**** Race Results and Report for ‘The Fellrunner

 **RACE: Sidmouth 4 Trigs. Challenge DATE: 05/02/23**

**COUNTY: Devon CATEGORY: BL/26km/914m CH/SHIP**

**Return to: David Weatherhead, 16 Birchlands Grove, Wilsden, Bradford, West Yorkshire, BD15 0HD..or..email:** **resultsfra@aol.com**

**R A C E R E P O R T** **(400 words maximum please)**

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| --- |
| **Record Breaking 4 Trigs and not just the weather!**This year, the weather for the 4 Trigs Challenge totally transformed the run, as the sun was out and the horrendous conditions of last year became a distant memory. 129 competitors set off from Sidmouth’s esplanade at 9.30am on Sunday 5th February. Ideal weather and perfect conditions underfoot, were possibly contributing factors as to why two longstanding records were broken. In repetition of last year, Samuel Kelly, of Exmouth Harriers, and Jo Meek, of Tavistock Athletics Club were the first man and first woman home. They both managed to break the existing records. Samuel Kelly came home in 2:09:15 beating G Perratt’s record of 2:09:40 back in 2004. Jo Meek came home in 2:36:31 beating L Kendon’s record of 2:37:00 in 2010. This ‘low-key’ off-road running event covers a distance of approximately 28km with an obscene amount of climb involved. Underfoot is mixed terrain, mainly dirt trails, but with some grass and gravel, not to mention steps, tree roots and some drainage gutters on the route, as well as some steep sections of climb and fast descents. The aim is to visit each of the four Triangulation Pillars around the Sid Valley, with runners choosing their own routes, but they must visit each Trig Point in order (Weston Cliff was first this year), taking in the 5 Check points to help taper the route.Local club, Sidmouth Running Club, “The Mighty Greens” had been preparing for the challenge by upping their mileage on the Club Sunday runs. This year the training was in worse conditions underfoot than the actual event; no slip sliding down the mud to Weston mouth and running through rivers of water for example! 36 Mighty Greens entered the Challenge. Richard Summerhayes was Sidmouth Running Club’s first man home 2:48:05 in 18th place and Jessica Watkins was SRC’s first woman home in 3:34:33-fantastic running by both.A special mention and thank you must go to the sponsors of the event, Nigel Winchester, of Ian Winchesters and Sons, and Richard King of Kings Garden and Leisure. Also, to the Marshals out on the course and on the finish line, and to the team at the clubhouse providing refreshments.Marion and Robert are delighted with how the event went. Over £2,500.00 was raised for Cardiac Risk in the Young (CRY) charity this year (yet another record). We would like to thank everyone for their generosity. |

 **TOTAL NUMBER OF FINISHERS = 122 Signed: Marion Hayman Date: 8th Feb 2023**

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**R A C E R E S U L T S**

**The ‘POS. ’ is the competitors category position. The ‘POS. O/A’ is the competitor position in the race.**

**INDIVIDUALS – OVERALL (Please include all category counters in this list)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **POS.** | **NAME** | **CATEGORY** | **CLUB** | **TIME** |
| **1.** | Kelly Samuel | MSEN | Exmouth Harriers | 02:09:15 |
| **2.** | Green James | M40 | Axe Vale Runners | 02:17:09 |
| **3.** | Kelly James | MSEN | Exmouth Harriers | 02:22:36 |
| **4.** | Lenton Tim | M45 | Axe Vale Runners | 02:25:08 |
| **5.** | Nicholas Justin | M45 | Climb Southwest | 02:34:20 |
| **6.** | Goc Milan | M40 | South West Road Runners | 02:34:27 |
| **7.** | Ashby Justin | M50 | N1 Tri club | 02:35:16 |
| **8.** | Meek Jo | W40 | Tavistock AC | 02:36:31 |
| **9.** | Lavender Andrew | MSEN | Climb South West trail team | 02:40:58 |
| **10.** | Crease Paul | M50 | Okehampton | 02:41:36 |
| **11.** | Frost Oliver | M45 | Wells City Harriers | 02:41:49 |
| **12.** | Everson Richard | M60 | South West Road Runners | 02:42:33 |
| **13.** | Turner Christopher | MSEN | Oakhampton RC | 02:42:52 |
| **14.** | Howard Jamie | M45 | South West Road Runners | 02:44:08 |
| **15.** | Parrott David | MSEN | Climb Southwest | 02:45:19 |
| **16.** | Silkstone Nicholas | MSEN | Honiton Running Club | 02:45:26 |
| **17.** | Collier Robert | M50 | Axe Vale Runners | 02:46:02 |
| **18.** | Summerhayes Richard | M55 | Sidmouth Running Club | 02:48:05 |
| **19.** | Williams Jason | MSEN |  | 02:48:25 |
| **20.** | Elliott Oliver | MSEN | Yeovil Town RRC | 02:48:49 |

 **P T O**

**INDIVIDUALS – M40 (MEN VETERANS O/40 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **POS.** | **POS. O/A** | **NAME** | **CATEGORY** | **CLUB** | **TIME** |
| **1.** | 24 | Green James | M40 | Axe Vale Runners | 02:17:09 |
| **2.** | 4 | Lenton Tim | M45 | Axe Vale Runners | 02:25:08 |
| **3.** | 5 | Nicholas Justin | M45 | Climb Southwest | 02:34:20 |

**INDIVIDUALS – M50 (MEN VETERANS O/50 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | 7 | Ashby Justin | M50 | N1 Tri club | 02:35:16 |
| **2.** | 10 | Crease Paul | M50 | Okehampton | 02:41:36 |
| **3.** | 17 | Collier Robert | M50 | Axe Vale Runners | 02:46:02 |

**INDIVIDUALS – M60 (MEN VETERANS O/60 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | 12 | Everson Richard | M60 | South West Road Runners | 02:42:33 |
| **2.** | 43 | Ryan Colin | M60 | Sidmouth Running Club | 03:20:02 |
| **3.** | 50 | West Andrew | M60 | Axe Vale Runners | 03:24:10 |

**INDIVIDUALS – M70 (MEN VETERANS O/70 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** |  |  |  |  |  |
| **2.** |  |  |  |  |  |

**WOMEN INDIVIDUALS – WSEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **POS.** | **POS. O/A**  | **NAME** | **CATEGORY** | **CLUB** | **TIME** |
| **1.** | 52 | Bartholomew Claire | WSEN |  | 03:25:06 |
| **2.** | 64 | Watkins Jessicar | WSEN | Sidmouth Running Club | 03:34:33 |
| **3.** | 73 | Roberts Nicola | WSEN |  | 03:49:50 |
| **4.** | 77 | Seabrook Isobel | WSEN |  | 04:00:06 |
| **5.** | 78 | Seabrook Melissa | WSEN |  | 04:00:14 |
| **6.** | 81 | McDonald Becky | WSEN | Sidmouth Running Club | 04:04:42 |
| **7.** | 87 | Trim Jessica | WSEN | Sidmouth Primary School | 04:07:09 |
| **8.** | 90 | Stevens Debra | WSEN | South West Road Runners | 04:09:53 |
| **9.** | 95 | McMahon Susannah | WSEN |  | 04:09:54 |
| **10.** | 109 | Lovell Sophie | WSEN |  | 04:52:48 |

**INDIVIDUALS – W40 (WOMEN VETERANS O/40 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | 8 | Meek Jo | W40 | Tavistock AC | 02:36:31 |
| **2.** | 32 | Brook Katherine | W40 |  | 03:11:06 |
| **3.** | 41 | Brock Emilie/ Board Kerry | W40/45 | Axe Vale Runners | 03:19:24 |

**INDIVIDUALS – W50 (WOMEN VETERANS O/50 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | 35 | Eyre Karen | W50 | Axe Vale Runners | 03:13:19 |
| **2.** | 46 | Pearce Jo | W50 | South West Road Runners03:25:06 | 03:21:09 |
| **3.** | 56 | Busby Chantal | W50 | Ilkley Harriers | 03:26:50 |

**INDIVIDUALS – W60 (WOMEN VETERANS O/60 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | 51 | Wood Eleanor | W65 | Axe Vale Runners | 03:24:10 |
| **2.** | 102 | Bowles Ella | W60 | Teignbridge Trotters | 04:37:51 |

**INDIVIDUALS – W70 (WOMEN VETERANS O/70 CATEGORY)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** |  |  |  |  |  |
| **2.** |  |  |  |  |  |

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