



Launceston Road Runners

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

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February 2017



BIRTHDAYS

A “Happy Birthday” in February to Jim Baker, Rob Berryman, Anne Goodman, Stewart Gynn, Kevin Harrison, Sandra Harrison, Sophie Jefferys & Pete Thorp.

AWARDS NIGHT



What a fab night!! A big thank you to the committee for organising such a fantastic evening!

Award winners were as follows:

Pentathlon Cup - Jenny Mills; **Foster’s Fives** – Vin Marshall; **Best Newcomer** – Ed Horn;

Most Improved Male – Mike Gilbert; **Most Improved Female** – Sarah Swift; **Committee Cup** – Adrian Brown;

Coaches Award – Jane Pritchard; **Performance of the Year** – Mike Whitley (Arc of Attrition);

Club Runner of the Year (M) – Tim Robinson; **Club Runner of the Year (F)** – Jeanette Johnson

Most Unusual Performance – John Barnes; **Best Supporting Actor** – Russell Leeton;

Best Supporting Actress – Kirsty Freeman; **Members’ Member** – Sarah Swift; **Lifetime Achievement Award** – Peter Mander

Certificates were won by:

Gold – Jenny Mills, Brian Wiles and Jeanette Johnson

Silver – Claire Waters

Bronze – Darren Evans, Julie Barriball, Martin Venning and Pawel Szymanski

Best Picture – Pawel Symanski (shown at the end of the newsletter)



ANNUAL GENERAL MEETING

The AGM will be held on Wednesday 8th February at Launceston Golf Club at the top of St. Stephen's Hill at 7.30pm. The bar will be open and food will be available **after** the meeting. For those that want to eat, meet at 7pm-7.15pm please to order your food which will be served after the meeting.

If at all possible please do come and support the club. This is a great opportunity to learn more about how the club is run, hear a brief talk on the highlights of the year and to contribute by voting on any proposals, as well as welcoming new committee members.

FOSTER'S FIVES 2017 RACES

The next races in the series are the Newquay 10K on 5th February and the Age UK 10K at Exeter on the 19th March.

CORNISH GRAND PRIX 2017

The next races in the series are the Newquay 10K on 5th February, Looe 10 on the 26th February and the Falmouth half marathon on 12th March.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is The 5 Tors on Bodmin Moor on 16th 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.

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 - Winter groups will comprise of:

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.

TUESDAY NIGHT LEADERS AT LAUNCESTON

	3-4m	5m Town	5-6m Torch	6m Town	7-8m Torch
7th Feb	Sarah	Vin	Kevin	Louise	Darren/Jeanette/Tim
14th Feb	Vin	Julie	Vicky	Kevin	Darren/Jeanette/Tim
21st Feb	Angela	Vin	Louise	Peter	Darren/Jeanette
28th Feb	Emma	Vin	Vicky	Sarah	Darren/Jeanette/Tim

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

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.

02/02/2017	Hills- 1 second reducer	N/A	Woburn
09/02/2017	Half mile reps- 30 minutes- 400m jog recovery	200m Reps with 200m walk recovery	Newport
16/02/2017	Mystery- track session- 600M reps, 400M steady with 200M pick up. Walk 200m recovery	400m Pyramid 4/8/12/12/8/4- half run time recover	Tavistock College 8pm Meet at 7.45pm
23/02/2017	400m Pyramid 4/8/12/12/8/4- half run time recover	Variation of main.	Link Road
02/03/2017	Long Hills- 3 stage pick up	Long Hills- 3 stage pick up	Kensy Hill
09/03/2017	Half mile reps- max 4 at 1 mile pace- 4-5mins recover	N/A	Newport

16/03/2017	Mystery- out and backs- 1min/2min/3min/3min, 2min, 1min	N/A	TBC
23/03/2017	400M reducing pyramid- 1600/400/1200/400/800/400- half rep recovery	Variation of main.	Link Road
30/03/2017	3 mile time trial	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!

STARTER GROUP TRAINING SESSIONS

These will begin on Tuesday 7th February and will run for 8 weeks, from 7th Feb to the 28th March on both Tuesday and Thursday nights. The aim is for all new members to be able to run 5K by the end of March. Vicky Holt will be leading these sessions and would like any other members who would like to assist her to let her know. Additional helpers are needed to chat to new members, make sure nobody gets left behind/lost and offer encouragement and support.

If you know of anyone interested in the starter group please let them know. The cost will be £10, which will cover their membership to the beginning of April.

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” groups then you will also need a headlight or torch.

RESULTS

4th December	-	3-1-5 half marathon	Julie Towers 1.44.28
26th December		Beat the Fox 5K	Alan Littlejohns 27.45 (just managed to beat the fox)
31st December		Tamar Lakes Park Run 5K	Kevin O’Mahoney 29.49, Alan Littlejohns 1.04.47 (tail runner)
31st December		Tamar Trails Park Run 5K	Adrian Brown 32.25, John Barnes 34.21(PB), Sarah Barnes 40.54 (PB)
1st January		Bideford Park Run 5K	Alan Littlejohns 25.35
1st January		Tamar Lakes Park Run 5K	Alan Littlejohns 26.50
7th January	-	Tamar Lakes Park Run 5K	Julie Towers 23.59 (2 nd Female), Alan Littlejohns 26.01 (100 club), Rebecca Rowledge 40.58 (1 st timer)
7th January		Tamar Trails Park Run 5K	Claire Waters 21.07, Adrian Brown 34.21
8th January		Stoke St. Gregory 10K	Jenny Mills 44.38 (117.35)
8th January		Exeter 10K	Ed Horn 35.41 (90.19), Kevin Marshall 39.58 (93.46), Mark Knight 40.07 (80.22), Chris Norris 50.30 (65.67), Rebecca Wise 50.30 (74.95), Adrian Brown 51.58 (61.93), Lavinia Marshall 56.40 (88.78), Amanda Chapman 58.11 (65.05)

Kevin was 3rd M50/54 and set a new club record

PBO’s for Ed, Mark, Rebecca and Lavinia

14th January	Tamar Lakes Park Run 5K	Julie Towers 23.38, Alan Littlejohns 26.00. Kevin O’Mahoney 30.58
14th January	Tamar Trails Park Run 5K	Adrian Brown 29.43
14th January	Haldon Wild Night Run 10K	James McDiarmid 49.41
15th January	Oh my Obelisk 11M	Russell Leeton 1.37.04
21st January	Lanhydrock Park Run 5K	Adrian Brown 33.28

21st January Tamar Lakes Park Run 5K
Alan Littlejohns 25.46, Kevin O'Mahoney 30.31, Nicola Emmett 31.15

22nd January Braunton 10M Jenny Mills 1.16.07 (112.22)

Jenny was 5th Female overall and was 1st FV65

22nd January - Stormforce 10M CGP



Nigel Reddicliffe 1.12.11 (83.44), Brian Wiles 1.13.37 (102.85), Claire Waters 1.14.01 (89.61), Nick Harrison 1.14.44 (71.63), Jonathan Roberts 1.15.54 (74.28), Stewart Gynn 1.18.51 (73.06), Phil Box 1.19.10 (89.26), Chris Pritchard 1.20.05 (77.86), Peter McAughey 1.26.17 (66.05), Chris Norris 1.27.00 (62.16), Wayne Rundle 1.27.57 (62.12), Jo Northey 1.31.39 (70.13), Becky Wise 1.32.25 (66.8), Vicky Holt 1.32.38 (66.64), Matt Wise 1.32.39 (57.2), Jane Pritchard 1.34.26 (76.77), Mary Roberts 1.34.32 (70.16)

Brian was 1st M70/74 and set a new club record

PBO's for Nick, Chris, Jonathan and Vicky

PB's for Nigel, Claire, Stewart, Phil, Pete, Wayne, Becky, Matt, Jane and Mary

28th January Tamar Lakes Park Run 5K
Julie Towers 23.12 (1st Female), Chris Pritchard 23.46, Alan Littlejohns 25.43, Kevin O'Mahoney 30.25, Nicola Emmett 30.56

28th January Tamar Trails Park Run 5K Adrian Brown 25.49

28th January Moonlit Flit Trail Half Marathon James McDiarmid 1.46.02 **1st M50**

PASSING ON RACE NUMBERS

If you have entered a race and for some reason you are unable to run and you wish to pass your number on to somebody else, please can you ensure the race organisers agree to this before doing so. Member/s of one Cornish club did not do this and as a result the club to which they belong have lost their London Marathon places. **Please be careful** as we **don't** want this to happen to us.

LONDON MARATHON

If you are running The London Marathon this year for a charity and wish to have it published in the next newsletter, please let me know the charity for which you are running. My email address is at the top of the page.

FORTHCOMING EVENTS

FEBRUARY

5th February	Newquay 10K	Newquay	10K	FF/ CGP
5 th February	Fulfords 5	Exmouth	5M	
8 th February	Armada Winter 3K series	Central Park, Plymouth	3K	
10 th February	The Arc of Attrition	Coast Path	100M	MT
11 th February	The Moonlight Flit	Totnes	13.1M & 10K	MT
11 th February	Exeter 1/2M	Exeter	13.1M	
12 th February	Exeter 1/2M	Exeter	13.1M	
12 th February	Westward League	Stover		XC
12 th February	Humdinger ½ M & The Hurtle	Nr. Taunton	13.1M & 5M	
19 th February	Cornwall Fire & Rescue 1/2M	Lanhydrock	13.1M	MT
26th February	Looe 10	Looe	10M	CGP
26 th February	Hameldown Hammer	Widcombe-in-the-Moor	13.1M	MT

MARCH

5 th March	Bideford 1/2M	Bideford	13.1M	
8 th March	Armada Winter 3K series	Central Park, Plymouth	3K	
12th March	Falmouth 1/2M	Falmouth	13.1M	CGP
12 th March	Bath 1/2M	Bath	13.1M	
12 th March	The Grizzly	Beer, Seaton	20+M	MT
12 th March	The Granite Way	Okehampton	10M & 20M	MT
19 th March	Westward League	Redruth		XC
19 th March	Mad March Hare 10K	Plympton	10K	
19th March	Age UK 10K	Exeter	10K	FF
19 th March	Deep River Trail Races	Castle Drogo	6M & 13.1M	MT

25th March
26th March

Exeter Mud Run & OCR
An Resek Hellys

Exeter
Helston

Team obstacle
10.5M

MT
MT/CGP

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, Trellisick 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.

MARCH NEWSLETTER

The March newsletter will be published on Friday 3rd March. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 28th February

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.

BEST PICTURE

