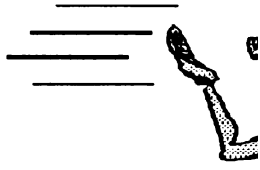


# Launceston Road Runners

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



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**NEWSLETTER NO.122**

**JANUARY 2012**

## **“A HAPPY AND HEALTHY NEW YEAR TO ALL OUR READERS”**

### **BIRTHDAYS**

A “Happy Birthday” in January to Michael Gilbert, Sharon Medland and Julie Towers.

### **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!

### **CHRISTMAS PARTY**

Jon Spettigue writes “The Annual Christmas Party went very well despite a lack of numbers. Most members turned out with Christmas inspired fancy dress and the winning costume went to Kevin Marshall as a Snowman. The first game, being the balloon stomp, got everyone up and jumping as though their feet were on fire. This was followed by outstanding performances by Rich, Di and Philippa, who managed to pick up the smallest pieces of cardboard ever. Next we had a simple game which seemed to send everyone into a spin – hello Pete, Lavinia and Kevin! Although they were not the only ones, they had to be the most memorable partakers. A well deserved break followed with refreshments and a slightly taxing quiz for all (it was noted that some members were rather active with their mobile phones at this time, funnily enough). But still, the winners, Malcolm and Sharon, did very well with a tie for first and a bottle of Champagne to both. To round off the evening, we finished with Musical Chairs and believe it or not, one person even brought a change of footwear specially for said game! I’ll mention no names but you know who you are. With a range of other games played throughout the evening everyone there had a great time. Thank you to all who attended. Jon”

### **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 to a Committee Member so that they can be prepared for this year’s winners.

### **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.

### **PENTATHON CUP**

The following completed the Pentathlon Cup in 2011 –

Jenny Mills 535.35 points, Steve Babb 460.99, Peter Kirby 459.58, Julie Towers 458.12, Alan Littlejohns 455.85, Dan Rodgers 449.13, Kevin O’Mahoney 434.06, Sue Burges 433.31, Philippa Baker 425.42, Mike Carpenter 407.10, Cheryl Leach 407.10, Martin Venning 405.26, Jo Northey 347.50, Ann Venning 338.42, Sarah Bolt 405.26

### **CERTIFICATES**

The following have qualified in 2011 –

**Gold** – Jenny Mills and Alan Littlejohns.

**Silver** – Steve Babb, Philippa Baker, Sue Burges, Peter Kirby, Kevin O’Mahoney, Dan Rodgers and Julie Towers

**Bronze** - Mike Carpenter, Cheryl Leach and Martin Venning

## **CORNISH GRAND PRIX 2012**

The first races are the Storm Force 20M on 22<sup>nd</sup> January, followed by the Marazion 10K on 5<sup>th</sup> February. These races are extremely popular the Marazion race is already full and 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 FIVE 2012**

The first races in the series are the First Chance 10K at Exeter on 8<sup>th</sup> January (but this race is already full) followed by the Marazion 10K (but this is already full) and the Exmouth 5M both on 5<sup>th</sup> February

## **CORNISH MULTI-TERRAIN GRAND PRIX 2012**

This is a new competition which starts next April. Full details will be included in the February newsletter.

## **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!**

5<sup>th</sup> January - Mystery session  
12<sup>th</sup> January - Hill session  
19<sup>th</sup> January - Mystery session  
26<sup>th</sup> January - 400m Pyramids/Reps/848's  
2<sup>nd</sup> February - Mystery session  
9<sup>th</sup> February - Half mile hill reps

**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](mailto:kmarshall0506@aol.com)

Please also see the club website for other coaching information.

## **RESULTS**

27<sup>th</sup> November - **Three Molehills Challenge, Dorking** 15M MT Davy Green 2.29.40  
27<sup>th</sup> November - **Bicton Blister 10.5M MT** Mike Whitley 1.23.09  
3<sup>rd</sup> December - **Endurance Coastal Ultra Marathon, Dorset 36M approx XC** Davy Green 6.48.21  
11<sup>th</sup> December - **Wyvern Christmas Cracker 10K** Alan Littlejohns 49.22 (86.22), Jackie Chapman 1.00.22 (69.60)  
18<sup>th</sup> December - **Portsmouth Coastal Marathon** Davy Green 4.47.50 (55.52)  
18<sup>th</sup> December - **Torrington Christmas Caper 7M MT**  
Dan Rodgers 1.06.24, Stephen Hutchinson 1.25.38, Alan Littlejohns 1.30.52, Becky Mudd 1.31.46, Martin Venning 1.40.26

## FORTHCOMING EVENTS

### JANUARY

1 <sup>st</sup>	Brown Willy Run	Jamaica Inn, Bolventor	6M	XC	
8 <sup>th</sup>	First Chance	Exeter	10K		<b>RACE FULL!</b>
8 <sup>th</sup>	Axmouh Challenge	Axmouh	9M	MT	
8 <sup>th</sup>	Plymouth January Jaunt	Plymouth	10K		
15 <sup>th</sup>	Oh My Obelisk	Dawlish	10M	MT	
22 <sup>nd</sup>	<b>Storm Force 10</b>	<b>Camborne</b>	<b>10M</b>	<b>CGP</b>	
28 <sup>th</sup>	Blackdown Beast	Dunkeswell	16M or 10M	MT	
29 <sup>th</sup>	Hestercombe Humdinger	Nr. Taunton	9.5M Road (& 5K)		
29 <sup>th</sup>	Braunton 10	Braunton	10M		
29 <sup>th</sup>	Mt. Edgcumbe 10	Mount Edgcumbe	10M		

### FEBRUARY

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

**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](mailto: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.

### FEBRUARY NEWSLETTER

The February newsletter will be published on Monday 30<sup>th</sup> January. Any copy for that newsletter should be with Peter Mander by latest Saturday 28<sup>th</sup> January

### 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.

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## MEMBERS' MEMBER TROPHY 2012

My nomination for Members' Member is \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_