

SEPTEMBER RESULTS

RUN EXE 5K SUMMER SERIES TUESDAY 1 SEPTEMBER

This was a good evening for the Harriers with our ladies claiming the top 3 places and **Allister Bristow** finishing 7th overall.

| | | | |
|----------|----|------------------|-------|
| Results: | 7 | Allister Bristow | 17.29 |
| | 17 | Alison McEwing | 18.29 |
| | 22 | Cleo Perry | 18.43 |
| | 24 | Alison Thorn | 18.46 |
| | 51 | Jo Edwards | 21.24 |
| | | (87 finishers) | |

PLYMOUTH COASTERS 5 MILER SUNDAY 6 SEPTEMBER

Our athletes did well with **Tom Packer** 5th and **Mark Livermore** 2nd mv50.

| | | | |
|----------|----|-----------------|-------|
| Results: | 5 | Tom Packer | 31.13 |
| | 21 | Mark Livermore | 36.57 |
| | 25 | Dave Lloyd | 37.18 |
| | 32 | Bob Jeffery | 39.30 |
| | 81 | Helen Norris | 48.16 |
| | | (127 finishers) | |

CARDIFF 10K - SUNDAY 6 SEPTEMBER

Cleo Perry enjoyed her trip to Cardiff as she achieved a pb with a time of 38.07. **Cleo** was 5th in her age category, 24th lady and 177th overall in a race which attracted some 5000 athletes.

Martin Perry (Cleo's husband) completed his first ever race in a time of around 57 minutes.

BRIDGWATER HALF MARATHON SUNDAY 6 SEPTEMBER

Our three athletes did well with **Alison McEwing** 19th in 1.25.41, **Mike Hoskin** 41st in 1.31.23 and **Kent Watson** 57th in 1.35.29. **Kent** was also 3rd mv50.

ARMADA NETWORK 5K SUMMER SERIES
WEDNESDAY 9 SEPTEMBER

We again had a good turnout in this final race of the series with several improved times.

| | | | |
|----------|-----|------------------|-------|
| Results: | 6 | Nathan Brown | 18.06 |
| | 20 | Emma Lake | 20.12 |
| | 21 | Richard Stephens | 20.13 |
| | 24 | Sarah Hirons | 20.42 |
| | 33 | Laurence Harris | 21.32 |
| | 45 | Ken Summers | 23.00 |
| | 54 | Olivia Travers | 24.04 |
| | 61 | Linda Bracher | 24.48 |
| | 64 | Sam Perry | 25.14 |
| | 65 | Liz Bowden | 25.34 |
| | 77 | Rose Bralsford | 27.01 |
| | 95 | Helen Norris | 29.31 |
| | 97 | Phil Warren | 29.43 |
| | 130 | Mike Lee | 35.27 |
| | | (135 finishers) | |

BRISTOL HALF MARATHON
SUNDAY 13 SEPTEMBER

Our athletes who made the trip to Bristol were rewarded with some good performances. The trip was particular worthwhile for **Laurence Harris**, **Steve** and **Bridget Worth** as they all achieved pb's.

| | | |
|----------|------------------|---------|
| Results: | Laurence Harris | 1.35.35 |
| | Steve Worth | 1.48.00 |
| | Nicola Chatfield | 1.51.07 |
| | Sam Perry | 1.52.05 |
| | Liz Bowden | 1.55.47 |
| | Bridget Worth | 1.58.15 |

DARTMOOR VOLCANO RACE
SUNDAY 13 SEPTEMBER

Well done to our three athletes who 'survived' this tough 'off road' 10 mile race.

Sarah Hirons did particularly well as she was 3rd lady (16th overall) in a time of 1.32.57.

Patrick Wakeley was 39th (1.44.44) and **Adrian Woodhouse** 46th in 1.49.54.

'SPIRIT OF THE MOOR'
TUESDAY 15 SEPTEMBER

Many thanks to the athletes who ran throughout the summer. The weather was reasonably kind and most people enjoyed themselves!

Finishers and some times:

| | |
|-----------------|-------|
| Tony Doonan | |
| Dave Gilvear | |
| Mike Hoskin | |
| Anna King | |
| Richard Lane | |
| Craig Macalpine | 43? |
| Craig Maclellan | |
| Adrian Mawson | |
| Nick McMahon | |
| Neil Moffatt | 46.25 |
| Katie Mogridge | |
| Russ Mogridge | |
| Owen Parkin | |
| Kevin Paull | |
| Joe Perry | |
| Nigel Stopard | |
| Ken Summers | |
| Steve Watson | |
| Alex Gilbey | 43.53 |
| Laura Jack | |
| Rob Barnett | |

5 KOOL RUN - TAVISTOCK
SATURDAY 19 SEPTEMBER

Well done to young **Joe Perry** who was 2nd overall in this 5K race in a time of 18.37 and 1st U15.

TRURO HALF MARATHON
SUNDAY 20 SEPTEMBER

Sarah Hirons had another successful weekend as she was 3rd lady (51st) in a time of 1.32.54.

Nick Bristow was 204th in a time of 1.53.34.

There were 518 finishers.

LADIES NEWTON ABBOT 10K
SUNDAY 27 SEPTEMBER

Our two ladies did very well as **Cleo Perry** was 2nd overall in a time of 39.44 and 1st fv40, whilst **Jaine Swift** was 17th in 47.06 and 2nd fv45.

ARMADA AUTUMN TRAIL RUN
SUNDAY 27 SEPTEMBER

We had a great turnout in the return of this popular 'off road' event run in the picturesque grounds of Newnham Park.

Our athletes did well as **Andy Norris** recovering from a spectacular fall at the last river crossing finished 3rd and 1st mv40. Close behind was **Allister Bristow** in 5th and 3rd mv40. **Sarah Hirons** had a great run to finish 1st fv35, whilst **Russ Mogridge** was 2nd mv50. **Emma Lake** was 3rd fv40 and **Ken Summers** did very well to finish 1st mv65. We also won the men's team prize.

| | | | |
|----------|-----|------------------|-------|
| Results: | 3 | Andy Norris | 44.34 |
| | 5 | Allister Bristow | 44.51 |
| | 18 | Nick Bristow | 51.20 |
| | 27 | Sarah Hirons | 53.46 |
| | 31 | Russ Mogridge | 54.07 |
| | 32 | Andy Newcombe | 54.14 |
| | 37 | Emma Lake | 55.23 |
| | 57 | Kevin Paull | 58.40 |
| | 61 | Neil Moffatt | 58.43 |
| | 68 | Ken Summers | 60.09 |
| | 74 | Anna King | 61.32 |
| | 75 | Rob Barnett | 61.33 |
| | 126 | Linda Bracher | 67.40 |
| | 128 | Nick Brewer | 67.45 |
| | 139 | Sam Perry | 69.12 |
| | 145 | Rose Bralsford | 69.41 |
| | 147 | Sharon Terry | 69.52 |
| | 159 | Tony Doonan | 71.48 |
| | 174 | Bridgitte Worth | 73.29 |
| | | (254 finishers) | |

TAUNTON 10K - SUNDAY 27 SEPTEMBER

Our three athletes did well as **Alison Thorn** was 1st fv40 and 22nd in 38.51. **Mike Hansen** was 1st mv55 and 29th in 39.35, whilst wife **Carol** achieved a pb with a time of 52.32 (246th).

There were 552 finishers.

