

## MAY RESULTS

### BERE PEN 10K - SUNDAY 4 MAY

Four athletes made the trip to Bere Alston for this tough race.

Well done to **Mike Hansen** who was 1<sup>st</sup> mv55.

Results:	Mike Hansen	40.33
	Simon Swift	41.20
	Dan Marks	52.39
	Carol Hansen	58.46

### IVYBRIDGE 10K - SATURDAY 10 MAY

Well done to everyone who ran in very windy and at the start particularly showery conditions.

Congratulations to **Alison Thorn** who was 1<sup>st</sup> fv40 and 2<sup>nd</sup> lady overall. **Cleo Andrews** also did well as she was 2<sup>nd</sup> fv40 and 3<sup>rd</sup> lady overall.

**Christian Cutcliffe** was the first Harrier home, whilst **Owen Parkin** and **Paddy Trinder** also ran well.

Results:	18	Christian Cutcliffe	37.49
	26	Owen Parkin	38.50
	28	Paddy Trinder	38.56
	38	Alison Thorn	40.05
	41	Simon Swift	40.17
	43	Cleo Andrews	40.34
	86	Shaun Bell	42.57
	165	Richard Lane	46.12
	310	Liz Bowden	51.32
		(651 finishers)	

### BIDEFORD 10K - SUNDAY 11 MAY

The trip to North Devon was successful for **Mike Hansen** as he was 17<sup>th</sup> overall and 1<sup>st</sup> mv55 in a time of 38.47. **Mike** also broke **Al Fowdon's** record set in 1996.

**Carol Hansen** was 322<sup>nd</sup> in a time of 54.09 in a race where there were 617 finishers.

**ARMADA ATHLETICS SUMMER 5K SERIES**  
**SALTRAM - WEDNESDAY 14 MAY**

We again had an impressive turnout of athletes with Allister and Neil making the top three.

Results:	2	Allister Bristow	17.05
	3	Neil Holmes	18.36
	8	Simon Swift	19.42
	11	Alison Thorn	19.55
	12	Joseph Perry	20.00
	18	Emma Lake	20.51
	22	Jaine Swift	21.12
	28	Ken Summers	22.17
	42	Mike Hansen	24.07
	65	Carol Hansen	27.10
	75	Ruth Terry	28.09
		(112 finishers)	

**MUSKIES MADNESS 5.5**  
**SATURDAY 24 MAY**

We had a great turnout for this evening race on an undulating multi terrain course, which goes through Ham Wood.

We did well with **Matt Brown** 4<sup>th</sup> overall and 3<sup>rd</sup> senior man.

**Mike Hansen** was 1<sup>st</sup> mv55, whilst **Russ Mogridge** was 1<sup>st</sup> mv50.

**Cleo Andrews** was 1<sup>st</sup> fv40 and 3<sup>rd</sup> female.

**Cleo** along with **Sarah Hirons** and **Sam Perry** were the 1<sup>st</sup> ladies team.

Results:	4	Matt Brown	34.56
	13	Mike Hansen	36.58
	14	Cleo Andrews	37.16
	19	Sarah Hirons	39.06
	22	Ewan Lake	40.01
	24	Russ Mogridge	40.16
	41	Kevin Paull	45.04
	53	Dan Marks	46.36
	63	Sam Perry	48.03
	70	Mike Woodland	49.02
	76	Liz Bowden	50.28
	85	Katy Mogridge	51.54
		(145 finishers)	

