



# Launceston Road Runners

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

[www.launcestonroadrunners.co.uk](http://www.launcestonroadrunners.co.uk)      [www.treggy7.co.uk](http://www.treggy7.co.uk)

Newsletter Co-ordinator: Peter Mander

Greystones, Leat Road, Lifton PL16 0AE.

Tel – 01566 780499 [peterandjulia@btinternet.com](mailto:peterandjulia@btinternet.com)

## **NEWSLETTER NO.161**

**APRIL 2015**

### **BIRTHDAYS**

A “Happy Birthday” in April to Sandra Aldridge, Sarah Barnes, Adam Chapman, Stephen Cox, Rob Demott, Karen Howse, Stephen Hutchinson, Peter Kirby, Mark Knight, Alan Littlejohns, Paul Martin, Andrew Parker, Becky Rowledge, Martin Venning and Mike Wood.

### **NEW MEMBERS**

A warm welcome to our latest members John Barnes, Kate Crowells-Hodge and Barry Hutchings.

### **CONGRATULATIONS**

To Mick Foster for setting a new Course Record for M70/74 at Tamar Lakes Park Run

To Derek Veale for setting a new Course Record for M75/79 at Tamar Lakes Park Run

To Katie Parkin for setting a new Club /Record for Senior Ladies at Granite Way 20M

(Details of Club Records for all distances and age categories can be found on the Club website).

### **ANNUAL SUBSCRIPTION**

Annual Subscriptions are now due. Please complete a membership application form and return this with the appropriate fee as soon as possible.

### **HEALTH AND SAFETY – IMPORTANT**

**Although the evenings are now lighter, it is recommended that members still wear a high visibility bib for training sessions.**

### **LONDON MARATHON**

The following club members are running the London Marathon for the charities indicated. Where there is a website the addition of entering the name of the runner will bring up their website should anyone wish to sponsor them.

Kirsty Freeman, Jeanette McFadden (and, if fit, Kevin Marshall) for Lifton Community Centre

Katie and Sue Parkin for Alzheimers Society ([www.justgiving.com](http://www.justgiving.com))

Tim Robinson for RP Fighting Blindness ([www.justgiving.com](http://www.justgiving.com))

Russell Leeton for SILA (The Sarcoidosis Charity) ([www.virginmoneygiving.com](http://www.virginmoneygiving.com))

Good luck to all of them!

### **CLUB GRAND PRIX RACE CAPTAIN**

Darren Evans has been appointed as Club Captain for the Grand Prix race series and he will be organising male and female teams for these events.

### **FOSTER’S FIVES 2015 RACES**

The next races in the series are the Ivybridge 10K on 9<sup>th</sup> May and the Bideford 10K on 10<sup>th</sup> May

### **CORNISH GRAND PRIX 2015**

The next race in the series is The Trevornick 10M on 10<sup>th</sup> May.

## CORNISH MULTI-TERRAIN RACE SERIES

The next race in the series is The 5 Tors on 19<sup>th</sup> April (Note changed date)

## EXE 5K SUMMER RACE SERIES

These races held by Ironbridge Runner on Tuesday evenings at Exwick, Exeter offer the opportunity for members to have a go at the Club Records for 5K (there are a number of vacancies). The dates for 2015 are 14<sup>th</sup> April, 5<sup>th</sup> May, 2<sup>nd</sup> June, 7<sup>th</sup> July, 14<sup>th</sup> August and 1<sup>st</sup> September. Entries are on the day only. See [www.ironbridgerunner.co.uk](http://www.ironbridgerunner.co.uk)  
(A similar series are held at Yeovilton RNAS on a Wednesday evenings. Dates for 2015 are 8<sup>th</sup> April, 13<sup>th</sup> May, 10<sup>th</sup> June, 8<sup>th</sup> July, 12<sup>th</sup> August and 9<sup>th</sup> September). See [www.yeoviltownrrc.com](http://www.yeoviltownrrc.com)

## 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.

## 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 car park at 6.50pm.**

All members are welcome and sessions are tailored to meet all individual levels from newcomer to oldtimer.  
Have fun and improve your running under the guidance of the Club's Coaches.

2 <sup>nd</sup> April	-	½ mile or ¼ mile reps
9 <sup>th</sup> April	-	30 minutes interval/fartlek
16 <sup>th</sup> April	-	Hill pyramid
23 <sup>rd</sup> April	-	Technical
30 <sup>th</sup> April	-	3 mile Time Trial
7 <sup>th</sup> May	-	400m pyramids

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

If you have any queries, please contact Kevin Marshall on [kmarshall0506@aol.com](mailto:kmarshall0506@aol.com).

## RESULTS

**21<sup>st</sup> February** = **Tavistock School Run** Fiona Chater 32.07

**28<sup>th</sup> February** = **Tamar Lakes Park Run 5K**

Alan Littlejohns 26.16, Gillian Goodman 30.28, Mick Foster 31.49, Patsy Foster 34.48, Peter Mander 47.03

**A new Course Record for M70/74 for Mick** (Peter ran as "tailender")

**1<sup>st</sup> March** = **Port Sunlight 10K** Martin Venning 51.06 (83.69)

**1<sup>st</sup> March** = **The Grizzly 19.6M MT**

Darren Evans 2.50.35, Tom Glendenning 4.04.50, Dave McMorrow 4.30.27, Jon Spettigue 4.32.19, Andy Parker 4.32.20, Linda Pickard 4.34.34

**1<sup>st</sup> March** - **The Big Run**  
**17.3M** Claire Walters 2.16.45  
**5.5M** Fiona Chater 1.00.00, Sarah Barnes 1.00.00

**7<sup>th</sup> March** - **Tamar Lakes Park Run 5K**  
Martin Venning 26.03, Derek Veale 26.41, Linda Pickard 27.21, Gillian Goodman 30.09, Mick Foster 32.30,  
Kevin O'Mahoney 43.45 **A new Course Record for M75/79 for Derek**

**7<sup>th</sup> March** - **Lanhydrock Park Run 5K** Alan Littlejohns 28.33

**8<sup>th</sup> March** - **Bideford 1/2M**  
Pawel Szymanski 1.35.58 (73.98), Graham Parkin 1.41.40 (73.51), Phil Box 1.43.05 (89.45), Chris Beighton 1.43.17 (73.92),  
Jeanette McFadzean 1.51.45 (78.68), Kirsty Freeman 1.51.46 (72.26), Sue Parkin 1.53.56 (80.57), Katie Parkin 2.00.06 (68.86),  
Julie Barriball 2.03.05 (74.54), Vicky Holt 2.12.47 (62.28) **Katie was 2<sup>nd</sup> Lady U/20**  
**PBO.s for Graham, Kirsty, Sue and Katie.** **PB.s for Phil, Chris and Jeanette**

**8<sup>th</sup> March** - **Looe 10M** Darren Evans 1.09.37 (76.13)

**8<sup>th</sup> March** - **Imber Range 33M XC Salisbury** Jenny Mills 5.56.35  
Jenny jogged/ate her way around but was still 8<sup>th</sup> Lady overall and 1<sup>st</sup> F60/\*

**14<sup>th</sup> March** - **Lanhydrock Park Run 5K** Nigel Reddcliffe 23.42

**14<sup>th</sup> March** - **Tamar Lakes Park Run 5K**  
Martin Venning 26.03, Peter Mander 31.01, Kevin O'Mahoney 41.35

**15<sup>th</sup> March** - **Falmouth 1/2M CGP**  
Darren Evans 1.25.12 (82.51), Pawel Szymanski 1.37.00 (72.47), Brian Wiles 1.45.57 (93.07), Stewart Gynn 1.50.38 (69.01),  
Adrian Brown 2.21.32 (49.67), Chris Norris 2.21.32 (50.16)  
**Brian was 1<sup>st</sup> M65/69.** **PB's for Darren, Stewart, Adrian and Chris**

**15<sup>th</sup> March** - **Larmer Tree Marathon, Wiltshire 26.2M XC**  
Mike Whitley 3.55.50, Jenny Mills 4.17.53 **Jenny was 1<sup>st</sup> Lady 60/+**

**15<sup>th</sup> March** - **Larmer Tree 1/2M, Wiltshire 13.1M XC** Dawn Hadfield 2.50.34

**21<sup>st</sup> March** - **Tamar Lakes 5K**  
Alan Littlejohns 25.59, Linda Pickard 27.17, Gillian Goodman 29.34, Doug Smith 32.59, Kevin O'Mahoney 34.39,  
Lorraine Hawkins 35.12

**22<sup>nd</sup> March** - **Tavy 1/2M**  
Alistair Fraser 1.34.17 (74.56), Mike Whitley 1.38.49 (80.73) **A PB for Alistair**

**22<sup>nd</sup> March** - **Age Concern Exeter 10K**  
Dave McMorrow 46.52 (68.67), Laura Brown 1.16.58 (49.18) **A PB for Dave**

**28<sup>th</sup> March** - **Tamar Lakes Park Run 5K**  
Alan Littlejohns 27.06, Gillian Goodman 30.12, Mick Foster 34.31, Patsy Lambrechts 38.02, Peter Mander 45.26

(Peter ran as “tailender”)

## FORTHCOMING EVENTS

### APRIL

3 <sup>rd</sup> April	Fast Friday 10K	Exeter	10K			
3 <sup>rd</sup> April	Kilminster Kanter	Kilminster	7M	MT		
6 <sup>th</sup> April	Bampton to Tiverton	Bampton	7+M			
6 <sup>th</sup> April	Easter Bunny 10K	Yeovilton	10K			
8 <sup>th</sup> April	Yeovilton 5K series	RNAS Yeovilton	5K	(at 7pm)		
12 <sup>th</sup> April	Taunton Mara and 1/2M	Taunton	26.2m and 13.1m			
14 <sup>th</sup> April	Exe 5K race series	Exwick, Exeter	5K	(at 7pm)		
18 <sup>th</sup> April	Haldon Heartbeat	Exeter	8.5M	MT		
19 <sup>th</sup> April	Penwith 5	Penzance	5M			
19 <sup>th</sup> April	Enys 10K	Penryn	10K			
19 <sup>th</sup> April	Plymouth 1/2M	Plymouth	13.1M			
<b>19<sup>th</sup> April</b>	<b>5 Tors</b>	<b>Bodmin</b>	<b>8M</b>	<b>XC</b>	<b>CMTRS</b>	<b>Note new date!</b>
26 <sup>th</sup> April	London Marathon	London	26.2M			
26 <sup>th</sup> April	Enys 10K	Enys	10K			

### MAY

3 <sup>rd</sup> May	Saltash 1/2M	Saltash	13.1M			
3 <sup>rd</sup> May	Bere Pen 10K	Bere Alston	10K			
5 <sup>th</sup> May	Exe 5K race series	Exwick, Exeter	5K	(at 7.30pm)		
9 <sup>th</sup> May	Ivybridge 10K	Ivybridge	10K			
10 <sup>th</sup> May	Beer Blazer	Beer	5K & 10K	approx!		
<b>10<sup>th</sup> May</b>	<b>Trevornick 10M</b>	<b>Holywell Bay</b>	<b>10M</b>	<b>MT</b>	<b>CGP</b>	
13 <sup>th</sup> May	Yeovilton 5K series	RNAS Yeovilton	5K	(at 7pm)		
16 <sup>th</sup> May	South Devon 10K	Paignton	10K			
<b>17<sup>th</sup> May</b>	<b>Imerys 1/2M and Mara</b>	<b>St Austell</b>	<b>13.1M and 26.2M</b>	<b>MT</b>	<b>CMTRS</b>	
23 <sup>rd</sup> May	Muskie Madness	Plymouth	5.5M	MT		
26 <sup>th</sup> May	St. Ives 10K	St. Ives	10K	MT		
30 <sup>th</sup> May	Umborne Ug	Umborne	10K	MT		

**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, 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](http://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 Peter Mander as soon as possible of race details and time**

## APRIL NEWSLETTER

The May newsletter will be published on Wednesday 29<sup>th</sup> April. Any copy for that newsletter should be sent to Peter Mander by latest Monday 27<sup>th</sup> April.

## **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. 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 him.