

Launceston Road Runners

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



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NEWSLETTER NO.111

FEBRUARY 2011

NEWSLETTER

Please note that this Newsletter covers 6 weeks. The next Newsletter will not be published until 13th March.

BIRTHDAYS

A "Happy Birthday" in February to Jim Baker, Gary Chater, Ruth Christine, Stewart Gynn, Kevin Harrison, Dave King, Diane Reddicliffe, Peter Thorp, Rebecca Vernon and in early March to Anne Dodds, Emma Durrant, Sandra Gynn, Carl Seaward.

MEMBERS' MEMBER TROPHY

If you have not yet voted, please complete the attached form with your nomination and hand it to a Committee Member **without delay**. You may nominate any member you like for a particular reason or simply because they add to your enjoyment of being a member.

ANNUAL GENERAL MEETING

The AGM will be held on Wednesday 16th February at The Eagle House Hotel at 7.30pm. The Agenda is attached. Please forward any nominations for the vacant Committee positions to any committee member as soon as possible. The AGM will be followed by the presentation of trophies and awards for 2010. Please try your best to attend.

SOCIAL EVENTS

Jon Spettigue writes "On the 29th January we had our post Christmas party at the Eagle House where everyone was entertained by an evening of games from myself and Mr. Japes. The evening started with mince pies and a glass of sherry for everyone, followed by our first game, the balloon stomp, where a balloon is attached to ones angle and the object is to burst everyone else's balloon. Quite a riotous affair with two winners Anne Longthorp and Kevin Marshall. Following that we had members trying to pick up boxes from the floor with their teeth which in some cases left nothing to the imagination. Two more games were played before a brief stop for an excellent buffet laid on by Eagle House. In the second half we started with some mental agility which the men seemed to dominate. Then on to a round of Mr and Mrs where we may have found out a bit more than we needed to know about some of our fellow runners. Still we will probably remind them of their revelations throughout the year. Rounding off with a game of musical chairs (fortunately runners aren't that competitive) so it was a very quiet affair with none of that there two to a chair or knocking each other off a chair or even moving the chairs around the floor. Ha! How wrong could one be. Completely normal individuals reduced to desperate measures just for a chair – brilliant fun! Well thank you to everyone who came along, joined in and made it such a great night. Thanks. Jon
18th February - Ice skating at the Eden Centre at 7pm. Please contact Helen Mason (Tel 01566 880013, mobile 077919 38929, email john-helen@bowden-mason.fsnet.co.uk)

LONDON MARATHON

Are you running the London Marathon? Are you supporting a charity? Please let Peter Mander know.

WEATHER!!

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

CORNISH GRAND PRIX 2011

The next races in the series are the Mounts Bay 10K at Marazion on 6th February followed by the Duchy Marathon on 13th March. The Mounts Bay 10K is now full and no more entries are being accepted. If you have entered and are now unable to run, please contact Jo Northey (jo@techbuild.co.uk) who is looking for a place. Many of the Cornish Grand Prix races (and others) are reaching their limits before race day and it is recommended that you do not delay entering races you intend to run.

FOSTERS FIVES 2011

The next two races in the series are both on 6th February – the Mounts Bay 10K at Marazion and the Exmouth 5M followed by the Mad March Hare 10K at Plympton on 20th March.

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 COACHING

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

All members welcome – sessions will be adjusted to suit each individual member, from newcomer to old-timer!

3rd February - 40sec lactate drills - Newport
10th February - Out and backs - Pennygillam
17th February - Short hill reps - Woburn
24th February - Half mile reps - Newport
3rd March - TBA
10th March - TBA Please contact a member of the new Committee or consult the website.
17th March - TBA

Please also see the club website for more coaching information.

RESULTS

Belated result - **5th December Wyvern Christmas Cracker 10K MT** Alan Littlejohns 49.09

21st December - Hamilton, New Zealand Eastside 5K Sue Burges 27.22

27th December - Mount Maunganui Surbreaker Spint Triathlon Sue Burges 1.30.10

2nd January - Exeter First Chance 10K

Gary Vernon 39.57 (81.35), Caroline Steven 39.59 (98.58), Joe Kearns 42.56 (82.28), Julie Towers 46.16 (89.82), Gary Chater 46.50 (72.29), Mike Carpenter 47.07 (85.16), Martin Venning 48.48 (83.25), Kevin O'Mahoney 51.43 (89.77), Marion Prideaux 56.14 (75.54), Jackie Chapman 57.43 (72.00), Cheryl Leach 59.41 (84.29), Becky Vernon 1.03.57 (59.19), Ann-Marie Chater 1.03.58 (61.26)

Caroline was 1st Lady 40/44. A new CLUB RECORD for Joe.

PBO'S for Caroline, Joe, Martin, Marion and Cheryl. A PB for Jackie.

3rd January - Whangamata Contact Spring Triathlon Sue Burges 1st Lady 55/59
(750m surf swim, 20k bike, 5K beach run) Splits 21.37, 50.53 and 29.13)

8th/9th January - Disney Goofey Challenge, Orlando Jim Baker over 2 days
1/2M 2.41.39 (60.17), Marathon 5.30.19 (64.28) (Jim's wife Kay also did the 1/2M in 2.41.38)

9th January - Plymouth Jaunt 10k
Alan Littlejohns 49.43 (84.90), Jackie Chapman 1.00.02 (69.22) Alan was 3rd Male 60/64

23rd January - Gloucester Marathon
Alan Littlejohns 3.39.48 (91.58) **A PB for Alan who was 3rd Vet 60/64**

23rd January - Braunton 10M
Jenny Mills 1.14.29 (105.79) Marion Prideaux ??????????????????
Jenny was 1st Lady 60/+ and 3rd overall

23rd January - Storm Force 10M CGP

Dan Rodgers 1.01.23 (85.45), Steve Babb 1.03.21 (87.15), Nigel Reddicliffe 1.10.50 (79.60), Mike Carpenter 1.20.25 (81.37), Martin Venning 1.23.28 (78.99), Kevin O'Mahoney 1.30.41 (83.49), Jo Northey 1.31.11 (67.70), Philippa Baker 1.31.15 (80.39), Sue Burges 1.32.29 (82.08), Cheryl Leach 1.47.47 (7.599), Sarah Bolt 1.56.14 (53.11)

Kevin was 3rd Male 70/74. A great club debut by Dan.

Good to see Jo back running and with a PB!! PB's also for Martin and Sarah.

FORTHCOMING EVENTS

FEBRUARY

6 th	Mounts Bay 10K	Marazion	10K	CGP	FF	FULL - NO MORE ENTRIES
6 th	Exmouth 5M	Exmouth	5M		FF	
16 th	Annual General Meeting	Eagle House Hotel	7.30pm			
20 th	Oh My Obelisk	Dawlish	10M	MT		
20 th	Hoe 10M	Plymouth	10M			
27 th	Dalwood 3 Hills Challenge	Axminster	10M	MT		

MARCH

6 th	Bideford 1/2M	Bideford	13.1M			
13 th	Duchy Marathon (and 20M)	Redruth	26.2M (and 20M)	CGP		
13 th	Grizzly	Beer	20M+	MT		
20 th	Mad March Hare 10K	Plympton	10K		FF	
26 th	The Nightrunner	Axminster	Saturday		7pm	
27 th	An Resek Hellys	Helston	10.5M	MT	CGP	
27 th	Cornwall Fire & Rescue 1/2M	Bodmin	13.1M	MT		

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)		
23 rd	Haldon Hearbeat	Exeter	8M	MT		
24 th	Whitemoor 10K	Whitemoor	10K		FF	

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.

MARCH NEWSLETTER.

Due to holiday commitments this will not be published until **13th March**.. Copy for that edition should be with Peter Mander by latest **Thursday 10th March**.

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.

MEMBERS' MEMBER TROPHY 2010

My nomination for Members' Member is

Signed Date