



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

Newsletter Co-ordinator: Vin Marshall

Mobile – 07909 794146

Email : kmarshall0506@aol.com

NEWSLETTER NO.201

AUGUST 2018

BIRTHDAYS



Happy Birthday” in August to Gillian Aze-Thomas, Sarah Chater, Faith Chevannes, Trevor Gynn, Tim Hambly , Victoria Harrison, Janet Lathom, Peter McAughey, Kevin O’Mahoney, Penny McMillan, John-Henry Love

NEW MEMBERS

A warm welcome to our newest members: Nicky Osbourne and Ruth Reeve

CONGRATULATIONS

To **Darren Evans** on being **9th overall** and **2nd M35-39** in the **multi-terrain series**

To **Sarah Swift** on being **6th F U35’s** in the **multi-terrain series**

To **Julie Barriball** on being **5th F55-59’s** in the **multi-terrain series**

To **Jeanette Johnson** on setting a **new 5K club record** for **F50/54**

To **Chris Pritchard** on setting a **new 5K club record** for **M55/59**

To **Jane Pritchard** on setting a **new 5K club record** for **F55/59**

To **Brian Wiles** on setting a **new 7M club record** for **M70/74**



STARTER GROUP

A new starter group will be commencing on Tuesday 11th September for 10 weeks. Gill Aze-Thomas will be leading this group and the cost will be £15.

ONLINE CLUB SHOP

The new online club shop is now open. Please see Facebook for the link.

TREGGY 7

The Treggy 7 Dummy Run will be on Sunday 26th August at 10 am, starting in the Town Square. All welcome to come along and run the course. The more the merrier!!!

We are still looking for volunteers to manage the baggage area, if you can help, please contact Kevin Marshall at kmarshall0506@aol.com or on 01566 784513.

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 the charity ‘Future Pillars Zambia’. Pete McAughey is organising this.

FOSTER’S FIVES 2018 RACES

The next races in the series are Totnes 10K on the 5th August and St. Levan 10K on the 17th August

CORNISH GRAND PRIX 2018

The next races in the series are Indian Queens Half Marathon on the 5th August, St. Levan 10K on the 17th August and the Treggy 7 on 2nd September

PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are Indian Queens on the 5th August and Tavy 5Kool on the 13th August

CORNISH MULTI-TERRAIN RACE SERIES 2018/2019

The second race in the series is the Great Lanhydrock Run on 22nd September

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
7 th August	Vin	Vicky	Kevin	Darren	Jeanette
14 th August	Sarah/Fern	Vin	Peter	Kevin	Tim
21 st August	Vicky	Vin	Louise	Kevin	Darren
28 th August	Sarah/Fern	Vin	Kevin	Peter	Darren
4 th Sept	Vicky	Vin	Louise	Kevin	Darren
11 th Sept	NEW STARTER GROUP Gill/Kevin	Vin	Vicky	Vicky	Darren
18 th Sept	Gill	Vin	Kevin	Kevin	Darren
25 th Sept	Gill	Vin	Peter	Kevin	Darren
2 nd Oct	Gill	Vin	Vicky	Kevin	Darren
9 th Oct	Gill	Vin	Louise	Peter	Darren
16 th Oct	Gill	Vin	Kevin	Peter	Darren

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.

2 nd August	30 Second Reps	TBC
9 th August	Tavy Track	Tavistock 8pm Start
16 th August	1 sec. reductions x 10	TBC
23 rd August	Pyramids	TBC
30 th August	1/4 mile reps	TBC
6 th September	Out and back (short intervals in pairs)	TBC
13 th September	Tavy Track	Tavistock 8pm Start
20 th September	400m pyramids	TBC
27 th September	Intervals / fartlek	TBC
4 th October	1/2 mile or 1/4 mile reps	TBC
11 th October	Out and Back	TBC
18 th October	8-4-8	

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

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

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

RESULTS

13th June (late result)	Bude Lifeboat Run 6M	Merwyn Quick 53.38	
24th June	Swansea Half Marathon	Joanne Bailey 2.41.48 (55.51)	
30th June	Tamar Lakes Parkrun 5K	Ed Horn 18.13, Jeanette Johnson 19.31, Paul Moore 21.12, Alan Littlejohns 32.40	
30th June	Tamar Trails Parkrun 5K	Chris Norris 26.39, Adrian Brown 34.01	
30th June	Upton House Parkrun 5K	Martin Venning 28.44, Ann Venning 45.48	
30th June	Smugglers Scuttler 13M	Louise Werran 2.58.16	5th F overall
4th July	Turkey Trot 4M	Richard Foster 27.17, Martin Venning 36.43, Matt Haisman 37.13, Sally Harvey 38.43, Vin Marshall 38.47, Maria Haisman 40.30, Gill Aze-Thomas 42.06, Ann Venning 57.03	



Vin 3rd F65

7th July	Tamar Lakes Parkrun 5K	Darren Evans 18.43, Jeanette Johnson 19.23, Paul Moore 21.21, Dave Pickard 27.50, Alan Littlejohns 33.05
7th July	Tamar Trails Parkrun 5K	Chris Norris 26.42
14th July	Tamar Lakes Parkrun 5K	Paul Moore 21.02, Martin Venning 27.22, Alan Littlejohns 32.27, Ann Venning 45.36
14th July	Tamar Trails Parkrun 5K	Jeanette Johnson 20.05, Kayleigh Stringer 27.28, Adrian Brown 29.00
14th July	Hampstead Heath Parkrun 5K	Philippa Baker 29.41
14th July	Lydford Dash	Jenny Mills 40.17, Joanne Bailey 61.58
Jenny 4th lady overall and 1st FV60		
18th July	Exeter 10K	Steve Cox 42.18 (84.43), Richard Foster 42.43 (80.09)

PBO for Steve Cox and PB for Richard Foster

19th July	Tavistock Relays	
MEN	Your Pace Or Mine – Ed Horn, Matt Luxton, Mark Knight, Darren Evans 22.45	
	Scrambled Legs - Steve Cox, Nick Harrison, Kevin Marshall, Richard Foster 25.56	
	Run Like The Winded – Josh Rundle, Mark Lancaster, John-Henry Love, Ben Jarram 26.27	
	Smells Like Team Spirit – Chris Pritchard, Graham Johnson, Wayne Rundle, Andy Sant 28.06	
	The Young Ones – Ben Johnson, Matt Haisman, Harry Ryan, Mike Goodman 28.50	
	Straight Off The Couch – Andy Parker, Jon Spettigue, Chris Norris, Richard Greaves 29.24	
LADIES	The Fast And The Furious – Louisa Shaw, Jaine Hynes, Becki Sant, Jeanette Johnson 28.06	
	The Pokeymoms – Vicky Holt, Becky Wise, Julie Barriball, Jo Northey 31.37	
	Chicks With Kicks – Merwyn Quick, Kayleigh Stringer, Sharon Rundle, Vicky Harrison 32.44	
	Mighty Morphin Flower Arrangers – Ruth Reeve, Maria Haisman, Jo Bailey, Jane Pritchard – 35.48	



Congratulations to Jeanette, Becki, Louisa and Jaine on being 1st FV team

21st July Tamar Lakes Parkrun 5K Gill Aze-Thomas 32.13

21st July Tamar Trails Parkrun 5K
Chris Norris 26.25, John Mason 31.31, Adrian Brown 33.59

21st July Tavy 5Kool
Jeanette Johnson 19.08, Jim Shaw 20.59, Chris Pritchard 25.04, John Barnes 27.38, Jane Pritchard 29.23

PB's for Jeanette, Jim, Chris, John and Jane

21st July Magnificent 7
Richard Foster 51.49 (74.15), Jenny Mills 53.36 (112.82), Brian Wiles 54.31 (97.03), Ben Jarram 56.28 (64.17),
Jaine Hynes 1.01.44 (79.94), Becky Wise 1.02.53 (67.59), Linda Pickard 1.04.05 (78.82), Malcolm Jones 1.04.48 (69.54),
Julie barriball 1.05.32 (75.30), David Pickard 1.07.17 (66.97), Martin Venning 1.08.55 (73.56), John Barnes 1.11.50 (61.97),
Jackie Chapman 1.19.28 ((63.56), Lorraine Hawkins 1.20.15 (60.79),



Jenny 1st F65 & Brian 1st M70

PB's for Jenny and Linda

FORTHCOMING EVENTS

AUGUST

4 th August	Marilyn's Meldon Madness	Nr. Okehampton	Approx 5 miles	Fell Run
5th August	Indian Queens Half Marathon	Indian Queens	13.1M	CGP/ PC
5th August	Totnes 10K	Totnes	10K	FF
7 th August	St. Ives Bay 10K	Hayle	10K	Fun run
8 th August	Armada 5K Series	Saltram Park	5K	
10 th August	Forest Flyer	Haldon Forest Park	5 M	
11 th August	Sticklepath Horseshoe	North Dartmoor	9.6M	Fell
11 th August	Roseland August Trail	Nr. St. Austell	11M. 20M or 32M	MT
17th August	St Levan 10K	Penzance	10K	CGP/FF

18 th August	Christow Show CrossCountry Race	\Christow	5K	MT
20 th August	Torbay Royal Regatta 10K	Torquay	10K	
21 st August	Tavy 5Kool	Tavistock	5K	PC
25 th August	The Big Day Out – The Crossing	Belstone	34M	MT
25 th August	Oke Croak	Okehampton	10+M	Fell Run
25 th /26 th August	Plym Trail Weekend	Plymouth	½ marathon & marathon	
25 th August	The Big Day Out – The Great Escape	Princetown	13M	MT
27 th August	Lustleigh Show 10K	Newton Abbot	10K	

SEPTEMBER

1 st September	City to Sea	Exeter	34 & 26.5M	MT
2nd September	Treggy7	Launceston	7M	CGP / PC
5 th September	Sourton Tor Race	Sourton, Devon	2.4M	
9 th September	Bude Pirate Run	Bude	8M	MT
9 th September	Autumn Trail Run	Plymouth	8M	
9 th September	Dartmoor Volcano	South Dartmoor	10.25M	MT
12 th September	Armada 5K Series	Saltram Park	5K	
15 th September	Tavy 5Kool	Tavistock	5K	PC
16 th September	Plymouth Coasters 5 Miler	Plymouth	5M	
16th September	Truro 1/2M	Truro	13.1M	CGP / PC
16 th September	Killerton Trail Races	Killerton House, Exeter	Various distances	
22 nd September	Lanhydrock 10	Lanhydrock, Cornwall	10M	
23 rd September	Bristol 1/2M	Bristol	13.1M	
23rd September	Newton Abbot Ladies 10K	Newton Abbot	10K	FF
30 th September	Taunton 10K	Taunton	10K	
30 th September	Barnstable Mara and 1/2M	Barnstable	26.2M and 13.1M	PC

FF = FOSTERS FIVE **CGP = CORNISH GRAND PRIX** **CMTRS = CORNISH MULTI-TERRAIN RACE SERIES**
PC = PENTATHON CUP

In addition to the above, there are 5k Parkruns 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

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 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, she will send it to the paper.

SEPTEMBER NEWSLETTER

The September newsletter will be published on Saturday 1st September. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 28th 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.



Good Luck Jane and Chris in your new adventure. We will miss you!!