



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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NEWSLETTER NO.174

MAY 2016

BIRTHDAYS

A "Happy Birthday" in May to Johanna Barrows, Leeann Charnock, Nicola Emmett, Darren Evans, Jackie Gay, Vicky Holt, Heather Hutchings, Pete Jennings, Ruth Maunder, Shona Northey, Graham Parkin, Adam Paynter, Chris Pickering, Claire Robson, Jamie Rock, Louise Werran, Rebecca Wise and Sarah Worth

NEW MEMBERS

A warm welcome to our newest members Rob Berryman, Kevin Bull, Mary Casey, Jacky Dinnis, Maya and Shelley Duncan-Adams, Louise Hunt, Sophie Jeffreys, Tom Lyle, Jamie Rock, Jason Shipton and Becky Towe.

CONGRATULATIONS

To Jenny Mills on setting a new ladies F65/69 Club Record at the Fission 20M

GROUP PHOTO

The photo for anyone who has recently completed a marathon or half marathon will take place before our Tuesday evening run on 3rd May. Remember to bring your medals and wear your club t-shirts.

SOCIAL

Thank you to everyone who supported our Quiz Night in April, we all had a brilliant evening. Thanks to Chris and Jo Beighton for being our quizmasters and Jeanette and Kevin for organising it.

For our next social we will be heading up to Tamar Lakes Parkrun on Saturday 14th May. The run is an almost completely flat 5k (3.1 miles) and is perfect for runners of all abilities. We will meet at 8.30am at **Upper Tamar Lake** to set off at 9am. The café is also open from 9am so we can all enjoy a well earned cup of tea afterwards.

All runners need to register beforehand using the link below and to print off the barcode, Don't forget to bring this with you as it ensures that your time will be recorded and emailed through to you after the run (No barcode – no time!). It is completely free to register and the barcode can be used again and again at any parkrun in the UK. There is no lower age limit for the parkruns so children are welcome, however, all under 11s must be accompanied by a parent/guardian at all times.

<https://www.parkrun.org.uk/register/>

It would be great to see a big club turnout to support the parkrun cause and also our dedicated club members who give their time volunteering at the event every Saturday. Sarah Swift

LONDON MARATHON 2017

The ballot opens for next year's London Marathon on Monday 2nd May at 09.00 and will stay open until Friday 6th May at 17.00.

If you were inspired by this year's race, go for it!!

HEALTH AND SAFETY

Although the evenings are now lighter, it is still recommended that members wear a high visibility bid for all evening training/running sessions.

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 the Trevornick 10M MT on 8th May and Cubert 5M on 7th June.

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

The next races in the series are the Imerys 1/2M on 15th May and the Bude Lifeboat Run on 15th June.

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.

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.

5th May - Intervals/fartlek
12th May - Hills
19th May - Mystery
26th May - Reps 1 mile, 1/2 mile, 1/4 mile
2nd June - Technical

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

RESULTS

Corrections

28th February Cambridge 1/2M (NOT Teignbridge!) Phil Box 1.49.21 (85.43)
13th March Granite Way 10M Alan Littlejohns 1.28.22 (83.300)
27th March Cardiff 1/2M Peter Thorp 1.49.31 (76.27)

Revised results

6th March Bideford 1/2M (Now based on Chip times not Gun times)
Tim Robinson 1.18.67 (89.67), Stephen Cox 1.30.33 (83.41), Amanda Chapman 1.55.34 (71.56), Alan Littlejohns 1.56.29 (84.66), Jackie Chapman 2.20.20 (68.42) **PB's for Tim, Stephen and Amanda**
19th March Fission 10M Gloucester Jenny Mills 3.03.00 (99.,04) **1st F60+ A new Club Record!**
27th March Yeovilton 10K Jenny Mills 46.04 (112.15) **1st F60+**
2nd April Lanhydrock Parkrun 5K Chris Norris 32.12, Adrian Brown 34.16
2nd April Tamar Lakes Parkrun 5K Alan Littlejohns 26.48, Kevin O'Mahoney 30.10

3rd April An Res Hellys 10M MT CGP

Darren Evans 1/07.54, Jeanette Johnson 1.12.33, Brian Wiles 1.14.43, Nigel Reddicliffe 1.16.47, Claire Waters 1.20.54, Morgan Cain 1.23.30, Peter Thorp 1.27.01, Sarah Worth 1.29.14, Louise Werran 1.30.02, Julie Barriball 1.32.20, John Barnes 1.33.44, Janet Lathom 1.36.55, Jackie Chapman 1.50.23

Jeanette was 2nd F45/49, Brian was 1st M65/69 and Janet was 3rd F60/64

3rd April Taunton Marathon

Russell Leeton 3.46.38 (71.99), Graham Parkin 3.47.20 (72.53), Sue Parkin 4.29.28 (75.19), Katie Parking 4.46.09 (63.11)
PB's for Russell and Graham

3rd April Taunton 1/2M Tim Robinson 1.20.35 (87.24)

3rd April Prague 1/2M

Andy Parker 1.49.21 (74.63), Jon Spettigue 1.54.04, Martin Venning 1.58.22 (79.97), Peter McAughey 1.59.21 (63.29), Chris Pritchard 2.00.40 (68.42), Jane Pritchard 2.00.47 (79.49), Sarah Swift 2.05.15 (66.03), Ann Barriball 2.12.26 (65.03)

PB's for Jon, Jane and Sarah

3rd April **Bournemouth 1/2M** Edward Horn 1.23.35 (84.11) **A PB for Ed**

9th April **Tamar Lakes Parkrun 5K** Alan Littlejohns 26.20, Kevin O.Mahoney 29.28

9th April **Lanhydrock Parkrun 5K** Adrian Brown 28.36. Chris Norris 30.1

10th April **Tavistock 1/2M**
Edward Horn 1.26.64 (80.90), Mike Whitley 1.37.22 (82.86), Tanya Watton 2.23.46 (57.52) **A PB for Edward**

10th April **Kernow Vertical KM 15M Coastal St.Agnes** Graham Newberry 2.11.59

10th April **Enys 10K** Janet Lathom 59.14 (80.66) **Janet was 2nd F60+**

16th April **Tamar Lakes Parkrun 5K**
Peter Thorp 23.17, David Richardson 23.48, Martin Venning 26.33, Kevin O'Mahoney 29.34, Alan Littlejohns 49.35 (Tailender)

16th April **Lanhydrock Parkrun 5K** Adrian Brown 30.50

17th April **5 Tors 8M XC CMTRS**
Claire Waters 1.18.32, Sarah Pridham 1.28.30, Louise Werran 1.29.32, Dave Pickard 1.33.25, Damian Semonin 1.45.05
Claire was 2nd F45/49, Louise as 2nd F35/39.

17th April **Plymouth 1/2M**
Nick Harrison 1.41.59 (69.62), Wayne Rundle 1.49.16 (66.99), Morgan Cain 1.55.50 (60.69), Julie Barriball 1.57.45 (78.82), Chris Norris 1.58.35 (60.48), Becky Wise 2.03.46 (66.82), Katie Parkin 2.06.20 (65.45), Nicola Emmett 2.06.21 (66.11), Adrian Brown 2.07.54 (55.51), Matt Haisman 2.11.27 (64.24), Tanya Watton 2.14.54 (61.30), Mary Roberts 2.15.34 (64.86), Becki Sant 2.24.46 (60.11)
PBO's for Morgan and Tanya. PB's for Nick, Wayne, Matt and Becki

23rd April - **Lanhydrock Parkrun 5K** Amanda Chapman 29.13

23rd April - **Tamar Lakes Parkrun**
Martin Venning 26.01, Alan Littlejohns 46.13 Alan acted as "Tailender"

24th April - **London Marathon**
Tim Robinson 2.48.44 (90.95), Edward Horn 2.59.36 (85.45), Rob Berryman 3.52.53 (67.23), Mike Gilbert 3,54,26 (65.46), Stewart Gynn 3.59.28 (70.36), Adam Paynter 4.29.30 (57.51), Vin Marshall 4.41.04 (84.26), Vicky Holt 4.59.24 (60.31)
PBO's for Tim and Edward. PB;s for Rob, Mike, Stewart and Adam

PB = Personal Best = highest score that the individual has achieved at that distance
PBO = Personal best overall = highest score that the individual has achieved overall viz. at any distance.

FORTHCOMING EVENTS

MAY

1 st May	Saltash 1/2M	Saltash	13.1M	
1 st May	Bere Alston	Bere Alston	10K	
1 st May	Crediton Crunch	Crediton	10K	MT
1 st May	Queen's Birthday Bash	Peter Tavy	5M	MT
3 rd May	Exe 5K Series	Exwick	5K at 7.30pm	
7 th May	Parkrun 5Ks	Various venues	5K	MT
7th May	Ivybridge 10K	Ivybridge	10K	FF
8th May	Trevornick 10	Nr. Newquay	10M	MT CGP
11 th May	Yeovil Town 5K Series	Yevilton Air Station	5K at 7.15pm	
14 th May	Haldon Heartbeat	Exeter	8.5M	XC
14th May	Parkruns 5K	Tamar Lakes Club get together	5K	MT
15th May	Imerys 1/2M	St Austell	13.1M	MT CMTRS
15th May	Bideford 10K	Bideford	10K	FF
15 th May	Ottery 10K	Ottery St. Mary	10K	
15 th May	Exeter Marathon	Exeter	14K, 28K or 42K	
21 st May	Muskies Madness	Plymouth	5.5M	
21 st May	Ultra SW Coastal	Tintagel	40M	XC
21 st May	Tavistock 5Kool	Tavistock College	5K	

MAY (Continued)

21 st May	Parkruns 5K	Various venues	5K	MT
21 st May	Kernow Trail	Tredinnick	10M or 15M	MT
22 nd May	Burrator 10K	Burrator	10K	
28 th May	Parkruns 5K	Various venues	5K	MT
31 st May	St. Ives Bay 10K	St. Ives Bay	10K	MT

JUNE

3 rd June	Exe 5K Series	Exeter	5K		
4 th June	Dartmoor Discovery	Princetown	32.4M		
7th June	Cubert 5	Cubert	5M		CGP/FF
8 th June	Yeovil 5K Series	Yeovilton	5K		
9 th June	Dawlish Coastal Dash	Dawlish	4M	MT	
11 th June	Classic Quarter	Lizard/Lands End	44M	MT	
12 th June	Yeovilton Marathon	Yeovil	26.2M		
15th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
18 th June	Tavistock 5Kool	Tavistock	5K		
18th June	Lanhydrock 10	Lanhydrock	10M	MT	CMTRS
22nd June	Meet Your Max	Truro	7M	MT	CMTRS
25th June	Sticker	Sticker	5M		CGP/FF
26 th June	Torbay Half	Torbay	13.1M		
28 th June	Boconnoc 5	Boconnoc	5M	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.**

JUNE NEWSLETTER

The June newsletter will be published on Monday 30th May. Any copy for that newsletter should be sent to Peter Mander by latest Sunday 29th 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.

