

OCTOBER RESULTS

PLYMOUTH 10K - SUNDAY 7 OCTOBER

We had a good turnout in this race with **Chris Prall** having a particularly good race and 30th overall.

Results:	30	Chris Prall	38.12
	281	Ray Male	46.40
	333	Mark Livermore	47.38
	453	Rebecca Lee	49.17
	496	David Lloyd	49.43
	667	Liz Cane	52.20
	804	Emily Faircloth	54.12
	901	Ruth Terry	53.51
	944	Clare Smith	54.19
	1062	Sharon Terry	55.45
	1256	Tamsyn Dingley	57.56

Liam Hallows ran in the 5K and finished 3rd in the main race. Athletes from Ivybridge College ran in the Schools Challenge 5K but no results are available.

Cleo Perry continued her fantastic form and finished 3rd in the fv45 category in the **Cardiff Half Marathon** in a time of 1.24.14. This was a pb and broke her own club vet record.

Craig MacLellan finished the race in a time of 1.28.21, whilst **Martin Perry** achieved a pb (2.02.48).

Meanwhile **Ian Crossley** was our only representative in the **Burnham Half Marathon**. He was 125th in 1.48.01.

Andrew Reed was 14th in the **Saffron Fast Five** in 31.24.

Andy Trigg was running for the England Master Team in the **Chester Marathon** and finished 266th in 3.03.20.

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

We had three athletes in the opening race of the series.

Liam Hallows had a good run to finish 5th (10.53), whilst **Ella Isaia** was 30th (13.14) and **Bryan Short** 77th (17.28).

There were 108 finishers.

GREAT WEST RUN - EXETER SUNDAY - 14 OCTOBER

Cleo Perry, representing Devon continued her fine form as she was 1st fv45, 2nd Devon Lady and 6th female overall. **Cleo** completed the course in an excellent time of 1.25.19.

Well done also to **Rose Bralsford** who achieved a pb with a time of 1.53.13.

EDEN PROJECT MARATHON AND HALF SUNDAY - 14 OCTOBER

Richard Lander Stow completed the tough marathon course in 41st place in a time of 3.52.52.

In the half **Sarah Hirons** was 44th in 1.41.13 and **Dan Marks** 217th in 1.53.37. There were 842 finishers.

In the **Plym Trail Marathons** held over the weekend of Saturday/Sunday 21st/22nd October **Mike Hoskin** was 2nd on the Saturday in a time of 3.18.18 and on Sunday ran a time of 3.34.48. **Sarah Salt** also ran on both days and recorded times of 4.35.05 on the Saturday and 4.55.52 on the Sunday.

Dan Salt just ran on the Sunday and had a time of 4.16.33

THE TAVY 7 - SUNDAY 28 OCTOBER

We had a tremendous turnout in this race, which was held in cold and windy conditions.

We did very well with **Simon Fitze 1st mv40**, **Nick Bristow 2nd mv45**, **Dave Engledew 2nd mv55**, **Jaine Swift 2nd fv50**, **Steve Watson 1st mv65** and **Alison Engledew 1st fv60**.

Results:	5	Simon Fitze	42.31
	29	Nick Bristow	46.28
	36	Dave Engledew	47.07
	69	Jaine Swift	51.26
	98	Kevin Paull	53.35
	139	Neil Moffatt	55.16
	145	Steve Watson	55.42
	152	Dan Marks	56.06
	155	Alison Engledew	56.12
	163	Richard Lane	56.59
	251	Liz Cane	62.45
	252	Lindsay Lane	62.47
	284	Mike Woodland	64.29
	308	Ruth Terry	65.31
	318	Sharon Terry	66.13
	422	Phil Warren	72.28
	452	Dave Hawke	76.05
		(530 finishers)	

Meanwhile at the **Dartmoor Vale 10K** **Simon Swift** was 14th in 42.07, whilst **Rose Bralsford** ran 1.55.48 in the Half Marathon.

In wintry conditions at the very tough **Snowdonia Marathon** our three athletes did well. **Dave Church** ran 4.18.07, **Allister Bristow** 4.28.07 and **Liz Bowden** 4.42.04.

Cleo Perry continued her very impressive recent form by getting a pb and breaking her own club fv45 category record with a time of 38.03 at the **Gloucester 10K**. **Cleo** again represented **Devon**.

Also very well done to **Andy** and **Ben Trigg** who successfully completed the very tough two-day **Original Mountain Marathon** in the **Black Mountains**. The conditions were extremely tough as it was very cold and there was snow!