

# JULY RESULTS

## ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 9 JULY

There was a good turnout of Harriers in this midweek race.

Results:	4	Allister Bristow	16.55
	8	Owen Parkin	18.11
	15	Alison McEwing	19.07
	21	Alison Thorn	19.51
	23	Emma Lake	20.02
	30	Ewan Lake	20.51
	33	Joseph Perry	21.22
	35	Jaine Swift	21.37
	39	Ken Summers	22.21
	60	Linda Bracher	24.47
	111	Helen Norris	30.05
	126	Mike Lee	34.57
		(131 finishers)	

## DUCKPONDS - SATURDAY 12 JULY

Our athletes turned out in force for this popular evening race and produced many fine performances.

**Allister Bristow** was 2<sup>nd</sup> overall and 2<sup>nd</sup> mv40. **Neil Holmes** was 1<sup>st</sup> mv45, **Matt Brown** was 2<sup>nd</sup> senior male, **Andy Trigg** 1<sup>st</sup> mv50 and **Mike Hansen** 1<sup>st</sup> mv55.

Results:	2	Allister Bristow	23.46
	5	Neil Holmes	25.04
	6	Matt Brown	25.21
	9	Andy Trigg	26.55
	12	Mike Hansen	27.18
	20	Russ Mogridge	29.10
	22	Simon Swift	29.34
	28	Ian Crossley	30.24
	51	Dan Marks	33.58
	56	Linda Bracher	34.29
	82	Carol Hansen	38.11
	84	Katy Mogridge	38.21
		(118 finishers)	

## CHUDLEGH CARNIVAL 6 FRIDAY 18 JULY

This is a tough race on a hilly course.

**Cleo Andrews** was 2<sup>nd</sup> lady and 1<sup>st</sup> in her age category in a time of 37.28.

**Sam Perry** ran around 46 minutes and **Liz Bowden** about 50 minutes.

**Simon Swift** had a good run but his time is unknown.

## HAYTOR HELLER SATURDAY 19 JULY

Unfortunately this race was marred by a serious injury to **Andrew Perry** who broke a chip of bone away from the base of the fibula but still managed to complete the course.

On a very tough course **Neil Holmes** had a great run to finish 3<sup>rd</sup> overall and 2<sup>nd</sup> mv45 in a time of 43.32.

**Nik Sheppard** also had a tremendous run.

Results:	3	Neil Holmes	43.32
	23	Nick Sheppard	52.23
	31	Ewan Lake	53.36
	67	Ken Summers	58.54
	89	Andrew Perry	62.04
	93	Richard Lane	62.48
	117	Jo Edwards	64.29
	128	Linda Bracher	65.35
	188	Dan Marks	
		(264 finishers)	

## MAGNIFICENT 7 - SUNDAY 20 JULY

This demanding race was run on a very hot day.

Well done in particular to **Liz Bowden** who ran her 2<sup>nd</sup> race over the weekend.

Results:	57	Mike Hansen	47.44
	93	Ian Crossley	52.21
	188	Mark Livermore	61.11
	253	Carol Hansen	67.31
	265	Liz Bowden	68.39

## KINGSBRIDGE 10K - THURSDAY 24 JULY

We had four athletes in this tough race. **Don Rigby** was the first Harrier home in a time of 44.41 (12<sup>th</sup> place). Other EVH athletes were close behind: 19th **Nik Sheppard** (46.09), 21<sup>st</sup> **Jean Baptiste Rouvelin** 46.16 and 34th **Craig Macalpine** 49.41. There were 125 finishers.

## CORNWOOD 10K - SATURDAY 27 JULY

We had a great turnout for this race with **Allister Bristow** finishing 2<sup>nd</sup> and **Owen Parkin** 3<sup>rd</sup>. The race was won by Peter Monaghan of Torbay.

Results:	2	Allister Bristow	37.04
	3	Owen Parkin	38.28
	9	Andy Trigg	41.42
	10	Mike Hansen	42.03
	17	Ewan Lake	43.28
	20	Emma Laek	44.12
	34	Jean Baptiste Rouvelin	45.48
	51	Kevin Paull	48.19
	56	Richard Lane	50.37
	58	Mark Livermore	51.39
	59	David Lloyd	51.44
	68	Mike Woodland	53.46
	85	Liz Bowden	57.09
	93	Carol Hansen	58.35