

Launceston Road Runners

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



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NEWSLETTER NO.110

JANUARY 2011

A HAPPY AND HEALTHY NEW YEAR (With lots of PB's!).

BIRTHDAYS

A "Happy Birthday" in January to – Michael Gilbert, Sharon Medland, Dave Pickard, Caroline Steven and Julie Towers.

NEW MEMBER

Welcome to our latest member – Dan Rogers.

TROPHY HOLDERS

If you won one of the Club's perpetual trophies last year could you please return it as soon as possible to Launceston Sports or a Committee Member so that they can be prepared for this year's winners for presentation at the Annual General Meeting at the Eagle House Hotel on 16th February.

MEMBERS' MEMBER TROPHY

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.

LONDON MARATHON

The Club's guaranteed places have been awarded to Peter Rasmussen and Peter Thorp (with Marion Prideaux as 1st reserve).

SOCIAL EVENTS

Annual Dinner "The Club Dinner is to take place on **29th January** at the Eagle House Hotel at 7pm. The format will differ this year as the annual awards/trophies will be given out at the AGM. So instead of quite such a formal event, we are going for an old-fashioned Christmas party with games to test ones Mental Agility, General Knowledge and Physical Ability. There will be a Buffet laid on by Eagle House and also on arrival there will be a mince pie and a glass of sherry. All this for just £10! Tickets are available from myself or from Launceston Sports." Jon Spettigue

ANNUAL GENERAL MEETING

The AGM will be held on **Wednesday 16th February** at The Eagle House Hotel at 7.30pm.

The AGM will be followed by the presentation of trophies and awards for 2010. Please try your best to attend.

With Mike Whitley and Sarah Pridham resigning, there will be vacancies on the committee and for the position of Race Director for the Treggy 7. Please consider standing in 2011 (It would be particularly good to have a representative from the Bude contingent!!).

If you are willing to help the Club or need further information, please contact Andy Parker on Tel 01566 770731 (Mobile 07734558884), Email aiparker121@btinternet.com as soon as possible and preferably before 24th January.

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 first race in the series is the Storm Force 10M at Camborne on 23rd January.

FOSTERS FIVES 2011

The first race in the series is the First Chance 10K at Exeter on 2nd January

PENTATHON CUP

Final positions for 2010 as shown in last month's Newsletter

CERTIFICATES

Final positions for 2010 as shown in last month's Newsletter

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!

- 6th January - Fat burning reps!!! - Pennygillam
- 13th January - Hill reps - Woburn
- 20th January - 100s pick ups - Newport
- 27th January - Endurance Pyramid - Link Road
- 3rd February - 40sec lactate drill - Newport

Please also see the club website for more coaching information.

RESULTS

Belated result - **30/31st October The Original Mountain Marathon** Stephen Hutchinson and Ian Alexander
Stephen Hutchinson reports - "Short Score (a time limit of 5hrs on Day 1 to tag as many checkpoints as possible, 4hrs on Day 2)

Overall result 24th (6th on Day 1) - 197 entries.

We had a magnificent Day 1 recording 206 points but slipped back to 24th by the end of Day 2, mainly due to not being ambitious enough and braving the bigger scores further afield."

5th December - **Wyvern Christmas Cracker 10K MT** Jackie Chapman 59.03

12th December - **Christmas Turkey Trot 4M** Kevin O'Mahoney 33.25 1st Male 70/74

12th December - **Cornish XC Championships** Senior Ladies Caroline Stevens 24.45 3rd Place

21st December - **Eastside 5K Hamilton, NZ** Sue Burges (Time awaited)

27th December - **Surfbreaker Sprint Triathlon, Mount Maunganui, NZ** Sue Burges 1.30.10

(No splits yet available. Sue says that the swim was tough but "the bike and run were flat. I never changed gear on the bike – unheard of in Cornwall!")

FORTHCOMING EVENTS

JANUARY

1 st	Brown Willy Run	Bodmin Moor	6M	MT	Saturday
2 nd	First Chance 10K	Exeter	10K	FF	
9 th	Plympton January Jaunt	Plymouth	10K		
23 rd	Storm Force	Camborne	10M	CGP	
29 th	Annual Dinner	Eagle House Hotel	7pm		

FEBRUARY

6 th	Mounds Bay 10K	Marazion	10K	CGP	FF
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		

Foster's Fives events

Cornish Grand Prix events

XC = Cross Country

MT = Multi-terrain

WEBSITE

Our new website is now operative and it is recommended that you consult it 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 reggy7@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.

FEBRUARY NEWSLETTER.

This will be published on **Sunday 30th January** Copy for that edition should be with Peter Mander by latest **Friday 28th January**. 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**