



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.181

DECEMBER 2016

A MERRY CHRISTMAS TO ALL OUR READERS

BIRTHDAYS

A “Happy Birthday” in December to Denise Blackwell, Jackie Chapman, Maggie Dickinson, Kirsty Freeman, Gillian Goodman, Richard Japes, Kevin Marshall, Mary Roberts, Sharon Rundle, Doug Smith, Pawel Szymanski, Derek Veale and Emma Wild.

CONGRATULATIONS

To Jenny Mills for more stunning performances. This time in The Stickler – see below – and new Club Records at the Cornish Marathon and the Wiltshire 1/2M - also see below.

To Jeanette Johnson for a new Club Record for Ladies 50/54 at the Cornish Marathon.

AWARDS NIGHT

Tickets are now on sale! This year we are hosting an “OSCARS” themed awards night! This will be held at Lifton Strawberry Fields on the 28th January. Tickets are priced at £15pp. There will be a 2-course meal, drinks on arrival, and much more! Tickets can be bought from Vicky Holt at Club Nights.

ANNUAL GENERAL MEETING

Put this date in your diary now! The AGM will be held on Wednesday 8th February at Launceston Golf Club. As usual there will be a review of the year, before the election of new committee members and discussion of any proposals. We would love to see as many members there as possible to support the committee and to have a say in any future decisions. There will be a number of committee positions becoming vacant from February: if you interested in joining the committee or just would like some further information, please email me - sarahlb89@hotmail.com. Also the bar will be open and there will be food available afterwards!

LONDON MARATHON CLUB BALLOT

Congratulations to Adrian Brown and Louise Werran who were the lucky winners in the club ballot for guaranteed places. The position of “reserve” was won by Matt Haismann.

Alan Littlejohns has also qualified as “Good for Age”.

If you are running in next year’s marathon and we have not yet mentioned you, please let us know at comm@treggy7.co.uk.

MOB MATCH

24 of our members took part in this year’s mob match, the final race in the Cornish road running calendar. All completed the race in brilliant times with 2 new Club Records and 9 Personal Bests.

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

FOSTER’S FIVES 2017 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 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 First Chance 10K at Exeter on 8th January. Come on ladies, have a go!

CORNISH GRAND PRIX 2016

The final results tables from this years Cornish GP has been released and is available to view on the website.

Congratulations to the following prize winners - Jessica Goldberg 1st in the Mini. Brian Wiles 1st M65/70. Jeanette Johnson 3rd 45.50. Louise Werran 3rd 35/40. John Barnes, Julie Barriball, Darren Evans, Ed Horn, Pawel Szymanski, Janet Lathom, Chris Norris, Sarah Swift and Claire Waters for all completing 8 of the 14 races.

CORNISH GRAND PRIX 2017

Details of the races for 2017 can be found on the Club website. The first race in the series will be the Stormforce 10M at Blaythorne on 22nd January followed by the Newquay 10K on 5th February.

CORNISH MULTI-TERRAIN RACE SERIES 2016/17

The next race in the series is the Race for Wildlife on 4th December.

CHRISTMAS RUNNING

Our last social run before Christmas will take place on Tuesday 20th December. We will be going out for a group run around town, taking in some of the finest Christmas light displays before finishing in the square for mince pies! As usual we expect to see you all in your finest Christmas hats.

There will be no official club night on Tuesday 27th December, but there will be a social run from the leisure centre at the usual time.

TUESDAY AND THURSDAY CLUB NIGHTS

Can all members attending club nights be aware 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.** Members are also reminded that shower facilities are not free and that the appropriate fee must be paid at reception if they wish to use them.

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 at the Phoenix Leisure Centre car park at **6.50pm unless otherwise advised.**

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.

1st December - Intervals/Fartlek
8th December - 3m Timed Run
15th December - Mystery/Christmas games
22nd December - 400m pyramids
29th December - NO TRAINING – a social run will be going out from the leisure centre at the usual time
5th January - Intervals/Fartlek

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

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

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

RESULTS

Correction - **Plymouth 10K** Adrian Brown 53.36 (60.63) was omitted from November newsletter.,

29th October - **Tamar Lakes Parkrun 5K**
Linda Pickard 25.06, Alan Littlejohns 26.29, Dave Pickard 26.50, Nicola Emmett 28.31, Kevin O'Mahoney 29.23

29th October - **Tamar Trails Parkrun 5K**
Chris Norris 26.43, Peter McAughey 28.08, Adrian Brown 28.26, John Barnes 44.33, Sarah Barnes 44.35

29th October - **Snowdonia Marathon**
Tim Robinson 2.59.11 (85.65), Graham Newberry 3.27.23., Stephen Cox 3.41.46, Russell Leeton 3.54.06 (70.44)

30th October - **South Molton Struggle 7.8M MT** Linda Pickard 1.12.26 Linda was 1st F50/+

30th October - **Dublin Marathon** Chris Pritchard 4.25.25, Jane Pritchard 4.43.13

30th October - **The Stickler, Dorset, 10.1M MT Hills** Jenny Mills 1.28.25
 Jenny continues to run most weekends in some of the toughest multi-terrain and cross-country races (and often longer than marathon distance!). Most are not reported but as an example in the very hilly Stickler, Jenny now aged 67 finished 11th out of 158 ladies and 148th out of an overall field of 505 runners. Invariably she is first in her age group and often 1st O/50 and this year her time was even quicker than last year.

5th November - **Tamar Trails Parkrun 5K** Adrian Brown 31.50, Peter Mander 34.23

5th November - **Tamar Lakes Parkrun 5K** Kevin O'Mahoney 29.31, Alan Littlejohns 30.43

5th November - **Birkenhead Parkrun 5K** Martin Venning 25.37

6th November - **Bideford 10M**

Thomas Davison 1.06.36 (78.75), Mike Gilbert 1.14.14 (70.66), Julie Towers 1.18.47 (92.02), Sarah Worth 1.21.58 (76.07), Julie Barriball 1.25.36 (81.84), Rebeckah Hyde 1.30.32 (68.19)

A PBO for Thomas. PB's for Mike, Sarah, Julie Barriball and Rebeckah

6th Novemer - **Weston-super-mare 1/2M** Alan Littlejohns 1.54.20 (87.46), Vin Marshall 2.1.27 (84.26)

12th November - **Tamar Lakes Parkrun 5K**

Alan Littlejohns 26.14, Martin Venning 26.38, Nicola Emmett 29.10

11th November - **Tamar Trails Parkrun 5K** Steve Cox 22.11

12th November - **Remembrance Run 4.2M Beach CMTRS** Julie Towers 34.33

19th November - **Tamar Trails Parkrun 5K** James McDiarmid 41.00, Francesca Ford 41.00

20th November - **Cornish Marathon 26.2M CGP**

Tim Robinson 2.48.00 (91.34), Jeanette Johnson 3.20.33 (101.03), Darren Evans 3.25.25 (74.71), James McDiarmid 3.36.21 (79.60), Steve Cox 3.42.57 (74.76), Claire Waters 3.49.41 (83.57), Russell Leeton 3.49.44 (71.78), Mike Whitley 3.53.18 (76.37), Jenny Mills 3.57.18 (105.27), Chris Norris 4.23.31 (60.02), Louise Werran 4.26.50 (68.34), Alan Littlejohns 4.27.46 (81.53), Julie Barribal 4.34.37 (74.61)

Tim was 3rd overall. Jeanette was 4th lady and 1st F50/54. Jenny was 1st F65.69. PB,s for James, Chris and Louise CLUB RECORDS for Jeanette and Jenny.

26th November - **Tamar Lakes Parkrun 5K** Alan Littlejohns 26.28

26th November - **Tamar Trails Parkrun 5K** Ed Horn 18.51, Claire Waters 24.01 **Ed won the run.**

27th November - **Wiltshire 1/2M** **Jenny Mills 1.35.22 (119.99) A PBO and Club Record**
Jenny's time is the fastest recorded in the UK this year. Her pentation points score is the highest ever recorded.

27th November - **Falmouth Mob Match 5M FF**

Darren Evans 30.42 (83.88), Pawel Szymanski 31.48 (80.97), Kevin Marshall 33.26 (88.37), Jeanette Johnson 33.43 (101.64), Paul Moore 35.21 (85.45), Brian Wiles 36.46 (101.02), Mark Jones 37.46 (68.18), Claire Waters 37.52 (85.92), Nick Harrison 37.54 (69.29), Jon Roberts 38.15 (72.31), Louisa Shaw 38.18 (79.07), Wayne Rundle 40.42 (65.86), Louise Werran 41.30 (73.69), Jessica Goldberg 41.59 (72.13), Julie Barriball 41.14 (81.37), Jane Hynes 43.18 (80.26), Sarah Swift 44.08 (68.62), Adrian Brown 44.41 (58.19), Mary Roberts 45.52 (70.19), Janet Lathom 46.50 (82.66), Matt Haisman 49.17 (58.62), John Mason 51.16 (56.98)

CLUB RECORDS FOR JEANETTE AND BRIAN

PBO's for Jon Roberts, Louisa, John Mason

PB's for Pawel, Jeanette, Mark, Nick, Wayne and Mary

PB = Personal Best = highest score that the individual has achieved at that distance

PBO = Personal best overall = highest score that the individual has achieved overall viz. at any distance

FORTHCOMING EVENTS

DECEMBER

3 rd December	Otterton Reindeer Run	Nr. Sidmouth	10K	MT
3 rd December	Burrator Noir	Burrator	10K and 10M	
4 th December	Westward League	Exeter	Various	XC
6th December	Race for Wildlife	Penzance	10K MT	CMTRS

10 th December	Cockington Xmas Caper	Cockington	8.25M	MT
11th December	Santa Run	Launceston	2K	
15 th December	The Dark Dart Dash	Dartington Estate	5K and 10K	MT
17 th December	Tavy 5Kool	Tavistock	5K	MT
18 th December	The Scrooge	Lost Gardens of Helligan	9M	MT
18 th December	Torrington Xmas Caper	Torrington	9.5M	MT
18 th December	Wellington Monument	Hemyock	6.27M	
26 th December	Jingle Bells Jog	Burrator	4M	

JANUARY

1 st January	Brown Willy Run	Bodmin Moor	6M	MT
8th January	First Chance 10K	Exeter	10K	FF
8 th January	January Jaunt	Plymouth	10K	MT
14 th January	Haldon Night Runs	Haldon Forest	5K and 10K	MT
15 th January	Westward League	Westward Ho	Various	XC
15 th January	Oh My Obelisk	Dawlish	11M	MT
21 st January	Tavy 5Kool	Tavistock	5K	MT
22nd January	Storm Force 10M	Blaythorne	10M	CGP
28 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**

XC = Cross Country **MT = Multi-terrain**

Pentathlon trophy points are not calculated for pentathlon distance road races not carrying an accuracy certificate.

There are also 5k Park Runs every Saturday at 9am at various locations in Cornwall and Devon.

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.

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 club's records.

JANUARY NEWSLETTER

The January newsletter will be published on Friday 6th January. Any copy for that newsletter should be sent to Peter Mander by latest Wednesday 4th January.

IMPORTANT NOTE

It is important that you check your own results as during the year the aged Editor manages to make an increasing 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.