

JULY RESULTS

ERME VALLEY HARRIERS RELAYS FRIDAY 3 JULY

We had a record turnout for our event with 105 teams completing the course.

We were well represented with seven teams.

Our ladies were 1st female team and Alison McEwing ran the fastest female leg.

Full results can be found elsewhere on our website.

6 MOOR MILES - SUNDAY 5 JULY

We had a fantastic turnout for this race, with 13 athletes completing the course.

Allister Bristow was 2nd overall and 1st male vet 40, whilst **Sarah Hirons** was 2nd female.

Results:	2	Allister Bristow	38.59
	17	Sarah Hirons	45.35
	20	Andy Newcombe	46.07
	52	Laurence Harris	51.04
	59	Adrian Woodhouse	52.45
	67	Dave Lloyd	53.34
	84	Mark Livermore	55.32
	90	Dan Marks	55.50
	103	Linda Bracher	57.70
	111	Steve Worth	58.21
	119	Mandy Plummer	58.52
	142	Liz Bowden	62.03
	155	Bridgitte Worth	64.45
		(234 finishers)	

ARMADA NETWORK 5K SUMMER SERIES WEDNESDAY 8 JULY

Another good turnout from the club.

Results:	6	Allister Bristow	17.19
	12	Neil Holmes	18.35

16	Cleo Perry	19.13
19	Richard Stephens	19.38
25	Andy Newcombe	19.59
30	Emma Lake	20.28
52	Laurence Harris	21.51
57	Adrian Woodhouse	22.23
64	Molly Northmore	22.38
84	Steve Worth	25.08
106	Bridgitte Worth	27.31
	(179 finishers)	

THE DUCKPONDS - SATURDAY 11 JULY

This popular evening race was slightly longer than usual (about 9.2k) and included some water crossings

Our athletes did well with **Allister Bristow** 2nd man and 1st mv40, **Cleo Perry** was 1st lady and 1st fv40, **Sarah Hirons** was 3rd lady and 1st fv35, **Simon Swift** was 1st mv45 and **Russ Mogridge** 1st mv50.

Results:	2	Allister Bristow	32.47
	10	Cleo Perry	36.51
	13	Sarah Hirons	38.19
	16	Simon Swift	39.00
	18	Russ Mogridge	39.27
	24	Emma Lake	40.21
	34	Andy Newcombe	41.45
	37	Laurence Harris	42.12
	38	Adrian Woodhouse	42.53
	41	Neil Moffatt	43.17
	51	Mark Livermore	44.45
	93	Katie Mogridge	51.09
		(131 finishers)	

CHUDLEIGH CARNIVAL 6 FRIDAY 17 JULY

We had a good turnout at this popular evening race.

Allister Bristow was 5th overall and 1st mv40 whilst **Cleo Perry** was 2nd lady and 1st fv40. Well done also to **Rose Bralsford** who was 1st fv45.

Results:	5	Allister Bristow	32.14
	29	Cleo Perry	36.39
	42	Russ Mogridge	39.17
	67	Laurence Harris	42.22

70	Neil Moffatt	42.36
106	Mike Woodland	46.56
110	Sharon Terry	47.22
119	Rose Bralsford	48.05
125	Liz Bowden	48.39
136	Tony Doonan	49.50
147	Bridgitte Worth	51.32
151	Katy Mogridge	51.57
	(203 finishers)	

HAYTOR HELLER - SATURDAY 18 JULY

This very tough race attracted a fantastic entry from the club.

Neil Holmes again ran well on one of his favourite races and was 4th overall and 1st male vet 50.

Emma Lake also did well and was 2nd female vet 40.

Unfortunately **Don Rigby** sustained an injury to his ankle and failed to finish.

Results:	4	Neil Holmes	43.04
	46	Jean Baptiste Rouvelin	52.28
	54	Andy Newcombe	53.21
	61	Nik Sheppard	53.57
	62	Emma Lake	53.59
	65	Simon Swift	54.24
	103	Laurence Harris	59.13
	112	Kevin Paull	60.28
	152	Richard Lane	63.50
	158	Linda Bracher	64.16
	159	Dan Marks	64.29
	166	David Gilvear	65.08
	208	Liz Bowden	72.18
	234	John Lee	82.58
		(254 finishers)	

MAGNIFICENT 7 - SUNDAY 19 JULY

This was yet another tough race over the weekend, with **Allister Bristow** and **Cleo Perry** running their second race in 2 days.

Allister was 3rd male vet 40 and **Cleo** 1st female vet 40. **Cleo** was 4th lady, but not far behind the other three.

Results:	12	Allister Bristow	43.15
	53	Cleo Perry	47.55

133	Adrian Woodhouse	55.33
147	David Lloyd	57.20
149	Mark Livermore	57.21
	(385 finishers)	

'SPIRIT OF THE MOOR'
TUESDAY 21 JULY

We had several newcomers for the July run.

The grass has grown quite considerably since last month!

Athletes who ran and some times:

Tony Doonan	
Carol Hansen	
Neil Holmes	38.00
Bob Jeffery	
Emma Lake	
Dave Lloyd	
Dan Marks	
Nick McMahon	56.00
Neil Moffatt	48.53
Katie Mogridge	
Russ Mogridge	
Andy Norris	38.00
Steve O'Carroll	
Kevin Paull	48.53
Nigel Stopard	
Ken Summers	
Patrick Wakely	48.53
Anna King	
Dave Gilvear	
Mike Woodland	
Claire Dexter	
Jo Melvin	

KINGSBRIDGE 10K - THURSDAY 23 JULY

Our only representative in this tough 10K was **Simon Swift** who finished the course in a respectable 45.41 (24th place).

There were 169 finishers.

CORNWOOD CHALLENGE 10K SATURDAY 25 JULY

We had a fantastic turnout in this event and also in the Juniors Fun Run.

Will Battershill did well to finish 2nd considering he had only just returned from the World Youth Championships in Columbia and had done little training.

Allister Bristow had a great run against a good field to finish 5th. **Cleo Perry** was 1st lady and **Emma Lake** 3rd lady. **Cleo** was 1st fv40 and **Emma** 2nd fv40

Our men comprising **Will**, **Allister** and **Tom Packer** won the team prize.

In the Juniors **Joe Battershill** was 1st and **Joe Perry** 3rd. Several other youngsters for the club ran well. There were over 100 youngsters who ran.

Results:	2	Will Battershill	35.28
	5	Allister Bristow	36.36
	10	Tom Packer	40.06
	20	Cleo Perry	41.54
	24	Richard Stephens	43.12
	25	Mike Hansen	43.20
	29	Emma Lake	44.03
	56	Laurence Harris	47.45
	57	Adrian Woodhouse	47.48
	65	Kevin Paull	48.51
	67	Dave Lloyd	49.01
	73	Mark Livermore	49.51
	80	Richard Lane	50.49
	94	Mike Woodland	53.04
	96	Steve Worth	53.21
	105	Linda Bracher	54.14
	138	Carol Hansen	57.06
	161	Bridgitte Worth	60.18
		(204 finishers)	

EXETER 10K - WEDNESDAY 29 JULY

Our four athletes all did well. **Paddy Trinder** was the first Harrier home in 14th place (38.17).

Alison McEwing was 16th (38.27) and 2nd female, whilst **Alison Thorn** was 25th (39.31) and 1st fv40.

Miranda Rickard was 102nd (48.02) and achieved a pb.

