

OCTOBER RESULTS

THE GREAT LANHYROCK RUN - SATURDAY 8 OCTOBER

This 10 mile undulating but scenic run took place in the scenic setting of Lanhyrock House.

Simon Swift was the first Harrier home in 47th place (1.22.25) and 2nd mv45. **Jo Edwards** was in 50th place in 1.22.54 and 2nd fv50 whilst **Dan Salt** was 84th in 1.31.40.

PLYMOUTH 10K - SUNDAY 9 OCTOBER

Our athletes performed well in very good conditions.

Mike Miners was the first Harrier home, whilst **Alison McEwing** was 2nd lady but 1st in the female open category. **Paddy Trinder** was 3rd mv40 and **Cleo Perry** 1st fv40.

Results:	16	Mike Miners	37.39
	23	Alison McEwing	38.05
	25	Paddy Trinder	38.18
	58	Cleo Perry	40.15
	141	Ian Crossley	43.05
	204	Kate Medlicott	44.39
	321	Mark Livermore	47.26
	345	David Lloyd	47.56
	447	Allister Bristow	49.15
	448	Liz Bowden	49.15
	559	Rebecca Lee	51.09
	654	Heidi Stanley	52.34

ARMADA NETWORK 3K WINTER SERIES CENTRAL - WEDNESDAY 12 OCTOBER

We had a good turnout in this first race of the series.

Well done in particular to young **Olivia Travers** who was 3rd lady.

Results:	17	Russ Mogridge	12.19
	19	Liam Hallows	12.24
	20	James Scantlebury	12.25
	23	Andy Newcombe	12.39
	24	Olivia Travers	12.45

34	Ken Summers	13.53
35	Steve Watson	14.03
41	Ben Bristow	14.34
59	Katy Mogridge	17.06
76	Charlotte Adderley	20.46
77	Phil Adderley	20.56
	(85 finishers)	

GREAT WEST RUN - EXETER SUNDAY 16 OCTOBER

Well done to our four athletes who tackled this popular race.

Patrick Wakeley was the first Harrier home and followed by the ladies.

Results:	405	Patrick Wakeley	1.44.20
	851	Rose Bralsford	1.55.01
	1025	Rebecca Lee	1.59.12
	1358	Carol Hansen	2.07.46

EDEN PROJECT MARATHON AND HALF MARATHON SUNDAY 16 OCTOBER

What a great achievement for the club to obtain the 2nd male team prize at the tough **Eden Marathon**.

Well done to **Andy Norris** (3.15.56) who was 6th and 2nd mv40, **Mike Hoskin** (3.48.36), **Jean Baptiste-Rouvelin** (3.52.01) and **Richard Lander-Stow** (4.05.32).

We also had four athletes in the Half with **Don Rigby** the first Harrier home in 1.49.30. **Don** was followed by **Liz Bowden** (1.57.04), **Allister Bristow** (1.57.05) and **Helen Norris** (2.30.43).

Meanwhile in the **Manchester Half Marathon** **Jo Edwards** was 3rd fv50 in 1.38.10 and **Simon Swift** in 1.33.13.

THE TAVI 7 - SUNDAY 23 OCTOBER

We had three athletes in the race, with **Kate Medicott** 3rdfv45 in 54.70 (86th). **Dave Church** ran 55.22 (100th), whilst **Dave Hawke** was 2nd mv70 in 70.07 (344th).

Meanwhile **Mike Woodland** made the trip to Portsmouth for the **Great South Run** (10 miles) and was rewarded with a time of 1.22.05.

BROOKS SNOWDONIA MARATHON **SATURDAY 29 OCTOBER**

Jean Baptiste-Rouvelin and **Don Rigby** had fantastic runs in this very tough marathon.

Jean was 398th in 3.48.48 and **Don** was 823rd in 4.15.04.

1499 athletes completed the course.

Meanwhile **Jo Edwards** had a great run in the **Dublin Marathon** and set a new fv50 club record with a time of 3.29.28.

DARTMOOR VALE RACES - SUNDAY 30 OCTOBER

We had a good turnout in the various races with **Tom Packer** 11th and 2nd senior man in the marathon with a time of 3.27.49.

Ken Summers ran in the half and was 1st mv65 in 1.48.50.

In the 10K we had some good performances with **Alison McEwing** first lady and **Alison Thorn** 2nd lady and 1st fv40.

Results:	9	Alison McEwing	38.08
	10	Paddy Trinder	38.12
	11	Mike Miners	38.16
	13	Alison Thorn	39.05
	25	Ben Thorn	43.45
	51	Ruth Pearce	47.51
	82	Linda Bracher	52.13
	85	Rose Bralsford	52.36
	92	Carol Hansen	53.21
		(184 finishers)	

Sarah Hirons also ran in the 10K and supporter another athlete.

Meanwhile **Jayne** and **Keith Reed** ran in the **Calne 10K**. **Jayne** ran 53.00 and **Keith** 60.36.