

Launceston Road Runners

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



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NEWSLETTER NO.115

JUNE 2011

NEW MEMBERS

A warm welcome to our latest members –Malcolm Jones, Adam Paynter, Claire and Paul Waters.

BIRTHDAYS

A “Happy Birthday” in June to – Sarah Bolt, Helen Mason, Marion Prideaux, Demelza Turvey and Jo Williams.

CONGRATULATIONS

To Dan Rodgers on winning the Bere Pen 10K.

To Steve Babb on setting a new Club Record for M45/49 10K at Ivybridge.

To Kevin Marshall on breaking Steve’s above record the following day at Bideford!.

BOSCASTLE RUN

Tuesday 21st June. Janet Lathom is organising a run at Boscastle **starting at 7pm.** Meet before that at the Doctors’ Car Park which is opposite the Napoleon Inn driveway on the Camelford Road. Food available for those that would like it at the Napoleon Inn afterwards. Janet will have menu so that you can order beforehand.

Non running supporters are welcome and can enjoy a walk/look around Boscastle until the runners return.

There will be no official club night at the Phoenix Leisure Centre that evening but, of course, members not running at Boscastle may meet for an informal run.

CLOTHING

We have plain blue technical T-shirts for sale at only £9, or, if you buy a club vest/T-shirt, you can have one for just £5!

FORTHCOMING LRR EVENTS

Your last chance to enter or to volunteer to help Steven Hutchinson organise the **Bude Lifeboat Run - on Wednesday 15th June**

Kevin Marshall, race directors 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 next races in the series are the Cubert 5M 7th June and Sticker 5M 18th June. These are followed by the Launceston 10M on 3rd July which has a strict race limit of 300 runners so if you intend doing this race **do not delay your entry.**

FOSTERS FIVES 2011

The next races in the series are the Cubert 5M on 7th June, the Sticker 5M on 18th June. (The Torbay 10K will be held on 21st August and not as previously advised)

NOTE =Club Night Tuesday 7th June.

In view of the Cubert 5M above, there will not be an official club night on that Tuesday but members may of course still meet informally if they are not running at Cubert.

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!

2 nd June	-	200m reverse pyramids
9 th June	-	20-30min continuous hills
16 th June	-	300m reps
23 rd June	-	Half mile reps
30 th June	-	20 sec hill pyramids
7 th July	-	8-4-8 reps
14 th July	-	Long hill reps
21 st July	-	Half mile reps
28 th 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

1st May - Saltash 1/2M

Mike Whitley 1.43.09 (74.00)

1st May - Bere Pen 10K

Dan Rogers 37.30 (85.82) Dan won the race and writes "very well organized and very much recommended with a warning that the second half is very tough!")

1st May - Glastonbury 10K Jenny Mills 45.10 (108.52)

1st May - Great West Run Exeter 1/2M

Alan Littlejohns 1.41.48 (91.77), Philippa Baker 1.59.27 (82.27), Dave Green 2.06.51 (57.11)

Alan was 3rd Male Vet 60/+ A PB for Philippa

7th May - Exterminator (Paignton) 10K MT Julie Towers 49.54, Sue Burges 56.46

8th May - Trevornick 10M MT CGP

Don Rodgers 1.03.16, Alan Littlejohns 1.28.13, Michael Gilbert 1.30.31, Martin Venning 1.33.11, Mike Carpenter 1.36.50, Stewart Gynn 1.37.54, Dave Pickard 1.38.31, Jo Northey 1.40.44

14th May - Ivybridge 10K FF

Steve Babb 37.11 (92.01), Martin Venning 50.19 (81.76), Linda Pickard 52.48 (78.71)

A NEW CLUB RECORD FOR STEVE. PB's for Steve and Linda

15th May - Bideford 10K FF

Dan Rodgers 35.04 (91.78), Kevin Marshall 37.10 (94.03), Dominic Scotting 41.10 (78.18), Brian Wiles 43.05 (99.26), Julie Towers 44.29 (94.45), Alan Littlejohns 47.18 (90.41), Peter Thorp 48.56 (73.80), Lisa Baxter 49.08 (77.04), Mike Carpenter 49.15 (81.47), Philippa Baker 51.33 (87.26), Kevin O'Mahoney 51.45 (89.72), Sandra Gynn 52.25 (73.68), Janet Lathom 54.03 (83.22), Marion Prideaux 54.07 (78.50), Julie Barriball 55.15 (72.84), Peter Mander 55.59 (86.65), Rachel Lovejoy 56.00 (67.59), Jackie Chapman 57.46 (71.94), Lavinia Marshall 57.56 (80.48), Sarah Bolt 59.18 (63.83), Melissa Hutchings 1.00.51 (62.20)

Age Awards Men 45/49 Kevin Marshall 3rd, 60/64 Brian 1st, Alan 2nd, 70/74 Kevin O'Mahoney 1st, Peter Mander 2nd
Ladies 45/49 Julie Towers 3rd

A NEW CLUB RECORD FOR KEVIN MARSHALL

PBO'S for Dan, Kevin Marshall, Dominic, Peter Thorp, Sandra, Janet, Marion, Julie Barriball, Rachel, Lavinia and Sarah
PB's for Julie Towers, Lisa and Melissa.

21st May - White Peak Marathon XC Jenny Mills 3.49.44 Jenny was 1st Lady 60/+

22nd May - Peak District Leaden Boot Challenge Tough 26M(?) XC Jenny Mills About 6 hrs 40 mins

22nd May - St. Austell 1/2M MT

Mike Whitley 1.41.46, Alan Littlejohns 1.46.39, Rich Yates 1.51.52, Martin Venning 1.58.16

Alan was 2nd Male 60/64

22nd May - St. Austell 6.1M MT

Sue Burges 54.07, Peter Mander 57.59, Ann Venning 1.13.10.

22nd May - Edinburgh Marathon

Steve Babb 2.53.04 (94.27), Jasper Chalk 3.23.20 (77.79), Peter Kirby 3.35.19 (92.29)

A NEW CLUB RECORD FOR STEVE A great debut by Jasper

22nd May - Brathay Windermere Marathon David Green 5.07.00 (51.52)

22nd May - Forest of Dean Trailblazer 10K KT Jackie Chapman 1.00.43

29th May - Plymouth 1/2M

Mike Whitley 1.37.22 (78.41), Alan Littlejohns 1.44.05 (89.76), Mike Carpenter 1.50.33 (79.29), Lisa Baxter 1.51.55 (73.89), Stewart Gynn 1.56.48 (62.67), Laura Hawken 1.59.47 (69.04), Marion Prideaux 2.05.46 (74.63), David Green 2.07.58 (56.62), Sarah Bolt 2.12.25 (62.45)

A PBO for Laura. PB's for Mike Whitley, Lisa, Stewart, Marion and Sarah

FORTHCOMING EVENTS

JUNE

4 th	Dartmoor Discovery	Princetown	34.1M	`Entry closed – race full.	
4 th	Talatron Trotter	Nr Exeter	6.5M	MT	
4 th	Saltram Park	Saltram Park	5K		
7 th	Cubert	Cubert (Nr. Newquay)	5M	CGP	FF (Tuesday)
9 th	Dawlish Coastal Dash	Dawlish	4M	MT	
11 th	Umborne Ug	East Devon	10K	MT	
12 th	Plym Valley Challenge	Marjons, Plymouth	9M	MT	
12 th	Ruby Run	Hatherleigh/Holsworthy	1/2M		
15 th	Bude Lifeboat Run	Bude Rugby Club	6M	MT	(Wednesday)
15 th	Bude Lifeboat Run	Bude Rugby Club	1M	MT	(Juniors under 15)
18 th	Sticker	Sticker (Nr.St.Austell)	5M	CGP	FF
18 th	Burrator Horseshoe Run	Meavy	7M	MT	
19 th	Torbay 1/2M	Torbay	1/2M		
21 st	Boscastle Away Day	Boscastle car park	Various meet at 6.45pm see above		
22 nd	Meet Your Max	Truro	10K	MT	CGP
25 th	St. Dominick's Dash	St. Dominick	5M	(Saturday)	
25 th	Killerton Kanter	Nr. Exeter	10K	XC	(Saturday)
26 th	Lanhydrock Run	Lanhydrock	10M	MT	
26 th	North Devon Mara & 1/2M	Woolacombe	Marathon and 1/2M		

JULY

2 nd	Charmouth Challenge	Charmouth	6M	MT
2 nd	Down Thomas Challenge	Down Thomas	7.9M	MT
2 nd	Otter Rail and River Run	Tipton St John (Sidmouth)	10K	MT
3 rd	Launceston 10M	Launceston	10M	CGP
3 rd	Revelstoke Run	Noss Mayo	9.5M	MT
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
13 th	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	M

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 county/country or at an event not usually found in the regular results recording places, please advise Peter Mander.

JULY NEWSLETTER

The July newsletter will be published on Wednesday 29th June. Any copy for that newsletter should be with Peter Mander by latest Monday 27th June

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.