

JANUARY RESULTS

FIRST CHANCE 10K - EXETER SUNDAY 8 JANUARY

We had a good turnout at this first major road race of the New Year and many fine performances.

Mike Miners (first Harrier home), **Tom Packer**, **Emma Lake**, **Ben Thorn**, **Faith Taylor** and **Liz Bowden** all achieved pb's. **Ben's** pb was some two minutes quicker than his previous best time.

Alison Thorn was 3rd lady and 2nd fv40, whilst **Cleo Perry** was 3rd fv40.

Results:	30	Mike Miners	36.40
	32	Tom Packer	36.55
	50	Paddy Trinder	37.59
	51	Alison Thorn	38.00
	62	Cleo Perry	39.11
	65	Chris Prall	39.29
	66	Emma Lake	39.49
	81	Ben Thorn	41.23
	94	Faith Taylor	41.59
	170	Allister Bristow	46.13
	171	Liz Bowden	46.13
	240	Dan Evans	50.26
	265	Simon Mathias	51.23
		(510 finishers)	

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 11 JANUARY

Young **Sam Yearling** had a terrific run to finish 4th overall. **Liam Hallows** also did well.

Results:	4	Sam Yearling	10.48
	19	Liam Hallows	12.06
	21	Nick Bristow	12.21
	25	Olivia Travers	12.44
	37	James Scantlebury	13.56
	45	Ben Bristow	14.59
		(94 finishers)	

OH MY OBELISK - SUNDAY 15 JANUARY

We had three athletes in this race, which covers 11 miles, with plenty of mud and hills!

Tom Packer did really well and was 12th in 1.22.57. **Sarah Hirons** was 4th lady in 31st place in 1.31.20 and **Richard Lane** was 115th in 1.55.20.

THE TAVY 5K - 'THE KOOL RUN' **SATURDAY 21 JANUARY**

Well done to young **Sam Yearling** who was 3rd in this race in a time of 18.24.