



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

Newsletter Co-ordinator: Peter Mander

Greystones, Leat Road, Lifton PL16 0AE.

Tel – 01566 780499 peterandjulia@btinternet.com

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MARCH 2016

BIRTHDAYS

A “Happy Birthday” in March to Jenna Aldridge, Louise Bishop, Gemma Bungay, Laura Clements, Darren Cornish, Emma Durrant, Trevor Gynn, Lorraine Hawkins, Vicky Holt, Dee Kirwan, Mariesha Lowther, John Mason, Jenny Mills, Kirsty Philpott, Hannah Pickard, Sally Rowland, Wayne Rundle, Becki Sant, and Laura Stainer.

NEW MEMBERS

A warm welcome to our newest members Edward Horn and Mariesha Lowther.

CONGRATULATIONS

Belated congratulations to Jeanette Johnson on her new Club Record at the Force 10M
To Mike Whitley on completing the Arc of Atrition 100 mile coastal run (in appalling conditions!).
To Martin Venning on his new Club Record at the Aztec West Fast 5K.

ANNUAL GENERAL MEETING

At the AGM the following Committee were elected - Chair – Sarah Swift, Vice-Chair – Kevin Marshall, Secretary – Claire Waters, Treasurer - Vicky Holt. Committee – Ann Barriball, Darren Evans, Jeanette Johnson, Chris Norris and Louise Werran.
It was agreed that the subscription for 2016/17 should be £25 (including England Athletics levy of £13). Please pay promptly,
A membership application form is available on the Club website.

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 headlight or torch.

FOSTER’S FIVES 2016 RACES

The next races in the series are the Ivybridge 10K on 8th May and the Bideford 10K on 15th May.

CORNISH GRAND PRIX 2016

The next races in the series are Falmouth 1/2M on 13th March and An Res Hellys 10M on 3rd April.

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

The next race in the series is The 5 Tors on Bodmin Moor on 17th April.

LONDON MARATHON

Tim Robinson is running for RP Fighting Blindness.

If you wish to support any of the charities, please speak to the runners at Club Nights. If you are running for a charity that we have not mentioned and you would like to be included in the next newsletter, please email comm@treggy.7.co.uk.

STARTER GROUP

“Thank you to all the club runners who joined up with the starter group on a Tuesday, almost 30 new runners completed their 3 miles in less than 8 weeks! A big thank you to Emma, Angela and all the others who have done a brilliant job encouraging and motivating all the starters through the course” Sarah Swift

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.

NOTE - The out-of-town torch groups have now started. Winter groups will comprise –
3-4 miles in town. 5 miles in town. 6 miles in town and also a 6 miles head torch out-of-town. 8 miles head torch out-of-town.

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.

3rd March - Hills
10th March - Technical (Tavistock track at 7.45 for 8pm start) No Launceston session that night.**
17th March - Mystery
24th March - 1/2M or 1/4M reps
31st March - Fartlek/Intervals
7th April - Hills

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 must be worn. Sessions take place regardless of weather conditions. Do come along, it is good fun!

** Speak to Kevin or Tom for more information, if required.

RESULTS

Revised Result Carn Runners have confirmed that the Force 10M was an accurate 10M course which means that Pentathlon points can be awarded and the results count towards Club Records and Personal Bests.

24th January - Force 10M CGP

Jeanette Johnson 1.09.58 (97.93), Brian Wiles 1.14.13 (100.58), Sarah Worth 1.22.15 (67.32), Peter Thorp 1.25.07 (69.00), Morgan Cain 1.26.46 (60.45), Peter McAughey 1.26.51 (64.92), John Barnes 1.30.21 (69.01), Louise Werran 1.31.42 (67.32), Jo Northey 1.32.12 (69.00), Hannah Tippetts 1.32.19 (66.87), Adrian Brown 1.32.38 (56.62), Martin Venning 1.32.58 (76.01), Sarah Swift 1.35.19 (64.77), Janet Lathom 1.35.19 (81.77), Jackie Chapman 1.48.17 (66.18)

A new Club Record for Jeanette.

PB's for Jeanette, Sarah Worth, Peter Thorp, Morgan, Peter McAughey, Louise, Hannah, Adrian, and Sarah Swift.

6th February - Tamar Lakes Park Run 5K

Martin Venning 27.19, Alan Littlejohns 27.32, Kevin O'Mahoney 30.55

6th/7th February - The Arc of Atrition 100M Coastal Path

Mike Whitley 30/35.28 Mike finished 18th of 28 finishers, from 100 starters.

7th February - Exmouth 5M FF Lavinia Marshall 46.50 (84.81), Jackie Chapman 48.14 (72.88)

13th February - Tamar Lakes Park Run 5K

Shaun Chillingworth 23.19, Martin Venning 26.44, Kevin O'Mahoney 30.15

13th February - Lanhydrock Parkrun 5K Dawn Hadfield 36.04

14th February - Exeter 1/2M (about)

Darren Evans – 1.20.45, Russell Leeton 1.3.36 and Alan Littlejohns 1.53.37

14 th February	-	Dursley Dozen 12M MT	Jenny Mills 2.04.08	Jenny was 1 st F65/+
20 th February	-	Tamar Lakes Park Run 5K	Amanda Chapman 26.28, Alan Littlejohns 26.51	
20 th February	-	Lanhydrock Park Run 5K	John Barnes 28.11	
21 st February	-	Bodmin 1/2M MT	Edward Horn 1.39.37, James McDiarmid 1.41.34, Jenny Mills 2.01.36, John Barnes 2.21.36, Peter McAughey 2.25.45	
21 st February	-	Zurich Marathon	Pawel Szymanski 3.38.24 (70.23)	A PB for Pawel
23 rd February	-	Aztec West Fast 5K Bristol	Martin Venning 25.23	A new Club Record for Martin.
27 th February	-	Lanhydrock Parkrun 5K	Dawn Hadfield 34.36	A new PB for Dawn
27 th February	-	Tamar Lakes Parkrun 5K	Paul Morris 21.14, Alan Littlejohns 26.12	

FORTHCOMING EVENTS

MARCH

5 th March	Park Runs	Various venues	5K	MT
6 th March	Bideford 1/2M	Bideford	13.1M	
6 th March	The Big Run	Camel Trail	5.5M, 11M and 17.3M	
12 th March	Park Runs	Various venues	5K	MT
13 th March	Falmouth 1/2M	Falmouth	13.1M	CGP
13 th March	Bath 1/2M	Bath	13.1M	
13 th March	The Grizzly	Beer, Seaton	20+M	RACE FULL
13 th March	The Granite Way	Okehampton	10M and 20M	
19 th March	Park Runs	Various venues	5K	MT
19 th March	The Dark	Cardinham Woods	13M	MT
19/20 th March	Rock Solid	Exeter, Escot Park	Team obstacle race	
20 th March	Sport Relief Mile event	Saltash	1, 3 or 6 miles	
20 th March	Mad March Hare 10K	Plympton	10K	
20 th March	Age UK 10K	Exeter	10K	
25 th March	Fast Friday 10K	Exeter	10K	
26 th March	Park Runs	Various venues	5K	MT
28 th March	Bampton to Tiverton	Bampton	7+M	

APRIL

2 nd April	Park Runs	Various venues	5K	MT
3 rd April	An Res Hellys	Helston	10.5M	MT CGP
3 rd April	Exe to Axe	Exnouth	20M	MT
3 rd April	Taunton Mara & 1/2M	Taunton	26.2M and 13.1M	
9 th April	Park Runs	Various venues	5K	MT
10 th April	Enys 10K	Penryn	10K	
10 th April	Tavy 13	Tavistock	13.1M	
16 th April	Park Runs	Various venues	5K	MT
17 th April	5 Tors Moorland Run	Liskeard	11M	XC
17 th April	Plymouth Half	Plymouth	13.1M	
23 rd April	Park Runs	Various venues	5K	MT
24 th April	London Marathon	London	26.2M	
30 th April	Park Runs	Various venues	5K	MT

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.

APRIL NEWSLETTER

The April newsletter will be published on Wednesday 30th March. Any copy for that newsletter should be sent to Peter Mander by latest Monday 28th 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. 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.