

2012-13



Race 3 - 13 November 2012



Race 4 - 15 January 2013



Race 5 - 12 February 2013

Race 3 - 13 November 2012

South Devon Athletic Club staged the third race in their 3km race series on Tuesday evening. The race, open to first and second claim members of the club, attracted 29 runners on the night. The course started at the Hollicombe cliff end of Preston promenade and ended at Tanners Lane in Goodrington.

The leading group flashed past the half way mark at the Apollo cinema in close to 5 minutes and gradually sorted out their order over the second half.

Russell Cleave held off a strong challenge from Tris Sellors as they finished 1st and 2nd in 10.12 and 10.13, with Rob Ledger completing the top three in 10.18. Michelle Moore claimed the first lady's spot in 12.51. Eighty-one year old Ken House finished in a superb 17.38.

Race 5 - 12 February 2013

The final race of the SDAC 3km series saw 25 runners blast their way from Hollicombe to Tanners Lane in a race which saw the fastest time of the series and a PB-fest of 11 best times.

A lead group of Jamie Dent, Dave Hampton, Rob Ledger, and Russell Cleave shot into an early lead before Jamie switched on his afterburners and powered away to win in a pb of 10.04 to set the best mark for the course.

Dave Hampton came home in a clear second place with a 2s pb of 10.19, with Rob Ledger next in 10.35. Russell Cleave hung on to 4th (10.48), just ahead of Vince Langdon (10.56) and Colin Peters (11.00).

Five more runners nipped inside 12 minutes: Marc Walpot (11.20 pb), Ryan Rudge (11.28 pb), Rory Treharne (11.46 pb), Marc Jones (11.53 pb). Michelle Moore completed the group with a pb of 11.52 - 59s faster than her first attempt on the course in November.

Stacey Toppin (12.48) and Zac Ardoino (12.53) were inside 13 minutes, with Paul Haigh setting a new pb with 13.00 exactly. Sue Hayes (13.21) finished just ahead of Roger Webb (13.26), with Kris Taylor recording a pb of 13.51.

John Drennan (14.05), John Barrett (14.17), Marc Holman (14.28 pb), Heather Coverdale (14.36), Steve Waddington (14.54), Erica Warwick (14.56, and Sharon Pascoe (15.51 pb) completed the racers on the night.

Mac McClean acted as sweeper for race and crossed the line in 17.26.

