

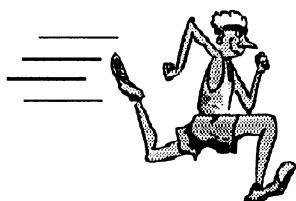
# Launceston Road Runners

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

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**NEWSLETTER NO.149**

**APRIL 2014**

## **BIRTHDAYS**

A "Happy Birthday" in April to Sian Friend, Karen Howse, Peter Kirby, Mark Knight, Alan Littlejohns, Andrew Parker and Martin Venning.

## **NEW MEMBERS**

A warm welcome to our newest member Alistair Fraser.

## **ANNUAL SUBSCRIPTION**

If you have not yet renewed your Membership subscription, **please do so as soon as possible**. A membership application form can be found on the Club's website.

## **CONGRATULATIONS**

To Dan Rodgers on representing Cornwall in the British Athletics Inter-Counties XC Championship

## **SOCIAL EVENTS**

**6<sup>th</sup> April - The Who What When Where challenge.** Starting (at 11am) and finishing at Trethorne Leisure Farm.

For latest information contact Sue Parkin 01566 775456 or Kevin Marshall on 01566 784513.

**18<sup>th</sup> May - Quiz Night at The Lifton Hall Hotel.** Chris and Jo Beighton will be our Quiz Masters and those of you who attended last year will confirm that it was great fun and different to your standard quiz. Put it in your diary now. Further details to follow.

## **LONDON MARATHON**

Good luck to our London Marathon runners – Emma Baker, Julie Barriball, Darren Evans, Cheryl Leach and Jon Spettigue.

## **LEADERSHIP IN RUNNING FITNESS – 11<sup>th</sup> May - Truro**

Would you like to help out with our Club? Would you be interested in taking the Leadership in Running Fitness course?

This is a one-day course and anyone completing it will be qualified and insured to lead a group on Club Nights. The Club will pay for this course. Our only requirement is that anyone taking this course will regularly attend Tuesday club nights and be willing to take/help with beginner groups as well as leading one of the other groups if required. You may also be asked to help Laura, Tom or Kevin on the Thursday sessions occasionally. This is your chance to help your Club. Please let Kevin Marshall or Peter Thorp know as soon as possible if you are interested as places are limited.

## **“MOB MATCHES”**

The Committee have targeted the following races when they hope to get as many members as possible turning out –

11<sup>th</sup> May – Bideford 10K, 3<sup>rd</sup> June Cubert - 5M, 11<sup>th</sup> June - Bude Lifeboat Run, 14<sup>th</sup> June - Sticker 5M, 9<sup>th</sup> July - Turkey Trot 4M.

20<sup>th</sup> July - Magnificent 7M, 8<sup>th</sup> August - Indian Queens 1/2M, 15<sup>th</sup> August - St Levan 10K, 15<sup>th</sup> October - Newquay 10K,

Date TBC - Tavy 7M, 23<sup>rd</sup> November Falmouth Mob Match 5M.

Please make a note in your diary now!!

Matt Pilsbury will be Race Captain for the Bideford 10K and if you intend running please let him know ([mattpilsbury@hotmail.com](mailto:mattpilsbury@hotmail.com)).

## **BUDE LIFEBOAT RUN**

**Wednesday evening 11<sup>th</sup> June.** The committee have decided to offer all paid up members the chance to run Bude Lifeboat Run at no cost. The Club will pay the entry fee of £10 on your behalf. This should ensure a great Club turnout which will support one of our key objectives, which is to increase race participation. The Club will fully fund your entry with all race profits going to the RNLI. The benefits, therefore, will be twofold with the Club having a large contingent of runners and the Charity having increased profit. Please put this in your diary now as we are hoping for a really great Club turnout. Details on how we will manage entries will be sent out shortly.

## FOSTER'S FIVES 2014 RACES..

The next races are in May on the 10<sup>th</sup> at Ivybridge and on the 11<sup>th</sup> May at Bideford.

## CORNISH GRAND PRIX 2014

The next race is the Trevornick 10M MT on 11<sup>th</sup> May.

## CORNISH MULTI-TERRIN RACE SERIES 2014

The first race in the series is the Imerys Half-marathon on 18<sup>th</sup> May.

## 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.

## WEDNESDAY TRAINING RUNS AT BUDE

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

## THURSDAY NIGHT TRAINING SESSIONS

Meet inside the Phoenix Leisure Centre car park at 6.45pm for 7pm start

All members are welcome and sessions are tailored to meet all individual levels from newcomer to oldtimer.

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

3 <sup>rd</sup> April	-	Reps
10 <sup>th</sup> April	-	Hills
17 <sup>th</sup> April	-	Technical drills
24 <sup>th</sup> April	-	Intervals/fartlek
1 <sup>st</sup> May	-	Mystery session
8 <sup>th</sup> May	-	Reps
15 <sup>th</sup> May	-	Hills

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).

## RESULTS

### 2<sup>nd</sup> March - Bideford 1/2M

Mark Knight 1.27.54 (79.98), Mike Whitley 1.29.43 (87.93), Brian Wiles 1.37.27 (99.81), Peter Kirby 1.41.04 (02.43),

Kirsty Freeman 1.55.49 (72.85), Julie Barriball 1.56.07 (78.19), Christopher Pritchard 2.00.56 (66.72),

Lavinia Marshall 2.07.33 (82/90), Peter Mander 2.08.44 (86.18), Emma Wild 2.09.29 (63.87), Jane Pritchard 2.09.30 (72.48),

John Brown 2.18.04 (963.49), Jackie Chapman 2.21.54 (66.14)

**Brian 3<sup>rd</sup> M65/69, Peter Mander 2<sup>nd</sup> M75/+**

**Club Records for Mike Whitley and Brian Wiles**

**PBO's for Mark and Jane.**

**PB's for Mike, Julie and Lavinia**

**2<sup>nd</sup> March - The Great Bustard 14M MT, Salisbury** Jenny Mills 1.58.52 **1<sup>st</sup> F60/+ and 5<sup>th</sup> Lady overall.**

**2<sup>nd</sup> March - Devizes 10K** Alan Littlejohns 52.35 (83.52) **Alan was 1<sup>st</sup> M65/+**

**8<sup>th</sup> March - Lanhydrock Park Run 5K** Peter Mander 30.51 **Peter was 1<sup>st</sup> M75/+**

**9<sup>th</sup> March - Looe 10M** Jenny Mills 1.25.36 **Jenny was 1<sup>st</sup> F60/+ and 5<sup>th</sup> lady overall.**

**9<sup>th</sup> March - British Athletics Inter-Counties 12K XC Championship, Birmingham**

Dan Rodgers represented Cornwall on finished 115<sup>th</sup> in 38.02 against over 500 top runners

**15<sup>th</sup> March - Rock Solid 12K Challenge, Exeter**

Jim Baker and Alan Littlejohns completed this tough assault course in around 2hrs 38 mins

**16<sup>th</sup> March** - **Weymouth 10K** Julie Towers 46.12 (94.04) **5<sup>th</sup> Lady overall.**

## RESULTS (Continued)

**16<sup>th</sup> March** - **Gloucester 20M** Peter Kirby 2.39.36 (93.98)

**16<sup>th</sup> March** - **Cheddar Big Cheese 15M XC** Jenny Mills 2.16 **1<sup>st</sup> F/50+**

**16<sup>th</sup> March** - **Falmouth 1/2M CGP**

Darren Evans 1.29.47 (78.30), Kevin Harrison 1.39.09 (73.82), Nigel Reddicliffe 1.41.26 (76.92), Russell Leeton 1.55.52 (63.17), Graham Parkin 1.59.27 (61.92), Sue Parkin 2.07.36 (71.16), Jackie Chapman 2.29.39 (62.72)  
P.B's for Darren, Nigel, Russell, Graham and Sue

**22<sup>nd</sup> March** - **Lanhydrock Park Run 5K** Jim Baker 38.50 **Jim was 2<sup>nd</sup> M70+**

**22<sup>nd</sup> March** - **The Dark 13M MT Nightrun, Bodmin** Mike Whitley 1.58.14

**23<sup>rd</sup> March** - **Charnwood Challenge 27M XC, Leicester** Jenny Mills ate her way around in about 5.58

**23<sup>rd</sup> March** - **Hastings 1/2M** Peter Mander 2.06.59 (87.36) **Peter was 1<sup>st</sup> M75+**

**23<sup>rd</sup> March** - **Exeter Age Concern 10K** Peter Kirby 45.48 (93.37) **Peter was 2<sup>nd</sup> M60/64**

## FORTHCOMING EVENTS

### APRIL

Date	Event	Location	Distance	Notes
6 <sup>th</sup> April	Social Event	Treasure Hunt	See above	
6 <sup>th</sup> April	5 Tors Moorland	Liskeard	8M XC	CMTRS CANCELLED
6 <sup>th</sup> April	Taunton Marathon and Half	Taunton	26.2M and 13.1M	
13 <sup>th</sup> April	London Marathon	London	26.2M	Race full
18 <sup>th</sup> April	Fast Friday 10K	Exeter	10K	
19 <sup>th</sup> April	Dig Deep 5K Series	Siblyback Lake	5K	
21 <sup>st</sup> April	Bampton to Tiverton	Bampton	7+M	
24 <sup>th</sup> April	Whitemoor 10K	St Dennis	10K	MT
26 <sup>th</sup> April	Haldon Heartbeat	Exeter	8.5M	MT
27 <sup>th</sup> April	Enys 10K	Penryn	10K	
27 <sup>th</sup> April	Plymouth Half	Plymouth	13.1M	

### MAY

4 <sup>th</sup> May	Saltash 1/2M	Saltash	13.1M	
6 <sup>th</sup> May	Exe 5K Series	Exwick, Exeter	5K	
10 <sup>th</sup> May	Ivybridge 10K	Ivybridge	10K	FF
10 <sup>th</sup> May	South Devon 10K	Paignton	10K	
11 <sup>th</sup> May	Bideford 10K	Bideford	10K	FF
11 <sup>th</sup> May	Trevornick 10M	Holywell Bay	10M	MT CGP
17 <sup>th</sup> May	Dig Deep 5K Series	Siblyback Lake	5K	
18 <sup>th</sup> May	Imerys 1/2M & Marathon	St, Austell	13.1/26.2M	CMTRS
24 <sup>th</sup> May	Muskie Madness	Plymouth	5.5M	MT

In addition to the above, there are 5k Park Runs every Saturday at 9am at Bodmin, Lanhydrock and at Plym Valley, Plymbridge Woods. 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 and to well controlled dogs on leads.

See [www.parkrun.org.uk](http://www.parkrun.org.uk)

**FF = FOSTER'S FIVES**

**CGP = CORNISH GRAND PRIX**

## **CMTRS = CORNISH MULTI-TERRAIN RUNNING SERIES**

XC = Cross Country

MT = Multi-terrain

Pentathlon trophy points are not calculated for pentathlon distance road races not carrying an accuracy certificate.

### **WEBSITE**

It is recommended that you can consult our website regularly for the latest news. It also contains details of qualifying requirements for Club Competitions and Club Records.

If you have any queries with the website, please 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 as soon as possible of race details and time

### **MAY NEWSLETTER**

The May newsletter will be published on Tuesday 29<sup>th</sup> April. Any copy for that issue should be with Peter Mander by latest Monday 28<sup>th</sup> April.

### **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 contact him