

FEBRUARY RESULTS

FULFORDS 5 - SUNDAY 5 FEBRUARY

Three athletes represented the club at this race.

Results:	20	Tom Packer	29.32
	49	Russ Mogridge	33.26
	200	Katy Mogridge	46.49

Meanwhile **Becky Lee** was our only athlete at the **Newquay 10K**.

Becky had a good run, with a time of 52.47

ARMADA ATHLETICS WINTER 3K SERIES WEDNESDAY 1 FEBRUARY

Our Junior Athlete of the Month for February **Liam Hallows** had an impressive run as he was one minute quicker than the previous month and achieved a pb.

Some of other athletes also achieved pb's.

There was a great turnout – 161 (94 the previous month).

Results:	8	Liam Hallows	11.02
	12	Nick Bristow	11.32
	30	Mike Hansen	12.28
	32	Olivia Travers	12.35 (pb)
	53	Ben Bristow	13.50 (pb)
	58	Ken Summers	14.00
	71	Linda Bracher	14.51
	97	Carol Hansen	16.20

EXETER HALF MARATHON - SATURDAY 11 FEBRUARY

Our two athletes did well as **Alison Thorn** was 2nd lady in a very good time of 1.23.50.

Neil Moffatt also had a good run with a time of 1.37.10.

JEAN SURVIVES THE 'ARC OF ATTRITION'!

When **Jean Baptiste Rouvelin** takes on a challenge there are no 'short cuts' as his latest adventure shows

Only a few months ago **Jean** completed three marathons in five weeks. They were all tough as well – the Eden Project, Snowdonia and the Cornish Marathon.

This time **Jean** added another 20 miles plus to complete a 100 mile race.

'**The Arc of Attrition**' is considered to be the hardest foot race in the South West and is a point-to-point coastal race from Coverack to Porthtowan, taking in 100 miles of stunning and dramatic Cornish Coastpath.

The race started at luncheon time and as a good portion of the race is in the dark safety is a prime concern, with competitors carrying mandatory kit and GPS tracking.

Jean completed the distance in a magnificent time of 27 hours and 28 minutes. **Jean** was 10th overall - well within the 'cut off' time of 36 hours. What a brilliant performance in such a brutally hard event in the depth of winter.

Many thanks to **Don Rigby** who supported **Jean** throughout the event.



A general shot of Jean in action and at the end of the race

