

Launceston Road Runners

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



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NEW MEMBERS

A warm welcome to new members Peter McAughey, Jasper Chalk, Lisa Baxter-Chalk, Chris Beighton and Dominic Scotting, and Andrew Lowerson. Peter and Dominic already off the mark in club colours in the Bideford 1/2M.

BIRTHDAYS

A "Happy Birthday" in March/April to Steve Babb, John Bowden, Laura Hawken, Helen Howgill, Steven Hutchinson, Peter Kirby, Alan Littlejohns, Ann Longthorpe, Jenny Mills, Andrew Parker, Joy Stoppard, Peter Statton, Martin Venning, and Jo West.

NEW COMMITTEE

At the recent AGM the following were elected as the new Committee - Chairman – Jon Spettigue, Vice-Chairman - Peter Thorp, Secretary - Sarah Bolt, Treasurer - Andrew Parker, General Committee - Helen Mason, Matthew Parsons, Kevin Marshal (also Treggy7 Race Director), Martin Venning and Philippa Baker

CHAIRMAN'S COMMENTS

The new Chairman, Jon Spettigue writes –

"Well now, a new year, and AGM and some big changes to the Committee. Firstly I would like to thank all those retiring committee members; Andy Parker (ex chairman), Sarah Pridham (ex vice-chair), Julie Towers (ex treasurer) and Mike Whitley (ex race director and committee member), who have all served the club so well over the years, sometimes above and beyond the call of duty. Thanks guys. Now to fill the gaps we welcome Martin Venning and Philippa Baker (committee members), Kevin Marshall (committee and race director), Andy Parker (treasurer), Pete Thorp (vice-chair) and I seem to be the new chairman, which does seem a little worrying but I'll do me best for the club.

Also discussed during the AGM were the subscription fees for 2011 which have been increased to £20.00, a jump of £5.00 on last year. Well this is because the club is looking to train up say three new coaches to help on a Tuesday/Thursday night with helpful advice, perhaps take charge of a coached session and also just to help the club maintain its benefits of an amateur sports club as set out in Schedule 18 of the Finance Act 2002 (including without limitation provision of suitably qualified coaches, coaching courses, insurance and medical treatment). The club will pay for the coaching courses which is £325 at the present time, as we deem this such an asset, plus a great chance for anyone interested in health and fitness to gain a worthwhile qualification. So for all you budding coaches, please contact anyone on the new committee and they will be more than happy to help you with this. Well, I think that's enough from me, so I look forward to seeing you all at either club nights or at a race maybe. Thanks" Jon Spettigue.

2011 MEMBERSHIP - Fees Now Due

For 2011 our membership fees have been agreed at £20 (which includes the £5 affiliation fee for England Athletics). An application form is attached or can be downloaded from the Club's website. Members may pay by BACS direct into the LRR account (the details you need are Sort Code 77-09-08, Account No.18439968) . Alternatively members may pay by cheque or cash.

In all cases a membership application form must be completed and forwarded to Andy Parker at the address shown at the head of the form.

Forms may be downloaded from the Club's website or by printing off the copy attached to this newsletter

HEALTH AND SAFETY

In applying for club membership all members confirm that they have read and accept the Club's Health and Safety Guidelines. (Details attached to this newsletter or on the Club website).

NB – All members must ensure that they wear a high visibility bib every evening – whether a training run night or a coaching session.

NO BIB - NO RUN!

ANNUAL GENERAL MEETING

The minutes of the 2011 AGM are attached and will also be available on the website.

CLUB COMPETITIONS - WINNERS 2010

The following members were presented with their awards at the AGM

Committee Cup - Kevin and Lavinia Marshall, **Member's Member** - Jon Spettigue, **Most Improved Female** - Cheryl Leach, **Most Improved Male** - Dave Pickard, **Best Newcomer** - Jackie Chapman, **"What were they thinking?"** - Matt Parsons, **Furthest Travelled** - Sue Burges. **Foster's Fives** - 1st Philippa Baker, 2nd Sue Burges, 3rd Cheryl Leach. **Pentathlon Cup** - 1st Jenny Mills, 2nd Brian Wiles, 3rd John Osborne
Certificates - Gold - Peter Kirby, Jenny Mills, John Osborne and Brian Wiles
Silver - Steve Babb, Sue Burges, Alan Littlejohns, Peter Mander, Kevin O'Mahoney and Nigel Reddicliffe
Bronze - Philippa Baker, Mike Carpenter, Joe Kearns, Cheryl Leach, Martin Venning and Gary Vernon

FORTHCOMING LRR EVENTS

Steven Hutchinson will again be organising the Bude Lifeboat Run - on Wednesday 15th June
Kevin and Lavinia Marshall will be taking over as race directors for the Treggy 7 on Sunday 4th September
They will need YOUR help! Please put these dates in your diary now!

LONDON MARATHON

The following club members will be running Peter Thorp, Lavinia and Kevin Marshall, Martin Venning, Julie Towers, Peter Kirby, Marion Prideaux, Laura Hawken and Peter McAughey. Anyone else?? See attachment re the charities being supported.

CORNISH GRAND PRIX 2011

The next race in the series will be An Res Hellys at Helston on 27th March.

FOSTERS FIVES 2011

The next two races in the series are the Mad March Hare 10K at Plympton on 20th March followed by the Whitemoor 10K on 24th April.

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

Please also see the club website for other coaching information.

RESULTS

23rd January - **Braunton 10M** Marion Prideaux 1.38.21 (70.44) **A PB for Marion**

30th January - **Stonehenge Stomp 40K XC Challenge** Jenny Mills around 3.58

30th January - **Torrington Caper 10M M/T**

Stephen Hutchinson 1.29.07, Alan Littlejohns 1.38.14 **Stephen 3rd 50/+, Alan 2nd 60/+**

6th February - **Exmouth 5M FF**

Jackie Chapman 45.52 (72.48), Jim Baker 48.54 (72.83) **A PB for Jackie**

6th February - **Marazion 10K CGP FF**

Steve Babb 38.28 (88.00), Brian Wiles 44.22 (96.39), Alan Littlejohns 47.36 (88.67), Martin Venning 51.13 (79.32), Kevin O'Mahoney 53.12 (87.27), Jo Northey 53.49 (70.33), Dave Pickard 54.55 (67.29), Linda Pickard 55.07 (75.40), Sue Burges 55.36 (83.86), Cheryl Leach 1.03.41 (79.00), Sarah Bolt 1.06.18 (57.09), Ann Venning 1.09.41 (68.58)

Men - Brian 3rd 60/64, Kevin 2nd 70/74. Ladies - Sue 2nd 55/59, Cheryl 3rd 60/64 **A PB for Jo.**

- 13th February - Dursley Dozen 12M XC Jenny Mills 1.50.33 !st Vet 60/+
- 13th February - Weston-super-mare Tough 10M MT Alan Littlejohns 1.24.45
- 17th February - Weston Prom Run 5M Martin Venning 38.33 (84.30) A PBO for Martin
- 20th February - Plymouth Hoe 10M
 Joe Kearns 1.12.10 (79.83), Brian Wiles 1.14.53 (93.13), Julie Towers 1.15.47 (90.41), Alan Littlejohns 1.16.22 (90.13),
 Tim Woodward 1.20.53 (75.32), Martin Venning 1.22.40 (80.14), Mike Carpenter 1.26.11 (75.92),
 Kevin O'Mahoney 1.28.18 (85.75), Sue Burges 1.32.19 (82.36), Laura Hawken 1.36.21 (64.07), Cheryl Leach 1.44.53 (78.22),
 Ann Venning 1.54.46 (67.91)
Sue 2nd Lady 55/59. PBO for Laura. PBO's for Tim, Martin and Cheryl.
- 27th February - Cowtown Marathon (Fort Worth, Texas) David Green 5.11.42 (50.74)
- 27th February - Dalwood 3 Hills Challenge 10M MT Sharon Thorp 2.07.00
- 6th March - Christchurch 20M Peter Kirby 2.34.45 (93.25) A PB and new Club Record for Peter
- 6th March - Bideford 1/2M
 Steve Babb 1.20.13 (92.29), Gary Vernon 1.25.21 (83.19), Dominic Scotting 1.32.15 (76.21), Jenny Mills 1.35.07 (111.17),
 Helen Howgill 1.41.10 (81.75), Tim Woodward 1.42.25 (79.68), Peter Statton 1.44.36 (67.21), Alan Littlejohns 1.45.48 (87.15),
 Peter McAughey 1.46.51 (67.12), Mike Carpenter 1.47.14 (81.74), Kevin O'Mahoney 1.55.52 (87.54), Sue Burges 1.55.58 (87.84),
 Jo Northey 1.56.21 (71.08), Patsy Lambrechts 2.02.42 (75.64), Marion Prideaux 2.04.44 (74.41), Laura Hawken 2.07.05 (65.08),
 Rachel Lovejoy 2.07.28 (64.88), David Green 2.08.01 (56.59), Becky Vernon 2.12.30 (62.42), Cheryl Leach 2.15.27 (81.15)
Jenny was 1st Lady 60/+, Kevin was 2nd Man 70/+.
PBO's for Helen and Sue. PB's for Steve, Dominic, Tim, Peter McAughey, Jo, Marion, Laura, Rachel and Cheryl.

FORTHCOMING EVENTS

MARCH

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.

APRIL NEWSLETTER

The April newsletter will be published on Thursday 31st March. Any copy for that newsletter should be with Peter Mander by latest Monday 28th 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.