

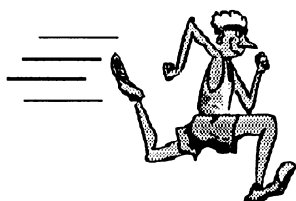
Launceston Road Runners

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

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NEWSLETTER NO.150

MAY 2014

BIRTHDAYS

A “Happy Birthday” in May to Claire Davis, Darren Evans, Vicky Holt, John Osborne, Billie Parker, Graham Parkin, Kirstin Phippard, Louise Werran and Sarah Worth.

NEW MEMBERS

A warm welcome to our newest members Dawn Hadfield, Lisa Jones, Ryan Julian, Nicola Palfrey, Dave McMorrow, Louise Werran and Sarah Worth.

ANNUAL SUBSCRIPTION

If you have not yet renewed your Membership subscription, it is very overdue!. A membership application form can be found on the Club’s website. Results, points, records will only be recorded for paid-up members.

CONGRATULATIONS

To all our London Marathon runners and especially to Kevin Marshall and Cheryl Leach on their new Club Record performances (Mike Whitley also broke the old Club Record).

To Dan Rodgers on setting a new Course Record and a new Senior Club Record of 15.54 in winning the Siblyback 5K on 19th April.

Congratulations to Alan Littlejohns on setting a new M65/69 Club Record at Siblyback.

SOCIAL EVENTS

18th May - Quiz Night at The Lifton Hall Hotel.

Our big social event this month is the Quiz Night on Sunday 18th May! We are holding this at The Lifton Hall Hotel this year, with a 7pm arrival for a 7.30pm start

The Lifton Hall are offering us a fantastic-value light “chips and dips” style buffet menu to include chips, sausage rolls, goujons, vegetarian options etc, all for the fantastic price of £5 per person. Food will be served after the first break and drinks will be available to buy at the bar throughout to keep the grey matter ticking over ...!

What with Jo and Chris Beighton at the helm as our experienced quizmasters and the traditional LRR competitive spirit, it will certainly be an entertaining night. It would be great to see as many of you there as possible – teams will be put together on the night so please let either Ann Barriball or Peter Thorp know as soon as possible if you are able to come along.

“MOB MATCHES”

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

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

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

Date TBC - Tavy 7M, 23rd November Falmouth Mob Match 5M.

Please make a note in your diary now!!

Matt Pilsbury will be Race Captain for the Bideford 10K and if you intend running please let him know (mattpilsbury@hotmail.com).

BUDE LIFEBOAT RUN

Wednesday evening 11th June. The committee have decided to offer all paid up members the chance to run Bude Lifeboat Run at no cost. The Club will pay the entry fee of £10 on your behalf. This should ensure a great Club turnout which will support one of our key objectives, which is to increase race participation. The Club will fully fund your entry with all race profits going to the RNLI. The benefits, therefore, will be twofold with the Club having a large contingent of runners and the Charity having increased profit. You just need to enter and state that you are a member of Launceston Road Runners on the entry form. Do not send any money as Stephen Hutchinson will debit the Club direct for the total entries.

CLUB WEBSITE

As you will note from the letterhead above, the Club has websites on www.launcestonroadrunners.co.uk and www.treggy7.co.uk. It is recommended that you consult it regularly for the latest news. It contains a mass of information including details of qualifying requirements for Club Competitions and Club Records (see following). The Club also has a Facebook page which can be accessed via the website.

CLUB RECORDS

Updated lists of Club Record holders for all distances and ages have been posted on the club website. You will notice that there are a number of vacancies, particularly at 5K. Why not have a go and get your name on a record?! Better still, why not knock one of the existing record holders off their perch!

FOSTER'S FIVES 2014 RACES..

The next races are on the 10th May at Ivybridge and on the 11th May at Bideford.

CORNISH GRAND PRIX 2014

The next race is the Trevornick 10M MT on 11th May.

CORNISH MULTI-TERRIN RACE SERIES 2014

The first race in the series is the Imerys Half-marathon on 18th May.

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.

1 st May	-	Mystery session
8 th May	-	Reps
15 th May	-	Hills
22 nd May	-	Technical drills
29 th May	-	Intervals/Fartlek
5 th June	-	Mystery session

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

If you have any queries, please contact Kevin Marshall on kmarshall0506@aol.com.

RESULTS

Correction = 9th March Looe 10M Jenny Mills should have been credited with 95.84 points

29th March - **South Wales 3 Peaks**) Jenny Mills celebrated her birthday with these two tough long distance races.

30th March - **Chagford Challenge**) No times given as Jenny just went round chatting eating and admiring the views.

30th March - **An Res Hellys 10M MT CGP**

Darren Evans 1.07.09, Graham Parkin 1.22.41, Russell Leeton 1.23.58, Sue Parkin 1.32.12, Peter Mander 1.34.07,

Janet Lathom 1.34.42, Sue Burges 1.39.40, Jackie Chapmsn 1.45.07, Ann Venning 2.02.45

Sue Burges was 3rd Lady 60/64 and Peter was 1st Man 75/+

30th March - **Tavy 13 Half marathon**

Mike Whitley 1.34.24 (83.57), Kirstin Phippard 1.42.25 (80.75)

Mike was 2nd Man 50/54

30th March - **Siblyback 10K** Alan Littlejohns 53.58 (81.38)

2nd April - **Exe 5K Series** Julie Towers 22.24 **Julie was 1st Lady 50/54**

5th April - Three Shires (Derbyshire, Staffordshire, Cheshire) 30M Challenge

A tough muddy cross country challenge which Jenny munched her way around in around 8 hours

6th April - Manchester Marathon Graham Newberry 3.15.45 (78.39) **A PBO for Graham****6th April - Penzance Triathlon 400m Swim/15,5M Cycle/4M Run**

Mark Knight 1.23.52, Russell Leeton 1.54.52

12th/13th April - The Wellington Boot 100K XC Challenge

Jenny Mills spent another weekend chatting, eating and finding her way in the dark around this challenging course in around 17 hours.

13th April - London Marathon

Kevin Marshall 3.07.24 (91.91), Mike Whitley 3.15.42 (88.00), Darren Evans 3.24.36 (75.00), Emma Baker 3.41.20 (81.59), Peter Kirby 3.41.20 (92.14)), Sarah Pridham 3.47.32 (88.07), Jon Spettigue 4.16.44 (60.98), Julie Barriball 4.22.24 (75.54), and Cheryl Leach 5.34.36 (74.65)

A PB for Jon who also ran a negative split.**Kevin, Mike ,Emma, Peter and Sarah ran “Good for Age” performances to guarantee a LM place in 2015 or 2016.****19th April - Exeter Fast Friday 10K** Peter Mander 55.52 (90.90) **1st M70/+****20th April - Siblyback 5K** Dan Rodgers 15.54, Alan Littlejohns 26.10**Dan won the race setting a new Course Record and a new Club Record. Alan also set a new Club Record.****21st April- Yeovilton Easter Bunny 10K**Peter Kirby 45.40 (94.89), Jackie Chapman 59.47 (73.08) **A PB for Peter****21st April - Bampton to Tiverton 7.14M**Martin Venning 59.16, Phil Box 1.02.24, Cheryl Leach 1.12.37 and Ann Venning 1.12.52 **Cheryl was 1st F60/+****26th April - Haldon Heartbeat 8.5M MT**Alan Littlejohns 1.19.17, Martin Venning 1.21.42, Peter Mander 1.22.49, Cheryl Leach 1.51.50, Ann Venning 1.52.45
Peter was 1st M70/+ Cheryl was 1st F65/+**FORTHCOMING EVENTS****MAY**

4 th May	Saltash 1/2M	Saltash	13.1M		
4 th May	Bere Pen 10K	Bere Alston	10K		
6 th May	Exe 5K Series	Exwick,Exeter	5K		
10th May	Ivybridge 10K	Ivybridge	10K	FF	
10 th May	South Devon 10K	Paignton	10K		
11th May	Bideford 10K	Bideford	10K	FF	
11th May	Trevornick 10M	Holywell Bay	10M	MT	CGP
14 th May	Armada Summer 5K Series	Saltram Park	5K		
17 th May	Dig Deep 5K Series	Siblyback Lake	5K		
18 th May	Crediton Crunch	Crediton	10K	MT	
18th May	Imerys 1/2M & Marathon	St, Austell	13.1/26.2M		CMTRS
24 th May	Muskie Madness	Plymouth	5.5M	MT	

JUNE

3rd June	Cubert M	Cubert (Nr Newquay)	5M	CGP/FF	
5 th June	Dawlish Coastal Dash	Dawlish	4M		
7 th June	Dartmoor Discovery	Princetown	34.1M		Race Full
7 th June	Umborne Ug	East Devon	10K	MT	
8 th June	Plym Valley Challenge	Estover, Plymouth	7.5M	MT	
8 th June	Ruby Run	Holsworthy	13.1M		
11th June	Bude Lifeboat Run	Bude	6M and 1M	MT	CMTRS
11 th June	Armada Summer 5K Series	Saltram Park	5K		
14th June	Sticker 5M	Sticker	5M	CGP/FF	
18th June	Meet Your Max	Truro	10K	MT	CMTRS
21 st June	Siblyback 5K	Siblyback Lake	5K		

21 st June	Armada 10K	Saltram	10K	
21 st June	Burrator Horseshoe	Meavy	7M	MT
22 nd June	Lanhydrock Run	Lanhydrock	10M	MT
29 th June	Torbay Half Marathon	Paignton	13.1M	
29 th June	Revelstoke Run	Noss Mayo	9.5M	MT
29 th	North Devon Mara & Half	Wollacombe	26.2M	and 13.1M

FORTHCOMING EVENTS (Continued)

In addition to the above, there are 5k Park Runs every Saturday at 9am at Bodmin, Lanhydrock and at Plym Valley, Plymbridge Woods. 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 and to well controlled dogs on leads.

See www.parkrun.org.uk

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.

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

JUNE NEWSLETTER

The June newsletter will be published on Friday 30th May. Any copy for that issue should be with Peter Mander by latest Wednesday 28th May.

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