

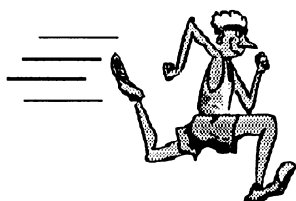
# Launceston Road Runners

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

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**NEWSLETTER NO.154**

**SEPTEMBER 2014**

## **BIRTHDAYS**

A “Happy Birthday” in September to Phil Box, Sue Burges, Alastair Fraser, Linda Pickard, Christopher Pritchard, Jon Spettigue, Hayley Thorp, Sharon Thorp, Ann Venning, Mike Whitley and Brian Wiles.

## **NEW MEMBERS**

A warm welcome to our newest members Louise Chidley, Laura Clements, Trevor Rowe and Emma Summersby.

## **CONGRATULATIONS**

To Jenny Mills on breaking the Club Record for F65/69 10K at Langport.

## **SOCIAL EVENTS**

**BBQ** – Regrettably the BBQ had to be cancelled because of unfavourable weather conditions. Weather permitting it may be rearranged for Sunday 21<sup>st</sup> September and you may like to keep this day free pending further information.

**CARNIVAL – 11<sup>TH</sup> October.** “We have entered Launceston Carnival again this year as a walking entry. This year we have chosen to dress as Mr. Men. Sue Parkin and Sharon Thorp are both busy working hard making the costumes, which should see us take one of the winning certificates!

We have had 23 club members volunteer to join us in the procession where we will be entertaining the crowds with Mr. Men races! There will be drinks before the procession and for those that want to stay afterwards, there is the chance of a few drinks and a curry in one of the Indian restaurants. Even if you are not part of the procession, you are more than welcome to join us for a curry. I will need to book a table, so if you would like to stay for a curry then please let me know either at the club or via telephone (07793470383)” Peter Thorp

## **HEALTH AND SAFETY – IMPORTANT**

**The evenings will now be drawing in again and training runs may be finishing in poor visibility. Please start wearing your high visibility bibs now for all training on Tuesdays and Thursday evenings. If you do not have one, please ensure that you obtain one now!**

## **TREGGY7**

**Cake Stall** - Please let Sharon Thorp (Tel 01566 783286) or Julie Barriball (Tel 01566 774465) know if you are able to make a cake for our cake stall.

**Running** – If you are not helping at the race and intend to run it, please get your entry in as soon as possible.

**Dummy Run** – A dummy run over the Treggy7 course will take place on Sunday 31<sup>st</sup> August. Everyone is welcome – meet in the Town Centre at 9.55am if you are interested.

**Good Luck** to Dan Rodgers who will be defending his Treggy7 title! It was fantastic seeing Dan crossing the line in first place last year.

## **BARCELONA**

We have had 20 Club members register an interest in the trip to Barcelona for the half marathon. We have organised a meeting for those interested on Monday 22<sup>nd</sup> September at the Eagle House hotel at 7.30pm. This will give us the opportunity to discuss how to move forward with the arrangements. It is not too late to register your interest!

## **STARTER GROUP**

Our next “Starter Group” will commence on Tuesday 23<sup>rd</sup> September. The advert will appear on Facebook and it would be really helpful if all members share the advert so that we get maximum exposure. Please feel free to let your friends know and encourage them to join us.

## **“MOB MATCHES”**

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

## “NEW YEAR, NEW YOU” OFFER

The Club has offered a free entry into a draw for a prize of £100 in gift vouchers for any member completing any 8 races from the Foster’s Fives, Cornish Grand Prix and Cornish Multi-terrain Race Series during 2014.

So far the following members have already qualified for a place in the draw –

Jackie Chapman, Darren Evans, Janet Lathom, Russell Leeton, Peter Mander, Graham Parkin, Sue Parkin, Peter Thorp, Ann Venning and Martin Venning

There are still 9 qualifying races for others to choose from and so to join the above in the draw.

## PENTATHON CUP

With still five months to go, the following are the leading ten places (with the number of races completed in brackets) –

Peter Mander 435.45 (5), Jenny Mills (428.75 (4), Darren Evans 404.74 (5), Martin Venning 402.91 (5), Cheryll Leach 376.47 (5), Sue Burges 376.13 (5), Mike Whitley 349.54 (4), Jackie Chapman 345.12 (5), Graham Parkin 335.12 (5), Peter Thorp 290.39 (4)

## FOSTER’S FIVES 2014 RACES

In this competition, so far seven members have completed 3 races (minimum 5 races required) and have scored as follows –

Janet Lathom 247.91 points, Sue Parkin 230.88, Cheryl Leach 224.62, Jackie Chapman 212.70, Ann Venning 201.56, Katie Parkin 188.69 and Linda Pickard 172.54.

The next races in the series are the Newton Abbot Ladies 10K on 14<sup>th</sup> September and the Taunton 10K on 28<sup>th</sup> September.

## CORNISH GRAND PRIX 2014

At this stage but with six more races still to go, the following club members hold positions in the “top ten” of their age category –  
Ladies – Katie Parkin 7<sup>th</sup>, Sue Parkin 7<sup>th</sup>, Jackie Chapman 3<sup>rd</sup>, Janet Lathom 5<sup>th</sup>, Sue Burges 4<sup>th</sup>, Ann Venning 9<sup>th</sup>, Cheryll Leach 1<sup>st</sup>.

Men – Dean Parkin 3<sup>rd</sup>, Adam Knight 9<sup>th</sup>, Darren Evans 5<sup>th</sup>, Russell Leeton 9<sup>th</sup>, Peter Thorp 10<sup>th</sup>, Martin Venning 6<sup>th</sup> and Peter Mander has won the M75/+

The next races are our Treggy7 on 7<sup>th</sup> September and then the Truro 1/2M on 14<sup>th</sup> September.

## CORNISH MULT-TERRAIN RACE SERIES 2014/15

The next race in the series is the Remembrance Run 4M MT on 9<sup>th</sup> 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 6.45pm for 7pm start

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.

4 <sup>th</sup> September	-	Technical
11 <sup>th</sup> September	-	Intervals/Fartlek
18 <sup>th</sup> September	-	Mystery
25 <sup>th</sup> September	-	Repetitions
2 <sup>nd</sup> October	-	Hills

If you have any queries, please contact Kevin Marshall on [kmarshall0506@aol.com](mailto:kmarshall0506@aol.com).

## RESULTS

### 27<sup>th</sup> July - Tywardreath Trotter 7M MT CMTRS

Martin Venning 1.07.02, Peter Mander 1.12.00, Ann Venning 1.33.37 **Peter was 1<sup>st</sup> M75/+**

### 3<sup>rd</sup> August - Totnes 10K

Shaun Chillingworth 48.40 (67.45), Chris Beighton 53.52 (64.88), Jo Beighton 1.01.01 (66.66)

### 3<sup>rd</sup> August - Indian Queens 1/2M MT CGP

Darren Evans 1.25.38, Mike Whitley 1.34.40, Becky Mudd 1.42.56, Phil Box 1.54.19, Alan Littlejohns 1.58.28, Jackie Chapman 2.22.56, Cheryl Leach 2.35.22 **Cheryl was 1<sup>st</sup> F65/69**

5<sup>th</sup> August - Exe 5K Series Julie Towers 22.24

9<sup>th</sup> August - Lanhydrock Park Run Darren Evans 19.32 Louise Werran 28.19

**Darren was 3<sup>rd</sup> overall.**

10<sup>th</sup> August - Salisbury 5-4-3-2-1 Marathon MT Alan Littlejohns 4.46.38

10<sup>th</sup> August - Le Verdon-sur-mare 10K Russell Leeton 46.35 (72.67) **A PBO for Russell**

### 15<sup>th</sup> August - St Levan 10K CGP

Darren Evans 37.02 (86.90), Russell Leeton 45.49 (73.89), Malcolm Jones 48.09 (79.41), Jackie Chapman 59.15 (72.50), Sue Burges 59.19 (81.59), Peter Mander 59.20 (85.59)

**Peter was 1<sup>st</sup> M75/+ PBO's for Darren, Russell and Malcolm**

16<sup>th</sup> August - Roseland Trail Run 32M XC

Mike Whitley 5hrs 43 mins, Sarah Pridham 7hrs 1 mins **Mike was 10<sup>th</sup> overall and 1<sup>st</sup> M50/+**

16<sup>th</sup> August - Roseland Trail Run 20M XC Emma Wild 5hrs 31 mins

16<sup>th</sup> August - Roseland Trail Run 11M XC Dawn Hadfield 3hrs 5 mins

20<sup>th</sup> August - Exeter 10K Peter Kirby 47.49 (92.56) **Peter was 1<sup>st</sup> M65/69**

### 23<sup>rd</sup> August - Trelissick 10K MT CMTRS

Russell Leeton 48.05, Peter Mander 1.02.48, Sharon Thorp 1.08.04, Lyndsey Burke 1.10.01

24<sup>th</sup> August - Severn Bridge 1/2M

Alan Littlejohns 1.52.55 (86.13), Martin Venning 1.57.21 (79.61), Ann Venning 2.44.29 (65.95)

24<sup>th</sup> August - Torbay 10K Peter Kirby 47.00 (92.19) **Peter was 2<sup>nd</sup> M65/69**

24<sup>th</sup> August - Langport 10K Jenny Mills 44.05 (115.64) **PBO and New Club Record**  
(Jenny's time puts her 2<sup>nd</sup> in the UK rankings for 2014) **Jenny was 4<sup>th</sup> lady overall.**

25<sup>th</sup> August - The Rattler 26M XC (with obstacles!) Becky Mudd 4hrs 3mins **3<sup>rd</sup> Lady overall**

## FORTHCOMING EVENTS

### SEPTEMBER

7 <sup>th</sup> September	Treggy7	Launceston	7M	CGP
7 <sup>th</sup> September	Plymouth Coaster 5M	Plymouth	5M	
10 <sup>th</sup> September	Armada Summer Series 5K	Saltram Park	5K	
14 <sup>th</sup> September	Truro 1/2M	Truro	13.1M	CGP
14 <sup>th</sup> September	Newton Abbot Ladies 10K	Newton Abbot	10K	FF
14 <sup>th</sup> September	Hanger Up 'n' Down	Ivybridge	11.8K	MT

20 <sup>th</sup> September	Dig Deep 5K Series	Siblyback Lake	5K	
21 <sup>st</sup> September	Bude Pirate Run	Bude	8M	MT
21 <sup>st</sup> September	Bristol 1/2M	Bristol	13.1M	
28 <sup>th</sup> September	Mawnan Fun Run	Mawnan Smith	5K and 10K	
28 <sup>th</sup> September	Mud and Sweat Run	River Dart Country Park	5K and 10K	
<b>28<sup>th</sup> September</b>	<b>Taunton 10K</b>	<b>Taunton</b>	<b>10K</b>	<b>FF</b>

## OCTOBER

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

\*\* This race incorporates the British Masters 1/2M Championship and the South West Veterans 1/2M Championship.  
If you are a veteran, why not have a go? Peter Mander can provide further information.

**FF = FOSTERS FIVE**      **CGP = CORNISH GRAND PRIX**      **CMTRS = CORNISH MULTI-TERRAIN RACE SERIES**

Pentathlon trophy points are not calculated for pentathlon distance road races not carrying an accuracy certificate.

In addition to the above, there are 5k Park Runs every Saturday at 9am at Bodmin, Lanhydrock and at Plym Valley, Plymbridge Woods. 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](http://www.parkrun.org.uk)

**Stop Press – It is expected that park runs will start at Upper Tamar Lake, Kilkhampton, shortly. Watch the park run website.**

## 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

## OCTOBER NEWSLETTER

**In view of holidays, the October newsletter will be published a week early on Monday 22<sup>nd</sup> September.** Any copy for that issue should be with Peter Mander by latest Saturday 20<sup>th</sup> September.

## 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