

AUGUST RESULTS

TOTNES 10K - SUNDAY 2 AUGUST

We were well represented in this popular 'off road' 10K, which was run in hot conditions.

In a quality field **Allister Bristow** did well to finish 9th overall and 1st mv40.

Well done also to **Ken Summers** who was 1st mv60.

Good to see **Jaine Swift** racing again.

Results:	9	Allister Bristow	38.17
	87	Craig MacAlpine	46.23
	91	Jean Baptiste Rouvelin	46.42
	92	Simon Swift	46.45
	134	Nik Sheppard	50.18
	138	Ken Summers	50.32
	173	Jaine Swift	52.36
	185	Nigel Stopard	53.23
	255	Linda Bracher	57.10
		(507 finishers)	

INDIAN QUEENS HALF MARATHON SUNDAY 2 AUGUST

Our only representative **Andy Norris** had a fantastic run to finish 7th overall in a time of 1.17.46.

Andy was 2nd mv40 in a race which attracted 550 athletes.

EXETER 5K - TUESDAY 4 AUGUST

Five athletes made the trip to Exeter for this midweek series.

Paddy Trinder was 3rd male 35+, whilst **Alison McEwing** was 1st female and **Alison Thorn** 1st fv40.

Results:	18	Paddy Trinder	18.10
	19	Alison McEwing	18.12
	34	Alison Thorn	19.05
	38	Simon Swift	19.26
	72	Alastair Dunn	22.18

'SPIRIT OF THE MOOR'
TUESDAY 18 AUGUST

The attendance was lower than usual – probably due to holidays!

Athletes who ran and some times:

Rose Brailsford	67.00
Martin Brown	50.14
Lucy Cambridge	51.00
Tony Doonan	66.00
Laurence Harris	50.19
Neil Holmes	52.00
Craig Maclellan	52.00
Craig MacAlpine	41.08
Jo Melvin	67.00
Neil Moffatt	50.38
Andy Newcombe	52.00
Andy Norris	
Owen Parkin	39.50
Kevin Paull	51.51
Sam Perry	67.00
Neil Stabb	50.35
Nigel Stopard	
Steve Watson	60.00
Steve Worth	50.22

ARMADA NETWORK 5K SUMMER SERIES
WEDNESDAY 19 AUGUST

We had a good turnout for this race. **Nathan Brown** did well on his first run in the series, whilst **Cleo Perry** was 1st lady.

Results:	6	Allister Bristow	17.26
	11	Nathan Brown	18.13
	13	Neil Holmes	18.33
	18	Cleo Perry	19.53
	21	Andy Newcombe	20.33
	31	Laurence Harris	21.55
	37	Adrian Woodhouse	23.06
	45	Linda Bracher	24.42
	54	Olivia Travers	25.53
	56	Sharon Terry	26.21
	60	Bridgitte Worth	26.46
	80	Helen Norris	31.26
	82	Phil Warren	32.15
		(94 finishers)	

TORBAY 10K - SUNDAY 23 AUGUST

This was a good evening for the club as **Allister Bristow** was 2nd mv40, **Alison McEwing** was 2nd lady, **Alison Thorn** 1st fv40 and **Cleo Perry** 2nd fv40. **Tony Doonan** was 1st mv70 and the ladies won the team award.

Richard Stephens had a great run and achieved a pb.

Results	12	Allister Bristow	36.01
	31	Alison McEwing	38.52
	44	Alison Thorn	39.44
	50	Cleo Perry	40.26
	54	Nick Bristow	40.42
	63	Richard Stephens	41.18
	89	Shaun Bell	43.01
	91	Craig MacAlpine	43.11
	145	Laurence Harris	46.14
	230	Mike Woodland	50.41
	302	Tony Doonan	53.43
	423	Mark Tribe	59.00
	551	Steve O'Carroll	67.39
		(616 finishers)	