



# Launceston Road Runners

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

[www.launcestonroadrunners.co.uk](http://www.launcestonroadrunners.co.uk)

[www.treggy7.co.uk](http://www.treggy7.co.uk)

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## NEWSLETTER NO.191

OCTOBER 2017



### BIRTHDAYS

Happy Birthday” in October to Kevin Bull, Ed Horn, Malcolm Jones, Sarah Pridham, Jane Pritchard, Tim Robinson, Matt Wise, Glenda Smith, Sarah Sampson, Rebecca Cook

WELCOME: to our newest member, Viv Turner.

### CONGRATULATIONS

To **Louisa Shaw** on getting the **Senior Club 5K** record at the Tavy 5Kool Run on the 19<sup>th</sup> August

To **Jeanette Johnson** on getting the **Female Vet 50+** club record at the Barnstaple Half Marathon on the 24<sup>th</sup> September

To **Jeanette Johnson, Jenny Mills, Jaine Hynes and Sharon Rundle** in **winning** the Ladies Vets 50+ team competition at the Treggy 7

To **Jeanette Johnson, Jenny Mills, Louisa Shaw, Jaine Hynes, Louise Werran and Mary Roberts** in coming **3<sup>rd</sup>** in the Ladies team competition at the Treggy 7

To **Darren Evans** on getting **2<sup>nd</sup>** place in the Cornish Multi-Terrain series 2016/17 in the Mens U35 category

### 5K CLUB RECORDS

There are currently a number of club records, both male and female that are ‘unclaimed,’ all at a 5K distance. The Tavy 5Kool race takes place once a month in Tavistock and has been certified as a 5K distance by UKA, therefore, any results from these races will stand to be included in the club records.

### TREGGY 7

Wow, what awful weather!! We have never known it so bad. A huge thank you to all the marshals, helpers, cake makers and runners that represented our club and made it a successful race, yet again. Despite the rain, we had more runners than ever this year – 463 altogether. Well done all!!



**DATE FOR THE DIARY** - **Saturday 27th January 2018** for the annual Launceston Road Runners Awards Night!

### **STARTER GROUP**

A new group to encourage more people to run will be starting on Tuesday 10<sup>th</sup> October. The aim is to get all participants running 5K in 10 weeks. The cost of the programme is £10, so if you know anyone that will be interested, please encourage them to come along at 6.45 pm. You can register with Ed on [comm@treggy.com](mailto:comm@treggy.com)

### **FOSTER'S FIVES 2017 RACES**

The last races in the series are the Plymouth 10K on the 8<sup>th</sup> October and the Mob Match at Falmouth, on the 26<sup>th</sup> November.

## CORNISH GRAND PRIX 2017

The last race in the series is the Cornish Marathon on the 19<sup>th</sup> November.

## CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The third race in the series is the Mounts Bay Remembrance Run on the 12<sup>th</sup> November.

### FALMOUTH MOB MATCH

The final road race in the Cornish calendar is on the 26<sup>th</sup> November. This is a team event and a great chance for the club to compete against similar sized clubs from around Cornwall. Entries must be in before the 12<sup>th</sup> October to qualify for the race moment of a hoodie. The race is limited to 500 runners and it will sell out!

### LONDON MARATHON

This is the month the eagerly anticipated London Marathon ballot results are released! If you are rejected please hold on to your rejection letter or email as you may get a second chance with one of the club places (number of places available to be confirmed). The ballot will take place in November and details of how to qualify will be sent out soon.

### 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.

### TUESDAY NIGHT LEADERS AT LAUNCESTON

	<b>4miles</b>	<b>5 miles</b>	<b>6 miles</b>	<b>7 miles</b>	<b>8 miles +</b>
<b>3<sup>rd</sup> Oct</b>	Vin	Jo	Kevin	Tom	Jeanette
<b>10<sup>th</sup> Oct</b>	Sarah/Fern	TBC	Peter	Kevin	Tim
<b>17<sup>th</sup> Oct</b>	Sarah/Fern	TBC	Vicky	Tom	Darren
<b>24<sup>th</sup> Oct</b>	Sarah/Fern	TBC	Julie	Kevin	Jeanette
<b>31<sup>st</sup> Oct</b>	Sarah/Fern	TBC	Jo	Tom	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.

5/10/2017	Track Session		<b>Tavistock 8pm</b>
12/10/2017	400m reps Pyramid recovery		Link Road
19/10/2017	1k or 1 mile reps @ 5k pace	½ mile reps @ 5k pace	Newport
26/10/17	Time trial 5k or 10k	Run it twice for 10k	College
2/11/17	Track Session		<b>Tavistock 8pm</b>
9/11/17	Hills – 1 second reducers		Woburn
16/11/17	Out and backs 5x40, 5x30, 5x20 with same time recovery		Newport
23/11/17	8/4/8's – 2x800m, 4x400m, 2x800m		Link Road
30/11/17	Hills – 3 stages		Meadowside
7/12/17	Track Session		<b>Tavistock 8pm</b>
14/12/17	Christmas relays		TBC
21/12/17	Social fartlek		Around Town
28/12/17	No sessions		N/A

Please try to bring a stopwatch with you to these sessions.

If you have any queries, please contact Kevin Marshall on [kmarshall0506@aol.com](mailto:kmarshall0506@aol.com)

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

## HEALTH AND SAFETY – IMPORTANT

The nights are beginning to draw in, hence would all members please ensure that they wear high visibility bib / clothing for all evening training / running sessions. Thanks

## RESULTS

27 <sup>th</sup> August	401 Festival ½ marathon	Alan Littlejohns 2.03.13
2 <sup>nd</sup> September	Tamar Lakes Park Run 5K	Martin Venning 30.03, Alan Littlejohns 31.33, Ann Venning 48.04
2 <sup>nd</sup> September	Tamar Trails Park Run 5K	Adrian Brown 33.11, Veryan Skinner 39.15, Steve Cox 47.46
3 <sup>rd</sup> September	THNN City to Sea Marathon	Alan Littlejohns 6.12.59



### 3<sup>rd</sup> September Treggy 7 (GP13)

Tim Robinson 42.15 (85.76), Ed Horn 43.24 (83.49), Dee Kirwan 48.45 (77.19), Pawel Symanski 48.55 (74.07), Jeanette Johnson 48.55 (98.61), Richard Foster 50.54 (74.70), Nigel Reddicliffe 51.07 (81.14), Nick Harrison 51.41 (72.06), Mike Gilbert 52.03 (69.64), Jenny Mills 53.28 (111.53), Louisa Shaw 55.35 (76.46), Ben Jarram 55.47 (64.95), Peter McAughey 57.05 (69.50), Wayne Rundle 57.52 (65.70), Chris Gaunt 58.04 (78.57), Jaine Hynes 58.08 (83.92), Malcolm Jones 59.07 (75.30), Adrian Brown 59.22 (61.48), Louise Werran 59.57 (72.34), Mary Roberts 1.02.51 (72.67), Mike Pyke 1.04.10 (59.25), Sarah Swift 1.04.42 (65.69), Sharon Rundle 1.06.29 (73.38), Penny McMillan 1.06.52 (72.96), Janet Lathom 1.08.06 (80.83), Clive Mitchell 1.08.50 (67.12), John Barnes 1.09.00 (63.73), Vicky Holt 1.11.25 (59.51), Lorraine Hawkins 1.16.58 (62.68), John Mason 1.18.34 (52.79)

Jenny 1<sup>st</sup> F65      Jeanette 1<sup>st</sup> F50      1<sup>st</sup> FV50+ Team Prize      3<sup>rd</sup> F Team Prize

Pbo's for Richard, Louisa, Ben, Chris, Penny and Lorraine

Pb's for Dee, Nick, Peter, Wayne, Jaine, Malcolm, Adrian, Louise, Mike, Sarah, Sharon, Clive and John Mason



9 <sup>th</sup> September	Tamar Lakes Park Run 5K	Alan Littlejohns 27.25
9 <sup>th</sup> September	Lanhydrock Park Run 5K	John Barnes 30.35, Adrian Brown 35.01
9 <sup>th</sup> September	Folkeston Park Run	Peter Mander 32.17
10 <sup>th</sup> September	Bude Pirate Run 8 Miles	Darren Evans 1.00.54, Jenny Mills 1.14.15, Peter McAughey 1.19.03, Nicola Emmett 1.38.47

Darren 4<sup>th</sup> in race and 3<sup>rd</sup> Male

Jenny 1<sup>st</sup> F 60+

10 <sup>th</sup> September	Lake Vyrnwy Half Marathon	Tim Robinson 1.15.17 (93.38)
10 <sup>th</sup> September	Great North Run Half Marathon	Lorraine Hawkins 2.29.34 (62.75) and PB
10 <sup>th</sup> September	Wirral 10K	Martin Venning 57.50 (76.98)
16 <sup>th</sup> September	Tamar Lakes Park Run 5K	Alan Littlejohns 27.18, Nicola Emmett 29.00, Janet Lathom 29.02

16<sup>th</sup> September Tamar Trails Park Run 5K Adrian Brown 28.36, Steve Cox 45.15

16<sup>th</sup> September Woodbury 10K Ed Horn 37.40 (85.44)

17<sup>th</sup> September Truro Half Marathon

Nigel Reddicliffe 1.43.33, Nick Harrison 1.44.01, Pawel Symanski 1.46.22, Brian Wiles 1.46.22, Brian McGinnity 1.51.39, Julie Towers 1.53.59, Ben Jarram 1.56.19, Jaine Hynes 1.56.19, Jo Northey 2.08.29, Julie Barriball 2.09.12, John Barnes 2.20.32



23<sup>rd</sup> September Tamar Lakes Park Run 5K Mike Gilbert 20.30, Kevin Bull 31.38, Alan Littlejohns 33.10

23<sup>rd</sup> September Tamar Trails Park Run 5K

Chris Norris 28.22, Gill Aze-Thomas 32.53, Adrian Brown 35.55, Veryan Skinner 37.32, Steve Cox 45.14

23<sup>rd</sup> September Crystal Palace Park Run 5K Louisa Shaw 22.32

23<sup>rd</sup> September Lanhydrock 10 MTRS 2 Darren Evans 1.09.27, Malcolm Jones 1.34.27, Sarah Swift 1.41.57

23<sup>rd</sup> September Porthtowan 10K Louise Werran 1.10.08

24th September Berlin Marathon Tim Robinson 2.42.39 (94.35)

24th September Barnstaple Marathon Ed Horn 3.06.20 (82.36)

24th September Barnstaple Half Marathon

Jeanette Johnson 1.30.22 (103.86), Richard Foster 1.37.58 (75.49), Alan Littlejohns 1.58.14 (85.79)

Jeanette 2<sup>nd</sup> female in race and 1<sup>st</sup> F50+

PBO for Richard

## FORTHCOMING EVENTS

### OCTOBER

7 <sup>th</sup> October	Great Lanhydrock 10M	Lanhydrock	10M	MTRS 2
9 <sup>th</sup> October	Plymouth 10K	Plymouth	10K	FF
15 <sup>th</sup> October	Eden Project Marathon and /2M	Eden Project	26.2M and 13.1M	
21 <sup>st</sup> October	The Tempest	Minack Theatre, Cornwall	10 M coast path	
22 <sup>nd</sup> October	Carrick Cracker	Falmouth	10, 20, 30M	
22 <sup>nd</sup> October	Great Flat Lode		5M	
22 <sup>nd</sup> October	Tavy 7	Whitchurch	7M	
29 <sup>th</sup> October	Dartmoor Vale Races	Newton Abbot	10K, 13.1 & 26.2	

### NOVEMBER

5th November	Templer Ten	Newton Abbot	10M	MT
5th November	Bideford 10	Bideford	10M	
8 <sup>th</sup> November	Armada Winter 3K series	Central Park, Plymouth	3K	
12th November	Westward XC League	Newquay	3 – 5 Miles XC	
12th November	Remembrance Run	St Michaels Mount	4M	MTRS 3
19th November	Tavy 5Kool	Tavistock	5K	
19th November	Cornish Marathon	Pensilva	26.2M	CGP 15
26th November	Mob Match	Falmouth	5M	FF
26th November	Bicton Blister	Bicton	11M	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](http://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](mailto: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](mailto:sarahlb89@hotmail.com), she will send it to the paper.

## NOVEMBER NEWSLETTER

The November newsletter will be published on Wednesday 1<sup>st</sup> November. Anything to be included in the newsletter should be sent to Vin Marshall by Wednesday 25<sup>th</sup> October.

## 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.



Truro Half Marathon