



# 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.203

OCTOBER 2018

### BIRTHDAYS



Happy Birthday” in October to Andy Berry, Kevin Bull, Ed Horn, Malcolm Jones, Jane Pritchard, Veronica Retallack, Tim Robinson, Sarah Sampson, Glenda Smith, Matt Wise

### NEW MEMBERS

A warm welcome to the starter group. Delighted you are all doing so well and it won't be long before you are running 3 miles.

### CONGRATULATIONS

To Emma Baker on setting a new FU35 7M club record at the Treggy 7

To Emma Baker, Louisa Shaw, Jenny Mills, Yas Statton, Jaïne Hynes & Becky Wise on being the 3<sup>rd</sup> ladies team at the Treggy 7

To Jenny Mills, Jaïne Hynes, Julie Barriball & Janet Lathom on being the 1<sup>st</sup> 50+ ladies team at the Treggy 7

### DATE FOR YOUR DIARY –

#### Launceston Road Runners Awards Night

This year's awards night is on Saturday 9th February; keep an eye on next Month's newsletter for more details!



2019!!

### TREGGY 7

Kevin wishes to thank all the marshals, helpers, cake makers and runners that represented our club and made it such a successful race. This year we had fine weather and 496 entries. Well done all!! It was great to hear the bagpipes at the start, in the square and in the castle grounds at the finish.



After many years of setting up the course, Jon and Pete have decided to step down. Hence, we will be looking for a new team to take on the task. If you are interested, please speak to Kevin for full details.

### ONLINE CLUB SHOP

The new online club shop is open. Please see Facebook for the link.

### FOSTER'S FIVES 2018 RACES

The next races in the series are the Plymouth 10K on the 7<sup>th</sup> October and the Mob Match at Falmouth on the 25<sup>th</sup> November

### CORNISH GRAND PRIX 2018

The last race in the series is the Cornish Marathon on the 4<sup>th</sup> November

## PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are the Plymouth 10K on the 7<sup>th</sup> October, the Great Western Run on the 14<sup>th</sup> October, the Tavy 5Kool on the 20<sup>th</sup> October, the Tavy 7 on the 28<sup>th</sup> October and the Cornish Marathon on the 4<sup>th</sup> November.

## CORNISH MULTI-TERRAIN RACE SERIES 2018/2019

The next race in the series is the Mounts Bay Remembrance Run on the 11<sup>th</sup> November

## 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/ December 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. With the darker evenings here, there will be at least one torch group going out every Tuesday night starting in October. If you wish to join the 6/7 mile out of town group, please ensure you have a headtorch. There will also be a 6/7 mile in town group.

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>NEW STARTER GROUP</b>	<b>5 miles</b>	<b>6 / 7miles In town</b>	<b>6/7 miles Torch</b>	<b>8 miles Torch</b>
<b>2<sup>nd</sup> Oct</b>	Gill	Vin	Kevin	Vicky	Darren & Co
<b>9<sup>th</sup> Oct</b>	Gill	Vin	Louise	Sarah	Darren & Co
<b>16<sup>th</sup> Oct</b>	Gill	Vin	Kevin	Peter	Darren & Co
<b>23<sup>rd</sup> Oct</b>	Gill	Vin	Jo	Vicky	Darren & Co
<b>30<sup>th</sup> Oct</b>	Gill	Vin	Peter	Kevin	Darren & Co
<b>6<sup>th</sup> Nov</b>	Gill	Vicky	Sarah	Louise	Darren & Co
<b>13<sup>th</sup> Nov</b>	Gill	Vin	Jo	Vicky	Darren & Co

## 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.

4 <sup>th</sup> October	½ mile or ¼ mile reps	Newport Ind. Est.
11 <sup>th</sup> October	Out and Back	Pennygillam Ind. Est
18 <sup>th</sup> October	Hills	TBC
25 <sup>th</sup> October	Meet and Greet	Pennygillam Ind. Est
1 <sup>st</sup> November	400m pyramids	Link Road
8 <sup>th</sup> November	Intervals/Fartlek	TBC
15 <sup>th</sup> November	½ mile reps	Newport Ind. Est.
22 <sup>nd</sup> November	Hills	TBC
29 <sup>th</sup> November	200/200 continuous loops	Trevallyn Road
6 <sup>th</sup> December	Intervals	TBC
13 <sup>th</sup> December	400m reps	Link Road
20 <sup>th</sup> December	Christmas Relays	TBC
27 <sup>th</sup> December	Short Hills	TBC

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

Would all members please ensure that they wear a high visibility bib for all evening training/running sessions, as the light is beginning to fail. **NO BIB = NO RUN!**

## RESULTS

**1<sup>st</sup> September**                      **Tamar Trails Parkrun 5K**                      Chris Norris 27.11, John Barnes 27.52, Kayleigh Stringer 29.10

**1<sup>st</sup> September**                      **Yes Tor 10 Hill Race**                      Darren Evans 1.34.24, Louise Werran 2.04.15

### Darren 5<sup>th</sup> overall & Louise 1<sup>st</sup> lady

**1<sup>st</sup> September**                      **Dartmoor 50**                      Adrian Brown 15.57.12

**1<sup>st</sup> September**                      **Treggy 7**

Ed Horn 43.47 (82.76), Darren Evans 47.24 (76.44), Emma Baker 48.08 (88.30), Steve Cox 50.03 (80.14), Richard Foster 51.00 (75.34), Pawel Symanski 51.40 (70.13), Ben Jarram 52.07 (69.52), Nick Harrison 54.05 (69.58), Brian Wiles 54.33 (96.97), Jenny Mills 55.15 (109.45), Louisa Shaw 56.18 (75.49), Andy Berry 56.39 (65.75), Yas Statton 56.50 (74.78), Martin Hynes 57.39 (83.31), Jaime Hynes 58.23 (84.53), Brian McGinnity 58.23 (63.79), Mark Lancaster 58.45 (61.67), Chris Norris 1.01.12 (61.49), Becky Wise 1.02.18 (68.22), Julie Barriball 1.02.32 (78.92), Mary Roberts 1.04.50 (71.21), Janet Lathom 1.05.29 (85.15), John Barnes 1.05.52 (67.58), Vicky Holt 1.09.14 (61.39), Jackie Gay 1.11.12 (69.31), Matt Haisman 1.12.31 (57.20), Anthony Swift 1.14.13 (48.82), Mike Pyke 1.15.45 (50.72), Paul Heywood 1.16.22 (52.52), Alan Littlejohns 1.16.24 (69.24), Gill Aze-Thomas 1.16.24 (59.78)



**Ed 3<sup>rd</sup> MU35, Brian 1<sup>st</sup> M 70-74, Jenny 1<sup>st</sup> F65-69, Louisa Shaw 3<sup>rd</sup> F 35-39 & Janet 3<sup>rd</sup> F 60-64**

**8<sup>th</sup> September**                      **Tamar Lakes Parkrun 5K**                      Paul Moore 22.13, Kevin Bull 27.53

**8<sup>th</sup> September**                      **Tamar Trails Parkrun 5K**                      Andy Berry 23.20

**8<sup>th</sup> August**                      **Porthtowan 10K**                      Nicola Emmett 1.23.58

**9<sup>th</sup> September**                      **Bude Pirate Run MTRS 2**

Emma Baker 1.04.50, Jenny Mills 1.20.13, Mark Jones 1.22.09, Louise Werran 1.23.23, Jaime Hynes 1.23.26, Becky Wise 1.23.54, Dawn Acaster 1.30.13, Jo Northey 1.35.06, Philippa Baker 1.40.43, Vicky Holt 1.42.44, Jo Bailey 1.57.35

**Emma 2<sup>nd</sup> lady overall & 2<sup>nd</sup> FU35 and Jenny Mills 1<sup>st</sup> F65 - 69**

**9<sup>th</sup> September**                      **Great North Run**                      Gill Aze-Thomas 2.33.17 (57.97)

**15<sup>th</sup> September**                      **Tamar Lakes Parkrun 5K**                      Paul Moore 21.07, Alan Littlejohns 30.35

**15<sup>th</sup> September**                      **Robin Hood 100 Miles**                      Adrian Brown 28.06.10

**15<sup>th</sup> September**                      **6 Moor Miles**                      Steve Cox 49.35, Sarah Ross 1.11.37

**15<sup>th</sup> September**                      **Tavy 5Kool**                      Louisa Shaw 22.49, Jim Shaw 22.53, Chris Norris 24.24

**PB for Chris**

**16<sup>th</sup> September**                      **Goodwood Running Grand Prix (½ marathon)**

**Sally Harvey 2.18.34 (69.29) PB**



**16<sup>th</sup> September****Truro ½ marathon**

Richard Foster 1.45.53, Ben Jarram 1.48.01, Brian Wiles 1.51.42, Jenny Mills 1.53.48, Linda Pickard 2.06.03, Dave Pickard 2.10.25, Chris Norris 2.12.40, John Barnes 2.17.01, Mary Roberts 2.18.38, Vin Marshall 2.21.31



**Brian 1<sup>st</sup> M 70-74, Jenny 1<sup>st</sup> F65-69 & Vin 3<sup>rd</sup> F65-69**

**16<sup>th</sup> September****Berlin marathon**

Tim Robinson 2.49.03 (90.78)

**22<sup>nd</sup> September****Tamar Lakes Parkrun 5K**

Alan Littlejohns 30.56

**22<sup>nd</sup> September****Tamar Trails Parkrun 5K**

Kayleigh Stringer 29.02

**22<sup>nd</sup> September****Lanhydrock 10 MTRS 3**

Darren Evans 1.08.45, Emma Baker 1.15.18, Russell Leeton 1.26.11, Mark Jones 1.32.38, Louise Werran 1.36.26, Jaine Hynes 1.36.59, Linda Pickard 1.37.12, Julie Barriball 1.41.13, Dave Pickard 1.41.32, Becky Wise 1.43.28, Jo Northey 1.51.18, Vicky Holt 1.51.24, Matt Haisman 1.51.24, Chris Gaunt 1.52.49, Nicola Emmett 1.56.15, Philippa Baker 1.56.32

**Emma 2<sup>nd</sup> lady overall & 2<sup>nd</sup> FU35, Darren 3<sup>rd</sup> MU40, Jaine 3<sup>rd</sup> F50-54 & Linda 2<sup>nd</sup> F55-59**

**23<sup>rd</sup> September****Warhorse 10K**

Alan Littlejohns 1.08.09 (69.11)

**23<sup>rd</sup> September****Newton Abbott Ladies 10K**

Vin Marshall 1.00.20 (84.49), Sarah Ross 1.07.16 (66.87)

**23<sup>rd</sup> September****Bristol ½ marathon**

Peter McAughey 1.45.52 (73.70)

**FORTHCOMING EVENTS****OCTOBER****7<sup>th</sup> October****Plymouth 10K****Plymouth****10K****FF**

14<sup>th</sup> October

Eden Project Marathon and ½ M

Eden Project

26.2M and 13.1M

14<sup>th</sup> October

Exeter Great West Run

Exeter

13.1M

**PC**

20<sup>th</sup> October

Tavy 5Kool

Tavistock

5K

**PC**

20<sup>th</sup> October

Plym Trail weekend

Plymouth

26.2M and 13.1M

21<sup>st</sup> October

Plym Trail weekend

Plymouth

26.2M and 13.1M

28<sup>nd</sup> October

Tavy 7

Whitchurch

7M

**PC**

28<sup>th</sup> October

Dartmoor Vale Races

Newton Abbot

10K, 13.1 & 26.2

**NOVEMBER****4<sup>th</sup> November****Cornish Marathon****Pensilva****26.2M****CGP 15 PC**

4<sup>th</sup> November

Templer Ten

Newton Abbot

10M

MT

4<sup>th</sup> November

Bideford 10

Bideford

10M

11<sup>th</sup> November

Westward XC League

Newquay

3 – 5 Miles XC

11<sup>th</sup> November

**Remembrance Run****St Michaels Mount****4M****MTRS 3**

17<sup>th</sup> November

Tavy 5Kool

Tavistock

5K

**PC**

18<sup>th</sup> November

Lopwell Loop

Plymouth

12K

25<sup>th</sup> November

**Mob Match****Falmouth****5M****FF****PC**

25<sup>th</sup> November

Bicton Blister

Bicton

11M

MT

**FF = FOSTERS FIVE**

**CGP = CORNISH GRAND PRIX**

**CMTRS = CORNISH MULTI-TERRAIN RACE SERIES**

**PC = PENTATHON CUP**

In addition to the above, there are 5k Parkruns every Saturday at 9am at Lanhydrock, Bodmin, at Plym Valley, Plymbridge Woods, at Upper Tamar Lake, Nr. Kilkhampton, Tamar Trails at Gunnislake, Trelassick 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 31st October. Anything to be included in the newsletter should be sent to Vin Marshall by Wednesday 24<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.



