

Build up events organised by Armada clubs

If you looking for a race to test yourself in your Half marathon preparation, why not target one or more of these events organised by the clubs in the Armada Athletics Network. The Network consists of 14 clubs from the Plymouth, West Devon and East Cornwall area. These clubs can all help your training if you want to contact them. You are always welcome.

For further details see the website www.armadaathletics.com or contact Keith Reed the Athletics Network co-ordinator on 01752 307349 or by email on Keith.reed@plymouth.gov.uk.

Events listed as follows:

| Date | Race details | Venue |
|--|-------------------------|------------------------|
| Wed February 10th www.armadaathletics.com/winterparkseries.doc | Armada 5k Central Park, | Plymouth |
| Sunday February 21st www.armadaathletics.com/hoel0entry.doc | Hoe 10 | Brickfields, Plymouth |
| Wed March 10th www.armadaathletics.com/winterparkseries.doc | Armada 5k | Central Park, Plymouth |
| Sunday 21st March www.eastcornwallharriers.com/pages/fivetors.aspx | Moorland 5 | Tors Minions, Cornwall |
| Sunday 18th April www.tavy13.com | Tavi 13 | Tavistock |
| Sunday 2nd May www.tamartrotters.co.uk/club_races/saltash_half/saltash_half_main_page.htm | Saltash 1/2M | Saltash |
| Saturday 15th May www.evh.5u.com/ivy_10K.html | Ivybridge 10K | Ivybridge, Devon |

All of these races are well organised and should help you to achieve your pb at the Plymouth Half Marathon. The Armada 3K races are entry on the night only but you may need to enter some of these races early to avoid disappointment.