

# Launceston Road Runners

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



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## NEWSLETTER NO.120

NOVEMBER 2011

### BIRTHDAYS

A "Happy Birthday" in November to Peter Mander, Lavinia Marshall, Nicky Pethick, Nigel Reddicliffe, Dan Rodgers and Claire Waters

### HEALTH & SAFETY

Please remember that you must wear a high visibility bib for all evening training sessions and run

### LONDON MARATHON

London Marathon places will be drawn on Tuesday 8<sup>th</sup> November before we go running so last chance for anyone handing in their rejection slips is Monday 7<sup>th</sup>. Also as from this year the committee have decided that the reserve marathon place will not automatically be guaranteed a place in the following year, each year will be classed separately.

Otherwise the rules remain basically unchanged but the amended rules will be published on the Club's website and by newsletter next year.

### IMPORTANT NOTICE TO ALL RUNNERS

Please ensure you read the attached notice from the Chairman of the Cornish Road Running and Racing Group.

### MOB MATCH

This traditional annual gathering of the Clubs takes place at Falmouth on 27<sup>th</sup> November. The 5M race is also the last qualifying race in the Foster's Fives series. After the event the annual presentation takes place to all those completing the Cornish Grand Prix series. It is always a good get together and well worth trying to be there.

### CONGRATULATIONS

To Steve Babb on breaking the Club's 7M record for men 45/49 at the Tavy 7M

To Dan Rodgers on winning the Sourton Scramble.

### CHRISTMAS PARTY!

"Don't forget!! Christmas Party at Eagle House Hotel on Friday 9<sup>th</sup> December. Fun and games for all – a fantastic evening of merriment with Champagne prizes and much much more. The theme will be much the same as last year with an assortment of physical, mental and slightly embarrassing games to test everyone. Also this year there is the added bonus of fancy dress with a Christmas theme, so please use your imagination. Although the dress is optional, "please be a sport". There will be a Buffet laid on by Eagle House and also on arrival there will be a mince pie and glass of something sparkly. All this for £10! Tickets will be available from myself and from Launceston Sports from the 5<sup>th</sup> November. Thanking you." Jon Spettigue

### CORNISH GRAND PRIX 2011

With just the final race in the series, the Cornish Marathon on 20<sup>th</sup> November, the following Club members hold prominent positions -

Men -Dan Rodgers – 4<sup>th</sup> overall and 4<sup>th</sup> U/40 . Alan Littlejohns 5<sup>th</sup> 60/64. Kevin O'Mahoney 2<sup>nd</sup> 70/74.

Ladies - Sue Burges and Philippa Baker are 1<sup>st</sup> and 2<sup>nd</sup> in 55/59. Cheryl Leach is 2<sup>nd</sup> in 60/64.

### FOSTERS FIVES 2011

With just the final race in the series, the Falmouth Mob Match 5M on 27<sup>th</sup> November, Philippa has taken a narrow lead – Philippa Baker 438.35 points, Sue Burges 433.37, Janet Lathom 407.11, Cheryl Leach 404.34, Jackie Chapman 358.81, Ann Venning 351.72

## PENTATHON CUP

With 2 months to go the following have already completed the five qualifying distances –

Jenny Mills 535.35 points, Steve Babb 460.99, Peter Kirby 459.58, Julie Towers 458.12, Alan Littlejohns 455.85, Dan Rodgers 449.13, Kevin O'Mahoney 434.06, Sue Burges 433.31, Philippa Baker 425.42, Mike Carpenter 408.88, Cheryl Leach 407.10, Martin Venning 405.26. Jo Northey 347.50 and Ann Venning 338.42

## CERTIFICATES

Dan Rodgers and Julie Towers have both now qualified for Silver Certificates to join those listed last month.

## 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 NIGHT TRAINING RUNS AT BUDE

Meet at Budehaven Leisure Centre **at 7pm** for a 7.15pm start.

## 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!**

3<sup>rd</sup> November - Hill session  
10<sup>th</sup> November - Mystery session  
17<sup>th</sup> November - 8,4,8's  
24<sup>th</sup> November - Mystery session  
1<sup>st</sup> December - Half mile reps

**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](mailto:kmarshall0506@aol.com)

Please also see the club website for other coaching information.

## RESULTS

### **2<sup>nd</sup> October - Newquay 10K CGP**

Dan Rodgers 35.38 (90.32), Rich Yates 49.42 (68.83), Philippa Baker 54.16 (83.87), Jo Northey 54.47 (69.09), Janet Lathom 56.08 (81.09), Cheryl Leach 1.04.16 (78.28), Ann Venning 1.08.52 (70.27)

### **2<sup>nd</sup> October - Burnham-on-Sea 1/2M**

Julie Towers 1.44.19 (88.00) Julie was 1<sup>st</sup> lady 45/49 and 5<sup>th</sup> lady overall.

### **2<sup>nd</sup> October - Exmouth 10K**

Mike Carpenter 50.13 (80.90), Dave Pickard 55.45 (66.25), Linda Pickard 55.45 (75.36), Peter Mander 57.27 (84.43)

### **2<sup>nd</sup> October - Teign Valley Toddle 10.25M**

John Osborne 1.19.21, Jenny Mills 1.21.34, Alan Littlejohns 1.26.15

Jenny was 1<sup>st</sup> lady 55/+, John and Alan were 2<sup>nd</sup> and 3<sup>rd</sup> men 60/+

### **9<sup>th</sup> October - Bideford 10M**

Becky Mudd 1.19.02 (78.22), Mike Carpenter 1.22.13 (80.58), Rachel Lovejoy 1.38.33 (62.64)

**Becky was 2<sup>nd</sup> Senior Lady. Mike was 1<sup>st</sup> Male 60/64**

### **9<sup>th</sup> October - Eden 1/2M**

Dan Rodgers 1.20.44 (78.11), Dominic Scotting 1.37.28 (72.13), Peter McAughey 1.49.06 (66.41),

Helen Howgill 1.49.12 (76.50), Alan Littlejohns 1.49.19 (85.46), Nigel Reddicliffe 1.50.42 (68.23)

Andy Parker 1.54.11 (68.33), Marion Prideaux 2.17.35 (68.22)

**Dan Rodgers a PB and 2<sup>nd</sup> overall!!**

**Alan was 1<sup>st</sup> Male 60/64**

**9<sup>th</sup> October** - **Chicago Marathon** Davey Green 4.58.21 (53.54)  
**9<sup>th</sup> October** - **Chester Marathon** Peter Kirby 3.36.33 (91.77)  
**9<sup>th</sup> October** - **Leicester Marathon** Steve Babb 3.06.37 (87.43)  
**9<sup>th</sup> October** - **Amesbury Amble 24M XC** Jenny Mills something under 4hrs  
**15<sup>th</sup> October** - **Mouth-to-mouth 10K MT**  
Peter McAughey 1.01.03, Marion Prideaux 1.06.01, Jo Northey 1.10.03 Marion 2<sup>nd</sup> Lady 50/55.  
**16<sup>th</sup> October** - **Cardiff 1/2M**  
Philippa Baker 1.55.50 (85.85), Laura Hawken 1.59.27 (69.93)  
A PBO for Laura and a PB for Philippa  
**16<sup>th</sup> October** - **Dartmoor Vale 1/2M** Alan Littlejohns 1.48.09 (86.31) 3<sup>rd</sup> Man 60/+  
**16<sup>th</sup> October** - **Dartmoor Vale 10K** (Due to marshalling error race was over-distance)  
Julie Towers 48.45, Jackie Chapman 1.00.18  
**16<sup>th</sup> October** - **Baltimore Marathon** Davy Green 4.51.48 (54.76)  
**23<sup>rd</sup> October** - **Tavy 7M**  
Dan Rodgers 40.23 (89.72), Steve Babb 44.31 (86.31), Joe Kearns 50.49 (78.93), Andy Parker 53.24 (7.305),  
Julie Towers 54.02 (87.23), Peter Kirby 54.49 (85.37), Peter McAughey 54.55 (67.82), Alan Littlejohns 55.02 (87.27),  
Malcolm Jones 59.23 (70.65), Mike Carpenter 59.24 (76.81), Michele Harrison 1.02.48 (67.68),  
Peter Mander 1.05.13 (83.53), Julie Bariball 1.07.02 (68.14), John Brown 1.08.24 (64.29), Jackie Chapman 1.14.47 (62.40)  
**Dan 3<sup>rd</sup> Overall. Steve 2<sup>nd</sup> Male 45/49, Julie 3<sup>rd</sup> lady 45/49, Peter Kirby 2<sup>nd</sup> Male 60/64, Alan 3<sup>rd</sup> Male 60/64,**  
**Peter Mander 1<sup>st</sup> Male 65/+**  
**A PB and NEW CLUB RECORD for Steve.**  
**A PBO for Peter McAughey and PB's for Julie, Michele and Jackie.**  
  
**23<sup>rd</sup> October** - **Lanzarote 1/2M** Martin Venning 2.01.01 (74.27) 2<sup>nd</sup> man 60/64  
**23<sup>rd</sup> October** - **Lanzarote 1.2M (6.55M)** Ann Venning 1.12.20 1<sup>st</sup> lady 60/64  
**27<sup>th</sup> October** - **Sourton Scramble 6.8M MT**  
Dan Rodgers 42.44, Malcolm Jones 59.23, Peter Mander 1.09.21 **Dan won the race!**

## FORTHCOMING EVENTS

### NOVEMBER

6 <sup>th</sup>	Templer Ten	Newton Abbot	9.7M	MT	
6 <sup>th</sup>	Plymouth 10K	Plymouth	10K		
11 <sup>th</sup>	Poppy Run	Bere Alston	11.11M		
13 <sup>th</sup>	Devioc Bounder	Seaton, Cornwall	10M	MT	
13 <sup>th</sup>	Seaton Valley 5M	Seaton, Cornwall	5M	MT	
13 <sup>th</sup>	St.Michaels Mount	Marazion	4.2M	MT	
20 <sup>th</sup>	Colyton Fiver	Colyton	5M		
20 <sup>th</sup>	<b>Cornish Marathon</b>	<b>Pensilva</b>	<b>26.2M</b>	<b>CGP</b>	
20 <sup>th</sup>	Drogo	Castle Drogo	10M	XC	
26 <sup>th</sup>	Run for Heroes	Duchy College	6M approx	XC	Cancelled
27 <sup>th</sup>	Bicton Blister and Lite	Bicton	10M and 4.5M	MT	
27 <sup>th</sup>	<b>MOB Match</b>	<b>Falmouth</b>	<b>5M</b>	<b>FF</b>	

## DECEMBER

3 <sup>rd</sup>	Otterton Reindeer Run	Otterton	10K	MT
10 <sup>th</sup>	Cockington Xmas Caper	Cockington Court, Torquay	7M	XC
11 <sup>th</sup>	Santas Xmas Pud Run	Plymouth	5K	
18 <sup>th</sup>	Torrington Xmas Caper	Torrington	7M	MT
26 <sup>th</sup>	Jingle Bells Jog	Burrator	4M	

**Foster's Fives events**      **Cornish Grand Prix events**      XC = Cross Country      MT = Multi-terrain

\* Pentathlon trophy points are not calculated for pentathlon distance road races not carrying course accuracy certificate.

## WEBSITE

It is recommended that you consult our website regularly for the latest news. Results etc are put on line as they occur so are much more current than the Newsletter. It also contains details of qualifying requirements for Club Competitions. Links also enable downloading of entry forms for most races.

If you have any queries with the website, please contact Matt Parsons, email [treggy7@googlemail.com](mailto:treggy7@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.

## DECEMBER NEWSLETTER

The December newsletter will be published on Wednesday 30<sup>th</sup> November. Any copy for that newsletter should be with Peter Mander by latest Monday 28<sup>th</sup> November..

If there are any errors or omissions in the Newsletter, or if you have any suggestions for improving it, or items you would like to see included, please contact Peter Mander.