



Launceston Road Runners

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

www.launcestonroadrunners.co.uk

www.treggy7.co.uk

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July 2018

BIRTHDAYS



Happy Birthday” in July to Dawn Acaster, Philippa Baker, John Barnes, Julie Barriball, Rebecca Burden, Stuart Gavin, Maria Haisman, Matt Haisman, Mark Lancaster, Russell Leeton, Jason Mcginnes, Paul Martin, Jo Northey, Harry Ryan, Yas Statton,

NEW MEMBERS

A warm welcome to our newest members: Kirsty Knight, Stuart Burton and Martin Hynes

CONGRATULATIONS

To Ed Horn on being 5th overall at the Burrator 10K

To Louise Werran on being 6th overall in the Tsunami 16 mile coastal run

To Vin Marshall on setting a new club record for 5K for F65-69



ALAN RETURNS TO RACING



The 17th of June 2018 saw the return of Alan Littlejohns to the world of racing with an outstanding performance at the Age UK 10k in Exeter. Since February Alan has slowly been building up his running at Tamar Lakes Park run. He finished the 10k in 1.09.28. He was joined on the run by his daughters and plenty of well-wishers cheering him over the finish line

NEW CLUB EQUIPMENT

The club have recently invested in some new printed banners and gazebos for use, both at the Treggy 7 and for its members. If you are taking part in a race or running event and would like to borrow a banner or gazebo for club photos or race HQ, please let us know, either through facebook or email the committee on comm@treggy7.co.uk.

BOSCASTLE RUN

THANK YOU, once again, Janet for organising our annual Boscastle run. As usual, it was a lovely evening run, enjoyed by all, finishing at the Napoleon Inn for a meal and a drink. The weather and scenery could not have been better!!

TREGGY 7

This year's Treggy7 is on Sunday 2nd September and we are still looking for 32 marshals. Don't worry if you haven't done this before as you will be given instructions on what to do. It is great fun!!

If you are not running this race and are available to help, can you please contact Vin or Kevin Marshall at kmarshall0506@aol.com or on 01566 784513. If you are running but have a relative or friend who is willing to help, that would also be great.

Home- made cakes will be on sale at the Race HQ, at the Town Hall and we would love you to provide one for us. This year the proceeds from the cake stall will go to the charity 'Future Pillars Zambia'.

IMPORTANT REMINDER

If you are running a race and you encounter a problem and have to retire, please ensure you inform a marshal, so the race organiser is not looking for you afterwards. There was a race recently, where people retired and did not inform a marshal. The race organisers know the number of people running and they need to account for them all.

FOSTER'S FIVES 2018 RACES

The next races in the series are Totnes 10K on the 5th August and St. Levan 10K on the 17th August

CORNISH GRAND PRIX 2018

The next races in the series are Turkey Trot on the 4th July, Magnificent 7 on the 21st July, Indian Queens Half Marathon on the 5th August and St. Levan 10K on the 17th August

PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are the Tavy 5Kool on the 21st July, Magnificent 7 on the 21st July and Exeter 10K on the 22nd July

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next race in the series is Tywardreth Trotter on the 28th July.

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

	3/4miles	5 miles	6 miles	7 miles	8 miles
3rd July	Vicky	Vin	Louise	Darren	Kevin
10th July	Sarah/Fern	Vin	Vicky	Kevin	Darren
17th July	Gill	Vin	Kevin	Peter	Jeanette
24th July	Vicky	Vin	Louise	Kevin	Tim
31st July	Gill	Vin	Vicky	Peter	Darren
7th August	Vin	Vicky	Kevin	Darren	Jeanette
14th August	Sarah/Fern	Vin	Peter	Kevin	Tim
21st August	Vicky	Vin	Louise	Kevin	Darren

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.

5 th July	½ & ¼ mile reps	TBC
11 th July	Out & Back	TBC
19 th July	Tavy Relays	Tavistock
26 th July	Fartlek / Intervals	TBC
2 nd August	Hills	TBC
9 th August	½ mile reps	TBC
16 th August	1 sec. reductions x 10	TBC
23 rd August	Pyramids	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!

RESULTS

2nd June **Tamar Lakes Parkrun 5K** Jeanette Johnson 19.48, Gill Aze-Thomas 32.22

2nd June **Tamar Trails Parkrun 5K** Chris Norris 27.04, Kayleigh Stringer 30.23

2nd June **Dartmoor Discovery 32M** Pavel Symanski 6.05.33, Russell Leeton 6.28.06

3rd June **Burrator 10K**

Ed Horn 38.08 (84.40), Adrian Brown 53.59 (60.81), Darren Cornish 55.49 (57.66), Sarah Swift 57.36 (65.71),
Matt Haisman 59.34 (61.30), Kirsty Knight 1.00.46 (62.29), Sarah Ross 1.02.21 (72.14), Maria Haisman 1.08.51 (61.70),
Abby Bassett 1.08.51 (54.97), Lorraine Hawkins 1.09.48 (62.24), Jackie Chapman 1.12.54 (61.70)



Ed 5th overall

PB's for Kirsty and Abby

5th June **Cubert 5M**

Mike Gilbert 32.42 (78.75), Ben Jarram 33.45 (76.30), Richard foster 33.50 (80.89), Nigel Reddicliffe 33.57 (88.03),
Nick Harrison 34.45 (76.35), John-Henry Love 35.52 (71.79), Louisa Shaw 36.18 (83.42), Mark Jones 38.41 (66.57),
Wayne Rundle 39.08 (69.94), Jaine Hynes 39.33 (88.88), Adrian Brown 41.26 (63.39), Linda Pickard 41.39 (86.39),
Dave Pickard 43.22 (74.02), Chris Norris 43.24 (61.76), Mary Roberts 43.32 (75.54), Megan Harfoot 44.12 (68.51),
Sarah Swift 44.22 (68.26), Matt Haisman 44.58 (64.97), Martin Venning 45.48 (78.85), Vicky Harrison 46.05 (71.36),
John Barnes 46.12 (67.80), Sharon Rundle 46.18 (75.92), Janet Lathom 46.34 (84.20), Sarah Ross 47.36 (75.59),
Vin Marshall 47.46 (85.37), Sally Harvey 48.41 (72.21), Maria Haisman 51.17 (66.26), Abby Bassett 51.17 (59.05),
Ann Venning 1.10.18 (59.59)



Vin 3rd F65

PBO's for Mike, Ben, Richard, Nigel, Nick, John-Henry, Louisa, Linda, Dave & Sharon

PB's for Mark, Megan, Matt, Vicky, Sarah, Sally, Maria & Abby

9th June **Tamar Lakes Parkrun 5K**

Ed Horn 19.12, Jeanette Johnson 19.34, Richard Foster 19.55, Chris Pritchard 25.16, Julie Barriball 26.02, Jane Pritchard 28.31,
Janet Lathom 28.38, Martin Venning 34.40, Alan Littlejohns 34.40, Gill Aze-Thomas 54.18

9th June **Tamar Trails Parkrun 5K**

Adrian Brown 24.55, Chris Norris 26.31, Russell Leeton 30.00, John Mason 31.37

22nd June Polzeath 10K coastal run Peter McAughey 1.00.10, Louise Werran 1.02.16

23rd June Tamar Lakes Parkrun 5K Jeanette Johnson 19.39, Alan Littlejohns 35.15

23rd June Tamar Trails Parkrun 5K Chris Norris 27.53, John Mason 31.28

23rd June Sticker 5M

Kevin Marshall 32.25 (93.26), Steve Cox 35.48 (79.81), Nick Harrison 36.39 (73.17), Wayne Rundle 41.14 (66.38), Phil Box 43.34 (80.65), Jaine Hynes 43.39 (80.53), Linda Pickard 44.00 (81.77), Julie Barriball 44.52 (77.46), Mary Roberts 46.47 (70.29), Dave Pickard 47.09 (68.08), Martin Venning 47.15 (76.43), Janet Lathom 47.22 (83.03), Sharon Rundle 48.23 (72.66), Vin Marshall 50.15 (81.15), Sarah Ross 51.27 (69.93), Sally Harvey 51.42 (67.99)



Linda 3rd F55 & Vin 3rd F65

PB's for Kevin & Steve

25th June Boconnoc MTRS Linda Pickard 44.16, Julie Barriball 45.39, Dave Pickard 47.23

FORTHCOMING EVENTS

JULY

1st July	Umborne UG	Umborne, Devon	10K	MT	
4 th July	Summer Turkey Trot	Redruth	4M		CGP
5 th July	Ashburton Carnival	Ashburton, Devon	10K		
6 th July	Erne Valley Relays	Ivybridge	4 x 2.5M		
7 th July	Charmouth Challenge	Charmouth	8M	MT	
8 th July	Gosden Hill Race	Belstone, Devon	3.2M	MT	
11 th July	Armada Summer 5K Series	Saltram Park	5K		
14 th July	Muddy Duck Run	Oreston, Plymouth	10K		
14 th July	Lydford Dash	Lydford	5M	XC	
18 th July	Exeter 10K	Exeter	10K		PC
19 th July	Tavy Town Relay	Tavistock	4x1.1M		
20 th July	Chudleigh Carnival Road Race	Nr. Newton Abbot	Approx 6M		
21st July	Haytor Heller	Bovey Tracy	6M	XC	
21 st July	Tavy 5Kool	Tavistock	5K		PC
21 st July	The Magnificent 7	Saltash	7M		CGP/PC
26 th July	Kingsbridge Fair Week	Kingsbridge	10K		
26 th July	DAN 10K	Carn Brea Track, Redruth	10K		
28th July	Cornwood Challenge	Cornwood	10K	MT	
28 th July	Tywardreath Trotter	Near Par	6.5M	MT	CMTRS
28 th July	Something Wild Trail Festival	Dartmoor	10K & 5K		
29 th July	Something Wild Trail Festival	Dartmoor	32M, 26.2M, 13.1M		
29 th July	6 Moor Miles	Yelverton	6M	XC	
29 th July	Seaview 17	Minehead	21M	MT	
29 th July	Stoke Gabriel Carnival	South Devon	Approx 10K		

AUGUST

4 th August	Marilyn's Meldon Madness	Nr. Okehampton	Approx 5 miles		Fell Run
5 th August	Indian Queens Half Marathon	Indian Queens	13.1M		CGP/PC
5 th August	Totnes 10K	Totnes	10K		FF
7 th August	St. Ives Bay 10K	Hayle	10K		Fun run

8 th August	Armada 5K Series	Saltram Park	5K
10 th August	Forest Flyer	Haldon Forest Park	5 M
11 th August	Sticklepath Horseshoe	North Dartmoor	9.6M Fell
11 th August	Roseland August Trail	Nr. St. Austell	11M. 20M or 32M MT
17th August	St Levan 10K	Penzance	10K CGP/FF
18 th August	Christow Show CrossCountry Race	\Christow	5K MT
20 th August	Torbay Royal Regatta 10K	Torquay	10K
21 st August	Tavy 5Kool	Tavistock	5K PC
25 th August	The Big Day Out – The Crossing	Belstone	34M MT
25 th August	Oke Croak	Okehampton	10+M Fell Run
25 th /26 th August	Plym Trail Weekend	Plymouth	½ marathon & marathon
25 th August	The Big Day Out – The Great Escape	Princetown	13M MT
27 th August	Lustleigh Show 10K	Newton Abbot	10K

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

In addition to the above, there are 5k Parkruns 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.

AUGUST NEWSLETTER

The August newsletter will be published on Wednesday 1st August. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 24th July.

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.

Boscastle Social Run

