

2013-14

Race 1 - 24th September 2013

There was a great turnout for the first of South Devon AC's 3k series:

First home was 2nd claim member Aaron Tocknell in a swift 9.40 followed by Dave Hampton in 10.02, a p.b. by 17 seconds, 3rd-Charly Signori (10.22) 4th-James Dent (10.30), 5th-Russell Hart, 2nd claim (10.35), 6th-the consistent Rob Leeke (10.53) 7th-Ian McClean (11.13)p.b., 8th-Ryan Rudge (11.20) p.b. of 8 seconds, followed by his tri partner 9th-Marc Jones (11.41) p.b. of 12 seconds, 10th-Zach Ardoino (11.44) most improved male of the night, 11-Rory (Budgie) Treharne (11.47), 12-Marc Walpot (11.49), First lady 13-Naomi Flanagan 11.59 p.b., second lady 14-Michelle Moore (12.11) back to running three weeks after injury, 15-the flying Rob Forbes (12.31), 16-Keith Turner (12.36), 17-Paul Chesterman (12.43), 18-Val McClean (13.15) p.b. of 15 seconds, 19-Sue Hayes (13.21), 20-Roger (race monster) Webb (14.05), 21-Kris Taylor (14.08), 22-John Barrett (14.36), 23-John Drennan (14.50), 24-Erica Warwick (loving it as usual) (15.02), 25-Heather Maddock (15.14)p.b. of 36 seconds, 26-Tracy Elford (15.47)p.b. of 55 seconds, 27-Laura Chesterman (17.26), 28-Fiona Stephens (17.36).

Race 2 - 29th October 2013



Tuesday evening saw the second leg of South Devon Athletic Club's winter 3km series. Club members blasted their way from Hollicombe promenade to Tanner's Lane at Goodrington.

David Hampton and second claim member Russell Hart shot off into an early lead. Gradually David moved away to finish first in 10.01, tantalising close to breaking ten minutes for the distance. Russ was rewarded with a pb of 10.17 in 2nd place. Charley Signori claimed 3rd spot in 10.37 before he heads back to his home in France.

Michelle Moore lead home the ladies with a storming run in 11.21. Kerry Bell managed to move into a clear 2nd place in 13.19, with Sue Hayes taking 3rd in 13.30.

Race 3 - 24th November 2013



Tuesday evening saw the third leg of South Devon Athletic Club's winter 3km series. 23 club members ran the route from Hollicombe promenade to Tanner's Road at Goodrington. 10 of the runners recorded personal bests for the distance. David Hampton and second claim member Russell Hart shot off into an early lead. Gradually David moved away to finish first and in a determined effort blasted his way under the ten minute barrier to finish in a new pb of 9.54. Russ was also rewarded with a pb of 10.13 in 2nd place, with Jamie Dent 3rd in 10.39. Michelle Moore lead home the ladies with a storming run in 11.21. Naomi Flanagan came home 2nd in 12.30, with Kerry Bell 3rd in a pb of 12.57.

Race 4 - 14th January 2014

The 4th leg of the 3k series was run on 14th January 2014. Dave Hampton and Russell Hart had a ding dong battle all the way, Dave proving stronger in the final 300 metres to finish in a time of 10.05. James Dent 3rd, held off Vince Langdon in 4th place while Alan Murphy got the better of Ian McClean for 5th and 6th places respectively.

The first lady home was once again Michelle Moore in a great time of 11.55, Val McClean was 2nd lady in 13.34 followed by the gutsy Sue Hayes in 13.51.

25 runners turned out on a wet and windy night making P.B.'s hard to achieve.

The final leg of this series will be on 11th February.

Race 5 - 11th February 2014



3km Start



Frank and Naomi



Kris Taylor



Russ Hart



Ryan Rudge



John Barratt



Erica

