

# Launceston Road Runners

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

[www.launcestonroadrunners.co.uk](http://www.launcestonroadrunners.co.uk)

[www.treggy7.co.uk](http://www.treggy7.co.uk)

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## NEWSLETTER NO.195

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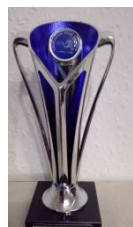
### BIRTHDAYS

A “Happy Birthday” in February to Jim Baker, Rob Berryman, Anne Goodman, Stewart Gynn, Louisa Shaw

**WELCOME** to our new member – Kelly Sargent.



### AWARDS NIGHT



What a great night!! A big thank you to the committee for organising such a lovely evening! Also, thank you to everyone that supported the event.

Award winners were as follows:

**Pentathlon Cup** - Jenny Mills;

**Silver certificates** – Tim Robinson, Edward Horn and Janet Lathom

**Bronze certificates** – John Barnes, Julie Barriball, Adrian Brown, Nick Harrison, Jaine Hynes, Lavinia Marshall, John Mason, Peter McAughey, Nigel Reddcliffe, Mary Roberts, Wayne Rundle, Sarah Swift and Becky Wise

**Most Races Completed in 2017** – **Male** - Peter McAughey, **Female** - Julie Barriball

**Most Travelled Runners** - John and Sarah Barnes

**Performance of the Year** - Mary Roberts

**Coaches Award** - Wayne Rundle and Nick Harrison

**Best Newcomer** - Ella Waters

**Most Improved Male** - Nick Harrison

**Most Improved Female** - Becky Wise

**Fosters Fives** - Lavinia Marshall

**Committee Cup** - Darren Evans

**Members Member** - Lavinia Marshall



### ANNUAL GENERAL MEETING

The AGM will be held on Wednesday 7<sup>th</sup> February at Launceston Golf Club at the top of St. Stephen’s Hill at 7.30pm.

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 2018 RACES

The next races in the series are the Newquay 10K on 5<sup>th</sup> February and the Age UK 10K at Exeter on the 18<sup>th</sup> March.

### THE PETER MANDER PENTATHLON CUP RACES 2018

The next races in the series are the Newquay 10K on 4<sup>th</sup> February, The Tavy 5Kool on 17<sup>th</sup> February, Looe 10 on the 25<sup>th</sup> February,

## CORNISH GRAND PRIX 2018

The next races in the series are the Newquay 10K on 4<sup>th</sup> February, Looe 10 on the 25<sup>th</sup> February, Falmouth half marathon on the 18<sup>th</sup> March and An Resek Hellys on the 25<sup>th</sup> March.

## CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is The 5 Tors on Bodmin Moor on 16<sup>th</sup> 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 mile head torch out-of-town. 8 miles head torch out-of-town.

## TUESDAY NIGHT LEADERS AT LAUNCESTON

	3m	5m Town	6m in Town	6m Torch	8m Torch
6th Feb	Kevin	Vin	Vicky	Peter	Darren/Jeanette
13th Feb	Peter	Vin	Vicky	Kevin	Darren/Jeanette
20th Feb	Sarah/Fern	Vin	Vicky	Peter	Darren/Jeanette
27th Feb	Sarah/Fern	Vin	Peter	Kevin	Darren/Jeanette

## 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.

01/02/2017	Out and Back	Quarry Crescent
08/02/2017	8-4=8	Link Road
15/02/2017	Fartlek/Intervals	TBC
22/02/2017	Hills	Meadowside
01/03/2017	½ Mile or ¼ Mile reps	Newport Ind. Est.
08/03/2017	Meet and Greet	Quarry Crescent
15/03/2017	400m pyramids	Link Road

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)

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

## 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

26 <sup>th</sup> November	Bicton Blister	Glenda Smith 1.49.00
23 <sup>rd</sup> December	Tamar Lakes Park Run 5K	Alan Littlejohns 27.36, Gill Aze-Thomas 45.26
23 <sup>rd</sup> December	Tamar Trails Park Run 5K	Peter McAughey 25.35, Tim Hambly 28.39
23 <sup>rd</sup> December	Lanhydrock Park Run 5K	Louisa Shaw 25.46, Adrian Brown 36.25
30 <sup>th</sup> December	Tamar Lakes Park Run 5K	Peter McAughey 28.35, Gill Aze-Thomas 46.24

**1<sup>st</sup> January - Tamar Lakes Park Run 5K**  
 Peter McAughey 23.56, Chris Pritchard 24.21, Rebecca Rowledge 33.00, Alan Littlejohns 34.06

**6<sup>th</sup> January Tamar Lakes Park Run 5K**  
 Mark Knight 21.53, Matt Haisman 31.05, Liz Davy 33.02, Maria Haisman 33.08, Mandy Baker 33.09

**7<sup>th</sup> January Stoke St. Gregory 10K Jenny Mills 44.38**

**13<sup>th</sup> January Tamar Lakes Park Run 5K**  
 Mark Knight 20.30, Alan Littlejohns 29.47, Liz Davy 30.56

**13<sup>th</sup> January Tamar Trails Park Run 5K**  
 Kayleigh Stringer 30.24, Russell Leeton 30.55, Adrian Brown 38.27, Steve Cox 53.45

**20<sup>th</sup> January Tamar Lakes Park Run 5K**  
 Linda Pickard 26.54, Alan Littlejohns 28.23, Andy Sykes 30.37, Gill Aze-Thomas 35.11

**21<sup>st</sup> January - Stormforce 10M CGP**



Kevin Marshall 1.10.47, Richard Foster 1.14.12, Nick Harrison 1.14.37, Brian Wiles 1.16.19, Naomi Baker 1.22.34, Ben Jarram 1.23.28, Jaine Hynes 1.24.49, Mary Roberts 1.30.42, Linda Pickard 1.31.03, David Pickard 1.31.22, Martin Venning 1.39.06, Vin Marshall 1.40.54



**Brian was 1<sup>st</sup> M70/74 and Vin 2<sup>nd</sup> FV65**

**PB's for Kevin, Richard, Naomi and Ben**

### 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.

### 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

<b>4<sup>th</sup> February</b>	<b>Newquay 10K</b>	<b>Newquay</b>	<b>10K</b>	<b>FF/ CGP</b>
4 <sup>th</sup> February	Fulfords 5	Exmouth	5M	
9 <sup>th</sup> February	The Arc of Attrition	Coast Path	100M	MT
10 <sup>th</sup> February	Exeter 1/2M	Exeter	13.1M	
11 <sup>th</sup> February	Exeter 1/2M	Exeter	13.1M	
11 <sup>th</sup> February	Westward League	Plymouth		XC
14 <sup>th</sup> February	Armada Winter 3K series	Central Park, Plymouth	3K	
11 <sup>th</sup> February	Humdinger ½ M & The Hurtle	Nr. Taunton	13.1M & 5M	
18 <sup>th</sup> February	Cornwall Fire & Rescue 1/2M	Bodmin	13.1M	MT
<b>25<sup>th</sup> February</b>	<b>Looe 10</b>	<b>Looe</b>	<b>10M</b>	<b>CGP</b>
25 <sup>th</sup> February	Hameldown Hammer	Widecombe-in-the-Moor	13.1M	MT

**MARCH**

4 <sup>th</sup> March	Bath 1/2M	Bath	13.1M	
4 <sup>th</sup> March	Westward League	Redruth		XC
4 <sup>th</sup> March	The Granite Way	Okehampton	10M & 20M	MT
10 <sup>th</sup> March	Deep River Trail Races	Castle Drogo	6M & 13.1M	MT
11 <sup>th</sup> March	Bideford 1/2M	Bideford	13.1M	
11 <sup>th</sup> March	Great Flat Lode	Redruth	5M	MT
14 <sup>th</sup> March	Armada Winter 3K series	Central Park, Plymouth	3K	
<b>18<sup>th</sup> March</b>	<b>Falmouth 1/2M</b>	<b>Falmouth</b>	<b>13.1M</b>	<b>CGP</b>
18 <sup>th</sup> March	The Grizzly	Beer, Seaton	20+M	MT
18 <sup>th</sup> March	Tavy 13	Tavistock	13.1M	
18 <sup>th</sup> March	Mad March Hare 10K	Plympton	10K	
<b>18<sup>th</sup> March</b>	<b>Age UK 10K</b>	<b>Exeter</b>	<b>10K</b>	<b>FF</b>
18 <sup>th</sup> March	Monster Race	Exeter	5K & 10K	Obstacle Race
<b>25<sup>th</sup> March</b>	<b>An Resek Hellys</b>	<b>Helston</b>	<b>10.5M</b>	<b>MT/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, 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](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 Darren Evans on 07453 988302 or [de1982@hotmail.co.uk](mailto: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 Thursday 1st March. Anything to be included in the newsletter should be sent to Vin Marshall by Wednesday 22nd 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.



SILVER AWARDS



BRONZE AWARDS