.43 (70.36), Sarah Bolt 1.03.14 (59.54), Ann Venning 1.08.07 (71.04)

8th January - **Plympton January Jaunt 10K**
Joe Kearns 44.48 (79.72), Alan Littlejohns 49.07 (87.06)

15th January - **Oh My Obelisk 10M MT** Alan Littlejohns 1.42.39

22nd January - **Gloucester Marathon**
Jenny Mills 3.48.26 (102.34), Davy Green 4.37.36 (57.56). **Jenny was 1st Lady 60/+ A PB for Davy**

22nd January - **Storm Force 10M CGP**
Dan Rodgers 58.18 (89.97), Brian Wiles 1.12.37 (97.31), Becky Mudd 1.17.17 (79.88), Philip Box 1.17.47 (85.28),
Mike Carpenter 1.23.25 (79.42), Martin Venning 1.23.56 (79.93), Jo Northey 1.23.57 (73.54), Dave Pickard 1.30.45 (67.13),
Peter Mander 1.30.52 (88.37), Linda Pickard 1.31.17 (75.06), Sarah Bolt 1.47.21 (57.51), Jackie Chapman 1.48.28 (63.17),
Ann Venning 1.54.07 (69.16)
Brian was 1st Male 65/69 with a NEW CLUB RECORD. Peter was 2nd Male 70/74
A PBO for Jo, and PB's for Dan, Sarah and Jackie.

FORTHCOMING EVENTS

FEBRUARY

5 th	Marazion 10K	Marazion	10K	CGP/FF	RACE FULL!
5 th	Exmouth 5M	Exmouth	5M	FF	
5 th	Chris Reason Tribute Run	Newnham, Plymouth	5M	MT	
12 th	Bere Pen Foot Dragger	Bere Alston	13M	MT	
12 th	Exeter 1/2M	Exeter	1/2M		
19 th	Hoe 10M	Plymouth	10M		
26 th	Cornwall Fire & Rescue Half	Lanhydrock	13.1M	MT	
26 th	Dalwood 3 Hills Challenge	Axminster	10M	MT	

MARCH

4 th	Bideford 1/2M	Bideford	1/2M		
4 th	Duchy Marathon (&20M)	Redruth	26.2M and 20M	CGP	
11 th	Bath 1/2M	Bath	1/2M		
11 th	The Grizzly	Beer,	20+M	MT	Entries closed.
18 th	Looe 10 Miler	Looe	10M		
18 th	Mad March Hare	Plymouth	10K		
18 th	Falmouth 1/2M	Falmouth	1/2M		
24 th	Nightrunner	Beer	8M	MT	
25 th	An Resek Hellys	Helston	10,5M	MT	CGP
25 th	Runway Runaround	Newquay Airport	4K and 10K		

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.

MARCH NEWSLETTER

The March newsletter will be published on Tuesday 28th February. Any copy for that newsletter should be with Peter Mander by latest Monday 27th February.

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 (or indeed, would like to become the Editor) please also contact him.

MEMBERS' MEMBER TROPHY 2012

My nomination for Members' Member is _____

Signed _____

Date _____