

Cardinham 10k

It was a great early Saturday morning start for one NRR, Chaz Buscombe, as he came home first in the Cardinham Woods 10k in a time of 42:03.

The Solomon KvK (A Kilometre of Vert in Kernow)

Starting at a more reasonable time of 11am was the Freedom Racing Solomon KvK, two figure of eight laps of a specifically designed route to include 1000m of ascent. 15 miles of inland hills coastal runs with big climbs and big downhills. It brings the Mountains to Cornwall with a great atmosphere with prayer flags and cow bells encouraging the runners along.

Runners can do this as a solo run or as team of two doing each doing one lap. Eve Hearle and Lisa Talling choose to do the solo event with Ian Leedham taking part in the team event.

Eve Hearle 2:49:51

Lisa Talling 3:21:23

Ian Leedham completed his one lap in 1:20:40

An Res Hellys

Sunday saw the fifth race in the Cornwall Glass Cornish GP series, a ten mile multi terrain race including road, beach and mud taking runners through The National Trust Penrose Estate before continuing to Gunwalloe beach where runners are met by a bagpiper as they head off the beach onto the road back to the finish in Helston. Fourteen NRR's participated with some fantastic results.

Neil Carter 1:02:48 1st in age Cat, 11th Overall, 3 minutes faster than last year

Rose Harvie 1:16:33

Mandy Watts 1:20:35 PB

Sophie Talling 1:26:26

Peter Allen 1:27:41 2nd in age Cat

Alan Edwards 1:28:15

Sarah Wilkinson 1:29:08 2nd in age Cat

Eleanor Ellison 1:29:54 1st in age Cat

Nikki Edwards 1:30:35

Colin Martin 1:34:03

John Beard 1:40:24

Tracy McKenzie 1:41:54

Des Evans 1:51:58

Vikki Watson 1:59:45 PB

Manchester Marathon

Two NRR's travelled up country for The Adidas Manchester Marathon sold as the UK's flatest Marathon and 4th largest in Europe.

Paul Florin Trifanov finished 147th out of a total of 22292 runners in a time of 2:44:25 which I'm told is almost a 20 minute PB

Andy Davis finished in 3:01:27