



# 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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## A MERRY CHRISTMAS TO ALL OUR READERS

**NEWSLETTER NO.169**

**DECEMBER 2015**

### BIRTHDAYS

A “Happy Birthday” in December to Denise Blackwell, Jackie Chapman, Fiona Chater, Patsy Foster, Tom Glendinning, Richard Japes, Cheryl Leach, Kevin Marshall, Mary Roberts, Doug Smith, Pawel Szymanski, Derek Veale, Emma Wild and Teresa Wood.

### NEW MEMBERS

A warm welcome to our newest members Jackie Gay, John Lane and Hannah Tippetts.

### CONGRATULATIONS

To Jeanette Johnson on setting a new Club Record for F45/49 at the Cornish Marathon.

To Lavinia Marshall on winning the Foster’s Fives.

### MEMBER OF THE MONTH

Congratulations to Jon Spettigue on winning the Member of the Month award for October for his brilliant performance as the beautiful butterfly at the Launceston Carnival (!!) and for his sub 4 hour Dublin Marathon performance.

### ANNUAL GENERAL MEETING

The AGM will be held on Wednesday 10<sup>th</sup> February at Launceston Town Hall (in the Guildhall). All members are urged to attend to find out more about how the Club runs and has been doing over the past 12 months. There are a number of committee places that will be coming vacant. If you would like to stand for a position or for more information, please speak to anyone currently on the committee.

### 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 headlight or torch.**

### LONDON MARATHON

At the draw for the Club’s guaranteed entries on 17<sup>th</sup> November, the lucky winners were Mike Gilbert and Stewart Gynn. The reserve place went to Louise Werran. Good luck to them in their training!

### AWARDS NIGHT

Tickets are now available for our annual awards night! This will be held at the Lifton Strawberry Fields on 30<sup>th</sup> January at 7.30pm.

There will be arrival drinks, a 2 course meal, followed by the awards giving and a Disco to keep us dancing until midnight!

Tickets are £15 and available from Vicky Holt at Club Nights.

**Members’ Member. Nominations for the Members’ Member trophy will be taken on the night. If you are unable to attend, but, would like to vote, Please email Sarah Swift at [comm@treggy7.co.uk](mailto:comm@treggy7.co.uk)**

**Could anyone who has a trophy or cup from last year, please return it to a committee member BEFORE Christmas, so that we can arrange engraving.**

## FOSTER'S FIVES 2015 RACES

Lavinia Marshall has retained the Foster's Fives trophy with 428.24 points. Janet Lathom is runner up with 419.41 points followed by Julie Barriball with 406.41 points and Jessica Goldberg with 380.08 points

## FOSTER'S FIVES 2016 RACES

This is a competition just for the ladies. As it only involves distances of 5M and 10K it is ideal for newer runners or those who do not have the time to train for the longer distances. Details are shown on the attached sheet and Club website and requires the completion of only five races from a possible 14. Come on ladies, have a go!

## CORNISH GRAND PRIX 201

Brian Wiles won the M65/69 class and Jessica Goldberg was joint 1<sup>st</sup> in the F U/20 class in the Junior Grand Prix.

Julia Barriball, Adrian Brown, Phil Box, Darren Evans, Stewart Gynn and Chris Norris also qualified for awards for completing the series.

## CORNISH GRAND PRIX 2016

Full details of the rules and qualifying races are available on our Club website. It is the main competition for Cornish Clubs and a good challenge for keen runners with a choice of races of varying distances from 5M to a full Marathon. Launceston Road Runners members regularly stand on the podium and achieve qualifying awards each year – why not you in 2016?

## CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

Full details of this Cornish clubs competition which runs from July one year to June the next, appears on the Club website. If you like multi-terrain courses then this is for you. To achieve a series award requires the completion of six races and there are still seven left to do so there is still the opportunity to do this series. The next race is the Race for Wildlife on 6<sup>th</sup> December.

## 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.

**NOTE** - The out-of-town torch groups have now started. Winter groups will comprise –  
3-4 miles in town. 5 miles in town. 6 miles in town and also a 6 miles head torch out-of-town. 8 miles head torch out-of-town.s

## 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.

3<sup>rd</sup> December - 1/2 mile or 1/4 mile reps  
10<sup>th</sup> December - Intervals/Fartlek  
17<sup>th</sup> December - Christmas Special (fun/games/relays)  
24<sup>th</sup> December - No Club  
31<sup>st</sup> December - No Club  
7<sup>th</sup> January - Mystery session

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)

**HI VIZ tops must be worn.** Sessions take place regardless of weather conditions. Do come along, it is good fun!

## RESULTS

**13<sup>th</sup> September** - **Gt. North Run 1/2M** Adam Paynter 1.59.55 (60.42) (Apologies for late entry –Ed)  
**25<sup>th</sup> October** - **Amsterdam 1/2M** Julie Towers 1.42.14 (93.92) A PB for Julie  
**31<sup>st</sup> October** - **Lanhydrock Park Run 5K** John Barnes 28.19, Sarah Barnes 43.49

**31<sup>st</sup> October** - **Tamar Lakes Park Run 5K**  
Paul Moore 21.55, Mark Jones 22.29, Adrian Brown 25.02, Kevin O'Mahoney 29.10

**31<sup>st</sup> October** - **Ellesmere Port Park Run 5K** Martin Venning 27.07

**7<sup>th</sup> November** - **Lanhydrock Park Run 5K** Peter McAughey 29.24

**8<sup>th</sup> November** - **Remembrance Run 4.2M MT CMTRS** Linda Pickard 44.26, Jackie Chapman 54.00

**14<sup>th</sup> November** - **Lanhydrock Park Run 5K** John Barnes 28.14

**14<sup>th</sup> November** - **Tamar Lakes Park Run 5K**  
David Richards 23.47, Peter Thorp 24.38, Kevin O'Mahoney 29.22

**15<sup>th</sup> November** - **Drogo10M MT**  
Mike Whitley 1.22.51, Peter McAughey 1.52.33, Derek Veale 1.57.39, Jo Northey 2.02.10

**15<sup>th</sup> November** - **Plymouth 10K FF**  
Lavinia Marshall 57.27 (87.57), Becki Sant 59.39 (66.08) **A PBO for Lavinia and a PB for Becki**

**15<sup>th</sup> November** - **Cornish Marathon 26.2M CGP**  
Darren Evans 3.11.05 (80.31), Jeanette Johnson 3.17.37 (101.40), Steve Cox 3.38.10 (75.58), Paul Moore 4.01.57 (72.80), Pawel Szymanski 4.15.34 (60.05), Jenny Mills 4.16.54 (95.92), Kirsty Freeman 4.18.40 (71.93), Matthew Wise 4.18.40 (59.48), Julie Barriball 4.22.39 (77.14), Tom Glendinning 4.28.28 (57.16), Alan Littlejohns 4.30.02 (79.72), Vicky Holt 4.39.13 (64.67), Adrian Brown 4.56.43 (51.72), Chris Norris 4.57.00 (52.72)  
**Darren was 3<sup>rd</sup> Senior Male. Jeanette was 2<sup>nd</sup> Lady 45/49. Jenny was 1<sup>st</sup> Lady 65/69 with "Good for Age" qualifying time for London.. Alan was 2<sup>nd</sup> Male 65/69.**  
**A NEW CLUB RECORD for Jeanette and a "Good for Age" qualifying time for London.**  
**PB's for Darren, Jeanette, Paul, Matthew, Julie, Vicky, Adrian and Chris.**

**21<sup>st</sup> November** - **Tamar Lakes Park Run 5K** Alan Littlejohns 27.30

**22<sup>nd</sup> November** - **Mob Match Falmouth 5M FF**  
Dan Rodgers 26.35 (96.87), Darren Evans 30.30 (84.43), Paul Moore 34.29 (85.68), James McDiarmid 34.33 (82.70), Pawel Szymanski 34.47 (74.03), Brian Wiles 35.31 (103.10), Claire Waters 35.44 (90.09), Adam Paynter 39.18 (67.51), Sarah Worth 39.35 (76.51), Josh Hall 39.46 (64.75), Julie Barriball 41.23 (82.11), Jessica Goldberg 41.24 (73.15), John Barnes 41.38 (73.47), Hannah Tippetts 41.50 (72.39), Louise Werran 42.04 (71.99), Chris Norris 41.13 (62.21), Sarah Swift 44.16 (68.41), Martin Vennins 44.17 (78.28), Janet Lathom 46.00 (83.11), Lavinia Marshall 46.20 (85.72), Liz Davy 49.21 (65.23), John Mason 52.58 (54.54)  
**Dan was 2<sup>nd</sup> overall**  
**A PBO for Claire. PB's for Paul, James, Claire, Josh, John Barnes, Hannah, Chris, Sarah Swift and John Mason.**

**28<sup>th</sup> November** - **Lanhydrock Park Run 5K** Nigel Reddicliffe 24.03

**28<sup>th</sup> November** - **Tamar Lakes Park Run 5K** Alan Littlejohns 27.00, Kevin O'Mahoney 30.22

**29<sup>th</sup> November** - **Bicton Blister 11M MT** Mike Whitley 1.18.18

## FORTHCOMING EVENTS

### DECEMBER

5 <sup>th</sup> December	Otterton Reindeer Run	Nr. Sidmouth	10K	MT	
5 <sup>th</sup> December	The Burrator Noir	Burrator	10M & 10K		MT
6 <sup>th</sup> December	Plymouth Santa Fun Run	Plymouth	4K and 2.5K		
6 <sup>th</sup> December	Exeter Santa Run	Exeter	5K		
<b>6<sup>th</sup> December</b>	<b>Race for Wildlife</b>	<b>Penzance</b>	<b>10K</b>	<b>MT</b>	<b>CMTRS</b>
12 <sup>th</sup> December	Cockington Xmas Caper	Cockington	8.25M	MT	
17 <sup>th</sup> December	The Dark Dart Dash	Dartington Estate	10K	MT	
20 <sup>th</sup> December	The Scrooge	Helligan	9M	MT	
21 <sup>st</sup> December	Torrington Xmas Caper	Torrington	9M	MT	
21 <sup>st</sup> December	Wellington Monument	Wellington	6.27M	MT	
26 <sup>th</sup> December	Jingle Bells Jog	Burrator	4M		

## JANUARY

1 <sup>st</sup> January	Brown Willy Run	Jamaica Inn, Bodmin Moor	6M	MT
10 <sup>th</sup> January	Plymouth January Jaunt	Plymouth	10K	
11 <sup>th</sup> January	Oh My Obelisk	Dawlish	11M	MT
17 <sup>th</sup> January	<b>First Chance 10K</b>	<b>Exeter</b>	<b>10K</b>	<b>FF</b>
24 <sup>th</sup> January	<b>Storm Force 10</b>	<b>Camborne</b>	<b>10M</b>	<b>CGP</b>
24 <sup>th</sup> January	Braunton 10	Barnstable	10M	
30 <sup>th</sup> January	The Wild Night Run	South Brent	10M and 5M	MT
31 <sup>st</sup> January	Trail Running Challenge	Dartmoor	5K 10K 13.1M 26.2M 50K	

**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, 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 Peter Mander 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 Peter Mander know the details so that they may be recorded in the clubs records.**

## JANUARY NEWSLETTER

The January newsletter will be published on Tuesday 29<sup>th</sup> December. Any copy for that newsletter should be sent to Peter Mander by latest Monday 28<sup>th</sup> 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 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 him.