

Launceston Road Runners

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

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JULY 2014

BIRTHDAYS

A "Happy Birthday" in July to Philippa Baker, Julie Barriball, Chris Beighton, Jo Beighton, John Brown, Russell Leeton, Jo Northey, Dean Parkin, Katie Parkin and Matthew Pilsbury.

NEW MEMBERS

A warm welcome to our newest members Johanna Barrow, Adam Chapman, Robert Dermott, Jessica Goldberg, Jordan Platt and Gemma Rowland. A welcome return also by Claire Walters and Rich Yates.

FOR THE FIRST TIME, WE NOW HAVE OVER 100 MEMBERS!!

CONGRATULATIONS

To Jo and Phil Northey on the birth of their daughter Lowenna May Ann.

To Dan Rodgers on winning the Cornish 5K track championship.

To Dan Rodgers on setting a new Club Record for 5M when coming second at Cubert.

To Jeannette Johnson on setting a new Club Record for F45/49 in the Ruby Run

To Jenny Mills on setting a new Club Record for F65/69 in the Ruby Run. Jenny's time puts her 3rd in the UK rankings for 2014.

To Dan Rodgers again on winning the Bude Lifeboat Run and the Sticker 5M.

To Jim Baker on competing the Three Peaks Challenge in 21 hrs 27 mins (believed to be an M70/+ record)

TREGGY7

"This year's Treggy7 is on 7th September at 10am. For the benefit of new members, we organise this race as part of the Cornish Grand Prix Series attracting 300 – 400 runners from all over the South West. We need at least 60 marshal to ensure that the runners take the correct route. If you are not running this race and are available to help with the marshalling please can you contact Vin or Kevin Marshall at kmarshall0506@aol.com or 01566 784513. If you are running but have a relative or friend who is willing to help that would also be great. We also sell cakes at the race HQ and we would appreciate any donations of homemade cake(s). Thank you." Kevin Marshall

TAVISTOCK RELAYS - Thursday 17th July

Anyone interested in doing the 1.1 mile relays in Tavistock please let Kevin or Tom know by 10th July. If you have not done the relays before, each team member runs 1.1 miles (teams of 4) before handing the baton on to their next team member. It is a fun and sociable evening suitable for all. We will put the teams together on the night. Last year we entered 5 teams and it would be nice to better that this year. Full details from Tom or Kevin.

SOCIAL EVENTS

Dingles – Wall of Death "The recent club social event at Dingles was enjoyed by all those who came along. Thank you to Laura and Matt for organising this event.

Boscastle Run Thank you to Janet Lathom for organising our annual trip to Boscastle. Janet took us on a very scenic route through trees and fields, beside a river and over the coastal footpath with amazing views. Everyone who went enjoyed the run on what was a beautiful evening. We sat in the beer garden afterwards, eating and being entertained by Lavinia who managed a spectacular fall from one of the benches, upturning the table in the process. She laughed the loudest and was completely ok despite being covered in her own drink. Somehow Jane, who was sat beside her, managed to avoid the fall and save her own drink, which was pretty impressive!

Congratulations. To Darren Evans for finally winning a race. It was the Dads race at his sons sports day, but it was a win nevertheless." Peter Thorp

Bude Beach BBQ. This has been provisionally planned for the afternoon of Sunday 17th August. Date to be confirmed.

CLUB VESTS.

Please remember to wear your club vest in any race you run. It is particularly important in Cornish Grand Prix and the Cornish Multi-terrain Race Series when failure to do so may result in disqualification and exclusion from the club team result. It also shows your club affiliation for which you receive a £2 discount on entry.

“MOB MATCHES”

The Committee have targeted the following races when they hope to get as many members as possible turning out –
9th July - Turkey Trot 4M. 20th July - Magnificent 7M , 8th August - Indian Queens 1/2M, 15th August - St Levan 10K,
5th October - Newquay 10K, 26th October - Tavy 7M, 23rd November Falmouth Mob Match 5M.
Please make a note in your diary now!!

BUDE LIFEBOAT RUN

“It was fantastic to see so many Club members competing the Lifeboat Run. We had a record turnout with 52 LRR’s finishing the race. It was a lovely evening and a great atmosphere with navy blue being the dominant colour! Dan Rodgers won the race with many of our club members staying for the presentation to give Dan a well deserved cheer. Hopefully for those of you racing for the first time, you will be keen to enter another race again soon. Thank you to Stephen Hutchinson and his team for organising a first class event.” Peter Thorp

GREAT BRITISH RELAY – World Record Attempt

“Thank you to , the runners who ran stages in extremely hot conditions. The GB Relay is an attempt to break the world record for the longest continuous run covering 5300ish miles around the British Isles. It started on 1st June in Scarborough and is due to finish on 2nd July back in Scarborough. The runners for each stage were –

Stage 362 Bude to Holsworthy	Ann Venning, Martin Venning, Cheryl Leach and Alan Littlejohns
Stage 363 Holsworthy to Launceston	Peter Thorp, Darren Evans, Andrew Parker, Jeanette Johnson and Rebecca Mudd
Stage 364 Launceston to Warbstow	Sue Parkin, Graham Parkin. Dean Parkin, Mark Jones, Malcolm Jones, Graham Newberry, Tom Glendinning and Kevin Marshall.
Stage 365 Warbstow to Boscastle	Lavinia Marshall, Jo Beighton, Jane Pritchard, Emma Wild, Janet Lathom and Jon Spettigue.

Thank you all.” Kevin Marshall

“We will not know until 3rd July if the world record has been achieved. Meantime, thank you to Kevin for organising our part of the relay” Peter Thorp

FOSTER’S FIVES 2014 RACES..

The next race in the series is the Torbay 10K on 24th August..

CORNISH GRAND PRIX 2014

The next races in the series are the Turkey Trot 4M on 8th July, the Magnificent 7M on 20th July and Indian Queens 1/2M on 3rd August.

CORNISH MULTI-TERRAIN RACE SERIES 2014

The first race in the 2014/15 series is the Tywardreath Trotter 7M on 26th July. Please note that the revised date for the Race for Wildlife is 7th December. Why not try to complete the series this year – you need to complete 6 of the 10 races.

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 SESSIONS

Meet inside the Phoenix Leisure Centre car park at 6.45pm for 7pm start

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.

3 rd July	-	Intervals/fartlek
10 th July	-	3 miles time trial
17 th July	-	Tavistock 1.1 mile relays

24th July - Hills
31st July - Technical drills
7th August, each - Intervals/Fartlek

If you have any queries, please contact Kevin Marshall on kmarshall0506@aol.com.

COMPETITIONS

An update on club and county competitions will appear next month.

RESULTS

31st May Blackpool Promenade 10M Peter Kirby 1.17.28 (91.22) **Peter was 3rd M60/+**

3rd June - Cubert 5M CGP

Dan Rodgers 25.25 (101.31), Darren Evans 30.34 (84.24), Adam Knight 35.10 (73.22), Philip Box 36.59 (90.13), Graham Parkin 37.19 (73.41), Dean Parkin 37.37 (68.45), Peter Thorp 37.43 (79.42), Martin Venning 40.02 (85.46), Jon Spettigue 40.06 (65.49), Sarah Worth 40.28 (74.83), Sue Parkin 41.32 (80.03), Dave Pickard 42.13 (72.46), Peter Mander 43.37 (90.32), Janet Lathom 43.47 (85.18), Emma Durrant 44.08 (72.94), Jackie Chapman 45.29 (75.55), Sue Burges 46.35 (83.10), Katie Parkin 46.41 (64.87), Louise Werran 48.15 (62.76), Cheryll Leach 49.04 (85.38), Ann Venning 56.13 (70.65), Linda Pickard 1.13.39 (46.66), Hannah Pickard 1.13.39 (41.12)

Dan was 2nd overall and broke the Club Record. Peter was 1st M75/+. Sue was 3rd F60/64. Cheryll was 3rd F65/69
PBO's for Dan, Darren, Adam, Philip, Graham, Peter Thorp, Sarah, Sue Parkin, Dave and Jackie. A PB for Martin

6th June - Dawlish Dash 4M MT Dave McMorrow 29.55, Peter Kirby 30.26

7th June - Dartmoor Discovery 34.1M Mike Whitley 4.52.06, Alan Littlejohns 5.59.58

8th June - Kingston Lacy 1/2M MT Peter Mander 2.16.29

8th June - Ruby Run 1/2M

Graham Newberry 1.28.57 (79.03), Jeanette Johnson 1.34.43, Jenny Mills 1.38.49 (112.71), Phil Box 1.48.10 (84.15), Derek Veale 1.59.07 (90.31)

Jeanette was 2nd lady overall with a new Club Record. Jenny set a new Club Record with the second highest Pentathlon points score ever recorded. Jenny's time also put her 3rd in the UK rankings for this year.

PB's for Graham, Jeanette, Phil and Derek.

11th June - Bude Lifeboat Run 6M MT CMTRS

Dan Rodgers 33.06, Darren Evans 37.47, Kevin Harrison 39.13, Graham Newberry 40.01, Emma Baker 40.39, Jeanette Johnson 41.09, Pawel Szymanski 41.40, Mark Knight 42.10, Nigel Reddicliffe 42.47, Jordan Platt 43.45, Rebecca Mudd 45.01, Claire Walters 45.19, Dean Parkin 46.20, Sarah Pridham 46.46, Peter Thorp 47.04, Dave McMorrow 47.59, Chris Pritchard 48.27, Malcolm Jones 48.33, Julie Barriball 49.17, Johanna Barrow 49.49, Sarah Worth 49.49, Mark Jones 51.25, Graham Parkin 52.00, Andy Parker 52.13, Tim Woodward 52.14, Sue Parkin 52.34, Ann Barriball 53.37, Dave Pickard 53.51, Emma Wild 54.02, Jane Pritchard 54.06, Janet Lathom 54.46, Emma Durrant 55.24, Peter Mander 55.58, Jessica Goldberg 56.14, Katie Parkin 57.56, Victoria Holt 57.57, Louise Werran 57.59, Leanne Clark 58.34, Jackie Chapman 59.04, Clair Davis 1.01.22, Sarah Bastard 1.02.46, Lyndsey Burke 1.03.09, Patsy Foster 1.04.08, Edme Brink 1.04.14, Tanya Watton 1.05.07, Dawn Hadfield 1.05.17, Mike Whitley 1.05.18, Hayley Thorp 1.05.57, Sharon Thorp 1.05.57, Rich Yates 1.06.49, Laura Brown 1.07.08, Ann Venning 1.11.14

Dan was the race winner. Jeanette was 1st F45/49. Peter Mander was 1st M70/+

14th June - Sticker 5M CGP/FF

Dan Rodgers 26.31 (97.11), Darren Evans 31.14 (82.44), Nigel Reddicliffe 35.07 (81.36), Peter Thorp 39.38 (75.40), Dean Parkin 40.14 (64.00), Jon Spettigue 41.34 (63.18), Graham Parkin 42.37 (64.22), Julie Barriball 43.02 (77.24), Martin Venning 43.05 (79.41), Sue Parkin 44.18 (75.86), Peter Mander 45.57 (88.41), Janet Lathom 46.48 (79.69), Jackie Chapman 49.04 (70.03), Sue Burges 49.45 (77.81), Katie Parkin 49.56 (60.65), Cheryll Leach 1.00.51 (68.85), Ann Venning 1.01.40 (64.41) **Sue Bueges was 3rd F60/64. Peter Mander was 1st M75/+ Dan won the race. A PB for Julie**

19th June - 3 Peaks Challenge (Ben Nevis, Sca Fell and Snowden in under 24 hours) Jim Baker 21hrs 27mins

21st June - Burrator Horseshoe 7M MT Becky Mudd 57.42

22nd June - Lanhydrock 10M MT CMTRS Stewart Gynn 1.42.23

FORTHCOMING EVENTS

JULY

3 rd July	Boconnoc	Boconnoc Estate	5M	MT	CMTRS
4 th July	Erme Valley Relays	Ivybridge	4 x 2.5M		
5 th July	Charmouth Challenge	Charmouth	8M	MT	
6 th July	Perran Sands Dash	Perranporth	4M	MT	
9 th July	Mid-Summer Turkey Trot	Redruth	4M	CGP	
9 th July	Armada Summer Series	Saltram Park	5K		
12 th July	Haldon Trail Run	Haldon Forest Park	5M	MT	
12 th July	Duckponds Run	Oreston, Plymouth	7K		
12 th July	Cockington Summer Caper	Cockington	10K	MT	
13 th July	Cosden Hill Race	Belstone	3.2M	Fell	
13 th July	Tavistock Rotary 5	Tavistock	5M		
17 th July	Tavy Town Relay	Tavistock	4 x 1.1M		
18 th July	Chudleigh Carnival	Nr. Newton Abbot	6M		
19 th July	Haytor Heller	Haytor	6M	XC	
19 th July	Dig Deep 5K Series	Siblyback Lake	5K		
20 th July	The Magnificent 7	Saltash	7M	CGP	
24 th July	Kingsbridge 10K	Kingsbridge	10K		
26 th July	Tywardreath Trotter	Near Par	6.5M	MT	CMTRS
26 th July	Cornwood Challenge	Cornwood, Devon	10K	MT	
27 th July	6 Moor Miles	Yelverton	6M	XC	
27 th July	Race for Life	Exeter	5K and 10K		

AUGUST

3 rd August	Indian Queens 1/2M	Indian Queens	1/2M	MT	CGP
3 rd August	Totnes 10K	Totnes	10K		
5 th August	St. Ives Bay 10K	St Ives	10K		
5 th August	Exe 5K series	Exeter	5K		
13 th August	Armada Summer Series 5K	Saltram Park	5K		
15 th August	St. Levan 10K	Penzance	10K	CGP	
16 th August	Dig Deep 5K series	Siblyback Lake	5K		
16 th August	Roseland August Trail	Porthpean	11M/20M/32M/64M	SW Coastal path	
20 th August	Exeter 10K	Exeter	10K		
23 rd August	Trelissick 10K	Near Truro	10K	MT	CMTRS
24 th August	Torbay Royal Regatta 10K	Torquay	10K	FF	
25 th August	Lustleigh Show 10K	Newton Abbot	10K	MT	
29 th August	Forest Flyer	Haldon Forest Park	5M	MT	
30 th August	Oke Croak	Okehampton	10M+	XC	

In addition to the above, there are 5k Park Runs every Saturday at 9am at Bodmin, Lanhydrock and at Plym Valley, Plymbridge Woods. 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 and to well controlled dogs on leads. See www.parkrun.org.uk

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.

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

AUGUST NEWSLETTER

The August newsletter will be published on Wednesday 30th July. Any copy for that issue should be with Peter Mander by latest Monday 28th July.

IMPORTANT NOTE

It is important that you check your own results as 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.