



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

Newsletter Co-ordinator: Vin Marshall

Mobile – 07909 794146

Email : kmarshall0506@aol.com

NEWSLETTER NO.190

SEPTEMBER 2017

BIRTHDAYS



Happy Birthday” in September to Phil Box, Chris Norris, Linda Pickard, Chris Pritchard, Jon Spettigue, Ann Venning, Mike Whitley, Brian Wiles, Michelle Yeo, Fern Sampson, Chris Gaunt, Ben Jarram

NEW MEMBERS

A warm welcome to our new newest members: Faith Chevannes and Tom Hambly.

CONGRATULATIONS

To **Mick Foster** for **winning** the 2017 British Heart Foundation Heart Hero ‘**inspiration**’ award!

Mick was a member of Launceston Road Runners for many years and was nominated for the award by Jim Baker for his incredible achievements following a heart transplant in 1993. Mick has won numerous medals at the British Transplant Games for both running and other sports; ran 26 marathons in 26 days and at the age of 70 completed the Six Peaks in under 60 hours!

To Ella Waters on getting the **Senior Club 10K** record at St. Levan

FIONA AND PETER’S EVENT

38 people including over 20 Roadrunners attended an event on 30th July at Peter and Fiona's McAughey's barn near Yeolmbridge. After an informative presentation by Peter about his Charity Future Pillars (Zambia) which supports 1,000 children and young adults, the guests then had a choice of 8 mile and 6 mile runs or 3 mile walk, which thankfully the sun shone for. Then a two course meal and a raffle/auction to round off the day. Huge thanks from Peter to everyone who attended or donated. Please contact Peter on peter@pjimaccountancy.co.uk if you still want to offer support to this long term project.



WATER PARK SOCIAL – 1ST OCTOBER

We are very excited about our next social club event... Retallack Water Park!

We will be spending an hour on a giant inflatable obstacle course, on a lake, trying to stay out of the water! The cost including wetsuit/lifejacket hire is £10pp, partners/families welcome (check out the age restrictions on the website though).

For anyone that hasn't heard about his place, check out the link below...

<https://retallackresort.co.uk/retallack-aqua-park/>

We will be booking either a morning or afternoon session depending on demand, with lunch in a nearby pub before or after (we will keep you updated)

We will need full payment for the water park in advance, either to Sarah Swift or Vicky Holt by the 17th September. We can be found at club nights or if you can't make club, email us at comm@treggy7.co.uk.

DATE FOR THE DIARY - **Saturday 27th January** for the annual Launceston Road Runners Awards Night!

FOSTER'S FIVES 2017 RACES

The next races in the series are the Newton Abbot Ladies 10K on the 24th September and the Plymouth 10K on the 8th October.

CORNISH GRAND PRIX 2017

The next races in the series are the Treggy 7 on the 3rd September and the Truro half marathon on 17th September.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is the Great Lanhydrock Run on the 7th October.

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.

Can I remind you 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. Thank you.

TUESDAY NIGHT LEADERS AT LAUNCESTON

| | 4miles | 5 miles | 6 miles | 7 miles | 8 miles + |
|-----------------------------|---------------|----------------|----------------|----------------|------------------|
| 5th Sept | Julie | Vin | Jo | Kevin | Darren |
| 12th Sept | Sarah/Fern | Vin | Peter | Kevin | Jeanette |
| 19th Sept | Sarah/Fern | Vin | Vicky | Tom | Tim |
| 26th Sept | Sarah/Fern | Vin | Julie | Kevin | Darren |
| 3rd Oct | Vin | Julie | Jo | Tom | Jeanette |
| 10th Oct | Sarah/Fern | Vin | Peter | Kevin | Tim |
| 17th Oct | Sarah/Fern | Vin | Vicky | Tom | Darren |
| 24th Oct | Sarah/Fern | Vin | Julie | Kevin | Jeanette |
| 31st Oct | Sarah/Fern | Vin | Jo | Tom | Tim |

WEDNESDAY TRAINING RUNS AT BUDE

Meet at Bude Rugby Club at **3.30pm** for group social run.

THURSDAY NIGHT TRAINING SESSION

Meet inside the Phoenix Leisure Centre at 6.50pm for a 7pm start

All members are welcome and sessions are tailored to meet all individual levels from newcomer to old-timer.

Have fun and improve your running under the guidance of the Club's Coaches.

| | | | |
|------------|-----------------------------|-----------------------|-------------|
| 07/09/2017 | Mystery | | |
| 14/09/2017 | Yasso 800's @ marathon pace | | Newport |
| 21/09/2017 | Hills 3 phases | | Kensey Hill |
| 28/09/2017 | 7,6,5,4,3,2,1 out and backs | | Pennygillam |
| 5/10/2017 | Fartlek | | Stourcombe |
| 12/10/2017 | 400m reps Pyramid recovery | | Link Road |
| 19/10/2017 | 1k or 1 mile reps @ 5k pace | ½ mile reps @ 5k pace | Newport |
| 26/10/17 | Time trial 5k or 10k | Run it twice for 10k | College |

Please try to bring a stopwatch with you to these sessions.

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

Sessions take place regardless of weather conditions. Do come along, it is good fun!

HEALTH AND SAFETY – IMPORTANT

The nights are beginning to draw in, hence would all members please ensure that they wear high visibility bib / clothing for all evening training / running sessions. Thanks

RUNNING ALONE?

Whilst many runners now carry a mobile phone with them, have you thought what might happen if you were involved in an accident or had a medical emergency that rendered you unconscious?

The ID Band is an inexpensive but effective way of providing essential information, prices start at £14 for a basic silicone band with engraveable tab.

Name, address, contact phone number, any medical essentials - blood group



<http://www.theidbandco.com/Silicone-Bracelet-with-Engraveable-Tag-5147#>

RESULTS

| | | | |
|---|------------------------------------|--|----------------------------|
| 27 th June | ROK 5K | Julie Towers 22.36 | |
| 1 st July | Highfield Park Run | Julie Towers 23.30 | |
| 23 rd July | Bath Festival Marathon | Jenny Mills 5.01.26 | 1st FV60 |
| 29 th July | Tywardreath Trotters MTRS 1 | | |
| Darren Evans 45.55, Chris Pritchard 1.02.48, Malcolm Jones 1.05.09, Jane Pritchard 1.21.31 | | | |
| Darren 14th overall and 1st MV35 | | | |
| 29 th July | Tamar Lakes Park Run 5K | | |
| Alan Littlejohns 26.32, Gill Aze-Thomas 30.43, Kevin Bull 31.57 | | | |
| 30 th July | 6 Moor Miles | Linda Pickard 1.04.18, Dave Pickard 1.04.41 | |
| 30 th July | Seaview 17 | Julie Towers 3.55.03 | |
| 8 th July | Tamar Trails Park Run 5K | Jo Northey 27.30, Anthony Swift 27.37, Sarah Swift 27.38 | |
| 6 th August | Totnes 10K | Jim Shaw 48.12 (66.77), Louisa Shaw 52.50 (71.64) | |
| Pbo for Jim and a Pb for Louisa, | | | |
| 6 th August | Indian Queens Half Marathon | | |
| Pawel Symanski 1.33.41, Mark Knight 1.35.45, Brian Wiles 1.38.05, Peter McAughey 1.49.49, Jessica Goldberg 1.52.49, Jaine Hynes 1.53.05, Phil Box 1.56.39 | | | |



Brian 1st M70

| | | | |
|--|----------------------------|---|--|
| 11 th August | St. Levan 10K | Ella Waters 43.15 (87.51), Claire Waters 48.23 (84.07), Jaine Hynes 51.46 (83.93) | |
| Ella 1st FU20 and Senior Club record | | | |
| 11 th August | Haldon Forest Flyer | Malcolm Jones 43.11 | |

FORTHCOMING EVENTS

SEPTEMBER

| | | | | |
|----------------------------------|--------------------------------|----------------------|-----------------|---------------|
| 3rd September | Treggy7 | Launceston | 7M | CGP 13 |
| 3rd September | Plymouth Coasters 5 Miler | Plymouth | 5M | |
| 6 th September | Sourton Tor Race | Sourton, Devon | 2.4M | |
| 10 th September | Bude Pirate Run | Bude | 8M | MT |
| 10 th September | Autumn Trail Run | Plymouth | 8M | |
| 13 th September | Armada 5K Series | Saltram Park | 5K | |
| 16 th September | Cornish Cider Run | Boconnoc Estate | 10KM obstacle | |
| 17th September | Truro 1/2M | Truro | 13.1M | CGP 14 |
| 17 th September | Dartmoor Volcano | South Dartmoor | 10.25M | MT |
| 17 th September | Bristol 1/2M | Bristol | 13.1M | |
| 23rd September | Lanhydrock 10 | Lanhydrock, Cornwall | 10M | |
| 24th September | Newton Abbot Ladies 10K | Newton Abbot | 10K | FF |
| 24 th September | Taunton 10K | Taunton | 10K | |
| 24 th September | Barnstable Mara and 1/2M | Barnstable | 26.2M and 13.1M | |

OCTOBER

| | | | | |
|-------------------------------|-------------------------------|--------------------------|------------------|---------------|
| 7th October | Great Lanhydrock 10M | Lanhydrock | 10M | MTRS 2 |
| 9th October | Plymouth 10K | Plymouth | 10K | FF |
| 15 th October | Eden Project Marathon and /2M | Eden Project | 26.2M and 13.1M | |
| 21 st October | The Tempest | Minack Theatre, Cornwall | 10 M coast path | |
| 22 nd October | Carrick Cracker | Falmouth | 10, 20, 30M | |
| 22 nd October | Great Flat Lode | | 5M | |
| 22 nd October | Tavy 7 | Whitchurch | 7M | |
| 29 th October | Dartmoor Vale Races | Newton Abbot | 10K, 13.1 & 26.2 | |

FF = FOSTERS FIVE **CGP = CORNISH GRAND PRIX** **CMTRS = CORNISH MULTI-TERRAIN RACE SERIES**

In addition to the above, there are 5k Park Runs every Saturday at 9am at Lanhydrock, Bodmin, at Plym Valley, Plymbridge Woods, at Upper Tamar Lake, Nr. Kilkhampton, Trelissick and at Penrose Estate, Helston (and throughout the country and abroad).

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 Darren Evans on 07453 988302 or de1982@hotmail.co.uk 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 Darren Evans know the details so that they may be recorded in the clubs records.

RACE REPORTS

You may have noticed we occasionally have race reports in the Cornish and Devon, which is a brilliant way of raising the profile of the club locally. If anyone runs a race, either locally or further afield and would like to write a short report on it, we would love to have it. If you could email it to Sarah, along with any pictures to sarahlb89@hotmail.com, she will send it to the paper.

OCTOBER NEWSLETTER

The October newsletter will be published on Monday 2nd October. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 26th September.

IMPORTANT NOTE

It is important that you check your own results as during the year, mistakes and omissions can affect who wins the various Club competitions. If you find any, please notify Darren Evans without delay. This is particularly important as our annual awards are based on the results published in the newsletter.

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 Vin Marshall.



Tavy Relays 2017