

## OCTOBER RESULTS

### LLOYDS BANK CARDIFF HALF MARATHON SUNDAY 4 OCTOBER

Our Ladies Team of **Alison McEwing**, **Alison Thorn** and **Cleo Perry** returned to Cardiff and again won the Team Bronze Medal in the British Half Marathon Champonships following last year's success. A special mention also to **Sarah Hirons** who was just outside the cut as a Team is 3 and not 4.

**Cleo** and **Sarah** achieved pb's whilst there were also good runs from **Allister Bristow** and **Neil Holmes**. **Alison Thorn** was also 3<sup>rd</sup> fv40 and **Cleo** 4<sup>th</sup> fv40.

Results:	Allister Bristow	1.16.17
	Neil Holmes	1.20.52
	Alison McEwing	1.22.59
	Alison Thorn	1.23.56
	Cleo Perry	1.24.21
	Sarah Hirons	1.29.21
	Russ Mogridge	1.34.51
	Simon Swift	1.35.30
	Kent Watson	1.35.34
	Claire Dexter	1.52.51
	Liz Bowden	1.53.43
	Mandy Plummer	1.55.17
	Katy Mogridge	2.09.14

**Steve Newcombe** and **Miranda Rickard** also ran but their times are unknown.

Elsewhere **Tom Packer** had a good run at the **Burnham Half Marathon** with a time of 1.26.13. **Graham Reed** achieved a pb of 61.38 at the **Oldbury 10** whist **Andy Newcombe** achieved a time of 43.26 at the **Newquay 10K**.

### ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 14 OCTOBER

We had five athletes in this opening fixture of the Winter Series.

**Nathan Brown** did particularly well and finished 2<sup>nd</sup>.

Results:	2	Nathan Brown	10.02
	23	Laurence Harris	12.38
	28	Olivia Travers	13.00
	41	James Scantlebury	14.29
	44	Sam Perry	14.32
	55	Sharon Terry	15.45
		(90 finishers)	

### **TAVY 5 (THE 5 KOOL RUN)** **SATURDAY 17 OCTOBER**

All our athletes did well as **Owen** won the race, **Joe** was 2<sup>nd</sup> and 1<sup>st</sup> U15, **Alison McEwing** was 4<sup>th</sup> and 1<sup>st</sup> lady, whilst **Alison Thorn** was 5<sup>th</sup> and 1<sup>st</sup> fv40.

Results:	1	Owen Parkin	17.14
	2	Joe Perry	18.24
	4	Alison McEwing	18.40
	5	Alison Thorn	19.11

### **GREAT WEST RUN - EXETER** **SUNDAY 18 OCTOBER**

We only had a few athletes in this race, but **Tom Packer** did particularly well as he achieved a pb.

Results:	46	Tom Packer	1.24.44
	295	Patrick Wakely	1.38.28
		Sarah Kelly	2.01.08
		(2822 finishers)	

### **EDEN MARATHON - SUNDAY 18 OCTOBER**

Well done to all our athletes who completed this 'tough' course. **Mike Hoskin** doing particularly well as he was 25<sup>th</sup> overall.

Results:	25	Mike Hoskins	3.36.35
	93	Dave Lloyd	4.17.13
	132	Mark Livermore	4.37.58
	149	Kevin Paull	4.50.23
		(200 finishers)	

### **EDEN HALF MARATHON - SUNDAY 18 OCTOBER**

Our two athletes ran well as **Jean Baptiste Rouvelin** was 51<sup>st</sup> in 1.37.53 and **Anna King** running her first half marathon for some 10 years was 126<sup>th</sup> in 1.48.50/

There were 641 finishers.

## SNOWDONIA MARATHON - SATURDAY 24 OCTOBER

The weekend was particularly busy for racing and started with some excellent performances at this spectacular scenic but tough race. Well done to **Andrew, Neil (3<sup>rd</sup> mv50)** and **Mike**.

Over the weekend seven athletes ran marathons!

Results:	49	Andrew Perry	3.08.06
	57	Neil Holmes	3.12.57
	153	Mike Hoskin	3.27.11
		(1845 finishers)	

**Andy Trigg** had a superb run to finish 29<sup>th</sup> overall and 1<sup>st</sup> mv50 with a time of 3.05.39 at the **Leicester Marathon**. **Craig MacAlpine** (3.32.37) and **Neil Travers** (3.40.26) ran the new **Bristol & Bath Marathon**, which for the first half was flat but hilly for the last 11 miles! **Richard Lander Stow** did well at the **Dartmoor Vale Marathon** with a time of 3.39.11.

## TAVY 7 - SUNDAY 25 OCTOBER

We had a good turnout at this popular race.

**Allister Bristow** was 3<sup>rd</sup> overall and 2<sup>nd</sup> mv40, whilst **Cleo Perry** was 2<sup>nd</sup> lady and 1<sup>st</sup> fv40. **Dave Hawke** was 2<sup>nd</sup> mv70.

**Cleo, Sam and Mandy** were 2<sup>nd</sup> ladies team.

Results:	3	Allister Bristow	41.38
	10	Cleo Perry	44.59
	21	Richard Stephens	47.36
	68	Laurence Harris	52.22
	71	Adrian Woodhouse	52.46
	93	Dan Marks	54.48
	152	Sam Perry	59.37
	188	Mandy Plummer	62.11
	267	Dave Hawke	69.41

## DARMOOR VALE 10K AND HALF MARATHON SUNDAY 25 OCTOBER

Our athletes did well. In the 10k **Simon Swift** was 1<sup>st</sup> mv45, **Jo Edwards** 1<sup>st</sup> fv50 and **Jaine Swift** 2<sup>nd</sup> fv45. In the half our only representative **Tom Packer** was 5<sup>th</sup> and 1<sup>st</sup> senior man with a time of 1.24.53.

10K Results:	15	Simon Swift	41.38
	26	Jo Edwards	44.39
	36	Jaine Swift	46.23
	65	Steve Worth	51.05
	92	Bridgitte Worth	54.08
		(191 finishers)	

