

2016-17

Race 1 - 27th September 2016

The first round in a series of five 3K's for the Darren Turner Memorial Trophies.

Conditions were ideal tonight. Dave Hampton, although running tired, had a PB coming home first in 9min 43 secs followed home by Michelle Cowley also with a PB of 10.55. Third was Kevin Ashworth in a PB time of 11.43 closely followed by Marc Walpot in 11.47. It was a dead heat for 5th place between Rory Treharne and Marc Jones in 12 minutes. Guest runner Marleena from Finland ran it in 12.52, Steve Hookins 12.55, Kerry Bell 13.15, Sue Hayes 13.31, Jeremy Goddard 13.38, Jodie Lee (new club runner) 13.47, Chris Reece 13.59, Guy Henderson 14.06, Kris Taylor 14.19, Roger Webb 14.39, John Drennan 14.55, the injured Val McClean 14.59, Ang Scoble 15.02, Marina Blay 15.17, Sharon Pascoe PB 15.21, Mark Holman 15.32, Tracy Elford 15.36, Anita Carpenter 15.40, Erica Warwick 15.48, Claire Cornish 16.04, Sandra Maine 16.46, Ken House 20.39, Rosie Brown (guest runner) 21.58 and our Honorary President who walked it in 24.14. A fantastic effort by everyone. Next round will be 25th October.



Race 2 - 25th October 2016

A perfect evening for running saw Dave Hampton take off in his usual sprint running style. But a guest runner Nickolas kept within 10 yards of him for the first 2K with Dave gradually pulling away to equal his PB in 9.43, Nickolas finished in 10.04 and has threatened to be closer next month. 3rd home was Colin Peters in 11.09, Kevin Ashworth 4th in 11.40 closely followed by Marc Walpot in 11.42 with Marc Jones on their heels in 11.54. Next Rory Treharne in 11.57, Vince Langdon 12.16, Mark Stockman 12.35, Steve Hookins 12.44 with Jeremy Goddard coming back from injury in 12.54. First Lady home Jodie Lee in 13.51, 2nd was Val McClean 14.12 followed by Roger Webb 14.58, Ang Scoble 15.26, Heather Coverdale 15.42, Mark Holman 15.44, Claire Cornish and Steff Bartlett (having their usual chat) came home together in 17.18 (Good luck Steff for your marathon in Dublin on Sunday from all at SDAC). Nick Oxley next in 17.20 with Rosie and Sadie following. Round three is on 22 November.

Race 3 - 22nd November 2016

This was the third leg of SDAC winter 3k series. The weather was perfect, no excuses tonight. 29 runners set off from Preston, Dave Hampton set the pace as usual but snapping at his heels until 400 meters from the finish was our guest runner Niklas Surdqvist (he has been running with us for 2 months whilst studying at a local language school). Dave finished in his PB time of 9.43 (for the third time) Niklas had a PB in a respectable time of 9.52 it was a great race between them. Third home was James Dent with Marc Walpot close on his shoulder their times were 11.34 and 11.36. Kevin Ashworth followed in 11.50, Marc Jones next with a PB of 11.51. Then Rory Treharne 11.57, Vince Langdon 12.05, the remaining men's times are Chris Reece 14.11, Roger Webb 14.59, John Drennan 15.11, Mark Holman 15.15, Nigel Scarrott 16.20, Nick Oxley 17.15, and walker John Barrett in a PB time of 23.32.

In the ladies race Sue Hayes 13.27 comfortably held off Jodie Lee with a PB of 13.42, third home Kris Taylor 14.16 followed by Anita Carpenter in 14.41 a PB by 59 seconds. Unable to separate the next two Ang Scoble and Claire Cornish 15.08 (with a PB for Claire) followed by Marina Blay 15.34, Heather Coverdale 15.35 who had a battle to the finish line. Heather Maddock just got the better of Erica Warwick in times of 16.02 and 16.05. Steph Bartlett did a faster time getting to the start (stuck in traffic) than her time of 17.20, Christine Walpot 19.20, Sadie Heathcote 22.12 PB and Rosie Brown 23.43 PB brought the race to a close.

The fourth race of the series is on Tuesday 3rd January which will also be the first GP event of 2017. BE THERE.

Race 4 - 3rd January 2017

Club members were thrown in at the deep end with this 3k also being their first Grand Prix of 2017, run on the third of January. Quite a few members rang in sick or with new year blues but we still had a field of 26. Results as follows: 1st Dave Hampton, taking it easy due to sickness, came home in 9.52. 2nd Liam Lindon in 10.59, 3rd Kevin Ashworth in 11.50, 4th Marc Jones in 12.05, Ryan Rudge 12.50, Steve Waddington 14.50, John Drennan 14.52, Mark Holman 15.30, Dave Cubberley 18.06, Ken House 21.37 (at the tender age of 85). Walker John Barrett 23.42 and two guest runners Shane Carpenter 18.21 and Richard Coverdale. 18.49. The ladies race was won by Michelle Cowley in 11.14 (3rd overall) 2nd Kerry Bell 13.17, 3rd Jodie Lee 13.40, 4th Sue Hayes 13.59, 5th Krissy Taylor 14.12. Followed by Val McClean 14.36, Anita Carpenter 14.57, Heather Coverdale 15.46, Erica Warwick 16.11, Heather Maddock 16.19, Marina Blay 16.20, Sadie Heathcote 19.36, Rosie Brown 22.47. The last round will be on February 7th 2017.



Race 5 - 7th February 2017

The last 3K of the winter series 2016/17 was held on 7th February.

Dave Hampton, still suffering with a viral infection, set off in his usual 'catch me if you can method' coming home in 9.53, followed by Liam Lindon in a PB of 10.42.

Third home, return of the come back kid, James Dent in 11.17, next Marc Walpot 11.32, Rory Treharne 12.02 and Steve Hookins with his best run of the season, 12.39. Guest runner Chris King 12.58, Chris Reece 13.20, Roger Webb 14.38, Nick Oxley 15.55, Mark Holman 16.03, Richard Coverdale (guest) 18.15, John Drennan 19.00, Ken House 21.34 and walker John Barrett in a PB of 23.12.

In the ladies race, Michelle Cowley came storming home in a PB of 10.54

followed by the ever youthful Kerry Bell in 13.05, 3rd home Sue Hayes 13.27. Val McClean 14.12, Kris Taylor 14.18, guest runners Rosie Wallis 14.42, and Caitlin Moss 14.48 who both ran with junior coach Vince Langdon 14.48, Claire Cornish

15.09, Steph Bartlett 15.52 and Sadie Heathcote 19.00.

The series winners are Dave Hampton and Michelle Cowley.

The most improved in the series will be announced on Awards Night which will be held at Brixham Cricket Club on 25th February. Please be there.

MEN	27th September	25th October	22nd November	3rd January	7th February	LADIES	27th September	25th October	22nd November	3rd January	7th February
Kevin Ashworth	11:43PB	11:40PB	11:50	11:50		Steph Bartlett		17:18	17:20		15:52
John Barrett	24:14:00		23:32	23:42	23:12	Kerry Bell	13:15			13:17	13:05
Shane Carpenter				18:21		Marina Blay	15:17		15:34	16:20	
Richard Coverdale				18:49	18:15	Rosie Brown			23:43PB	22:47	
Dave Cubberley				18:06		Anita Carpenter	15:40		14:41PB	14:57	
James Dent			11:34		11:17	Claire Cornish	16:04	17:18	15:08PB		15:09
John Drennan	14:55		15:11	14:52	19:00	Heather Coverdale		15:42	15:35	15:46	
Jeremy Goddard	13:38	12:54				Michelle Cowley	10:55PB			11.14	10:54PB
Dave Hampton	9:43PB	09:43	09:43	09:52	09:53	Tracy Elford	15:36				
Guy Henderson	14:06					Sue Hayes	13:31		13:27	13:59	13:27
George Holman			15:15	15:30		Sadie Heathcote			22:12PB	19:36	19:00
Mark Holman	15:32	15:44			16:03	Jodie Lee		13:51	13:42PB	13:40	
Steve Hookins	12:55	12:44			12:39	Heather Maddock			16:02	16:19	
Ken House	20:39			21:37	21:34	Sandra Maine	16:46				
Marc Jones	12:00	11:54	11:51PB	12:05		Val McClean	14:59	14:12		14:36	14:12
Vince Langdon		12:16	12:05			Sharon Pascoe	15:21PB				
Liam Lindon				10:59	10:42PB	Ang Scoble	15:02	15:26	15:08		
Nick Oxley		17:20	17:15		15:55	Krissie Taylor	14:19		14:16	14:12	14:18
Colin Peters		11:09				Christine Walpot			19:20		
Chris Reece	13:59		14:11		13:20	Erica Warwick	15:48		16:05	16:11	
Ryan Rudge				12:50							
Nigel Scarrott			16:20								
Mark Stockman		12:35									
Rory Treharne	12:00	11:57	11:57		12:02						
Steve Waddington				14.5							
Marc Walpot	11:47PB	11:42PB	11:36		11:32						
Roger Webb	14:39	14:58	14:59		14:38						

Guest Runners

Marleena	12:52				
Nickolas Surdqvist		10:04	09:52		
Chris King				12.58	
Rosie Wallis				14:42	
Caitlin Moss				14:48	

