

Launceston Road Runners

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

Website: www.launcestonroadrunners.co.uk

Greystones, Leat Road, Lifton PL16 0AE.

Tel – 01566 780499 peterandjulia@btinternet.com



NEWSLETTER NO.143

OCTOBER 2013

BIRTHDAYS

A “Happy Birthday” in October to Mick Foster, Malcolm Jones, Adam Knight and Jane Pritchard.

“NEW MEMBERS’ MONTH”

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. The aim will be to get the group going from walking up to a 2 mile jog in 8 weeks. Full details will appear on the website soon.

CONGRATULATIONS.

To member Laura Hawken on her marriage to Matt Stainer.

To members Mick Foster and Patsy Lambrechts on their marriage..

To Dan Rodgers on winning the Treggy 7 and the Siblyback 10K.

To Peter Mander on winning the South West Veterans M75/+ 5K Championship 2013.

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!**

LONDON MARATHON

The Club usually receives two guaranteed entry place for the London Marathon. If you wish to apply for one of these you must forward your official rejection slip to Peter Thorp or a member of the committee **before 10th October**. The criteria for awarding the places are as follows –

- 1) Only members who have been paid-up members for the preceding 12 months will be eligible for consideration.
- 2) Members must not have completed at London in the previous five years (nor previously have received a Club entry in that time).
- 3) Members wishing to be considered must have been rejected through the official marathon ballot and produce their rejection slip.
- 4) In the event of there being more qualifying applicants than places available, then entries will be allocated to the member(s) of the club who in the opinion of the elected committee have supported the club at races in the last 12 months, or in the opinion of the committee warrant the entry for services to the club.
- 5) The successful applicants must continue to be paid-up members at the time of the London Marathon and, if not, the guaranteed place will be withdrawn and they will not be able to collect their number at the Marathon Expo.
- 6) A reserve place will be allocated each year in case someone drops out, but, the place will only be valid for that year and does NOT carry over to the following years race.

Note – If you have done London the the past five years you can still put in your rejection slip as there may be no one else with a rejection slip who has not also run London.

MOB RUNS

We are focusing on two races between now and Christmas with a view to achieving a good Launceston Road Runner participation.

- 1) The Tavy 7M which is on Sunday 27th October at 12 noon. Race Captain – Peter Thorp
- 2) The Falmouth Mob Match 5M which is on Sunday 24th November at 10.30am. This race is really worth supporting as it is followed by the end of season Cornish Grand Prix presentations and you can cheer on successful LRR winners. Attending this event may just give you the motivation and desire to be involved next year! Race Captain – Sue Parkin.

CLOTHING

Looking for something for or as a Christmas present!? Club hoodies are just right for the winter months and are available for £30 each. Also, Club technical tee shirts are a bargain at only £10 each. If interested, please see Peter Thorp.

SOCIAL

Training Runs – Training nights during the winter period have been restricted to staying in town during previous years. We would like the opportunity to vary our routes a little by introducing a group that run with torches. A head torch would be ideal, but, handhelds are also an option. Torches will enable us to run in selected lanes that are not normally available to us unless we have daylight.

We are investigating the potential of buying some head torches that we would then sell on to members at cost price. There are many variants on the market, so it may well be worth your making a selection that will satisfy your own requirements. Prices range from less than £10 to £300!

The first torchlight run will be on **Tuesday 29th October** following the clock change.

Run with Bude Rats. Bude Rats have passed on their thanks to us all for the enjoyable run they shared with us 3 weeks ago.

They have invited us all to join them in Bude for their training night on Tuesday 15th October. They meet at 6.15 for a 6.30 start at the Pitch and Putt near Crooklets car park. They plan to split into 3 groups as we did when they came to Launceston. You will require a high viz jacket and a torch.

It is an early start but hopefully a good number of us can make the necessary arrangements to attend. We will make car sharing arrangements nearer the time. There is also the possibility of having a social drink and maybe food afterwards. Peter Thorp

HTP Sports in Bude. Sean Jack (Bude Rats) owner of HTP Sports in Bude is offering our members a discount on running shoes.

I have discount cards for anyone who is interested. Peter Thorp

Launceston Carnival – We are entering the Launceston Carnival again this year. This time we have entered the group walking category with a Strictly Come Dancing theme. Those that have volunteered to take part or others just planning to watch are invited for drinks and a curry afterwards. If you would like to join us for curry and drinks then please let Peter Thorp know **ASAP**

TREGGY 7

“A huge “Thank You” to everyone who contributed in any way to the race. There are far too many of you to mention individually, but, the day was very successful and that is down to everyone doing their part. The cakes went down well so a thank you to everyone who supplied them. Dan crossing the line first was the perfect ending. Next years race will be on Sunday 7th September” Kevin Marshall

FOSTER’S FIVES 2013 RACES

The penultimate race in the series is the Newquay 10K on 6th October. An update on the leading positions to date will be published next month.

CORNISH GRAND PRIX 2013

The penultimate race in the series is the Newquay 10K on 6th October. Again, an update on how Club members are faring will be published next month.

CORNISH MULTI-TERRAIN RACE SERIES

The penultimate race in the series is the Race for Wildlife 10K on 13th October. Less Club members are completing this this year but we could still have a winner. More details next month.

CERTIFICATES

Still several months for members to get in some races and to qualify for a Certificate.

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.

3 rd October	-	Technical drills
10 th October	-	Intervals/Fartlek
17 th October	-	Mystery session
24 th October	-	Reps
31 st October	-	Hills
7 th November	-	Technical drills

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

26th August - **Grimsthorp Castle 10K MT** Jackie Chapman 1.06.48

30th August - **Forest Flyer 5M MT** Alan Littlejohns 44.37, Malcolm Jones 44.54

1st September - **Treggy7M CGP**

Dan Rodgers 38.34 (93.95), Darren Evans 46.29 (77.95), Graham Newberry 46.34 (77.81), Emma Baker 51.19 (82.82), Matthew Pilsbury 51.28 (70.40), Pawel Szymanski 53.05 (68.26), Jo Northey 57.31 (74.65), Alan Littlejohns 58.09 (84.82), Helen Howgill 58.21 (75.08), Christopher Pritchard 1.02.08 (77.64), Dave Pickard 1.02.45 (67.64), Janet Lathom 1.03.39 (82.26), Vicky Holt 1.10.04 (60.66), Jane Pritchard 1.10.23 (67.78), Jackie Chapman 1.14.58 (63.63), Cheryl Leach 1.17.08 (75.22), Ann Venning 1.21.56 (67.18)

Dan won the race! Emma was 3rd Lady U/35, Cheryl was 3rd Lady 65/69

PBO's for Darren, Graham, Matthew and Jo.

PB's for Dan, Emma, Pawel, Dave, Janet, Vicky and Jane.

7th September - **Somerset Moors and Levels Marathon MT** Jenny Mills 4.24, **1st FV55+**

Out Jenny continues to run a variety of cross country LDWA events but not always bothering about times.

Our lady star may soon feature in an article in "Runners' World" Watch this space!

7th September - **Somerset Moors and Levels 1/2M MT** Alan Littlejohns 2.16.32 **2nd M60/+**

8th September - **Bridgwater 1/2M** Peter Kirby 1.43.00 (90.70)

8th September - **Siblyback 10K**

Dan Rodgers 33.58 (94.75), Darren Evans 41.44 (77.12) **Dan won the race. A PB for Darren.**

15th September - **Kipling Coastal Run Westward Ho. 8M MT** Alan Littlejohns 1.11.02

15th September - **Truro 1/2M CGP** Jo Northey 2.01.19 (68.87)

22nd September - **Plymouth Armada 1/2M MT** Alan Littlejohns 1.59.07

22nd September - **Malmesbury 1/2M** Phil Box 1.51.18 (81.78) **A PB for Phil**

29th September - Taunton 10K
Martin Venning 51/09 (82.51), Ann Venning 1.07.33 (73.51) **A PB for Ann**

FORTHCOMING EVENTS

OCTOBER

5 th October	Francis Clark Beach Run	Marazion	10K	MT	
6th October	Newquay 10K	Newquay	10K	CGP/FF	
6 th October	Teign Valley Toddle	Christow	10.25M		
12 th October	Mouth to Mouth	Sandymouth	10Kish		
13 th October	Great West Run	Exeter	13.1M		
13th October	Race for Wildlife	Penzance	10K	CMTRS	
15th October	Run with Bude Rats	Crooklets		Various speeds/distances	
20 th October	Dartmoor Vale Races	Newton Abbot	10K, 1/2M and Marathon		
20 th October	Eden Mara and 1/2M	Eden Centre	26.2M and 13.1M		
20 th October	Exmoor Stagger/Stumble	Minehead	15M/6M	MT	
27 th October	Tavy 7M	Tavistock	7M		
27 th October	South Molton Struggle	South Molton	7.8M	MT	

NOVEMBER

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

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

NOVEMBER NEWSLETTER

The November newsletter will be published on Wednesday 30th October. Any copy for that issue should be with Peter Mander by latest Monday 28th October.

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