

2015-16

Race 1 - 22nd September 2015

This 3K was a very special evening; many who ran knew we had a world record holder, Martin Rees who is on holiday in Shaldon, running as a guest.

Martin, aged 62, holds 55 world records including a 10K at Cardiff which he ran earlier this month in a time of 33:20.

Our own Dave Hampton knew nothing about Martin or his records, but as usual he started the race at an unbeatable pace finishing in 9.49, having had trouble on the way with a white van man. Martin chased him in earnest finishing second in a very respectable 10.07, he was followed home in third place by James Dent on his comeback trail in 10.50. Fourth was Rod Keen in 11.12, 5th Colin Peters in 11.17, 6th Marc Walpot in 11.22, 7th Marc Jones in 11.46, 8th Ian McClean in 11.51, 9th Kevin Ashworth in 11.58, 10th Mark Stockman in 12.07 PB, 11th Rory Treharne in 12.09, 12th Dave Bamforth in 12.27, 13th John Drennan in 14.16, 14th Mark Holman in 14.25 PB and 15th Roger Webb in 15.00.

The ladies race was a battle until Louise Lewry pulled away in the home straight to be first home in 13.04 with Sue Hayes in 2nd in 13.30, 3rd Val McClean in 13.37, 4th Krissy Taylor also in 13.37, 5th Marina Blay in 15.07 and Tracy Elford next in 15.14 just edging out Erica Warwick also in 15.14.



Race 2 - 27th October 2015



South Devon AC held their second 3k Winter series race for the Darren Turner Trophy on Tuesday evening, 27th October. Dave Hampton set the pace with a little more in reserve 10.02, followed by James Dent 10.55 and guest runner Jamie Duffield 11.16 (nice to see him back), they stayed together until James pushed the button and opened a gap. Fourth man was Ian McClean 11.31 followed by Kevin Ashworth 12.02 who fought off one of last Sunday's marathon men Marc Jones 12.03. The next two could not be separated Mark Stockman 12.27 and marathon man Rod Keen also 12.27. Then came a battle all the way down the finishing straight for 1st lady Sue Hayes 14.00 just getting the better of Val McClean 14.03 and Krissy Taylor 14.05. Next home John Drennan 14.29 followed by the race monster Roger Webb 15.00. Lucy Carpenter 15.10 fought off Tracy Elford 15.13, Marina Blay 15.29, Erica Warwick 15.44, Heather Coverdale 16.31. Then the ever popular Ken House 20.35 who asked "what happened to the front to back Rule?". Next race will be 25th November; guest runners are welcome.

Race 3 - 24th November 2015

Tonight we had our smallest field ever due to illness, injury etc. Dave Hampton shot off into an unassailable lead (he said the cold air got to him) but still came home in a respectable 10.04, followed by Jamie Dent, who has not run a yard since the last 3k, his time 11.30. In third place in a time of 11.37 was Ian McClean followed by Rod Keen in 11.45. On the come back trail having been injured for 4 months a welcome return to Michelle Cowley in 11.50. Next in 6th place came Kevin Ashworth (Mr metronome) in 12.04, 7th was Mark Stockman in a creditable time of 12.35. Sue Hayes 8th and second lady in 14.03, John Drennan in 14.22 closely followed by 3rd lady and 10th overall Valerie McClean 14.29. Kerry Bell came next, also just back from injury, in 11th place in 14.45, 12th (the race monster) Roger Webb in 15.10. In 13th with the biggest smile of the night came Erica Warwick in 15.55. Guest runner Matt next in 16.53 followed by the ever young Ken House in 20.20. He still would like to know why nobody did the usual front to back.

Race 4 - 5th January 2016

This was an in house race and our first Grand Prix of the year. Just the event to blow away those Christmas cob webs. The weather was perfect for a 3k. The first man home was Dave Hampton in 10.06 second was Colin Peters in 11.27 and third Ian McClean in 11.50. For the ladies it was first place for Michelle Cowley in 11.33, second was Gemma Body in 11.47 and third was Yvette Smith in 14.00.

The remaining results are as follows: Men: Rod Keen 12.04, Marc Jones 12.08, Kevin Ashworth 12.29, Marc Walpot 12.35, Mark Stockman 13.15, Steve Monahan 13.22, Vince Langdon 13.45, Chris Shuttleworth 14.11, George Holman 14.31, Roger Webb 14.49, Steve Waddington 15.19, Matt 15.44, Mark Holman 15.51, John Drennan 17.15, Ken House 21.03, John Barrett 25.34.03.

Ladies Karen Bumby 14.03, Sue Hayes 14.04, Kerry Bell 14.13, Sharon Pascoe 16.03, Heather Coverdale 16.06, Tracy Elford 16.08, Erica Warwick also 16.08. We also had a guest runner Bev who completed it in 17.15. A total of 30 runners. A good start to the new year. Last 3k of the series will be on February 9th.



Race 5 - 9th February 2016

The last of South Devon AC's 3K winter series for the Darren Turner Trophies was run on the 9th February. It was a cold windy night but it did not stop 29 hardy runners turning up on the start line. Dave Hampton shot off soon opening up a gap on the rest of the field. He cruised home in 10.03, followed by Jamie Dent in a respectable time of 11.15 (only his third run of the year) 3rd home was Colin Peters in 11.18 closely followed by 1st lady Michelle Cowley in 11.20. Also on the comeback from injury was Rod Keen next home in 11.54 having just run a marathon. The remaining results are as follows; Kevin Ashworth 12.13, Marc Walpot 12.21, Vince Langdon 12.45, (with his new turbo charged hip) Steve Monaghan 12.55, Kerry Bell 13.52, Zac Ardino 14.07, Sue Hayes 14.13, Val McClean 14.17, Krissy Taylor 14.18, George Holman 14.48, Roger Webb 15.07, John Drennan 15.40, Heather Coverdale 15.47, Marina Blay 16.13, Fiona Stephens 16.33, Mark Holman 17.22. The ever young 84 year old Ken House came next in 21.00. We then had some of our new runners who have only been running for six weeks, Jane Stead 21.44, Sarah Greenway 21.44, running with their coach Sharon Pascoe followed by Christine Walpot 22.16, Nina Hardy 22.16 running with their coach Tracy Elford. The last person home was John Barrett who due to knee surgery can no longer run but power walked in 24.12 knocking off 1 minute 22 seconds from his January walk.

MEN	22nd September	27th October	24th November	5th January	9th February	LADIES	22nd September	27th October	24th November	5th January	9th February
Zac Ardino					14.07	Kerry Bell			14:45	14:13	13.52
Kevin Ashworth	11:58	12:02	12:04	12:29	12:13	Marina Blay	15:07	15:29			16.13
Dave Bamforth	12:27					Gemma Body				11:47	
John Barrett				25:34:00		Karen Bumby				14:03	
James Dent	10:50	10:55	11:30		11:15	Lucy Carpenter		15:10			
John Drennan	14:16	14:29	14:22	17:15	15.4	Heather Coverdale		16:31		16:06	15.47
James Duffield		11:16				Michelle Cowley			11:50	11:33	11:20
Dave Hampton	09:49	10:02	10:04	10:06	10:03	Tracy Elford	15:14	15:13		16:08	
George Holman				14:31	14.48	Sue Hayes	13:30	14:00	14:03	14:04	14.13
Mark Holman	14:25PB			15:51	17.22	Louise Lewry	13:04				
Ken House		20:35	20:20	21:03	21	Val McClean	13:37	14:03	14:29		14.17
Marc Jones	11:46	12:03		12:08		Sharon Pascoe				16:03	
Rod Keen	11:12	12:27	11:45	12:04	11:54	Yvette Smith				14:00	
Vince Langdon				13:45	12:45	Fiona Stevens					16.33
Ian McClean	11:51	11:31	11:37	11:50		Krissie Taylor	13:37	14:05			14.18
Steve Monahan				13:22	12.55	Erica Warwick	15:14	15:44	15:55	16:08	
Colin Peters	11:17			11:27	11:18	Bev				17:15	
Martin Rees	10:07					Sarah Greenway					21.44
Chris Shuttleworth				14:11		Nina Hardy					22.16
Mark Stockman	12:07PB	12:27	12:35	13:15		Jane Stead					21.44
Matt Thompson			16:53	15:44		Christine Walpot					22.16
Rory Treharne	12:09										
Steve Waddington				15:19							
Marc Walpot	11:22			12:35	12:21						
Roger Webb	15:00	15:00	15:10	14:49	15.07						