



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.179

OCTOBER 2016

BIRTHDAYS

A “Happy Birthday” in October to Kevin Bull, Phil Cleary, Kate Crowells-Hodge, Edward Horn, Malcolm Jones, Angela Leverton, Sarah Pridham, Tim Robinson, and Matthew Wise.

NEW MEMBERS

A warm welcome to our newest members Francesca Ford, Tanya Jarvis and Louisa Shaw.

CONGRATULATIONS

To Jeanette on setting a new Club Record for F50/54 at the Treggy7.

To Tim Robinson on winning the 5Kool Tavistock 5K.

To Julie Towers on setting a new Club Record for F50/54 at the Exe 5K

TREGGY 7

Thanks to the efforts of all of you who volunteered to help, donated cakes, or ran, this was a great success.

DATE FOR THE DIARY

Our annual Awards Evening will be taking place on Saturday 28th January 2017. Save the date!!

LAUNCESTON CARNIVAL

The Launceston Carnival is on Saturday 8th October, and we really need some more volunteers for our walking entry. So if you are free and will to take part, please let me know - sarahlb89@hotmail.com. Sarah

EDINBURGH TRIP - 27-28th May 2017

It is not too late to register your interest in the club trip to Edinburgh for the marathon festival races over the weekend I – 5K to full marathon.. Email sarahlb89@hotmail.com

NUTRITION TALKS

We are hosting a talk from Matt Luxton on running and race nutrition on Monday 31st October. The talk is open to club members only and will be free of charge to anyone wishing to attend. Please let us know if you can attend so that we can get numbers sorted out for the venue.

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 next races in the series are the Newquay 10K on 2nd October and Plymouth 10K on 9th October.

CORNISH GRAND PRIX 2016

The next races in the series are the Newquay 10K on 2nd November and 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 6th December.

(Please note that the Remembrance Run is on 13th November and not the 8th November as advised in last month’s newsletter)

WESTWARD LEAGUE

There has been interest from some members in taking part in the Westward Winter League. This is a cross country series with this season's fixtures being as follows =

Sunday 9 th October	=	Plymouth
Sunday 13 th November	=	Newquay
Sunday 4 th December	=	Exeter
Sunday 15 th January	=	Westward Ho!
Sunday 12 th February	=	Stover
Sunday 19 th March	=	Redruth

The races take place in the early afternoon and they are between 3 – 5 miles approx.. There are prizes for different age categories.

We don't expect to be able to make full teams at this stage but if anyone thinks they might like to try running in one or more of these races then please let me know ASAP! Email claire@watersnet.co.uk

This does not commit you, but, I need to register names as soon as possible.

A great opportunity to keep the training up over the winter and get nice and muddy!

Competitors are required to be a member of an EA affiliated club and you would need to run in a club vest.

More details can be found here – <http://www.cornwallac.org.uk/content/fixtures.asp?Cat=2>

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.

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.

6 th October	-	Mystery
13 th October	-	400m pyramids
20 th October	-	Technical
27 th October	-	Intervals/Fartlek
3 rd November	-	Hills

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

3rd September - **Penrose, Helston Parkrun 5K** John Barnes 26.20

3rd September - **City to Sea Ultra (Exeter to Torquay) 55M** Stephen Cox 12.41.23

3rd September - **City to Sea Marathon 26.58M** Alan Littlejohns 5.32.32

4th September - **Treggy7 CGP**

Tim Robinson 41.00 (87.86), Ed Horn 43.01 (84.23), Jonathan Davison 45.07 (80.31), Darren Evans 45.26 (79.75), Pawel Szymanski 46.22 (81.17), Jeanette Johnson 48.15 (98.87), Thomas Davison 49.34 (73.10), Trevor Gynn 49.54 (84.08), Mike Gilbert 52.32 (68.97), Claire Waters 52.38 (85.86), Paul Moore 53.10 (78.91), Jon Roberts 54.08 (71.73), Nick Harrison 54.54 (67.16), James Shaw 54.59 (65.90), Louisa Shaw 56.04 (75.80), Sharon Glendinning 59.53 (70.97), Chris Norris 1.00.12 (61.87), Julie Barriball 1.00.55 (79.19), Jenna Aldridge 1.02.29 (68.02), Morgan Cain 1.02.42 (57/79), Dawn Acaster 1.02.43 (67.77), Rebecca Wise 1.03.09 (67.30), Amanda Chapman 1.03.23 (67.05),

Jessica Goldberg 1.03.35 (66.84), John Barnes 1.04.31 (67.35), Martin Venning 1.04.51 (76.05), Janet Lathom 1.06.19 (81.95), Mary Roberts 1.06.44 (67.72), Sharon Rundle 1.07.37 (71.34), Nicole Emmett 1.12.10 (60.09), Sophie Jeffreys 1.12.32 (58.59), Matt Haisman 1.13.28 (55.20), Lorraine Hawkins 1.17.04 (61.90), Jackie Gay 1.17.47 (62.02)

Jeanette was 1st F50/54 in a new CLUB RECORD. Tim was 3rd M U/35.

The Mens and Ladies teams each came 3rd. The Ladies 50+ Veterans team came 1st.

PB.s for Tim, Ed, Jonathan, Jeanette, Thomas, Paul, Jon, Nick, James, Louisa, Sharon, Chris, Jenna, Morgan, Cain, Amanda, Mary, Sharon, Sophie, Matt, Lorraine and Jackie. A PBO for Pawel.

6th September - Exe 5K Series Julie Towers 21.43 A new Club Record for Julie.

10th September - Tamar Lakes Parkrun 5K Alan Littlejohns 26.21, Kevin O'Mahoney 29.29

11th September - Bude Pirate Run 8M MT

Pawel Szymanski 1.06.32, Claire Waters 1.11.43, John Barnes 1.27.44, Sharon Rundle 1.33.52, Sarah Swift 1.33.53

Claire was 1st Lady 45/49

11th September - Wirral 10K Martin Venning 52.67 (82.94)

11th September - Michelmores 5K Julie Towers 23.02

11th September - Great North Run 1/2M

Tim Robinson 1.15.48 (92.74), Adrian Brown 2.20.05 (50.68) **A PBO for Tim**

17th September - Lanhydrock Parkrun 5K Adrian Brown 34.50

17th September - Tamar Lakes Parkrun 5K

Amanda Chapman 26.54, Kevin O'Mahoney 29.13, Alan Littlejohns 48.44 Alan acted as "Tailender"

17th September - 5Kool Tavistock 5K

Tim Robinson 17.20, Russell Leeton 20.33, Stephen Cox 20.37 Tim won the race.

18th September - Truro 1/2M CGP

Darren Evans 1.31.48 (76.58), Claire Waters 1.44.28 (84.17), James Gulliver 1.49.19 (64.31), Kristina Gulliver 1.49.26 (75.55), Julie Towers 1.54.19 (84.97), Chris Norris 1.56.11 (62.36), Louise Werran 2.01.10 (68.94), Rebecca Wise 2.04.18 (66.53), Julie Barriball 2.06.31 (74.19), John Barnes 2.12.20 (63.87)

Claire was 2nd Lady 45/49. The Ladies team was 3rd. PB's for James, Kristina and John

24th September - Tamar Lakes Parkrun 5K

Linda Pickard 25.20, Alan Littlejohns 25.50, Martin Venning 26.00, Kevin O.Mahoney 29.45

25th September - Bristol 1/2M

Jessica Goldberg 1.57.03 (70.65), Rebekah Hyde 2.03.26 (66.67) Sophie Jeffreys 2.16.02 (60.79)

25th September - Barnstable Marathon Russell Leeton 3.40.34 (74.76) A PB for Russell

25th September - Barnstable 1/2M Tim Robinson 1.16.52 (91.46) Tim was 2nd in the race!!

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

OCTOBER

2nd October	Newquay 10K	Newquay	10K	CGP/FF
2 nd October	Minster Challenge	Axminster	5K and 10K	MT
8 th October	Lanhydrock 10M	Lanhydrock	10M	MT
9 th October	Westward XC League	Plymouth	3 – 5 miles	XC
9 th October	Mud and Sweat Mud Run	River Dart Country Park	5K and 10K	MT
9th October	Plymouth 10K	Plymouth	10K	FF
15 th October	Tavy 5Kool	Tavistock	5K	
16 th October	Eden Project Marathon and /2M	Eden Project	26.2M and 13.1M	
16 th October	Great West Run	Exeter	13.1M	
23 rd October	Tavy 7	Whitchurch	7M	
30 th October	South Molton Struggle	South Molton	7.8M	MT

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
13 th November	Remembrance Run	St Michaels Mount	4.2M	CMTRS
19 th November	Tavy 5Kool	Tavistock	5K	
20 th November	Cornish Marathon	Pensilva	26.2M	CGP
27 th 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	MT

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.

NOVEMBER NEWSLETTER

The November newsletter will be published on Saturday 29th October. Any copy for that newsletter should be sent to Peter Mander by latest Friday 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. 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.