

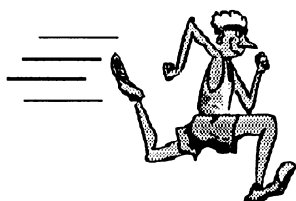
Launceston Road Runners

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

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NEWSLETTER NO.155 (Revised edition)

OCTOBER 2014

BIRTHDAYS

A “Happy Birthday” in October to Mick Foster, Malcolm Jones, Adam Knight, Becky Mudd, Sarah Pridham, Jane Pritchard and Trevor Rowe.

NEW MEMBERS

We welcome the return of previous member Trevor Gynn.

CONGRATULATIONS

To Laura and Matt Stainer on the birth of their son.

To Jenny Mills on breaking the Club Record F65/69 at the Oldbury 10M

Dan Rodgers on winning the Treggy7 again and in a Club Record time.

To Jeanette Johnson on breaking the Club Record F45/49 in the Treggy7.

To Jeanette Johnson, Emma Baker, Becky Mudd, Emma Summersby, Sarah Worth and Jessica Goldberg – 2nd Ladies team at the Treggy.

To Trevor Gynn on setting a M50/54 Club Record for 5K at Plymouth.

To Russell Leeton on breaking the Club Record M40/44 at Siblyback 5K

To Hayley Thorp on breaking the Club Record Senior Ladies at Siblyback 5K

SOCIAL EVENTS

11th October Launceston Carnival - “We have entered the Launceston Carnival again this year. We have 30 club members who have volunteered to be part of the procession. The costume making, which has been a huge task, is going very well with 23 of the Mr Men and Little Miss costumes already made. It would be really good to have your support if you are not involved in the procession. We think we will look pretty impressive.” Peter Thorp (petethorp@aol.com or mobile 07793470383)

February – Barcelona Club Trip - “It looks like it is all systems for the Barcelona Half Marathon in February. Final arrangements are being put into place and it looks like we will have a party of about 20 making the trip” Peter Thorp

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 torch.

LONDON MARATHON

The Club usually receives two guaranteed entry places for the London Marathon. If you wish to apply for one of these you must forward your official rejection slip to Peter Thorp or another member of the Committee **as soon as you receive it**. 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 a 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 in 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 run London.

ANNUAL PRESENTATION

We are in the process of making the arrangements for our annual Awards Night. Date and venue will be confirmed in the next Newsletter. The event will be in January and will be a Grand Ball with the option to dress as smart as you like. It will be a great night and an opportunity for us all to celebrate the achievements of our Club members. There are many award categories from Best Newcomer to the best photograph with our 'Tiger' Club Mascot.

TREGGY7

“A huge thank you to all helpers at the Treggy7. The feedback received has been extremely complimentary and this is due to everyone of you doing a superb job and creating a great atmosphere. Any Marshall/helper who did not get a race momento (a triangular backpack), please let me know and I will get one organised.” Kevin Marshall (kmarshall0506@aol.com or phone 01566 784513).
“Our Treggy7 was a great success again this year with 359 runners completing the race. Congratulations to Dan Rodgers for winning the race for the second year in succession and smashing the course record in the process. Launceston RR had several runners taking prizes in their age category and our ladies took second place overall in the female team competition. It just goes to show that we can compete against any team when we have a good turnout for the Cornish Grand Prix races.
Full details for our club members results are set out below in the results section.” Peter Thorp

“MOB MATCHES”

The Committee have targeted the following races when they hope to get as many members as possible turning out -
5th October - Newquay 10K, 26th October - Tavy 7M, and on 23rd November Falmouth Mob Match 5M. Please try and be there!

FOSTER'S FIVES 2014 RACES

The next races in the series are the Taunton 10K on 28th September and the Newquay 10K on 5th October.

CORNISH GRAND PRIX 2014

The next race in the series is the Newquay 10K on 5th October

CORNISH MULT-TERRAIN RACE SERIES 2014/15

The next race in the series is the Remembrance Run 4M MT on 9th November

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 inside the Phoenix Leisure Centre car park at 6.55pm.
If you are late meet at the training location for the session.

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.

25 th September	-	Repetitions
2 nd October	-	Reduced time hills on Windmill Lane
9 th October	-	Technical session in the Race Hill car park
16 th October	-	Meet and greet; on Pennygillam Industrial Estate
23 rd October	-	1/2 mile or 1/4 mile reps on Newport Industrial Estate
30 th October	-	30 minutes interval/fartlek from Phoenix Leisure Centre
6 th November	-	Hill pyramid at Meadowside

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

RESULTS

- 30th August** - **Lanhydrock Park Run 5K** Claire Walters 23.58
- 30th August** - **Oke Croak 10M+ XC** Jenny Mills 1.49.12 **Jenny was 2nd Lady overall.**
- 30th August** - **Forest Flyer 5M MT** Peter Kirby Peter Mander
- 1st September** - **Devon 10K Track Championship** **Dan Rodgers “guested” and won in 31.51**
- 2nd September** - **Exe 5K Series** Julie Towers 22.46
- 6th September** - **Aston Subedge Trail Marathon** Mike Whitley 3.58, Sarah Pridham 5.58
- 7th September** - **Somerset Levels and Moors Marathon 26.2M XC** Jenny Mills 4.24.04

7th September - Treggy7 CGP

Dan Rodgers 37.05 (97.71), Darren Evans 44.08 (82.10), Jeanette Johnson 49.05 (95.08), Emma Baker 50.04 (84.89), Jordan Platt 50.23 (71.92), Nigel Reddicliffe 50.26 (79.53), Becky Mudd 52.18 (81.26), Stephen Hutchinson 52.55 (89.58), Russell Leeton 53.45 (70.74), Emma Summersby 57.05 (74.45), Sarah Worth 58.47 (72.30), Stewart Gynn 59.08 (65.57), Jessica Goldberg 59.33 (71.37), Kirsty Freeman 1.01.16 (70.78), Martin Venning 1.02.00 (77.46), David Richards 1.02.03 (58.39), Derek Veale 1.02.42 (88.20), Louise Werran 1.04.35 (65.81), Janet Lathom 1.05.03 (81.48), Vicky Holt 1.11.34 (59.38) Jackie Chapman 1.13.23 (65.74), Cheryl Leach 1.13.41 (79.82), Ann Venning 1.27.00 (64.93)

Dan won the race in a new Course Record, Club Record and PB.

Jeanette was 1st F45/49, Emma was 2nd F U/35, Janet was 2nd F55/59, Ann was 3rd F 60/64.

Stephen was 2nd M60/64, Derek was 2nd M70/74

The ladies were also second team (Jeanette, Emma, Becky, Emma, Sarah and Jessica)

A PBO for Jeanette and Louise,

PB's for Darren, Pawel, Jordan, Stephen, Russell, Emma Summersby, Sarah, Stewart, Jessica, David and Derek

- 13th September** - **Lanhydrock Park Run 5K** Russell Leeton 22.32
- 13th September** - **Horsham Park Run 5K** Claire Waters 22.01 **1st F40/44**
- 13th September** - **Plymouth Armada 5K** Trevor Gynn 19.55 **A new Club Record for Trevor**
- 14th September** - **Doone Run 10M MT** Derek Veale 1.59.08
- 14th September** - **Oldbury Power Station 10M** Jenny Mills 1.11.48 (115.78), Peter Kirby 1.16.30 (92.37)
A New Club Record for Jenny with the highest points ever scored in the Pentathlon Cup.
Jenny also broke the Course Record and her time is the best in her age group in the UK this year!

14th September - Newton Abbot Ladies 10K FF

Julie Barriball 54.04 (77.71), Lavinia Marshall 58.17 (83.04)

14th September - Truro 1/2M CGP

Darren Evans 1.26.19 (83.93), Jackie Chapman 2.20.46 (66.68)

- 20th September** - **High Peak 40M MT** Jenny Mills (time onknown)
- 21st September** - **Medmenham 10M MT** Shaun Chillingworth 1.17.16
- 21st September** - **Siblyback 5K**
Dan Rodgers 15.52, Russell Leeton 21.47, Mark Knight 26.54, Hayley Thorp 26.58, Laura Clements 29.38, Claire Thorp 31.30
Dan broke the Course Record. New Club Records for Russell and Hayley
PB's for Russell, Mark, Hayley, Laura and Claire

FORTHCOMING EVENTS

SEPTEMBER

28 th September	Mawnan Fun Run	Mawnan Smith	5K and 10K	
28 th September	Mud and Sweat Run	River Dart Country Park	5K and 10K	
28th September	Taunton 10K	Taunton	10K	FF

OCTOBER

5TH October	Newquay 10K	Newquay	10K	CGP/FF
5 th October	Plymouth Armada 1/2M	Plymouth	13.1M	
5 th October	Teign Valley Toddle	Christow	10.25M	
5 th October	Churston Flyer	Churston	5M	
19 th October	Eden Marathon and 1/2M	Nr. St. Austell	26.2M and 13.1M	
19 th October	Dartmoor Vale	Newton Abbott	16.2M, 13.1M and 10K	
19 th October	Great West Run	Exeter	13.1M	
19 th October	Exmoor Stagger/Stumble	Minehead	15.1M and 6M	
26 th October	Tavy 7	Tavistock	7M	
26 th October	Harepath 1/2M	Nr. Taunton	13M	XC
26 th October	South Molton Struggle	South Molton	7.8M	MT
27 th October	Great Lode Run	Redruth	5M	MT
30 th October	Dig Deep 10K	Siblyback Lake	10K	

NOVEMBER

2 nd November	Templer 10M	Newton Abbot	9.7M	MT	
2 nd November	Plymouth 10K	Plymouth	10K		
9th November	Remembrance Run	St Michaels Mount	4.2M	MT	CMTRS
16th November	Cornish Marathon	Pensilva	26.2M	CGP	
16 th November	Drogo 10	Castle Drogo	10M	MT	
23 rd November	Surf & Turf Run	Maker Camp	10M	MT	
23rd November	Mob Match	Falmouth	5M	FF	
30 th November	Bicton Blister	Bicton	10M	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 Bodmin, Lanhydrock and at Plym Valley, Plymbridge Woods (and from 11th October at Upper Tamar Lake, Nr. Kilkhamton).

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 and to well controlled dogs on leads.

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

NOVEMBER NEWSLETTER

The November newsletter will be published on Wednesday 29th October. Any copy for that newsletter should be sent to Peter Mander by Monday 27th 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