

SEPTEMBER RESULTS

Tom Packer was our only representative at the **Plymouth Coasters 5 Miler** on **Sunday 4 September**. However, **Tom** had a good run and was 4th in a time of 31.31.

RUN EXE SUMMER 5K SERIES TUESDAY 6 SEPTEMBER

Our athletes did well with many placed in their age categories.

Results:	30	Sam Yearling	18.29 (1 st mu15)
	31	Alison McEwing	18.31 (1 st lady)
	34	Alison Thorn	18.35 (1 st fv40)
	36	Cleo Perry	18.49 (2 nd fv40)
	53	Ben Thorn	19.57 (2 nd mu17)
	69	Simon Swift	20.45
	78	Jo Edwards	21.18 (2 nd fv50)
			(108 finishers)

AUTUMN TRAIL RUN SUNDAY 11 SEPTEMBER

We had a good turnout at this popular race, run in good conditions.

Andy Norris was the first Harrier home in 5th place and 1st mv40.

Emma Lake was 3rd lady and 1st fv40.

Ken Summers was 1st mv65.

Our ladies – **Emma Lake, Anna King** and **Liz Bowden** won the team award.

Results:	5	Andy Norris	48.10
	25	Emma Lake	56.09
	38	Ewan Lake	58.23
	40	Rob Barnett	59.41
	44	Ken Summers	60.06
	53	Anna King	62.05
	109	Liz Bowden	69.36
	110	Allister Bristow	69.37
	114	Pam Duncan	70.32
	118	Rose Bralsford	70.53
	172	Helen Norris	84.32
			(208 finishers)

CARDIFF 10K - SUNDAY 11 SEPTEMBER

Our athletes did well, with young **Joe Perry** having a great run on his debut and **Allison Thorn** 1st fv40.

Andrew, Mike and **Joe** all obtained personal best times.

Results:	Andrew Perry	35.33
	Mike Miners	37.19
	Joe Perry	37.24
	Alison Thorn	37.50
	Cleo Perry	39.07
	Richard Green	40.56

ARMADA NETWORK 5K SUMMER SERIES WEDNESDAY 14 SEPTEMBER

There was a large turnout in this final race of the series.

Mike Miners was the first Harrier home, with **Cleo Perry** 1st lady and **Emma Lake** 2nd lady.

Results:	7	Mike Miners	18.30
	16	Cleo Perry	19.44
	22	Emma Lake	20.27
	45	James Scantlebury	22.58
	48	Mark Livermore	23.11
	59	Kevin Paull	23.44
	62	David Lloyd	24.07
	71	Steve Watson	24.43
	88	Carol Hansen	27.06
	107	Anna Lake	29.27
		(166 finishers)	