

MAY RESULTS

SALTASH HALF MARATHON - SUNDAY 6 MAY

This tough race was run in very hot conditions.

Sarah Hlrons did very well and was 1st lady in 1.44.15.

Mark Livermore and **Dave Lloyd** completed the course in a time of 2.07.22. **Mark** is very appreciative of the help which **Dave** gave him.

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 9 MAY

We again had an excellent turnout for this race, which attracted some 175 athletes.

Results:	14	Emma Lake	20.14
	19	Andy Newcombe	20.55
	20	Russ Mogridge	21.05
	32	Dave Church	22.16
	33	Kevin Paull	22.21
	41	Ken Summers	23.12
	44	James Scantlebury	23.25
	55	Dan Marks	24.29
	58	Anna Lake	24.45
	63	Poppy Groom	25.04
	64	Steve Watson	25.05
	65	Phil Adderley	25.17
	70	Katy Mogridge	25.52
	74	Pam Duncan	26.09
	88	Carol Hansen	27.28
	99	Ruth Terry	28.17
	102	Sharon Terry	28.38
	136	Linda Bracher	32.08
	142	Jo Jayes	32.54

IVYBRIDGE 10K - SATURDAY 12 MAY

The race was run in ideal conditions and there was a record number of 770 finishers.

Well done to our ladies. **Cleo Perry** was 3rd lady and 1st fv45, whilst **Rebecca Lee** had a fantastic run and achieved a pb by over 3 minutes. **Rebecca** was also 1st fv35. **Alison Englefield** was 1st fv55.

David Englefield was 2nd mv55.

Results:	27	David Englefield	39.50
	34	Cleo Perry	40.38
	106	Dan Francis	45.44
	111	Rebecca Lee	45.53
	129	Alison Englefield	46.41
	312	Simon Mathias	54.46
	333	Holly Hart	55.20
	367	Liz Cane	56.52
	458	Tamsyn Dingley	60.35
	600	Jo Jayes	66.31

Meanwhile **Neil Holmes** had a fantastic run to finish in 5th place in the **Race the Tide** run. This started in Mothecombe, with Neil covering the 28.4 mile distance in 4.44.35.

Patrick Wakeley (2.29.54) and **Mark Livermore** (3.08.24) competed in the 15 mile race.

We had two athletes in the **Ottery 10K**.

Andy Newcombe was 35th in 42.56 and **Dan Marks** 87th in 49.30.

PLYMOUTH HALF MARATHON SUNDAY 20 MAY

We had a good turnout in this race, with **Craig MacLellan** the first Harrier home.

Emma Lake was 4th lady and 1st fv40, whilst **Cleo Perry** was 7th lady and 1st fv45.

Rebecca Lee had another great run and obtained a pb.

Results:	Craig MacLellan	1.28.30
	David Englefield	1.29.37
	Emma Lake	1.30.56
	Cleo Perry	1.31.33
	Suzie Spooner	1.40.00
	Rebecca Lee	1.46.15
	Alison Englefield	1.46.55
	Donncha Scollard	1.49.50
	Ray Male	1.55.26
	Rose Bralsford	1.57.03
	Phil Adderley	1.58.27
	Holly Hart	2.15.57
	Linda Bracher	2.18.13
	Ken Summers	2.18.13

BERE PEN 10K - SATURDAY 26 MAY

The race is very hilly and one of the toughest 10k's around so well done to everyone.

Emma Lake was 3rd lady.

Results:	14	Emma Lake	44.59
	16	Simon Swift	45.28
	19	Mike Hansen	46.14
	25	Mike Hoskin	47.49
	36	Kevin Paull	49.39
	39	Dave Church	50.49
	42	Ken Summers	51.03
	75	Richard Lane	56.40
	93	Carol Hansen	59.11
	104	Holly Hart	62.20
		(232 finishers)	