

JULY RESULTS

ASHBURTON 10K - THURSDAY 5 JULY

Two athletes made the trip to Ashburton for this hilly race.

Jaine Swift was 14th in 47.03 and **Dave Church** 17th in 48.33. There were 109 finishers.

Meanwhile **Craig Maclellan** made the long trip to **Lundy Island** and completed the 14.2 'off road' race in a time of 2.33.50.

Richard Lander Stow continued his impressive recent form and again found an unusual race to do exceptionally well.

Richard made the trip to **Bath** to compete in the **Two Tunnels Half Marathon** and had a great run to finish 9th overall out of 392 finishers. **Richard** was 1st in the 40-49 age category and also achieved a pb with a time of 1.29.28. It was also a very hot day!

The medal for finishing is rather unusual and there is also a post-race buffet of fresh fruit, jelly beans, oranges, bananas and other tasty treats!

It is worth checking the website for other events put on by the organisers:
www.relishrunningraces.com

No results are available from the '**MUDDY DUCK**' at Plymstock. Well done to our athletes **Allister Bristow, Russ and Katy Mogridge, Liz Bowden, Emma Lake and Linda Bracher.**

Richard Lander-Stow continued his fine form and finished 15th at the Frome Half Marathon in a time of 1.31.25.

It was very hot again. **Richard's** daughter also ran in the 1K race.

Four athletes ran the tough ' **Magnificent 7** ' at the new start time of Saturday evening. First Harrier home was **Simon Swift** (56th in 50.36) and followed by **Dave Church** (106th in 54.56), **Andy Newcombe** (115th in 55.14) and **Dave Lloyd** (183rd in 61.07). There were 391 finishers.

HAYTOR HELLER - SATURDAY 21 JULY

We had a fantastic turnout at this extremely tough race on Dartmoor and many superb performances.

Chris Prall was the first Harrier home whilst **Russ Mogridge** was 1st mv55, **Emma Lake** was 1st fv40, **Alison Engledew** was 1st fv55 and **Sarah Hirons** was 2nd female 35. **Emma** was also 2nd lady.

Results:	15	Chris Prall	47.24
	25	Russ Mogridge	51.08
	29	Emma Lake	53.08
	39	Craig MacAlpine	54.56
	43	Sarah Hirons	55.08
	46	Dave Engledew	55.36
	91	Kevin Paull	62.52
	92	Ken Summers	62.53
	114	Alison Engledew	66.00
	137	Katy Mogridge	68.27
	142	Richard Lane	69.11
	162	Linda Bracher	73.35