

CLUB AWARDS NIGHT AND GRAND BALL

“This will be held on Saturday 24th January at Lifton Farm Shop from 7.15pm until midnight. Tickets are now on sale. This will be a fantastic event and we really would like everyone to try and come, so that our many ‘Award Winners’ get the recognition that they deserve! We would especially like everyone from our New Starter Goups to come along. There are several award categories including ‘Performance of the Year’, ‘Most Improved Runners’, ‘Starter Group Star’, ‘Best Tiger Photograph’ as well as several others.

We will also be holding the draw for £100 worth of vouchers for those of you who have completed at least 8 races from the Cornish Grand Prix Series, the Cornish Multi-terrain Race Series or from Foster’s Fives.

The ticket price represents excellent value at only £12.50. The Club has significantly subsidised the cost of the tickets. We have booked a quality 5 piece band for the evening and have opted for a premium buffet which will be followed by dessert. There will also be a complimentary drink on arrival. Photographs will be taken as you arrive on the red carpet and there will be a photo booth for you take your own photographs using some the props that will be available.

We are excited as a Committee that we really do have a special evening planned and that is why we really would like you all to join us in this end of year celebration.. Tickets are available from me every Club Night” Peter Thorp

ANNUAL GENERAL MEETING

We have booked the Eagle House Hotel on Wednesday 4th February for our AGM.

The AGM will be a review of the previous 12 months looking at how we have performed against the Committee’s objectives.

We will also be electing a new Chairperson and Treasurer as these posts will be vacant following a two year tenure. If you are interested in potentially joining the Committee or indeed are interested in the two vacant positions then please feel free to talk with Peter Thorp for some more information regarding what is involved.

THE “MOB MATCH”

“27 Club members travelled down to Falmouth for the last race of the season. Dan Rodgers won the race with a minute to spare with another exceptional run. Our ladies did brilliantly taking first place in the second division. The eight ladies who were first home were, Claire Waters, Jenny Mills, Emma Summersby, Sarah Pridham, Sarah Worth, Sue Parkin, Jessica Goldberg and Julie Barriball. This is the first time ever that the Club has won a team competition at the event. Our ladies have now taken two first places and one second place since September proving that they can compete for the honours at any Cornish race if we can get a good race turnout. Many Club members also won awards for the Cornish Grand Prix series and these were presented after the Mob Match. See below” Peter Thorp

FOSTER’S FIVES 2014 RACES

Congratulations to the five ladies who completed the series. The winner is Lavinia Marshall with 418.94 points. Janet Lathom was right on her heels with 416.52 points, followed by Julie Barriball on 395.18, Sue Parkin on 388.03 and Katie Parkin with 318.05

FOSTER’S FIVES 2015 RACES

Details of the qualifying races for 2015 are attached. (An updated list will be published when the remaining dates are known). Please see the Club website for competition details.

CORNISH GRAND PRIX 2014

No less than 1261 runners entered at least part of the Cornish Grand Prix series this year. There were 145 men and 106 ladies who completed the series. Just 19 competitors ran every race to win a special award including our Jackie Chapman and Darren Evans.

We had 3 podium finishers – Sue Burges 3rd F60/64, Cheryl Leach 2nd F65/69 and Peter Mander 1st M75/+.

Peter also retained the Senior Masters Shield as the oldest person to complete the series.

Our other award qualifiers were Darren Evans 6th Under/35, Russell Leeton 21st M40/44, Graham Parkin 24th M40/44,

Martin Venning 6th M60/64 /+ and Dean Parkin 5th in Mens Mini GP.

For the ladies, Sue Parkin was 11th F45/49, Jackie Chapman 6th F50/54, Janet Lathom 4th F55/59, Katie Parkin 8th in Ladies Mini GP

CORNISH GRAND PRIX 2015

The first race in the series is the Blaythorne Force 10M on 18th January. The second race, the Marazion 10K on 1st February has already sold out! The same races as 2014 will be used in 2015 and a full list with dates will be published as soon as available.

Please see the Club website for competition details.

CORNISH MULT-TERRAIN RACE SERIES 2014/15

The next race in the series is the Race for Wildlife on 7th December.

The remaining races in this series are –

5th April – The 5 Tors 10M, 17th May – Imerys 1/2M, 10th June - Bude Lifeboat Run 6M, 17th June – Meet your Max 7M, 21st June – Lanhydrock 10M and 2nd July – Boconnoc 5M.

Please see the Club website for competition details.

PENTATHON CUP

With just two months to go, and having completed the necessary five distances, the leaders are –

Jenny Mills 566.83, Peter Mander 435.45, Mike Whitley 426.05, Darren Evans 417.46, Alan Littlejohns 411.45, Martin Venning 405.95, Cheryl Leach 393.35, Julie Barriball 393.02, Sue Parkin 380.19, Russell Leeton 351.36, Jackie Chapman 348.15 and Graham Parkin 335.74.

CERTIFICATES

To date, the following have qualified for Certificates –

Gold – Jenny Mills.

Silver – Peter Mander

Bronze – Julie Barriball, Darren Evans, Cheryl Leach, Alan Littlejohns, Sue Parkin, Martin Venning and Mike Whitley (Gold – 90 points or more over 5 pentathlon distances, Silver 80 points or more, Bronze – 70 points or more)

“NEW YEAR – NEW YOU” OFFER

The following have qualified for inclusion in the draw for the £100 in gift vouchers –

Julie Barriball, Sue Burges, Jackie Chapman, Darren Evans, Janet Lathom, Cheryl Leach, Russell Leeton, Peter Mander, Graham Parkin, Sue Parkin, Peter Thorp, Ann Venning and Martin Venning. The draw will take place at the Club’s Awards evening

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 inside the Phoenix Leisure Centre car park at 6.50pm.

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 th December	-	30 minute Intervals/Fartlek
11 th December	-	Long hills
18 th December	-	Christmas relays
25 th December	-	No session
1 st January	-	No session
8 th January	-	Technical

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

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

RESULTS

27th October - **Dublin Marathon**

Mike Whitley 3.21.42 (86.34), Sarah Pridham 4.08.02 (81.69), Jon Spettigue 4.08.02 (63.77) **A PB for Jon**

1st November - Tamar Lakes Park Run 5K

Darren Evans 18.12, Alan Littlejohns 26.40, Louise Werran 26.58, Lorraine Hawkins 33.03

A Course Record for Darren. Derek Veale also ran in an unofficial time of about 28 mins.

1st November - Lanhydrock Park Run 5K

Nigel Reddicliffe 22.19, Shaun Chillingwork 26.15

2nd November - Bideford 10M

Jenny Mills 1.14.2 (111.71)

Jenny was 1st F65/+

2nd November - Plymouth 10K

Trevor Gynn 41.27 (88.10), Sarah Swift 1.00.08 (69.87), Laura Brown 1.15.00 (50.47)

8th November - Tamar Lakes Park Run 5K

Alan Littlejohns 26.49, Cheryl Leach 34.00, Mick Foster 36.43 and Patsy Foster 43.00

Age category course records for Cheryl and Mick.

9th November - Remembrance Run 4.2M MT CMTRS

Russell Leeton 34.52, Peter Mander 41.09

Peter was 1st M70/+

15th November - Tamar Lakes Park Run 5K

Janet Lathom 27.45, Nicola Emmett 28.46, Gillian Goodman 29.32, Peter Mander 30.46, Lorraine Hawkins 33.32,

Mick Foster 36.02, Patsy Foster 36.50

Age category Course Records for Peter and Mick

15th November - Lanhydrock Park Run 5K

Nigel Reddicliffe 22.58

16th November - Cornish Marathon 26.2M CGP

Darren Evans 3.20.10 (76.67), Mike Whitley 3.49.56 (75.74), , James McDiarmid 3.52.15 (72.54), Kirsty Freeman 4.17.21 (71.57), Jenny Mills 4.18.49 (94.06), Alan Littlejohns 4.23.43 (80.51), Julie Barriball 4.32.06 (73.64), Martin Vennins 5.01.00 (67.76), Cheryl Leach 5.24.32 (76.97), Jackie Chapman 5.29.00 (62.28)

Jenny was 1st F65/69 and Cheryl was 2nd F65/69

A new Club Record for Jenny.

PB's for Darren, James, Kirsty and Cheryl

Special awards won by Darren and Jackie for completing all 15 races in the CGP series.

16th November - Leeds Abby Dash 10K

Dan Rodgers 31.17 (102.88)

A PBO and new Club Record for Dan

(Incredibly Dan finished 66th!!)

22nd November - Tamar Lakes Park Run 5K

Nicola Emmett 29.38, Lorraine Hawkins 32.49, Mick Foster 34.06, Patsy Foster 43.27

Mick Foster again improved his age category Course Record

22nd November - Wembley 6M 'Survival of the Fittest'

Jim Baker writes – “The usual 6 mile off road with around 100 obstacles featured around Wembley Stadium and an out and back muddy river course along Brent river park. There were 7 river crossings and one of them was a kilometre long run in a storm drain that joins the river that was knee deep all the way. Carrying beer kegs through the bar tent, running through a disco in a warehouse, carrying sand bags up and down a very muddy hill, monkey bars, cargo nets about 18ft high, down a water slide with soap poured on it – hilarious!

The obstacles were on the whole bigger than previous years with a thing called the “Triple Wall” near the end. This was an 8ft wall up onto a platform, then a second 8ft wall to another platform, then a third wall to the height of a house, then a climb down a slatted slope followed by a jump into a 5ft deep tank of water and then to the 9ft “Wall of Fame” to the finish.” Jim Baker

Jim's team was a family affair and Jim was again the oldest person to complete the challenge.

If this in any way appeals to you then you can contact Jim on jbakerdurafake@btinternet.com

23rd November - The Mob Match, Falmouth 5M

Dan Rodgers 26.03 (98.85), Darren Evans 29.43 (86.65), Kevin Marshall 32.00 (90.28), Pawel Szymanski 33.05 (77.83),

Claire Waters 36.29 (87.32), Brian Wiles 37.06 (97.33), Jenny Mills 37.07 (109.86), Emma Summersby 37.18 (81.19),

Dean Parkin 38.10 (68.12), Sarah Pridham 38.11 (89.00), Mike Whitley 38.11 (76.51), Sarah Worth 38.51 (77.91),

Russell Leeton 39.43 (68.19), Graham Parkin 41.16 (66.32), Jessica Goldberg 41.43 (72.59), Martin Venning 41.54 (81.65), Alan Littlejohns 42.06 (80.20), Sue Parkin 42.16 (79.51), Julie Barriball 42.47 (78.55), Louise Werran 43.49 (69.11), Katie Parkin 44.36 (67.90), Adrian Brown 44.44 (58.12), Chris Norris 44.49 (56.01), Janet Lathom 45.06 (83.72), Lavinia Marshall 46.12 (84.86), Sue Burges 48.30 (80.84), Cheryl Leach 52.28 (75.70)

Club Records for Kevin and Jenny

Ladies were 1st team (see above)

PBO's for Pawel, Claire, Emma and Katie.

PB's for Darren, Jenny, Jessica, Julie, Adrian and Chris

FORTHCOMING EVENTS

DECEMBER

6 th December	Otterton Reindeer Run	Nr. Sidmouth	10K	MT	
7th December	Race for Wildlife	Penzance	10K	MT	CMTRS
7 th December	Plymouth Santa Fun Run	Plymouth	4K and 2.5K		
7 th December	Exeter Santa Run	Exeter	5K		Race Full!
13 th December	Cockington Xmas Caper	Cockington	8.25M	MT	
21 st December	Torrington Xmas Caper	Torrington	9.5M		
21 st December	The Scrooge	Helligan	9M ish	MT	
26 th December	Burrator Xmas Run	Burrator	3.9M		

JANUARY

1 st January	Brown Willy Run	Bodmin Moor	6M	MT	
11 th January	Oh My Obelisk	Dawlish	11M	MT	
11 th January	Plympton January Jaunt	Plympton	10K		
18th January	Storm Force 10M	Camborne	10M		CGP
18th January	First Chance 10K	Exeter	10K		FF Race Full
25 th January	Braunton 10M	Braunton	10M		
31 st January	The Wild Night Run	South Brent	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 and at Upper Tamar Lake, Nr. Kilkhampton (and throughout the country)

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 Peter Mander as soon as possible of race details and time

JANUARY NEWSLETTER

The January newsletter will be published on Monday 29th December. Any copy for that newsletter should be sent to Peter Mander by latest Saturday 27th 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. This is particularly important as our annual awards are based on the results published in the Newsletters.

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