

# Launceston Road Runners

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

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**NEWSLETTER NO.148**

**MARCH 2014**

## **BIRTHDAYS**

A “Happy Birthday” in March to Sarah Bastard, Emma Durrant, Laura Stainer, Helen Howgill, Lisa McMorrow, Jenny Mills, Hannah Pickard and Jade Pilsbury.

## **NEW MEMBERS**

A warm welcome to our newest members Paul Martin and Tanya Watton.

## **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!** If you want to venture outside of the street lighting with the “torch” group then you will also need a head torch.

## **ANNUAL GENERAL MEETING**

At the AGM the following were elected to form the new Committee =

Chairman – Peter Thorp, Vice-Chairman – Martin Venning, Secretary – Ann Venning, Treasurer – Sue Parkin.

General committee members – Kevin Marshall, Laura Stainer, Ann Barriball, Matthew Pilsbury and Jo Beighton.

The trophy awards of Most Improved and the Committee Cup were presented to Dan Rodgers and Peter Mander respectively.

## **ANNUAL SUBSCRIPTION**

At the AGM it was agreed to keep the annual membership subscription unchanged (despite £10 of it being a levy paid to English Athletics). An application for membership form is attached. Please complete this and return it as soon as possible.

## **SOCIAL EVENTS**

The next social event will be a type of treasure hunt suitable for all on Sunday 6<sup>th</sup> April. Full details available soon.

## **“MOB” RACE TARGETS**

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

11<sup>th</sup> May – Bideford 10K, 3<sup>rd</sup> June Cubert - 5M, 11<sup>th</sup> June - Bude Lifeboat Run, 14<sup>th</sup> June - Sticker 5M, 9<sup>th</sup> July - Turkey Trot 4M.

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

Date TBC - Tavy 7M, 23<sup>rd</sup> November Falmouth Mob Match 5M.

Please make a note in your diary now!!

Matt Pilsbury will be Race Captain for the Bideford 10K so in the next few weeks he will be after you to run!

## **FOSTER’S FIVES 2014 RACES..**

The next races after that are in May on the 10<sup>th</sup> at Ivybridge and on the 11<sup>th</sup> May at Bideford.

## **CORNISH GRAND PRIX 2014**

The next races are, on the 16<sup>th</sup> March at the Falmouth 1/2M and on the 30<sup>th</sup> March at the An Res Hellys 10M MT.

## **CORNISH MULTI-TERRIN RACE SERIES 2014**

The first race in the series is the 5 Tors 8M MT on Bodmin Moor.

## **GREAT BRITISH RELAY**

See December Newsletter or [www.gbrelay.com](http://www.gbrelay.com) or contact Kevin Marshall if you are interested in running one or part of a stage (our stages are 362/3/4/5 on Friday 20<sup>th</sup> June).

## 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.

6 <sup>th</sup> March	-	Hills
13 <sup>th</sup> March	-	Technical drills
20 <sup>th</sup> March	-	Intervals/fartlek
27 <sup>th</sup> March	-	<b>3 Mile time trial – Not a race! Everyone predicts their own time and start off accordingly for mass finish!</b>
3 <sup>rd</sup> April	-	Reps
10 <sup>th</sup> April	-	Hills

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

**Please remember to wear Hi Viz clothing!**

If you have any queries, please contact Kevin Marshall on [kmarshall0506@aol.com](mailto:kmarshall0506@aol.com).

## RESULTS

**25<sup>th</sup> January** - **Old Sarum Challenge 24M XC** Jenny Mills (no time available)

**26<sup>th</sup> January** - **Stonehenge Stomp 25m XC** Jenny Mills (no time available)

**26<sup>th</sup> January** **South of England XC Championships 9.5M** Parliament Hill Dan Rodgers 56.50 71<sup>st</sup>

**2<sup>nd</sup> February** **Marazion 10K CGP FF**

Darren Evans 39.27 (82.59), Adam Knight 44.33 (73.14), Brian Wiles 46.10 (96.43), Russell Leeton 46.32 (72.00), Graham Parkin 47.53 (70.70), Dean Parkin 48.34 (66.27), Phil Box 48.37 (85.70), Peter Thorp 51.30 (71.71), Martin Venning 52.46 (79.94), Alan Littlejohns 53.15 (82.48), Ann Barriball 54.26 (70.95), Sue Parkin 55.25 (74.99), Karen Howse 56.03 (83.04), Janet Lathom 56.09 (83.04), Hayley Thorp 57.39 (65.65), Lavinia Marshall 58.02 (83.39), Peter Mander 58.13 (87.23), Patsy Foster 58.38 (74.95), Katie Parkin 59.55 (63.17), Jackie Chapman 1.04.00 (67.12), Cheryl Leach 1.14.25 (70.38), Ann Venning 1.14.40 (66.50), Hannah Pickard 1.30.22 (41.88), Linda Pickard 1.30.22 (47.54)

**Lavinia 2<sup>nd</sup> F60/64, Cheryl 3<sup>rd</sup> F65/69, Peter Mander 2<sup>nd</sup> M75/+**

**PBO's for Darren, Russell and Ann Barriball. PB's for Adam, Graham, Dean, Karen, Katie and Hannah.**

**2<sup>nd</sup> February** **Fulfords 5M Exmouth FF** Julie Towers 36.36 (94.95)

**8<sup>th</sup> February** **Lanhydrock Park Run 5K** Dan Rodgers 17.52 Dan won the race.

**9<sup>th</sup> February** **Dursley Dozen 12+M MT** Jenny Mills 1.57.29 1<sup>st</sup> F60/+

Jenny writes "A murderous but beautiful and fun course, including a rope down through some hanging woods which are too steep to get up without assistance – just don't let go or you start a dominos effect to the bottom! Once safely up there is a further "breath-taking" climb to the top of the Cotswold escarpment, from which there is a view to die for (if you haven't already!) and then a run along a perilously windswept edge to a glorious downhill mile through the woods and out at the bottom into the town by the Sainsbury car park. The shoppers all have that "Poor dears, they can't help it" look in their eyes."

**16<sup>th</sup> February** **Kinloch Triathlon, New Zealand**

Sue Burges 1.54.51 (750m swim 19.52, 20K bike 57.32 and 5K run 33.10, plus transitions) Sue was 4<sup>th</sup> F60/64

**16<sup>th</sup> February** **Exeter 1/2M**

Phil Box 1.43.44 (86.64), Alan Littlejohns 1.55.11 (83.30), Jackie Chapman 2.29.29 (62.79)

Alan was 1<sup>st</sup> M65/+

**22<sup>nd</sup> February** **Lanhydrock Park Run 5K** Kevin O'Mahoney 40.11

**22<sup>nd</sup> February** **English XC Championships, Nottingham 12K** Dan Rodgers 40/48

## FORTHCOMING EVENTS

### MARCH

2 <sup>nd</sup> March	Bideford 1/2m	Bideford	13.1M	
8 <sup>th</sup> March	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
9 <sup>th</sup> March	The Grizzly	Beer, Seaton	20+M	RACE FULL
9 <sup>th</sup> March	Looe 10	Looe	10M	
12 <sup>th</sup> March	Armada Winter 3K Series	Central Park, Plymouth	3K	
15 <sup>th</sup> March	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
<b>16<sup>th</sup> March</b>	<b>Mad March Hare 10K</b>	<b>Plympton</b>	<b>10K</b>	
<b>16<sup>th</sup> March</b>	<b>Falmouth 1/2M</b>	<b>Falmouth</b>	<b>13.1M</b>	<b>CGP</b>
22 <sup>nd</sup> March	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
22 <sup>nd</sup> March	The Dark	Cardinham Woods, Bodmin	13M	MT Torch lit night run!
23 <sup>rd</sup> March	Exeter Age UK 10K	Exeter	10K	
29 <sup>th</sup> March	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
<b>30<sup>th</sup> March</b>	<b>An Res Hellys</b>	<b>Helston</b>	<b>10.5M</b>	<b>MT CGP</b>
30 <sup>th</sup> March	Tavy 13m	Tavistock	13.1M	
30 <sup>th</sup> March	Siblyback 10K	Siblyback Lake	10K	
30 <sup>th</sup> March	Exe to Axe	Exmouth	20M	XC

### APRIL

5 <sup>th</sup> April	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
6 <sup>th</sup> April	Social Event	Treasure Hunt	Full details to follow	
<b>6<sup>th</sup> April</b>	<b>5 Tors Moorland</b>	<b>Liskeard</b>	<b>8M</b>	<b>XC CMTRS</b>
6 <sup>th</sup> April	Taunton Marathon and Half	Taunton	26.2M and 13.1M	
12 <sup>th</sup> April	Dig Deep 5K Series	Siblyback Lake	5K	
12 <sup>th</sup> April	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
13 <sup>th</sup> April	London Marathon	London	26.2M	Race full
19 <sup>th</sup> April	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
21 <sup>st</sup> April	Bampton to Tiverton	Bampton	7+M	
24 <sup>th</sup> April	Whitemoor 10K	St Dennis	10K	MT
26 <sup>th</sup> April	Haldon Heartbeat	Exeter	8.5M	MT
26 <sup>th</sup> April	Lanhydrock Park Run	Lanhydrock	5K	Free Fun Run/No points
27 <sup>th</sup> April	Enys 10K	Penryn	10K	
27 <sup>th</sup> April	Plymouth Half	Plymouth	13.1M	

**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.

### WEBSITE

It is recommended that you can consult our website regularly for the latest news. It also contains details of qualifying requirements for Club Competitions and Club Records.

If you have any queries with the website, please email [treggy7@googlemail.com](mailto:treggy7@googlemail.com)

### 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

### APRIL NEWSLETTER

The April newsletter will be published on Friday 28<sup>th</sup> March. Any copy for that issue should be with Peter Mander by latest Wednesday 26<sup>th</sup> March.

### 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