

Launceston Road Runners

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

www.launcestonroadrunners.co.uk www.treggy7.co.uk

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SEPTEMBER 2016

BIRTHDAYS

A "Happy Birthday" in September to Phil Box, Tom Lyle, James McDiarmid, Chris Norris, Linda Pickard, Chris Pritchard, Jon Spettigue, Ann Venning, Mike Whitley, Brian Wiles, Michelle Yeo and Andy Young.

NEW MEMBERS

A warm welcome to our newest members – Robert Davison, James Gulliver, Kristina Gulliver, Rebekah Hyde and Louisa Shaw

CONGRATULATIONS

To Julie Towers on breaking the Club F50/55 5K record.

To Jenny Mills on setting a new Club Record F 65/69 for the 1.2M with the highest points ever scored in the Pentathlon Cup

TREGGY 7

Would all club members attending the Treggy7 whether running, marshalling or supporting try to go to the presentation after the race. As the organising Club, it will help to create a great atmosphere.

Anyone supplying a cake for the Treggy7, please bring them to the Town Hall preferably by 8.30am on race day. Thanks.

Good Luck to everyone running this year!

DATE FOR THE DIARY

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

TIMEKEEPERS (STILL) NEEDED!!

We have received the message below for someone from the club to train to become an official timekeeper so that they are able to officiate at EA licensed races in Cornwall. –

"I am writing in my capacity of Chair of the Duchy Athletics Network regarding the need for Cornwall to encourage the training of more qualified timekeepers. Cornwall has been served well by its timekeepers who cover a lot of ground supporting events, but, they are not getting any younger and the time is approaching that unless action is taken, that we will find we have insufficient qualified and experienced officials to be able to cover the increasing number of licensed events. I am writing, therefore, to request the support of Cornwall Road Running Group member clubs in training and supporting more timekeepers. The Duchy Athletics Network is willing to request that a course is put on in Cornwall on a convenient Saturday or Sunday this coming Autumn/Winter, but, we ask that all CRRG clubs seek to identify at least one volunteer who is willing to attend. If we get support the cost will be a nominal £30 per head. This advantage of this is that we will have a new group of volunteers trained to support internal club time trials as well as licensed events and with a number of people qualified the actual call on any individual would be shared and therefore limited."

The Club would be willing to cover the costs for anyone from the Club willing to volunteer. Please email eomm@treggy7 if you are interested. Thanks. Sarah Swift

TINTAGEL RUN

Thank you to everyone that attended the National Trusts coastal run at Tintagel. Despite the miserable weather we had 11 runners and donated £25 to the National Trust. As usual the run was very well organised and enjoyed by all. Sarah Swift

LAUNCESTON CARNIVAL

Thanks to everyone that has volunteered so far to help with this year's carnival entry. If you can help or would like to be part of the entry on the night, drop me an email at sarahlb89@hotmail.com. Sarah Swift.

EDINBURGH TRIP - 27-28th May 2017

We have had a great response so far to the idea of a club trip to Edinburgh.. This takes place over the last bank holiday weekend in May. Over the course of the weekend it features a 5K, 10K, half and full marathons, as well as a marathon relay - something for everyone! Full details about the event can be found on the website <http://www.edinburghmarathon.com>.

If you are interested and have not emailed me, please do so ASAP on sarahlb89@hotmail.com Sarah Swift

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

NUTRITION TALK - 31st OCTOBER

Following feedback from the questionnaires earlier in the year, we have decided to host a talk/presentation on race and running nutrition. Matt Luxton will present the talk on Monday 31st October. The talk is open to club members ONLY and will be free of charge to anyone wishing to attend. If this is something you are interested in, please email the committee at comm@treggy7.co.uk to allow us to book a suitable venue.

COMPETITIONS UP-DATE

Pentathlon Cup – Jeanette Johnson is the first Club Member to complete the necessary 5 qualifying distances and has so far scored 488.46 points. The chasing pack, having completed 4 distances, is led by Jenny Mills 437.36, Brian Wiles 407.85, Vin Marshall 343.69, Edward Horn 343.30, Darren Evans 331.18, Julie Barriball 307.24, Louise Werran 273.27, Sarah Swift 261.36, Morgan Cain 253.03, Chris Norris 240.45 and Adrian Brown 236.06

Foster’s Fives - Vin Marshall has completed 4 races and leads with 342.85 points, followed by Janet Lathom 245.29 and Jessica Goldberg 221.54 both from 3 races.

Certificates - Jeanette Johnson, Jenny Mills and Brian Wiles have already qualified for **Gold Certificates**.

Ed Horn and Vin Marshall have qualified at **Silver** level and Julie Barriball and Darren Evans at **Bronze** level.

Of course, there are still 4 months for these members to improve their position and for others to join them

FOSTER’S FIVES 2016 RACES

The next races in the series are the Newton Abbot Ladies 10K and the Taunton 10K, both on 25th September and the Newquay 10K on 2nd November

Please note that the Plymouth 10K will now take place on 9th October and not on 14th November.

CORNISH GRAND PRIX 2016

The next races in the series are the Treggy7 on 4th September and the Truro 1/2M on 18th September and Newquay 10K on 2nd November.

CORNISH MULTI-TERRAIN RACE SERIES 2016/17

The next race in the series is the Remembrance Run on 8th November.

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.

1 st September	-	Mystery
8 th September	-	1/2 mile and 1/4 mile reps
15 th September	-	Technical
22 nd September	-	Intervals/fartlek

29th September - Hills
6th October - Mystery

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

30th July - Tamar Lakes Parkrun 5K

Alan Littlejohns 25.57, John Barnes 28.00, Kevin O'Mahoney 29.21, Peter Mander 49.25 Peter acted as "Tailender"

30th July - Tywardreath Trotter 6.5M MT CMTRS

Darren Evans 46.05, Jackie Chapman 1.19.02

2nd August - Exe 5K Series Julie Towers 21.51 A new F50/54 Club Record for Julie

6th August - Lanhydrock Parkrun 5K Louise White 42.34

6th August - Tamar Lakes Parkrun 5K

Alan Littlejohns 25.57, Amanda Chapman 26.21, Kevin O'Mahoney 29.25

7th August - Totnes 10K FF Louisa Shaw 53.28 (TBA???)

7th August - Lacock 1/2M Jenny Mills 1.38.07 (116.63) Jenny was 1st Lady 60/+.

A PBO and Club Record for Jenny with the highest points ever achieved by anybody at any distance in the Pentathlon Cup.

7th August - Indian Queens 1/2M MT CGP

Tim Robinson 1.19.01, Ed Horn 1.23.50, Pawel Szymanski 1.33.04, Jeanette Johnson 1.33.25, Mark Knight 1.33.57, Brian Wiles 1.37:57, Claire Waters 1.38.38, Phil Box 1.53.04, Chris Pritchard 1.53.08, Matthew Wise 1.58.00, Rebecca Wise 1.58.00, Julie Barriball 1.59.23, Sarah Swift 2.01.19, Jane Pritchard 2.04.14, Martin Venning 2.05.24, Chris Morris 2.06.07. John Barnes 2.13.09. Adrian Brown 2.16.08

12th August - St. Levan 10K CGP/FF

Ed Horn 38.37 (84.38), Pawel Szymanski 42.11 (76.29), Brian Wiles 44.20(103.25), Janet Lathom 57.49 (82.66)

A PB for Pawel

13th August - Roseland August Trail - White Rat 11M MT

Nicola Emmett 2hrs 34 mins, Julie Barriball 2.56, Vin Marshall 3.14, Kate Crowells-Hodge 3.14, Victoria Harrison 3.14

13th August - Roseland August Trail - Red Rad 20M MT

Claire Waters 3.47, Louise Werran 4.41, Johanna Barrow 4.46, Mike Gilbert 5.03, Nigel Reddicliffe 5.03, Mark Jones 5.46, Nick Harrison 5.46, Wayne Rundle 5.46, Adrian Brown 5.59, Chris Norris 5.59, Adam Nelson 6.59

13th August - Roseland August Trail Black Rat 32M MT Tim Robinson 4.58

13th August - Roseland August Trail The Plague 64M MT Mike Whitley 16.06

13th August - Tamar Lakes Parkrun 5K Alan Littlejohns 28.20, Kevin O'Mahoney 28.51

14th August - Salisbury 5-4-3-2-1 42K MT Alan Littlejohns 5.14.00

20th August - Lanhydrock Parkrun 5K Adrian Brown 34.32

20th August - Trelissick 10K MT CMTRS

Darren Evans 42.28, Russell Leeton 47.15

21st August - Dartmoor Volcano 10.25M Trail Jason Shipton 1.42.36

27th August - Tamar Lakes Parkrun 5K

Alan Littlejohns 26.23, Amanda Chapman 26.28, John Barnes 28.30, Kevin O'Mahoney 29.08, Sarah Barnes 40.04, Peter Mander 55.11 Peter acted as "Tailender"

29th August - Peter Tavy Plod 5M MT

Darren Evans 31.15, Russell Leeton 35.23, Steve Cox 37.12, Louise Werran 44.00, Alan Littlejohns 44.00, Jason Shipton 46.23, Derek Veale 48.23
Darren finished 5th overall

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

SEPTEMBER

4th September	Treggy7	Launceston	7M	CGP	
6 th September	Exe 5K Series	Exeter	5K		
7 th September	Sourton Tors	Sourton	2.6M	Fell	
11 th September	Autumn Trail Run	Plymouth	8M	MT	
11 th September	Bude Pirate Run	Bude	8M	MT	
14 th September	Armada 5K Series	Saltram Park	5K		
17 th September	Tavy 5Kool	Tavistock	5K		
18th September	Truro 1/2M	Truro	13.1M	CGP	
25th September	Newton Abbot Ladies 10K	Newton Abbot	10K		FF
25th September	Taunton 10K	Taunton	10K		FF
25 th September	Barnstable Mara and 1/2M	Barnstable	26.2M and 13.1M		
25 th September	Bristol 1/2M	Bristol	13.1M		

OCTOBER

2nd October	Newquay 10K	Newquay	10K	CGP/FF	
8 th October	Lanhydrock 10M	Lanhydrock	10M	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		

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.

As listed above, there are 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.

OCTOBER NEWSLETTER

The October newsletter will be published on Friday 30th September. Any copy for that newsletter should be sent to Peter Mander by latest Wednesday 28th September