

## NOVEMBER RESULTS

### TEMPLER 10 - SUNDAY 3 NOVEMBER

Heavy rain on Saturday meant that the course, which is all 'off road' had to be reduced to just over 8 miles.

On the day the weather was fine but it was hard going underfoot with the wet and muddy conditions. However, our athletes did well with **Andy Trigg** 1<sup>st</sup> male vet 55.

Results:	27	Andy Trigg	57.15
	48	Simon Swift	61.26
	50	Craig MacAlpine	63.05
	199	Linda Bracher	82.05
		(268 finishers)	

### BIDEFORD 10 - SUNDAY 3 NOVEMBER

Several athletes made the long trip to Bideford for a rare 10 mile road race.

The trip was worthwhile as there were many fine performances.

It was a good day in particular for the **Engledew's** as both **Dave** and **Alison** won their age categories and also broke long standing club records. **Dave** knocked two minutes off **Ken Summers** record set at Plymouth in 2013, whilst **Alison's** run was almost 8 minutes quicker than **Angie Handforth's** record set at Teignbridge in 2010. **Ken** also had a good day as he created a new vet 65-69 record by beating **Dave York's** record of 84.05 set in 2005 at Plymouth.

Results:	27	Allister Bristow	62.34
	97	Dave Engledew	70.24
	182	Suzie Spooner	77.25
	183	Dave Church	77.35
	185	Ken Summers	77.50
	213	Alison Engledew	79.36
	261	Kate Medlicott	82.00
	296	Richard Lane	83.25
	339	Liz Bowden	85.52
	428	Lindsay Lane	90.15
		(832 finishers)	

Meanwhile at the **Cornish Marathon** **Simon Fitze** had a good run to finish 5<sup>th</sup> and 2<sup>nd</sup> male vet 40.

## ARMADA WINTER 3K SERIES - CENTRAL PARK WEDNESDAY 13 NOVEMBER

**Jamie Frost** had a good run to finish 7<sup>th</sup>.

Results:	7	Jamie Frost	11.17
	37	Dave Church	13.32
	45	Phil Adderley	14.29
	75	Dan Adderley	16.25
	93	Bryan Short	19.00
		(131 finishers)	

## TAVY 5 - SATURDAY 16 NOVEMBER

**Cleo Perry** set a new age category record with a time of 18.53. **Cleo** was 17<sup>th</sup> overall, 1<sup>st</sup> female vet 45 and 2<sup>nd</sup> female.

Well done to **Rebecca Pine** for completing her 'Couch to 5K' with a very good time of 29.49. **Sharon Terry** mentored **Rebecca** and was just behind in 29.50. **Sharon** was 2<sup>nd</sup> female vet 55.

## DROGO 10 - SUNDAY 17 NOVEMBER

We had a good turnout at this tough 'off road' event.

Results:	47	Chris Prall	1.14.14
	83	Dave Engledew	1.36.49
	167	Dave Church	1.31.50
	231	Alison Engledew	1.36.49
	278	Kate Medicott	1.41.25
	361	Richard Lane	1.49.29
	385	Lindsay Lane	1.53.17
	419	Ruth Terry	1.58.44
		(535 finishers)	

Meanwhile **Alison Thorn** and **Cleo Perry** represented Devon at the **SW Inter County 10K Champs** at **Gloucester**. The team finished a close second behind Cornwall.

**Alison** was 105<sup>th</sup> overall and 4<sup>th</sup> Devon athlete home in 38.45. **Cleo** was just one place and one second behind her. They were 4<sup>th</sup> and 5<sup>th</sup> in the age category in a high quality race.

## **BICTON BLISTER - SUNDAY 24 NOVEMBER**

We had a good turnout at this tough 10 mile 'off road' event.

Results:	11	Allister Bristow	1.08.48
	67	Dave Engledew	1.21.07
	99	Mike Hansen	1.26.18
	137	Alison Engledew	1.30.47
	150	Mike Hoskin	1.32.29
	238	Lindsay Lane	1.44.41
	241	Richard Lane	1.44.49
	265	Liz Bowden	1.49.15
	322	Carol Hansen	2.00.58