

## **Exeter Half Marathon 12/02/23**

Exeter half marathon took place today, the race is a two lap course, commencing from the Piazza Terracina, taking competitors on a scenic route along Exeter's historic quayside and around the Riverside Valley Park. With an elevation of approx 177ft, this relatively flat road race is a popular choice for those looking to improve on a half marathon pb.

There were 341 competitors, with overall winner James Pugsley from Bideford AC in a superb time of 01:11 and Florence Sargent of Exeter University as overall winner for the ladies in an impressive 01:33:39.

Representing NRR were:

Becky Hall and Naomi Flower, both ran a superb race with

Becky Hall in an official time of 02:05:56

Naomi Flower: 02:14:44

## **Cardinham Half Marathon**

The Cardinham half took place on 11/02/23

New member Bruce Carey made a last minute decision to take on the challenging 6.5 mile out and back route through Cardinham woods.

Bruce advises " I wasn't expecting the race to go so well, it was quite hard, with multiple steep inclines; and some of the descents were really steep and rocky, making the route difficult to run down. With the early start of 08:00am, there were pockets of fog between the trees, which made for some nice views; I was delighted to finish in 13th position"

There were 98 finishers overall, with Bruce completing in a great time of 01:58:16.