

OCTOBER RESULTS

PLYMOUTH 10K AND 5K - SUNDAY 6 OCTOBER

In the 10K there were fine runs by **Simon Fitze**, **Richard Lander Stow** and **Nick Britow**. **Richard** and **Nick** were separated by just one second so possibly there was a sprint finish!

Results:	9	Simon Fitze	36.16
	67	Richard Lander Stow	40.17
	68	Nick Bristow	40.18
	131	Ray Male	43.11
	233	Suzie Spooner	46.03
	457	Dave Lloyd	49.36
	507	Matt Spooner	50.50
	541	Mark Livermore	51.01

In the 5K **Liam Hallows** was 5th in a time of 18.20, whilst **Bella May** was 1st female and 11th overall in 20.21.

CARDIFF HALF MARATHON - SUNDAY 6 OCTOBER

Several of our athletes again returned to Cardiff and were rewarded with excellent performances.

Alison Thorn was 3rd lady vet 45 and **Alison Engledew** was 3rd lady vet 60.

Results:	361	Paddy Trinder	1.26.03
	373	Craig MacLellan	1.26.20
	463	Alison Thorn	1.28.13
	790	Alison McEwing	1.33.06
		Alison Engledew	1.47.13

Meanwhile **Andrew Reed** had a terrific run at the **Colchester Zoo Half Marathon** with a personal best time of 1.25.55

Patrick Wakeley completed the 3 in 1 **Dartmoor Race** completing the 9.5 mile race in 1.42.50, followed by the 7.5 mile race in 1.24.22 and the 5.25 mile race in 1.02.55. The races followed on from each other, with a brief rest in between. **Patrick** was 34th overall.

ARMADA WINTER 3K SERIES - CENTRAL PARK WEDNESDAY - 9 OCTOBER

We had a small turnout in this opening race of the series, which only attracted 58 finishers.

Results:	10	James Scantlebury	12.01
	29	Phil Adderley	14.40
	45	Dan Adderley	16.41

EDEN MARATHON AND HALF - SUNDAY - 20 OCTOBER

Athletes who ran in the marathon came across very muddy conditions, so well done to all who finished. **Emma Lake** was 34th in 3.46.19. She was 5th lady and 1st female vet 40. **Craig MacAlpine** was 115th in 4.21.33 and close behind **Mike Hoskin** in 118th place in 4.22.30. There were 266 finishers.

In the Half **Richard Lander Stow** was 36th in 1.34.30, whilst **Rose Bralsford** was 330th in 2.02.51. **Rose** was 3rd female vet 50. There were 944 finishers.

Meanwhile **Alison Engledew** completed the **Palma Half Marathon in Majorca**.

TAVY 7 - SUNDAY 23 OCTOBER

We had a very good turnout at this popular race in Tavistock. Fortunately the weather conditions were good compared with the horrendous wet conditions on the Saturday.

Nick Bristow was the first Harrier home, whilst **Dave Engledew** running his first race for some time due to injury was 3rd male vet 60 and wife **Alison** was 2nd female vet 60.

Results:	62	Nick Bristow	46.59
	76	Dave Engledew	48.52
	84	Andy Newcombe	49.16
	98	Dan Francis	50.37
	162	Alison Engledew	54.49
	203	Richard Lane	57.14
	254	Ben Bristow	59.52
	296	Kevin Paull	62.22
	309	Ruth Terry	63.21
	363	Jenny Francis	66.58
	371	Sharon Terry	67.30
	390	Lynn Nicholls	68.38
	487	Phil Warren	75.04
	493	Jo Jayes	75.14

Meanwhile **Mike Hoskin** ran the tough off road Harepath Half marathon finishing 54th in 2.05.32.