

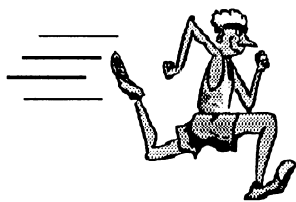
Launceston Road Runners

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

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~~NEWSLETTER~~ NEWSLETTER NO.145

DECEMBER 2013

“A MERRY CHRISTMAS TO ALL OUR READERS”

BIRTHDAYS

A “Happy Birthday” in December to Jackie Chapman, Kirsty Freeman, Tom Glendinning, Gillian Goodman, Patsy Foster, Cheryl Leach, Kevin Marshall, Andy Smith, Doug Smith, Pawel Szymanski, Sarah Turpin, Derek Veale and Emma Wild.

NEW MEMBERS

A warm welcome to our newest members Steve Abbots, Leanne Clarke, Rosie Harcombe and Hannah Pickard and for the return of a founder member, Doug Smith.

CONGRATULATIONS.

To Dan Rodgers on setting a new Club Record for Senior Men at the Bideford 10M

To Ann Venning on winning the Fosters Fives club competition this year.

To Linda Pickard on being one of only two women to run every race in the Cornish Multi-terrain Race Series.

To Brian Wiles and Peter Mander on winning their age groups in the 2013 Cornish Grand Prix.

To Dan Rodgers on setting a new Club Record when winning the Falmouth 5M Mob Match

HEALTH AND SAFETY – IMPORTANT

Would all members please ensure that they wear a high visibility bib 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 head torch.

ANNUAL PRESENTATION

This year’s Club Presentation Night of awards earned during 2013 will be held on Saturday 25th January at Lifton Farm Shop

The evening will include a Barn Dance. We will be dancing to a Ceilidh band “Choughed To Bits”. Included in the evening will be a Hog Roast. Last year’s event was enjoyed by all who attended, 75 in total! Tickets are on sale at a subsidised price once again of just £10 per ticket. Peter Thorp

TROPHY WINNERS

If you won one of the Club’s perpetual trophies last year could you please return it to a Committee Member as soon as possible and absolutely by latest 5th January so that they can be prepared for this year’s winners.

MEMBERS’MEMBER TROPHY

Please complete the attached form with your nomination and hand it to a Committee Member as soon as possible and very latest by 5th January. You may nominate any member you wish for a particular reason or simply because they add to your enjoyment of being a member.

MOB MATCH

“What an excellent turn out at the Mob Match. Thanks to everybody who ran, this made for a great team spirit. There were 20 running, 9 ladies and 11 men. Perfect weather, a lovely course and great result.

Dan stormed home to win the race with only 2 seconds to spare and finished in the fastest time since 2007. He has set a tough record on the new course, basically a reverse of the old course.

The men came 2nd of 3 teams (winning a bottle of wine each for the 8 team members) and the ladies came 3rd out of 5 teams.

The prize giving for the 2013 Cornish Grand Prix series followed the race, with a few of our club members picking up awards, inspiring us to think about entering at least 8 of the 15 races in the 2014 series.

Hopefully next year we will again get 2 teams in the Mob Match to support and cheer all our members collecting their Cornish Grand Prix awards” Sue Parkin – Team Captain.

GREAT BRITAIN RELAY – WORLD RECORD ATTEMPT

A date for your diary – Friday 20th June 2014.

Do you fancy taking part in the 2014 GB relay? Launceston Road Runners have signed up to run 4 stages of this World Record Attempt! We are running stages 362 (Bude to Holsworthy 10.45 start), 363 (Holsworthy to Launceston 12.16 start), 364 (Launceston to Warbstow 14.25 start) and 365 (Warbstow to Boscastle 15.58 start).

We would like at least 4 runners per stage. You do not need to run an entire stage as we can split each stage into smaller sections.

Full details of this challenge are on the GB relay website – www.gbrelay.com

Take a look at the site and go to the south west stages and click on the relevant stages – 362, 363, 364 or 365

If you would like to take part in this challenge, please contact me, Kevin Marshall, on kmarshall0506@aol.com

SOCIAL

26th December – Boxing Day. Why not burn off a few of those Christmas Day calories with a Boxing Day get together at Upper Tamar Lakes, near Kilkhampton? Meet at 11am and walk, run, cycle, dog walk, pushchair, all or part of the 3M path around the reservoir. Several times if you like!! Toilet available but no changing Bring some Christmas Fayre to share and a present for Santa's Sack

ANNUAL GENERAL MEETING

Reminder – Please put the Club AGM date of Wednesday 5th February at the Eagle House Hotel in your diary now!

SANTA'S RUN

This takes place at Launceston on 15th December organised by The Children's Hospice South West. If you cannot run it they would appreciate your volunteering to marshal. If you can help, please contact Dave Gordon at davegordon@hotmail.co.uk

NEW YEAR, NEW YOU – NEW YEAR RESOLUTION

See Sue Parkin's earlier remarks following the Mob Match.

A challenge for you for 2014 is attached.

FOSTERS FIVES 2013

Ann Venning is this year's winner. Well done, Ann!

FOSTER'S FIVES 2014 RACES

A list of the qualifying races for 2014 is attached. Why not have a go in 2014?

Stop Press – First Chance 10K now full. See note re entering races early below.

CORNISH GRAND PRIX 2013

No less than 1258 competed in at least one race of this series, with 144 men and 94 ladies qualifying for a series completion award.

Four of our men qualified as follows – Phil Box (2nd M60/64), Martin Venning (10th M60/64), Brian Wiles (1st M 65/69) and Peter Mander (1st M75/+). Peter also won the Senior Masters Shield as the oldest person to complete the series.

Two of our ladies also qualified for awards – Janet Lathom (4th F55/59) and Ann Venning (5th F60/64).

CORNISH GRAND PRIX 2014

A list of qualifying races for 2014 is attached.

CORNISH MULTI-TERRAIN RACE SERIES 2013

No less than 596 runners ran at least one race in the series in 2013. There were 63 Men completed the series and included our members – Dave Pickard (7th M50/54), Stephen Hutchinson (2nd M60/64) and Peter Mander (3rd M70/+)

49 Ladies also completed the series with our member Linda Pickard (7th F50/54). Linda was one of only two ladies to run every race!!

CORNISH MULTI-TERRAIN RACE SERIES 2014

A list of qualifying races for 2014 is attached. If you prefer to run off-road, why not have a go next year?

CERTIFICATES

With just one month to go, so far only Brian Wiles (Gold), Alan Littlejohns (Silver) and Martin Venning (Bronze) have qualified.

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet at 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.

See Note above re a new "Beginners' Goup"

WEDNESDAY TRAINING RUNS AT BUDE

Meet at Bude Rugby Club at **3.30pm** for group social run.

THURSDAY NIGHT TRAINING SESSIONS

Meet at Phoenix Leisure Centre car park **at 7pm.**

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.

5 th December	-	Hills
12 th December	-	Technical drills
19 th December	-	Christmas Special
26 th December	-	No training
2 nd January	-	No training
9 th January	-	Intervals/Fartlek

Could everyone please try to bring a stopwatch with them to the sessions.

Now that the nights are drawing in, please remember to wear Hi Viz clothing!

Note One: General training plans are now on the club website for 5k, 10k, 1/2 marathon and full marathon..

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

RACE ENTRIES

As mentioned last month, some of the more popular races are filling up well before the race date. As another example, the Barnstable Marathon next September is already full!! It has also already been mentioned that some of the Cornish Grand Prix races also fill up early (Blaythorne 10M, Marazion 10K etc) and if you delay your entry you are likely to be disappointed. You have been warned!!

RESULTS

Late reported results –

13th October - **Exeter GWR 1/2M** Graham Newberry 1.28.36 (79.35) **A PBO for Graham**

20th October - **Abingdon Marathon** Peter Kirby 3.41.02 (92.27)

3rd November - **Bideford 10M**

Dan Rodgers 54.47 (95.74), Peter Kirby 1.17.23 (90.12), Jackie Chapman 1.35.53 (72.25)

Dan was 3rd overall with a NEW CLUB RECORD.

10th November - **Remembrance Run 4.2M MT CMTRS**

Linda Pickard 39.48, Peter Mander 44.40 **Peter was 2nd M70/+**

17th November - **The Drogo 9.6M MT**

Mike Whitley 1.17.15, Stephen Hutchinson 1.25.15, Alan Littlejohns 1.41.20, Derek Veale 1.55.04

Stephen was 3rd M60/64, Alan was 1st M65/69 and Derek was 3rd M70/+

24th November - **Bicton Blister 11M MT** Mike Whitley 1.19.52, Linda Pickard 1.43.18, Dave Pickard 2.01.21

24th November - **Falmouth 5M Mob Match**

Dan Rodgers 26.18 (97.91), Kevin Marshall 31.15 (91.43), Darren Evans 31.35 (81.53), Graham Newberry 32.00 (80.47), Brian Wiles 35.44 (99.67), Dean Parkin 37.28 (68.73), Graham Parkin 38.01 (71.24), Peter Thorp 41.01 (72.03), Julie Barriball 41.01 (81.05), Martin Venning 41.44 (80.91), Kirsty Freeman 42.19 (72.27), Alan Littlejohns 42.49 (82.05), Janet Lathom 44.38 (83.56), Sue Parkin 45.58 (72.32), Lavinia Marshall 46.01 (84.13), Hayley Thorp 46.19 (65.38), Jackie Chapman 46.43 (72.74), Laura Stainer 47.05 (64.32), Peter Mander 47.33 (84.12), Ann Venning 56.18 (70.55)

A CLUB RECORD FOR DAN WHO WON THE RACE!

PBO'S for Dan, Darren, Graham Newberry, Julie and Lavinia. PB;s for Kevin, Dean, Graham Parkin, Kirsty and Laura.

In the Division 2 Team Competition, Dan lead our Men's team to 2nd Place and Julie lead our Ladie's team to 3rd Place.

FORTHCOMING EVENTS

DECEMBER

1 st December	Reindeer Rally	Plymouth	5K, 10K and 1.5K Fun Run
7 th December	Cockington Xmas Caper	Cockington	7M MT
11 th December	Armada Winter 3K Series	Central Park, Plymouth	3K
15th December	Santa's Run	Launceston, Town Sq	Registration from 10.00 – 11.30am
22 nd December	The Scrooge	Helligan	9M MT
22 nd December	Wellington Monument	Hemyock	6.27M
22 nd December	Torrington Xmas Cracker	Torrington	9.5M MT
26th December	Boxing Day Get Together	Upper Tamar Lakes	Any distance – run, walk, cycle
26 th December	Jingle Bells Jog	Burrator	4M

Forthcoming events (contd)

JANUARY

1 st January	Brown Willy Run	Bodmin Moor	6M	MT	
5th January	Exeter First Chance	Exeter	10K	FF	RACE NOW FULL!
8 th January	Armada Winter 3K Series	Central Park, Plymouth	3K		
12 th January	Oh My Obelisk	Dawlish	10M	MT	
19th January	Storm Force 10	Camborne	10M	CGP	
26 th January	Braunton 10	Barnstable	10M		

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.

WEBSITE

It is recommended that you can consult our website regularly for the latest news. It also contains details of qualifying requirements for Club Competitions and Club Records.

If you have any queries with the website, please email treggy7@googlemail.com

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

JANUARY NEWSLETTER

The January newsletter will be published on Monday 30th December. Any copy for that issue should be with Peter Mander by latest Saturday 28th December.

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

MEMBERS' MEMBER TROPHY

My nomination for Members' Member is _____

Signed _____

Date _____