



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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NEWSLETTER NO.198

May 2018



BIRTHDAYS

“Happy Birthday” in May to Tom Barriball, Joby Barrow, Steve Branch, Danny Crocker-White, Nicola Emmett, Darren Evans, Jackie Gay, Kristina Gulliver, Vicky Holt, Adam Paynter, Chris Pickering, James Shaw, Louise Werran, Becky Wise, Sarah Worth, Sandy Wright

NEW MEMBERS

A warm welcome to our newest members: Andy Sant, Lorna White, Yas Statton, Angie Mason, John-Henry Love, Maria Haisman, Angela Davies, Abby Bassett, Andy Berry, Shane Carroll and Jason Thorns

CONGRATULATIONS

To **Louisa Shaw** in being the 1st Female in the Tavy 5 Kool run



To **Alan Littlejohns** in running his own SAS marathon because he was unable to take up his Good For Age place this year, in London, due to a stroke.

On Sunday 22nd April at 10am Alan started his marathon by run/walking 4 miles a day along Bude cycle/tow path, culminating on the last day by completing a lap of Tamar Lakes on 29th April. Altogether, he did 31 miles and was awarded a special certificate at the end, which he was very proud to receive.

Fantastic effort! Well done for being **1st out of 1**. Everybody at the club wishes you a speedy recovery.

MEMBERSHIP 2018 -19

A big thank you to everyone who has handed in membership forms so far. Anyone who is yet to do this, the forms can be found on our website or on the notice board at the leisure centre.

DAY OUT AT THE BEACH! Sunday 27th May

On Sunday 27th May we are heading over to Widemouth Bay for a summer social, meeting at 4pm in the main car park for a short run/jog/walk. This will be an out and back so suitable for all. Family, friends, children, dogs all welcome and after the run we will make base on the beach for games, bring a picnic or a BBQ! The run isn't compulsory so anyone who just wants to chill on the beach is more than welcome. What about the weather I hear you ask! We will be running regardless although as it's the bank holiday, the sun is of course on order ☀

MAY CLUB PARK RUN

This month it is the turn of Lanhydrock park run! We will be heading down to Lanhydrock on the 19th May to take part in the ‘undulating’ park run, they hold every Saturday. As usual, make sure you have registered with the park run website and have a bar code if you want a time recorded. The run starts at 9pm at Lanhydrock House.

LONDON MARATHON 2019



The ballot opened for next year's London Marathon on Monday 30th April and will stay open until Friday 4th May at 17.00.

If you were inspired by this year's race, then **go** for it!!

The medal is great!!!

FOSTER'S FIVES 2017 RACES

The next races in the series are the Bideford 10K on the 13th May, Cubert on the 5th June and Sticker on the 23rd June.

CORNISH GRAND PRIX 2018

The next races in the series are Cubert on the 5th June and Sticker on the 23rd June.

PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are the Bideford 10K on the 14th May, the Tavy 5Kool on the 19th May and the Plymouth Half Marathon on the 20th May,

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next races in the series are the Imerys half marathon and marathon on 20th May, The Bude Lifeboat run on 13th June and Meet Your Max on 20th June.

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.

NOTE - The groups will comprise of: 4 miles; 5 miles; 6 / 7 miles; 8 miles

TUESDAY NIGHT LEADERS AT LAUNCESTON

	4m	5m	6/7m	8m
1st May	Vic	Vin	Louise / Kevin	Darren/ Jeanette/Tim
8th May	Gill	Vin	Peter / Vic	Darren/ Jeanette/Tim
15th May	Sarah / Fern	Vin	Vic / Kevin	Darren/ Jeanette/Tim
22nd May	Sarah / Fern	Vin	Peter / Vic	Darren/ Jeanette/Tim
29th May	Gill	Vin	Kevin / Louise	Darren/ Jeanette/Tim
5th June	Cubert5 – Kevin & Vix to do 30min out and back			
12th June	Kevin	Vin	Vic / Louise	Darren/ Jeanette/Tim
19th June	Sarah / Fern	Vin	Kevin / Peter	Darren/ Jeanette/Tim
26th June	Gill	Vin	Peter / Kevin	Darren/ Jeanette/Tim
3rd July	Vic	Vin	Darren / Louise	Kevin

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.

03/05/2018	Hills	TBC
10/05/2018	½ Mile Reps	TBC
17/05/2018	1 sec reduction x 10	TBC
24/05/2018	Pyramids	TBC
31/05/2018	¼ mile reps	TBC
7/06/2018	Out and back (short intervals in pairs)	TBC
14/06/2018	400m pyramids	TBC
21/06/2018	Intervals / fartlek	TBC
28/06/2017	Hills	TBC

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

Would all members please ensure that they wear a high visibility bib for all evening training/running sessions.

RESULTS

31 st March	Tamar Lakes Parkrun 5K	Alan Littlejohns 1.02.03
31 st March	Tamar Trails Parkrun 5K	Louisa Shaw 24.38, John Mason 31.06
1 st April	Yeovil Easter Bunny 10K	Jackie Chapman 1.13.18 (61.36)
2 nd April	Easter Monday Shapwick Bunny Hop 7.5 MT	Jenny Mills 1.03.21 1 st FV65
7 th April	Toowoomba Parkrun	Adam Paynter 25.07
7 th April	Cannon Hill Parkrun	Adrian Brown 24.25
7 th April	Tamar Lakes Parkrun 5K	Sarah Swift 26.35, Alan Littlejohns 1.05.24
7 th April	Cousin Jacks 17.5 MT	Jo Northey 5.18.56, Peter McAughey 5.18.56



7 th April	Prague Half Marathon	Tim Robinson 1.17.13 (91.04)
7 th April	Coast to Coast 117 miles	Steve Cox 46.02.00, Russell Leeton 46.02.00
8 th April	Taunton Half Marathon	Mike Gilbert 1.35.07 (73.91), Nigel Reddcliffe 1.38.09 (83.15), Lorraine Hawkins 2.30.37 (63.02)

PB's for Mike, Nigel and Lorraine

8 th April	Enys 10K	Linda Pickard 54.21 (82.76), Dave Pickard 55.59 (71.67), Janet Lathom 58.40 (83.55)
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PB for Dave

8 th April	Manchester Marathon	Chris Pritchard 4.24.34 (69.75)
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PB for Chris

14 th April	Tamar Lakes Parkrun 5K	Alan Littlejohns 53.10
14 th April	Tamar Trails Parkrun 5K	Adrian Brown 30.29
15 th April	Honiton Hippo 7.5m MT	Linda Pickard 1.20.01 3 rd FV55

15th April

Tavy 13 Half Marathon

Richard Foster 1.41.52 (72.60), Steve Cox 1.44.46 (74.47), Russell Leeton 1.49.18 (69.85), Peter McAughey 1.50.19 (69.96), Julie Towers 1.51.53 (88.88), Jaine Hynes 1.55.24 (83.20), Jo Northey 2.06.53 (68.58), Chris Norris 2.14.43 (54.33), Jackie Gay 2.18.53 (68.35)

21st April

**Julie 2nd F55
Tamar Lakes Parkrun 5K**

PB for Jaine

Linda Pickard 25.45, Dave Pickard 26.35, Alan Littlejohns 49.35

21st April

Tavy 5Kool

Louisa Shaw 22.33, Sarah Ross 30.13

Louisa 1st Female

22nd April

London Marathon

Tim Robinson 2.57.28 (86.48), Ed Horn 3.03.57 (83.43), Matt Wise 4.16.56 (60.94), Nick Harrison 4.20.22 (60.75), Jess Goldberg 4.25.23 (68.05), Vin Marshall 4.54.10 (82.65), Wayne Rundle 4.59.47 (54.43), Mark Jones 5.09.03 (49.66), Adam Chapman 5.44.52 (44.50), Jo Bailey 6.02.05 (54.15)



PB's for Matt, Jess, Mark, Adam and Jo

FORTHCOMING EVENT

MAY

6th May	Peter Tavy Trailblazer	Peter Tavy, Devon	5M		
6 th May	Saltash ½ Marathon	Saltash	13.1M		
6 th May	Plym Trail Weekend	Plymouth	13.1M and 26.2 M		
9 th May	Armada Summer 5k Series	Saltram Park, Plymouth	5K		
12 th May	Ivybridge 10K	Ivybridge	10K		
13th May	Trevornick 10	Nr. Newquay	10M	MT	CGP
13 th May	Race the Tide	Holbeton	10K, 15M & 26.2	MT	
13 th May	Crediton Crunch	Crediton	10K	MT	
13 th May	East Allington 10K	South Devon	10K		
13 th May	Ottery 10K	Ottery St. Mary	10K		
13th May	Bideford 10K	Bideford	10K	FF/ PC	
19th May	The Quest (coastal run)	Tintagel	40M & 10M	XC	
19 th May	Tavistock 5Kool	Tavistock	5K	PC	
20th May	Imerys 1/2M & Marathon	St Austell	13.1M & 26.2M	MT	CMTRS
20th May	Plymouth Ocean ½ Marathon	Plymouth	13.1	PC	
20th May	Exeter Marathon	Exeter	26.2		
23 rd May	Duchy Athletics Network	Par	5,000 m County Champs.		
26th May	Bere Pen 10K	Bere Alston	10K		

JUNE

2nd June	Dartmoor Discovery	Princetown	32.4M		
3 rd June	Burrator 10K	Burrator Reservoir	10K		PC
5th June	Cubert 5	Cubert	5M		CGP/FF/ PC
7 th June	Dawlish Coastal Dash	Dawlish	4M	MT	
9 th June	Classic Quarter	Lizard/Lands End	44M	MT	
9 th June	Buckland Bounder	Buckland Monachorum	6M	MT	
10 th June	Yeovil Marathon	Yeovil	26.2M		PC

13th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
16 th June	Tavistock 5Kool	Tavistock	5K		PC
20th June	Meet Your Max	Truro	7M	MT	CMTRS
20 th June	Summer Solstice Fell Run	Merrivale, Dartmoor		MT	
23rd June	Sticker	Sticker	5M		CGP/FF/ PC
24 th June	Torbay Half	Torbay	13.1M		
26 th June	Boconnoc 5	Boconnoc	5M	MT	
30 th June	Muskies Madness	Plymouth	10K	MT	

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

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

Just a reminder about sending in **race results**; contrary to popular belief the committee do not get sent race results. It is Darren who has the fun of trawling through results spreadsheets looking for any Launceston Road Runners who may have participated in the ever growing list of races around the county and further afield. Needless to say, this is very time-consuming!

It would be massive help if all members can remember to send any results in on a Sunday or Monday, either through facebook or email (de1982@hotmail.co.uk). Darren does make sure that all the local races, park runs and anything included in a club competition is checked but it is easy to miss results or races which in turn means they will not be included in club records. Thank you!

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.

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.

LOCAL DISCOUNTS FOR LAUNCESTON ROAD RUNNERS

- **Launceston Sports and Therapy – www.launcestonsports.co.uk**
Sports Massage & Sports Therapy – Save £20 when you book 4 sessions (approx. 15% discount)
- **PhysioFix -10% off – Market Arcade**



- **HPT Sports in Bude – 10% off on all footwear and clothing**



- **Alex Hiscock – Launceston Rugby Club – specialises in Sports and Deep Tissue massage £5 discount on every 30 minute session – Appointments via Facebook**

JUNE NEWSLETTER

The June newsletter will be published on Friday 2nd June. Anything to be included in the newsletter should be sent to Vin Marshall by Monday 28th May.



Tavy 13