



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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MARCH 2012

BIRTHDAYS

A “Happy Birthday” in March to – Sandra Gynn, Laura Hawken, Helen Howgill, Jenny Mills, Carl Seaward and Jo West.

ANNUAL GENERAL MEETING

Jon Spettigie writes – “The AGM was held at Eagle House Hotel as usual with a good number of members present. Following my report, we then had our accounts reviewed by Stephen Hutchinson who put together a very detailed and comprehensive report of all the clubs financial affairs. It was voted on and decided to leave the annual subscription at £20. The membership year will change which means this year your membership will run to 31st March 2013 and also both the LRR accounts and Treggy7 accounts will become one. The full minutes of the AGM will be available shortly. We do have some changes to the committee. With Sarah Bolt, Matt Parsons and Helen Mason standing down this year, we were looking for at least 2 committee places and a Secretary. I would like to say a big thank you to those retiring officers for all their help with the club. The Chairman, Job Spettigie and Treasurer will remain the same and our vice-chair Peter Thorp and Membership Secretary, Andy Parker, were also re-elected. Ann Venning was elected as our new Secretary. Two new committee members are Dominic Scotting and Lisa Baxter with the remaining committee members of Kevin Marshall, Philippa Baker and Martin Venning being re-elected. A proposal from Peter McAughey to increase the number of committee members will be considered at an EGM on Tuesday 13th March (see below)” Jon

EXTRAORDINARY GENERAL MEETING

Notice is hereby given of an Extraordinary General Meeting at the Phoenix Leisure Centre on Tuesday 13th March at 6.45pm to consider the following proposal –

“The committee proposes to increase the membership of the committee to 10”

MEMBERSHIP SUBSCRIPTIONS

Now due. Please complete the attached form and hand to a member of the committee as soon as possible.

CONGRATULATIONS

To Julie Towers on setting a new Club Record for Ladies 50/55 in the Exmouth 5M.

To Brian Wiles on setting a new Club Record for Men 65/70 in the Marazion 10K.

To Dan Rodgers (Senior Man) and Brian Wiles (65/69) on setting new Club Records at Hoe 10M

HEALTH AND SAFETY

Please remember you must wear a high visibility bib on evening training sessions and runs.

Please also note that all training runs and sessions are subject to weather conditions and will be cancelled if conditions are considered too risky!

SOCIAL EVENTS

It is hoped to arrange some bowling/dodgems later in March. Details to follow.

CORNISH GRAND PRIX

The next race in the series is the Duchy Marathon on 4th March. This will be followed by An Res Hellys 10.5M MT on the 25th March and the Trevornick Trot 10M MT on 15th April.

If you take part in any CGP races you should check the points awarded to you afterwards as, after the following two races in the series, they cannot be amended.

Note! The Cubert 5M will take place on 29th May (and not 5th June as earlier advised).

FOSTER'S FIVES

The next race in the series is the Whitemoor 10K on 8th April.

CORNISH MULTI-TERRAIN GRAND PRIX

The first race in this new series is The 5 Tors 10M XC on 1st April.

DIARY NOTE

Our Bude Lifeboat Runs will take place on 13th June. If you are not running it, then your help will be appreciated. Contact ~Stephen Hutchinson (Tel 01288 352884; stephenjhutchinson@yahoo.co.uk).

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet at the Phoenix Leisure Centre **at 6.45pm for a 7pm start**. 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

Please note that arrangements for these training runs have changed. Instead of meeting in the evening, members now meet at Bude Rugby Club on Wednesday afternoons at 3.30pm for a run of about an hour.

THURSDAY NIGHT TRAINING SESSIONS

Meet at Phoenix Leisure Centre car park **at 7pm**.

All members welcome, but, please note that in the absence of any qualified coaches at the moment, these are unofficial training sessions and you attend entirely at your own risk!

1 st March	-	Hill session
8 th March	-	Mystery session
15 th March	-	400m pyramids
22 nd March	-	Mystery session
29 th March	-	Half mile reps
5 th April	-	Hill session

Could everyone please try to bring a stopwatch with them to the sessions.

If you have any queries, please contact Kevin Marshall on kmarshall0506@aol.com

RESULTS.

29th January - **Stonehenge XC Challenge 25M** Jenny Mills 4.13.00

29th January - **Braunton 10M** Sue Burges 1.33.13 (82.58)

29th January - **Mt. Edgcumbe 10M MT** Becky Mudd 1.29.01, Alan Littlejohns 1.35.47

5th February - **Exmouth 5M FF**

Julie Towers 36.04 (94.22), Philippa Baker 40.10 (90.64), Jackie Chapman 45.58 (73.11)

A PB and NEW CLUB RECORD FOR Julie.

5th February - Dawlish Aquathon 600m swim and 5k run

Becky Mudd 11.01 and 25.46 Total 36.47 for eighth in class.

5th February - Marazion 10K CGP FF

Brian Wiles 43.44 (99.46), Alan Littlejohns 48.43 (87.78), Dave Pickard 53.39 (69.63), Linda Pickard 55.05 (76.27), Sue Burges 55.14 (85.46), Peter Mander 55.48 (88.25), Sarah Bolt 1.04.37 (58.58), Ann Venning 1.09.43 (69.42)
Brian was 1st Male 65/69 with a NEW CLUB RECORD. Peter was 2nd Male 70/74.

5th February - Blackmore Vale 1/2M Jenny Mills 1.43.48 (104.51)

11th February - Milton Keynes Marathon Davey Green 4.26.47 (59.90) **A PB for Davey**

12th February - Milton Keynes Marathon Davey Green 5.15.43 (50.61)

12th February - Exeter 1/2M

Becky Mudd 1.35.28 (86.63), Alan Littlejohns 1.45.22 (88.66), Mike Carpenter 1.49.18 (81.20)
A PB for Becky who was 2nd Senior Lady and 4th lady overall. Mens 60/64, Alan 1st and Mike 2nd.

12th February - Dursley Dozen 12M MT Jenny Mills 1.53.40 **1st Lady 55/+**

19th February - Plymouth Hoe 10M

Dan Rodgers 56.35 (92.70), Brian Wiles 1.10.58 (99.58), Joe Kearns 1.12.48 (80.00),
Tim Woodward 1.22.32 (74.67), Mike Carpenter 1.23.34 (79.28), Martin Venning 1.27.01 (77.10),
Linda Pickard 1.29.49 (76.28), Dave Pickard 1.30.39 (66.44), John Brown 1.31.05 (70.11),
Ann Venning 1.56.11 (67.93) **PB's for Dan, Linda and Ann. Brian was 1st Male 65/+**
NEW CLUB RECORDS FOR Dan and Brian

26th February - Fire Brigade 1/2M MT

Mike Whitley 1.37.41, Alan Littlejohns 1.55.14, Stewart Gynn 2.22.22

FORTHCOMING EVENTS

MARCH

4 th March	Bideford 1/2M	Bideford	1/2M
4th March	The Duchy	Redruth	Marathon and 20M CGP
11 th March	Bath 1/2M	Bath	1/2M
11 th March	The Grizzly	Beer	10M+ MT Entries closed
18 th March	Looe 10M	Looe	10M
18 th March	Mad March Hare	Plymouth	10K
18 th March	Falmouth 1/2M	Falmouth	1/2M
24 th March	Nightrunner	Beer	8M MT
25th March	An Res Helly	Helston	10.5M MT CGP
25 th March	Runway Runaround	Newquay Airport	10K

APRIL

1st April	5 Tors Moorland	Liskeard	11M XC	CGP MT
1 st April	Taunton Mara & 1/2M	Taunton	Marathon and 1/2M	
8th April	Whitemoor	Nr. Roche	10K	FF
9 th April	Bampton to Tiverton	Bampton	7+M	
15 th April	Tavy 13	Tavistock	1/2M	
15th April	Trevornick Trot	Holywell Bay	10M MT	CGP
22 nd April	Enys 10K	Penryn	10K	
22 nd April	London Marathon	London	Marathon	
26/28 th April	St.Luke's Hospice Shops Relay	Plymouth	120 miles	
28 th April	Haldon Heartbeat	Exeter	8.5M XC	
29 th April	Arlington Court Caper	Barnstable	10K XC	

FF = FOSTER'S FIVES

CGP = CORNISH GRAND PRIX

CGP MT = CORNISH GRAND PRIX MT

XC = Cross Country

MT = Multi-terrain

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

WEBSITE

It is recommended that you can consult our website regularly for the latest news. It also contains details of qualifying requirements for Club Competitions and Club Records.

If you have any queries with the website, please contact Matt Parsons, email reggy7@googlemail.com

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 of race details and time.

APRIL NEWSLETTER

The April newsletter will be published on Thursday March 29th. Any copy for that issue should be with Peter Mander by latest Tuesday 27th March.

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.