

Launceston Road Runners

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

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BIRTHDAYS

A “Happy Birthday” in November to Ann Barriball, Edme Brink, Peter Mander, Lavinia Marshall, Nigel Reddicliffe, Dan Rodgers, Emma Summersby, Claire Waters and Tanya Watton.

NEW MEMBERS

We welcome the return of Rich Yates and our newest members Sandra Aldridge, Sarah Barnes, Abby Bassett, Adrian Brown, Fiona Chater, Tracey Dart, Kevin Digby, Rich Dodge, Charlotte Gregory, Nia Harris, Charlotte Hartnell, Lorraine Hawkins, Matt Knight, Angela Leverton, Ruth Maunder, Jeanette McFadzean, Juliette Moran, Nicola Pipe, Maria Popham, Kirsty Philpott, Julie Roberts, Mary Roberts, Sue Thalange, Mike Wood and Teresa Wood.

CONGRATULATIONS

To Alan Littlejohns on completing his 200th marathon at the Barnstable Marathon.
To Dan Rodgers on setting a new Club Record for Senior Men when winning the Newquay 10K.
To Jeanette Johnson on breaking the Club Record for F45/49 at the Salisbury 1/2M
To Jenny Mills for breaking the Club Record F65/69 at the Tavy 7M
To Derek Veale for breaking the Club Record M70/74 at the Tavy 7M
To Jeanette Johnson again for breaking the Club Record for F45/49 at the Tavy 7M

SOCIAL EVENTS

Barcelona 1/2M 16 members and their supporters have signed up for the Club trip to the Barcelona Half Marathon in February. Organised by Running Crazy, it should prove to be a fun and exciting experience. If any other Club members are interested, please get in touch with Ann Venning (email vennings@mypostoffice.co.uk) for further details. It is not too late

Report on Carnival - “Our Carnival entry took 1st place in the Walking category. Many people have said that our efforts deserved the overall first prize. Our Mr. Men theme looked pretty impressive with 30 of us parading as the many different characters. There was an incredible amount of work put in to make the costumes. Special mentions of Sue Parkin and Sharon Thorp for making the costumes and also thanks to those who helped with the painting. We all had a really fun evening with many of us finishing the evening together for an Indian meal. It was a great team effort and very pleasing to get a 1st place at last” Peter Thorp

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” group, then you will also need a torch.

LONDON MARATHON

We plan to announce who will be having our “Club” places on the 4th November. We are just waiting for confirmation that we have an extra place this year giving us 3 in total. We are fairly confident that we will have 3 places. To qualify for 3 places, clubs need over 101 members registered with England Athletics. We now have **140 members** but just need to understand the moment in time that was used in their calculations.

The criteria for awarding Club places was set out in the October Newsletter.

If you know that you are running the London Marathon, please let Peter Mander know. Do you have a “Good for Age” entry; were you lucky in the ballot; or have a Club place? Are you running for a Charity? Which?

CLUB AWARDS NIGHT AND GRAND BALL

This will be held on Saturday 24th January at Lifton Farm Shop from 7.15pm until midnight. There will be a live band, Prosecco on arrival, a Premium Buffet and Dessert. Tickets subsidised by the Club will be just £12,50 each. Members may purchase a guest ticket at the same price. . Come along and support the worthy winners of the Club’s trophies. Tickets now on sale from Committee members.

ANNUAL GENERAL MEETING

We have booked the Eagle House Hotel on Wednesday 4th of February for our AGM.

The AGM will be a review of the previous 12 months looking at how we have performed against the Committee’s objectives.

We will also be electing a new Chairperson and Treasurer as these posts will be vacant following a two year tenure. If you are interested in potentially joining the Committee or indeed are interested in the two vacant positions then please feel free to talk with Peter Thorp for some more information regarding what is involved.

The “MOB MATCH”

The Cornish Grant Prix season culminates with the “Mob Match” on Sunday 23rd November. The “Mob Match” is a 5 mile run and is a Team Competition. We would really like to encourage a mass turnout for this event from club members. Everyone has something to contribute. Many of us will not win the race, however, we may just pass someone and gain a place that just might help one of our Teams when the points are calculated. The race winner (Dan Rodgers last year) gets 1 point and if you came 300th you would get 300 points. Therefore, the team with the fewest points wins.

Teams of 8 to count, however, we can all have an impact on the result by pushing the other clubs’ scoring runners down the field! It is a great atmosphere and will give newcomers an insight into the “Grand Prix” series which just may be the motivation needed to give it a go next year.

Last year we took 2nd prize in the mens team competition. Our ladies team proved how competitive they can be by taking 2nd place at the Treggy7. It would be great to get all of that ladies team to the Mob Match along with all our quick men runners.

Following the race the presentations are made for the Grand Prix season. We will have several members that will be picking up an award and it would be really good if we have a big representation to give them a big cheer.

The race is only 3 weeks away so enter now!

Peter Thorp

SANTAS ON THE RUN

We are considering supporting the Launceston event again this year. It is not a serious race, just some fun which raises money for the Children’s Hospice South West. If we have plenty of interest we will book a large table at Lifton Farm Shop for a Christmas Lunch after the run. Details to follow.

FOSTER’S FIVES 2014 RACES

The final race in this year’s series is the Falmouth Mob Match 5M on 23rd November.

With just the above race to come, the lead positions are as follows with each member needing the Falmouth Five to complete the series – Vin Marshall 334.08, Janet Lathom 332.80, Julie Barriball 316.63, Sue Parkin 308.52, Jackie Chapman 283.28 and Katie Parkin 250.15

CORNISH GRAND PRIX 2014

The final race in the series is the Cornish Marathon on 16th November.

With just the above race to come, the following Club Members have already qualified for an award –

Ladies - Sue Burges, Jackie Chapman, Janet Lathom, Cheryl Leach and Sue Parkin

Men – Darren Evans, Russell Leeton, Peter Mander, Graham Parkin and Martin Venning.

Sue, Cheryl and Peter look likely to occupy podium places, currently standing 3rd, 3rd and 1st in their age categories respectively.

In the Junior Mini Grand Prix both Katie and Dean Parking have qualified.

CORNISH GRAND PRIX 2015

Yes, already!! If you are going to have a go at completing the CGP series next year it is well worth targeting the first two races – the Blaythorne Foce 10M on 18th January and the Marazion 10K on 1st February so that you are off to a good start.

The Marazion 10K always sells out and the organisers are taking online entries only. The on line entries will open at midnight on 1st November at www.marazion10k.co.uk.

CORNISH MULT-TERRAIN RACE SERIES 2014/15

The next race in the series is the Remembrance Run 4M MT on 9th November

PENTATHON CUP

With just two months to go, and having completed the necessary five distances, the leaders are – Peter Mander 435.45, Darren Evans 415.05, Martin Venning 405.95, Cheryl Leach 391.03, Sue Parkin 378.78, Julia Barriball 358.09, Jackie Chapman 348.15 and Graham Parkin 335.78.

However, hovering in the wings with 4 distances completed and making the competition still open are Russell Leeton, Alan Littlejohns, Jenny Mills, Peter Thorp, Ann Venning and Mike Whitley.

CERTIFICATES

To date, the following have qualified for Certificates –

Silver – Peter Mander Bronze – Darren Evans, Cheryl Leach, Sue Parkin and Martin Venning

(Gold – 90 points or more over 5 pentathlon distances, Silver 80 points or more, Bronze – 70 points or more)

“NEW YEAR – NEW YOU” OFFER

With just four qualifying races remaining, the following have qualified for a place in the Club prize draw for £100 in gift vouchers = Julie Barriball, Jackie Chapman, Darren Evans, Janet Lathom, Cheryl Leach, Russell Leeton, Peter Mander, Graham Parkin, Sue Parkin, Peter Thorp, Ann Venning and Martin Venning.

ENTERING RACES - IMPORTANT

1) If you enter a race but subsequently cannot run, most race organisers will allow you to transfer your entry to someone else. However, it is essential that you advise the organisers of this before the event. Failure to do so can distort the results, particularly age category awards.

More importantly, in the event of any medical problems there can be serious repercussions

- 2) You should wear your Club vest in races. Especially in the Cornish Grand Prix series and Cornish Multi-terrain Race series, failure to do so may mean omission from Team scoring and possibly disqualification. This also applies to races like the MOB MATCH.

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 6.55pm.

If you are late meet at the training location for the session.

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.

30 th October	-	30 minutes interval/fartlek from Phoenix Leisure Centre
6 th November	-	Hill pyramids
13 th November	-	Technical
20 th November	-	3 mile time trial
27 th November	-	Half mile reps
4 th December	-	30 minute Intervals/Fartlek

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

RESULTS

Corrections - 20th August Exeter 10K Peter Kirby 46.49 (92.56) 24th August Torbay 10K Peter Kirby 46.53 (92.53)

6th September - Somerset Moors and Levels Marathon 26.2M XC Alan Littlejohns 4.48.12

20th September - High Peak 40M MT Jenny Mills 9hrs 10mins Jennyw as 1st F50/+
Jenny, as usual for these longer events just chatted and ate her way around. If she ever stops running she will balloon!

21st September - Bude Pirate Run 8M MT
Mike Whitley 1.05.59, Becky Mudd 1.10.31, Linda Pickard 1.25.56, Dave Pickard 1.26.08
Mike was 1st M50/54. Becky was 2nd Lady overall.

27th September - Cotswold Challenge 28M Jenny Mills 6 hrs 30 mins A very scenic event

28th September - Bath Two Tunnels 27M+ XC Jenny Mills (time inknow) Jenny was 1st F60/+

28th Septembe - Taunton 10K FF Vin Marshall 57.38 (83.97) Vin was 2nd F60/64 A PB for Vin

28th September - Barnstable Marathon Alan Littlejohns 4.9.22 (85.15) Alan was 2nd M60/+
This was Alan's 200th marathon!!

28th September - Barnstable 1/2M Peter Kirby 1.41.48 (92.99) Peter was 2nd M60/+

28th September - Stockland Scamper 10K Sharon Thorp 1.10.01 (62.76)

5th October - Plymouth Armada 1/2M Vicky Holt 2.01.17 (68.19) A PBO for Vicky

5th October - Newquay 10K CGP/FF

Dan Rodgers 32.10 (100.05), Darren Evans 36.45 (87.57), Russell Leeton 46.59 (72.06), Emma Summersby 47.22 (79.91), Andy Parker 48.42 (75.84), Jessica Goldberg 50.18 (75.25), Julie Barriball 51.40 (81.32). Sue Parkin 54.07 (77.64) Janet Lathom 55.36 (84.89), Lavinia Marshall 57.50 (83.68), Sue Burges 59.09 (82.87), Jackie Chapman 1.00.52 (70.58), Katie Parkin 1.01.35 (61.46)

Dan won the race and set a new Club Record.

PBO,s for Darren, Emma, Jessica and Julie. PB,s for Dan, Andy, Sue Parkin and Janet.

11th October - Tamar Lakes Park Run 5K

Peter Thorp 25.01, Alan Littlejohns 26.16, Derek Veale 27.00, Sharon Thorp 30.13, Stephanie Williams 32.18, Russ Williams 32.19

12th October - Yorkshire Marathon Peter Kirby 3.39.43 (94.06)

12th October - Oxford 1/2M Shaun Chillingworth 1.33.01 (77.10) A PBO for Shaun

12th October - Amesbury Amble Jenny Mills

18th October - Tamar Lakes Park Run 5K Lorraine Hawkins 35.58

19th October - Sidmouth Saunter 22M XC Jenny Mills (no time registered)

19th October - Eden Marathon MT Alan Littlejohns 4.39.28 Alan was 3rd M65/69

19th October - Siblyback 10K
Graham Parkin 53.09 (64.37), Sue Parkin 53.09 (79.05), Katie Parkin 58.19 (64.90) A PBO for Katie and a PB for Sue.

19th October - Eden 1/2M MT Claire Walters 1.49.04

19th October - Dartmoor Vale 1/2M Peter Kirby 1.46.28 (88.92) Peter was 1st M65/69

19th October - Great West Run 1/2M Exeter

Mark lKnight 1.40.03 (70.26), Tanya Watton 2.12.53 (62.23), David McMorrow 2.17.37 (51.08), Vicky Hold 2.47.07 (49.49)

19th October - Birmingham 1/2M

Chris Pritchard 1.48.44 (75.05), Jane Pritchard 2.07.56 (74.20), Emma Durrant 2.53.19 (50.73)

A PBO for Jane and a PB for Chris**19th October - Amsterdam Marathon**

Becky Mudd 3.26.08 (87.61), Pawel Szymanski 3.49.00 (67.02)

A PB for Pawel. Becky just 43 seconds away from beating her own Club Record**19th October - BMAF 1/2M Championship Salisbury**

Jeannette Johnson 1.32.33 (98.11)

A new Club Record and a PBO for Jeannette**25th October - Lanhydrock Park Run 5K** Nigel Reddicliffe 22.59**25th October - Tamar Lakes Park Run 5K** Alan Littlejohns 26.35**25th October - Snowdonia Marathon 26.2M** Mike Whitley 3.34.41 (81.12), Sarah Pridham 4.17.26 (78.70)**26th October - Tavy 7M**

Jeannette Johnson 47.47 (97.87), Jenny Mills 50.46 (112.76), Claire Walters 52.10 (84.84), Emma Summersby 54.32 (77.93), Kirsty Freeman 59.18 (73.13), Julie Barriball 59.24 (79.42), Derek Veale 59.56 (92.37), Ann Barriball 1.01.30 (70.52), Linda Pickard 1.02.16 (78.35), Dave Pickard 1.02.16 (68.96), Emma Durrant 1.03.40 (70.98), Richard Japes 1.04.27 (58.38)

CLUB RECORDS for Jeannette, Jenny and Derek.**Jeannette, Jenny and Claire were 1st Ladies Team.****Jeannette was 2nd lady overall.****A PBO for Derek****PB's for Jeannette, Jenny, Claire, Emma Summersby, Kirsty, Julie, Ann and Dave****FORTHCOMING EVENTS****NOVEMBER**

2 nd November	Templer 10M	Newton Abbot	9.7M	MT	
2 nd November	Bideford 10M	Bideford	10M		
2 nd November	Plymouth 10K	Plymouth	10K		
2 nd November	Carrick Cracker	Falmouth	13K, 30K or 43K	MT	
9th November	Remembrance Run	St Michaels Mount	4.2M	MT	CMTRS
16th November	Cornish Marathon	Pensilva	26.2M		CGP
16 th November	Drogo 10	Castle Drogo	10M	MT	
23 rd November	Surf & Turf Run	Maker Camp	10M	MT	
23rd November	Mob Match	Falmouth	5M		FF
30 th November	Bicton Blister	Bicton	10M	MT	

DECEMBER

6 th December	Otterton Reindeer Run	Nr. Sidmouth	10K	MT	
7th December	Race for Wildlife	Penzance	10K	MT	CMTRS
7 th December	Plymouth Santa Fun Run	Plymouth	4K and 2.5K		
7 th December	Exeter Santa Run	Exeter	5K		
13 th December	Cockington Xmas Caper	Cockington	8.25M	MT	
21 st December	Torrington Xmas Caper	Torrington	9.5M		

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 and at Upper Tamar Lake, Nr. Kilkhampton.**

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. 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

DECEMBER NEWSLETTER

The December newsletter will be published on Friday 28th November.. Any copy for that newsletter should be sent to Peter Mander by latest Wednesday 26th November.

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 now as our annual awards are based on the results published in the Newsletters.**

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