

STORMFORCE 10

Sunday 22nd January seen the first race of the Cornwall glass Grand Prix running series. This 10 mile road race is hosted by Carn Runners and was a well organised and marshalled event, with a good turnout of 499 runners, taking on the maiden race of the GP season.

Running conditions were very favourable from a runners point of view, with a crisp cool breeze and a dry route.

The race starts towards the top of Barripper road, with a very quick first mile down hill towards Barripper village. Heading out to Carnhell Green before looping around Leedstown back to Carnhell Green, with competitors being treated to a fast downhill finish

Overall winner was Sam Goodchild of Cornwall AC completing the course in 52:47
First lady was Katherine Maltby of Bristol and West AC in 59:26.

There were 42 NRR athletes in attendance today with some fantastic performances all around; accompanied by a great support crew of fellow penguins.

First home for Newquay was the always impressive Jamie Edwards in 58:40 with 1st lady home Stella Gardener in a great time of 01:13:04

Positions as below:

14th Jamie Edwards: 58:40
21st Josh Karpinski: 59:51
30th Darren Roose: 1:01:38
41st Neil Carter. 1:03:41 (3 min pb)
73rd Steve Babb. 1:07:40
89th Paul Trifanov. 1:08:39
121st Stella Gardener. 1:13:04
129th Tim Hicks 1:13:56
146th Eve Hearle 1:15:28
156th Glynn Talling 1:16:35
164th Peter Allen 1:17:23. (3rd age cat)
166th Bruce Carey. 1:17:37
175th Trevor Spinks. 1:18:40
209th Eleanor Ellison 1:22:40. (1st age cat)
211th Amy Gregory. 1:23:02
218th Matt Hills. 1:23:24
220th Sarah Wilkinson. 1:23:40. (1st age cat)
263rd Alison Roose. 1:27:26
266th Mandy Watts. 1:28:18
275th Andrew Morley. 1:29:11
276th Lisa Player 1:29:34. (3rd age cat)
282nd Sarah Ryan. 1:29:46
288th Sophie Talling. 1:30:05
289th Lisa Talling. 1:30:06
290th Vanessa Morley. 1:30:16

297th Jane Garside 1:30:23 (massive pb of 15:56)
310th Tao Bi 1:31:18
311th Martin Grieb. 1:31:45
313rd Colin Martin 1:32:00. (2nd age cat)
324th Lucy Hewitt. 1:32:54
339th Katie Bullock. 1:34:55
341st Charlie Gray. 1:35:14
357th Donna Fisher. 1:36:24 (3 min pb)
359th Sara Needham. 1:36:28
360th John Beard. 1:36:28
371st Jenny Lawson 1:37:40
391st Des Evans. 1:40:50
416th Naomi Flower. 1:44:00
419th Karen Warner. 1:44:33 (7 min pb)
482nd Michelle Barriball 2:01:37
484th Emma Stock-Coles 2:02:03
485th Victoria Walton. 2:02:04

The Newquay gents were 3rd male team, consisting of:

Jamie Edwards
Josh Karpinski
Darren Roose
Neil Carter
Steve Babb
Paul Trifanov

This weeks special mention goes to Andrew and Vanessa Morley, Bruce Carey, Trevor Spinks, Emma Stock-Cole's and Victoria Walton for competing in their first race for Newquay Road Runners, huge well done to you all.

Madeira Marathon 22/01/23

Peter Norris took part in the Madeira Marathon, which is a small island located off the coast of Africa and close to Morocco, resulting in warm climates for the small field of athletes totalling 339.

Pete a seasoned marathon runner, was keen to take on the course and was very pleased to have completed the first half in under 01:26; before the 21 degree heat started to take effect; resulting in a stellar performance in the 2nd half also with him completing the Marathon in an amazing time of :02:54:31 finishing 7th overall.

This is now Petes 20th consecutive sub 3hr road marathon.

Coast to Coast Noir Boomerang 21/01/23

Purple Geko hosted this coastal race at night, which was just under 24 miles from Portreath to Devoran, with a 6 hour cut off.

NRR Jason Elliott signed up to the challenge and commenced his run at 16:45pm, he managed to complete in a great time of 4 hours 6 minutes, although he confesses “ I would have been quicker, but I got lost on the way back”

Still impressive despite the detour and placed him in 8th position, well done Jason.