



# 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)

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## **NEWSLETTER NO.160**

## **MARCH**

### **2015**

#### **BIRTHDAYS**

A “Happy Birthday” in March to Laura Clements, Tracey Dart, Emma Durrant, Lorraine Hawkins, Lisa McMorrow, Jenny Mills, Hannah Pickard, Jade Pilsbury, Sally Rowland, Laura Stainer, Sarah Swift and Sue Thalange.

#### **NEW MEMBERS**

A warm welcome to our latest members – Leeann Charnock and Marie Toulson.

#### **CONGRATULATIONS**

To Julie Towers on breaking the Ladies 50/54 5M Club Record at Exmouth.

To Mick Foster on setting a new Course Record at Tamar Lakes Parkrun 5K for M70/74

To Brian Wiles on setting a new Club Record for M65/69 at the Barcelona 1/2M

#### **BARCELONA HALF MARATHON 2015**

13 Club members plus family and friends joined the Running Crazy group for their Barcelona Half Marathon weekend.

A good time was had by everyone and all those runners who were fully fit were pleased with their race results.

The comfortable hotel was in an excellent position for the race start and finish and for the sight-seeing of a beautiful city. Running Crazy were excellent hosts and provided a great service, even down to bin liners for warmth before the race start.

The weather was kind, the course was flat and entertaining and the pasta party and after race club lunch were good fun. The Running Crazy evening presentation party was a bit loud for some of us but the video of the race, which they produced was memorable! I think it is fair to say that this was an exciting and successful adventure for the club.

Running Crazy organise events all over the world. Where shall we go next?

Ann Venning

#### **HEALTH AND SAFETY – IMPORTANT**

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

**If you want to venture outside of the street lighting with the “torch” group, then you will also need a torch.**

#### **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!

#### **ANNUAL GENERAL MEETING**

Following Committee elected for 2015 - Chairman – Graham Newberry, Vice-chairman - Martin Venning, Treasurer - Vicky Holt, Secretary - Ann Venning, General Committee - Ann Barriball, Janette Johnson, Kevin Marshall, Sarah Swift and Louise Werran.

## 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 races in the series are the Falmouth 1/2M on 15<sup>th</sup> March and An Res Hellys 10M MT on 29<sup>th</sup> March.

## CORNISH MULTI-TERRAIN RACE SERIES

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

## 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.

5 <sup>th</sup> March	-	½ mile reps/400m pyramids
12 <sup>th</sup> March	-	30 min intervals/fartlek
19 <sup>th</sup> March	-	Long hills – easy/medium/hard
26 <sup>th</sup> March	-	Mystery session
2 <sup>nd</sup> April	-	Technical

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

### 31<sup>st</sup> January - Tamar Lakes Park Run 5K

Claire Walters 24.10, Kirsty Philpot 30.19, Abby Bassett 33.20, Patsy Foster 33.30, Mick Foster 34.07, Fiona Chater 37.46, Angela Leverton 40.02, Alan Littlejohns 47.18. **Claire was 1<sup>st</sup> Lady. Alan acted as tailender.**

### 1<sup>st</sup> February - Marazion 10K CGP/FF

Darren Evans 36.48 (87.45), Brian Wiles 43.23 (104.05), Stewart Gynn 45.14 (76.44), Russell Leeton 47.09 (71.80), Mark Jones 48.02 (67.00), Phillip Box 48.34 (86.91), Martin Venning 54.11 (78.92), Dave Pickard 55.48 (69.34), Linda Pickard 55.55 (77.70), Chris Norris 56.22 (57.66), Cheryl Leach 1.06.57 (79.31), Ann Venning 1.19.09 (63.56)  
**Brian was 2<sup>nd</sup> M65/69, Phillip was 3<sup>rd</sup> M60/64 and Cheryl was 3<sup>rd</sup> F65/69. PB's for Mark, Phillip and Chris.**

### 1<sup>st</sup> February - Fulfords 5M Exmouth FF

Julie Towers 35.37 (98.70), Sarah Swift 46.40 (64.89), Jackie Chapman 46.49 (74.23)

**A PBO and a New Club Record for Julie**

7<sup>th</sup> February - Lanhydrock Park Run 5K Nigel Reddcliffe 24.42

7<sup>th</sup> February - Tamar Lakes Park Run 5K Alan Littlejohns 29.19, Lorraine Hawkins 33.51

8<sup>th</sup> February - South Devon Ultra Trail Tim Robinson 6.13.00, Graham Newberry 6.25.00

8<sup>th</sup> February - Dursley Dozen 12M MT Jenny Mills 1.53.27 1<sup>st</sup> Lady 65/+

14<sup>th</sup> February - Tamar Lakes Park Run Mick Foster 33.10, Lorraine Hawkins 49.37

**A new Course Record for Mick. Lorraine acted as "tailender".**

14<sup>th</sup> February - Lanhydrock Park Run Nigel Reddicliffe 24.00

14<sup>th</sup> February - Stratford on Avon Valentine Marathon 26.2M MT Mike Whitley 3.59.26

15<sup>th</sup> February - Wiltshire 10M Jenny Mills 1.12.51 (114.12)

**This is the best time in the Uk ranking list this year so far. Jenny also topped the rankings last year.**

15<sup>th</sup> February - Barcelona 1/2M

Brian Wiles 1.33.03 (105.98), Pawel Szymaanski 1.33.39 (75.07), Sarah Worth 1.46.29 (77.66), Alan Littlejohns 1.50.08 (88.31), Peter Thorp 1.54.25 (71.33), Chris Pritchard 1.54.51 (71.06), Julie Barriball 1.57.07 (78.38), Martin Venning 1.58.12 (79.04), Louise Werran 2.00.06 (68.86), Ann Barriball 2.01.39 (78.05), Jane Pritchard 2.02.28 (77.51), Cheryl Leach 2.25.59 (79.47)

**A PBO and new CLUB RECORD for Brian. PBO's for Chris and Ann. PB's for Pawel, Sarah, Julie, Louise and Jane**

21<sup>st</sup> February = Tamar Lakes Park Run 5K

Alan Littlejohns 27.48, Gillian Goodman 31.48, Mick Foster 32.49, Lorraine Hawkins 33.18

**A new Course Record for Mick**

22<sup>nd</sup> February - Cornwall Fire and Rescue Service 1/2M MT

Pawel Szymanski 1.43.50, Jenny Mills 1.47.38, Claire Walters 1.48.56, Julie Towers 1.53.41

Jenny and Julie were first in their age categories

## FORTHCOMING EVENTS

### MARCH

1 <sup>st</sup> March	The Big Run	Camel Trail	5.5M, 11M or 17.3M	MT	
1 <sup>st</sup> March	The Grizzly	Beer	20M+	MT	<b>Race Full!</b>
8 <sup>th</sup> March	Bideford 1/2M	Bideford	13.1M		
9 <sup>th</sup> March	Looe 10	Looe	10M		
14 <sup>th</sup> March	The Moonlight Flit	Totnes	13.1M	MT	
14 <sup>th</sup> March	Bodmin Bar 8	Bodmin Airfield	30M+	XC	
15 <sup>th</sup> March	Exeter 1/2M	Exeter	13.1M		
<b>15<sup>th</sup> March</b>	<b>Falmouth 1/2M</b>	<b>Falmouth</b>	<b>13.1M</b>		<b>CGP</b>
15 <sup>th</sup> March	The Granite Way	Okehampton	10M or 20M		
21 <sup>st</sup> March	The Dark	Cardinham Woods	13M	MT	
21 <sup>st</sup> March	Rock Solid	Escot Park, Exeter	Team obstacle race	MT	
22 <sup>nd</sup> March	Tavy 13	Tavistock	13.1M		
22 <sup>nd</sup> March	Age UK 10K	Exeter	10K		
22 <sup>nd</sup> March	Mad March Hare 10K	Plympton	10K		
22 <sup>nd</sup> March	Arlington Court Canter	Barnstable	10K	XC	
29 <sup>th</sup> March	Exe to Axe	Exmouth	20M	MT	
<b>29<sup>th</sup> March</b>	<b>An Res Hellys</b>	<b>Helston</b>	<b>10.5M</b>	<b>MT</b>	<b>CGP</b>

### APRIL

3 <sup>rd</sup> April	Fast Friday 10K	Exeter	10K		
6 <sup>th</sup> April	Bampton to Tiverton	Bampton	7+M		
6 <sup>th</sup> April	Easter Bunny 10K	Yeovilton	10K		
12 <sup>th</sup> April	Taunton Mara and 1/2M	Taunton	26.2m and 13.1m		
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	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 Note new date!</b>
26 <sup>th</sup> April	London Marathon	London	26.2M		

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 and at Upper Tamar Lake, Nr. Kilkhampton (and throughout the country)

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 April newsletter will be published on Friday 27<sup>th</sup> March Any copy for that newsletter should be sent to Peter Mander by latest Wednesday 25<sup>th</sup> March.