

## DECEMBER RESULTS

It was a good day out at the **Cockington Caper** as several athletes tackled this 'off road' race over 7.5 miles of grass, mud and hills. Some even did the Torbay Parkrun as a warm up.

Results:	28	Emma Lake	1.07.26 (5 <sup>th</sup> female - 1 <sup>st</sup> fv40)
	33	Andy Newcombe	1.08.37
	38	Simon Swift	1.09.44
	93	Dave Church	1.20.50
	123	Richard Lane	1.24.45
	136	Lindsay Lane	1.28.16
	138	Phil Adderley	1.28.28
	197	Jenny Hill	1.45.59

Meanwhile **Alison Engledew** went to **Telford** to run in the 10K, as this was a qualifier for **England Masters** spots. **Alison** ran a season's best time of 46.26 but could only manage 4<sup>th</sup> in the female 60 category – just missing out on selection.

### ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 11 DECEMBER

Well done to those who turned out on a cold and wet night!

Results:	11	Andy Newcombe	12.23
	16	Russ Mogridge	12.58
	33	Phil Adderley	14.38
	36	Richard Lane	15.00
	37	Dave Church	15.01
	40	Katy Mogridge	15.46
	42	Lindsay Lane	15.55
		(81 finishers)	

Three athletes ran in the 'Race the Tide (Dark)' raced at Holbeton. The race is a 8.5 mile run through the Flete Estate.

Results:	40	Patrick Wakeley	1.18.15
	97	Becky Prall	1.28.52
	103	Phil Adderley	1.29.34

**Phil Adderley** completed his busy weekend (he did the Plym Valley Parkrun as well) by completing the **Haldon 10K** in 60.11.

Congratulations to **Sarah Howard** on her graduation from the Couch to 5K group. **Sarah** ran with **Sharon** and they recorded a time of 30.13. **Rebecca Pine** improved on her time from the previous month, with a time of 28.45. **Keith Reed** also took part and ran 35.18.

The Lanes took part in the **Escot Christmas Half Marathon** with **Lindsay** finishing 54<sup>th</sup> in 2.34.01 and **Richard** 58<sup>th</sup> in 2.35.51.