

APRIL RESULTS

FAST FRIDAY 10K - 3 APRIL - EXETER

Will Battershill made his 10K debut and finished a superb 2nd overall with a time of 33.59, only 26 seconds behind winner Colin Snook of Cornwall AC.

Adrian Woodhouse (44.42) and **Mike Woodland** (49.42) also took part.

ARMADA NETWORK 5K SUMMER SERIES **WEDNESDAY 8 APRIL**

We had a good turnout at the first race in the series, with many fine performances

Owen Parkin did particularly well as he was only 5 seconds behind **Stuart Hall** and got the better of former Harrier Alan Ryder.

Results:	4	Owen Parkin	17.34
	6	Neil Holmes	18.05
	7	Andrew Perry	18.16
	9	Tom Packer	19.03
	12	Joe Perry	19.26
	14	Richard Stephens	19.47
	28	Molly Northmore	22.49
	53	Linda Bracher	25.38
	94	Mike Lee	37.10

TAUNTON MARATHON AND HALF **SUNDAY 12 APRIL**

This was a hot day for running and our athletes did well in the circumstances.

Mike Hoskin had a fine run in the marathon with a time of 3.16.23.

In the half **Tom Packer** (1.29.01), **Sarah Hirons** (1.33.06), **Kent Watson** (1.33.36) and **Laurence Harris** (1.39.15) all survived the conditions.

HALDON HEARTBEAT - SATURDAY 18 APRIL

Craig MacAlpine and **David Lloyd** took part in this 8.5 mile trail race in Haldon Forest.

Craig was 12th in a time of 58.16 and **David** 67th in 71.34. There were 140 finishers.

PLYMOUTH HALF MARATHON SUNDAY 19 APRIL

We had a good turnout in this race, which was run in excellent conditions. The early start time certainly helped. **Andy Norris** and **Neil Holmes** did particularly well. **Andy** was 1st mv40, whilst **Neil** was 1st mv50.

Results:	Andy Norris	1.18.00
	Neil Holmes	1.19.52
	Richard Stephens	1.33.53
	Laurence Harris	1.38.10
	Adrian Woodhouse	1.41.28
	Joe Bracher	1.47.33
	Mark Livermore	1.47.40
	Steve Worth	1.50.27
	Liz Bowden	1.51.05
	Mandy Plummer	1.51.44
	Sam Perry	1.52.39

YORKSHIRE THREE PEAKS CHALLENGE SATUDAY 25 APRIL

If you want a challenge then running nearly 24 miles and taking in the Peaks of Pen-y-Ghent, Wharfedale and Ingleborough is probably as tough as it can get. Also if you take in the driving rain, snow on the last summit and temperatures down to 4 degrees (!!!) then what an achievement to complete the race.

Well done in the circumstances to our brave trio of Craig MacAlpine (3.55), Don Rigby (4.17) and Jean Baptiste Rouvelin (4.31)

LONDON MARATHON - SUNDAY 26 APRIL

This was a great day for the club with many brilliant performances. The conditions were excellent as it was a cool day.

Alison McEwing set a new club record by taking some 6 minutes off her own record, whilst **Cleo Perry** had a fantastic run on her marathon debut. **Cleo** also broke **Jayne Reed's** long standing vet 40 record.

Emma Lake also had a fine run and beat her previous best time in London, whilst **Jo Edwards** was just outside her own vet record.

Results:	Alison McEwing	2.53.03
	Cleo Perry	3.01.31
	Emma Lake	3.08.47
	Jo Edwards	3.30.24
	Neil Travers	3.40.26
	Patrick Wakeley	3.46.37
	Phil Lord	3.54.13
	Richard Lane	4.24.40

