

Launceston Road Runners

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

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NEWSLETTER NO.144

NOVEMBER 2013

BIRTHDAYS

A “Happy Birthday” in November to Ann Barriball, Peter Mander, Lavinia Marshall and Nigel Reddicliffe.

NEW MEMBERS

A warm welcome to our newest members Graham Parkin and Mark Knight. We are also pleased to see the return of Emma Durrant and Richard Japes.

“NEW MEMBERS’ MONTH”

Peter Thorp writes “This November the club is hosting a “New Members’ Month”. Welcoming people from Launceston and the surrounding area to come and run with us. Furthermore, free membership will be offered throughout November, so that they can sample the benefits of joining a running club. This is going to be advertised in the newspapers. People who want to take us up on the offer can claim free membership for November by cutting out the Launceston Road Runner logo, which will appear with the article, and bring it along to a club night. Also, we are planning to organise a beginners group in mid-October.

Stop Press.

Following our advertisement in the local paper the new group started last week. We are encouraging people to come and join us with the incentive to get them running 3 miles by Christmas. Kevin Marshall had designed a programme for them. Sharon Thorp and Kevin O’Mahoney will be supporting this group through their training plans. Week One saw 7 new runners attend!”

CONGRATULATIONS.

To Ann Venning on becoming the South West Vets Champion for 2013 at Ladies 60/64 at 10K and 1/2M.

To Dan Rodgers on setting a new 10K Club Record for Senior Men at Newquay.

To Mike Whitley on setting a new Marathon Club Record for M50/54 at Abingdon

To Emma Baker on setting a new 7M Club Records for Senior Ladies at Tavy 7M

To Peter Mander on setting a new 7M Club Record for M75/+ at Tavy 7M

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 head torch.

LONDON MARATHON

The Club was given two places for the Virgin London Marathon this year and only two members met the full criteria for eligibility.

So congratulations go to Cheryl Leach and Julie Barriball and we wish them well with their training. The reserve place drawn in the ballot goes to Darren Evans.

ANNUAL GENERAL MEETING

A note for your diary NOW! Please try to attend the Club AGM on Wednesday 5th February at the Eagle House Hotel.

MOB RUNS

“We are focusing on the following race with a view to achieving a good Launceston Road Runner participation.

The Falmouth Mob Match 5M which is on Sunday 24th November at 10.30am.

It is the end of season run and followed by prize giving for the Cornish Grand Prix race series. Come along and be inspired!

It is quite a distance to Falmouth but we can car share. Please let me know if you need a lift. It would be brilliant to see loads of you there.

Cheers.” Sue Parkin – Race Captain

“**This is the one. Your Club needs you!** If you have not entered a race this year then now is the time. If you have entered then here is another one to run for your Club. The Mob Match is the culmination of Cornwall’s running season. All the Cornish clubs enter as many members as they can in order to win the overall prize. Everyone’s results count (even mine!).

It is a great atmosphere particularly at the awards ceremony which follows. LR members are already in line for awards so come and support your club team mates. Only 5 miles and plenty of time to train! See you there.” Ann Venning

ANNUAL PRESENTATION

This years Club Presentation Night of awards earned during 2013 will be held on Saturday 25th January at Lifton Farm Shop

The evening will include a Barn Dance. We will be dancing to a Ceilidh band “Choughed To Bits”. Included in the evening will be a Hog Roast. Last years event was enjoyed by all who attended, 75 in total! Tickets will be going on sale in November at a subsidised price one again of just £10 per ticket. Peter Thorp

SOCIAL

Launceston Carnival

A group of 19 Launceston Road Runners represented the Club at the recent Launceston Carnival. Our theme was based on Strictly Come Dancing which became Strictly Come Running. It was a real fun evening with some interesting choreography to entertain ourselves and hopefully the crowd. A new move was developed that appears to be catching on in the local clubs following its first showing at the Carnival. The move is known by the name of a “Hayley”. It has also become part of the warm-up routine on Thursday club nights. Leaflets were handed out to promote the club as we went round the Carnival route. The evening finished with a well deserved curry at the local Indian Restaurant.

FOSTER’S FIVES 2013 RACES

The final race in the series is the Mob Match at Falmouth on 24th November (see above).

Ann Venning has established an unbeatable lead. Well done, Ann!

CORNISH GRAND PRIX 2013

The last race in the series is Cornish Marathon on 17th November.

Several club members have won awards which will be presented at the Mob Match – see above.

CORNISH GRAND PRIX 2014

You will also have received information on the 2014 series from Martin Venning. In his note, Martin advised that the first two races in the series fill up quickly and are usually oversubscribed. To address this issue to some degree as far as the Marazion 10K is concerned, the entry system is being changed. Clubs will be able to put in their **block** entries from 1st November. If there are any spaces left they will be available to individuals at a later date. The Committee have decided to request 15 places and hope that this is sufficient for members who want to enter. We can release any unused places at a later date. **It is important, therefore, that members who wish to enter must inform Peter Thorp, Sue Parkin or Ann Venning without delay to guarantee their place.** Entry fees will be collected at a later date.

CORNISH MULTI-TERRAIN RACE SERIES

The final race in the series is the Remembrance Run on 10th November.

Several club members have won awards but the date and time for presentation of awards has not yet been decided.

CERTIFICATES

This competitions runs until the end of the year so there are still two months for members to get in some races and to qualify for a Certificate. So far only Brian Wiles (Gold), Alan Littlejohns (Silver) and Martin Venning (Bronze) have qualified, but, the competition still has two months to run in which members can still complete those missing distances.

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet at 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.

See Note above re a new “Beginners’ Goup”

WEDNESDAY TRAINING RUNS AT BUDE

Meet at Bude Rugby Club at **3.30pm** for group social run.

THURSDAY NIGHT TRAINING SESSIONS

Meet at Phoenix Leisure Centre car park at 7pm.

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 November - Technical drills
14th November - Intervals/Fartlek
21st November - Mystery session
28th November - Reps
5th December - Hills

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

Now that the nights are drawing in, please remember to wear Hi Viz clothing!

Note One: General training plans are now on the club website for 5k, 10k, 1/2 marathon and full marathon..

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

RESULTS

6th October - **Teign Valley Toddle 10.25M** Jenny Mills 1.17.10 1st Lady 55/+
Jenny has run a number of other events in October including the Sidmouth Saunter 30M MT but not reported times.
She also features in "Runners World" in respect of the 5-4-3-2-1 Run at Salisbury.

6th October - **Newquay 10K CGP/FF**
Dan Rodgers 33.17 (96.70), Phil Box 48.01 (86.768), Martin Venning 51.14 (82.38), Julie Bariball 51.30 (80.69),
Janet Lathom 55.22 (84.21), Ann Venning 1.07.53 (73.14)

Dan finished 3rd overall with a NEW CLUB RECORD

A PBO for Julie and a PB for Phil.

12th October - **Mouth to Mouth 10K MT** Malcolm Jones 1.05.36, Alan Littlejohns 1.06.04

13th October - **Race for Wildlife 7.5M MT CMTRS**
Stephen Hutchinson 55.12, Dave Pickard 1.06.07, Linda Pickard 1.08.21
Stephen was 1st M60/64

13th October - **Exeter GWR 1/2M** Jackie Chapman 2.26.40 (63.2)

20th October - **Abingdon Marathon**
Mike Whitley 3.21.55 (85.29), Lavinia Marshall 4.34.48 (82.95)
A new M50/54 CLUB RECORD for Mike and a new PBO for Lavinia.

20th October - **Portishead 1/2M**
Martin Venning 1.58.11 (78.02), Ann Venning 2.37.58 (68.68) **Martin and Ann were each 3rd in their 60/64 age category**

20th October - **Eden 1/2M MT** Darren Evans 1.33.08, Alan Littlejohns 1.58.33

27th October - **Tavy 7M**
Darren Evans 45.30 (79.63), Mark Knight 47.22 (76.49), Emma Baker 48.42 (87.27), Nigel Reddcliffe 49.59 (79.37),
Andy Parker 54.29 (75.27), Alan Littlejohns 59.06 (83.46), Julie Barriball 59.11 (78.85), Ann Barriball 1.01.32 (69.77),
Emma Wild 1.01.33 (69.05), Dave Pickard 1.01.48 (68.68), Linda Pickard 1.02.45 (76.88), Philippa Baker 1.04.30 (81.17),
Vicky Holt 1.05.23 (65.00), John Brown 1.05.26 (68.87), Kirsty Freeman 1.06.11 (64.87), Jackie Chapman 1.08.32 (69.61),
Peter Mander 1.11.13 (78.85), Ann Venning 1.20.24 (69.35)

NEW CLUB RECORDS FOR Emma and Peter. PBO's for Darren, Emma and Vicky

PB's for Mark, Andy, Julie, Emma, Dave, Linda, John, Kirsty, Jackie and both Anns!

ENTERING RACES

With the increasing popularity of road running many of the more popular races are reaching their runner limits long before the actual race date. As an example, the Exeter 1/2M scheduled for 16th February is already full!! Others, like the Grizzly usually fill up in 24 hours!

Another race likely to close entries early is the Exeter First Chance on 5th January and, if you intend to run that race, it is suggested that you do not delay putting in your entry application.

It has also already been mentioned above that some of the Cornish Grand Prix races also fill up early (Blaythorne 10M, Marazion 10K etc) and if you delay your entry you are likely to be disappointed. You have been warned!!

FORTHCOMING EVENTS

NOVEMBER

2 nd November	Carrick Cracker	Falmouth	8M or 19M	MT	
3 rd November	Plymouth 10K	Plymouth	10K		
3 rd November	Bideford 10M	Bideford	10M		
3 rd November	Templer Ten	Kingsteignton	9.7M	MT	
10th November	Remembrance Run	Marazion	4.2M	MT	CMTRS
17th November	Cornish Marathon	Pensilva	26.2M		CGP
17 th November	Drogo 10	Castle Drogo	10M	XC	
24 th November	Bicton Blister & Blister Lite	Bicton	10M/4.5M	MT	
24th November	Cornwall Mob Match	Falmouth	5M	FF	

DECEMBER

7 th December	Cockington Xmas Caper	Cockington	7M	MT	
22 nd December	The Scrooge	Helligan	9M	MT	
22 nd December	Wellington Monument	Hemyock	6.27M		
22 nd December	Torrington Xmas Cracker	Torrington	9.5M	MT	
26 th December	Jingle Bells Jog	Burrator	4M		

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.

WEBSITE

It is recommended that you can consult our website regularly for the latest news. It also contains details of qualifying requirements for Club Competitions and Club Records.

If you have any queries with the website, please email treggy7@googlemail.com

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 29th November. Any copy for that issue should be with Peter Mander by latest Wednesday 27th 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. 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