



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.171

FEBRUARY 2016

BIRTHDAYS

A "Happy Birthday" in February to Jim Baker, Ann Goodman, Stewart Gynn, Kevin Harrison, Graham Newberry, Beccky Robinson and Peter Thorp.

NEW MEMBERS

A warm welcome to our newest members Vicky Blundell, Vanessa Elcock, Nick Harrison, Victoria Harrison, Sharon Rundle and Wayne Rundle.

ANNUAL GENERAL MEETING

The AGM will be held on **Wednesday 10th February at 7,15pm 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.

TREGGY 7

Our signature race is being held on 4th September. As always as many helpers as possible to make this event happen. If anyone is interested in joining the organising committee or in co-ordinating entries, please contact Kevin Marshall or a member of the Committee.

AWARDS NIGHT

Another very successful and enjoyable night for the Club. Award winners were as follows –

Foster's Fives = Lavinia Marshall, Pentathlon Cup = Jenny Mills, Committee Cup = Tom Glendinning, Best International Performance = Brian Wiles, Best Newcomer = Jessica Goldberg, Most Improved Male = Stewart Gynn, Most Improved Female = Julie Barriball, Performances of the Year = (Male) Tim Robinson, (Female) Jeanette Johnson, Coaches Award – Jon Spettigue and Matt Wise, Most Unusual Performance – Pawel Szymanski. Members' Member – Shared by Emma Wild and Kevin Marshall.
Certificates were won by = Gold – Jenny Mills, Julie Towers and Brian Wiles
Silver = Phil Box, Darren Evans and Alan Littlejohns. Bronze = Julie Barriball.

FOSTER'S FIVES 2016 RACES

The next races in the series are the Fulfords 5M at Exmouth on 7th February and the Ivybridge 10K on 8th May.

CORNISH GRAND PRIX 2016

The next race in the series is Falmouth 1/2M on 13th March.

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

The next race in the series is The 5 Tors on Bodmin Moor on 17th April.

LONDON MARATHON

We have a number of members running for charity –

Lavinia Marshall and Vicky Holt in aid of Lifton Community Hall
Adam Paynter for the Robert Johns Leukaemia Fund
Vanessa Elcock for Muscular Dystrophy

If you wish to support any of the charities, please speak to the runners at Club Nights. If you are running for a charity that we have not mentioned and you would like to be included in the next newsletter, please email comm@treggy.7.co.uk.

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.

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.

4th February - 3 mile Time Trial
11th February - Mystery
18th February - 1/2M or 1/2M reps
25th February - Fartlek/Intervals
3rd March - Hills

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

RESULTS

2nd January - **Tamar Lakes Park Run 5K** Alan Littlejohns 26.26, Kevin O'Mahoney 30.28
9th January **Tamar Lakes Park Run 5K** Alan Littlejohns 26.45, Kevin O'Mahoney 31.39
10th January - **Plymouth January Jaunt 10K** Oliver Gynn 35.33 (90.53) A PBO and 4th place overall.
16th January - **Lanhydrock Park Run 5K** Claire Waters 25.01
16th January - **Plym Valley Park Run 5K** Morgan Cain 27.11
16th January - **Tamar Lakes Park Run 5K** Martin Venning 27.33, Alan Littlejohns 58.30 ("Tailender")

17th January - **Exeter 10K**

Darren Evans 35.56 (89.56), Claire Waters 44.50 (89.77), Matthew Wise 45.28 (70.78), Mark Jones 46.12 (69.66), Peter Thorp 49.00 (77.12), Peter McAughey 49.33 (69.78), Alan Littlejohns 49.53 (90.49), Julie Barriball 51.51 (81.93), Adrian Brown 52.23 (61.44), Nicola Emmett 54.14 (70.50), Lavinia Marshall 55.58 (88.72), Chris Norris 56.27 (58.15), Rebecca Wise 1.01.30 (61.54)

**Alan was 3rd M65/+ PBO's for Darren, Mark, Adrian, Nicola and Lavinia
PB's for Claire, Peter Thorp and Rebecca**

23rd January - **Lanhydrock Park Run 5K** John Barnes 27.30

23rd January - **Tamar Lakes Park Run 5K**
Paul Moore 21.22, Alan Littlejohns 26.08. Kevin O'Mahoney 30.54

24th January - **Blaythorne 10.25M CGP**

Jeanette Johnson 1.09.58, Brian Wiles 1.14.13, Sarah Worth 1.22.15, Peter Thorp 1.25.07, Morgan Cain 1.26.46, Peter McAughey 1.26.51, John Barnes 1.30.21, Louise Werran 1.31.42, Jo Northey 1.32.12, Hannah Tippetts 1.32.19, Adrian Brown 1.32.38, Martin Venning 1.32.58, Sarah Swift 1.35.19, Janet Lathom 1.35.19, Jackie Chapman 1.48.17

24th January - **Braunton 10M** Jenny Mills 1,16,55 (109.54) **Jenny was 1st Lady 60/+**

30th January - Tamar Lakes 5K
Alan Littlejohns 27.08. Martin Venning 27.37, Kevin O'Mahoney 30.18

FORTHCOMING EVENTS

FEBRUARY

7 th February	Fulfords 5M	Exmouth	5M	FF
10 th February	AGM	Launceston	7.15pm	
13 th February	Haldon Night Runs	Haldon Forest	10K and 5K	MT
13 th February	Exeter 1/2M	Exeter	13.1M	
14 th February	Exeter 1/2M	Exeter	13.1M	
21 st February	Cornwall Fire & Rescue 1/2M	Lanhydrock	13.1M	
28 th February	Looe 10	Looe	10M	
28 th February	Dalwood 3 Hills Challenge	Axminster	10M	MT
28 th February	Hameltdown Hammer	Dartmoor	13.1M	MT

MARCH

6 th March	Bideford 1/2M	Bideford	13.1M	
6 th March	The Big Run	Camel Trail	5.5M, 11M and 17.3M	
13 th March	Falmouth 1/2M	Falmouth	13.1M	CGP
13 th March	Bath 1/2M	Bath	13.1M	
13 th March	The Grizzly	Beer, Seaton	20+M	RACE FULL
13 th March	The Granite Way	Okehampton	10M and 20M	
19 th March	The Dark	Cardinham Woods	13M	MT
19/20 th March	Rock Solid	Exeter, Escot Park	Team obstacle race	
20 th March	Sport Relief Mile event	Saltash	1, 3 or 6 miles	
20 th March	Mad March Hare 10K	Plympton	10K	
20 th March	Age UK 10K	Exeter	10K	
25 th March	Fast Friday 10K	Exeter	10K	
28 th March	Bampton to Tiverton	Bampton	7+M	

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 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 clubs records.

FEBRUARY NEWSLETTER

The March newsletter will be published on Monday 29th February. Any copy for that newsletter should be sent to Peter Mander by latest Sunday 28th 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 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.