



# Launceston Road Runners

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

[www.launcestonroadrunners.co.uk](http://www.launcestonroadrunners.co.uk)

[www.treggy7.co.uk](http://www.treggy7.co.uk)

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## NEWSLETTER NO.177

AUGUST 2016

### BIRTHDAYS

A "Happy Birthday" in August to Abby Bassett, Amanda Chapman, Trevor Gynn, Victoria Harrison, Janet Lathom, Peter McAughey, Kevin O'Mahoney and Becky Towe.

### NEW MEMBERS

A warm welcome to our newest member Jonathon Davison, Thomas Davison and Chris Pickering.

### CONGRATULATIONS

To Jackie Chapman on finishing 4<sup>th</sup> in the Cornish Multi Terrain Series 2015/16 in the F50/54 category.

To Jeanette Johnson for finishing 3<sup>rd</sup> Lady overall in the Magnificent 7.

### TREGGY 7

This year's Treggy7 is on 4<sup>th</sup> September. We still need about ten volunteers!! If you are not running this race and are available to help with marshalling or in any other way, can you please contact Vin or Kevin Marshall at [kmarshall0506@aol.com](mailto:kmarshall0506@aol.com) or on 01566 784513. If you are running but have a relative or friend who is willing to help that would also be great.

### TINTAGEL RUN

On Tuesday 2<sup>nd</sup> August we will be joining the NT team in Tintagel for their coastal run. Full details and the entry form can be found on the website. You will need to complete the "entry form" so they know how many are coming and if you could let us know if you are attending we we can cover the cost of this run for you all. All money raised goes to the maintenance and upkeep of our beautiful coastlines and coast paths. Choice of 2 distances so something for everyone, please come along! There is the option for a meal afterwards.

**Note: There will be no club night from the leisure centre that evening.**

### BEACH SPECIAL

**September 11<sup>th</sup> – Date for your diary!!** We are in the process of organising a summer social in Bude. Keep an eye on the website/facebook/email for more details soon.

### LAUNCESTON CARNIVAL

Thanks to everyone that has volunteered so far to help with this year's carnival entry. If you can help or would like to be part of the entry on the night, drop me an email at [sarahlb89@hotmail.com](mailto:sarahlb89@hotmail.com). Sarah Swift.

### EDINBURGH TRIP - 27-28<sup>th</sup> May 2017

This year the club are looking to organise a trip to the Edinburgh Marathon Festival next May. This takes place over the last bank holiday weekend in May. Over the course of the weekend it features a 5K, 10K, half and full marathons, as well as a marathon relay - something for everyone! Full details about the event can be found on the website <http://www.edinburghmarathon.com>.

These events sell out **fast!** So we thought it wise to start planning a little in advance. If this is something you are interested in (no commitment needed at this stage!) please drop me an email at [sarahlb89@hotmail.com](mailto:sarahlb89@hotmail.com) and we will arrange a meeting to discuss accommodation/travel etc, in early September. Sarah Swift

### HEALTH AND SAFETY

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

### FOSTER'S FIVES 2016 RACES

The next races in the series are the Totnes 10K on 7<sup>th</sup> August and St Levan 10K on 12<sup>th</sup> August.

## CORNISH GRAND PRIX 2016

The next races in the series are the Indian Queens 1/2M on 7<sup>th</sup> August, St Levan 10K on 12<sup>th</sup> August and the Treggy7 on 4<sup>th</sup> September

## CORNISH MULTI-TERRAIN RACE SERIES 2016/17

The next race in the series is the Trelissick 10K on 20<sup>th</sup> August.

### TIMEKEEPERS NEEDED

We have received the message below for someone from the club to train to become an official timekeeper so that they are able to officiate at EA licensed races in Cornwall.

"I am writing in my capacity of Chair of the Duchy Athletics Network regarding the need for Cornwall to encourage the training of more qualified timekeepers.

Cornwall has been served well by its timekeepers who cover a lot of ground supporting events, but, they are not getting any younger and the time is approaching that unless action is taken, that we will find we have insufficient qualified and experienced officials to be able to cover the increasing number of licensed events. I am writing, therefore, to request the support of Cornwall Road Running Group member clubs in training and supporting more timekeepers.

The Duchy Athletics Network is willing to request that a course is put on in Cornwall on a convenient Saturday or Sunday this coming Autumn/Winter, but, we ask that all CRRG clubs seek to identify at least one volunteer who is willing to attend. If we get support the cost will be a nominal £30 per head. The advantage of this is that we will have a new group of volunteers trained to support internal club time trails as well as licensed events and with a number of people qualified the actual call on any individual would be shared and therefore limited"

**The club would be willing to cover the costs for anyone from the Club. Please email [comm@treggy7.co.uk](mailto:comm@treggy7.co.uk) if you are interested.**

### 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.**

### 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 unless otherwise advised.**

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.

4 <sup>th</sup> August	-	400m pyramids
11 <sup>th</sup> August	-	Technical
18 <sup>th</sup> August	-	Intervals/Fartlek
25 <sup>th</sup> August	=	Hills
1 <sup>st</sup> September	-	Mystery

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

If you have any queries, please contact Kevin Marshall on [kmarshall0506@aol.com](mailto:kmarshall0506@aol.com)

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

### RESULTS

**26<sup>th</sup> June** - **Exeter Ladies 10K**

Mary Roberts 56.49 (70.83), Kate Crowells-Hodge 1.06.26 (58.48), Lorraine Hawkins 1.08.08 (62.35)

**28<sup>th</sup> June** - **Boconnoc 5M MT CMTRS** Jackie Chapman 55.22

**2<sup>nd</sup> July** - **Tamar Lakes Parkrun 5K**

Ed Horn 18.16, Alan Littlejohns 27.43, Nicola Emmett 32.47

**3<sup>rd</sup> July** - **6 Moor Miles**

Darren Evans 43.32, Russell Leeton 47.12, Mike Gilbert 49.58, Steve Cox 51.45, Mark Jones 56.10, Jackie Chapman 1.12.00

**5<sup>th</sup> July** - **Exe 5K Series** Julie Towers 22.08

**6<sup>th</sup> July - Midsummer Turkey Trot 4M CGP**

Ed Horn 24.08, Pawel Szymanski 27.30, Graham Parkin 28.18, Sharon Glendinning 31.11, Morgan Cain 32.04,  
 Louise Werran 33.13, Jessica Goldberg 33.33, Katie Parkin 35.07, Martin Venning 35.21, Sue Parkin 35.22, Sarah Swift 35.34,  
 Janet Lathom 37.18 **Jessica was 2<sup>nd</sup> F U/20**

**9<sup>th</sup> July - Tamar Lakes Parkrun 5K**

Alan Littlejohns 26.16, Amanda Chapman 27.39, Linda Pickard 27.41

**10<sup>th</sup> July - Tavistock Rotary 5M Julie Towers 36.57 (96.24) Julie was 2<sup>nd</sup> Finisher!****14<sup>th</sup> July - Tavy Town Relays 4 x 1.1M**

Team 1	Ed Horn 5.23.8, Darren Evans 5.29.5, Matthew Wise 6.25.3, Pawel Szymanski 6.06.5	Total 23.25.1
Team 3	Steve Cox 6.37.7, James McDiarmid 6.61.8, Tom Glendinning 6.52.2, Chris Pritchard 7.29.2	Total 27.50.9
Team 5	Jonathon Roberts 6.44.5, Chris Norris 7.29.4, Graham Johnson 7.07.0, Andy Park 7.35.0	Total 28.55.9
Team 2	Sharon Glendinning 6.58.1, Jeanette Johnson 6.44.1, Sarah Juniper 7.23.0, Sarah Swift 7.51.8	Total 28.57.0
Team 4	Vicky Holt 7.22.8, Becky Wise 7.23.2, Jane Pritchard 8.18.7, Jess Goldberg 7.33.5	Total 30.38.2

**16<sup>th</sup> July - Tamar Lakes Parkrun 5K**

Kevin O'Mahoney 35.39, Alan Littlejohns 44.47 Alan acted as "Tailender"

**17<sup>th</sup> July - Ilfracombe Turbine Trail 6.85M MT**

Alan Littlejohns 1.09.23, Phil Box 1.10.24

**17<sup>th</sup> July - Magnificent 7 CGP**

Ed Horn 45.54 (78.94), Darren Evans 50.35 (71.63), Jeanette Johnson 51.14 (93.11), Claire Waters 55.37 (81.26),  
 Russell Leeton 55.45 (68.92), Tom Glendinning 58.54 (61.52), Pawel Szymanski 1.02.19 (58.14), Rebecca Wise 1.02.59 (67.48),  
 Louise Werran 1.06.59 (64.10), Chris Norris 1.08.09 (54.10), Sarah Swift 1.09.50 (60.86), Julie Barriball 1.11.19 (67.64)  
**Jeanette was 3<sup>rd</sup> Lady overall and 1<sup>st</sup> F50/54. Claire was 3<sup>rd</sup> Lady F45/49. Rebecca was 1<sup>st</sup> Lady 35/39,  
 PB.s for Ed, Tom and Rebecca.**

**23<sup>rd</sup> July - Tamar Lakes Parkrun 5K Alan Littlejohns 26.20, Kevin O'Mahoney 30.45****23<sup>rd</sup> July - Dartmoor, The Crossing 34M Trail**

James McDiarmid 6.03.08, Steve Cox 6.56.54, Tim Robinson 6.56.55, Graham Newberry 6.56.59, Russell Leeton 6.57.02

**23<sup>rd</sup> July - Dartmoor, The Great Escape 13.1M Trail**

Jason Shipton 1.56.00, Johanna Barrow 2.14.58, Louise Werran 2.19.09, Peter McAughey 2.36.44

**PB = Personal Best = highest score that the individual has achieved at that distance**

**PBO = Personal best overall = highest score that the individual has achieved overall viz. at any distance.**

**FORTHCOMING EVENTS****AUGUST**

<b>2<sup>nd</sup> August</b>	<b>National Trust Coastal Series</b>	<b>Tintagel</b>	<b>5k and 10K</b>	
2 <sup>nd</sup> August	Exe 5K Series	Exeter	5K	
<b>7<sup>th</sup> August</b>	<b>Indian Queens Half Marathon</b>	<b>Indian Queens</b>	<b>13.1M</b>	<b>CGP</b>
<b>7<sup>th</sup> August</b>	<b>Totnes 10K</b>	<b>Totnes</b>	<b>10K</b>	<b>FF</b>
10 <sup>th</sup> August	Armada 5K Series	Saltram Park	5K	
10 <sup>th</sup> August	Yeovil 5K Series	Yeovilton	5k	
<b>12<sup>th</sup> August</b>	<b>St Levan 10K</b>	<b>Penzance</b>	<b>10K</b>	<b>CGP/FF</b>
13 <sup>th</sup> August	Sticklepath Horseshoe	North Dartmoor	9.6M	Fell
13 <sup>th</sup> August	Roseland August Trail	Nr. St. Austell	11M, 20M or 32M	MT
20 <sup>th</sup> August	Tavy 5Kool	Tavistock	5K	
<b>20<sup>th</sup> August</b>	<b>Trelissick 10K</b>	<b>Trelissick</b>	<b>10K</b>	<b>MT</b> <b>CMTRS</b>
20 <sup>th</sup> August	Jurassic Coast 10K	\Budleigh Salterton	10K	MT
<b>21<sup>st</sup> August</b>	<b>Torbay Royal Regatta 10K</b>	<b>Torquay</b>	<b>10K</b>	<b>FF</b>
21 <sup>st</sup> August	Dartmoor Volcano	Dartmoor	10.25M	MT
26 <sup>th</sup> August	Forest Flyer	Haldon Forest	5M	MT
27 <sup>th</sup> August	Oke Croak	Okehampton	10+M	XC
29 <sup>th</sup> August	Peter Tavy Plod	Peter Tavy	5M	MT
29 <sup>th</sup> August	Lustleigh Show 10K	Newton Abbot	10K	

## SEPTEMBER

<b>4<sup>th</sup> September</b>	<b>Treggy7</b>	<b>Launceston</b>	<b>7M</b>	<b>CGP</b>
6 <sup>th</sup> September	Exe 5K Series	Exeter	5K	
11 <sup>th</sup> September	Autumn Trail Run	Plymouth	8M	MT
11 <sup>th</sup> September	Bude Pirate Run	Bude	8M	MT
14 <sup>th</sup> September	Armada 5K Series	Saltram Park	5K	
17 <sup>th</sup> September	Tavy 5Kool	Tavistock	5K	
<b>18<sup>th</sup> September</b>	<b>Truro 1/2M</b>	<b>Truro</b>	<b>13.1M</b>	<b>CGP</b>
<b>25<sup>th</sup> September</b>	<b>Newton Abbot Ladies 10K</b>	<b>Newton Abbot</b>	<b>10K</b>	<b>FF</b>
<b>25<sup>th</sup> September</b>	<b>Taunton 10K</b>	<b>Taunton</b>	<b>10K</b>	<b>FF</b>
25 <sup>th</sup> September	Barnstable Mara and 1/2M	Barnstable	26.2M and 13.1M	
25 <sup>th</sup> September	Bristol 1/2M	Bristol	13.1M	

**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](http://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 club's records.**

## SEPTEMBER NEWSLETTER

The September newsletter will be published on Tuesday 30<sup>th</sup> August. Any copy for that newsletter should be sent to Peter Mander by latest Monday 29<sup>th</sup> 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. 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.