

JANUARY RESULTS

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 8 JANUARY

On a very wet evening there was a low turnout for this race. However, 20 new athletes braved the conditions.

Nathan Brown had a great run and was 2nd.

Results:	2	Nathan Brown	10.25
	13	Andy Trigg	12.30
	24	Phil Adderley	14.32
	30	Ruth Terry	15.24
	41	Dan Adderley	17.51
		(53 finishers)	

OH MY OBELISK HALF MARATHON AND 9 MILE RACE DAWLISH - SUNDAY 12 JANUARY

It was a good day for the **Engledew's** in the Half Marathon as **Dave** was first mv60, whilst wife **Alison** was 1st fv60. We had a good turnout on the tough course.

In the 9 mile race **Russ Mogridge** was 2nd mv50 and **Mike Hanson** 2nd mv60.

Half Marathon Results:	34	Dave Engledew	1.53.55
	75	Dave Church	2.06.17
	83	Alison Engledew	2.08.40
	108	Phil Adderley	2.13.01
	121	Lindsay Lane	2.15.30
	134	Kate Medicott	2.20.32
	141	Richard Lane	2.22.29
	145	Ruth Terry	2.23.58

9 Mile Results:	7	Russ Mogridge	1.13.27
	17	Mike Hansen	1.20.56
	51	Katy Mogridge	1.34.32

PLYMPTON JANUARY JAUNT - SUNDAY 12 JANUARY

Neil Holmes who has not raced for a considerable time had a good comeback as he was 1st mv50 and 41st overall in a time of 41.34. Dave Lloyd was 83rd in 51.37 and Pam Duncan 122nd in 54.07

There was 269 finishers.

FIRST CHANCE 10K - EXETER - SUNDAY 19 JANUARY

We had a good turnout on this amended course. It was a cold day and the course was icy in places.

Well done to **Allister Bristow** who was 2nd mv45 and **Alison Thorn** who was 1st fv45. Also congratulations to **Anna Lake**, who completed her first 10K race and was 4th U20. Good also to see **Alison McEwing** racing again.

Results:	15	Allister Bristow	35.15
	17	Sam Swift	35.38
	36	Simon Fitz	37.11
	66	Alison Thorn	39.14
	71	Alison McEwing	39.42
	87	Emma Lake	40.55
	116	Simon Swift	42.34
	131	Dan Francis	43.32
	237	Liz Bowden	49.10
	259	Anna Lake	50.02
		(573 finishers)	

Meanwhile **Mike Hoskin** completed the **Plym Trail Marathon** in 4.07.54. **Mike** was 6th in the Sunday race.

FOUR VILLAGES HALF MARATHON - SUNDAY 19 JANUARY

Alison and **Dave Engledew** travelled to Helsby in Cheshire for this race and had a successful day.

Alison broke her own female vet 60-64 age record with a time of 1.43.06, whilst **Dave** broke **Ken Summers** record set at Taunton in 2014 with a very good time of 1.31.47.