



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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A HEALTHY AND HAPPY NEW YEAR TO ALL OUR READERS

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JANUARY 2016

BIRTHDAYS

A “Happy Birthday” in January to Adrian Brown, Louise Folwell, Oliver Gynn, Barry Hutchings, Matt Knight, Dave Pickard, Nicola Pipe and Julie Towers.

NEW MEMBERS

A warm welcome to our newest member Cain Morgan.

THE PENTATHON CUP

Final positions were – Jenny Mills 557.75 points, Brian Wiles 514.91, Julie Towers 481.39, Alan Littlejohns 447.81, Phil Box 435.04, Darren Evans 423.14, Julie Barriball 397.97, Chris Norris 305.52 and Adrian Brown 290.53,

MEMBER OF THE MONTH

Congratulations to Jessica Goldberg for being chosen as Member of the Month for November for her achievement in winning the mini Cornish Grand Prix

ANNUAL GENERAL MEETING

The AGM will be held on Wednesday 10th February 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.

AWARDS NIGHT

Tickets are now available for our annual awards night! This will be held at the Lifton Strawberry Fields on 30th January at 7.30pm.

There will be arrival drinks, a 2 course meal, followed by the awards giving and a Disco to keep us dancing until midnight!

Tickets are £15 and available from Vicky Holt at Club Nights.

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

FOSTER’S FIVES 2016 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. Details are shown on the Club website and requires the completion of only five races from a possible 14. Come on ladies, have a go!

The first races in the series are the First Chance 10K at Exeter on 17th January and Fulfords 5M at Exmouth on 7th February.

CORNISH GRAND PRIX 2016

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 2016?

The first race in the series is the Stormforce 10M at Blaythorne on 24th January.

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

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 17th April.

STARTER GROUP

A new starter group will begin on 19th January. Again the aim over a three month period will be to help beginners and improvers to reach the stage of being able to run 3 miles without stopping. Existing members who have not been running because of injury or through being too busy over the Christmas period may find it a useful confidence builder.

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.s

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.

7th January - Mystery session
14th January - 400m pyramids
21st January - Intervals/Fartlek
28th January - Hills
4th February - 3 mile Time Trial

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

1st November - Bideford 10M

Alan Littlejohns 1.22.47 (88.92), John Barnes 1.27.02 (71.64) **A PBO for John**

29th November - Florence Marathon Tim Robinson 2.52.00 (89.22) **A PB for Tim**

5th December - Lanhydrock Park Run 5K Nigel Reddicliffe 24.03

5th December - Tamar Lakes Park Run 5K
Darren Evans 18.43, Paul Moore 21.07, Alan Littlejohns 26.59, Kevin O'Mahoney 29.41

6th December - Race for Wildlife 7.5M CMTRS

Linda Pickard 1.06.31, Dave Pickard 1.09.17

12th December - Lanhydrock Park Run 5K
Dan Rodgers 16.59, Claire Waters 24.27. **Dan won the race!**

12th December - Tamar Lakes Park Run 5K
Peter McAughy 25.43, Alan Littlejohns 26.15, Martin Venning 27.22

19th December - Horsham Park Run 5K Claire Waters 23.34

19th December - Tamar Lakes Park Run 5K
Martin Venning 27.02, Alan Littlejohns 1.02.59 (Alan acted as Tailender)

26th December - Lanhydrock Park Run 5K Claire Waters 24.13

26th December - Tamar Lakes Park Run 5K Alan Littlejohns 26.58, Kevin O.Mahoney 30.46

FORTHCOMING EVENTS

JANUARY

1 st January	Brown Willy Run	Jamaica Inn, Bodmin Moor	6M	MT	
10 th January	Plympton January Jaunt	Plymouth	10K		
11 th January	Oh My Obelisk	Dawlish	11M	MT	
17 th January	First Chance 10K	Exeter	10K		FF
24 th January	Storm Force 10	Camborne	10M		CGP
24 th January	Braunton 10	Barnstable	10M		
30 th January	The Wild Night Run	South Brent	10M and 5M	MT	
31 st January	Trail Running Challenge	Dartmoor	5K 10K 13.1M 26.2M 50K		

FEBRUARY

7 th February	Fulfords 5M	Exmouth	5M	FF	
13 th February	Haldon Night Runs	Haldon Forest	10K and 5K	MT	
13 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	Hameldown Hammer	Dartmoor	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 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 February newsletter will be published on Thursday 4th. Any copy for that newsletter should be sent to Peter Mander by latest Tuesday 2nd 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.