

SEPTEMBER RESULTS

RUN EXE SUMMER 5K SERIES TUESDAY 2 SEPTEMBER

Congratulations to young Joe Perry who was 23rd in a time of 19.19. There were 99 finishers.

Joe was 1st m13 and knocked 45 seconds off his pb.

The race was won by Shaun Antell of Bideford AC in a time of 15.22

BRIDGWATER HALF MARATHON SUNDAY 7 SEPTEMBER

The Harriers had a successful time in Somerset as **Alison McEwing** was 1st lady and **Alison Thorn** 1st fv40.

Other Harriers also ran well.

Results:	13	Alison McEwing	1.24.18
	18	Paddy Trinder	1.27.00
	31	Alison Thorn	1.30.30
	39	Tom Packer	1.32.48
	100	Richard Lane	1.47.15
		(307 finishers)	

CHIPPENHAM HALF MARATHON SUNDAY 7 SEPTEMBER

Andrew Perry had a remarkable return to racing following his injury at the Haytor Heller. **Andrew** on 10 days training completed the race in 55th place in a time of 1.26.40!

Kent Watson also ran well with a time of 1.36.36 (191st place).

There were 1403 finishers.

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 10 SEPTEMBER

Results:	7	Neil Holmes	18.34
	11	Cleo Andrews	19.58
	12	Emma Lake	20.07
	13	Richard Stephens	20.20
	25	Simon Swift	21.25
	93	Helen Norris	29.09
	114	Mike Lee	35.24
		(118 finishers)	

HANGER UP 'N' DOWN SUNDAY 14 SEPTEMBER

Congratulations to **Tom Packer** who was 3rd overall, **Simon Swift** – 2nd mv45 and **Neil Moffatt** – 3rd mv45.

Unfortunately our race attracted a low entry, with only 59 finishers.

Many thanks in particular to Plymouth Musketeers for supporting the race.

Results:	3	Tom Packer	56.55
	9	Simon Swift	62.07
	17	Laurence Harris	65.36
	19	Neil Moffatt	65.42

NEWTON ABBOT LADIES 10K SUNDAY 14 SEPTEMBER

Our ladies did well with **Cleo** 5th and **Emma** 8th.

Cleo was also 2nd fv50 whilst **Emma** was 3rd fv35.

Results:	5	Cleo Andrews	41.46
	8	Emma Lake	43.05
	44	Mandy Plummer	52.12
	52	Liz Bowden	52.51

TAUNTON 10K - SUNDAY 28 SEPTEMBER

Alison Thorn had a great run as she was 18th overall, 2nd lady and 1st fv40 in a time of 38.28.

There were 529 finishers.

