

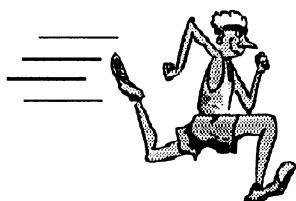
Launceston Road Runners

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

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NEWSLETTER NO.147

FEBRUARY 2014

BIRTHDAYS

A “Happy Birthday” in February to Jim Baker, Stewart Gynn, Kevin Harrison, Sandra Harrison, Graham Newberry and Peter Thorp.

NEW MEMBERS

A warm welcome to our newest members Sarah Bastard, Edme Brink, Laura Brown, Claire Davis, Sian Friend, Mark Jones, Lisa McMorrow, Billie Parker and Kirstin Phippard.

CONGRATULATIONS.

To Dan Rodgers on winning the Weston 10K in a time just outside his club record.

To Mike Whitley for breaking the Club Record for M50/54 at the Force 10M

To Cheryl Leach for setting a Club Record for F65/69 at the Force 10M.

To Dan Rodgers on being selected to run for Cornwall in the South West XC Championship. Dan finished 11th overall and 3rd Cornishman.

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

“The Club Awards Night and Barn Dance was a great success and enjoyed by over 70 people. It was great to see so many members at the event so that our Club Award Winners got the recognition they deserved. Our winners were –

Fosters Five Trophy – Ann Venning, Pentathlon Cup - Brian Wiles, Members’ Member - Kevin Marshall, Coaches Award - Julie Bariball, Best International Performance - Jo Northey, Best Newcomer - Darren Evans, Most Improved Lady - Julie Bariball, Most Improved Man - Dan Rodgers, Most Unusual - Sue Parkin “ Peter Thorp

“All those attending received a raffle ticket and the prizes were entries in the Cornish Grand Prix and Multi-Terrain series.

The Winners were - Cornish Marathon – Peter Thorp, Falmouth 1/2M – Leanne Clark, Newquay 10K - Karen Howse, Truro 1/2M – Kirsty Freeman, Magnificent 7 - Patsy Foster, St. Levan 10K, Trevornick 10M - Gillian Goodman, The 5 Tors 8.4M MT - Brian Wiles, Lanhydrock 10M – Matt Pilsbury and Meet Your Max 7M MT – Kevin Harrison” Laura Stainer

ANNUAL GENERAL MEETING

Final Reminder – The Club AGM is on Wednesday 5th February at the Eagle House Hotel. Be there!!

FOSTER’S FIVES 2014 RACES

The Marazion 10K on 2nd February is full..

The next races after that are in May on the 10th at Ivybridge and on the 11th May at Bideford.

CORNISH GRAND PRIX 2014

Thirteen Club Records got off at the mark at Blaythorne..Why not have a go yourself? The second race at Marazion is already full but the next races are in March, on the 16th is the Falmouth 1/2M and on the 30th is An Res Hellys 10M MT.

CORNISH MULTI-TERRIN RACE SERIES 2014

The first race in the series is not until 6th April, The 5 Tors 10M on Bodmin Moor so you have plenty of time for training!

CLUB RECORDS

Full details of Club Records for each age category can be found on our website. There are some “vacancies”!! Have a go!!

Note – Park Run 5Ks are classified separately by English Athletics as they are not officially accurately certified. They do not qualify, therefore, for Club records or club competitions. However, local races which do count include the Yeovilton, Exeter and Siblyback Lake series which gives you the choice of more than a dozen races. Other 5Ks also usually count.

Park Runs have now started at Lanhydrock on Saturdays at 9am.

RACE ENTRIES

Some of the more popular races continue to have a full entry some time before the event date and, if you want to run a particular race, it is suggested that you enter as early as you can. As an example, there is a new 10K at Exeter on the fast canal side course on Good Friday, 18th April, and this will undoubtedly sell out well in advance. You can download an entry form or enter on-line at

www.ironbridgerunnerevents.co.uk.

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.

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.

6 th February	-	Technical drills
13 th February	-	Intervals
20 th February	-	Mystery session
27 th February	-	Reps
6 th March	-	Hills

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

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.

RESULTS

22nd December - **Stoke St Gregory 10K** Jenny Mills 44.03 (114.20)

Jenny finished 61st out of 322 runners and her time would have ranked in the UK top ten last year.

1st January - **Brown Willy 6M MT** Darren Evans and Peter Thorp completed in the wind and rain

1st January - **Weston 10K** Dan Rodgers 33.49 (95.17) **Dan won the race!**

5th January - **First Chance 10K Exeter** (Reduced to 6M because of the floods)

Mark Knight 41.14, Phil Box 45.52, Martin Venning 49.15, Lavinia Marshall 55.08, Peter Mander 55.37, Cheryl Leach 1.02.03.

12th January - **Plymouth January Jaunt 10K** Mike Whitley 42.43 (84.54) **A PB for Mike**

12th January - **Westward League XC** Dan Rodgers 30.20 **Dan was 2nd overall**

19th January - **Force 10M CGP**

Darren Evans 1.07.56 (77.21), Mike Whitley 1.08.00 (86.60), Brian Wiles 1.12.20 (100.37), Russell Leeton 1.16.59 (70.98), Peter Thorp 1.23.32 (72.10), Graham Parkin 1.25.23 (64.66), Martin Venning 1.27.03 (79.07), Janet Lathom 1.31.43 (82.90), Sue Parkin 1.32.35 (73.20), Dave Pickard 1.35.17 (65.44), Linda Pickard 1.36.08 (72.87), Jackie Chapman 1.44.24 (67.10), Cheryl Leach 1.45.41 (80.82). **Brian was 1st M65/69, Cheryl was 3rd F65/69**

CLUB RECORDS for Mike and Cheryl.

PB's for Darren, Mike, Russell, Peter, Graham,, Janet, Sue and Cheryl.

FORTHCOMING EVENTS FEBRUARY

2nd February	Marazion 10K	Marazion	10K	FF	RACE FULL
2 nd February	Fulfords Five	Exmouth	5M		
2 nd February	Hestercombe Humdinger	Hestercombe, Nr Taunton	9.5M or 5K		
12 th February	Armada Winter 3K Series	Central Park, Plymouth	3K		
16th February	The Moresk Forest Run	Truro	5.4M	MT	***
16 th February	Exeter 1/2M	Exeter	13.1M		RACE FULL
16 th February	Armada Park Relays	Central Park Plymouth	4 x 2.5M		
16 th February	Carrick Cracker	Falmouth	43K, 29K or 12K	MT	
23 rd February	Cornwall Fire & Rescue 1/2M	Lanhydrock	13.1M		
23 rd February	Dalwood 3 Hills Challenge	Dalwood Nr Axminster	10M	MT	

*** Followed by the presentation of awards for the 2013 CMTRS series

MARCH

2 nd March	Bideford 1/2m	Bideford	13.1M		
9 th March	The Grizzly	Beer, Seaton	20+M		RACE FULL
9 th March	Looe 10	Looe	10M		
12 th March	Armada Winter 3K Series	Central Park, Plymouth	3K		
16 th March	Mad March Hare 10K	Plympton	10K		
16th March	Falmouth 1/2M	Falmouth	13.1M		CGP
22 nd March	The Dark	Cardinham Woods, Bodmin	13M	MT	Torch lit night run!
23 rd March	Exeter Age UK 10K	Exeter	10K		
30th March	An Res Hellys	Helston	10.5M	MT	CGP
30 th March	Tavy 13m	Tavistock	13.1M		
30 th March	Siblyback 10K	Siblyback Lake	10K		
30 th March	Exe to Axe	Exmouth	20M	XC	

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

MARCH NEWSLETTER

The March newsletter will be published on Friday 28th February. Any copy for that issue should be with Peter Mander by latest Wednesday 26th February.

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

