

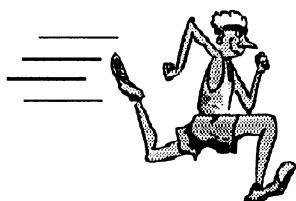
Launceston Road Runners

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

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NEWSLETTER NO.146

JANUARY 2014

“A HAPPY AND HEALTHY NEW YEAR TO ALL OUR READERS”

BIRTHDAYS

A “Happy Birthday” in January to Dave Pickard, Janet Smith and Julie Towers.

NEW MEMBERS

A warm welcome to our newest member Sarah Baker.

CONGRATULATIONS.

To Dan Rodgers on winning the Ashton Court 5K Park Run

To Steve Abbotts, Leanne Clarke and Hannah Pickard who all managed to run 3 miles continuously prior to Christmas as part of the first starter group. They were each awarded a Certificate to recognise their achievement.

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

This year’s Club Presentation Night of awards earned during 2013 will be held on Saturday 25th January at Lifton Farm Shop

The evening will include a Barn Dance. We will be dancing to a Ceilidh band “Choughed To Bits”. Included in the evening will be a Hog Roast. Last year’s event was enjoyed by all who attended, 75 in total! There are still some tickets available at the subsidised price of just £10 per ticket. Peter Thorp

GREAT BRITAIN RELAY – WORLD RECORD ATTEMPT

A date for your diary – Friday 20th June 2014.

Do you fancy taking part in the 2014 GB relay? Launceston Road Runners have signed up to run 4 stages of this World Record Attempt! We are running stages 362 (Bude to Holsworthy 10.45 start), 363 (Holsworthy to Launceston 12.16 start), 364 (Launceston to Warbstow 14.25 start) and 365 (Warbstow to Boscastle 15.58 start).

We would like at least 4 runners per stage. You do not need to run an entire stage as we can split each stage into smaller sections.

Full details of this challenge are on the GB relay website – www.gbrelay.com

Take a look at the site and go to the south west stages and click on the relevant stages – 362, 363, 364 or 365

If you would like to take part in this challenge, please contact me, Kevin Marshall, on kmarshall0506@aol.com

ANNUAL GENERAL MEETING

Reminder – Please put the Club AGM date of Wednesday 5th February at the Eagle House Hotel in your diary now! Please try to attend.

SANTA’S RUN

“There was a good turnout from the Club in support of the Santa Run around Launceston. The run was only 2.5k but started with a challenge up Windmill Hill which certainly changed many runners into walkers half way up! It wasn’t really a race, however, Launceston Road Runners did not really believe it, with Kevin Marshall finishing first and Peter Thorp second and with Kirsty Freeman first Lady.

Following the run all headed to Lifton Farm shop where we enjoyed Christmas Lunch.” Peter Thorp

FOSTER'S FIVES 2014 RACES

Stop Press – First Chance 10K now full. The Marazion 10K on 2nd February is also full but if you are interested, please keep in touch as injury may mean that a vacancy occurs.

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

CORNISH GRAND PRIX 2014

The first race in the series is Force 10M at Blaythorne on 19th January. The second race at Marazion is already full.

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! However, please note that to achieve a mid-summer rather than year end presentation, the format has been changed this year. You will see from the attached that you need only complete 4 of 6 events to qualify for an award in 2014!

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.

See Note below re a new “Beginners’ Group”

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.

9 th January	-	Intervals/Fartlek
16 th January	-	Mystery session
23 rd January	-	Repititions
30 th January	-	Hills
6 th February	-	Technical drills

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.

NEW “BEGINNERS TRAINING PROGRAM “

On Tuesday 14th January a new 8 week training program for beginners will commence and run through until Thursday 13th March..

Once again the aim of the Coaches will be the have entrants running 3 miles continuously by the end of the period. Full details will be published in the press but can also be obtained from any Committee member or Coach.or by email from comm@treggy7.co.uk

RESULTS

7 th December	-	Jamaica Reggae Reggae 1/2M	Martin Venning	2.01.59 (75.59)					
7 th December	-	Jamaica Reggae Reggae 10K	Ann Venning	1.11.11 (69.75)					
8 th December	-	Exeter Santa Run 5K	Jackie Chapman	28.00					
13 th December	-	Wanganui 10K, New Zealand	Jo Northey	1.04.19 (59.44)					
15 th December	-	Ashton Court Park Run 5K	Dan Rodgers	16.37	Dan won the race!				
22 nd December	-	Torrington Christmas Caper 9.5M MT	Stephen Hutchinson	1.16.15,	Dom Scotting	1.16.55,	Alan Littlejohns	1.41.18	Stephen ws 3rd M60/+

FORTHCOMING EVENTS

JANUARY

1 st January	Brown Willy Run	Bodmin Moor	6M	MT	
5th January	Exeter First Chance	Exeter	10K	FF	RACE NOW FULL!
8 th January	Armada Winter 3K Series	Central Park, Plymouth	3K		
12 th January	Oh My Obelisk	Dawlish	10M	MT	
12 th January	Plympton January Jaunt	Plymouth	10K		
19 th January	Axmouth Challenge	Axmouth	9M	MT	
19th January	Storm Force 10	Camborne	10M	CGP	
26 th January	Braunton 10	Barnstable	10M		

FEBRUARY

2nd February	Marazion 10K	Marazion	10K	FF	RACE FULL
2 nd February	Fulfords Five	Exmouth	5M		
12 th February	Armada Winter 3K Series	Central Park, Plymouth	3K		
16 th February	Exeter 1/2M	Exeter	13.1M		RACE FULL
23 rd February	Cornwall Fire & Rescue 1/2M	Lanhydrock	13.1M		

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

FEBRUARY NEWSLETTER

The February newsletter will be published on Thursday 30th January Any copy for that issue should be with Peter Mander by latest Wednesday 29th January.

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