



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

NEWSLETTER NO.162

MAY 2015

BIRTHDAYS

A “Happy Birthday” in May to – Emma Baker, Johanna Barrow, Lyndsey Burke, Leanne Clark, Claire Davis, Rich Dodge, Vicky Holt, Pete Jennings, Ruth Maunder, Shona Northey, Chloe Parker, Graham Parkin, Adam Paynter, Kirstin Pippard, Jordan Platt, Maria Popham, Claire Robson, Gemma Rowland, Louise Werran, Louise White, Rebecca Wise, Sarah Worth and Rich Yates

NEW MEMBERS

A warm welcome to a returning Adam Paynter and to our newest members Dawn Acaster, Jenna Aldridge, Lucy Banbury, Phil Cleary, Liz Davy, Julia Devitt, Judith Finnemore, Ann Goodman, Charlotte Kennedy, Dee Kirwan, Suzy Newberry, Shona Northey, Beccy Robinson, Claire Robson, Sopia Stone, Suzannah Strong, Louise White, Rebecca Wise and Matthew Wise.

CONGRATULATIONS

To Dan Rodgers on winning the An Res Hellys 10M MT CGP race in a new Course Record
To Jenny Mills on setting a new Club Record for F65/69 at Yeovil and being ranked 2nd in the UK
To Fiona Chater on being selected as Club Member of the Month for March
To Dan Rodgers on winning the Lanhydrock Park Run in a new Course Record
To Dan Rodgers (again) on winning the 5 Tors Fell race by over 5 minutes!
To Vin Marshall on running a London “Good for Age” qualification at the Manchester Marathon.

ANNUAL SUBSCRIPTIONS

Annual Subscriptions are now over- due. If you have still not paid, please complete a membership application form and return this with the appropriate fee as soon as possible.

SOCIAL

8TH May - Bowling at Trethorne at 7pm. Louise Werran and Vicky Holt are organising an evening of ten pin bowling at Trethorne. Cost is £5.50 for one game and £3.50 for any game after that. There is the option of ordering food at an extra cost. Families and friends are welcome.

HEALTH AND SAFETY – IMPORTANT

Although the evenings are now lighter, it is recommended that members still wear a high visibility bib for training sessions.

LONDON MARATHON

Well done to all of our runners in the London Marathon. See the results below.

Tim Robinson, Mike Whitley, Julie Towers, Emma Baker, Sarah Pridham and Peter Kirby all ran “Good for Age” qualifying times and so are guaranteed entry next year! Anyone else must apply through the ballot system at www.virginmoneylondonmarathon.com between Monday 4th and Friday 8th May. If you are unsuccessful in the ballot, you will then be able to apply for one of our Club’s guaranteed entry places in October,

FOSTER’S FIVES 2015 RACES

The next races in the series are the Ivybridge 10K on 9th May, Bideford 10K on 10th May, Cubert 5M and Sticker 5M on 13th June.

CORNISH GRAND PRIX 2015

The next races in the series are the Trevornick 10M on 10th May, Cubert 5M on 2nd June and Sticker 5M on 13th June

CORNISH MULTI-TERRAIN RACE SERIES

The next races in the series are the Imerys 1/2M on 17th May, the Bude Lifeboat 6M Run on 10th June and Meet Your Max 7M on 17th 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 SESSION

Meet inside 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.

7th May - 400m pyramids
14th May - 30 minute intervals/fartlek
21st May - 90 second hills
28th May - Technical
4th June - Mystery session

Please try to bring a stopwatch with you to these sessions.

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

RESULTS

The following result was omitted from the April Newsletter. Apologies to those concerned.

15th March - Granite Way 20M

Julie Towers 2.47.41 (91.93), Alan Littlejohns 2.56.53 (88.29), Sue Parkin 3.03.58 (80.11), Katie Parkin 3.19.21 (66.61)

A new Club Record for Katie

28th March - Three Shires 30M XC Jenny Mills No time available

29th March - Wylve Valley Kanter 25M Xc Jenny Mills No time available

29th March - An Res Hellys 10M MT CGP

Dan Rodgers 54.55, Darren Evans 1.01.55, Brian Wiles 1.15.04, Claire Walters 1.18.57, Mark Jones 1.23.14, Phil Box 1.23.39

Sarah Worth 1.23.46, Martin Venning 1.29.54 Dan won the race. Brian was 1st M65/69.

4th April - Tamar Lakes Park Run 5K

Derek Veale 28.20, Lorraine Hawkins 32.26, Ann Venning 37.41, Kevin O'Mahoney 37.42, Peter Mander 37.44,

Alan Littlejohns 44.58 A PB for Lorraine. Alan acted as "tailender"

4th April - Lanhydrock Park Run 5K Nigel Reddicliffe 23.12

5th April - Easter Bunny 10K, Yeovil Jenny Mills 43.13 (117.06) Jenny was 1st F65/+

A new Club Record and PBO for Jenny with the highest points ever scored in the Pentathlon Cup

Jenny's time also puts her 2nd in the UK rankings this year.

11th April - Lanhydrock Park Run 5K

Dan Rodgers 16.23, Nigel Reddicliffe 22.51 Dan won the race in a new Course Record

11th April - Tamar Lakes Park Run 5K

Louise Werran 25.38, Alan Littlejohns 25.53, Derek Veale 27.55, Doug Smith 32.03, Lorraine Hawkins 32.16,

Kevin O'Mahoney 32.35, Patsy Foster 34.30, Fiona Chater 34.41, Mick Foster 35.18, Angela Leverton 40.18, Sue Barnes 40.24

Course PB's for Louise, Alan, Doug, Lorraine, Kevin and Fiona

11th April - Great Ireland 10K, Dublin Martin Venning 53.51 (80.47), Ann Venning 1.15.01 (67.06)

12th April - Taunton Marathon Darren Evans 3.11.11 (80.,27) A PB for Darren

12th April - Taunton 1/2M Russell Leeton 1.46.23 (69.52)

14th April - Exe Summers Series 5K Julie Towers 22.28

18th April - Lanhydrock Park Run 5K
Louise Werran 26.18, Denise Blackwell 34.49, Claire Fishleigh 42.40 A Course PB for Louise

18th April - Tamar Lakes Park Run 5K
Patsy Foster 31.08, Kevin O'Mahoney 32.22, Mick Foster 35.22, Lorraine Hawkins 49.14
Course PB's for Patsy and Kevin Lorraine acted as "Tailender!"

19th April - 5 Tors 8.4M Fell CMTRS
Dan Rodgers 53.50, Linda Pickard 1.26.39, Dave Pickard 1.29.24, Derek Veale 1.37.24, Peter Mander 1.59.09,
Dan won the race by over 5 minutes!!

19th April - Plymouth 1/2M
Trevor Gynn 1.34.11 (80.20), James McDiarmid 1.34.47 (81.42), Stewart Gynn 1.40.28 (75.99), Mike Gilbert 1.55.43 (60.75),
Adam Paynter 1.57.32 (61.02), Nicola Emmett 2.02.55 (67.28), Oliver Gynn 2.03.46 (57.37), Tanya Watton 2.03.51 (66.77),
Vicky Holt 2.04.13 (66.58), Julie Barriball 2.06.49 (72.38), Chris Norris 2.08.09 (s55.40), Kirsty Philpott 2.10.46 (63.24),
Abby Bassett 2.10.46 (63.24), Sarah Swift 2.13.25 (61.96), Nicola Palfrey 2.13.25 (61.98), Adrian Brown 2.17.26 (51.15)
PB's for James, Stewart, Adam, both Nicolas, Oliver, Tanya, Vicky, Chris, Kirsty, Abby, Sarah and Adrian

19th April - Manchester Marathon
Vin Marshall 4.29.03 (86.89) A PBO and London "Good for Age" qualifying time

19th April - Derby 10K Sarah Worth 48.40 (77.77) A PB for Sarah

19th April - Great Welsh Marathon 26.2M Alan Littlejohns 3.55.59 (89.98)

25th April - Tamar Lakes Park Run 5K
Martin Venning, 25.46, Alan Littlejohns 26.16, Derek Veale 26.44, Patsy Foster 31.00, Mick Foster 33.27, Peter Mander 36/39
PB's for Martin and Patsy.

25th April - Lanhydrock Park Run 5K
Denise Blackwell 34.24, Claire Fishleigh 39.23 PB's for both Denise and Claire

26th April - Cheddar Gorge Trail 10K Jackie Chapman 1.23.01

26th April - London Marathon
Tim Robinson 3.02.03 (84.30), Mike Whitley 3.10.06 (91.60), Shaun Chillingworth 3.27.12 (76.33), Julie Towers 3.30.01 (99.80),
Emma Baker 3.33.15 (84.48), Sarah Pridham 3.40.45 (91.78), Peter Kirby 3.51.41 (89.20), Kirsy Freeman 4.02.08 (76.85),
Sue Parkin 4.12.01 (79.51), Russell Leeton 4.15.25 (65.21), Katie Parkin 4.39.14 (64.67) and Emma Wild 4.47.46 (62.75)
PBO's for Mike, Julie and Sarah. PB's for Tim, Shaun, Sue, Katie and both Emma's.
Good for Age times for Tim, Mike, Julie, Emma Baker, Sarah and Peter

FORTHCOMING EVENTS

MAY

3 rd May	Saltash 1/2M	Saltash	13.1M
3 rd May	Bere Pen 10K	Bere Alston	10K
5 th May	Exe 5K race series	Exwick, Exeter	5K (at 7.30pm)
9 th May	Ivybridge 10K	Ivybridge	10K FF
10 th May	Bideford 10K	Bideford	10K FF
10 th May	Beer Blazer	Beer	5K & 10K approx.!
10 th May	Trevornick 10M	Holywell Bay	10M MT CGP
13 th May	Yeovilton 5K series RNAS Yeovilton	Yeovilton	5K (at 7.15pm)
16 th May	South Devon 10K	Paignton	10K
17 th May	Imerys 1/2M and Mara	St Austell	13.1M and 26.2M MT CMTRS

23 rd May	Muskie Madness	Plymouth	5.5M	MT
26 th May	St. Ives 10K	St. Ives	10K	MT
30 th May	Umborne Ug	Umborne	10K	MT

JUNE

2nd June	Cubert 5	Cubert	5M	CGP/FF	
4 th June	Coastal Dash	Dawlish Warren	4M	MT	
6 th June	Dartmoor Discovery	Princetown	34.1M		Entry closed!
6 th June	Talaton Trotter	Talaton	8K	MT	
7 th June	Poole 10K	Poole	10K		
10 th June	Yeovilton 5K series RNAS	Yeovilton	5K	(at 7.15pm)	
10th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
13th June	Sticker 5M	Sticker	5M	CGP/FF	
14 th June	Plym Valley Challenge	Estover, Plymouth	7.5M	MT	
14 th June	Ruby Run 1.2M	Hatherleigh/Holsworthy	13.1M		
17th June	Meet your Max	Truro	7M	MT	CMTRS
21st June	Lanhydrock Run	Lanhydrock	10M	MT	CMTRS
28 th June	Torbay 1/2M	Torbay	13.1M		
28 th June	North Devon Mara/Half	Woolacombe	26.2m and 13.1M		
30th June	Boconnoc 5M	Boconnoc Estate	5M	MT	CMTRS

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, 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 Peter Mander as soon as possible of race details and time.

JUNE NEWSLETTER

The June newsletter will be published on Friday 29th May. Any copy for that newsletter should be sent to Peter Mander by latest Wednesday 27th 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. 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.