

NOVEMBER RESULTS

TEMPLER 10 - SUNDAY 4 NOVEMBER

We had a good turnout at this popular and scenic venue at Stover School.

It had rained heavily overnight and there was some rain during the race but the downpour followed afterwards!

Dave Engledew had a brilliant run and was first Harrier home and 1st mv55. The next five Harriers were all close together – **Andy Newcombe's** cautious start paid off as he was able to work his way through the field. **Ken Summers** also did well and was 1st mv65.

Results:	35	Dave Engledew	1.10.12
	93	Andy Newcombe	1.20.27
	94	Ken Summers	1.20.35
	102	Neil Moffatt	1.21.40
	106	Patrick Wakeley	1.22.07
	111	Alison Engledew	1.22.38
	131	Craig MacAlpine	1.27.12
	134	Richard Lane	1.27.30
	173	Lindsay Lane	1.33.14
	254	Dinah Wakeley	1.55.20

At the **Cornish Marathon** our two ladies were in superb form. **Emma Lake** was 1st lady (29th) and 1st fv40 in 3.27.47 and just behind her was **Sarah Hirons** (30th) and 1st fv35 in 3.29.28. There were 394 finishers.

Meanwhile **Cleo Perry** ran in the **French Riviera Marathon** in warm and windy conditions. This is run between **Nice** and **Cannes**. Well done to **Cleo** who recorded a time of 3.16.49, was 2nd in her age category and set a new club female vet 45-49 age record. **Martin** and **Sam Perry** completed the distance in just over 4 hours.

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 14 NOVEMBER

There was a much better turnout for this race, than the previous month.

Liam Hallows and **James Scantlebury** who both had fine runs at the **Newquay Cross Country** continued their good form, with **Liam** finishing 2nd.

Results:	2	Liam Hallows	10.59
	15	James Scantlebury	11.51
	25	Olivia Travers	12.34
	38	Dave Church	13.05
	42	Ella Isaias	13.13
	52	Adam Dingley	13.37
	73	Phil Adderley	15.07
	83	Emily Faircloth	16.11
	105	Tamsyn Dingley	17.30
		(138 finishers)	

DROGO 10 - SUNDAY 18 NOVEMBER

We had seven athletes who took on this tough but scenic challenge. **Ken Summers** again did well in his age category and was 1st mv65.

Results:	57	David Engledew	1.20.19
	168	Alison Engledew	1.33.27
	176	Dave Church	1.34.33
	177	Ken Summers	1.34.36
	221	Criag MacAlpine	1.38.45
	253	Kate Medlicott	1.42.01
	356	Richard Lander Stow	1.53.59

LOPWELL LOOP - SUNDAY 18 NOVEMBER

This new hilly race over a 12km course near Tamerton was organized by Storm and attracted six athletes from the club. **Dan Marks** was the first Harrier home.

Results:	47	Dan Marks	63.42
	63	Mark Livermore	62.09
	65	Richard Lane	67.30
	68	Dave Lloyd	67.51
	73	Rose Bralsford	68.51
	100	Lindsay Lane	73.42
		(204 finishers)	

BICTON BLISTER - SUNDAY 25 NOVEMBER

A small contingent tackled this tough 10 miles 'off road' event.

Mike Hoskin was the first Harrier home.

Results:	125	Mike Hoskin	1.24.45
	187	Dan Marks	1.31.21
	267	Lindsay Lane	1.40.25
	314	Richard Lane	1.48.27

Meanwhile **Russ** and **Katy Mogridge** ran in the **Tamar Trails Tavistock**. This is a Run Venture Roller Coaster Run, 5.5 miles woodland race that lived up to its name! There were 122 finishers including several Canicross, do-assisted runners.

Russ was 17th (24th over the line) in 39.15 and **Katy** 46th (56th over the line) in 48.57.