



# 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.189**

**AUGUST 2017**



## BIRTHDAYS

Happy Birthday” in August to Mike Gilbert, Amanda Chapman, Victoria Harrison, Janet Lathom, Peter McAughey, Kevin O’Mahoney, Penny McMillan, Gillian Aze-Thomas,

## NEW MEMBER

A warm welcome to our newest members: Mike Pyke, Megan Harfoot, Antony Swift, Kevin Bull and Rebecca Burden.

## CONGRATULATIONS

To Ella Waters, Claire Waters, Sarah Worth and Jeanette Johnson on being the 3<sup>rd</sup> Ladies Team in the Tavistock Relays



## TAVISTOCK RELAYS

Well done to all the members that took part in the Tavistock Relays. It was a great turnout from the club and excellent performances by all. Team times and individual times are in the results section.

## TREGGY 7

This year’s Treggy7 is on Sunday 3<sup>rd</sup> September and **we are still looking for a few more helpers.** Don’t worry if you haven’t done this before as you will be given instructions on what to do. It is great fun!!

**If you are not running this race and are available to help, 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.**

**Home- made cakes will be on sale at the Race HQ, at the Town Hall and we would love you to provide one for us. This year the proceeds from the cake stall will go to Cornwall Air Ambulance.**

**If you are available at 6.30am on race day to help set up the finish area please contact Kevin, He is looking for 6 people.**

**The Treggy7 dummy run is Sunday 27<sup>th</sup> August starting at 10am from the Town Centre all members are welcome**

## FOSTER’S FIVES 2017 RACES

The next races in the series are Totnes 10K on the 6<sup>th</sup> August, St. Levan 10K on the 11<sup>th</sup> August and Newton Abbot Ladies 10K on the 24<sup>th</sup> September.

## CORNISH GRAND PRIX 2017

The next races in the series are the Indian Queens Half Marathon on the 6<sup>th</sup> August, St. Levan 10K on the 11<sup>th</sup> August and the Treggy 7 on the 3<sup>rd</sup> September

## CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is the Great Lanhydrock Run on the 7<sup>th</sup> October.

## NEW 5-10K TRAINING PLAN

A new 3 mile to 6 mile, in 8 weeks, training group started on Tuesday 11<sup>th</sup> July. This new plan is open to any club member. It started at 3 miles in week1 and will build to 6 miles in week 8. It is being run on Tuesdays and Thursdays at 7pm.

## 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.

## TUESDAY NIGHT LEADERS AT LAUNCESTON

		3/4miles	5 miles	6 miles	7 miles	8 miles +
8 <sup>th</sup> August		Sarah/Fern	Julie	Sarah	Tom	Darren/Jeanette
15 <sup>th</sup> August		Sarah/Fern	Vin	Vicky	Peter	Jeanette
22 <sup>nd</sup> August		Peter	Jo	Julie	Tom	Darren/Jeanette
29 <sup>th</sup> August	10km group finishes	Darren	Julie	Sarah	Kevin	Jeanette

## 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.

3/08/2017	Rounders (fun night)	College playing fields
10/08/2017	½ mile reps	Lane to Polson
17/08/2017	90 hill reps	Hill to Stourcombe
24/08/2017	Out and back - partners	Old A30
31/08/2017	Fartlek run	Underlane

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)

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

## RESULTS

**21<sup>st</sup> June**                      **Meet Your Max 7M MTS**                      Malcolm Jones 1.08.10, Linda Pickard 1.11.46, Dave Pickard 1.16.34

**27<sup>th</sup> June**                      **Boconnoc 5M MTS**  
Darren Evans 32.16, Louisa Shaw 44.12, Linda Pickard 47.33, Dave Pickard 49.08, Phillipa Baker 54.05

**Darren 9<sup>th</sup> overall and 2<sup>nd</sup> MV35    Louisa Shaw 3<sup>rd</sup> FV35**

**1<sup>st</sup> July**                      **Tamar Lakes Park Run 5K**  
Nicola Emmett 27.40, Alan Littlejohns 28.47, Gill Aze-Thomas 36.30, Sarah Barnes 38.47

**1<sup>st</sup> July**                      **Tamar Trails Park Run 5K**                      Adrian Brown 31.05

**1<sup>st</sup> July**                      **The Smugglers Scuttler 13.5M**  
Tim Robinson 1.54.55, Russell Leeton 2.43.08, Jo Northey 3.04.06, Matt Wise 3.04.07, Becky Wise 3.04.08

**Tim 1<sup>st</sup> overall**

**2<sup>nd</sup> July**                      **Bude Beast 18M LDWA event**                      Alan Littlejohns 5.05.00

**5<sup>th</sup> July**                      **Turkey Trot 4M**  
Ella Waters 28.15, Jessica Goldberg 34.28, Julie Barriball 36.20

**Ella 2<sup>nd</sup> U20**



**8<sup>th</sup> July Tamar Lakes Park Run 5K**  
Paul Moore 21.46, Alan Littlejohns 28.01, Amanda Chapman 31.32, Rebecca Rowledge 39.33

**8<sup>th</sup> July Tamar Trails Park Run 5K** Chris Norris 26.03, Adrian Brown 32.27, Sarah Barnes 40.19

**13<sup>th</sup> July Tavistock Relays**  
**Ladies Team A - 26.58**  
Ella Waters 6.13, Claire Waters 7.19, Sarah Worth 6.57, Jeanette Johnson 6.28 **3<sup>rd</sup> Ladies Team**  
**Ladies Team B - 32.05**  
Jess Goldberg 7.10, Rebekah Hyde 8.24, Penny McMillan 8.08, Vicky Harrison 8.22  
**Ladies Team C - 34.07**  
Sarah Swift 7.32, Philippa Baker 7.05, Maggie Dickinson 11.11, Sharon Rundle 8.19

**Mens Team A - 23.25**  
Ed Horn 5.20, Darren Evans 5.32, Tom Barriball 6.23, Kevin Marshall 6.09  
**Mens Team B - 25.52**  
Dee Kirwan 5.49, Nick Harrison 6.32, Wayne Rundle 7.02, Paul Moore 6.29  
**Mens Team C - 29.21**  
Steve Cox 6.35, Andy Parker 7.28, Peter McAughey 7.01, Mark Lancaster 8.17  
**Mens Team D - 29.27**  
Stuart Gavin 7.50, Darren Cornish 7.08, Russell Leeton 7.17, Chris Norris 7.11



**15<sup>th</sup> July Tamar Lakes Park Run 5K**  
Adam Paynter 22.32, Peter McAughey 22.48, Alan Littlejohns 26.47, Penny McMillan 26.50, Gill Aze-Thomas 33.25, Sarah Barnes 42.15

**15<sup>th</sup> July Tamar Trails Park Run 5K** Kevin Bull 34.37

**15<sup>th</sup> July Race to the Stones 100KM** Mike Whitley 12.00.03, Jenny Mills 13.28.47, Adrian Brown 16.23.26

**16<sup>th</sup> July Magnificent 7**  
Nigel Reddicliff 51.17 (80.88), Jason Shipton 54.36 (71.88), Nick Harrison 54.37 (68.19), Wayne Rundle 59.35 (63.81),  
Jaine Hynes 1.00.57 (80.05), Julie Barriball 1.05.03 (75.00), Mary Roberts 1.05.42 (69.52), Becky Wise 1.05.42 (64.69),  
Sharon Rundle 1.09.03 (70.66), John Barnes 1.09.12 (63.55), Vin Marshall 1.12.56 (77.46)



**Vin 3<sup>rd</sup> F60/64**

**Pb's for Jason, Nick, Wayne, Jaine, Mary and Vin**

**22<sup>nd</sup> July Tamar Lakes Park Run 5K**  
Louisa Shaw 25.45, Jim Shaw 25.55, Alan Littlejohns 26.41

**22<sup>nd</sup> July Tamar Trails Park Run 5K** Adrian Brown 27.35

## FORTHCOMING EVENTS

### AUGUST

1st August	St. Ives Bay 10K	Hayle	10K	Fun run
5 <sup>th</sup> August	Marilyn's Meldon Madness	Nr. Okehampton	Approx 5 miles	Fell Run
<b>6<sup>th</sup> August</b>	<b>Indian Queens Half Marathon</b>	<b>Indian Queens</b>	<b>13.1M CGP</b>	
<b>6<sup>th</sup> August</b>	<b>Totnes 10K</b>	<b>Totnes</b>	<b>10K</b>	<b>FF</b>
9 <sup>th</sup> August	Armada 5K Series	Saltram Park	5K	
<b>11<sup>th</sup> August</b>	<b>St Levan 10K</b>	<b>Penzance</b>	<b>10K</b>	<b>CGP/FF</b>
11 <sup>th</sup> August	Forest Flyer	Haldon Forest Park	5 M	
12 <sup>th</sup> August	Sticklepath Horseshoe	North Dartmoor	9.6M	Fell
12 <sup>th</sup> August	Roseland August Trail	Nr. St. Austell	11M, 20M or 32M	MT
19 <sup>th</sup> August	Tavy 5Kool	Tavistock	5K	
19 <sup>th</sup> August	Christow Show CrossCountry Race	\Christow	5K	MT
20 <sup>th</sup> August	Torbay Royal Regatta 10K	Torquay	10K	
26 <sup>th</sup> August	The Big Day Out – The Crossing	Belstone	34M	MT
26 <sup>th</sup> August	The Big Day Out – The Great Escape	Princetown	13M	MT
26 <sup>th</sup> August	Oke Croak	Okehampton	10+M	Fell Run
28 <sup>th</sup> August	Lustleigh Show 10K	Newton Abbot	10K	

### SEPTEMBER

<b>3rd September</b>	<b>Treggy7</b>	<b>Launceston</b>	<b>7M</b>	<b>CGP</b>
3rd September	Plymouth Coasters 5 Miler	Plymouth	5M	
6 <sup>th</sup> September	Sourton Tor Race	Sourton, Devon	2.4M	
10 <sup>th</sup> September	Bude Pirate Run	Bude	8M	MT
10 <sup>th</sup> September	Autumn Trail Run	Plymouth	8M	
13 <sup>th</sup> September	Armada 5K Series	Saltram Park	5K	
16 <sup>th</sup> September	Cornish Cider Run	Boconnoc Estate	10KM obstacle	
<b>17<sup>th</sup> September</b>	<b>Truro 1/2M</b>	<b>Truro</b>	<b>13.1M</b>	<b>CGP</b>
17 <sup>th</sup> September	Dartmoor Volcano	South Dartmoor	10.25M	MT
17 <sup>th</sup> September	Bristol 1/2M	Bristol	13.1M	
23rd September	Lanhydrock 10	Lanhydrock, Cornwall	10M	
<b>24<sup>th</sup> September</b>	<b>Newton Abbot Ladies 10K</b>	<b>Newton Abbot</b>	<b>10K</b>	<b>FF</b>
24 <sup>th</sup> September	Taunton 10K	Taunton	10K	
24 <sup>th</sup> September	Barnstable Mara and 1/2M	Barnstable	26.2M and 13.1M	

**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](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 Darren Evans on 07453 988302 or [de1982@hotmail.co.uk](mailto: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. If you could email it to Sarah, along with any pictures to [sarahlb89@hotmail.com](mailto:sarahlb89@hotmail.com), she will send it to the paper.

## SEPTEMBER NEWSLETTER

The September newsletter will be published on Friday 1<sup>st</sup> September. Anything to be included in the newsletter should be sent to Vin Marshall by Saturday 26<sup>th</sup> August.

### 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.



Bude Lifeboat