



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.187

June 2017



BIRTHDAYS

“Happy Birthday” in June to Jessica Goldberg, Nick Harrison, Jeanette Johnson, Paul Moore, Ella Waters, Jo Williams, Mark Boundy

NEW MEMBERS

A warm welcome to more new members: Ben Jarram, Vervan Skinner, Rebecca Cook, Chris Gaunt.

CONGRATULATIONS

To Tim Robinson for being 1st overall in the Burrator 10K

Brian Wiles for being 3rd M70 in Edinburgh Half Marathon

MARATHON & HALF MARATHON GROUP PHOTO

If you have completed a half marathon, marathon or ultra marathon so far this year, we will be having a group photo with t-shirts and medals on the **13th June**. This will be taken **before** our usual Tuesday night social run so please arrive in good time at the leisure centre for the photo at 6.50 pm.

TREGGY 7

This year's Treggy7 is on Sunday 3rd September. For the benefit of new members, we organise this race as part of the Cornish Grand Prix Series attracting 350 – 450 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.

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.

BUDE LIFEBOAT RUN 2017

Thank you to the **61(!)** members of the club who have entered the lifeboat run this year, that's over 50% of the club! An email will be sent out just before the race with details of what time we will be meeting for a group photo. If you find nearer the time that you can't run, please let us know at comm@treggy7.co.uk as we have people on a 'reserve' list. Really looking forward to seeing you all at the race in your LRR tops!

FOSTER'S FIVES 2017 RACES

The next races in the series are Cubert, Newquay on the 6th June and Sticker on the 24th June.

CORNISH GRAND PRIX 2017

The next races in the series are Cubert on the 6th June, Sticker on the 24th June, The Turkey Trot on the 5th July and Magnificent 7 on the 16th July

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next races in the series are The Bude Lifeboat run on the 14th June, Meet Your Max on the 21st June, Boconnoc 5 on the 27th June and Tywardreth Trotter on the 29th July

BOSCASTLE RUN

On **Tuesday 20th June** we will be heading over to Boscastle for our annual coastal run. This is very kindly organised by Janet Lathom and replaces our usual Tuesday night run from the leisure centre. We will be meeting outside the Napoleon Inn at the top of Boscastle at 6.45pm to start running at 7pm. There is limited parking at the pub, but a larger public car park next door (there is a small charge for this). Janet will lead the run along footpaths and the coastpath and we aim to be out for an hour. The route usually is around 5-6miles in length, but there is a shortcut for anyone wanting to run 3-4miles.

After the run we meet back at the Napoleon Inn for a well deserved drink and a meal. If you would like to stay for food, can you please let Janet know at janetlathom@gmail.com so the pub has numbers, the food will be ordered on the night before we set out.

This is always a brilliant social evening, we hope lots of you can make it!

There will be no run from the leisure centre that night.

TUESDAY NIGHT SOCIAL RUNS

As well as Boscastle, we have a few other plans over the summer for getting out and about on our Tuesday night social runs (with the obligatory pint and some food afterwards!). Details will be published nearer the time in the newsletter, on facebook and on the emails so keep an eye out for those.

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.

NOTE - Summer is coming, so the groups will comprise of: 3-4 miles; 5 miles; Two 6 mile groups; 8 miles

TUESDAY NIGHT LEADERS AT LAUNCESTON

	3-4m	5m	6m A	6m B	7-8m
6th June	Cubert5 – Kevin will take all groups				
13th June	Vin	Vicky	Peter	Jeanette	Darren
20th June	Julie	Peter	Sarah	Vicky	Jeanette
27th June	Jo	Julie	Vicky	Darren	Tim

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.

1/06/2017	Intervals + 1.1 mile		Chaple to Trebursye Oak
8/06/2017	200-400-600-800-800-600-400-200 pyramid	200-400-600-800-600-400-200 pyramid	Link Road
15/06/2017	12x400m reps pyramid recovery	12x 200m reps	Old A30
22/06/2017	20x20sec fast 40sec easy		Pennygillam
29/06/2017	Intervals + 1.1 mile		Chaple to Trebursye Oak

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!

HEALTH AND SAFETY – IMPORTANT

Would all members please ensure that they wear a high visibility bib for all evening training/running sessions. NO BIB = NO RUN!

RESULTS

4th April	Exe 5K series	Julie Towers 22.27
29th April	Tamar Lakes Park Run 5K	Alan Littlejohns 26.44, Nicola Emmett 28.01, Sarah Sampson 36.52
29th April	Tamar Trails Park Run 5K	Steve Cox 22.25, Adrian Brown 29.36, Maggie Dickinson 34.46, Sarah Barnes 40.32
30th April	Saltash Half Marathon	Jenny Mills 1.42.18 (113.41) 1 st F60 & 2 nd lady overall
30th April	Glastonbury 10K Inter County Championships	Tim Robinson 35.30 (90.66) 11 th overall
PB for Tim and he represented Cornwall as part of a team of 4 men and 4 ladies and the team finished 3rd		
1 st May	Belfast City Marathon	Rebekah Hyde 5.37.01 (53.58)
3rd May	Godrevy 10K	Nicola Emmett 1.06.17, Sharon Rundle 1.08.52
6 th May	Tamar Lakes Park Run 5K	Chris Pritchard 24.07, Nicola Emmett 27.41, Jane Pritchard 28.07
6 th May	Tamar Trails Park Run 5K	Steve Cox 21.41 (1 st overall), Chris Norris 25.14, Adrian Brown 33.30
6 th May	Ivybridge 10K	Jessica Goldberg 48.04, Jackie Chapman 1.15.51
PBO for Jess		
7 th May	Trevornick 10M	Nigel Reddcliffe 1.19.31, Pawel Symanski 1.20.39, Jenny Mills 1.21.12, Brian Wiles 1.21.33, Nick Harrison 1.22.26, Wayne Rundle 1.29.23, Jaine Hynes 1.31.13, Julie Barriball 1.36.48, Linda Pickard 1.38.01, Jo Northey 1.42.13, John Barnes 1.42.17, David Pickard 1.47.15
	Jenny 1 st F65	Brian 1 st M70
7 th May	Prague Marathon	Tanya Jarvis 5.26.11(61.43) PB
7 th May	Crediton Crunch 10K	Jess Goldberg 53.50 1 st U20
13 th May	Tamar Trails Park Run 5K	Sarah Swift 30.25
13 th May	Tamar Lakes Park Run 5K	Peter McAughey 23.35, Alan Littlejohns 29.15, Gill Aze-Thomas 36.12, Sarah Barnes 39.26, Ann Venning 48.43, Martin Venning 48.47
13/14 th May	Hope 24	Russell Leeton 65 miles, Jason Shipton 65 miles



Adrian Brown, Chris Norris, Jonathan Roberts and Mary Roberts completed 100miles as a team

14 th May	Imerys Marathon	Julie Towers 4.11.13, Jenny Mills 4.24.39
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14th May

Bideford 10K

Tom Barriball 45.18 (71.04), Jess Goldberg 47.11 (80.22), Peter McAughey 47.51 (73.03), Alan Littlejohns 53.06 (87.44), Ann Barriball 53.08 (74.96), Nicola Emmett 55.08 (70.76), Janet Lathom 57.22 (84.36), Jackie Gay 59.45 (72.71), Rebecca Cook 1.02.08 (60.92), Michelle Yeo 1.02.12 (61.47), John Mason 1.04.46 (57.02)



Tom 3rd MU20 Jess 1st FU20 Alan 2nd MV70

PBO's for Jess and John

PB's for Ann, Nicola, Jackie and John

20th May

Tamar Lakes Park Run 5K

Neil Taylor 26.13, Alan Littlejohns 26.48, Kevin Bull 31.20, Paul Martin 39.29

20th May

Tamar Trails Park Run 5K

Adrian Brown 30.32

20th May

Castle to Castle 10M

Nicola Emmett 2.14.58

21st May

Burrator 10K

Tim Robinson 35.34 (90.49), Adrian Brown 52.29 (61.92)

27th May

Tamar Lakes Park Run 5K

Alan Littlejohns 26.58, Kevin Bull 31.57

27th May

Tamar Trails Park Run 5K

Louisa Shaw 24.34, (3rd Female), Adrian Brown 25.21

28th May

Edinburgh Half Marathon

Brian Wiles 1.38.09 (103.34), Claire Waters 1.40.05 (88.79), Sarah Swift 1.56.10 (71.19), Andy Parker 1.58.06 (70.73), Jon Spettigue 1.58.06 (62.62)



Brian 3rd MV70



Fun run for Jon & Andy



PB for Claire



PBO for Sarah

28th May

Edinburgh Marathon

Kevin Marshall 3.42.09 (80.20), Sarah Worth 4.02.03 (76.10), Louise Werran 4.13.22 (72.70), Vin Marshall 4.57.29 (80.65), Philippa Baker 5.01.01 (76.68)



PB's for Sarah and Louise



FORTHCOMING EVENTS

JUNE

3 rd June	Exe 5K Series	Exeter	5K		
4 th June	Dartmoor Discovery	Princetown	32.4M		
6th June	Cubert 5	Cubert	5M		CGP/FF
8 th June	Yeovil 5K Series	Yeovilton	5K		
9 th June	Dawlish Coastal Dash	Dawlish	4M	MT	
11 th June	Classic Quarter	Lizard/Lands End	44M	MT	
12 th June	Yeovilton Marathon	Yeovil	26.2M		
14th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
18 th June	Tavistock 5Kool	Tavistock	5K		
18th June	Lanhydrock 10	Lanhydrock	10M	MT	CMTRS
21st June	Meet Your Max	Truro	7M	MT	CMTRS
24th June	Sticker	Sticker	5M		CGP/FF
26 th June	Torbay Half	Torbay	13.1M		
27 th June	Boconnoc 5	Boconnoc	5M	MT	

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
30 th July	6 Moor Miles	Yelverton	6M	XC	
30 th July	Seaview 17	Minehead	21M	MT	

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.

JULY NEWSLETTER

The July newsletter will be published on Saturday 1st July. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 27th June.

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.



Bideford 10K