

AUGUST RESULTS

RUN EXE SUMMER 5K SERIES TUESDAY 2 AUGUST

Our two athletes did well with **Sam Yearling** (18.49) 1st U15 and **Jo Edwards** (20.49) 1st fv50.

TOTNES 10K - SUNDAY 7 AUGUST

Jean Baptiste-Rouvelin was our first athlete home in this popular 'off road' race.

Results:	81	Jean Baptiste-Rouvelin	47.07
	139	Adrian Woodhouse	51.03
	196	David Church	54.20
	261	Mike Woodland	57.44
	433	Helen Norris	72.29

ARMADA NETWORK 5K SUMMER SERIES WEDNESDAY 10 AUGUST

Matt Brown had a good run to finish 3rd overall, whilst **Emma Lake** was 2nd female.

Results:	3	Matt Brown	18.00
	23	Emma Lake	20.47
	42	James Scantlebury	22.57
	44	Mark Livermore	22.58
	51	David Lloyd	23.21
	53	Kate Medicott	23.32
	67	Liz Bowden	24.56
	68	Allister Bristow	24.56
	119	Phil Warren	29.57
	123	Anna Lake	30.40
		(165 finishers)	

Well done to young **Sam Yearling** who was 5th in the **Christow Show 5K Cross Country** race with a time of 23.29.

DARTMOOR VOLCANO RACE
SUNDAY 21 AUGUST

We had a great turnout at this very tough but scenic race.

Andy Norris had a brilliant run to finish 2nd and 1st mv40.

Ken Summers also did well as he was 2nd mv60.

Many of our athletes had fine performances.

Results:	2	Andy Norris	1.22.02
	15	Craig MacAlpine	1.37.56
	24	Patrick Wakeley	1.43.43
	25	Neil Moffatt	1.44.03
	38	Ken Summers	1.47.26
	45	David Church	1.49.33
	54	Kate Medlicott	1.51.52
	56	Kevin Paull	1.52.40
		(113 finishers)	

TORBAY REGATTA 10K
SUNDAY 21 AUGUST

Mike Miners was our first athlete home in this popular race, with **Shaun**, **Rebecca** and **Rose** also running well.

Results:	13	Mike Miners	38.49
	42	Shaun Bell	43.27
	216	Rebecca Lee	53.03
	222	Rose Bralsford	53.19
		(554 finishers)	