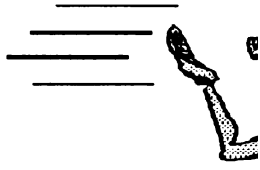


Launceston Road Runners

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



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NEWSLETTER NO.119

OCTOBER 2011

BIRTHDAYS

A "Happy Birthday" in October to Jasper Chalk, Malcolm Jones and Tim Woodward..

NEW MEMBERS

A warm welcome to our newest members – Michele Harrison and Johathan Roberts.

IMPORTANT NOTICE RE BIBS

Would all members please ensure that they wear a high visibility bib for all evening training sessions. **NO BIB – NO RUN!**

LONDON MARATHON

The Club should again have two guaranteed entries this year (confirmation will be received in December) and if you wish to be considered for one of these places you **must** submit your official London marathon rejection slip to the committee. The committee will be allocating these places at the December committee meeting – so please get your rejection slip to the committee as soon as you receive it. Even if you do not believe you meet all of the criteria, still send us your slip in case there are insufficient applicants. The qualifying criteria are as follows –

- 1) Only members who have been members for the preceding 12 months will be eligible for consideration.
- 2) Members must not have completed at London in the previous 5 (five) years (nor previously received a club entry in that time).
- 3) Members wishing to be considered must have been rejected through the official marathon ballot and produce their rejection slip.
- 4) In the event of there being more qualifying applicants than places available, then entries will be allocated to the member(s) of the club who in the opinion of the elected committee have supported the club at races in the last 12 months, or, in the opinion of the committee warrant the entry for services to the club.
- 5) A reserve place will be allocated each year and, if not taken, will receive a guaranteed entry the following year if still a member.

SOCIAL

Climbing experience at The Barn a real success for runners!

"Ten of us ventured out to The Barn, Milton Abbot on Friday 23rd September for a session of climbing. Those recovering from the Great North Run, in the form of Kevin and Lavinia took to the walls as if it was their second home, although I think Lavinia might think otherwise. The girls, Sharon, Lavinia and Helen stuck together, not literally, but we let the "boys" compete against each other and it all worked out fine. Even Helen's son, Sean (aged 9), managed the first few climbs without hesitation. After the practice walls, it was then time to go to more challenging climbs with the wall protruding out over into the shed. These were much more difficult but we all gave it a good shot.

The Barn staff were extremely helpful at all times and made sure we were all safe before any attempt to climb. After approximately an hour and a half most of the group went to Lamerton to get some food, whilst Helen and here family continued to climb in and around the "boulder" without any harness for safety.

On the Saturday, it was evident to most that it is extremely good for the core muscles especially the stomach muscles but not for stamina! A great evening had by all.

Ice Skating

Given the disappointment of cancelling last year's social event at the Eden centre, it is hoped that I will be organising for us to go there this year. So watch this space! More details to follow and hope some of you will be able to make it." Helen Mason

TREGGY 7

"**Thanks.** The reports I have seen and read on the Treggy 7 have been hugely positive. All this is due to the superb work done by all the volunteers who helped before, during and after the race. The cakes also received high praise. Well done to the cooks!! I must also congratulate all those who ran. Thank you to each and every one of you who helped in any way, you're the ones that made the race a huge success. Next years race is planned for September 2nd." Kevin Marshall

LRR Christmas Party 2011.

“Don’t forget to note in your diary - Friday 9th December - LRR Christmas Party. Fun and games for all at The Eagle House Hotel – a fantastic evening of merriment with Champagne prizes and much much more. Full details to follow” Andy Parker

CORNISH GRAND PRIX 2011

With just two events to go, several members who have qualified or could still qualify hold top ten positions –

Men Overall and U/40 Dan Rodgers 4th, 55/59 Mike Carpenter 10th, 60/64 Alan Littlejohns 5th and Martin Venning 9th,
70/74 Kevin O’Mahoney 2nd

Ladies 55/59 Sue Burges 1st and Philippa Baker 2nd
60/64 Cheryl Leach 1st and Ann Venning 6th

The final two races in the series are the Newquay 10K on 2nd October and the Cornish Marathon on 20th November.

FOSTERS FIVES 2011

With three qualifying races to go, the leaders are as follows -

Sue Burges 433.37 points, Cheryl Leach 402.24 and Jackie Chapman 358.81.

Philippa Baker has 354.48 and Janet Lathom 326.02 each from 4 races and could influence the final results.

The next races in the series are the Newquay 10K on 2nd October and the Dartmoor Vale 10K on 16th October.

PENTATHON CUP

With 3 months to go, the following have already completed the necessary five qualifying distances -

Jenny Mills 535.35 points, Steve Babb 460.99, Peter Kirby 459.58, Alan Littlejohns 455.85, Kevin O’Mahoney 434.06,
Sue Burges 433.31, Philippa Baker 421.84, Cheryl Leach 407.10, Mike Carpenter 406.42, Martin Venning 405.26,
Jo Northey 347.50, Ann Venning 338.42

CERTIFICATES

The following have already completed the necessary five qualifying distances and reached the certificate standard indicated –
Gold - Jenny Mills and Alan Littlejohns

Silver – Steve Babb, Philippa Baker, Sue Burges, Peter Kirby, Kevin O’Mahoney

Bronze – Mike Carpenter, Cheryl Leach, Martin Venning

With 3 months to go they still have time to improve and for others to join them.

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!

6th October - Mystery session
13th October - 400m pyramids
20th October - Mystery session
27th October - Half mile reps
3rd November - 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

Please also see the club website for other coaching information.

RESULTS

28th August - **Battle of Sedgemoor 10K** Jenny Mills 44.40 (109.74) **1st Lady 55/+**

29th August - **Lustleigh 10K MT** Alan Littlejohns 51.40

3rd September - **Salltram Park 10K MT** Peter Mander 58.52

4th September - **Wolverhampton Marathon**
Steve Babb 2.55.55 (92.75) Steve was 4th overall and 1st Male 45/49.

4th September - **Treggy 7M CGP**

Dan Rodgers 39.56 (90.73), Dominic Scotting 48.07 (75.30), Jasper Chalk 49.15 (75.72), Kevin Harrison 51.36 (73.64), Jenny Mills 52.53 (104.08), Helen Howgill 54.35 (78.66), Alan Littlejohns 55.00 (87.32), Peter McAughey 55.21 (67.28), Michael Gilbert 56.19 (64.34), Becky Mudd 57.52 (73.42), Rich Yates 58.08 (66.09), Stewart Gynn 58.30 (64.32), Malcolm Jones 58.38 (70.74), Mike Carpenter 59.47 (75.38), Sue Burges 1.01.36 (85.00), Sandra Gynn 1.02.58 (68.87), Philippa Baker 1.03.14 (80.83), Jo Northey 1.03.41 (66.74), Derek Veale 1.04.51 (71.25) Michael Coumbes 1.04.53 (55.84), Rachel Lovejoy 1.05.28 (64.92), Richard Japes 1.05.43 (55.54), Cheryl Leach 1.09.34 (81.20)

Jenny 1st Lady 60.64, Sue 3rd Lady 55/59.

A PBO for Peter and PB's for Dan, Dominic, Jasper, Kevin, Helen, Andrew, Stewart, Malcolm, Sandra, Derek, Michael Coumbes, Rachel and Cheryl!!

11th September - **Nottingham Marathon** Davy Green 4.54.20 (54.29)

11th September - **Probus 10K FF**

Becky Mudd 48.39 (77.80), Mike Carpenter 52.29 (75.70), Sue Burges 54.33 (85.47), Janet Lathom 56.27 (80.63), Cheryl Leach 1.06.02 (76.18)

Ladies 55/59 Sue 1st, Janet 2nd. Ladies 60/+ Cheryl 2nd

11th September - **Bristol 1/2M**

Peter Kirby 1.39.10 (91.79), Martin Venning 1.59.43 (75.07), Ann Venning 2.42.46 (64.96)

11th September - **Somerset Levels and Moors 1/2M MT** Alan Littlejohns 2.07.29 1st Vet 60/+

11th September - **Force and Francis Clark Powderham 10K** Julie Towers 46.30 (90.35)

18th September - **6 Moor Miles XC**

Dan Rodgers 38.11, Marion Prideaux 1.01.29, Peter Mander 1.05.07
Dan was 3rd overall. Peter was 2nd 60/64

18th September - **Truro 1/2M MT CGP**

Alan Littlejohns 1.49.49, Rich Yates 1.54.36, Sue Burges 1.58.01, Sandra Gynn 2.08.01, Cheryl Leach 2.25.35
Sue was 3rd Lady 55/59 and Cheryl 2nd Lady 60/64

18th September - **Great North Run 1/2M**

Kevin Marshall 1.22.30 (92.54), Lavinia Marshall 2.10.36 (78.00)

A PBO for Kevin and a PB for Lavinia

25th September - **New Forest Marathon**

Alan Littlejohns 3.57.35 (85.84), Davey Green 5.01.21 (53.03)

25th September - **Cheltenham 1/2M** Richard Japes 2.03.53 (57.31)

25th September - **Berlin Marathon**

Mike Whitley 3.33.53 (78.77), Sarah Pridham 3.36.48 (89.48) **A PBO for Sarah and a PB for Mike**

Reminder. Points are awarded based on age (and sex). A PBO means this is the highest score that you have recorded at ANY distance. A PB means that it is the highest score you have recorded at that specific distance Full details of Club competitions can be found on the Club website.

FORTHCOMING EVENTS

OCTOBER

2nd	Newquay 10K	Newquay	10K	CGP/FF
2 nd	Churston Flyer	Brixham	5M	
2 nd	Teign Valley Toddle	Christow, Nr. Exeter	10.25M	
2 nd	South Molton Struggle	South Molton	7.8M	MT
2 nd	Exmouth 10K	Exmouth	10K	BMAF Championship
9 th	Autumn Trail Run	Newnham, Plymouth	8M	MT
9 th	Bideford 10M	Bideford	10M	SWAC Championship
9 th	Eden	Eden, St.Austell	Marathon and 1/2M	
15 th	Mouth to Mouth	Sandymouth, Nr. Bude	10K	MT
16 th	Race for Wildlife	Penzance	10K	MT
16th	Dartmoor Vale	Newton Abbot	Marathon, 1.2M	and 10K FF
23 rd	Exmoor Stagger	Minehead	15.1M	XC
23 rd	Exmoor Stumble	Minehead	6M	XC
23 rd	Tavy 7	Tavistock	7M	
29 th	Sourton Scramble	Sourton	10K	MT
30 th	Mount Edgecumbe 10K	Mount Edgecumbe	10K	MT
30 th	Great Flat Lode	Redruth	5M	MT
30 th	The 'Eller	Millbrook	10M	

NOVEMBER

6 th	Templer Ten	Newton Abbot	9.7M	MT
6 th	Plymouth 10K	Plymouth	10K	
11 th	Poppy Run	Bere Alston	11.11M	
13 th	Devioc Bounder	Seaton, Cornwall	10M	MT
13 th	Seaton Valley 5	Seaton, Cornwall	5M	MT
13 th	St Michaels Mount	Marazion	4.2M	MT
20 th	Colyton Fiver	Colyton	5M	
20th	Cornish Marathon	Pensilva	26.2M	CGP
20 th	Drogo 10	Castle Drogo	10M	XC
27th	Mob Match	Falmouth	5M	FF
27 th	Bicton Blister and Lite	Bicton	10M and 4.5M	MT

Foster's Fives events

Cornish Grand Prix events

XC = Cross Country

MT = Multi-terrain

Pentathlon trophy points are not calculated for pentathlon distance 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

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.

OCTOBER NEWSLETTER

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

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.