

JANUARY RESULTS

ARMADA WINTER 3K SERIES WEDNESDAY 9 JANUARY

Results:	30	Cleo Andrews	12.08
	41	Ken Summers	13.06
	47	Steve Watson	13.15
	56	Kate Medlicott	14.25
		(72 finishers)	

JANUARY JAUNT 10K SUNDAY 13 JANUARY

Several athletes tackled this early season 10k with some good performances. **Jaine Swift** and **Cleo Andrews** were 1st and 2nd ladies.

Results:	5	Alan Ryder	38.22
	7	Matt Brown	38.32
	19	Jaine Swift	40.39
	25	Cleo Andrews	41.56
	48	Joanna Edwards	45.54
	88	Mark Livermore	50.42
		(231 finishers)	

OH MY OBELISK SUNDAY 13 JANUARY

As an alternative race on the 13th some athletes travelled to Dawlish to tackle this tough event.

Andy Trigg had a great run to finish 6th overall and 1st vet, whilst **Mike Hansen** was 3rd vet 50.

Results:	6	Andy Trigg	1.19.01
	19	Mike Hansen	1.25.33
	38	Russ Mogridge	1.29.44
	75	Phil Lord	1.38.10
	125	Nick Brewer	1.49.53
	187	Carol Hansen	2.06.38
	205	Jane Ridge	2.23.41
		(213 finishers)	

FIRST CHANCE 10K - EXETER SUNDAY 20 JANUARY

We had a good turnout at this first major road race of the year.

We had many excellent performances with **Alison McEwing** equalling her own ladies road record and finishing 2nd lady in the race.

Alison Thorn also had a great run as she was 1st female vet 35 and broke her own vet age record.

Jaine Swift was 1st female vet 40. **Emma Lake** was 2nd female vet 35, whilst **Cleo Andrews** was 2nd female vet 40.

Ken Summers was 2nd male vet 60, with **Steve Watson** 3rd in the same category.

Richard Wallace was first Harrier home in a superb time.

New member **Simon Powell** had a good run.

Results:	23	Richard Wallace	36.25
	33	Alison McEwing	37.47
	42	Alison Thorn	38.21
	53	Jaine Swift	39.11
	66	Emma Lake	39.43
	81	Cleo Andrews	40.17
	126	Sara Owen	43.26
	131	Simon Powell	43.36
	139	Ken Summers	43.51
	177	Steve Watson	45.20
	200	Kevin Paull	46.54
	230	Mike Woodland	48.30
		(467 finishers)	

MOUNT EDGECOMBE 10

New members **Sarah Hirons** and **Simon Powell** tackled this tough 'off road' event around the Rame peninsular.

Sarah had a particularly impressive run and was first senior lady and 2nd lady overall in a time of 1.18.53.

Simon also ran well, with a time of 1.30.36.