



Launceston Road Runners

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

www.launcestonroadrunners.co.uk www.treggy7.co.uk

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BIRTHDAYS

“Happy Birthday” in March to Jenna Aldridge, Lisa Bartlett, Darren Cornish, Megan Harfoot, Lorraine Hawkins, Rebekah Hyde, Dee Kirwan, Emma Marks, John Mason, Jenny Mills, Jon Roberts, Sally Rowland, Wayne Rundle, Becki Sant, Jason Shipton, Sarah Swift



CONGRATULATIONS



To Sarah Swift for a new club 5K record for Senior Ladies

ANNUAL GENERAL MEETING 2017

Thank you to everyone that attended our annual AGM. You should have all had a copy of the minutes and annual accounts by email. We have a brilliant new committee and the makings of a great 2018!

It was agreed that the subscription for 2018/19 should remain at £25 (includes England Athletics levy of £14). Subscriptions are due on 1st April and prompt payment will be appreciated. Membership forms will be published soon and available on the club website.

CHARITY BINGO

Charity Bingo held on Friday 23rd February at the Cricket Club raised £300 for Spinal Research, Nick and Matts charity placements. Thank you to everyone that played, donated and helped out on the night.

FOSTER'S FIVES 2018 RACES

The next races in the series are the Age UK 10K at Exeter on the 18th March and the Enys 10K on the 8th April

PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are the Granite Way 10 on 4th March, Bideford half marathon on 11th March and the Tavy 5Kool on the 17th March.

The new format for our annual club competition is now available on our website: <http://www.launcestonroadrunners.co.uk/about-u/club-competitions/>. With only 5 races needed to be in with the chance of a prize, we hope lots of our members will take part!

CORNISH GRAND PRIX 2018

The next races in the series are the Falmouth half marathon on 18th March and An Resek Hellys on the 25th March.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is The 5 Tors on Bodmin Moor on 16th April.

LONDON MARATHON

Congratulations to Jeanette Johnson and Tim Robinson for receiving British Championship places for this year's London Marathon on 22nd April.

Also running are: Good for Age: Ed Horn and Vin Marshall (running for Lifton Community Centre), Club place: Mark Jones
Ballot places: Wayne Rundle, Jess Goldberg and Jo Bailey (running for North Devon Hospice); Charity places: Nick Harrison and Matt Wise (both running for Spinal Research)

Good luck to all our runners and enjoy the experience. Look out for those Launceston Road Runner vests!

TREVORNICK 10K – SUNDAY 13TH MAY

This year, Newquay Road Runners are operating a club pre-entry system, similar to the Newquay 10k. For this race we have 20 places allocated to us. This is the first year that this off-road event is being run as a 10k. Entry forms (which you will find on the club website or on the LRR noticeboard) and payment to Sarah or Ed by the end of March, please.

CUBERT 5 MILE – TUESDAY 5TH JUNE

The final Newquay RR event of the year, also with a block booking system. We have been allocated 30 places for this race which always sells out.

Cubert 5 is a flat, 5 mile, 2 lap race on country lanes in Cubert just outside Newquay. It is an evening race, starting at 7.30pm and ideal for new runners and anybody looking to set a PB. It is also a qualifying race for the Pentathlon cup competition. We have been advised that there will be very few places available after the club allocation and certainly no entries on the day.

To enter this race as part of our club booking, we need a completed entry form, (which you will find on the club website or on the LRR noticeboard) along with the entry fee of £13. All forms to Sarah Swift or Ed Horn at any club night, or email to comm@treggy7.co.uk and we can let you know details for BACS transfer. We need all forms by the end of March and it will be on a first come first serve basis.

(To the two keen members who have already entered Cubert, you will be included in our block booking so you're guaranteed a place!)

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 -

Winter groups will comprise of:

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.

TUESDAY NIGHT LEADERS AT LAUNCESTON

	3-4m	5m Town	6m Town	6m Torch	8m Torch
6 th March	Gill	Vin	Kevin	Vicky	Darren
13 th March	Louise	Vin	Vicky	Peter	Darren
20 th March	Vicky	Vin	Louise	Peter	Jeanette
27 th March	Sarah/Fern	Vin	Kevin	Vicky	Darren
3 rd April	Kevin	Vin	Peter	Darren	Jeanette
10 th April	Gill	Vin	Louise	Vicky	Darren
17 th April	Sarah/Fern	Vin	Peter	Kevin	Darren
24 th April	Sarah/Fern	Gill	Vicky	Peter	Darren

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 st March	½ mile or ¼ mile reps	Newport
8 th March	Meet and greet	Quarry Crescent
15 th March	400m pyramids	Link Road
22 nd March	Intervals/fartlek	TBC
29 th March	Hills	Hendra Vale
5 th April	½ mile or ¼ mile reps	TBC
12 th April	Out and Back	TBC
19 th April	8-4-8	TBC
26 th April	Fartlek / Intervals	TBC
3 rd May	Hills	TBC

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!**
 If you want to venture outside of the street lighting with the “torch” groups then you will also need a headlight or torch.

RESULTS

27th January **Tamar Lakes Park Run 5K** Kayleigh Stringer 27.39, Alan Littlejohns 29.09

27th January **Tamar Trails Park Run 5K** Adrian Brown 33.09

3rd February **Tamar Lakes Park Run 5K** Alan Littlejohns 28.47, Matt Haisman 29.17, Maria Haisman 30.17

3rd February **Tamar Trails Park Run 5K**
 Peter McAughey 24.34, Adrian Brown 28.34, Russell Leeton 30.26, Kevin Bull 32.44

4th February **Newquay 10K GP2/FF/PC**

Nick Harrison 43.53, Brian Wiles 45.15, Jaine Hynes 50.02 (87.83), Adrian Brown 51.22, Philip Box 51.57,
 Mary Roberts 54.39 (75.23), Becki Sant 54.54 (73.31), Chris Norris 55.41, Martin Venning 57.56,
 Janet Lathom 58.44 (83.46), Gill Aze-Thomas 59.51 (67.24), John Barnes 1.00.02, Natalie Shute 1.03.48 (59.33),
 Lorraine Hawkins 1.05.14 (65.85), Sarah Barnes 1.28.08, (47.15), Ann Venning 1.29.39 (58.42)

PB for Gill Aze-Thomas



10th February **Tamar Lakes Park Run 5K** Kevin Bull 29.40

10th February **Tamar Trails Park Run 5K** Adrian Brown 24.51, Russell Leeton 29.26, John Mason 32.17

11th February **Exeter 1/2 M** Richard Foster 1.45.03

17th February **Tamar Lakes Park Run 5K** Paul Moore 21.30, Nicola Emmett 29.12

17th February **Tamar Trails Park Run 5K** Steve Cox 22.32, John Barnes 27.52, Russell Leeton 29.53

17th February **Tavistock 5Kool Run** Sarah Swift 25.45

24th February **Tamar Lakes Park Run 5K** Paul Moore 21.35, Nicola Emmett 29.35

24th February **Tamar Trails Park Run 5K** Kayleigh Stringer 28.34, Adrian Brown 30.22

25th February **Hammeldown Hammer Trail Half Marathon** Darren Evans 1.51.01

25th February

Looe 10M GP3/PC

Kevin Marshall 1.16.41, Nick Harrison 1.21.08, Richard Foster 1.23.40, Ben Jarram 1.26.42, Brian Wiles 1.26.54, Jaine Hynes 1.31.46, Mary Roberts 1.38.46, Vin Marshall 1.49.05, John Barnes 1.52.34



PASSING ON RACE NUMBERS

If you have entered a race and for some reason you are unable to run and you wish to pass your number on to somebody else, please can you ensure the race organisers agree to this before doing so.

FORTHCOMING EVENTS

MARCH

4 th March	Bath 1/2M	Bath	13.1M	
4 th March	Westward League	Redruth		XC
4 th March	The Granite Way	Okehampton	10M & 20M	MT/ PC
10 th March	Deep River Trail Races	Castle Drogo	6M & 13.1M	MT
11 th March	Bideford 1/2M	Bideford	13.1M	PC
11 th March	Great Flat Lode	Redruth	5M	MT
14 th March	Armada Winter 3K series	Central Park, Plymouth	3K	
17 th March	Tavy 5Kool	Tavistock	5KM	PC
18 th March	Falmouth 1/2M	Falmouth	13.1M	CGP
18 th March	The Grizzly	Beer, Seaton	20+M	MT
18 th March	Tavy 13	Tavistock	13.1M	
18 th March	Mad March Hare 10K	Plympton	10K	
18 th March	Age UK 10K	Exeter	10K	FF
18 th March	Monster Race	Exeter	5K & 10K	Obstacle Race
25 th March	An Resek Hellys	Helston	10.5M	MT/CGP
30 th March	Fast Friday 10K	Exeter	10K	

APRIL

8 th April	Exe to Axe	Exnouth	20M	MT
8 th April	Taunton Mara & ½ M	Taunton	26.2M and 13.1M	
8 th April	Enys 10K	Penryn	10K	FF
17 th March	Tavy 5Kool	Tavistock	5KM	PC
22 nd April	London Marathon	London	26.2M	
30 th April	Pennywell Pursuit	Pennywell Farm, Devon	10K	MT

FF = FOSTERS FIVE CGP = CORNISH GRAND PRIX CMTRS = CORNISH MULTI-TERRAIN RACE SERIES
PC= PENTATHON CUP

In addition to the above, there are 5k Park Runs every Saturday at 9am at Lanhydrock, Bodmin, Tamar Trails, Gunnislake, at Plym Valley, Plymbridge Woods, at Upper Tamar Lake, Nr. Kilhampton, Trellisick 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.

APRIL NEWSLETTER

The April newsletter will be published on Monday 2nd April. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 27th March.

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.



LOOE 10M