

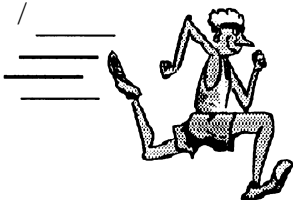
Darren i

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.175

JUNE 2016

BIRTHDAYS

A “Happy Birthday” in June to Lucy Banbury, Jessica Goldberg, Josh Hall, Nick Harrison, Gilbert Hall, Jeannette Johnson, Paul Moore, Sue Parkin, Martyn Pipe, Marie Toulson, Chloe Williams, Jo Williams and Russ Williams.

NEW MEMBERS

A warm welcome to our newest members Sharon Glendinning, Alex Hiron, James Shaw and Yas Statton.

TREGGY 7

This year’s Treggy7 is on 4th September. 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 marshals to ensure that the runners take the correct route. If you are not running this race and are available to help with marshalling or in any other way, 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. We also have a stall and sell cakes at the Race HQ at the Town Hall and we would appreciate any donations of home made cakes.

HEALTH AND SAFETY

Although the evenings are now lighter, it is still recommended that members wear a high visibility bid for all evening training/running sessions.

CLUB PARK RUN

Thank you to everyone who came up to Tamar Lakes for the parkrun in the freezing cold. Some great results and a slice of carrot cake in the café after the run is highly recommended! The parkruns are open every weekend to all runners at Tamar Lakes and Lanhydrock and other places in Cornwall and Devon.

FOSTER’S FIVES 2016 RACES

The next races in the series are the Cubert 5M on 7th June and the Sticker 5M on 25th June.

CORNISH GRAND PRIX 2016

Cubert 5M – 7th June

The 5th race in the Cornish GP series is on a Tuesday night at Cubert near Newquay. We would love to see as many of you as possible down there for the race and maybe a trip to the pub afterwards! (There will however still be a Club night at the leisure centre if you can’t get down to Newquay).

Sticker 5M – 25th June

This is the 6th race in the GP series and takes place on a Saturday evening in Sticker, just outside St. Austell. We are also planning a bit of a social after the race (aka the pub!) so get your entry forms in for the race and keep an eye out for a facebook “event”.

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

The next races in the series are the Bude Lifeboat Run on 15th June, Lanhydrock 10M on 18th June, Meet Your Max 7M on 22nd June and Boconnoc 5M on 28th June.

TUESDAY AND THURSDAY CLUB NIGHTS

Can all members attending club nights be aware 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. Members are also reminded that shower facilities are not free and that the appropriate fee must be paid at reception if they wish to use them.

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 at 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.

2 nd June	-	Technical
9 th June	-	Intervals/Fartlek
16 th June	-	Hills
23 rd June	-	Mystery
30 th June	-	400/800m reps
7 th 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

HI VIZ tops should be worn. Sessions take place regardless of weather conditions. Do come along, it is good fun!

RESULTS

17 th April	-	Bridgwater Bolt 10K MT	Alan Littlejohns 53.14
17 th April	-	Brighton Marathon	Steve Cox 3.17.55
24 th April	-	Southampton 1/2M	Phil Box 1.45.39 (88.43)
30 th April	-	Tamar Lakes Parkrun 5K	Paul Moore 21.24, Alan Littlejohns 27.20, Nicole Emmett 28.06, Kevin O'Mahoney 28.59, Shelley Duncan-Adams 29.20
1 st May	-	Crediton Crunch 10K MT	Alan Littlejohns 1.00.58, Jessica Goldberg 1.01.30
1 st May	-	North Dorset Village Marathon	Steve Cox 3.28.40
1 st May	-	Saltash 1/2M	Russell Leeton 1.41.57 (73.31)
7 th May	-	Lanhydrock Parkru 5K	Adrian Brown 30.03
7 th May	-	Tamar Lakes Parkrun 5K	Alan Littlejohns 26.19, Kevin O'Mahoney 29.02, Nicola Emmett 30.09
7 th May	-	Ivybridge 10K FF	Morgan Cain 49.07 (65.52) A PBO for Morgan
8 th May	-	Trevornick 10M MT CGP	Edward Horn 1.11.11, Brian Wiles 1.21.57, Graham Parkin 1.22.22, Stewart Gynn 1.22.56, Matthew Wise 1.24.17, Nigel Reddicliffe 1.24.43, Johanna Barrow 1.33.57, Sue Patkin 1.37.31, Louise Werran 1.39.22, John Barnes 1.39.54, Julie Barriball 1.40.28, Peter Thorp 1.40.42, Jo Northey 1.41.55, Katie Parkin 1.43.03, Sarah Worth 1.44.03, Peter McAughy 1.45.12, Sarah Swift 1.46.13 Brian was 1st M65/69
8 th May	-	Leeky Freaky Duathalon	James McDiarmid 4.02.02, Paul Moore 4.29.54, Darren Evans 4.55.41, Nick Harrison 5.16.17, Wayne Rundle 5.19.27, Pawel Szymanski 5.50.51, Sharon Rundle 6.29.38 James was 2nd in age group
8 th May	-	Transvulcania Ultra Marathon 74K	

Tim Robinson and Graham Newberry 13 hours 3 minutes

14th May - **Lanhydrock Parkrun 5K** Sarah Percival 37.33

14th May - **Tamar Lskes Parkrun 5K**

Edward Horn 18.43, Ella Waters 21.42, Claire Waters 22.23, Peter Thorp 23.23, Phil Box 22.37, Martin Venning 25.47, Alex Hirons 26.17, Matt Haismann 27.11, Alan Littlejohns 28.08, Kevin O'Mahoney 228.20, Sarah Swift 31.59, Barry Hutchings 33.55, Heather Hutchings 33.56, Lorraine Hawkins 35.59

Edward won the race. Ella and Claire were 1st and 2nd Ladies and Ella set an age related Course Record.

15th May - **Bristol 10K** Peter McAughey 50.34 (68.37)

15th May - **Imerys Maraton**

Mike Whitley 3.53.09, Jenny Mills 4.45.22 **Jenny was 1st F65/+**

15th May - **Imerys 1/2M CMTRS**

Nigel Reddcliffe 1.48.38, Sarah Pridham 2.04.16, Damian Semonin 2.26.34, Jackie Chapman 2.44.39

14/15th May - **Hope 24 Hours**

Graham Parkin 80 Miles, Russell Leeton 75 miles, Sue Parkin 65 miles, Jason Shipton 65 miles, Katie Parkin 55 miles

15th May - **Bideford 10K FF**

Edward Horn 37.11 (86.55), Jessica Goldberg 53.51 (70.29), Lavinia Marshall 59.16 (83.78), John Mason 1.04.26 (56.67)

21st May - **Tamar Lakes Parkrun**

Derek Veale 27.01, Alan Littlejohns 27.15, Barry Hutchings 30.09

21st May - **Quest 40M Coastal Path**

Mike Whitley 9 hours 33 minutes, Matthew Wise 10.16, Jason Shipton 12.38, Jon Spettigue 12.39

Two Person Relay Darren Evans and Louise Werran 9.05, Johanna Barrow and Julie Barriball 10.49, Jo Northey and A.N.Other 10.49

22nd May - **Burrator 10K**

Ed Horn 37.57 (84.80), Jeanette Johnson 42.20 (99.25), Morgan Cain 59.01 (54.53), Sophie Jeffreys 59.11 (63.95)

Ed was 6th overall. Jeanette was 1st Lady F45/49. PB's for Jeanette and Sophie.

PB = Personal Best = highest score that the individual has achieved at that distance

PBO = Personal best overall = highest score that the individual has achieved overall viz. at any distance.

FORTHCOMING EVENTS

JUNE

3 rd June	Exe 5K Series	Exeter	5K		
4 th June	Dartmoor Discovery	Princetown	32.4M		
7th June	Cubert 5	Cubert	5M		CGP/FF
8 th June	Yeovil 5K Series	Yeovilton	5K		
9 th June	Dawlish Coastal Dash	Dawlish	4M	MT	
11th June	Market stall in the Town Square from 8.30am until 3pm.				
11 th June	Classic Quarter	Lizard/Lands End	44M	MT	
12 th June	The Ruby Run 1/2M	Holsworthy/Hatherleight	13.1M		
12 th June	Yeovilton Marathon	Yeovil	26.2M		
15th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
18 th June	Tavistock 5Kool	Tavistock	5K		
18th June	Lanhydrock 10	Lanhydrock	10M	MT	CMTRS
22nd June	Meet Your Max	Truro	7M	MT	CMTRS
25th June	Sticker	Sticker	5M		CGP/FF
26 th June	Torbay Half	Torbay	13.1M		
28 th June	Boconnoc 5	Boconnoc	5M	MT	

JULY

1 st July	Erne Valley Relays	Ivybridge	4 x 2.5M		
2 nd July	Charmouth Challenge	Charmouth	8M	M	
3 rd July	6 Moor Miles	Yelverton	6M	XC	
5 th July	Exe 5K Series	Exeter	5K		
6th July	Summer Turkey Trot	Redruth	4M		CGP

9 th July	Duckponds Run	Oreston, Plymouth	10K	MT	
13 th July	Armada Summer Series 5K	Saltram Park	5K		
13 th July	Yeovil 5K Series	Yeovilton	5K		
16 th July	Haytor Heller	Bovey Tracy	6M	XC	
16 th July	Tavy 5Kool	Tavistock	5K		
17th July	The Magnificent 7	Saltash	7M		CGP
20 th July	Exeter 10K	Exeter	10K		
23 rd July	Cornwood Challenge	Cornwood	10K	MT	
30th July	Tywardreath Trotter	Near Par	6.5M	MT	CMTRS

FF = FOSTERS FIVE **CGP = CORNISH GRAND PRIX** **CMTRS = CORNISH MULTI-TERRAIN RACE SERIES**

XC = Cross Country **MT = Multi-terrain**

Pentathlon trophy points are not calculated for pentathlon distance road races not carrying an accuracy certificate.

As listed above, there are 5k Park Runs every Saturday at 9am at various locations in Cornwall and Devon.

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.

JULY NEWSLETTER

The July newsletter will be published on Wednesday 29th June. Any copy for that newsletter should be sent to Peter Mander by latest Tuesday 28th 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.