

MAY RESULTS

SALTASH HALF MARATHON SUNDAY 3 MAY

Four athletes represented the club in this tough half marathon.

Tom Packer (16th – 1.30.59) was the first Harrier home followed by **Sarah Hlrons** (26th – 1.34.58) who was 1st lady.

Andy Newcombe was 47th in 1.40.49 and **Dave Lloyd** 78th in 1.51.37.

There were 147 finishers.

BERE PEN 10K - SUNDAY 3 MAY

Four athletes made the trip to Bere Alston for this hard 10k.

Mike Hansen (17th – 43.54) was 2nd mv55 and **Sharon Terry** (66th – 54.21) was 2nd fv45.

Rose Brailsford was 76th in a time of 56.04 and **Carol Hansen** 89th in 58.25.

There were 140 finishers.

IVYBRIDGE 10K - SATURDAY 9 MAY

Our race is now surely one of the best 10K's in the South West. We had a record turnout and everyone did a fantastic job. Special thanks go to Race Director Ian Crossley.

Our athletes did well with **Owen Parkin** 8th overall and 1st local, whilst **Shaun Bell** was 1st local vet.

Congratulations also to **Tony Doonan** who set a new club vet 70 record, breaking that set by **Dave Hawke** earlier in the year.

Results:	8	Owen Parkin	35.42
	27	Paddy Trinder	38.25
	35	Christian Cutcliffe	39.00
	68	Simon Swift	41.36
	82	Shaun Bell	42.27
	104	Andy Newcombe	43.39
	135	Laurence Harris	45.03
	139	Adrian Woodhouse	45.13

145	Neil Moffatt	45.24
147	Patrick Wakeley	45.30
219	Isaac Stoppard	48.23
	(missed the start by over 4 minutes)	
337	Rose Bralsford	52.27
388	Sarah Kelly	53.46
461	Anthony Doonan	55.45

MANCHESTER 10K - SUNDAY 10 MAY

Richard Stephens made the long trip to Manchester and was rewarded with an excellent run in a time of 41.27.

BERKELEY 10K - MONDAY 11 MAY

Robin Brindle made his way to Berkeley in Gloucestershire for this Championship event and was able to find a 10K on his 70th birthday.

Robin had a terrific run to finish in 197th place (294 finishers) in a time of 51.44. This breaks the club vet 70 record set by **Tony Doonan** 2 days earlier! In this race Martin Ford of Cheltenham Harriers was the 1st mv70 in an unbelievable time of 40.15. I suspect he must be one of the best athletes in his age group in the country.

ARMADA NETWORK 5K SUMMER SERIES WEDNESDAY 13 MAY

There was a fantastic turnout for this race with the club well represented.

Owen Parkin was involved in a photo finish with Stuart Hall and Alan Ryder. They all recorded the same time but **Owen** got the better of Stuart and Alan.

Results:	3	Owen Parkin	17.26
	9	Neil Holmes	18.04
	10	Andrew Perry	18.15
	15	Joe Perry	19.31
	20	Andy Newcombe	20.16
	22	Matt Brown	20.39
	25	Mike Hansen	20.56
	31	Molly Northmore	21.52
	36	Laurence Harris	22.22
	41	Hamish Harris	23.12
	62	Linda Bracher	25.24
	65	Sam Perry	25.42
	79	Carol Hansen	26.22
	81	Sharon Terry	26.37
	103	Bridgitte Worth	29.20
	147	Mike Lee	37.42

'SPIRIT OF THE MOOR'
TUESDAY 19 MAY

We had an excellent turnout of some 30 athletes on a 'mixed' weather evening! In fact there was a heavy hail storm on top of the moor!

Listed below are the approximately times of everyone. Most people took the longer route, but some ladies took a route before the reservoir up to Hangershell Rock and then followed the stone rows to the Beacon. This is another route which can be used.

Newcomer Neil Stabb had a good run.

Times:	Owen Parkin	37
	Neil Holmes	37
	Andy Norris	37
	Andrew Perry	37.37
	Andy Trigg	44.05
	Sarah Hirons	44.15
	Mike Hoskin	44.15
	Craig MacAlpine	44.15
	Simon Swift	45
	Shaun Bell	45
	Russ Mogridge	45
	Christian Cutcliffe	45
	Nigel Stopard	45
	Neil Moffatt	45.25
	Neil Stabb	47.35
	Laurence Harris	49.05
	Bob Jefferies	52 (took shorter route)
	Dan Marks	52 (took shorter route)
	Kevin Paull	53
	Ken Summers	53
	Sharon Terry	54
	Tony Doonan	54
	Linda Bracher	54
	Sam Perry	54
	Michelle Peters	54
	Mandy Plummer	54
	Dave Lloyds	54.46
	Nick McMahon	54.46
	Carol Hansen	60
	Katy Mogridge	60

I shall be away for the next run on Tuesday 16 June. Katy and Russ Mogridge have kindly agreed to take the times. Remember to give your details before you start to run as it is important to know who is running on the moor – Dave Fox

ST AUSTELL TRAIL MARATHON SATURDAY 16 MAY

Many congratulations to **Don Rigby** (4.01.04) and **Jean Baptiste Rouvelin** (4.03.53) for completing this very demanding multi-terrain event. Hopefully running the Three Peaks Challenge helped.

MUSKIES MADNESS 5.5 SATURDAY 23 MAY

We had a good turnout at this tough multi-terrain race. Unfortunately the first 56 athletes took a shorter course by about a mile so the results don't reflect the performances. **Dan Marks** (running his first race of the year) was out first athlete who took the correct course. It seems that either there was a marshalling error or the course was sabotaged by some youngsters or the first 50 or so athletes followed the first athlete who went wrong.

Congratulations to **Andy Trigg** (2nd mv50) and **Russ Mogridge** (3rd mv50)

Results:	15	Andy Trigg	31.21
	24	Russ Mogridge	33.03
	28	Richard Stephens	33.18
	51	Laurence Harris	36.33
		(all ran a short course)	
	86	Dan Marks	47.29
	88	Kevin Paull	47.36
		Dave Lloyd	48.??
		(missed from results)	
	105	Liz Bowden	48.53
	113	Linda Bracher	49.36
	117	Sharon Terry	49.43
	134	Sam Perry	51.12
	166	Katy Mogridge	54.33
		(225 finishers)	

DUDDON FELL RACE - SATURDAY 31 MAY

Craig MacAlpine made his way to the Lake District for this classic fell race, covering 18 miles around the head of the Duddon Valley, with 6000ft of climb over Harter, Hardknott, Little Stand, Swirl How, Dow Crag, White Pike and Caw.

This year was a championship fell race with the top fell runners from across the UK.

Craig came 186th out of 299 runners in a time of 4 hours and 11 minutes.

