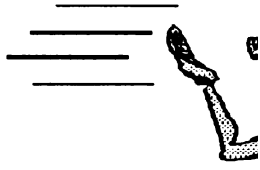


Launceston Road Runners

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



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NEWSLETTER NO.118

SEPTEMBER 2011

BIRTHDAYS

A "Happy Birthday" in September to Sue Burges, Joe Kearns, Matt Parsons, Linda Pickard, Jon Spettigue, Sharon Thorp, Ann Venning, Mike Whitley and Brian Wiles.

NEW MEMBERS

We welcome the return of Becky Mudd (Still holder of the Club Records for a Senior Lady for the 10K, 10M and Marathon from her previous time as a member).

CONGRATULATIONS

(Belatedly) To Steve Babb on breaking the Club Record for Men 45/49 at 10M.

Steve has also broken the Club Record for 10K with 37.02.

SOCIAL

23rd September Helen Mason is organising an evening of climbing at The Barn, Indoor Climbing Wall at Milton Abbot from 7 – 8.30pm. Basic cost is £12.50 and hire of shoes £1.50. The Barn is located at Eastacott Barton, Milton Abbot (PL19 0QP for those who need to see where it is!). They have indicated a discount dependent on the number of members attending. So the cost could be less than this on the night and I'll need to know numbers by latest the Tuesday before the event.

Whether you are an experienced or inexperienced climber, this is a great venue with instructors on hand to help with this challenge. A great opportunity to try something different!! So why not give it a try?

For both of the above contact Helen on Tel 01566 880013 or mobile 077919 38929 or john-helen@bowden-mason.fsnet.co.uk

TREGGY 7

4th September Hi Everyone. The Treggy 7 is nearly here. A huge "thank you" in advance to all volunteers. Without your help our race could not go ahead. Anyone not helping, why not run the race? You can enter on the day. Good luck to all runners and enjoy the race. Kevin Marshall.

CHRISTMAS PARTY!

Put a note in your diary NOW! Christmas Party at Eagle House Hotel on Friday 9th December.

CORNISH GRAND PRIX 2011

The next races in the series are the Treggy 7M on 4th September, the Truro 1/2M MT on 18th September and the Newquay 10K on 2nd October.

FOSTERS FIVES 2011

The next races in the series are the Probus 10K on 11th September, the Newton Abbot Ladies 10K on the 18th September and the Newquay 10K on 2nd October.

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!

1st September - Mystery session
8th September - 8, 4, 8's
15th September - Mystery session
22nd September - Half mile reps
29th September - Hill session
6th October - Mystery 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

30th July Tywardreath Trotter 6.5M MT Dan Rodgers 41.00 Dan was 3rd overall.

31st July Exmoor Seaview 20M XC (Coastal from Countesbury to Minehead)

Jenny Mills and Alan Littlejohns completed this tough but scenic run in 3.45.03

7th August Indian Queens 1/2M MT CGP

Peter McAughey 1.45.36, Alan Littlejohns 1.45.48, Martin Venning 1.54.49, Philippa Baker 2.01.49, Jo Northey 2.02.07, Marion Prideaux 2.10.39, Cheryl Leach 2.18.00, Sarah Bolt 2.26.44, Ann Venning 2.44.54

Cheryl was 3rd Lady 60/64

6th August Foules des fetes, Heugas (France) 10K

Mike Carpenter 52.10 (76.91)

7th August Totnes 10K MT

Dave Pickard 59.14, Linda Pickard 59.16, Sue Burges 1.00.34

11th August Foules des fetes, Heugas (France) 10K

Mike Carpenter 47.59 (83.62) Mike finished 1133 out of 3396 on fast flat course. Mike says high number of runners because the raffle offered a 1st prize of a car!

13th August Tavistock "Less than 10K" MT (Actually about 4.85M!)

Alan Littlejohns 39.11, Jo Northey 44.58, Peter Mander 48.49, John Brown 49.58, Jim Baker 53.08, Ann Venning 57.39, Martin Venning 57.39

Ladies 60/+ Ann 1st. Men 60/64 Alan 1st, 65/+ Peter 1st

17th August Exeter 10K

Steve Babb 37.02 (92.37), Mike Carpenter 47.59 (83.62)

Steve Babb 3rd 45/49 with a PB and NEW CLUB RECORD.

21st August Torbay 10K FF

Peter Kirby 46.42 (89.22), Sue Burges 53.50 (86.61), Ann Venning 1.07.33 (70.75)

Ladies 55/59 Sue 2nd with a PB

21st August Dorset Duddle 32M XC

A challenge event involving about 6500 ft of ascent which Jenny Mills dawdled around in about 6 hrs 59 mins

26th August Forest Flyer 5M MT Peter Mander 49.22, Malcolm Jones 51.41

27th August Oak Croak 10M+ XC

Dan Rodgers 1.21.12, Stephen Hutchinson 1.41.55

Dan 3rd overall

FORTHCOMING EVENTS

SEPTEMBER

3 rd	Saltram 10K	Saltram Park	10K	MT	6pm
4 th	Treggy 7M	Launceston	7M		CGP
4 th	Back in Five	Torrington	5M	(No accuracy certificate)*	
4 th	The Dartmoor Dash	Princetown	5M approx	CC	
11 th	Probus 10K	Probus	10K	FF	
11 th	Ivybridge Beacon Challenge	Ivybridge	7.5M approx	MT	
11 th	Force and Francis Clark 10K	Powderham Castle	10K		
18 th	Six Moor Miles	Yelverton	6M	XC	
18 th	Newton Abbot Ladies 10K	Newton Abbot	10K	FF	
18 th	Truro 1/2M	Truro	1/2M	CGP	MT

OCTOBER

2 nd	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	
16 th	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		

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.