



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

Newsletter Co-ordinator: Vin Marshall

Mobile – 07909 794146

Email : kmarshall0506@aol.com

A HEALTHY AND HAPPY NEW YEAR TO ALL OUR READERS

NEWSLETTER NO.182

JANUARY 2017

SAD FAREWELL

It is with great sadness that we are losing our newsletter editor and a wonderful supporter of the running club. Thank you Peter for all the work that you have done for the club, over many years. It is greatly appreciated and we will miss you!! We wish you and Julia all the best in your new home and we hope you will visit us if you return to this part of the country.



BIRTHDAYS

A “Happy Birthday” in January to Adrian Brown, Mike Gilbert, Sharon Glendinning, Oliver Gynn, Barry Hutchings, Dave Pickard, Nicola Pipe and Julie Towers.

AWARDS NIGHT



Tickets are still available for our annual Awards Night! This year we are hosting an “OSCARS” themed Awards Night, which is being held at **Lifton Strawberry Fields on 28th January at 7.30pm.**

There will be drinks on arrival, a 2 course meal and much, much more! Tickets are £15pp and can be purchased from Vicky Holt at Club Nights until Thursday 19th January. Ensure you purchase your tickets now, so you don't miss out on all the fun!

Best Picture – This year we are looking for your nominations for the ‘best picture’ to be presented at the Oscars Awards Night. This can be any photo taken in 2016 of or by a club member, at any race or running event. The nominations will be judged by the committee. The photo can be emailed to the committee at comm@treggy7.co.uk. Alternatively photos can be uploaded to the facebook page.

Members’ Member: Nominations for the Members’ Member trophy will be taken on the night. If you are unable to attend, but, would like to vote, please email Sarah Swift at comm@treggy7.co.uk

ANNUAL GENERAL MEETING

Make a note of this date in your diary now! The AGM will be held on Wednesday 8th February at Launceston Golf Club.

As usual there will be a review of the year, before the election of new committee members and discussion of any proposals. We would love to see as many members there as possible to support the committee and to have a say in future decisions. There will be a number of committee positions becoming vacant from February. If you are interested in joining the committee or would just like some further information, please email Sarah Swift on sarahlb89@hotmail.com Also, the bar will be open and food will be available after the meeting.

FOSTER’S FIVES 2017 RACES

This is a competition just for the ladies. As it only involves distances of 5M and 10K it is ideal for newer runners or those who do not have the time to train for the longer distances. All details are shown on the Club website and requires the completion of only five races from a possible 14.

The first races in the series are the First Chance 10K at Exeter on 8th January followed by the Newquay 10K on 5th February.

CORNISH GRAND PRIX 2017

Full details of the rules and qualifying races are available on our Club website. It is the main competition for Cornish Clubs and a good challenge for keen runners with a choice of races of varying distances from 5M to a full Marathon. Launceston Road Runners members regularly stand on the podium and achieve qualifying awards each year – why not you in 2017?

The first race in the series is the Stormforce 10M at Blaythorne on 22nd January.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

Full details of this Cornish clubs competition which runs from July one year to June the next, appears on the Club website. If you like multi-terrain courses then this is for you. 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 mile 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
3rd Jan	Julie	Vin	Vicky	Kevin	Darren/Jeanette
10th Jan	Vin	Peter	Jeanette	Louise	Darren/Tim
17th Jan	Angela	Julie	Vicky	Tim	Darren/Jeanette
24th Jan	Emma	Vin	Darren	Sarah	Jeanette/Tim
31st Jan	Peter	Vin	Vicky	Julie	Kevin
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 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 th January	-	Intervals/Fartlek
12 th January	-	Hills
19 th January	-	Mystery
26 th January	-	½ / ¼ reps
2 nd February	-	Technical

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!

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

3 rd December	-	Tamar Lakes Park Run 5K	Chris Pritchard 24.10, Alan Littlejohns 26.16, Jane Pritchard 27.48
3 rd December	-	Tamar Trails Park Run 5K	Chris Norris 25.42, Adrian Brown 32.30, James McDiarmid 40.27
4 th December	-	Race for Wildlife 7.5M CMTRS	Nick Harrison 59.52, Wayne Rundle 1.04.41, Sharon Rundle 1.12.19
10 th December	-	Tamar Lakes Park Run 5K	Alan Littlejohns 26.22
10 th December	-	Tamar Trails Park Run 5K	Steve Cox 22.27, Claire Waters 23.58 (3 rd female)
10 th December	-	Fordh Sen Mighal 11M Pilgrimage Race	Tim Robinson 1.26.05, Russell Leeton 1.46.13, Louise Werran 2.20.12, James McDiarmid 2.22.00, Jo Northey 2.30.55, Francessa Ford 3.06.47

Congratulations to Tim Robinson for winning the race in atrocious weather

10th December - Cockington Caper
James Gulliver 1.40.08, Christina Gulliver 1.40.08

17th December - Tamar Lakes Park Run 5K
Alan Littlejohns 25.56, Martin Venning 26.24, Kevin O'Mahoney 31.53

17th December - Tamar Trails Park Run 5K
Steve Cox 29.01, Adrian Brown 30.19

18th December - The Scrooge
Sharon Rundle 1.56.29, Wayne Rundle 1.56.32, Adrian Brown 2.02.11, Matt Wise 2.02.12, Jon Spettigue 2.02.14, Victoria Holt 2.02.25, Rebecca Wise 2.02.27, Adam Paynter 2.30.40

24th December - Lanhydrock Park Run 5K Adrian Brown 32.45

24th December - Tamar Lakes Park Run 5K
Chris Pritchard 23.37, Alan Littlejohns 26.56, Jane Pritchard 28.12

24th December - Ellesmere Port Park Run Martin Venning 27.03 (New PB for course)



FORTHCOMING EVENTS

JANUARY

1 st January	Brown Willy Run	Bodmin Moor	6M	MT
8 th January	First Chance 10K	Exeter	10K	FF
8 th January	January Jaunt	Plymouth	10K	MT
14 th January	Haldon Night Runs	Haldon Forest	5K and 10K	MT
15 th January	Westward League	Westward Ho	Various	XC
15 th January	Oh My Obelisk	Dawlish	11M	MT
21 st January	Tavy 5Kool	Tavistock	5K	MT
22 nd January	Storm Force 10M	Blaythorne	10M	CGP
28 th January	The Wild Night Run	South Brent	5M or 10M	MT

FEBRUARY

5 th 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
26 th February	Looe 10	Looe	10M	CGP
26 th February	Hameldown Hammer	Widcombe-in-the-Moor	13.1M	MT

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, 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.

FEBRUARY NEWSLETTER

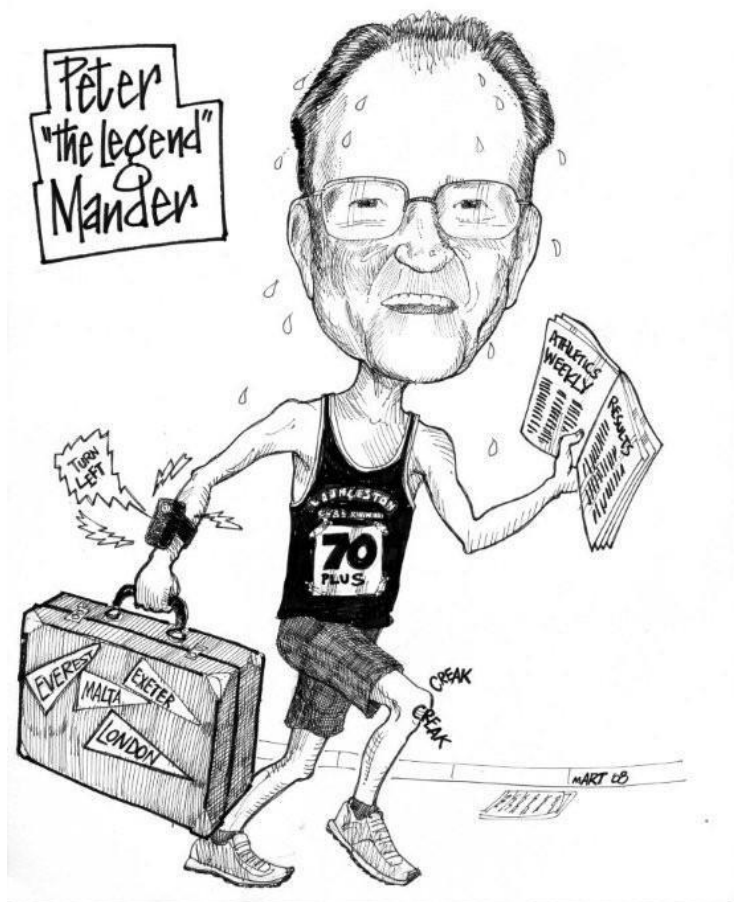
The February newsletter will be published on Friday 3rd February. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 31st January

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.

A VIEW FROM THE PACK No.1



Goodbye
&
Good Luck
Peter