

SEPTEMBER RESULTS

Mike Hoskins completed his 100th marathon when he completed the **City to Sea Ultra Marathon** on 1st September. The race covers a distance of some 34 miles from Exeter to Babbacombe in Torquay and is mainly 'off road'. **Mike** did well and completed the distance in a time of 6.31.39 to finish 22nd overall. Well done **Mike** on such a fantastic achievement in completing 100 marathons.

In the **Marathon David Engledew** was 7th and wife **Alison** 11th. Times are unknown.

At the **Cardiff 10K Craig MacLellan** was the first Harrier home in a very good time of 37.15.

Cleo Perry had a fantastic run and was 2nd fv45 in 40.03. **Cleo** also set a new club 45 – 49 age record.

Martin Perry supported young **Cleo** around the course – both finishing in a time of 1.09.25.

AUTUMN TRAIL RUN - SUNDAY 9 SEPTEMBER

We had a good turnout at this challenging race run in the grounds of Newnham Park. The 7 mile course takes in 4 water crossings, with the most difficult being at the end.

Patrick Wakeley treated the watching crowd to a spectacular fall!

Nick Bristow had a great run to finish 9th, whilst **Russ Mogridge** was 1st over 55. **Linda McFadzen** also did well and was 1st female over 50.

Results:	9	Nick Bristow	51.19
	16	Russ Mogridge	53.45
	29	Dave Church	57.49
	47	Patrick Wakeley	61.30
	70	Linda McFadzen	64.57
	82	Phil Adderley	67.06
	91	Rose Bralsford	69.02
	101	Pam Duncan	70.55
	149	Lindsay Lane	76.33
	203	Dinah Wakeley	85.06

Meanwhile at the **Lake Vyrnwy Half Marathon** **Allister Bristow** was 66th in 1.23.38 and **Liz Bowden** 481st in 1.48.20.

At the **Dartmoor Volcano** our two athletes had terrific runs.

Richard Lander Stow was 15th in 1.35.16, whilst **Hannah Walters** was 29th in 1.44.42 and 2nd lady.

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 12 SEPTEMBER

Liam Hallows was again the first Harrier home.

James Scantlebury had a good run and was over a minute quicker than last month.

Results:	7	Liam Hallows	19.23
	13	Emma Lake	19.55
	15	Nick Bristow	20.30
	33	James Scantlebury	22.38
	53	Phil Adderley	24.59
	67	Anna Lake	27.11
	96	Phil Warren	31.29
		(139 finishers)	

Mike Hoskin wasted no time in moving on from completing his 100th marathon as a week later he took on the tough '**Crafty Fox**' marathon, which is hilly and mainly 'off road' in Dorset. **Mike** was 27th in a time of 5.11.50.

The re-arranged **6 Moor Miles** race took place on Saturday afternoon the 15th September. The race was cancelled from its July date due to high winds and rain. The numbers were down, with only 255 finishers.

Results:	19	Russ Mogridge	46.00
	21	David Engledew	47.13
	52	Neil Moffatt	53.12
	86	Alison Engledew	56.45 (1 st fv60)
	93	Richard Lane	58.23
	105	Katy Mogridge	59.27 (1 st fv55)
	135	Lindsay Lane	65.25

Meanwhile at the **Plymouth Coasters Cleo Perry** had a good run and was 1st lady in 31.44 and 6th overall.

At the **Newton Abbot Ladies 10K Cleo Perry** continued her recent outstanding form and won the race in a time of 39.37. In the process **Cleo** broke her own fv45 age record, which she only recently set in Cardiff.

Alison Engledew also had a good run and was 21st in 48.28. **Alison** was also 2nd fv60.