

**RUNVENTURE**  
 RUNNING HUB

**DARTMOOR FELL RACE SERIES**  
 2021

**JAMES ARMSTRONG PHYSIO**  
 CHARTERED PHYSIOTHERAPIST

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Sat 12th June                                                                     | Weds 23rd June                                                                    | Sat 26th June                                                                     | Sat 3rd July                                                                      | Sat 17th July                                                                      | Weds 28th July                                                                      | Fri 30th July TBC                                                                   | Weds 25th Aug                                                                       | Weds 8th Sep                                                                        | Weds 22nd Sep                                                                       |
| <b>Meldon</b>                                                                     | <b>Solstice</b>                                                                   | <b>Burrator</b>                                                                   | <b>Cosdon</b>                                                                     | <b>Haytor</b>                                                                      | <b>Neolith</b>                                                                      | <b>Yartor</b>                                                                       | <b>Tavy Trio</b>                                                                    | <b>Sourton</b>                                                                      | <b>Gt links</b>                                                                     |
|  |  |  |  |  |  |  |  |  |  |
| Dist. 8k<br>ht.gain 360m                                                          | Dist. 9k<br>ht.gain 327m                                                          | Dist. 9.6k<br>ht.gain 306m                                                        | Dist. 6k<br>ht.gain 318m                                                          | Dist. 10k<br>ht.gain 450m                                                          | Dist. 8k<br>ht.gain 290m                                                            | Dist. 5k<br>ht.gain 235m                                                            | Dist. 8k<br>ht.gain 270m                                                            | Dist. 4.5k<br>ht.gain 235m                                                          | Dist. 9.5k<br>ht.gain 375m                                                          |
| ORC                                                                               | Tavy Runners                                                                      | TAC/RVR                                                                           | ORC                                                                               | Teignbridge                                                                        | TAC/RVR                                                                             | Wild Running                                                                        | TAC/RVR                                                                             | ORC                                                                                 | TAC/RVR                                                                             |
| Juniors Yes                                                                       | Juniors Yes                                                                       | Juniors Yes                                                                       | Juniors Yes                                                                       | Juniors Yes                                                                        | Juniors Yes                                                                         | Juniors Yes                                                                         | Juniors Yes                                                                         | Juniors Yes                                                                         | Juniors Yes                                                                         |
| Total senior distance 78.4k                                                       |                                                                                   |                                                                                   | Height gain 3161m                                                                 |                                                                                    |                                                                                     | Weds races = evenings                                                               |                                                                                     |                                                                                     |                                                                                     |

# Dartmoor Fell Series Scoring after Cosdon - Race 4

All in senior race - 100pts for 1st, then 99 etc down to minimum of 2pts for finishing. split Male and Female ( all age groups) includes U17 u19 u21  
 Positions may change as its best 7/10 races.  
 Senior Age groups - 30pts for first then 29 etc.. Down to 2 Covers U17,u19,u21 senior, And vets  
 Vet 40/50/60/70 note we only recognise 10 year vet categories age on first race 12/6/21  
 Junior age groups - 10pts for 1st then 9 etc down to minimum of 2. Results to follow ( waiting on 1 race to report)

## So after 4 races.....

| Female |                   |                          |          |                |                  | Male |               |                    |          |                |                  |
|--------|-------------------|--------------------------|----------|----------------|------------------|------|---------------|--------------------|----------|----------------|------------------|
|        | Name              | Club                     | Category | Overall points | Age group points |      | Name          | Club               | Category | Overall points | Age group points |
| 1      | Jo Meek           | Winchester & District AC | F40      | 400            | 120              | 1    | Samuel Priday | Okehampton RC      | MU19     | 388            | 119              |
| 2      | Laura Goodspeed   | Plymouth Harriers        | Fsen     | 379            | 112              | 2    | Tim Lenton    | Axe Valley Runners | M40      | 386            | 119              |
| 3      | Christine Fritsch | Okehampton RC            | F40      | 346            | 97               | 3    | Thomas Poland | Okehampton RC      | Msen     | 361            | 103              |

  

| Age Groups |                |              |          |                |                  | Age Groups |           |                 |          |                |                  |
|------------|----------------|--------------|----------|----------------|------------------|------------|-----------|-----------------|----------|----------------|------------------|
|            | Name           | Club         | Category | Overall points | Age group points |            | Name      | Club            | Category | Overall points | Age group points |
| 1          | Tilly McDowell | Tavistock AC | FU19     | 99             | 30               | 1          | Tom Perry | Exeter Harriers | MU17     | 98             | 30               |

  

|   |                 |                   |      |     |     |   |               |               |      |     |     |
|---|-----------------|-------------------|------|-----|-----|---|---------------|---------------|------|-----|-----|
| 1 | Laura Goodspeed | Plymouth Harriers | Fsen | 379 | 112 | 1 | Samuel Priday | Okehampton RC | MU19 | 388 | 119 |
| 2 | Gem Gallant     | Run Venture       | Fsen | 284 | 84  | 2 | Joe Dix       | Tavistock AC  | MU19 | 275 | 88  |
|   |                 |                   |      |     |     | 3 | George Ripper |               | MU19 | 73  | 29  |

  

|   |               |               |      |     |     |   |               |               |      |     |     |
|---|---------------|---------------|------|-----|-----|---|---------------|---------------|------|-----|-----|
| 1 | Thomas Poland | Okehampton RC | Msen | 361 | 103 | 1 | Thomas Poland | Okehampton RC | Msen | 361 | 103 |
| 2 | joe Lane      | Okehampton RC | Msen | 355 | 100 | 2 | joe Lane      | Okehampton RC | Msen | 355 | 100 |

|   |         |         |  |      |     |    |
|---|---------|---------|--|------|-----|----|
| 3 | Abigail | Pelling |  | Fsen | 181 | 54 |
|---|---------|---------|--|------|-----|----|

|   |           |         |                          |     |     |     |
|---|-----------|---------|--------------------------|-----|-----|-----|
| 1 | Jo        | Meek    | Winchester & District AC | F40 | 400 | 120 |
| 2 | Christine | Fritsch | Okehampton RC            | F40 | 346 | 97  |
| 3 | Maddie    | Horton  | plymouth harriers        | F40 | 197 | 58  |

|   |        |          |                       |     |     |     |
|---|--------|----------|-----------------------|-----|-----|-----|
| 1 | Dawn   | Teed     | Exmouth Harriers AC   | F50 | 342 | 111 |
| 2 | Hayley | Ratcliff | Torbay aac            | F50 | 181 | 58  |
| 3 | Debbie | Cowthera | Sidmouth running club | F50 | 170 | 53  |

|   |           |          |                      |     |     |    |
|---|-----------|----------|----------------------|-----|-----|----|
| 1 | Katharine | Refson   | Tavistock AC         | F60 | 151 | 59 |
| 2 | Nicola    | Morris   |                      | F60 | 77  | 30 |
| 3 | Susanne   | Westgate | Teignbridge Trotters | F60 | 75  | 30 |

|   |      |        |  |            |    |    |
|---|------|--------|--|------------|----|----|
| 1 | Gill | Tucker |  | <b>F70</b> | 66 | 30 |
|---|------|--------|--|------------|----|----|

|   |       |           |                   |      |     |    |
|---|-------|-----------|-------------------|------|-----|----|
| 3 | David | Goodspeed | Plymouth Harriers | Msen | 344 | 94 |
|---|-------|-----------|-------------------|------|-----|----|

|   |      |         |                    |     |     |     |
|---|------|---------|--------------------|-----|-----|-----|
| 1 | Tim  | Lenton  | Axe Valley Runners | M40 | 386 | 119 |
| 2 | Paul | Crease  | Okehampton RC      | M40 | 268 | 79  |
| 3 | Paul | Barnett |                    | M40 | 257 | 76  |

|   |         |        |                         |     |     |    |
|---|---------|--------|-------------------------|-----|-----|----|
| 1 | Steve   | Cox    | Launceston Road Runners | M50 | 216 | 96 |
| 2 | Richard | Best   | Tavistock AC            | M50 | 226 | 86 |
| 3 | Jay     | Horton |                         | M50 | 151 | 57 |

|   |       |         |                     |     |     |     |
|---|-------|---------|---------------------|-----|-----|-----|
| 1 | Hugh  | Marsden | Exmouth Harriers AC | M60 | 298 | 119 |
| 2 | Ian   | Ripper  | Okehampton RC       | M60 | 226 | 88  |
| 3 | Roger | Hewitt  | Run Venture         | M60 | 148 | 77  |

|   |       |           |                      |     |     |    |
|---|-------|-----------|----------------------|-----|-----|----|
| 1 | Andy  | Houghton  | Tavistock Athletics  | M70 | 143 | 89 |
| 2 | David | Guiterman |                      | M70 | 65  | 29 |
| 3 | Ken   | Summers   | Erme Valley Harriers | M70 | 28  | 30 |