



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 May to Mike Gilbert, Joby Barrow, Danny Crocker-White, Nicola Emmett, Darren Evans, Jackie Gay, Christina Gulliver, Alex Hirons, Vicky Holt, John Lane, Adam Paynter, Chris Pickering, James Shaw, Louise Werran, Louise White, Becky Wise, Sarah Worth, Steve Branch, Chloe Parker, Tom Barriball and Ruth Maunder.

NEW MEMBERS

A warm welcome to our newest members: Glenda Smith, Chloe Parker, Fern Sampson, Sarah Sampson, Mark Lancaster, Emma Marks, Mandy Downing, Lisa Bartlett and Penny McMillan

CONGRATULATIONS

To Ed Horn, Darren Evans, Dee Kirwan and Steve Cox who got the men’s 3rd place team prize at the **Tavy 13**. Brilliant!!

To Jeanette Johnson - **New Club record F50+** in London in a time of 3.12.11 for a marathon. Fantastic!!



MEMBERSHIP

Your annual club membership is now due and the fee is to remain at £25 for the 2017/18 season. You can pay in cash / cheque on Tuesday and Thursday evenings directly to the treasurer Jaine Hynes, or via a BACS payment. You will find details on the membership form, which you will need to complete. Copies are on the website and also in the Leisure Centre.

It will be greatly appreciated if you can renew your membership as soon as possible, if you have not already done so.

LONDON MARATHON 2018



The ballot opens for next year’s London Marathon on Monday 1st May and will stay open until Friday 5th May at 17.00.

If you were inspired by this year’s race, then **go** for it!!

The medal is great!!!

FOSTER’S FIVES 2017 RACES

The next races in the series are the Bideford 10K on the 14th May and Cubert, Newquay on the 6th June

CORNISH GRAND PRIX 2017

The next races in the series are the Trevornick 10M on the 7th May and Cubert on the 6th June.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next races in the series are the Imerys half marathon and marathon on 14th May, The Bude Lifeboat run on 14th June and Meet Your Max on 21st June.

BUDE LIFEBOAT RUN 2017

On Wednesday 14th June, the Bude Lifeboat run is held in aid of the RNLI. We would love to get a big club turnout for this race and to help, we are offering subsidised entry to the race. The race entry fee for affiliated runners is £10 and the club will contribute £5 towards your entry. (This offer applies to all our club members who have paid up their 2017-2018 membership.)

If you would like to enter, complete the entry form that can be found on our website or the BUDE RATS website and hand it to Vicky Holt or Sarah Swift on Tuesdays or Thursday nights along with your £5 entry fee (cash please). We want all entries in by the 14th May as this race does sell out. After this time you will have to pay the full entry fee. If you have already entered, please let us know at comm@treggy7.co.uk

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 - Summer is coming, so the groups will comprise of: 3-4 miles; 5 miles; Two 6 mile groups; 8 miles

TUESDAY NIGHT LEADERS AT LAUNCESTON

	3-4m	5m	6m A	6m B	7-8m
2 nd May	Vin	Julie	Jo	Kevin	Darren
9 th May	Jo	Vin	Peter	Darren	Jeanette
16 th May	Vicky	Julie	Sarah	Kevin	Tim
23 rd May	Peter	Vin	Vicky	Kevin	Darren
30 th May	Sarah	Julie	Jo	Tim	Jeanette
6 th June	Cubert5 – Kevin will take all groups				
13 th June	Vin	Vicky	Peter	Jeanette	Darren
20 th June	Julie	Peter	Sarah	Vicky	Jeanette
27 th June	Jo	Julie	Vicky	Darren	Tim

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.

04/05/2017	Meet and Greet		Pennygillam
11/05/2017	Hills reducer		Meadowside
18/05/2017	400m 200m then accelerate x 8 Jog back to start recovery	200m 100m then accelerate	Newport or Link Road
25/05/2017	Summerhill Road reducer		Meadowside
1/06/2017	Intervals + 1.1 mile		Chaple to Trebursye Oak
8/06/2017	200-400-600-800-800-600-400-200 pyramid	200-400-600-800-600-400-200 pyramid	Link Road
15/06/2017	12x400m reps pyramid recovery	12x 200m reps	Old A30
22/06/2017	20x20sec fast 40sec easy		Pennygillam
29/06/2017	Intervals + 1.1 mile		Chaple to Trebursye Oak

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!**

RESULTS

12 th March	Bath Half Marathon	Trevor Gynn 1.39.00 (82.43)
12 th March	The Grizzly 20M MT	Linda Pickard 4.37.15 (includes a bacon butty and tea stop)
1 st April	Tamar Lakes Park Run 5K	Alan Littlejohns 26.38, Nicola Emmett 28.17
1 st April	Tamar Trails Park Run 5K (Club Social)	Steve Cox 23.09, Russell Leeton 25.44, Chris Norris 26.55, Neil Taylor 29.53, Vicky Holt 30.08, Sarah Swift 30.09, Gill Aze-Thomas 35.18, Maggie Dickinson 35.20, Adrian Brown 35.24, Kevin Bull 35.43, Sarah Barnes 43.02, Sarah Sampson 44.00, Mandy Downing 44.01, Rebecca Kelly 45.32
2 nd April	Taunton Marathon	Russell Leeton 4.31.30 (60.73)
2 nd April	Taunton Half Marathon	Tim Robinson 1.18.56 (89.06)
2 nd April	Ironman South Africa	James McDiarmid 11.05.02, Francesca Ford 14.51.31
8 th April	Tamar Lakes Park Run 5K	Nicola Emmett 27.59, Maggie Dickinson 31.31, Gill Aze-Thomas 32.21, Sarah Sampson 37.47, Sarah Barnes 40.30
8 th April	Tamar Trails Park Run 5K	Darren Cornish 28.45
8 th April	Enys 10K	Julie Barriball 54.23 (78.99), Vin Marshall 1.00.37 (82.99), Tanya Jarvis 1.06.34 (63.12)
	Vin 2 nd F60+	
15 th April	Tamar Lakes Park Run 5K	Alan Littlejohns 26.40, Nicola Emmett 28.32, Kevin Bull 32.26, Adrain Brown 34.56
15 th April	Tamar Trails Park Run 5K	Ed Horn 18.59 (2 nd), Steve Cox 22.12, Claire Waters 24.23, John Mason 33.53
15 th April	5 Tors 8M MT series	
	Darren Evans 1.03.58, James McDiarmid 1.15.31, Sarah Swift 1.41.19	
22 nd April	Tamar Lakes Park Run 5K	Neil Taylor 26.42, Kevin Bull 31.05
22 nd April	Tamar Trails Park Run 5K	Steve Cox 22.01, Ella Waters 22.43 (2 nd F), Claire Waters 23.40
23 rd April	Plymouth Half Marathon	Nick Harrison 1.39.22 (72.17), Mike Gilbert 1.39.32 (70.63), Steven Branch 1.46.27 (66.04), Wayne Rundle 1.49.57 (67.27), Adam Paynter 1.51.41 (65.54), Jess Goldberg 1.52.38 (73.42), Mark Jones 1.53.29 (61.95), Peter McAughey 1.55.24 (66.16), Mark Boundy 1.56.05 (61.78), Kirsty Freeman 1.58.47 (73.25), Julie Barriball 1.59.17 (78.68), Chris Norris 1.59.33 (60.60), Mary Roberts 2.00.03 (74.02), Penny McMillan 2.20.10 (66.96)





PBO for Wayne



PB's for Nick, Mike, Steve, Adam, Jess, Mark Jones, Mark Boundy & Mary



23rd April

London Marathon

Tim Robinson 2.42.30 (94.44), Ed Horn 2.58.44 (85.86), Jeanette Johnson 3.12.11 (105.43), Mike Whitley 3.32.33 (83.82), Julie Towers 3.34.20 (100.09), Tom Glendinning 3.34.20 (68.55), Sarah Pridham 4.05.09 (84.53), Louise Werran 4.11.59 (72.37), Alan Littlejohns 4.28.52 (82.36), Becky Wise 4.44.07 (63.56), Vicky Holt 4.54.31 (61.31), Adrian Brown 5.02.27 (51.25)



PBO's for Tim, Jeanette and Julie



PB's for Tom, Louise, Becky and Vicky



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. Member/s of one Cornish club did not do this and as a result the club to which they belong have lost their London Marathon places. **Please be careful** as we **don't** want this to happen to us.

FORTHCOMING EVENT

MAY

2nd May	Exe 5K Series	Exwick	5K at 7.30pm		
7th May	Crediton Crunch	Crediton	10K	MT	
6 th May	Ivybridge 10K	Ivybridge	10K		
7th May	Trevornick 10	Nr. Newquay	10M	MT	CGP
10 th May	Yeovil Town 5K Series	Yeovilton Air Station	5K at 7.15pm		
10 th May	Armada Summer 5k Series	Saltram Park, Plymouth	5K		
11 th May	Dawlish Dash	Dawlish	4M	MT	
14th May	Imerys 1/2M & Marathon	St Austell	13.1M & 26.2M	MT	CMTRS
14th May	Bideford 10K	Bideford	10K	FF	
14 th May	East Allington 10K	South Devon	10K		
14 th May	Ottery 10K	Ottery St. Mary	10K		
20th May	The Quest (coastal run)	Tintagel	40M & 10M	XC	
21st May	Exeter Marathon	Exeter	26.2		
21st May	Burrator 10K	Burrator	10K		
27th May	Bere Alston	Bere Alston	10K		
27 th May	Race the Tide	Holbeton	10K, 15M & 26.2	MT	
29 th May	Bampton to Tiverton	Bampton	7+ M		

JUNE

3 rd June	Exe 5K Series	Exeter	5K		
4 th June	Dartmoor Discovery	Princetown	32.4M		
6th 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		
14th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
18 th June	Tavistock 5Kool	Tavistock	5K		

18 th June	Lanhydrock 10	Lanhydrock	10M	MT	CMTRS
21 st June	Meet Your Max	Truro	7M	MT	CMTRS
24 th June	Sticker	Sticker	5M		CGP/FF
26 th June	Torbay Half	Torbay	13.1M		
27 th June	Boconnoc 5	Boconnoc	5M	MT	

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, Trelissick 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.

RACE REPORTS

You may have noticed we occasionally have race reports in the Cornish and Devon, which is a brilliant way of raising the profile of the club locally. If anyone runs a race, either locally or further afield and would like to write a short report on it, we would love to have it. If you could email it to Sarah, along with any pictures to sarahlb89@hotmail.com, she will send it to the paper.

JUNE NEWSLETTER

The June newsletter will be published on Friday 2nd June. Anything to be included in the newsletter should be sent to Vin Marshall by Thursday 25th May.

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.



London Marathon 2017

