



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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BIRTHDAYS

A “Happy Birthday” in April to Sarah Barnes, Vicky Blundell Matthew Breed, Stephen Cox, Julia Devitt, Vanessa Elcock, Claire Fishleigh, Karen Howse, Charlotte Kennedy, Mark Knight, Alan Littlejohns, Kristina Lovke, Paul Martin, Andrew Parker, Alec Showell, Suzannah Strong and Martin Venning.

NEW MEMBERS

A warm welcome to our newest members Rob Berryman, Heather Hutchings and Damian Semonin.

CONGRATULATIONS

To Julie Towers on finishing 2nd Lady at the Granite 10M

To Jeanette Johnson on finishing 5th Lady at the Falmouth 1/2M

HEALTH AND SAFETY – IMPORTANT

Although the evenings are now lighter, it is still recommended that members wear a high visibility bid for all evening training/running sessions.

FALMOUTH 1/2M

“Falmouth Hill Climb” would have been a more accurate description of this race. It was a beautiful day, however, which made up for course! We had 15 runners competing (up from 6 last year!) with three picking up awards. The race started at the Falmouth Hotel on the sea front before taking us round Pendennis, Swanpool, Maenporth and many many country lanes before finishing in front of the hotel. Well done to all who made the journey and competed. Sarah Swift

FOSTER’S FIVES 2016 RACES

The next races in the series are the Ivybridge 10K on 8th May and the Bideford 10K on 15th May.

CORNISH GRAND PRIX 2016

The next races in the series are An Res Hellys 10M MT on 3rd April and Trevornick 10M MT on 8th May

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

The next races in the series are The 5 Tors 8M on Bodmin Moor on 17th April and the Imerys 1/2M on 15th May.

LONDON MARATHON

See the Club website for Peter Mander’s “tips for the day”, especially if it is your first time. Good luck to all of you!

LRR 2016 QUESTIONNAIRE

This year we have put together a questionnaire to try and get some feedback on what you like or don’t like and any suggestions you have for how we can improve the Club. The form can be found on the website and can either be emailed back to the committee or put into the plastic wallet on the noticeboard in the leisure centre. We would really appreciate it if you could find the time to fill out the questionnaire! Many thanks. The Committee

FAST 5Ks

If you fancy a crack at a Club Record (there are vacancies at some age levels), then the Exe 5K series on a Tuesday evening start on 5th April at 7pm. They are run on the first Tuesday of each month and entries are taken on the night. A very fast and accurately measured paved course.

Another regular series is the Yeovil Town Summer 5K Series held at 7.15pm on the second Wednesday of each month and starting on Wednesday 13th April. This is also a very fast course with a male course record of 14.04!

There is also a new series of accurately measured 5K runs held at Tavistock on the 3rd Saturday of each month. The next race will be on the 16th April. Under 11s may run provided accompanied by an adult.

All of these events offer the opportunity to establish a new Club Record or beat an existing one!!

TUESDAY AND THURSDAY CLUB NIGHTS

Can all members attending club nights be aware 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. Members are also reminded that shower facilities are not free and that the appropriate fee must be paid at reception if they wish to use them.

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.

NOTE - The out-of-town torch groups have now started. Winter groups will comprise –
3-4 miles in town. 5 miles in town. 6 miles in town and also a 6 miles head torch out-of-town. 8 miles head torch out-of-town.

WEDNESDAY TRAINING RUNS AT BUDE

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

THURSDAY NIGHT TRAINING SESSION

Meet at the Phoenix Leisure Centre car park at **6.50pm**

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.

31 st March	-	Fartlek/Intervals
7 th April	-	Hills
14 th April	-	Mystery
21 st April	-	400m pyramids
28 th April	-	Technical
5 th May	-	Intervals/fartlek

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

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

HI VIZ tops should be worn. Sessions take place regardless of weather conditions. Do come along, it is good fun!

RESULTS

Correction 27th February Tamar Lakes Parkrun for Paul Morris read Paul Moore. Sorry, Paul!

28th February - **Looe 10M** Darren Evans 1.10.39 (74.24), Nigel Reddicliffe 1.27.55 (67.74)

28th February - **Teignbridge 1/2M** Phil Box 1.49.21 (85.43)

5th March - **Tamar Lakes Parkrun 5K** Alan Littlejohns 44.08. Peter Mander 44.25 (Acting as Tailenders)

6th March - **Bideford 1/2M**

Tim Robinson 1.18.29, Stephen Cox 1.30.39 (83.32), Amanda Chapman 1.56.07 (71.22), Alan Littlejohns 1.57.59 (83.58), Jackie Chapman 2.22.09 (67.54) **PB.s for Tim, Stephen and Amanda**

6th March - **The Big Run 11M Camel Trail** Mary Roberts 1.47.02, Matt Haisman 1.47.02

6th March - **Imber Ultra 32.33 miles XC approx.** Jenny Mills Just over 6 hrs **1st F60/+**

12th March - **Lanhydrock Parkrun 5K**

Heather Huthings 37.05, Barry Hutchings 37.05, Sarah Percival 40.47

12th March - **Plym Valley Parkrun 5K** Shaun Chillingworth 22.38

12th March	-	Tamar Lakes Parkrun 5K	Alan Littlejohns 26.35
13th March	-	The Grizzly 20+M	MT James McDiarmid 3.10.47
13th March	-	Granite Way 10M	Julie Towers 1.19.05 (91.68), Alan Littlejohns 1.38.22 (83.30), Becki Sant 1.32.12 (70.44)
Julie was 2nd Lady overall! A PBO for Becki and a PB for Julie			
13th March	-	Silverstone 1/2M	Adam Paynter 1.58.38 (61.07) A PB for Adam
13th March	-	Bath 1/2M	Dave Pickard 2.02.47 (69.67), Morgan Cain 2.04.29 (56.47) PB,s fpr Dave and Morgan
13th March	-	Barcelona Marathon	Tim Robinson 2.50.39 (89.93) A PB for Tim
13th March	-	Falmouth 1/2M CGP	Darren Evans 1.27.40 (80.19), Jeanette Johnson 1.34.53 (96.74), Pawel Szymanski 1.38.58 (71/03), Brian Wiles 1.42.17 (97.77), Graham Parkin 1.43.35 (72.92), Claire Waters 1.44.27 (84.18), Sue Parkin 1.57.40 (78.88), Peter Thorp 2.02.00 (68.47), Louise Werran 2.02.05 (67.74), Katie Parkin 2.05.53 (65.69), Julie Barriball 2.05.53 (73.73), Martin Venning 2.06.31 (74.09), Adrian Brown 2.13.39 (52.60), Sarah Swift 2.17.47 (60.02), John Barnes 2.32.22 (54.82)
Jeanette was 5 th Lady overall and 1 st F45/49. Brian was first M65/69.			
19th March	-	Tamar Lakes Parkrun 5K	Alan Littlejohns 26.14, Kevin O.Mahoney 30.15
19th March	-	Lanhydrock Parkrun 5K	Adrian Brown 34.28, Sarah Percival 36.39
19th March	-	Fission 20M. Gloucester.	Jenny Mills Just under 3 hours 1st F60/+
20th March	-	Age UK 10K Exeter	Peter Thorp 48.31 (78.81), Adrian Brown 51.01 (63.70), Chris Norris 53.17 (61.61), Jacqueline Gay 1.10.09 (60.56)
A PBO for Adrian and PB;s for Peter and Jacqueline			
20th March	-	Olympic Park Sports Relief 6M	Peter McAughey 47.00
27th March	-	Plym Valley Parkrun 5K	Morgan Cain 24.06
27th March	-	Tamar Lakes Parkrun 5K	Alan Littlejohns 26.39, Kevin O'Mahoney 30.10
27th March	-	Cardiff 1/2M	Tim Robinson 1.18.55 (89.08), Russell Leeton 1.32.01 (81.22), Shaun Chillingworth 1.35.33 (76.60), Peter Thorp 1.49.51 (71.82), Julie Barriball 1.56.19 (79.79), Philippa Baker 2.11.51 (79.19)
A PBO for Russell and a PB for Julie			

FORTHCOMING EVENTS

APRIL

2 nd April	Park Runs	Various venues	5K	MT	
3rd April	An Res Hellys	Helston	10.5M	MT	CGP
3 rd April	Exe to Axe	Exnouth	20M	MT	
3 rd April	Taunton Mara & 1/2M	Taunton	26.2M and 13.1M		
5 th April	Exe 5K Series	Exwick, Exeter	5K at 7pm		
9 th April	Park Runs	Various venues	5K	MT	
10 th April	Enys 10K	Penryn	10K		
10 th April	Tavy 13	Tavistock	13.1M		
13 th April	Yeovil Town 5K Series	Yeovilton Air Station	5K		
16 th April	Tavistock 5Kool run	Tavistock College	5K		
16 th April	Park Runs	Various venues	5K	MT	
17th April	5 Tors Moorland Run	Liskeard	11M	XC	CMTRS
17 th April	Plymouth Half	Plymouth	13.1M		
23 rd April	Park Runs	Various venues	5K	MT	
24 th April	London Marathon	London	26.2M		
30 th April	Park Runs	Various venues	5K	MT	

MAY

1 st May	Saltash 1/2M	Saltash	13.1M	
1 st May	Bere Alston	Bere Alston	10K	
1 st May	Crediton Crunch	Crediton	10K	MT
1 st May	Queen's Birthday Bash	Peter Tavy	5M	MT
3 rd May	Exe 5K Series	Exwick	5K at 7.30pm	
7 th May	Parkrun 5Ks	Various venues	5K	MT
7 th May	Ivybridge 10K	Ivybridge	10K	FF
8 th May	Trevornick 10	Nr. Newquay	10M	MT CGP
11 th May	Yeovil Town 5K Series	Yevilton Air Station	5K at 7.15pm	
14 th May	Haldon Heartbeat	Exeter	8.5M	XC
14 th May	Parkruns 5K	Various venues	5K	MT
15 th May	Imerys 1/2M	St Austell	13.1M	MT CMTRS
15 th May	Bideford 10K	Bideford	10K	FF
15 th May	Ottery 10K	Ottery St. Mary	10K	
15 th May	Exeter Marathon	Exeter	14K, 28K or 42K	
21 st May	Muskies Madness	Plymouth	5.5M	
21 st May	Ultra SW Coastal	Tintagel	40M	XC
21 st May	Tavistock 5Kool	Tavistock College	5K	
21 st May	Parkruns 5K	Various venues	5K	MT
21 st May	Kernow Trail	Tredinnick	10M or 15M	MT
22 nd May	Burrator 10K	Burrator	10K	
28 th May	Parkruns 5K	Various venues	5K	MT
31 st May	St. Ives Bay 10K	St. Ives Bay	10K	MT

FF = FOSTERS FIVE CGP = CORNISH GRAND PRIX CMTRS = CORNISH MULTI-TERRAIN RACE SERIES

XC = Cross Country MT = Multi-terrain

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

As listed above, there are 5k Park Runs every Saturday at 9am at various locations in Cornwall and Devon.

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 Peter Mander 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 Peter Mander know the details so that they may be recorded in the clubs records.

MAY NEWSLETTER

The May newsletter will be published on Saturday 30th April. Any copy for that newsletter should be sent to Peter Mander by latest Thursday 28th 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. 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 him.