



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.180

NOVEMBER 2016

BIRTHDAYS

A “Happy Birthday” in November to Ann Barriball, Morgan Cain, Liz Davey, Thomas Davison, Jacky Dinnis, Tom Glendinning, Peter Mander, Lavinia Marshall, Nigel Reddicliffe, Dan Rodgers, Damian Semoin, Claire Waters and Tanya Watton.

NEW MEMBERS

A warm welcome to our newest members Maggie Dickinson, Karen Gomme, Jane Hynes, Lucy Scott. and Jason Seldon.

CONGRATULATIONS

To Jeanette Johnson for breaking the Club Record for Ladies 50/54 at Newquay 10K

To Brian Wiles for breaking the Club Record for Men 70/74 at Newquay 10K

To Jeanette Johnson (again!) for breaking the Club Record for Ladies 50/54 at the Loch Rannoch Marathon.

DATES FOR THE DIARY

Our annual Awards Evening will be taking place on Saturday 28th January 2017 at Strawberry Fields, Lifton. Please put the date in your diary, it's going to be a good night!!

The date of the Annual General Meeting has been set for Wednesday 8th February – another important date for your diary! This year it will be held at Launceston Golf Club with food and drinks available. More details soon.

MOB MATCH - SUNDAY 27TH NOVEMBER

The end of the Cornish GP year, a scenic 5M race around Pendennis Point and Swanpool at Falmouth. This is a team event and everybody counts, no matter what your time! The awards for the those who have completed and the Grand Prix series are also awarded after the race.

We have some members who have won podium places and we would love to have a good Club turnout for the race and to support them.

Entry forms can be found on the notice board or the Falmouth RR website.

PS – It is also the last qualifying race in the Foster's Fives series.

LAUNCESTON CARNIVAL

A big thank you to all who helped with this year's carnival. We won 2nd place in our class for “The Pied Piper of Lanson”.

LONDON MARATHON

Congratulations to everyone who has a place in the 2017 London Marathon so far –

Ballot winners, Claire Waters and Tom Glendinning

“Good for Age” qualifiers - Jeanette Johnson, Ed Horn and Tim Robinson

Charity places - Vicky Holt and Becky Wise.

If you are running and your name has not been mentioned above, please let us know.

LONDON MARATHON CLUB BALLOT

The ballot will be drawn before our usual Tuesday night session on the 15th November. If you have not already done so, please let us have your rejection slips either by email to comm@treggy7.co.uk or handed in to any Committee Member. The Committee will be meeting on the 14th November to decide who qualifies for entry into the ballot.

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

FOSTER'S FIVES 2016 RACES

The final race in the series is the Mob Match at Falmouth on 27th November.

CORNISH GRAND PRIX 2016

The final race in the series is the Cornish Marathon on 20th November.

CORNISH MULTI-TERRAIN RACE SERIES 2016/17

The next races in the series are the Remembrance Run on 13th November and the Race for Wildlife on 4th December.
(Please note that the Remembrance Run is on 13th November and not the 8th November as advised in last month's newsletter)

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.

NEW LEADERS AND COACHES

Well done to Darren Evans who successfully completed the coaching course in September. Well done also to Louise Werran and Tim Robinson for recently completing their Leadership in Running Fitness course.

LEADERS ROTA

We now have a leaders rota in place for the weeks until Christmas. This will be put up on the notice board at the Leisure Centre. There will be 5 groups out each week, including 2 out-of-town torch groups. We have a limited number of torches that can be borrowed each week so if you are interested in either of those groups, please ensure you bring a head torch with you.

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 unless otherwise advised.

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.

3 rd November	-	Hills
10 th November	-	Mystery
17 th November	-	1/2M or 1/4M reps
24 th November	-	Technical
1 st December	-	Intervals/Fartlek

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

25th September - Loch Ness Marathon Peter McAughey 4.43.45 (58.74)

1st October - Lanhydrock Parkrun 5K Adrian Brown 33.09

1st October - Tamar Lakes Parkrun 5K Alan Littlejohns 27.51

2nd October - Newquay 10K CGP/FF

Edward Horn 37.35 (85.63), Jeanette Johnson 40.44 (104.29), Brian Wiles 43.57 (105.64), Claire Waters 45.17 (88.87), Chris Norris 50.00 (66.33), Louise Werran 51.11 (74.70), Jessica Goldberg 52.06 (72.65), Jenna Aldridge 52.96 (72.65), John Barnes 52.36 (72.41), Sarah Swift 54.43 (69.17), Janet Lathom 56.45 (85.28). Sarah Barnes 1.22.33 (49.80)

Jeanette was 1st Lady 50/55, Brian was 1st Man 70/74

NEW CLUB RECORDS FOR JEANETTE AND BRIAN

PBO,s for Jeanette, Chris, Louise and Janet.

PB,s for Brian, Jenna and both Sarahs

2nd October - Bournemouth Marathon Tim Robinson 2.43.16 (93.98) **A PBO for Tim**

8th October - Tamar Lakes Parkrun 5K

Paul Moore 21.54, Alan Littlejohns 25.49, Martin Venmins 26.11, Kevin O'Mahoney 32.58, Peter Mander 32.59, Jackie Chapman 33.55

8th October - Lanhydrock 10M MT Darren Evans 1.13.57

9th October - Plymouth 10K

Ed Horn 36.52 (87.29) Stuart Bennett 41.09 (78.21), Mike Gilbert 42.33 (75.64), Nigel Reddicliffe 42.42 (85.52), Julie Barriball 51.22 (83.63), Vin Marshall 58.10 (85.36), Mary Roberts 58.17 (69.05), Vicky Holt 1.00.36 (62.43) Emma Wild 1.08.04 (55.61)

PBO's for Ed and Julie and a PB for Mike

9th October - Yorkshire Marathon Pawel Szymanski 3.23.03 (75.58) **A PB for Pawel**

15th October - Lanhydrock Parkrun 5K Adrian Brown 33.22

15th October - Tamar Lakes Parkrun 5K Kevin O'Mahoney 29.24, Sarah Barnes 38.01

16th October - Great West Run 1/2M Exeter

Tim Robinson 1.16.47 (92.76), Jenna Aldridge 1.56.28 (71.01), Dawn Acaster 1.56.46 (70.82), Sophie Jeffreys 2.12.21 (62.49)

A PBO for Dawn and a PB for Sophie

16th October - Loch Rannoch Marathon **Jeanette Johnson 3.12.58**

A PBO and NEW CLUB RECORD FOR JEANETTE

16th October - Eden Centre Marathon Alan Littlejohns 4.44.26 (76.75) Alan was 2nd M65/+

16th October - Eden Centre 1/2M

Nigel Reddicliffe 1.42.45 (77.64), Chris Norris 1.59.42 (60.53). Amanda Chapman 2.04.18 (66.53), Adrian Brown 2.11.47 (53.88), Matt Haisman 2.28.28 (53.14)

20th October - Weston-Super-Mare 5M Martin Venning 41.36 (84.46)

22nd October - Tamar Lakes Parkrun 5K Alan Littlejohns 26.37, Karen Gomme 38.49

22nd October - Exeter Parkrun 5K Sarah Barnes 38.06

23rd October - Tavy 7M

Oliver Gynn 41.54 (86.47), Trevor Gynn 49.44 (84.36) Andy Parker 56.49 (64.48), Julie Barriball 1.00.49 (79.32), Martin Venning 1.03.37 (77.53), Sarah Swift 1.03.46 (66.65), Janet Lathom 1.05.51 (82.53), John Mason 1.13.17 (55.96), Nicola Emmett 1.13.29 (59.02), Maggie Dickinson 1.18.34 (60.05)

Oliver was 3rd Senior Man and 4th overall. Trevor was 3rd M50.54), Janet was 2nd F60/64

PB.s for Oliver, Sarah, Janet and John

23rd October - Great South Run 10M Tanya Jarvis 1.43.00 (65.80)

23rd October - Vancouver 1/2M James Mediarmid 1.38.59 (79.70), Francesca Ford 2.29.34

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**NOVEMBER**

6 th November	Templer Ten	Newton Abbot	10M	MT
6 th November	Bideford 10	Bideford	10M	
13 th November	Westward XC League	Newquay	3 – 5 Miles	XC
13th November	Remembrance Run	St Michaels Mount	4.2M	CMTRS
19 th November	Tavy 5Kool	Tavistock	5K	MT
20th November	Cornish Marathon	Pensilva	26.2M	CGP
27th November	Mob Match	Falmouth	5M	FF
27 th November	Bicton Blister	Bicton	11M	MT
30 th November	Dartmoor Vale Runs	Dartmoor	10K, 1/2M and Marathon	
30 th November	Carrick Cracker	Falmouth	10M, 20M and 30M	M

DECEMBER

3 rd December	Otterton Reindeer Run	Nr. Sidmouth	10K	MT	
3 rd December	Burrator Noir	Burrator	10K and 10M		
4 th December	Westward League	Exeter	Various X		
6th December	Race for Wildlife	Penzance	10K	MT	CMTRS
10 th December	Cockington Xmas Caper	Cockington	8.25M	MT	
11th December	Santa Run	Launceston	2K		
15 th December	The Dark Dart Dash	Dartington Estate	5K and 10K		MT
17 th December	Tavy 5Kool	Tavistock	5K	MT	
18 th December	The Scrooge	Lost Gardens of Helligan	9M	MT	
18 th December	Torrington Xmas Caper	Torrington	9.5M	MT	
26 th December	Jingle Bells Jog	Burrator	4M		

JANUARY

8 th January	First Chance 10K	Exeter	10K		
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(This race fills up early. To ensure entry do not delay - online entry only.)

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.

There are also 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 club's records.

DECEMBER NEWSLETTER

The December newsletter will be published on Tuesday 29th November. Any copy for that newsletter should be sent to Peter Mander by latest Sunday 27th November.

IMPORTANT NOTE

It is important that you check your own results as during the year the aged Editor manages to make an increasing 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.