



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

A “Happy Birthday” in November to Ann Barriball, Liz Davy, Peter Mander, Nigel Reddicliffe, Dan Rodgers, Claire Waters and Tanya Watton.

NEW MEMBERS

A warm welcome to our newest members Michelle Yeo and Matthew Breed.

CONGRATULATIONS

To Dan Rodgers on winning the Newquay 10K

To Brian Wiles on winning the Male 65/69 category in the Cornish Grand Prix

To Jessica Goldberg on being runner up in the Female U/20 category in the Junior Cornish Grand Prix

To Adrian Brown on winning the Member of the Month award for September (for all his help in organising and fundraising for Ben Smith’s 401 Marathon attempt and for his commitment and enthusiasm).

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 headlight or torch.

LONDON MARATHON

The Club has only been awarded two guaranteed entries this year. If you wish to apply for one of them, you must submit your official rejection form to a committee member by latest 15th November. The draw will take place on Club Night on 16th November.

NOTES FOR YOUR DIARY

Awards Night - This will be held on Saturday 30th January

AGM - This will be held on Wednesday 10th February in Launceston Town Hall

Treggy 7 2016 - This will be held on Sunday 4th September

Please put these dates in your diary now!! Further details will follow in due course.

THE “MOB MATCH”

A reminder that we like to turn out as large a team as possible for this end of season race, which this year is on Sunday 22nd November. Every runner scores for their club team so the more the merrier! In the past we have managed podium positions for both our ladies and mens teams so please try to come along and swell our numbers.

Following the race the awards are made to those completing the Cornish Grand Prix Series and Brian Wiles has won the M65/69 class and Jessica Goldberg has come 2nd in the Junior Grand Prix F U/20 class and six other members have already qualified for awards (see below) and others can still do so. Please come along to cheer their success.

THE PENTATHON CUP

Brian Wiles currently leads the competition with 514.91 points, followed by Alan Littlejohns 442.38, Phil Box with 435.04 points and Darren Evans with 423.14 points, Chris Norris 304.90 and Adrian Brown 290.53. Those who have completed at four qualifying distances and still need one more qualifying distance are Jenny Mills 461.83, Julie Towers 387.47, Lavinia Marshall 339.28, Julie Barriball 320.85, Stewart Gynn 303.88, Russell Leeton 279.59, Jackie Chapman 268.96, Sarah Swift 262.40 and Adam Paynter 253.28.

FOSTER'S FIVES 2015 RACES

With just two races to go, Janet Lathom leads the competition with 417.64 points, followed by Jessica Goldberg with 380.08 points. Lavinia Marshall and Julie Barriball have so far completed 4 races and have respectively 336,62 and 324,30 points. The last two races in the series are the Plymouth 10K on 15th November and the Falmouth Mob Match on 22nd November

CORNISH GRAND PRIX 2015

The last race in the series is the Cornish Marathon on 15th November.

Brian Wiles has won the M65/69 class and Jessica Goldberg has come 2nd in the F U/20 class in the Junior Grand Prix.

Julia Barriball, Adrian Brown, Phil Box, Darren Evans, Stewart Gynn and Chris Norris have also qualified for awards for completing the series.

CORNISH MULTI-TERRAIN RACE SERIES 2015/2016

The next races in the series are the Mounts Bay Remembrance Run on 8th November and the Race for Wildlife on 6th December.

CERTIFICATES

So far Brian Wiles has qualified for a Gold Certificate and Phil Box, Darren Evans and Alan Littlejohns for Silver Certificates.

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.

NOTE - The out-of-town torch groups have now started. Winter groups will comprise –
3-4 miles in town. 5 miles in town. 6 miles in town and also a 6 miles head torch out-of-town. 8 miles head torch out-of-town.s

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. BUT SEE BELOW

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 November - Fartlek/Intervals (Meet at roundabout Newport Industrial Estate)!!!!

12th November - Hills
19th November - Technical
26th November - Mystery
3rd December - 1/2 mile or 1/4 mile reps

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

RESULTS

Apologies to Adrian Brown whose result for the Truro 1/2M was omitted last month. Adrian ran 2.07.51 (55.53) which was a new PB.

20th September - Ladybower 51M XC Jenny Mills 10hrs 50m Only 8 ladies finished and Jenny was oldest!

27th September - Barnstable Marathon
Steve Cox 3.37.31, Mike Whitley 3.47.36 (77.39), Alan Littlejohns 4.31.34 (79.27) **Alan was 1st M65/69**

27th September - Barnstable 1/2M Phil Boc 1.46.25 (87.79), Martin Venning 2.09.46 (72.95)

3rd October - Lanhydrock Park Run 5K Nigel Reddicliffe 22.56

3rd October - **Tamar Lakes Park Run 5K**
Peter Thorp 24.02, Kevin O'Mahoney 30.50, Peter Mander 53.03 Peter acted as "Tailender"

4th October - **Newquay 10K CGP/FF**
Dan Rodgers 32.46 (98.22), Kevin Harrison 39.40 (85.35), Jessica Goldberg 49.02 (77.19) Chris Norris 51.23 (63.89).
Julie Barriball 51.34 (82.38), Linda Pickard 52.28 (83.76), Alan Littlejohns 52.48 (98.49), Adrian Brown 53.51 (60.51),
Dave Pickard 56.16 (68.76), Sarah Swift 56.29 (67.01), Janet Lathom 56.41 (84.31), John Barnes 59.50 (63.90)
Dan won the race! Jessica was 2nd Lady U/20, and Janet was 3rd F60/64
PBO's for Kevin, Jessica, Chris and Linda. PB.s for Julie, Adrian, Sarah and John

4th October - **Bournemouth Marathon** Jackie Chapman 5.48.16 (59.50)

10th October - **Tamar Lakes Park Run 5K**
Peter Thorp 23.49, Alan Littlejohns 26.06, Kevin O'Mahoney 31.41

17th October - **Tamar Lakes Park Run 5K**
Peter Thorp 23.55, Peter McAughey 26.21, Martin Venning 27.22, Alan Littlejohns 29.31, Kevin O'Mahoney 30.12,
Cheryl Leach 36.02

18th October - **Exeter 1/2M**
Tim Robinson 1.22.14 (85.49), Chris Norris 1.54.58 (62.38), Adrian Brown 1.59.05 (59.03), Ann Barriball 2.04.39 (68.38),
Mary Roberts 2.11.51 (65.99), Charlotte Hartnell 2.13.59 (61.72) **PB's for Tim, Chris, Adrian, Mary and Charlotte**

18th October - **Eden Marathon MT** Alan Littlejohns 4.30.14 **3RD M65/69**

18th October - **Eden 1/2M MT**
Claire Waters 1.39.48, Jenna Aldridge 1.55.47, Sarah Worth 1.58.18, Louise Werran 2.02.48, Nicola Emmett 2.05.59,
Charlotte Kennedy 2.34.32

24th October - **Tamar Lakes Park Run 5K**
Matthew Knight 22.32, Peter Thorp 24.07, John Barnes 25.26, Alan Littlejohns 26.07, Martin Venning 27.18,
Kevin O'Mahoney 30.17, Sarah Barnes 38.52

25th October - **Stickler, Dorset 10.1M XC** Jenny Mills 1.33.45 **1st FV60+ 27th out of 132 finishers!**

25th October - **Tavy 7M**
Oliver Gynn 43.50 (82.66), Kevin Harrison 45.49 (82.98), Stephen Cox 48.41 (79.76), Mike Gilbert 52.10 (69.46),
Russell Leeton 53.46 (71.46), Mark Jones 55.13 (65.62), John Barnes 1.02.48 (68.38), Amanda Chapman 1.03.29 (66.95),
Nicola Emmett 1.06.12 (64.85), Becki Sant 1.11.39 (61.77) **Oliver was 3rd Senior Male**

25th October - **Great South Run 10M**
Adam Paynter 1.26.50 (62.28), Peter McAughey 1.28.47 (63.51) **PB's for both Adam and Peter**

25th October - **Dartmoor Vale Marathon** James McDiarmid 3.58.16 (71.49) **A PB for James**

26th October - **Dublin Marathon**
Andy Young 3.45.15 (80.01), Jon Spettigue 3.59.05 (66.84), Lavinia Marshall 4.35.32 (84.85)

FORTHCOMING EVENTS

NOVEMBER

1 st November	Templer 10	Newton Abbot	10M	MT
1 st November	Carrick Cracker	Falmouth	13.1M, 26.2M	or Ultra
8 th November	Remembrance Run	Marazion	4M	Beach
15th November	Plymouth Ocean 10K	Plymouth	10K	FF
15 th November	Drogo 10	Castle Drogo	9.6M	MT
15th November	Cornish Marathon	Pensilva	26.2M	CGP
15 th November	Coombe Crawler	Ilfracombe	11M	MT
22nd November	Mob Match	Falmouth	5M	CGP/FF
29 th November	Bicton Blister	Bicton, Exeter	11M	MT

DECEMBER

6 th December	Race for Wildlife	Penzance	10K	MT	CMTRS
20 th December	The Scrooge	Helligan	9M	MT	
21 st December	Torrington Xnas Caper	Torrington	9M	MT	
21 st December	Wellington Monument	Wellington	6.27M	MT	
26 th December	Jingle Bells Jog	Barrator	4M		

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.

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.

DECEMBER NEWSLETTER

The December newsletter will be published on Tuesday 1st December. Any copy for that newsletter should be sent to Peter Mander by latest Sunday 29th 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 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.