



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

Newsletter Co-ordinator: Vin Marshall

Mobile – 07909 794146

Email : kmarshall0506@aol.com

NEWSLETTER NO.202

SEPTEMBER 2018

BIRTHDAYS



Happy Birthday” in September to Phil Box, Chris Gaunt, Ben Jarram, Chris Norris, Linda Pickard, Chris Pritchard, Fern Sampson, Jon Spettigue, Ann Venning, Mike Whitley, Brian Wiles, Michelle Yeo, Joanne Bailey

NEW MEMBERS

A warm welcome to our newest members: Claire Hartwell and Bex Betambeau

CONGRATULATIONS

To **Linda Pickard** on setting a new **5K club record** for **F55/59**

To **Janet Lathom** on setting a new **5K club record** for **F60/64**



STARTER GROUP

A new starter group will be commencing on Tuesday 11th September for 10 weeks. Gill Aze-Thomas will be leading this group and the cost will be £15.

ONLINE CLUB SHOP

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

FOSTER'S FIVES 2018 RACES

The next races in the series are Newton Abbot Ladies 10K on the 23rd September and the Plymouth 10K on the 7th October

CORNISH GRAND PRIX 2018

The next races in the series are the Treggy 7 on the 2nd September and the Truro ½ marathon on the 16th September.

PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are the Treggy 7 on the 2nd September, Tavy 5Kool on the 15th September, Truro ½ marathon on the 16th September and Barnstaple marathon on the 30th September.

CORNISH MULTI-TERRAIN RACE SERIES 2018/2019

The next race in the series are the Bude Pirate Run on the 9th September and the Great Lanhydrock Run on 22nd September

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

	3/4miles	5 miles	6 miles	7 miles	8 miles
4 th Sept	Vicky	Vin	Louise	Kevin	Darren
11 th Sept	NEW STARTER GROUP Gill/Kevin	Vin	Vicky	Vicky	Darren
18 th Sept	Gill	Vin	Kevin	Kevin	Darren
25 th Sept	Gill	Vin	Peter	Kevin	Darren
2 nd Oct	Gill	Vin	Vicky	Kevin	Darren
9 th Oct	Gill	Vin	Louise	Peter	Darren
16 th Oct	Gill	Vin	Kevin	Peter	Darren

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.

6 th September	Out and back (short intervals in pairs)	TBC
13 th September	Tavy Track	Tavistock 8pm Start
20 th September	400m pyramids	TBC
27 th September	Intervals / fartlek	TBC
4 th October	½ mile or ¼ mile reps	TBC
11 th October	Out and Back	TBC
18 th October	8-4-8	

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

If you have any queries, please contact Kevin Marshall on 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

28th July

Tamar Lakes Parkrun 5K

Paul Moore 21.30, Chris Pritchard 25.34, Kayleigh Stringer 26.40, Alan Littlejohns 31.56, Jane Pritchard 31.58

28th July

Tamar Trails Parkrun 5K

Ed Horn 19.13, Adrian Brown 25.57

28th July

Tywardreath Trotter MTRS1

Jeanette Johnson 47.59, Louise Werran 1.04.32, Becky Wise 1.05.45, Jo Northey 1.07.37, Jaine Hynes 1.07.45, Philippa Baker 1.18.04, John Mason 1.18.50



Jeanette 1st lady

4th August Tamar Lakes Parkrun 5K Alan Littlejohns 31.17

4th August Tamar Trails Parkrun 5K Chris Norris 25.59, Kevin bull 28.55, Russell Leeton 30.10

4th August Greenbow Straight 8 Jo Bailey 1.36.46

5th August Indian Queens ½ marathon

Tim Robinson 1.22.59, Kevin Marshall 1.35.47, Richard Foster 1.40.53, Steve Cox 1.41.27, Ben Jarram 1.48.49, Brian Wiles 1.50.25, Jenny Mills 1.51.15, Jaine Hynes 1.57.56, Julie Barriball 2.07.55, David Pickard 2.15.45, Martin Venning 2.21.24, Vin Marshall 2.24.04, Sally Harvey 2.26.58, John Barnes 2.28.07, Linda Pickard 2.30.10, Tanya Jarvis 2.38.28

Brian 1st M 70-74 & Jenny 1st FV65 -69

11th August Tamar Lakes Parkrun 5K Ed Horn 18.51, Philippa Baker 28.53, Alan Littlejohns 31.43

11th August Tamar Trails Parkrun 5K Andy Berry 23.26

11th August Plague - 64 miles Russell Leeton 17.23.44



11th August Black Rat - 32miles Nick Harrison 7.29.18

11th August Red Rat - 20 miles

Jo Northey 4.55.53, Mark Jones 5.08.10, Peter McAughey 5.15.03, Dawn Acaster 6.12.19, Kirsty Knight 6.16.12, Mary Roberts 6.16.12, Becky Wise 6.16.36, Vicky Holt 6.16.37



11th August White Rat - 11 miles Linda Pickard 2.26.43, Dave Pickard 2.26.45, Nicola Emmett 2.46.38



17th August St. Levan 10K

Richard Foster 43.29 (78.68), Ben Jarram 43.53 (73.35), Linda Pickard 54.26 (82.63), Dave Pickard 57.11 (70.17)

PB for Ben

18th August Tamar Lakes Parkrun 5K Alan Littlejohns 31.59

18th August Tamar Trails Parkrun 5K
Andy Berry 23.17, Chris Norris 26.40, Russell Leeton 30.20, Adrian Brown 35.06

18th August Tavy 5Kool
Ed horn 17.46, Peter McAughey 22.02, Linda Pickard 25.50, Dave Pickard 26.38, Janet lathom 27.23

PB's for Ed, Peter, Linda, Dave and Janet

19th August Longford Marathon Brian MGinnity 3.43.56 (70.63)

PBO for Brian

25th August Tamar Lakes Parkrun 5K Alan Littlejohns 30.45

25th August Tamar Trails Parkrun 5K
Louisa Shaw 25.24, Kayleigh Stringer 28.50, Sarah Ross 32.08, Mark Jones 43.11

25th August Nidda Parkrun 5K, Frankfurt John Barnes 26.39, Sarah Barnes 47.51

27th August Lustleigh 10K MT Linda Pickard 59.56, Dave Pickard 1.05.22

FORTHCOMING EVENTS

SEPTEMBER

1 st September	City to Sea	Exeter	34 & 26.5M	MT
2nd September	Treggy7	Launceston	7M	CGP / PC
5 th September	Sourton Tor Race	Sourton, Devon	2.4M	
9 th September	Bude Pirate Run	Bude	8M	MT
9 th September	Autumn Trail Run	Plymouth	8M	
9 th September	Dartmoor Volcano	South Dartmoor	10.25M	MT
12 th September	Armada 5K Series	Saltram Park	5K	
15 th September	Tavy 5Kool	Tavistock	5K	PC
16 th September	Plymouth Coasters 5 Miler	Plymouth	5M	
16th September	Truro 1/2M	Truro	13.1M	CGP / PC
16 th September	Killerton Trail Races	Killerton House, Exeter	Various distances	
22 nd September	Lanhydrock 10	Lanhydrock, Cornwall	10M	
23 rd September	Bristol 1/2M	Bristol	13.1M	
23rd September	Newton Abbot Ladies 10K	Newton Abbot	10K	FF
30 th September	Taunton 10K	Taunton	10K	
30 th September	Barnstable Mara and 1/2M	Barnstable	26.2M and 13.1M	PC

OCTOBER

7th October	Plymouth 10K	Plymouth	10K	FF
14 th October	Eden Project Marathon and ½ M	Eden Project	26.2M and 13.1M	
14 th October	Exeter Great West Run	Exeter	13.1.M	PC
20 th October	Tavy 5Kool	Tavistock	5K	PC
20 th October	Plym Trail weekend	Plymouth	26.2M and 13.1M	
21 st October	Plym Trail weekend	Plymouth	26.2M and 13.1M	
28 nd October	Tavy 7	Whitchurch	7M	
28 th October	Dartmoor Vale Races	Newton Abbot	10K, 13.1 & 26.2	

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

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 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, she will send it to the paper.

OCTOBER NEWSLETTER

The October newsletter will be published on Saturday 1st September. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 25th September

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.



