



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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JUNE 2015

BIRTHDAYS

A "Happy Birthday" in June to Lucy Banbury, Jessica Goldberg, Vanessa Hemmet, Jeanette Johnson, Lisa Jones, Sue Parkin, Martyn Pipe, Claire Thorp, Marie Toulson, Chloe Williams, Jo Williams and Russ Williams

NEW MEMBERS

Louise Bishop, Denise Blackwell, Gemma Bungay, Amanda Chapman, Helen Coole, Claire Fishleigh, Mike Gilbert, Matt Haisman, Kristina Locke, Adam Nelson, Becki Sant, Eileen Soddy, Sue Soddy Philip Thomas, Marie Whitley.

CONGRATULATIONS

To Dan Rodgers on winning the Cornish 5000k track Championship with a time of 15.19.

ANNUAL SUBSCRIPTIONS

Annual Subscriptions are now very over- due. Members who have not renewed will no longer appear in results or qualify for newsletters or Club competitions etc.

SOCIAL

23rd June National Trust Coastal Challenge

As an alternative to the usual Club Night, members are invited to join in this event on the cliffs of Tintagel. There are 5K and 10K runs at an enjoyable and leisurely pace starting at 7pm. There is the option to stay and eat at the Strand Café in Trebarwith afterwards. The Club will meet the £1.50 entry fee. Contact Ann Barriball for further details and let Jeanette Johnson know if you are going. There will be the usual Club Night for those who cannot make it or prefer not to do so.

30th June - Boscastle Run. 7pm

Janet Lathom is organising her "annual" Boscastle Run on Tuesday 30th June. Meet ready to run at 7pm at the Napoleon Inn car park (on the Camelford Road at the top of Boscastle). There is restricted parking at the pub, but, there is now a new public car park next to the drive up to the Napoleon. **Please do not park in the Doctors Car Park as there is a surgery on Tuesday evenings.**

If you would like to eat after the run, please let Janet know beforehand so that the pub has an idea of numbers (janet@lathom.fslife.co.uk). Janet will have a menu on the evening and take any orders for food before setting off running. (There will still be the usual Club Night for those not participating in the above)

HEALTH AND SAFETY – IMPORTANT

Although the evenings are now lighter, it is recommended that members still wear a high visibility bib for training sessions.

FOSTER'S FIVES 2015 RACES

The next races in the series are the, Cubert 5M on the 2nd June, and the Sticker 5M on 13th June.

CORNISH GRAND PRIX 2015

The next races in the series are the, Cubert 5M on 2nd June, the Sticker 5M on 13th June and the Mid-Summer Turkey Trot 4M on 8th July

CORNISH MULTI-TERRAIN RACE SERIES 2014/2015

The next races in the series are the Bude Lifeboat 6M Run on 10th June. Meet Your Max 7M on 17th June, the Lanhydrock 10M on 21st June and the final race the Boconnoc 5M on 2nd July

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.

4 th June	-	Mystery session
11 th June	-	1/2M or 1/4M reps
18 th June	-	Fartlek/intervals
25 th June	-	Hill pyramid
2 nd July	-	Technical

Please try to bring a stopwatch with you to these sessions.

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

RESULTS

Apologies to Jenna Aldridge for omitting her excellent London Marathon performance from the May Newsletter

26th April - London Marathon Jenna Aldridge 4.00.37 (75.05)

Also during April Jenny Mills continued jogging (and eating!) her way across much of the best scenery of the UK. Jenny's cross country jaunts included the Wye Forest 50M, Evesham Ultra 46M, Bath Beat 26M and Pewsey Downs 35M.

2nd May - Tamar Lakes Park Run 5K

Peter McAughey 28.50, Hannah Pickard 42.49, Linda Pickard 42.50, Patsy Foster 45.50 **Patsy acted as "Tailender"**

3rd May - Saltash 1/2M Jeanette Johnson 1.36.17 (94.30) **3rd Lady overall and 1st F45.49**

3rd May - Bere Pen 10K Adam Paynter 54.15 (61.13) **A PBO for Adam**

3rd May - Hartland Heartbreaker 8.9M XC Alan Littlejohns 1.47.21

3rd May - North Dorset Marathon Stephen Cox 3.18.27 (83.09) **3rd M45/49**

9th May - Tamar Lakes Park Run 5K Alan Littlejohns 28.11

9th May - Ivybridge 10K FF Darren Evans 37.19 (86.24), Mark Jones 46.30 (69.21)

10th May - Biddeford 10K FF

Julie Towers 45.20 (96.94), Alan Littlejohns 48.54 (92.31), Peter Jennings 49.24 (73.92), Sarah Worth 49.46 (76.05), Jessica Goldberg 50.08 (75.50), Louise Werran 52.53 (71.57), Janet Lathom 55.52 (84.49), Nicola Palfrey 56.34 (66.91), Peter McAughey 58.30 (58.48)

Julie was 1st Lady 50/54, Alan was first Man 65/69 and Jessica was first Lady U/20

PBO's for Jessica, Louise and Nicola. PB's for Alan and Peter

10th May - Trevornick 10M MT CGP

Darren Evaans 1.08.45, Brian Wiles 1.19.53, Stewart Gynn 1.20.16, Michael Gilbert 1.22.15, Linda Pickard 1.32.40, Phil Box 1.34.30, Matthew Wise 1.41.51, Julie Barriball 1.41.51, Vicky Holt 1.43.53, Martin Venning 1.53.08, Jackie Chapman 1.58.37

16th May - Tamar Lakes Park Run 5K Peter McAughey 27.56, Alan Littlejohns 29.25

16th May	-	South Devon 10K MT	Jackie Chapman	1.12.44
16th May	-	London, Highgate 10K	Dan Rodgers	31.58.44
17th May	-	Imerys Marathon 26.2M MT		
Mike Whitley 3.57.58, Jenny Mills 4.04.22, Alan Littlejohns 4.35.39			Jenny 1st F65/+ , Alan 2nd M65/+	
23rd May	-	Tamar Lakes Park Run 5K		
Linda Pickard 24.44, Alan Littlejohns 26.01, Lorraine Hawkins 32.44, Kevin O'Mahoney			33.10	A PB for Linda
30th May	-	Tamar Lakes Park Run 5K		
Jessica Goldberg 24.34, Alan Littlejohns 48.48				
A new PB for Jessica.			Alan acted as tailender.	

FORTHCOMING EVENTS

JUNE

2nd June	Cubert 5	Cubert	5M	CGP/FF	
2 nd June	Exe Summer Series	Exeter	5K		
4 th June	Coastal Dash	Dawlish Warren	4M	MT	
6 th June	Dartmoor Discovery	Princetown	34.1M		Entry closed!
6 th June	Talaton Trotter	Talaton	8K	MT	
7 th June	Poole 10K	Poole	10K		
10 th June	Yeovilton 5K series RNAS	Yeovilton	5K	(at 7.15pm)	
10th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
13th June	Sticker 5M	Sticker	5M	CGP/FF	
14 th June	Plym Valley Challenge	Estover, Plymouth	7.5M	MT	
14 th June	Ruby Run 1.2M	Hatherleigh/Holsworthy	13.1M		
14 th June	Yeovil Marathon	Yeovilton	26,2M		
17th June	Meet your Max	Truro	7M	MT	CMTRS
20 th June	Burrator Horseshoe	Meavy	7M	MT	
21 st June	Lanhydrock Run	Lanhydrock	10M	MT	CMTRS
23rd June	N.T Coastal Challenge	Glebe Cliff CP	5K/10K	MT	
27 th June	Blackdown Beauty	Nr. Taunton	18M	MT	
28 th June	Torbay 1/2M	Torbay	13.1M		
28 th June	North Devon Mara/Half	Woolacombe	26.2m and 13.1M		
30th June	Boscastle Run	Boscastle	Various	7pm	
30th June	Boconnoc 5M	Boconnoc Estate	5M	MT	CMTRS

JULY

3 rd July	Erme Valley Relays	Ivybridge	4 x 2.5M		
4 th July	Charmouth Challenge	Charmouth	8M	MT	
5 th July	6 Moor Miles	Yelverton	6M	XC	
5 th July	Revelstoke Run	Noss Mayo	9,5M	MT	
7 th July	Exe Summers Series	Exeter	5K		
8th July	Summer Turkey Trot	Redruth	4M	CGP	
11 th July	Duckponds Run	Oreston, Plymouth	7K		
12 th July	Tavistock Rotary 5M	Tavistock	5M		
12 th July	Yeovilton 5K Series	RNAS Yeovil	5K		
17 th July	Chudleigh Carnival	Nr. Newton Abbot	6M	MT	
18 th July	Haytor Heller	Bovey Tracy	6M	XC	
19th July	The Magnificent Seven	Saltash	7M	CGP	
25 th July	Cornwood Challenge	Cornwood	10K	MT	
25 th July	Tywardreath Trotter	Nr. Par	6.5M		

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.

JULY NEWSLETTER

The July newsletter will be published **on Saturday 20th June..** Any copy for that newsletter should be sent to Peter Mander by latest Thursday 18th 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. 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.