

NEWQUAY 10K - SUNDAY 7 OCTOBER

Our athletes who made the trip to Newquay all did well.

Alan Ryder was 13th overall and 3rd in his age category, whilst **Myra Mckay** broke her own vet age record as well as winning her age category. **Angie Handforth** also had a great run and won her age category.

Results:	13	Alan Ryder	35.31
	158	Richard Ayson	44.50
	274	Angie Handforth	50.40
	326	Myra Mckay	53.37
	451	Mike Lee	61.08
		(518 finishers)	

BURNHAM HALF MARATHON - SUNDAY 7 OCTOBER

Alan Hoskin had a great race by finishing 6th overall and setting a pb by nearly 5 minutes over his previous best time.

Alan was 3rd senior man in a time of 1.25.57.

CHURSTON FLYER - SUNDAY 7 OCTOBER

Simon and **Jaine Swift** were our only competitors in this 5 mile race. Both ran pb's.

Simon ran 29.54 whilst **Jaine** was first lady in 30.11.

TEIGN VALLEY TODDLE - SUNDAY 7 OCTOBER

Mark Livermore completed this 10.25 miles course around the hills of the Teign Valley in a time of 82.37 (30th place).

It was much wetter than anticipated as there was a lot of water coming from the hills!

ARMADA ATHLETICS WINTER 3K SERIES **CENTRAL PARK - WEDNESDAY 10 OCTOBER**

Results:	12	Ewan Lake	11.12	46	Steve Watson	14.01
	25	Russ Mogridge	12.11	47	Ken Summers	14.01
	34	Jon Lake	12.58		(66 finishers)	

CARDIFF HALF MARATHON SUNDAY 14 OCTOBER

Several of the club's athletes made the trip to Cardiff and were rewarded with some outstanding performances.

Particularly impressive was **Jaine Swift** who broke her own club and vet records and was 1st fv40. **Alison McEwing** also had a great run and broke **Jaine's** previous record of 1.24.34.

Results:	139	Jaine Swift	1.22.15
	147	Simon Swift	1.22.27
	178	Alison McEwing	1.23.27
	383	Emma Lake	1.28.23
	642	Kent Watson	1.31.32
	2286	Kevin Paull	1.43.24

DARTMOOR VALE 10K AND HALF MARATHON SUNDAY 21 OCTOBER

This was a fantastic day for the club with everyone in the 10k finishing 1st in their age category! **Alison Thorn** did even better and broke her own vet 35 age record.

In the Half Marathon **Christian Cutcliffe** had a fantastic run to finish 4th overall.

Results:

10k

2	Alan Ryder (1 st mv45)	35.21
12	Simon Swift (1 st mv40)	38.12
14	Jaine Swift (1 st fv40)	38.23
19	Alison Thorn (1 st fv35)	38.46
109	Angie Handforth (1 st fv60)	50.15
	(287 finishers)	

Half Marathon

4	Christian Cutcliffe	1.23.51
18	Don Rigby	1.31.33
119	Mark Livermore	1.46.27
	(354 finishers)	

ABINGDON MARATHON - SUNDAY 21 OCTOBER

Ben and **Andy Trigg** had fantastic runs at this long established marathon.

Ben on his marathon debut was 23rd in 2.49.03 (quite some achievement for a 20 year old!), whilst **Andy** was 37th in 2.53.16 and 1st mv50. **Andy** also broke **Ken Summers** long standing record of 3.15.05 set in Boston in 2001.

TAVY 7 - SUNDAY 21 OCTOBER

Another good day for the club with many excellent performances.

Nice to see **Dave Hawke** doing well after I believe a two year absence from racing.

Results:	21	Mike Hansen (2 nd mv50)	45.54
	26	Ruth Jones (2 nd female)	47.06
	135	Mike Woodland (2 nd mv60)	57.19
	230	Carol Hansen	64.02
	242	Dave Hawke (1 st mv65)	65.18
		(353 finishers)	

