

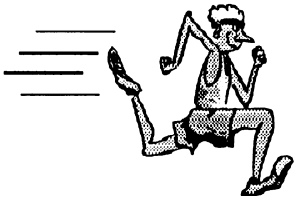
# Launceston Road Runners

Newsletter Co-ordinator: Peter Mander

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

Greystones, Ecker Road, Lifton PL16 0AE

Tel – 01566 780400 [plroadrun@btinternet.com](mailto:plroadrun@btinternet.com) [www.launcestonroadrunners.co.uk](http://www.launcestonroadrunners.co.uk)



**NEWSLETTER NO.158**

**JANUARY 2015**

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

## BIRTHDAYS

A “Happy Birthday” in January to Adrian Brown, Matt Knight, Dave Pickard, Nicola Pipe, Julia Roberts, Julie Towers and Steph Williams.

## NEW MEMBERS

A warm welcome to our newest members Stephen Cox, Ruth Easby and Tim Robinson.

## CONGRATULATIONS

To Jenny Mills on winning the Pentathlon Cup.

## 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 will be held on Saturday 24<sup>th</sup> January at Lifton Farm Shop from 7.15pm until midnight.** Tickets are now on sale. This will be a fantastic event and we really would like everyone to try and come, so that our many ‘Award Winners’ get the recognition that they deserve!

We would especially like everyone from our New Starter Groups to come along. There are several award categories including ‘Performance of the Year’, ‘Most Improved Runners’, ‘Starter Group Star’, ‘Best Tiger Photograph’ as well as several others.

We will also be holding the draw for £100 worth of vouchers for those of you who have completed at least 8 races from the Cornish Grand Prix Series, the Cornish Multi-terrain Race Series or from Foster’s Fives.

The ticket price represents excellent value at only £12.50. The Club has significantly subsidised the cost of the tickets. We have booked a quality 5 piece band for the evening and have opted for a premium buffet which will be followed by dessert. There will also be a complimentary drink on arrival. Photographs will be taken as you arrive on the red carpet and there will be a photo booth for you take your own photographs using some the props that will be available.

We are excited as a Committee that we really do have a special evening planned and that is why we really would like you all to join us in this end of year celebration.. Tickets are available from me every Club Night” Peter Thorp

## ANNUAL GENERAL MEETING

**We have booked the Eagle House Hotel on Wednesday 4<sup>th</sup> February for our AGM.**

The AGM will be a review of the previous 12 months looking at how we have performed against the Committee’s objectives.

We will also be electing a new Chairperson and Treasurer as these posts will be vacant following a two year tenure. If you are interested in potentially joining the Committee or indeed are interested in the two vacant positions then please feel free to talk with Peter Thorp for some more information regarding what is involved.

## FOSTER'S FIVES 2015 RACES

The first races in the series are the Exeter First Chance on 18th January and the Marazion 10K and Fulfords 5M both on 1st February..

## CORNISH GRAND PRIX 2015

The races in the series will be - 18th January - Stormforce 10M, 1st February - Marazion 10K, 15th March - Falmouth 1/2M, 29th March - An Resek Hellys 10M MT, 10th May - Trevornick 10M MT, 2nd June Cubert 5M, 13th June - Sticker 5M, 8th July - Mid-Summer Turkey Trot 4M, 19th July - Magnificent 7M, 2nd August - Indian Queens 1/2M, 14th August - St.Levan 10K, 6th September - Treggy 7M, 20th September - Truro 1/2M, 4th October - Newquay 10K, 15th November - Cornish Marathon.

## PENTATHON CUP

The final scorers were -

Jenny Mills 567.46, Peter Mander 435.45, Mike Whitley 426.05, Darren Evans 417.46, Alan Littlejohns 411.45, Martin Venning 405.95, Cheryl Leach 393.35, Julie Barriball 393.02, Sue Parkin 380.19, Russell Leeton 351.36, Jackie Chapman 348.15 and Graham Parkin 335.74.

## CERTIFICATES

The following have qualified for Certificates -

Gold - Jenny Mills.

Silver - Peter Mander

Bronze - Julie Barriball, Darren Evans, Cheryl Leach, Alan Littlejohns, Sue Parkin, Martin Venning and Mike Whitley (Gold - 90 points or more over 5 pentathlon distances, Silver 80 points or more, Bronze - 70 points or more)

## 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.

1st January - No session  
8th January - Reduced hill times  
15th January - Technical  
22nd January - Meet and Greet  
29th January - ½ mile and ¼ mile reps  
5th February - 30 minutes interval/fartlek

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

**29th November** - **Tamar Lakes Park Run 5K** Mark Jones 22.22, Patsy Foster 35.35

**30th November** - **Bicton Blister 10M MT** Mike Whitley 1.16.52

**30th November** - **Wiltshire 1/2M** Jenny Mills 1.38.16 (113.34) **Jenny 1st F60/+ with a Course Record**

**7th December** - **Race for Wildlife 7.23M MT CMTRS**

Darren Evans 47.08, Russell Leeton 1.02.37. Peter Mander 1.15.12 **Darren was 3rd 20/34, Peter was 2nd M75/+**

**13th December** - **Tamar Lakes Park Run 5K** Alan Littlejohns 26.26

**20th December** - **Tamar Lakes Park Run 5K**

Alan Littlejohns 26.21, Patsy Foster 33.08, Lorraine Hawkins 34.00, Mick Foster 34.30

20 <sup>th</sup> December	-	Lanhydrock Park Run 5K	Shaun Chillingworth 26.34
27 <sup>th</sup> December	-	Tamar Lakes Park Run 5K	Alan Littlejohns 27.37, Peter Mander 29.11

## FORTHCOMING EVENTS

### JANUARY

1 <sup>st</sup> January	Brown Willy Run	Bodmin Moor	6M	MT	
11 <sup>th</sup> January	Oh My Obelisk	Dawlish	11M	MT	
11 <sup>th</sup> January	Plympton January Jaunt	Plympton	10K		
18 <sup>th</sup> January	<b>Storm Force 10M</b>	<b>Camborne</b>	<b>10M</b>		<b>CGP</b>
18 <sup>th</sup> January	<b>First Chance 10K</b>	<b>Exeter</b>	<b>10K</b>		<b>FF Race Full</b>
25 <sup>th</sup> January	Braunton 10M	Braunton	10M		
31 <sup>st</sup> January	The Wild Night Run	South Brent	10M	MT	

### FEBRUARY

1 <sup>st</sup> February	<b>Marazion 10K</b>	<b>Marazion</b>	<b>10K</b>		<b>CGP/FF</b>
1 <sup>st</sup> February	<b>Fulfords 5M</b>	<b>Exmouth</b>	<b>5M</b>		<b>FF</b>
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	

**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**

## FEBRUARY NEWSLETTER

The February newsletter will be published on Thursday January 29<sup>th</sup>. Any copy for that newsletter should be sent to Peter Mander by latest Tuesday January 27<sup>th</sup>.

## 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