

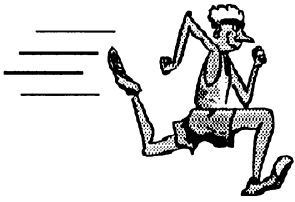
# Launceston Road Runners

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**NEWSLETTER NO.159**

**FEBRUARY 2015**

## BIRTHDAYS

A “Happy Birthday” in February to Jim Baker, Stewart Gynn, Nia Harris, Sandra Harrison, Graham Newberry, Dave Richards, Peter Thorp.

## CONGRATULATIONS

To Darren Evans on being voted “Runner Up” in the Most Improved Runners category in the Cornish Grand Prix.

## 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 torch.**

## LONDON MARATHON

**If you are running the London Marathon, please let Peter Mander know.** Do you have a “Good for Age” entry; were you lucky in the ballot? Are you running for a Charity? Which?

(Incidentally, there are two excellent long distance races planned which would provide excellent training runs for the London. They are The Big Run over 17 miles of the Camel Trail on 1<sup>st</sup> March and the Granite Way 20 miles on 15 March. These races may well sell out in advance and if you are interested, it is suggested that you do not delay your entry too long).

## CLUB AWARDS NIGHT AND GRAND BALL

This very successful evening was attended by 115 members and guests. An excellent band, good food and a lively atmosphere keep those present in good spirits until after midnight.

Our Chairman, Peter Thorp, led the presentation of Club Awards as follows –

Foster’s Fives Trophy – Lavinia Marshall, Most Improved Man - Darren Evans, Most Improved Lady - Sue Parkin, Pentathlon Cup - Jenny Mills, Best Newcomer - Jeanette Johnson, Committee Cup - Janet Lathom, Coaches Award - Kirsty Freeman, Starter Croup Star - Ruth Maunder, Most Unusual Performance - Martin and Ann Venning, Performance of the Year - Dan Rodgers, Best International Performance - Becky Mudd, Tiger Award - Dawn Hadfield, Members’ Member - Kevin Marshall  
 The “New Year – New You” qualifiers £100 draw was won by Julie Barriball.

## ANNUAL GENERAL MEETING

**We have booked the Eagle House Hotel on Wednesday 4<sup>th</sup> February for our AGM. Please arrive at 7.15pm for a 7.30pm start.**

This is an opportunity to learn more about your club. There will be a slide show to start with which will show some of the running highlights of 2014. We really would like to see as many of you as possible at the meeting. The meeting is unlikely to last more than an hour and a half. Please do try and come as it is an interesting evening!

## FOSTER’S FIVES 2015 RACES

The next races in the series are the Marazion 10K and Fulfords 5M both on 1<sup>st</sup> February

## CORNISH GRAND PRIX 2015

The next races in the series are the Marazion 10K on 1<sup>st</sup> February (already Full), the Falmouth 1/2M on 15<sup>th</sup> March and An Res Hellys 10M MT on 29<sup>th</sup> March.

## 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.

5<sup>th</sup> February - 30 minutes interval/fartlek  
12<sup>th</sup> February - Hill pyramids 20/40/60/80/100  
19<sup>th</sup> February - Technical  
26<sup>th</sup> February - Mystery session  
5<sup>th</sup> March - ½ mile reps/400m pyramids

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).

## RESULTS

### 10<sup>th</sup> January Tamar Lakes Park Run 5K

Mick Foster 35.30, Patsy Foster 35.33, Alan Littlejohns 45.03 (Alan acted as tailender)

11<sup>th</sup> January Oh My Obelisk 11M MT David McMorrow 1.51.40

11<sup>th</sup> January January Jaunt Plympton 10K Vanessa Hemmett 59.38 (63.47)

### 17<sup>th</sup> January Exeter Riverside Park Run 5K

Dave McMorrow 23.09, Christopher Pritchard 24.31, Alan Littlejohns 25.32, Jane Pritchard 29.11

### 17<sup>th</sup> January Tamar Lakes Park Run 5K

Jessica Goldberg 25.18, Chloe Williams 26.14, Mick Foster 34.20, Patsy Foster 39.36 **A Course Record for Jessica**

### 18<sup>th</sup> January Exeter First Chance 10K FF

Russell Leeton 46.10 (73.33), Dave McMorrow 48.55 (65.79), Adrian Brown 57.46 (55.71), Nicola Emmett 59.02 (64.12)  
**A PBO for Dave.**

### 18<sup>th</sup> January Force 10M CGP

Darren Evans 1.02.05 (84.48), Steve Cox 1/12.09 (77.32), Brian Wiles 1.12.54 (100.98), Phil Box 1.20/01 (86.02),  
Stewart Gynn 1.20/21 (70.17), Kirsty Freeman 1.27.12 (72.96), Dave Pickard 1.34.23 (66.85), Linda Pickard 1.34.28 (75.00),  
Lavinia Marshall 1.39.13 (80.57), Jackie Chapman 1.41.59 (69.47), Cheryl Leach 1.52.31 (76.96)

### 24<sup>th</sup> January Tamar Lakes Park Run 5K

Darren Evans 17.49, Alan Littlejohns 26.17, Jackie Chapman 29.41, Peter Mander 31.27, Mick Foster 33.20, Patsy Foster 33.22,  
Lorraine Hawkins 34.23. **Course Records for Darren and Mick**

24<sup>th</sup> January Exeter Riverside Park Run 5K Dave McMorrow 22.46

## FORTHCOMING EVENTS

### FEBRUARY

1 <sup>st</sup> February	Marazion 10K	Marazion	10K	CGP/FF
1 <sup>st</sup> February	Fulfords 5M	Exmouth	5M	FF
13 <sup>th</sup> February	Exeter 1/2M	Exeter Quay	13.1M	
14 <sup>th</sup> February	Exeter 1/2M	Exeter Quay	13.1M	

22<sup>nd</sup> February Cornwall Fire & Rescue Lanhydrock 13.1M MT

## MARCH

1 <sup>st</sup> March	The Big Run	Camel Trail	5.5M, 11M or 17.3M	MT	
1 <sup>st</sup> March	The Grizzly	Beer	20M+	MT	<b>Race Full!</b>
8 <sup>th</sup> March	Bideford 1/2M	Bideford	13.1M		
9 <sup>th</sup> March	Looe 10	Looe	10M		
14 <sup>th</sup> March	The Moonlight Flit	Totnes	13.1M	MT	
14 <sup>th</sup> March	Bodmin Bar 8	Bodmin Airfield	30M+	XC	
15 <sup>th</sup> March	Exeter 1/2M	Exeter	13.1M		
<b>15<sup>th</sup> March</b>	<b>Falmouth 1/2M</b>	<b>Falmouth</b>	<b>13.1M</b>		<b>CGP</b>
15 <sup>th</sup> March	The Granite Way	Okehampton	10M or 20M		
21 <sup>st</sup> March	The Dark	Cardinham Woods	13M	MT	
21 <sup>st</sup> March	Rock Solid	Escot Park, Exeter	Team obstacle race	MT	
22 <sup>nd</sup> March	Tavy 13	Tavistock	13.1M		
22 <sup>nd</sup> March	Age UK 10K	Exeter	10K		
22 <sup>nd</sup> March	Arlington Court Canter	Barnstable	10K	XC	
29 <sup>th</sup> March	Exe to Axe	Exmouth	20M	MT	
<b>29<sup>th</sup> March</b>	<b>An Res Hellys</b>	<b>Helston</b>	<b>10.5M</b>	<b>MT</b>	<b>CGP</b>

**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](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**

## MARCH NEWSLETTER

The March newsletter will be published on Friday 27<sup>th</sup> February. Any copy for that newsletter should be sent to Peter Mander by latest Wednesday 25<sup>th</sup> 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. 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.