

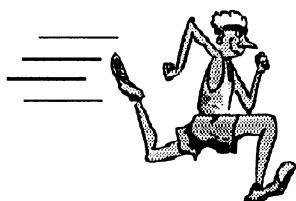
Launceston Road Runners

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

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NEWSLETTER NO.153

AUGUST 2014

BIRTHDAYS

A “Happy Birthday” in August to Dawn Hadfield, Janet Lathom, Peter McAughey, Kevin O.Mahoney and Nicola Palfrey.

NEW MEMBERS

A warm welcome to our newest members Chloe Parker, Dave Richards, Becky Rowledge, Claire Thorp, Russ Williams and Steph Williams.

CONGRATULATIONS

To Peter Mander on winning the Bronze Medal at the British Masters Multi-terrain Championship

To Jenny Mills on setting a new F65/69 Club Record at the Magnificent 7.

To Peter Mander on setting new M75/79 Club Records at the Wellington 10 and the Magnificent 7.

SOCIAL EVENTS

Bude Beach BBQ 17th August “Martin and Ann are busy planning for this social event – The Big Bude Beach Barbecue.

It will be at Crooklets Beach from 3pm and it would be great to have a big club turnout. Families and friends are welcome.

There will be beach games, sandcastle building, bathing (hopefully including surfing).

Bring your own portable cooking devices, food, buckets and spades (if you have them), body boards, sun cream and sense of humour

It promises to be a really enjoyable afternoon/early evening.” Peter Thorp

OVERSEAS CLUB TRIP

“We are exploring the possibility of arranging a “Club” trip to Barcelona for a long weekend in February The trip will include the opportunity to run the Barcelona Half Marathon. Ann and Martin are in contact with a company which will organise our package and they are also looking at flights so that we can get an idea on total costs. At this stage we are looking to see if there is a level of interest from members for us to go ahead and get more details. If this may be something you would like to do, then please speak to me so that we can get an idea of potential numbers.” Peter Thorp

TREGGY7

A “dummy” run of the Treggy7 will take place on Sunday 31st August starting at 10am. All members are welcome to come and run it. Ideal preparation if you are running the race or a great chance to run the course if you are Marshalling.

HELP! We are still looking for a few more Marshals, please let me know if you are available.

Also, if you are able to supply a homemade cake please let us know Kevin and Vin Marshall

“MOB MATCHES”

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

8th August - Indian Queens 1/2M, 15th August - St Levan 10K, 5th October - Newquay 10K, 26th October - Tavy 7M, and on

23rd November Falmouth Mob Match 5M. Please make a note in your diary now!!

“NEW YEAR, NEW YOU” OFFER

The Club has offered a free entry into a draw for a prize of £100 in gift vouchers for any member completing any 8 races from the Foster’s Fives, Cornish Grand Prix and Cornish Multi-terrain Race Series during 2014.

So far the following members have already qualified for a place in the draw –

Jackie Chapman, Darren Evans, Janet Lathom, Peter Mander, Graham Parkin, Sue Parkin, Peter Thorp, Ann Venning and Martin Venning.

There are still 14 qualifying races for others to choose from and so join them in the draw.

PENTATHON CUP

With still five months to go, the following are the leading ten places (with the number of races completed in brackets) – Peter Mander 435.45 (5), Martin Venning 401.90 (5), Darren Evans 400.43 (5), Cheryll Leach 376.47 (5), Sue Burges 376.13 (5), Mike Whitley 349.54 (4), Jackie Chapman 345.12 (5), Graham Parkin 335.12 (5), Jenny Mills 313.04 (3), Peter Thorp 290.39 (4)

FOSTER'S FIVES 2014 RACES

In this competition, so far seven members have completed 3 races (minimum 5 races required) and have scored as follows – Janet Lathom 247.91 points, Sue Parkin 230.88, Cheryl Leach 224.62, Jackie Chapman 212.70, Ann Venning 201.56, Katie Parkin 188.69 and Linda Pickard 172.54.

There are still 5 eligible races available and the next race is the Torbay 10K on 24th August.

CORNISH GRAND PRIX 2014

At this stage but with six more races still to go, the following club members hold positions in the “top ten” of their age category – Ladies – Sue Parkin 3rd, Jackie Chapman 1st, Janet Lathom 3rd, Sue Burges 4th, Ann Venning 5th, Cheryll Leach 2nd. Men - Darren Evans 4th, Graham Parkin 9th, Peter Thorne 5th, Martin Venning 4th, Peter Mander 1st.

The next races are on 3rd August – Indian Queens 1/2M MT and 15th August the St Levan 10K

CORNISH MULT-TERRAIN RACE SERIES 2014/15

Just one race has taken place so far – the Tywardreath Trotter – see results below.

Six of the 10 eligible races must be completed. The next race in the series is the Trelissick 10K MT on 23rd August.

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.

7th August - Intervals/Fartlek

14th August - Mystery session

21st August - Reps

28th August - Hills

4th September - Technical

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.

RESULTS

28th June - Giants Head Marathon 26.2M XC Jenny Mills 4.50

29th June - Torbay 1/2M

Mike Whitley 1.33.47 (84.12), Alastair Fraser 1.37.16 (72.28), Becky Mudd 1.42.55 (80.36), Peter Kirby 1.45.48 (89.48)

Peter was 3rd M65/+

29th June - **Humber Bridge 1/2M**
Phil Box 1.51.03 (81.97), Martin Venning 1.58.51 (78.60), Ann Venning 2.41.31 (67.17)

1st July - **Exe 5K Summer Series** Julie Towers 23.00 **Julie was 2nd F50/54**

3rd July - **Boconnoc 5M MT CMTRS**
Darren Evans 33.14, Alan Littlejohns 46.35, Louise Werran 48.08 **Darren was 3rd M U/35 Alan was 3rd M65/69**

6th July - **Bewl Water, Sussex 15M MT British Masters Championship**
Peter Mander 2.42.18 **Peter won Bronze for coming 3rd M75/79**

9th July - **Turkey Trot 4M CGP**
Darren Evans 23.36, Dean Parkin 30.24, Peter Thorp 30.34, Graham Parkin 30.41, Russell Leeton 31.51, Martin Venning 33.01, Sue Parkin 34.15, Janet Lathom 36.01, Katie Parkin 38.27, Peter Mander 38.34, Jackie Chapman 38.36, Sue Burges 39.31, Cheryll Leach 40.56
Peter Mander was 1st M75/79

12th July - **Royal Haldon 5M MT** Alan Littlejohns 47.03 **Alan was 2st M65/+**

12th July - **Otter Rail & Trail 10K MT** Peter Kirby 50.48 **Peter was 1st M60/+**

12th July - **Duckfields Run 7K**
Mike Whitley 28.42, Sarah Pridham 44.00, Dawn Hadfield 44.00 **Mike was 3rd M50/54**

13th July - **Wellington 10M** Peter Mander 1.37.36 (84.85) **New Club Record**

17th July - **Tavy Relays 4 x 1.1M**
Team 1 - Senior Men 25.20 Finished 14th
Darren Evans 5.35, Adam Knight 6.35, Tom Glendenning 6.41, Matt Pilsbury 6.29
Team 2 - Senior Men 28.01 Finished 21st
Dave Richards 6.52, Richard Yates 6.43, Jordan Platt 6.25, Jon Spettigue 8.01
Team 3 - Senior Women 28.52 Finished 4th
Becky Mudd 6.41, Ella Waters 7.02, Jessica Goldberg 7.48, Jade Pilsbury 7.21
Team 4 - Vet Women 29.02 Finished 3rd
Jeannette Johnson 6.19, Julie Barriball 7.45, Kirst Freeman 7.42, Claire Waters 7.16
Team 5 - Vet Men 29.53 Finished 20th
Peter Thorp 6.57, Graham Newberry 6.04, Andrew Parker 7.04, Bob Dermott 9.48
Team 6 - Senior Women 32.16 Finished 8th
Sarah Bastard 6.57, Victoria Holt 7.50, Chloe Williams 7.43, Nicola Palfrey 8.21
Team 7 - Senior Women 32.38 Finished 9th
Emma Wild 8.18, Becky Routledge 9.24, Ann Barriball 8.15, Jeannette Johnson 6.41
A great turn-out and well done everyone who competed!

20th July - **Magnificent 7 CGP**
Darren Evans 46.24 (78.09), Jenny Mills 54.47 (104.49), Claire Waters 54.57 (80.55), Rebecca Mudd 55.53 (76.05)
Russell Leeton 1.01.49, Graham Parkin 1.02.16 (61.70), Peter Thorp 1.02.18 (67.34), Alan Littlejohns 1.03.44 (76.45)
Martin Venning 1.04.32 (74.42), Sue Parkin 1.04.32 (73.10), Peter Mander 1.09.32 (82.02), Sue Burges 1.13.13 (74.23), Jackie Chapman 1.16.16 (63.25), Cheryll Leach 1.30.07 (65.26), Ann Venning 1.31.48 (60.74)
Jenny was 1st F65/69 with a new Club Record. Peter Mander was 1st M75/79 with a new Club Record.
PB's for Claire, Russell and Graham

27th July - **Cornwood 10K** Julie Towers 52.03 (83.47) **Julie was 2nd F40/+**

27th July - **6 Moor Miles 6M MT**
Shaun Chillingworth 49.47, Becky Mudd 51.15, Russell Leeton 51.49

27th July - **Dalwood Fayre 10K MT** Peter Kirby 55.31 **Peter was 1st M65/+**

FORTHCOMING EVENTS

AUGUST

3rd August	Indian Queens	Indian Queens	1/2M	MT	CGP
3 rd August	Totnes 10K	Totnes	10K		
5 th August	St. Ives Bay 10K	St. Ives	10K		
5 th August	Exe 5K Series	Exeter	5K		
13 th August	Armada Summer Series 5K	Saltram Park	5K		
15th August	St. Levan 10K	Penzance	10K	CGP	
16 th August	Dig Deep 5K Series	Siblyback Lake	5K		
16 th August	Roseland August Trail	Porthpean	11M/20M/32M/64M		SW Coastal Path
20 th August	Exeter 10K	Exeter	10K		
23rd August	Trelissick 10K	Near Truro	10K	MT	CMTRS
24th August	Torbay Royal Regatta 10K	Torquay	10K	FF	
25 th August	Lustleigh 10K	Newton Abbot	10K	MT	
25 th August	Peter Tavy Plod	Peter Tavy	5M	MT	
29 th August	Forest Flyer	Haldon Forest Park	5M	MT	
30 th August	Oke Croak	Okehampton	10M+	XC	

SEPTEMBER

7th September	Treggy7	Launceston	7M	CGP	
7 th September	Plymouth Coaster 5M	Plymouth	5M		
10 th September	Armada Summer Series 5K	Saltram Park	5K		
14th September	Truro 1/2M	Truro	13.1M	CGP	
14th September	Newton Abbot Ladies 10K	Newton Abbot	10K	FF	
14 th September	Hanger Up 'n' Down	Ivybridge	11.8K	MT	
20 th September	Dig Deep 5K Series	Siblyback Lake	5K		
21 st September	Bude Pirate Run	Bude	8M	MT	
21 st September	Bristol 1/2M	Bristol	13.1M		
28 th September	Mawnan Fun Run	Mawnan Smith	5K and 10K		
28 th September	Mud and Sweat Run	River Dart Country Park	5K and 10K		
28th September	Taunton 10K	Taunton	10K	FF	

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

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.

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

SEPTEMBER NEWSLETTER

The September newsletter will be published on Saturday 30th August. Any copy for that issue should be with Peter Mander by latest Friday 28th August.

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