

AUGUST RESULTS

TOTNES 10K - SUNDAY 3 AUGUST

Our athletes ran well on this popular 'off road' 10K.

Results:	64	Don Rigby	45.16
	65	Jean-Baptiste Rouvelin	45.21
	73	Simon Swift	46.02
	90	Nik Sheppard	46.52
	209	David Lloyd	53.53
		(578 finishers)	

ARMADA ATHLETICS SUMMER 5K SERIES **SALTRAM - WEDNESDAY 13 AUGUST**

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

Results:	6	Owen Parkin	17.45
	10	Matt Brown	18.05
	12	Neil Holmes	18.18
	18	Alison Thorn	19.41
	19	Mike Hansen	19.43
	23	Emma Lake	20.14
	74	Carol Hansen	26.33
	112	Mike Lee	34.40
		(115 finishers)	

ST LEVEN 10K - FRIDAY 15 AUGUST

Simon and **Jaine Swift** made the trip to Cornwall for this popular evening race.

Results:	40	Simon Swift	41.15
	75	Jaine Swift	45.03
		(302 finishers)	

EXETER 10K - WEDNESDAY 20 AUGUST

Our athletes enjoyed this evening midweek race, with **Alison McEwing** 1st senior lady and 2nd lady overall. **Alison** clearly likes running in Exeter as her time was only 4 seconds outside her own club record set in Exeter (2012 and 2013).

Paddy Trinder and **Andy Trigg** also ran well. **Andy** was 3rd mv50.

Results:	35	Alison McEwing	37.51
	37	Paddy Trinder	37.57
	39	Andy Trigg	38.28
	84	Kent Watson	42.16
	155	Dan Marks	48.30
		(358 finishers)	

TORBAY 10K - SUNDAY 24 AUGUST

Three athletes made the trip to Torbay, with **Alison** and **Kent** running their second 10k's within a few days of each other.

Alison was 1st in her age category and 2nd lady overall, whilst **Emma** was 2nd fv35.

Results:	30	Alison McEwing	38.31
	54	Emma Lake	40.43
	74	Shaun Bell	41.49
	81	Ken Watson	42.24
		(521 finishers)	

LUSTLEIGH SHOW 10K - MONDAY 25 AUGUST

Don Rigby and **Jean Baptiste Rouvelin** made the trip to Lustleigh for this tough mainly 'off road' event.

Both had good runs with **Don** finishing 17th in a time of 45.13, whilst **Jean** was 23rd (46.23).

There were 97 finishers.