

Launceston Road Runners

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



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NEWSLETTER NO.116

JULY 2011

BIRTHDAYS

A "Happy Birthday" in July to Philippa Baker, Julie Bariball, Chris Beighton, Lucinda Bearn, John Brown, Michael Coumbe, Peter Davies, Andrew Lowerson, Jo Northey, and Jon Snowden,

CONGRATULATIONS

To Jenny Mills on completing the Housman 100 Miles Challenge. An amazing performance.

To Steve Babb and Philippa Baker on breaking the Club Records for the 5M at Male 45/49 and Female 55/59 respectively.

To Mick Foster on winning two Gold and two Bronze medals at the European Transplant Games in Sweden.

BOSCASTLE RUN

Thanks to Janet Lathom for again organising an enjoyable scenic (if hilly!) run around Boscastle of about 5 miles. A dozen runners and four walkers enjoyed a sunny bright but windy evening before adjourning to the Napoleon Inn for a tasty meal and a pint or two.

COACHING

A local "leader in running Fitness Course" has just been organised for Saturday 9th July at Biscovey School. If there are any members who would like to sign up to it, please contact a committee member, who can then give you all the details.

SOCIAL

Friday 22nd July. Bowling, a meal, and a ride on the dodgems at Trethorne at 7pm all for £15 approx. Please let Jon Spettigue know if you are interested by 18th July. Jon will email a menu around soon.

BUDE LIFEBOAT RUN

Stephen Hutchinson writes "On behalf of the RNLI thank you all for your help and running at this year's run. The event was a tremendous success with 240 entries (80 juniors and 140 seniors). The event has already raised over £1000 and has yet to include runners' sponsor money.

TREGGY 7

Kevin Marshall, race director for the **Treggy 7 on Sunday 4th September**, is looking for volunteers for a variety of tasks. Please contact Kevin or Lavinia Marshall if you or your family/friends can assist. Tel 01566 784513 or email

kmarshall0507@aol.com

Also, Dave Gordon who is organising the **Launceston 10M on 3rd July** would welcome offers of assistance. If you are not running it and feel you could help, please let Dave know on Tel 01566 774706.

CORNISH GRAND PRIX 2011

The July races in the series are on the 3rd - Launceston 10M, 13th - Midsummer Turkey Trot and 17th Magnificent 7M. These will be followed on 7th August by the Indian Queens 1/2M.

FOSTERS FIVES 2011

At the half way stage Jackie Chapman has completed five qualifying runs and is setting the pace with 358.81 points, followed by Philippa Baker and Cheryl Leach who have completed four qualifying runs and have scored 345.48 and 326.06 respectively. The next race in the series is the Torbay 10K on 21st August.

PENTATHON CUP

At the halfway stage several members have completed the necessary five different qualifying distances (others where indicated have completed four distances). The leading positions are – Steve Babb 460.63, Alan Littlejohns 455.85, Jenny Mills 430.05 (4), Kevin O'Mahoney 421.69, Martin Venning 405.26, Peter Kirby 370.36 (4), Julie Towers 370.12 (4), Sue Burges 345.56 (4), Philippa Baker 341.01 (4), Mike Carpenter 336.04 (4), Cheryl Leach 325.90 (4), Marion Prideaux 299.11 (4), Laura Hawken 259.66 (4).

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 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!

7th July - 8-4-8 reps
14th July - Long hill reps
21st July - Half mile reps
28th July - Mystery session

If you have any queries, please contact Kevin Marshall on kmarshall0506@aol.com

Please also see the club website for other coaching information.

RESULTS

29/30th May - Housman 100 Miles Challenge, Shropshire

Jenny completed this tough challenge in 33 hours 47 minutes and that included twelve check points for refreshments and a cooked breakfast at 3.30am!

3rd June - Talaton Trotter 7+M MT Peter Thorp 1.04.26

4th June - Dartmoor Discovery 32.3M Alan Littlejohns 5.36.31 **Alan was 2nd M60+**

5th June - Saltram 5K Mike Carpenter 23.50 **Mike was 2nd M60+**

7th June - Cubert 5M CGP/FF

Dan Rodgers 27.11 (94.09), Steve Babb 29.20 (93.30), John Osborne 35.30 (96.36), Peter Kirby 35.53 (92.89), Alan Littlejohns 37.12 (91.96), Rich Yates 38.18 (71.46), Mike Carpenter 38.47 (82.77), Peter Thorp 39.28 (73.20), Philippa Baker 39.30 (91.09), Malcolm Jones 40.00 (73.86), Jon Spettigue 41.12 (68.59), Sue Burges 41.25 (90.05), Kevin O'Mahoney 41.40 (89.14), Linda Pickard 42.49 (77.64), Peter Mander 42.56 (90.39), Janet Lathom 43.00 (83.67), Dave Pickard 43.16 (68.29), Jackie Chapman 44.24 (74.87), Nicky Pethick 44.48 (82.24), Sarah Bolt 48.41 (62.20), Cheryl Leach 48.56 (82.24), Ann Venning 52.58 (72.17)

Ladies 55/59 Philippa 1st, Sue 2nd, Janet 3rd Ladies 60/64 Cheryl 3rd. Men 70/+ Kevin 2nd

NEW CLUB RECORDS for Steve Babb and Philippa Baker. (Sue also broke the old 55/59 record but lost out to Philippa on the night. Dan missed beating the U/40 record by just 8 seconds)

PBO's for Dan, Philippa, Sue, Janet and Jackie.

PB's for Steve, Peter Thorp and Malcolm

11th June - **International Festival Challenge, Somerset Levels 26M XC** Jenny Mills Time n/a

12th June - **Plym Valley Challenge 9+M MT** Peter Mander 1.36.33 **Peter was 1st M65+**

12th June - **Ruby Run 1/2M**

Helen Howgill 1.46.27 (78.47), Mike Whitley 1.46.54 (71.42), Alan Littlejohns 1.50.14 (84.75),
Marion Prideaux 2.08.25 (73.09) **Alan was 1st M/60+**

15th June - **Bude Lifeboat Run 6M MT**

Dan Rodgers 34.50, Peter McAughey 47.54, Malcolm Jones 48.23, Philippa Baker 51.19, Janet Lathom 55.00,
Peter Mander 56.02

18th June - **Sticker 5M CGP/FF**

Dan Rodgers 27.56 (92.18), Mike Carpenter 39.54 (80.45), Malcolm Jones 40.17 (73.34), Martin Venning 40.30 (81.26),
Philippa Baker 40.50 (88.12), Jo Northey 42.16 (71.65), Sue Burges 41.41 (87.38), Kevin O'Mahoney 43.01 (86.35),
Peter Mander 43.54 (88.40), Linda Pickard 44.25 (74.84), Janet Lathom 45.50 (78.50), Cheryl Leach 49.58 (80.53),
Ann Venning 54.39 (69.95)

Ladies 55/59 – a complete sweep again 1st Philippa, 2nd Sue and 3rd Janet
Men 70/74 - 1st Kevin, 3rd Peter.

18th June - **Torbay 1/2M**

Peter Kirby 1.39.01 (91.93), Alan Littlejohns 1.48.15 (86.30), David Green 2.03.01 (58.89). **Peter 3rd Male 60/64**

19th June - **Cheltenham Circular Challenge 26M XC** Jenny Mills abt 5 hrs 1 min

21/23 June - **European Transplant Games, Sweden**

Mick Foster won Gold at 400m and 800m and Silver at 200m and tennis for GBR..

22nd June - **Beacon Batch Fell Race, Mendips 5Mish** Martin Venning 49.54
(Martin says – “Over 1000ft of climbing in first 2 miles)

25th June - **St. Dominic's Dash 5M**

Malcolm Jones 43.30 (67.92), Martin Venning 43.55 (74.94), John Brown 53.34 (57.78), Jackie Chapman 55.01 (60.42),
Ann Venning 59.22 (64.39)

26th June - **Lanhydrock 10M MT**

Nigel Reddicliffe 1.21.40, Alan Littlejohns 1.27.36, Marion Prideaux 1.45.28 **Alan 2nd Male 60/64**

FORTHCOMING EVENTS

JULY

2 nd	Charmouth Challenge	Charmouth	6M	MT
2 nd	Down Thomas Challenge	Down Thomas	7.9M	MT CANCELLED
2 nd	Otter Rail and River Run	Tipton St John (Sidmouth)	10K	MT
3rd	Launceston 10M	Launceston	10M	CGP
3 rd	Revelstoke Run	Noss Mayo	9.5M	MT
3 rd	Blue Button Race	Helston	10K	
3 rd	Bovey Tracey 1/2M	Bovey Tracey	1/2M	
9 th	Duckponds Run	Oreston, Plymouth	7K	
10 th	Wellington Tens	Wellington	10M OR 10K	
10 th	Tavistock Rotary	Tavistock	5M	(NB No accuracy certificate)*
10 th	Moor Than 10K	Okehampton	10K+	MT
13th	Summer Turkey Trot	Redruth	4M	CGP
15 th	Chudleigh Carnival	Nr. Newton Abbot	6M	
16 th	Haytor Heller	Bovey Tracey	6M	XC
17 th	The Magnificent Seven	Saltash	7M	
30 th	Tywardreath Trotter	Near Par	6.5M	MT

AUGUST

	Indian Queens 1/2M	Indian Queens	1/2M	CGP
7 th	Totnes 10K	Totnes	10K	
12 th	St, Levan 10K	Nr. Penzance	10K	
13 th	Sticklepath Horseshoe	Okehampton	9.6M	XC/Fells
21st	Torbay Royal Regatta 10K	Torquay	10K	FF
26 th	Forest Flyer	Haldon Forest, Exeter	5M	MT
27 th	Oke Croak	Okehampton	10+M	XC
29 th	Peter Tavy Plod	Peter Tavy	5M	(No accuracy certificate)*
29 th	Lustleigh Show 10K	Nr Newton Abbot	10K	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.
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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.

AUGUST NEWSLETTER

The August newsletter will be published on Wednesday 3rd August. Any copy for that newsletter should be with Peter Mander by latest Monday 1st August

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.