



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.199

June 2018

BIRTHDAYS



“Happy Birthday” in June to Mark Boundy, Richard Greaves, Jessica Goldberg, Nick Harrison, Lelia Kiersch, Jeanette Johnson, Angela Mason Paul Moore, Ella Waters, Jo Williams

NEW MEMBERS

A warm welcome to our newest members: Jenna Branch, David Mantle, Harry Ryan, Merwyn Quick, Ann-Marie Chater, Gary Chater, Sarah Chater, Sally Harvey, Sarah Ross and Lelia Kiersch.

CONGRATULATIONS



To **Jeanette Johnson** in being 3rd lady overall in the Plymouth half marathon and setting a **new club record** for the F50/54 category

To **Ed Horn** in being 6th overall in the Bideford 10K

To Alan Littlejohns on running 219 marathons



BOSCASTLE RUN –Tuesday 26th June

The always popular annual Boscastle run returns in 2018! Kindly organised and led by Janet Lathom. The club will be leaving Launceston behind to run on the trails and coast path around Boscastle. We will be meeting in the car park of the Napoleon Inn at 6.45, ready to run at 7pm. The route is always varied but will be around 5 miles in distance with plenty of breaks to admire the views. Food will be served in the Napoleon Inn after the run. If you are able to come, please let Janet know, either on a Tuesday night at club or by emailing her at janetlathom@gmail.com so the pub have an idea of numbers. Food will be ordered on the night before we set out. For those of you that can't join us in Boscastle there will be a run in Launceston.

SUMMER TURKEY TROT 2018

This is race 9 of the 2018 Cornish Grand Prix, organised by Cornwall AC. The race is being held in Redruth on Wednesday 4th July at 7.30pm. Launceston has 5 club places remaining, so if you are interested in entering, please speak to Sarah Swift at club night or email sarahlb89@hotmail.com by the 17th June. You will find entry forms with full race details on the notice board in the leisure centre or on the website.

TREGGY 7

This year's Treggy7 is on Sunday 2nd September. For the benefit of new members, we organise this race as part of the Cornish Grand Prix Series attracting 350 – 450 runners from all over the South West. We need at least 60 marshals to ensure that the runners take the correct route.

If you are not running this race and are available to help with marshalling or in any other way, 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.

FOSTER'S FIVES 2017 RACES

The next races in the series are Cubert, Newquay 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, Sticker on the 23rd June, The Turkey Trot on the 4th July and Magnificent 7 on the 15th July.

PETER MANDER PENTATHON CUP RACES 2018

The next races in the series are Burrator on the 3rd June, Cubert on the 5th June, Yeovil marathon on the 10th June, the Tavy 5Kool on the 16th June and Sticker on the 23rd June.

CORNISH MULTI-TERRAIN RACE SERIES 2017/2018

The next races in the series are The Bude Lifeboat run on 13th June, Meet Your Max on 20th June and Boconnoc 5 on the 26th 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
5 th June	Cubert5 – Kevin & Vix to do 30min out and back			
12 th June	Kevin	Vin	Vic / Louise	Darren/ Jeanette/Tim
19 th June	Sarah / Fern	Vin	Kevin / Peter	Darren/ Jeanette/Tim
26 th June	Gill	Vin	Peter / Kevin	Darren/ Jeanette/Tim
3 rd 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.

7/06/2018	Out and back (short intervals in pairs)	TBC
14/06/2018	400m pyramids	TBC
21/06/2018	Intervals / fartlek	TBC
28/06/2018	Hills	TBC
5/07/2018	½ mile or ¼ mile reps	TBC
12/07/18	Out and back	TBC
19/07/18	8-4-8	TBC
26/07/18	Fartlek/Intervals	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? Thank you

RESULTS

23 rd April	Southampton Marathon	Mike Pyke 4.26.06 (60.68) PB
28 th April	Tamar Lakes Parkrun 5K	Paul Moore 22.07, Alan Littlejohns 43.15
28 th April	Tamar Trails Parkrun 5K	Andy Berry 24.41, Adrian Brown 30.11, Sarah Ross 31.19
5 th May	Tamar Lakes Parkrun 5K	Paul Moore 20.51, Jackie Chapman 36.24, Alan Littlejohns 42.05
5 th May	Tamar Trails Parkrun 5K	Louisa Shaw 24.14, Adrian Brown 32.49
6 th May	Hartland Heartbreaker 9M	Linda Pickard 1.41.02
6 th May	Saltash ½ Marathon	Darren Evans 1.31.41 (76.68), Russell Leeton 1.52.08 (65.18)

Darren 3rd M 35-39

6 th May	North Dorset Village Marathon	Steve Cox 3.47.00 (75.04)
6 th May	Austin Texas 10K	Darren Cornish 55.10 (58.34) PB
7 th May	Belfast Marathon	Pawel Symanski 3.48.00 (67.31)
12 th May	3:10 to St. Ives coastal run	Adrian Brown 36.40
12 th May	Tamar Lakes Parkrun 5K	Nicola Emmett 29.36, Alan Littlejohns 38.24
12 th May	Tamar Trails Parkrun 5K	Andy Berry 24.03, Chris Norris 28.44, Kevin Bull 29.38, Adrian Brown 31.06, Russell Leeton 32.10, Mark Jones 33.29
12 th May	Ivybridge 10K	Sarah Ross 1.00.37 (74.20) PB
13 th May	Race the Tide 16M	Nigel Reddicliffe 2.25.16, Mary Roberts 3.21.12

Nigel 3rd M50+

13 th May	Race the Tide 14K woodland	Jon Roberts 1.33.00
13 th May	Trevornick 10K	Kevin Marshall 42.36, Brian Wiles 48.32, John-Henry Love 49.55, Yas Statton 51.07, Vin Marshall 1.04.11, Sally Harvey 1.10.39

Brian 1st M70+ Vin 2nd F65+

13 th May	Bideford 10K	Ed Horn 36.27 (88.29), Naomi Baker 43.30 (87.01), Jess Goldberg 46.36 (81.22), Mark Lancaster 52.04 (61.81), John Barnes 53.06 (73.74), Linda Pickard 53.07 (84.68), Dave Pickard 54.28 (73.67), Jason Mcginnes 54.57 (60.97), Matt Haisman 57.37 (63.38), Phillipa Baker 1.01.59 (79.08), Maria Haisman 1.02.09 (68.35), John Mason 1.02.25 (59.85), Gill Aze-Thomas 1.04.05 (62.80), Jo Bailey 1.08.17 (60.21), Jackie Chapman 1.13.14 (61.42), Sarah Barnes 1.28.29 (46.97)
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Ed 6th overall Naomi 2nd Female Senior

PBO's for Mark, John Barnes, Linda, Dave & Jo

PB's for Naomi, Jess, Jason, Matt & John Mason

19th May **Tamar Lakes Parkrun 5K** Linda Pickard 25.33, Martin Venning 28.06, Alan Littlejohns 37.29

19th May **Tamar Trails Parkrun 5K**
Andy Berry 23.27, Russell Leeton 31.16, Mark Jones 35.01, Adrian Brown 44.16

19th May **Tavy5Kool Run** Steve Cox 20.55, Louisa Shaw 22.36

PB for Steve

20th May **Imerys Half Marathon MTRS**

Louise Werran 2.11.26, Julie Barriball 2.20.08, Sarah Swift 2.24.52



20th May **Plymouth Half Marathon**

Darren Evans 1.25.20 (82.38), Jeanette Johnson 1.29.20 (105.06), Andy Sant 1.42.20 (75.41), Richard Greaves 1.44.03 (83.22), Nick Harrison 1.44.23 (69.41), John-Henry Love 1.47.39 (65.30), Russell Leeton 1.49.10 (69.93), Brian McGinnity 1.49.09 (66.38) Jessica Goldberg 1.49.49 (75.31), Mike Pyke 1.55.54 (63.81), Wayne Rundle 1.56.33 (64.12), Rob Berryman 1.57.20 (62.38), Chris Norris 2.01.37 (60.19), Mary Roberts 2.04.15 (72.29), Adrian Brown 2.06.31 (56.69), Becki Sant 2.07.14 (69.84), Mark Lancaster 2.07.43 (55.04), Penny McMillan 2.13.36 (71.05), Matt Haisman 2.16.08 (58.60), Jason Mcginnes 2.16.46 (53.52), Nicola Emmett 2.17.32 (62.62), John Mason 2.27.42 (55.25), Sandy Wright 2.30.20 (66.95)



Jeanette 3rd lady overall & 1st F50

PBO for Becki

PB's for Andy, Richard, John-Henry, Mike, Penny and Sandy

26th May **Tamar Lakes Parkrun 5K**
Paul Moore 21.45, Andy Berry 22.36, Martin Venning 28.07, Alan Littlejohns 35.53, Ann Venning 46.32

26th May **Tamar Trails Parkrun 5K**
Chris Norris 27.03, Kayleigh Stringer 29.26, Adrian Brown 30.33, Russell Leeton 31.10, Mark Jones 38.30

26th May **Bere Pen 10K**
John-Henry Love 50.22 (63.90), Jess Goldberg 52.22 (72.28), Linda Pickard 57.26 (78.32), Malcolm Jones 58.18 (68.82), Megan hardfoot 1.02.31 (60.54)



Linda 1st F55

PB's for John & Megan

PETER MANDER PENTATHON CUP

After the Plymouth Half Marathon, the club championship points have been calculated and sorted. The following list shows the current 1, 2, 3 placings in each age category. Well done everyone! Great running!

Please also see the pdf on the website with the breakdown of each of the respective runners current season best times for you to plan your races to move up the rankings. The club competition aims to encourage improvement and participation in a range of races. So far no runner has completed all 5 distances but if they had, they would be TOP of their age category. Have a go 😊)

Womens

U20 - NO RUNNERS

U35 - 1) [Jessica Goldberg](#) 2) [Naomi Baker](#), 3) [Sarah Swift](#)

U45 - 1) [Louisa Shaw](#), 2) [Michelle Yeo](#), 3) [Fanny Tyler](#)

U55 - 1) [Mary Roberts](#), 2) [Gill Aze-Thomas](#), 3) [Jaine Hynes](#)

U65 - 1) [Linda Pickard](#), 2) [Janet Lathom](#), 3) [Jane Pritchard](#)

O65 - 1) [Vin Marshall](#), 2) [Ann Venning](#), 3) NO RUNNER

Mens

U20 - 1) [John-Henry Love](#)

U35 - 1) [Edward Horn](#), 2) [Mark Lancaster](#), 3) [Tim Robinson](#)

U45 - 1) [Nick Harrison](#), 2) [Wayne Rundle](#), 3) [Adrian Brown](#)

U55 - 1) [Matt Haisman](#), 2) [John Mason](#), 3) [Steve Cox](#)

U65 - 1) [Dave Pickard](#), 2) [John Barnes](#), 3) [Chris Pritchard](#)

O65 - 1) [Brian Wiles](#), 2) [Martin Venning](#), 3) [Phil Box](#)

FORTHCOMING EVENTS

JUNE

2nd June	Dartmoor Discovery	Princetown	32.4M		
3rd June	Burrator 10K	Burrator Reservoir	10K		PC
5th June	Cubert 5	Cubert	5M		CGP/FF/ PC
7th June	Dawlish Coastal Dash	Dawlish	4M	MT	
9th June	Classic Quarter	Lizard/Lands End	44M	MT	
9th June	Buckland Bounder	Buckland Monachorum	6M	MT	
10th June	Yeovil Marathon	Yeovil	26.2M		PC
13th June	Bude Lifeboat Run	Bude	6M	MT	CMTRS
16th June	Tavistock 5Kool	Tavistock	5K		PC
20th June	Meet Your Max	Truro	7M	MT	CMTRS
20th June	Summer Solstice Fell Run	Merrivale, Dartmoor		MT	
23rd June	Sticker	Sticker	5M		CGP/FF/ PC
24th June	Torbay Half	Torbay	13.1M		
26th June	Boconnoc 5	Boconnoc	5M	MT	
30th June	Muskies Madness	Plymouth	10K	MT	

JULY

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

29th July
29th July

Seaview 17
Stoke Gabriel Carnival

Minehead
South Devon

21M MT
Approx 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 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

JULY NEWSLETTER

The July newsletter will be published on Saturday 30th June. Anything to be included in the newsletter should be sent to Vin Marshall by Tuesday 26th June



Medal Winners