

Launceston Road Runners



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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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NEWSLETTER NO.185

April 2017

BIRTHDAYS

“Happy Birthday” in April to Mike Gilbert, Sarah Barnes, Stephen Cox, Jonathon Davison, Robert Davison, Richard Foster, Karen Howse, Tanya Jarvis, Charlotte Kennedy, Mark Knight, Alan Littlejohns, Ruth Maunder, Andy Parker, Martin Venning, Natalie Shute, Clive Mitchell



NEW MEMBERS

A warm welcome to our newest member: Tom Barriball

CONGRATULATIONS

To **Tim Robinson** on getting a **new senior club record** in Gloucester for 20 miles. He beat the record by **8 minutes**. Tremendous!!



Well done to all the beginners group who have completed their 3 mile run. A special mention has to go to those of you that turned out and did it in the hail, wind and rain – not easy. You were all fantastic!

Also, thank you to Vicky and her helpers for leading the group and doing such a fabulous job.

MEMBERSHIP

Your annual club membership is now due and the fee is to remain at £25 for the 2017/18 season. You can pay in cash / cheque on Tuesday and Thursday evenings directly to the treasurer Jaine Hynes, or via a BACS payment. You will find details on the membership form, which you will need to complete. Copies are on the website and also in the Leisure Centre.

It will be greatly appreciated if you can renew your membership this month.

FOSTER'S FIVES 2017 RACES

The next races in the series are the Enys 10K on the 9th April and the Bideford 10K on the 14th May

CORNISH GRAND PRIX 2017

The next races in the series are the Trevornick 10M on the 7th May and Cubert on the 6th June.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is The 5 Tors on Bodmin Moor on 16th April.

LONDON MARATHON

Congratulations to Jeanette Johnson and Tim Robinson for receiving British Championship places for this year's London Marathon on 23rd April.

Also running are : Good for Age Ed Horn, Alan Littlejohns, Julie Towers, Sarah Pridham and Mike Whitley; Ballot place Tom Glendinning; Club places Louise Werran, Adrian Brown; Charity places Vicky Holt, Becky Wise.

Good luck to all our runners and enjoy the experience. **Look out** for those Launceston Road Runners vests!

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet inside the Phoenix Leisure Centre **at 6.45pm for a 7pm start** for group social runs of various distances and speeds.

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.

Can I remind you that the Leisure Centre facilities are also used by other customers, so please **do not** stand in the entrance or around the reception desk so that clear access is available. Thank you.

NOTE - Summer is coming, so the groups will comprise of: 3-4 miles; 5 miles; Two 6 mile groups; 8 miles

TUESDAY NIGHT LEADERS AT LAUNCESTON

	3-4m	5m	6m (9min / miling +)	6m (8/9min /miling)	7-8m	
4 th April	Louise	Vin	Vicky	Jo	Darren/Jeanette/Tim	
11 th April	Vin	Julie	Tim	Kevin	Darren/Jeanette	
18 th April	Darren	Vin	Vicky	Peter	Darren/Jeanette/Tim	
25 th April	Julie	Vin	Sarah	Kevin	Darren/Jeanette/Tim	

WEDNESDAY TRAINING RUNS AT BUDE

Meet at Bude Rugby Club at **3.30pm** for group social run.

THURSDAY NIGHT TRAINING SESSION

Meet inside the Phoenix Leisure Centre at 6.50pm for a 7pm start

All members are welcome and sessions are tailored to meet all individual levels from newcomer to old-timer.

Have fun and improve your running under the guidance of the Club's Coaches.

06/04/2017	Hill pyramids @ 10K pace 20,40,60,80,100,100,80,60,40,20		Back lane of Pennygillam
13/04/2017	12 x 400m reps 90sec recovery	12 x 200m reps	Link Road
20/04/2017	Mystery / Technical	N/A	Race Hill car park
27/04/2017	Fartlek – 15 x 75sec on 45 off	15 x 60 sec on 60 off	Pennygillam
04/05/2017	Meet and Greet		Pennygillam
11/05/2017	Hills reducer		Meadowside
18/05/2017	400m 200m then accelerate x 8 Jog back to start recovery	200m 100m then accelerate	Newport or Link Road
25/05/2017	Summerhill Road reducer		Meadowside

Please try to bring a stopwatch with you to these sessions.

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

Sessions take place regardless of weather conditions. Do come along, it is good fun!

HEALTH AND SAFETY – IMPORTANT

Would all members please ensure that they wear a high visibility bib for all evening training/running sessions. NO BIB = NO RUN!

If you want to venture outside of the street lighting with the “torch” groups then you will also need a headlight or torch.

RESULTS

4th March Tamar Lakes Park Run 5K

Adam Paynter 22.53, Chris Pritchard 24.11, Peter McAughey 24.48, Jane Pritchard 29.15 Kevin O'Mahoney 33.59

4th March Tamar Trails Park Run 5K Adrian Brown 33.08

4th March Penrose Park Run 5K Julie Towers 22.24

4th March Cousin Jacks 17 mile MT

Tim Robinson 4.18.47, Russell Leeton 4.18.51, Mark Jones 4.44.18

5th March Bideford 1/2M

Tim Robinson 1.17.53 (90.26), Ed Horn 1.24.55 (82.79), Jason Shipton 1.41.03 (74.75), Russel Leeton 1.44.13 (72.48). Sarah Worth 1.49.47 (76.09), Louise Werran 1.53.10 (73.81), Alan Littlejohns 1.55.18 (86.73), Jess Goldberg 1.57.21 (70.47), Ann Barriball 1.56.33 (74.66), Janet Lathom 2.10.18 (81.15), Nicola Emmett 2.18.05 (61.11), Matt Haisman 2.22.28 (55.37), John Mason 2.29.26 (53.39)

Tim Robinson 11th overall and Jess Goldberg 3rd U20

PB's for Ed Horn, Louise Werran, Janet Lathom and John Mason



19th March

Age UK, Exeter 10k

Alan Littlejohns 51.45 (88.45), John Barnes 56.33 (68.42), Vin Marshall 57.58 (86.78), Tanya Jarvis 1.02.04 (66.96), Glenda Smith 1.02.09, Maggie Dickinson 1.05.06 (65.26), Sarah Barnes 1.18.26 (52.42)

Vin 3rd F60

PB's for Tanya, Glenda, Maggie and Sarah

19th March

Tavy 13

Ed Horn 1.28.28 (79.46), Darren Evans 1.29.21 (78.68), Dee Kirwan 1.38.15 (73.74), Steve Cox 1.42.26 (74.53), Nigel Reddcliffe 1.43.15 (78.14), Mike Whitley 1.43.20 (78.98), Mike Gilbert 1.43.31 (67.91), Jason Jeffery 1.51.34 (69.17), Jim Shaw 1.54.48 (65.79), Russell Leeton 1.54.48 (65.79), Becky Wise 2.02.11 (67.69), Chris Norris 2.03.43 (58.56), Julie Barriball 2.04.21 (75.48), Adrian Brown 2.06.26 (56.16), Jackie Gay 2.19.08 (67.46)

PB's for Dee and Jim

PBO for Jackie

19th March

Deep River Trail 6M

Mary Roberts 1.05.02

19th March

Gloucester 20

Tim Robinson 2.04.16 (90.83), 6th & new club record

25th March

Tamar Lakes Park Run 5K

Alan Littlejohns 26.48, Nicola Emmett 28.21, Gill Aze-Thomas 34.25, Paul Martin 43.54

25th March

Tamar Trails Park Run 5K

Steve Cox 22.29, Adrian Brown 37.23

25th March

Lanhydrock Park Run 5K

Peter McAughey 26.57

25th March

Penrose Park Run 5K

Julie Towers 22.35

26th March

An Res Hellys 10M MT

Nigel Reddcliffe 1.15.33, Nick Harrison 1.16.06, Brian Wiles 1.17.15, Peter McAughey 1.26.27, Jaine Hynes 1.28.25, Phil Box 1.31.46, Julie Barriball 1.33.01, Sarah Swift 1.39.33

Brian 1st M70

WHAT IS THE DIFFERENCE BETWEEN PB'S AND PBO'S?

We have a special formula that works out a runner's pentathlon points based on their age, race distance and time taken to complete the race. These points are recorded in each runner's personal record. A pb is the highest points achieved over a particular distance (e.g. 10K). A pbo is the highest points a runner has achieved over any distance.

PASSING ON RACE NUMBERS

If you have entered a race and for some reason you are unable to run and you wish to pass your number on to somebody else, please can you ensure the race organisers agree to this before doing so. Member/s of one Cornish club did not do this and as a result the club to which they belong have lost their London Marathon places. **Please be careful** as we **don't** want this to happen to us.

COACHING IN GRAND PRIX RACES

It has been brought to the attention of Race Directors and the Race Adjudicators of the first two Grand Prix races that athletes have been coached during the race. This practice is unsporting and potentially dangerous. **Please** can you ensure you **do not** participate in this kind of practice. The CGP committee have decided to disqualify anyone doing this in the future.

FORTHCOMING EVENTS

I am sad to report the **Trelissick 10K** which was due to take place in August has been **cancelled**.

The **Imerys** half marathon and marathon will be a slightly different route this year, so hopefully you will enjoy it.

APRIL

2nd April	Exe to Axe	Exnouth	20M	MT
2nd April	Taunton Mara & ½ M	Taunton	26.2M and 13.1M	
8 th April	Kernow Vertical Kilometre	Nr. St. Agnes	15M	MT
9 th April	Enys 10K	Penryn	10K	FF
14 th April	Fast Friday 10K	Exeter	10K	
16 th April	5 Tors Moorland Run	Liskeard	11M	XC
23rd April	Plymouth ½ M	Plymouth	13.1M	
23 rd April	London Marathon	London	26.2M	
30 th April	Saltash ½ M	Saltash	13.1M	
30 th April	Pennywell Pursuit	Pennywell Farm, Devon	10K	MT

MAY

2nd May	Exe 5K Series	Exwick	5K at 7.30pm	
7th May	Crediton Crunch	Crediton	10K	MT
6 th May	Ivybridge 10K	Ivybridge	10K	
7 th May	Trevornick 10	Nr. Newquay	10M	MT CGP
10 th May	Yeovil Town 5K Series	Yevilton Air Station	5K at 7.15pm	
10 th May	Armada Summer 5k Series	Saltram Park, Plymouth	5K	
11 th May	Dawlish Dash	Dawlish	4M	MT
14 th May	Imerys 1/2M & Marathon	St Austell	13.1M & 26.2M	MT CMTRS
14 th May	Bideford 10K	Bideford	10K	FF
14 th May	East Allington 10K	South Devon	10K	
14 th May	Ottery 10K	Ottery St. Mary	10K	
20th May	The Quest (coastal run)	Tintagel	40M & 10M	XC
21st May	Exeter Marathon	Exeter	26.2	
21st May	Burrator 10K	Burrator	10K	
27th May	Bere Alston	Bere Alston	10K	
27 th May	Race the Tide	Holbeton	10K, 15M & 26.2	MT
29 th May	Bampton to Tiverton	Bampton	7+ M	

FF = FOSTERS FIVE

CGP = CORNISH GRAND PRIX

CMTRS = CORNISH MULTI-TERRAIN RACE SERIES

In addition to the above, there are 5k Park Runs every Saturday at 9am at Lanhydrock, Bodmin, at Plym Valley, Plymbridge Woods, at Upper Tamar Lake, Nr. Kilkhampton, Trelissick and at Penrose Estate, Helston (and throughout the country and abroad).

These are Free to enter Fun Runs (No awards, no trophies etc) and do not qualify for Club Records or Points but are a good way to get into running in a low key, no pressure, way. They are open to accompanied youngsters under 12 and to well controlled dogs on leads.

They are also always looking for volunteer helpers and if you cannot run this is good fun and worthwhile.

You do need to register just once before entering any of these events so see www.parkrun.org.uk

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 Darren Evans on 07453 988302 or de1982@hotmail.co.uk as soon as possible of race details and time.

NOTE -It is also not always possible to pick up all members from results, especially when the results do not list Club names. If you have competed in an event but your presence is not included in the newsletter results, please let Darren Evans know the details so that they may be recorded in the clubs records.

RACE REPORTS

You may have noticed we occasionally have race reports in the Cornish and Devon, which is a brilliant way of raising the profile of the club locally. If anyone runs a race, either locally or further afield and would like to write a short report on it, we would love to have it (eg. Tavy13 a couple of weeks ago) If you could email it to Sarah, along with any pictures to sarahlb89@hotmail.com, she will send it to the paper.

MAY NEWSLETTER

The May newsletter will be published on Wednesday 3rd May. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 26th April.

IMPORTANT NOTE

It is important that you check your own results as during the year, mistakes and omissions can affect who wins the various Club competitions. If you find any, please notify Darren Evans without delay. This is particularly important as our annual awards are based on the results published in the newsletter.

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 contact Vin Marshall.



Seville Marathon 2017