

Launceston Road Runners

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

www.launcestonroadrunners.co.uk www.treggy7.co.uk

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NEWSLETTER NO.193

DECEMBER 2017

A MERRY CHRISTMAS TO ALL OUR READERS

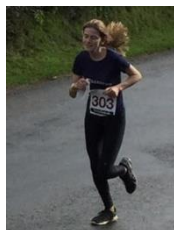


BIRTHDAYS

“Happy Birthday” in November to Adrian Brown, Jackie Chapman, Maggie Dickinson, Mandy Downing, Kirsty Freeman, Tom Glendinning, Mark Jones, Kevin Marshall, Mary Roberts, Sharon Rundle, Pawel Szymanski, Derek Veale

NEW MEMBERS – welcome to our latest members – Jason McGinnes, Naomi Baker and Joanne Bailey.

CONGRATULATIONS



To **Ella Waters** on winning the Mini Cornish Grand Prix FU20 series To **Brian Wiles** on winning the Cornish Grand Prix M70 series
To **Dan Rodgers** on winning the Eden Project Park Run with a new course record
To **Jenny Mills** on being 9th lady overall at the Wiltshire half marathon and finishing 1st F65

AWARDS NIGHT

If you haven't already done so, make sure you put the date in your diary for the 2018 Launceston Road Runners Awards Night! This year it is being held on the **27th January** at **Lifton Strawberry Fields**. Tickets will be on sale soon for £17.50pp for a fabulous night of delicious food, awards and dancing with a Ceilidh band!

ANNUAL GENERAL MEETING

Our annual club AGM is being held at Launceston Golf Club on the 7th February at 7.30pm. This is always a brilliant chance to learn more about how the club is run, vote on any proposals and welcome new committee members. Put the date in your diary!

STARTER GROUP

It has been a great privilege to lead such a super group of enthusiastic people, always willing to push themselves to do extra each week. So far, 25 people have achieved their initial target of 3 miles of non- stop running. Brilliant!!

CLUB PARK RUN SOCIAL

On the **9th December** there will be a club social run at the Tamar Lakes park run to celebrate the end of the latest starter group. If you have never run a park run before and want a recorded time, you will need to register (free of charge) on the park run website: www.parkrun.org.uk. The run starts at 9am so aim to be there in good time with change for parking. Hope to see good club turnout to cheer on our newest club members.

STRENGTH AND CONDITIONING CLASSES

Last Monday saw the first of a new weekly class for the club, offering strength and conditioning training specifically for improving your running. There are still a couple of places available for club members on the 10 week course, all for the bargain price of £20! If you are interested please email comm@treggy7.co.uk.

FOSTER'S FIVES 2018 RACES

This is a competition just for the ladies. As it involves distances of 5M and 10K, it is ideal for newer runners or those who do not have the time to train for longer distances. Details are shown on the club website and requires the completion of only 5 races from a possible 12. The first race in the series is the Newquay 10K, on the 4th February.

CORNISH GRAND PRIX 2017

The final result tables from this year's Cornish GP has been released and is available to view on the website. Congratulations to Jaine Hynes, Julie Barriball, Brian Wiles, Nick Harrison, Wayne Rundle, Peter McAughey, Nigel Reddicliffe and John Barnes for completing at least 8 of the 14 races. They were presented with their trophies at the Mob Match.

CORNISH GRAND PRIX 2018

Details of the races for 2018 can be found on the Club website. To qualify for a Grand Prix Trophy you need to run a minimum of 8 races from the series.

The first two races are Storm Force on the 22nd January and Newquay 10K, on the 4th February.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is The 5 Tors on the 15th April

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.

With the darker evenings here, there will be at least one torch group going out every Tuesday night. If anyone is interested in trying out one of these groups but doesn't own a torch, the club have recently bought a number of head torches for members to borrow and buy (at cost price). See Kevin, Ed or Sarah at club nights if you are interested.

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

	Starter Group	3 mile	5 mile	6 mile in town	6 mile torch	8 mile
5 th Dec	Vin	Sarah / Fern	Jo	Peter	Tom	Tim
12 th Dec	Vin	Jo	Peter	Vicky	Kevin	Jeanette
19 th Dec		Vin	Julie	Peter	Vicky	Darren
26 th Dec	No club night					

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.

The track sessions at Tavistock are for all. Give it a try if you have never been.

7/12/17	Track Session		Tavistock 8pm
14/12/17	Christmas relays		TBC
21/12/17	Social fartlek		Around Town
28/12/17	No sessions		N/A

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!**

HEALTH AND SAFETY – IMPORTANT

Would all members please ensure that they wear high visibility bib / clothing for all evening training / running sessions. No Bib =No Run!! If you want to venture outside of the street lighting with the “torch group”, then you will also need a headlight or torch. Thanks

RESULTS

28th October Tamar Lakes Park Run 5K Alan Littlejohns 27.23, Janet Lathom 28.28, Lorraine Hawkins 30.59

28th October Tamar Trails Park Run 5K John Barnes 29.34, Sarah Barnes 40.50

29th October Dartmoor Vale Marathon Pawel Szymanski 4.43.17 (54.17)

29th October Exmoor Ultra Marathon 30 miles Tim Robinson 5.49.09, Russell Leeton 5.49.09

29th October Exmoor Half Marathon Glenda Smith 3.45.44

4th November Tamar Lakes Park Run 5K Alan Littlejohns 30.52

4th November Tamar Trails Park Run 5K
Steve Cox 23.07, John Barnes 27.25, Adrian Brown 28.51, Sarah Barnes 42.01

5th November Bideford 10M
Brian McGinnity 1.20.30 (66.50), Dawn Acaster 1.28.52 (69.47), Alan Littlejohns 1.30.04 (84.06), Mark Lancaster 1.31.41 (57.21), Janet Lathom 1.33.21 (85.63), Nicola Emmett 1.39.42 (63.81), Gill Aze-Thomas 1.43.47 (63.24), John Mason 1.44.25 (57.68)



PBO's for Gill and John PB's for Brian, Dawn, Mark, Janet and Nicola

11th November Tamar Lakes Park Run 5K Alan Littlejohns 28.53

11th November Tamar Trails Park Run 5K Adrian Brown 34.27

11th November Eden Project Park Run 5K Sarah Swift 26.17, Gill Aze-Thomas 30.35

11th November Ellenbrook Fields Park Run 5K Jason Jeffries 22.34

12th November Remembrance Run MT series Julie Barriball 42.45

18th November Tamar Lakes Park Run 5K Gill Aze-Thomas 29.31 Alan Littlejohns 29.33

18th November Birkenhead Park Run 5K Martin Venning 28.13, Ann Venning 42.23

19th November Cornish Marathon
Steve Cox 3.42.19 (75.78), Jason Jefferys 3.48.55 (74.44), Jenny Mills 4.00.27 (105.33), Nick Harrison 4.01.45 (65.42), Jason Shipton 4.23.41 (63.21), Julie Barriball 4.23.42 (78.58), Peter McAughey 4.27.39 (62.95), Becky Wise 4.34.14 (65.85), Darren Evans 4.34.13 (55.96), Wayne Rundle 4.45.50 (56.49), James McDiarmid 5.00.14 (58.01), Adrian Brown 5.22.02 (48.13), John Barnes 5.32.19 (56.20)



Jenny 1st F65

PB's for Jason, Nick, Julie, Becky, Wayne and John

25th November Tamar Trails Park Run 5K Alan Littlejohns 27.57, Russell Leeton 35.06, Steve Cox 45.28

25th November Eden Project Park Run 5K Dan Rodgers 15.29

26th November Florence Marathon Mike Pyke 4.32.15 (59.31) PB

26th November The Wiltshire Half Marathon Jenny Mills 1.35.15 (121.80) PBO

26th November Mob Match 5M

Kevin Marshall 33.04 (90.38), Ella Waters 36.39 (62.63), Brian Wiles 38.05 (98.94), Claire Waters 40.44 (80.73), Jaine Hynes 42.02 (83.63) Linda Pickard 42.34 (84.53), Mary Roberts 42.42 (76.19), Jo Northey 43.26 (73.35), Julie Barriball 43.44 (79.47), John Barnes 44.44 (70.03) Sarah Swift 44.51 (67.52), David Pickard 44.53 (70.64), Martin Venning 47.14 (75.51), Vin Marshall 47.43 (85.46), John Mason 49.09 (60.11), Sarah Barnes 1.11.57 (46.20), Ann Venning 1.14.05 (56.55)

PBO's for Linda, Mary and John

PB for Jo

FORTHCOMING EVENTS

DECEMBER

3rd December	Race for Wildlife	Penzance	10K	MT	CMTRS 4
3rd December	Westward League	Exeter	Various X		
13 th December	Armada Winter 3K series	Central Park, Plymouth	3K		
11th December	Santa Run	Launceston	2K		
17 th December	The Scrooge	Lost Gardens of Helligan	9M		MT

JANUARY

1 st January	Brown Willy Run	Bodmin Moor	6M		MT
7 th January	Oh My Obelisk	Dawlish	11M		MT
7 th January	January Jaunt	Plymouth	10K		MT
10 th January	Armada Winter 3K series	Central Park, Plymouth	3K		
13 th January	Moonlight Flit	Wrangaton	5K and 10K		
13 th January	South West Cani-cross	Newnham Park, Plymouth	5K		MT
14 th January	Westward League	Westward Ho	Various		XC
20 th January	Plym Trail weekend	Plymouth	Marathon and half marathon		
21 st January	Plym Trail weekend	Plymouth	Marathon and half marathon		
21st January	Storm Force 10M	Blaythorne, Camborne	10M		CGP 1
21 st January	The Stinger Duathlon (run/bike/run)	Plymouth	5K/ 20K /3K		
27 th January	The Wild Night Run	South Brent	5M or 10M		MT

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

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.

JANUARY NEWSLETTER

The January newsletter will be published on Tuesday 2nd January. Anything to be included in the newsletter should be sent to Vin Marshall by Wednesday 27th December.

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.



Mob Match 2017