

JULY RESULTS

6 MOOR MILES - SUNDAY 3 JULY

We had a great turnout at this popular 'off road' event run in the Yelverton area.

It was a humid day and heavy under foot.

Lee Eastley was the first Harrier home. Well done to **Sarah Hirons** who was 1st fv35 and **Jaine Swift** who was 1st fv45.

Results:	11	Lee Eastley	44.31
	18	Sarah Hirons	46.11
	23	Jaine Swift	48.00
	57	Ken Summers	53.25
	59	Kate Medlicott	53.32
	66	Dan Marks	54.42
	81	David Lloyd	56.53
	87	Mark Livermore	57.17
	95	David Church	58.18
	98	Richard Lane	58.24
	117	Pam Duncan	60.23
	122	Steve Worth	60.49
	133	Jo Melvin	62.25
	145	Rebecca Lee	63.40
	197	Bridgitte Worth	68.59
		(282 finishers)	

RUN EXE SUMMER 5K SERIES TUESDAY 5 JULY

Our athletes again did well, with **Michael Miners** the first Harrier home.

Alison McEwing was 1st lady, **Cleo Perry** 1st fv40, **Sam Yearling** 1st U15 and **Jaine Swift** 1st fv45.

Results:	18	Michael Miners	18.16
	20	Alison McEwing	18.18
	31	Cleo Perry	18.51
	44	Sam Yearling	19.55
	50	Jaine Swift	20.07
	84	Dan Salt	22.04
		(133 finishers)	

'MUDDY DUCK' - SATURDAY 9 JULY

We had a good turnout at this evening race formerly known as 'The Duckponds'.

Sarah Hirons (fv35), Emma Lake (fv40), Jaine Swift (fv45) and Mike Hansen (mv55) all won their age categories.

Mike Miners was 5th overall and 2nd senior man, whilst **Russ Mogridge** was 2nd mv50.

Simon Swift was 3rd mv45 and **Carol Hansen** 2nd fv40.

Results:	5	Mike Miners	40.46
	14	Sarah Hirons	44.07
	15	Russ Mogridge	44.25
	19	Mike Hansen	45.00
	24	Emma Lake	45.52
	25	Simon Swift	45.53
	30	Jaine Swift	46.38
	46	Adrian Woodhouse	49.52
	58	Mark Livermore	51.56
	62	Dave Lloyd	53.15
	90	Carol Hansen	59.36
		(150 finishers)	

ARMADA NETWORK 5K SUMMER SERIES WEDNESDAY 13 JULY

We had a good turnout, with **Michael Miners** the first Harrier home. Young **Sam Yearling** had a great run, whilst **Cleo Perry** was first lady.

Results:	7	Michael Miners	18.28
	9	Sam Yearling	19.09
	14	Cleo Perry	19.16
	43	Mark Livermore	22.52
	56	David Lloyd	23.44
	88	Carol Hansen	26.58
	117	Phil Warren	30.27
		(157 finishers)	

CHUDLEIGH 6 - FRIDAY 15 JULY

Craig MacAlpine ran the race in a time of 38.42 (27th place).

HAYTOR HELLER - SATURDAY 16 JULY

Neil Holmes again excelled at one of his favourite races and was 8th overall and 1st mv50. **Emma Lake** also did well and was 1st fv40.

Good to see **Jean Baptiste-Rouvelin** back to racing.

Results:	8	Neil Holmes	45.04
	47	Emma Lake	55.08
	50	Jean Baptiste-Rouvelin	55.18
	55	Ewan Lake	55.32
	146	David Church	66.29
		(270 finishers)	

RACE TO THE STONES - ULTRA MARATHON SATURDAY 16 - SUNDAY 17 JULY

Sarah Hlrons and **Jo Edwards** did fantastically well in this 100KM race along the Ridgeway in the Chilterns (Oxfordshire) to the finish next to the stone circles at Avebury.

Sarah (10 hours 59 minutes) was 3rd lady (26th overall) and **Jo** (11 hours and 10 minutes) was 4th lady (30th overall)

There were approximately 950 finishers.

MAGNIFICENT 7 - SUNDAY 17 JULY

We had four athletes in this race (many competing in Frome) but **Mike Hansen** did well and was 3rd mv55.

Results:	54	Mike Hansen	52.54
	113	Ian Crossley	58.10
	196	Richard Lane	66.20
	220	Carol Hansen	68.45
		(380 finishers)	

FROME RACES - SUNDAY 17 JULY

On this club trip we had athletes in all three races – the 5K, 10K and Half Marathon.

The conditions were very humid and the courses for the 10K and Half Marathon were hilly. The Half included a 'King of the Hill' stage!

In the 5K **Owen Parkin** had a great run to win the race.

We had many fine performances in the 10K with **Andrew Perry** the first Harrier home and 2nd mv40. **Alison Thorn** and **Cleo Perry** who both represented **Devon** did well as **Alison** was 3rd female and **Cleo** 4th.

In the Half **Andy Trigg** was 6th overall and 1st mv50. **Andy** was also 1st mv50 in the 'King of the Hill' Challenge.

Many congratulations to **Steve Watson** and **Ken Summers** respectively as they set new club vet 65-69 records in the 10K and Half Marathons.

5K Results:	1	Owen Parkin	16.55
	7	Joe Perry	18.30
10K Results:		Andrew Perry	36.42
		Mike Miners	38.23
		Steve Watson	49.30
		Liz Bowden	52.32
		Allister Bristow	52.32
		Claire Dexter	53.40
		Linda Bracher	54.46
		Sharon Terry	55.10
		Keith Reed	61.10
		Phil Warren	61.41
		Ruth Terry	65.28
		Paul Ross	67.36
		Louise Bristow	76.39
		Keith Reed	
Half Marathon	6	Andy Trigg	1.28.09
	67	Ken Summers	1.45.25
	93	Nick McMahon	1.50.58
	125	Kevin Paull	1.58.02
	150	Mike Woodland	2.01.13
	156	Pam Duncan	2.02.26

EXETER 10K - WEDNESDAY 20 JULY

Four athletes made the trip to Exeter with **Mike Miners** the first Harrier home. **Tony Doonan** was 3rd mv70.

Results:	27	Mike Miners	38.09
	43	Nick Bristow	39.52
	178	Mike Woodland	52.55
	209	Tony Doonan	55.30
		(360 finishers)	

Meanwhile at the **Kingsbridge 10K** we had just one athlete. Well done to **Andy Newcombe** who set a seasons best time of 46.53 in this tough race over many hills!

CORNWOOD 10K CHALLENGE - SATURDAY 23 JULY

We had a good turnout with **Matt Brown** the first Harrier home. **Andrew Perry** was just behind and 1st mv45.

Sam Yearling won the Fun Run.

Results:	6	Matt Brown	38.45
	7	Andrew Perry	38.54
	14	Nick Bristow	41.28
	56	Kevin Paull	50.59
	64	Steve Watson	51.21
	78	David Church	52.44
	85	Richard Lane	53.41
	90	Mike Woodland	54.08
	97	Steve Harris	54.54
	101	Richard Westcott	55.27
	103	Alison Strang	55.44
	120	Sharon Terry	58.49
	151	Phil Warren	64.34