

FEBRUARY RESULTS

FULFORDS 5 - EXMOUTH SUNDAY 7 FEBRUARY

Four athletes made the trip to Exmouth, with **Allister Bristow** the first Harrier home.

Well done to **Cleo Perry** who was 1st fv40.

Results:	22	Allister Bristow	29.49
	34	Cleo Perry	30.49
	52	Russ Mogridge	32.52
	176	Katy Mogridge	44.43

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 10 FEBRUARY

Nathan Brown did particularly well as he won the race and improved on his January time by some 16 seconds.

Sam Yearling, **Olivia Travers** and **Sharon Terry** also all ran quicker than their January times.

Results:	1	Nathan Brown	9.56
	7	Sam Yearling	11.13
	33	Olivia Travers	13.15
	44	James Scantlebury	15.19
	47	Sharon Terry	15.59
		(76 finishers)	

EXETER HALF MARATHON SATURDAY 13 FEBRUARY

Our athletes all did well, with **Alison McEwing** 1st lady, **Alison Thorn** 3rd lady and 1st fv40 and **Emma Lake** 2nd fv40.

Results:	10	Alison McEwing	1.22.18
	20	Alison Thorn	1.24.27
	27	Paddy Trinder	1.26.46
	50	Emma Lake	1.33.31
	55	Craig MacAlpine	1.34.11

THE TAVY 5K (THE 5 KOOL RUN)
SATURDAY 20 FEBRUARY

Andrew Perry and son **Joe** both did well in this race.

Andrew was 2nd and 1st mv45 in a time of 17.37. **Andrew** set a mv45 record.

Joe was 4th in a time of 18.52 and 1st under-15 man. **Joe** still holds this age category record.

There were 53 finishers.

THE HAMELDOWN HAMMER
SUNDAY 28 FEBRUARY

We had a good turnout at this new trail half marathon run at a very hilly Widecombe in the Moor.

Neil Holmes did particularly well to finish 6th.

Results:	6	Neil Holmes	1.39.20
	35	Craig MacAlpine	1.58.57
	43	Rob Barnett	2.04.49
	79	Anna King	2.14.00
	107	Kevin Paull	2.21.09
	111	Patrick Wakeley	2.22.37
	117	Adrian Woodhouse	2.24.47
	150	Jo Melvin	2.35.35
	151	Mandy Plummer	2.36.07
	177	Liz Bowden	2.48.59

Meanwhile many congratulations to **Sarah Hirons** who was 1st lady at the **Looe 10** (28 February) in a time of 1.18.03.