



Launceston Road Runners

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

www.launcestonroadrunners.co.uk www.treggy7.co.uk

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NEWSLETTER NO.188

July 2017

BIRTHDAYS



Happy Birthday” in July to Dawn Acaster, Philippa Baker, John Barnes, Julie Barriball, Matt Haisman, Russell Leeton, Paul Martin, Jo Northey, Mark Lancaster

CONGRATULATIONS

To Jeanette Johnson on setting a new club record for ladies 50/54 at the Ruby run half marathon and also for being 1st lady.

To Brian Wiles on setting a new club record for Men 70/74 at the Cubert 5M

BUDE LIFEBOAT RUN 2017

We did it! A record club turn out for a race with 54 runners completing it, in perfect weather, with lots of supporters from the club cheering everyone across the finish line. Well done to all who took part, the brilliant ladies from our January starter group who ran Bude as their first race and to all our (many!) prize winners.

BOSCASTLE RUN

A BIG THANK YOU to Janet for organising our annual Boscastle run this year. It was possibly the hottest day of the year so far, without so much as a sea breeze to keep us cool! Over 30 runners took part on a beautiful and hilly route around Boscastle and finished the evening in the Napoleon Inn for a meal and ice cold beer.

TAVISTOCK RELAYS

Once again we will be taking part in the Tavistock relays on the evening of Thursday 13th July. This year, due to ever increasing demand, they are splitting the mens and womens races to start at different times to allow more teams to take part. The race starts at Meadowside park and follows a 1.1m loop along the river and back to the park, entry is £3 pp. Tom Glendinning is organising the teams this year and if you would like to take part, please join the facebook event or see him on Tuesday / Thursday evenings. This is open to everyone in the club from starters to the quickest runners. There will be no training from the leisure centre that night.

TREGGY 7

This year's Treggy7 is on Sunday 3rd September and we are still looking for at least 20 marshals. Don't worry if you haven't done this before as you will be given instructions on what to do. It is great fun!!

If you are not running this race and are available to help, can you please contact Vin or Kevin Marshall at kmarshall0506@aol.com or on 01566 784513. If you are running but have a relative or friend who is willing to help that would also be great.

Home- made cakes will be on sale at the Race HQ, at the Town Hall and we would love you to provide one for us. This year the proceeds from the cake stall will go to Cornwall Air Ambulance.

FOSTER'S FIVES 2017 RACES

The next races in the series are Totnes 10K on the 6th August and St. Levan 10K on the 11th August

CORNISH GRAND PRIX 2017

The next races in the series are Turkey Trot on the 5th July, Magnificent 7 on the 16th July, Indian Queens Half Marathon on the 6th August and St. Levan 10K on the 11th August

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is Tywardreth Trotter on the 29th July.

NEW 5-10K TRAINING PLAN

A new 3 mile to 6 mile, in 8 weeks, training group will start on Tuesday 11th July. This new plan will be open to any club member. It will start at 3 miles in week1 and will build to 6 miles in week 8. It will be run on Tuesdays and Thursdays at 7pm.

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.

Can I remind you that the Leisure Centre facilities are also used by other customers, so please **do not** stand in the entrance or around the reception desk so that clear access is available. Thank you.

TUESDAY NIGHT LEADERS AT LAUNCESTON

		3/4miles	5 miles	6 miles	7 miles	8 miles +
4th July		Sarah/Fern	Vin	Vicky	Kevin	Darren/Jeanette
11th July	5-10km group starts	Kevin	Vin	Peter	Tom	Darren/Jeanette
18th July		Sarah/Fern	Julie	Sarah	Kevin	Darren/Jeanette
25th July		Sarah/Fern	Vin	Vicky	Peter	Darren/Jeanette
1st August		Julie	Vin	Peter	Kevin	Darren/Jeanette
8th August		Sarah/Fern	Julie	Sarah	Tom	Darren/Jeanette
15th August		Sarah/Fern	Vin	Vicky	Peter	Jeanette
22nd August		Peter	Vin	Julie	Tom	Darren/Jeanette
29th August	10km group finishes	Darren	Julie	Sarah	Kevin	Jeanette

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 at 6.50pm for a 7pm start

All members are welcome and sessions are tailored to meet all individual levels from newcomer to old-timer.

Have fun and improve your running under the guidance of the Club's Coaches.

6/07/2017	Hills 5x40, 5x30, 5x20, 5x10	Middle hill to Landlake
13/07/2017	Tavi Relays	Tavistock
20/07/2017	40 lactate drills	Newport
27/07/2017	1600/400/1200/400/800/400	Trebursye Lane
3/08/2017	Rounders (fun night)	College playing fields
10/08/2017	½ mile reps	Lane to Polson
17/08/2017	90 hill reps	Hill to Stourscombe
24/08/2017	Out and back - partners	Old A30
31/08/2017	Fartlek run	Underlane

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!

RESULTS

21st May **Chester Half Marathon** Linda Pickard 2.07.03 (76.45), Dave Pickard 2.07.03 (68.15)

PB for Linda

28th May **Woman Can' Trail marathon** Jenny Mills 4.19.12

3rd June **Tamar Lakes Park Run 5K** Chris Pritchard 24.01, Alan Littlejohns 26.43

3rd June **Tamar Trails Park Run 5K** John Mason 32.17

3rd June **Stockholm Marathon** Tim Robinson 2.44.00 (93.58)

6th June **Cubert 5M**

Mike Gilbert 33.20 (77.25), Nigel Reddicliffe 34.17(86.18), Brian Wiles 34.51 (106.58), Nick Harrison 35.14 (74.54), Ella Waters 35.25 (85.50), Clare Waters 36.42 (88.65), Wayne Rundle 37.54 (71.46), Jess Goldberg 38.01 (79.66), Jaine Hynes 38.44 (89.73), Chris Pritchard 38.54 (78.63), Adrian Brown 40.12 (64.68), Julie Barriball 40.48 (84.22), Chris Norris 41.15 (64.32), John Barnes 42.07 (73.49), Mary Roberts 42.54 (75.84), Jane Pritchard 43.39 (81.47), Janet Lathom 45.03 (85.93), Vin Marshall 47.59 (83.86), Tanya Jarvis 53.30 (62.82), Sarah Barnes 1.01.51 (53.75)



Ella 1st FU20 Brian 1st M70

PBO's for Mike, Nick, Wayne, Jaine, Adrian, Julie, Mary, Jane and Janet

PB's for Ella, Jess, Chris Pritchard, Chris Norris, John, Tanya and Sarah

10th June **Tamar Lakes Park Run 5K**

Paul Moore 22.00, Alan Littlejohns 29.01, Gill Aze-Thomas 36.55, Sarah Sampson 37.17, Mandy Downing 38.44

10th June **Tamar Trails Park Run 5K** Adrian Brown 31.58

10th June **Classic Quarter 44 miles**

Julie Towers 4.29.34 (relay of 2), overall time 8.56.48

Jo Northey, P Northey, P McAughey, Becky Wise (relay of 4) 9.49.32



11th June **Ruby Run Half Marathon** Jeanette Johnson 1.33.22 (99.41), Nicola Emmett 2.16.22 (62.51)

Jeanette 1st Lady

11th June

Yeovil Marathon

Darren Evans 3.20.38 (76.49), Steve Cox 3.41.56 (75.91)

PB for Steve and this included rescuing a damsel in distress part way through the race, who got locked in her bathroom

14th June

Bude Lifeboat Run 6M

Darren Evans 37.00, Mark Knight 37.45, Ed Horn 38.18, Dee Kirwan 40.49, Richard Foster 41.48, Nigel Reddcliffe 42.53, Steve Cox 43.26, Russell Leeton 44.05, Jim Shaw 44.14, Paul Moore 44.34, Ella Waters 44.52, Nick Harrison 45.19, Claire Waters 45.58, Tom Barriball 46.06, Peter McAughey 47.47, Wayne Rundle 47.55, Jaine Hynes 49.21, Chris Pritchard 49.45, Andy Parker 49.57, Chris Norris 50.38, Clive Mitchell 50.49, Jon Spettigue 51.08, Becky Wise 51.13, Mark Boundy 51.16, Malcolm Jones 51.25, Darren Cornish 51.56, Julie Barriball 52.59, Chris Gaunt 53.40, Mary Roberts 53.46, Ann Barriball 53.47, Linda Pickard 54.11, Jo Northey 54.13, John Barnes 54.30, Phillipa Baker 55.38, Sharon Rundle 55.42, Nicola Emmett 55.43, Jane Pritchard 56.13, Janet Lathom 56.29, Jessica Goldberg 57.15, Rebekah Hyde 57.35, Sarah Swift 58.02, Vicky Holt 58.13, Penny McMillan 58.14, Jackie Gay 59.14, Chloe Parker 1.02.38, John Mason 1.03.38, Natalie Shute 1.04.14, Maggie Dickinson 1.04.34, Sally Rowland 1.08.03, Sarah Sampson 1.15.25, Sarah Barnes 1.19.05, Emma marks 1.22.11, Mandy Downing 1.22.20, Lisa Bartlett 1.22.28



Darren 1st M35

Mark Knight 2nd MU35

Ed 3rd MU35

Ella 2nd FU35

Claire 2nd F45

Phillipa 2nd F60

Janet 3rd F60

17th June

Tamar Lakes Park Run 5K

Paul Moore 21.14, Maggie Dickinson 31.35, Gill Aze-Thomas 34.46, Sarah Sampson 35.55, Mandy Downing 41.19

17th June

Tamar Trails Park Run 5K

Claire Waters 24.28 **3rd Female**

17th June

Race the Wall 69M Ultra

Adrian Brown 19.20.56

17st June

Tsunami Marathon in Bude

Alan Littlejohns 7.56.59 **1st MV70**

18st June

Exeter Womens 10K

Phillipa Baker 1.03.42 (75.98), Natalie Shute 1.11.34 (52.89),



Sarah Barnes 1.36.55 (42.88)

PB for Natalie

18st June

Shrewsbury Half Marathon

Tim Robinson 1.20.50 (86.97) **12th Overall**

24th June

Tamar Lakes Park Run 5K

Dave Pickard 27.02, Gill Aze-Thomas 34.07

24th June

Sticker 5M

Nigel Reddicliffe 34.37 (85.35), Ella Waters 35.22 (85.63), Nick Harrison 36.09 (73.39), Brian Wiles 36.10 (102.70), Claire Waters 37.58 (85.69), Peter McAughey 38.50 (71.99), Wayne Rundle 39.47 (68.08), Jessica Goldberg 40.10 (75.39), Julie Barriball 43.34 (78.87), Chris Gaunt 45.35 (71.30), Janet Lathom 47.02 (82.31), Jackie Chapman 58.17 (61.02)



Brian 1st MV70

Ella 2nd FU20

PB's for Ella, Peter and Chris

25th June

Torbay Half Marathon

Ben Jarram 1.50.57 (63.36), Darren Cornish 1.58.18 (59.43), Jackie Gay 2.17.01 (69.28)

PB's for Ben, Darren and Jackie

FORTHCOMING EVENTS

JULY

1 st July	Muskies.5 Madness	Plymouth	5.5M	MT	
1 st July	Charmouth Challenge	Charmouth	8M	MT	
2 nd July	Revelstoke Run	Noss Mayo	9.5M	MT	
5th July	Summer Turkey Trot	Redruth	4M		CGP
7 th July	Erne Valley Relays	Ivybridge	4 x 2.5M		
8 th July	Duckponds Run	Oreston, Plymouth	10K	MT	
9 th July	Gosden Hill Race	Belstone, Devon	3.2M	MT	
12 th July	Armada Summer 5K Series	Saltram Park	5K		
13 th July	Tavy Town Relay	Tavistock	4x1.1M		
15 th July	Haytor Heller	Bovey Tracy	6M	XC	
15 th July	Tavy 5Kool	Tavistock	5K		
16th July	The Magnificent 7	Saltash	7M		CGP
19 th July	Exeter 10K	Exeter	10K		
22 nd July	Cornwood Challenge	Cornwood	10K	MT	
29th July	Tywardreath Trotter	Near Par	6.5M	MT	CMTRS 1
30 th July	6 Moor Miles	Yelverton	6M	XC	
30 th July	Seaview 17	Minehead	21M	MT	

AUGUST

1 st August	St. Ives Bay 10K	Hayle	10K		Fun run
5 th August	Marilyn's Meldon Madness	Nr. Okehampton	Approx 5 miles		Fell Run
6th August	Indian Queens Half Marathon	Indian Queens	13.1M	CGP	
6th August	Totnes 10K	Totnes	10K		FF
9 th August	Armada 5K Series	Saltram Park	5K		
11th August	St Levan 10K	Penzance	10K		CGP/FF
11 th August	Forest Flyer	Haldon Forest Park	5 M		
12 th August	Sticklepath Horseshoe	North Dartmoor	9.6M	Fell	
12 th August	Roseland August Trail	Nr. St. Austell	11M. 20M or 32M	MT	
19 th August	Tavy 5Kool	Tavistock	5K		
19 th August	Christow Show CrossCountry Race	\Christow	5K	MT	
20 th August	Torbay Royal Regatta 10K	Torquay	10K		
26 th August	The Big Day Out – The Crossing	Belstone	34M	MT	
26 th August	The Big Day Out – The Great Escape	Princetown	13M	MT	
26 th August	Oke Croak	Okehampton	10+M	Fell Run	
28 th August	Lustleigh Show 10K	Newton Abbot	10K		

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, Trelissick 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.

RACE REPORTS

You may have noticed we occasionally have race reports in the Cornish and Devon, which is a brilliant way of raising the profile of the club locally. If anyone runs a race, either locally or further afield and would like to write a short report on it, we would love to have it. If you could email it to Sarah, along with any pictures to sarahlb89@hotmail.com, she will send it to the paper.

AUGUST NEWSLETTER

The August newsletter will be published on Wednesday 2nd August. Anything to be included in the newsletter should be sent to Vin Marshall by Wednesday 26th July.

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.



Boscastle Social Run

