

**2014-15**

**Race 2 - 28th October 2014**

Tuesday 28th October saw the second round of the in house winter 3k series. Dave Hampton started off as usual straight into an early lead pushing all the way despite having a heavy cold. He came home first in 9 minutes 56 seconds followed by Jerry Hocking having his best run this year on the course in 10.35. In third place was Naomi Flanagan her second 3k in 24 hours in 11 minutes. Rob Leeke was 4th in 11.10 followed by Ian McClean in 11.21. In 6th place in a powerful finish was Ryan Rudge in 11.35 just holding off Michelle Cowley in 11.36. Marc Walpot not far behind in 8th in 11.47, Marc Jones 9th in 12.05, Rob (flying) Forbes 12.41 in 10th place. Vet 60 John Drennan 14.04, Sue Hayes 14.05, Roger Webb 14.52, Erica Warwick 15.36, followed by the ever young Ken House in 19.11. Well done to you all.

**Race 3 - 25th November 2014**

The third round of South Devon Athletic Club's in house 3k series was run on Tuesday 25th November. The cold and wet evening did not deter the athletes as 19 runners turned up for the event. Dave Hampton raced off into an early lead pushing all the way to equal his course record of 9.49 coming home 39 seconds in front of Jerry Hocking whose time of 10.28 was his best this series. Third home was Naomi Flanagan one second outside her course best, her time was 10.49. Fourth home was Rob Leeke in 10.56, his best time so far this series. It was good to see the return of James Dent whose time of 11.10 will soon be in the distant past once he can return to full training. He was closely followed by Ian McClean with his best run for the series of 11.12. Rod Keen came next in a p.b. of 11.18, Vince Langdon improved his time in 11.37, next home was Rory Treharne flying home for a p.b. of 11.43, on his tail was Marc Jones in 11.45. Second lady home, Michelle Cowley was close behind Marc in 11.50. Rob Forbes continued his improvement in a time of 12.44, Sue Hayes won the tussle with Krissy Taylor, times:-13.49 and 13.51. The next battle won was John Drennan beating the race monster, Roger Webb, times:-14.22 and 14.27. Heather Coverdale joined the party with 14.53, Sharon Pascoe and Marina Blay both improved their times by 25 seconds to finish together in 15.49.

### **Race 4 - 13th January 2015**

The penultimate 3k of the series was run in freezing cold conditions, once again the runners came out of the woodwork 19 in all. From the off Dave Hampton set a tremendous pace pulling right away from the rest finishing in 10.03. Jamie Dent continues on his road back to fitness with a second place in 11.11. Rod Keen 3rd in 11.27 just outside his best. Mr metronome Ian McClean was 4th in 11.33. First Lady right on his heels was Michelle Cowley in a very creditable 11.38. Ryan Rudge was next with a last 70yards faster then Bolt in 11.56. New runner Dave Richardson followed in a brilliant time of 11.59. Rory Treharne 12.17, the flying Forbes 12.49, 2nd lady with a PB of 13.48 Krissy Taylor. The long awaited return of Paul Chesterman in 14.09, 3rd lady Sue Hayes in 14.21. Next two the terrible twins John Drennan in 14.51 and Roger Webb in 15.09. Heather Coverdale with the biggest smile of the night in 15.33, then Sharon (3lungs) Pascoe in 16.04. Marina Blay and Lucy finished in the same time 16.14. The ever youthful 83 year old Ken House completed the evening in 20.09.

### **Race 5 - 10th February 2015**

The last round of the SDAC 3K winter series took place on 10/02/2015, a cool evening but ideal for PB's of which there were 6.

Dave Hampton set off at a tremendous pace again leading all the way and finishing in a time of 9:55. He was followed home by the first lady Naomi Flanagan in her equal PB 10:48. James Dent dipped under 11 minutes with a 10:59 in 3rd place. Then a sprint in the last 200 metres saw Ian McClean 11:04 PB get the better of Rod Keen 11:06 PB closely followed by Michelle Cowley 11:14 PB. New member Dave Richardson was next 11:36 PB (23 seconds faster). Rob Leeke followed in 11:52 and Marc Jones in 11:55 after doing a 35 mile race last weekend. Rory Treharne kept up his good form with a 12:04, the flying Forbes had his best of the season with a 12:25. Marc Walpot just recovering from knee surgery 12:35. Third lady home Kris Taylor had a PB of 13:32, Sue Hayes next in 14:14, Heather Coverdale did 14:49, Lucy Carpenter smashed her time from last month by 1 min 9 secs in a PB time of 15:05. Sweep was Roger Webb, despite being injured, wanted to complete the series and came home in a respectable 16:50.



<b>MEN</b>	30th September	28th October	25th November	13th January	10th February	<b>LADIES</b>	30th September	28th October	25th November	13th January	10th February
Dave Hampton	9:49PB	09:56	9:49PB	10:03	09:55	Naomi Flanagan	10:48PB	11:00	10:49		10:48PB
Jerry Hocking	10:38	10:35	10:28			Michelle Cowley	11:34	11:36	11:50	11:38	11:14PB
Colin Peters	10:46PB					Sue Hayes	13:50	14:08	13:49	14:21	14:14
Rob Leeke	10:59	11:10	10:56		11:52	Kerry Bell	13:52				
James Dent	11:19		11:10	11:11	10:59	Krissy Taylor	14:26		13:51	13:48PB	13:32PB
Rod Keen	11:25		11:18PB	11:27	11:06PB	Erica Warwick	15:06	15:36			
Marc Walpot	11:39	11:47			12:35	Sharon Pascoe	16:14		15:49	16:04	
Vince Langdon	11:46		11:37			Marina Blay	16:14		15:49	16:14	
Rory Treharne	12:23		11:43PB	12:17	12:04	Heather Coverdale			14:53	15:33	14:49
Rob Forbes	12:58	12:41	12:44	12:49	12:25	Lucy Carpenter				16:14	15:05PB
Nick Syrett	13:22										
Dave Lynch	13:25										
George Holman	13:27										
John Drennan	14:12	14:04	14:22	14:51							
Mark Holman	14:47										
Roger Webb	15:02	14:52	14:27	15:09	16:50						
Ken House	19:00	19:11									
Ian McClean		11:21	11:12	11:33	11:04PB						
Ryan Rudge		11:35		11:56							
Marc Jones		12:05	11:45		11:55						
Dave Richardson				11:59	11:36PB						
Paul Chesterman				14:09							