

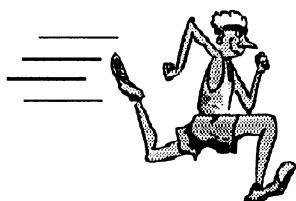
Launceston Road Runners

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

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NEWSLETTER NO.151

JUNE 2014

BIRTHDAYS

A “Happy Birthday” in June to Sue Parkin and Jo Williams.

NEW MEMBERS

A warm welcome to our newest members Lyndsey Burke, Dawn Hadfield, Jeanette Johnson, Lisa Jones, Ryan Julian, Nicola Palfrey, Dave McMorro, Sally Rowland, Louise Werran and Sarah Worth.

CONGRATULATIONS

To Dan Rodgers on winning the Exe 5K and breaking the Club Record.

To Dan Rodgers on breaking the Club Record for 10K at Bristol.

To Kevin O’Mahoney on setting a new Club Record for 5K M70/74 at Siblyback Lake.

To Graham Newberry and Emma Wild who both recently passed their Level 1 coaching qualification. Both will now be helping with coaching on our Club Nights.

SOCIAL EVENTS

18th May –“ Our recent Quiz Night was a great success with 37 of us enjoying a thoroughly entertaining night at Lifton Hall Hotel.

Our quiz masters were Chris and Jo Beighton who both did an excellent job. The runaway winners were the Pickards and McAughey’s who demonstrated a musical knowledge that left every other team trailing in their wake.” Peter Thorp

24th June Janet Lathom is organising a run at Boscastle on Tuesday 24th June. Meet in the Napoleon Pub Car Park at the top of the village (Camelford side) ready to run at 7pm. If the pub car park is full, please park along the road where you can. **Please avoid the Doctors**

Surgery car park as there is a surgery that evening. Food is available at the Napoleon afterwards for those who want to order. Janet will have a menu and collect orders before running commences. If you are interested and likely to want to order food can you let Janet know by latest 17th June so that she can give the pub an idea of numbers. Janet can be contacted on janet@lathom.fslife.co.uk

“MOB MATCHES”

The Committee have targeted the following races when they hope to get as many members as possible turning out –

3rd June Cubert - 5M, 11th June - Bude Lifeboat Run, 14th June - Sticker 5M, 9th July - Turkey Trot 4M.

20th July - Magnificent 7M, 8th August - Indian Queens 1/2M, 15th August - St Levan 10K, 5th October - Newquay 10K,

Date TBC - Tavy 7M, 23rd November Falmouth Mob Match 5M.

Please make a note in your diary now!!

BUDE LIFEBOAT RUN

Wednesday evening 11th June. The committee have decided to offer all paid up members the chance to run Bude Lifeboat Run at no cost. The Club will pay the entry fee of £10 on your behalf. This should ensure a great Club turnout which will support one of our key objectives, which is to increase race participation. The Club will fully fund your entry with all race profits going to the RNLI. The benefits, therefore, will be twofold with the Club having a large contingent of runners and the Charity having increased profit. You just need to enter and state that you are a member of Launceston Road Runners on the entry form. Do not send any money as Stephen Hutchinson will debit the Club direct for the total entries.

FOSTER’S FIVES 2014 RACES..

The next races are on the 4th June at Cubert and the 14th June at Sticker.

After the above, the remaining races are 24th August – Torbay 10K, 14th September – Newton Abbot Ladies 10K,

28th September – Taunton 10K, 5th October – Newquay 10K and 23rd November - Mob Match 5M.

CORNISH GRAND PRIX 2014

The next races are on the 4th June at Cubert and on the 14th June at Sticker.

CORNISH MULTI-TERRIN RACE SERIES 2014

The first races in the series are the Bude Lifeboat Run on 11th June followed by Meet Your Max 7M on 18th June and Lanhydrock 10M on 22nd June.

Please note that the revised date for the Race for Wildlife is 7th December.

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.

5 th June	-	Mystery session
12 th June	-	Reps
19 th June	-	Hills
26 th June	-	Technical drills
3 rd July	-	Intervals/fartlek
10th July	-	3 miles time trial

Could everyone please try to bring a stopwatch with them to the sessions.

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

ENGLAND ATHLETICS.

All paid-up members are registered with England Athletics (www.Englandathletics.org.uk) and Ann Venning writes –

“If you go to the England Athletics website, athletes section, and sign in with your URN and password (which if new to the site you may have to set), you can edit your own reference page. If you click on the red 10 (10) next to your URN number, you will get a list of all your race performances and associated data. Interesting reading!” You can contact Ann on vennings@mypostoffice.co.uk if necessary.

RESULTS

26th April The Bath Beat Challenge 26+M XC
27th April Pewsey Downsaround 35M XC 7hrs 44mins

The above represent a quite normal weekend for our phenomenal club member Jenny Mills. Now 65 Jenny has more or less retired from road running and concentrates on her beloved cross country challenges, usually of a marathon distance or longer. They are not races and you can usually forget prizes and t-shirts but may get a Certificate or Badge. Many are organised by the Long Distance Walkers Association and offer excellent organisation, very cheap entry fees and plentiful refreshments en route.

These challenges are usually quite tough but held in very scenic parts of the country. They sometimes require an element of self navigation.

Writing about Pewsey Downsaround Jenny says –

“Bluebell woods by the acre, huge views over Wiltshire and generous stretches of mud. A great event and one of my favourites. For example at Checkpoint 2, a horse box at the top of the Wansdyke, noise of a Primus – “Tea, coffee, and help yourself to cheese scone, ginger cake, pizza...” At the end of the challenge, vegetable casserole and rice, salad, rice pudding and peaches and cakes (“Do come back for some more”). Cost £7/50 all inclusive!”

If you think you might like to have a go, see www.ldwa.org.uk for future events.

(As I think I may have commented in the Newsletter before, if Jenny did not run so many miles each time I think she would be ten stone heavier! Ed)

4th May - Saltash 1/2M
Mike Whitley 1.35.04 (82.98), Russell Leeton 1.48.21 (67.56), Graham Parkin 1.53.19 (65.27), Sue Parkin 2.01.22 (74.81)
Mike was 3rd M50/54 PB's for Graham and Sue

4th May - Killerton 10K MT Dave Pickard 1.01.00, Linda Pickard 1.01.02

4th May - Liverpool Spring 10K
Martin Venning 50.42 (84.35), Ann Venning 1.10.01 (70.92) **A PB for Martin**

4th May - Neolithic Marathon 26M XC Alan Littlejohns 4.34.11

6th May - Exe 5K Dan Rodgers 15.47 **Dan broke the Club Record and won the race.**

10th May - Ivybridge 10K FF
Malcolm Jones 50.30 (75.71), Linda Pickard 54.50 (78.34), Dave Pickard 54.52 (69.69)

11th May - Trevornick 10M MT CGP
Darren Evans 1.10.49, Russell Leeton 1.19.47, Martin Venning 1.32.52, Peter Thorp 1.37.42, Janet Lathom 1.42.31, Sue Burges 1.43.56, Peter Mander 1.44.30, Jackie Chapman 1.57.09, Cheryll Leach 2.18.19, Ann Venning 2.19.52

11th May - Bristol 10K Dan Rodgers 32.39 (98.57) **A new Club Record for Dan.**

11th May - Bideford 10K FF
Mike Whitley 41.30 (87.01), Adam Knight 45.03 (71.44), Peter Kirby 46.18 (93.59), Julie Towers 47.45 (90.99), Julie Barriball 51.43 (80.36), Kirsty Freeman 51.56 (73.62), Ann Barriball 52.55 (72.98), Sarah Worth 53.02 (71.37), Stephen Abbots 55.38 (72.12), Patsy Foster 56.40 (77.55), Emma Durrant 57.55 (69.49), Leanne Clarke 1.01.24 (62.27), Edme Brink 1.07.15 (56.28), Laura Brown 1.08.32 (55.23), Dave McMorro 1.08.33 (46.95), Claire Davis 1.09.00 (54.85),# John Brown 1.14.50 (53.72)
Peter was 3rd M65/69, Julie Towers was 2nd F50/54. PBO's for Ann and Kirsty. PB's for Mike and Emma.

11th May - Stroud Trail Marathon 26M+ Jenny Mills 4.45.59 **Jenny was 32nd out of 143 finishers!**

17th May - Siblyback 5K Kevin O'Mahoney 30.11 **A new Club Record for Kevin**

18th May - Imerys Marathon 26.2M MT
Mike Whitley 4.03.59, Jenny Mills 4.30.12, Alan Littlejohns 4.56.44
Jenny was 1st Lady 60/+. Alan was 3rd Man 65/+

18th May - Crediton Crunch 10K+ MT Dave McMorro 57.21

25th May - Flete 8.6M XC Jackie Chapman 1.28.03

25th May - Liverpool Marathon Becky Mudd 3.59.38 (75.36)

25th May - Edinburgh Marathon
Kevin Marshall 3.35.00 (80.10), Peter Kirby 3.43.24 (93.51), Lavinia Marshall 4.30.27 (85.35)
A PB for Peter and a PBO for Lavinia

FORTHCOMING EVENTS

JUNE

3rd June	Cubert M	Cubert (Nr Newquay)	5M	CGP/FF
5 th June	Dawlish Coastal Dash	Dawlish	4M	
7 th June	Dartmoor Discovery	Princetown	34.1M	Race Full
7 th June	Umborne Ug	East Devon	10K	MT
8 th June	Plym Valley Challenge	Estover, Plymouth	7.5M	MT
8 th June	Ruby Run	Holsworthy	13.1M	
11th June	Bude Lifeboat Run	Bude	6M and 1M	MT CMTRS
11 th June	Armada Summer 5K Series	Saltram Park	5K	
14 th June	Talaton Trotter	Nr. Exeter	7M	MT
14th June	Sticker 5M	Sticker	5M	CGP/FF
18th June	Meet Your Max	Truro	10K	MT CMTRS
21 st June	Siblyback 5K	Siblyback Lake	5K	
21 st June	Armada 10K	Saltram	10K	

21 st June	Burrator Horseshoe	Meavy	7M	MT
22 nd June	Lanhydrock Run	Lanhydrock	10M	MT
29 th June	Torbay Half Marathon	Paignton	13.1M	
29 th June	Revelstoke Run	Noss Mayo	9.5M	MT
29 th	North Devon Mara & Half	Wollacombe	26.2M and 13.1M	

(Forthcoming events – continued)

JULY

3rd 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	
9th July	Mid-Summer Turkey Trot	Redruth	4M	CGP	
9 th July	Armada Summer Series	Saltram Park	5K		
12 th July	Duckponds Run	Oreston, Plymouth	7K		
12 th July	Cockington Sumer 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		
20th July	The Magnificent 7	Saltash	7M	CGP	
24 th July	Kingsbridge 10K	Kingsbridge	10K		
26th 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	

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

JULY NEWSLETTER

The July newsletter will be published on Monday 30th June.. Any copy for that issue should be with Peter Mander by latest Sunday 29th June

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