

## APRIL RESULTS

**Rose Bralsford** ran in the **Rome Marathon** and took home an impressive medal. **Rose** took 16 minutes off her London time from last year, recording a time of 4.25.18.

Closer to home **Mike Hoskin** ran the **Taunton Marathon** in 3.48.27. He was 104<sup>th</sup>. In the Half **Kevin Paull** was 278<sup>th</sup> in 1.44.40 and **Ken Summers** was 422<sup>nd</sup> in 1.52.59.

On the previous Tuesday **Nick Bristow** was 33<sup>rd</sup> in the **Run Exe 5K** in 18.34 and **Alison Thorn** making a comeback after a long lay off was 51<sup>st</sup> in 19.44

### ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 10 APRIL

We had a large turnout for the first race in the series.

**Emma Lake** was 1<sup>st</sup> female and young **Bella May** 2<sup>nd</sup> female.

Results:	8	Emma Lake	19.50
	14	Russ Mogridge	20.14
	17	James Scantlebury	20.34
	19	Bella May	20.43
	40	Dave Church	23.20
	41	Kate Medicott	23.21
	46	Katy Mogridge	23.55
	49	Ben Bristow	24.21
	65	Pam Duncan	25.27
	73	Linda Bracher	26.21
	80	Holly Hart	26.55
	86	Carol Hansen	27.13
	87	Kevin Paull	27.13
	110	Bryan Short	29.55
	130	Lynn Nicholls	31.56
	147	Dave Engledew	33.43
	158	Alison Engledew	35.41
		(178 finishers)	

**Allister Bristow** and **Liz Bowden** ran in the **Paris Marathon** and recorded times of 4.06.28 in a race of 49,000!

Closer to home **Mike Hoskin** completed the **Boston Marathon (Lincolnshire)** in a time of 3.40.56 (215<sup>th</sup>).

At the **Good Friday 10K** in **Exeter Nick Bristow** had a good run and was 1<sup>st</sup> mv45 in a time of 38.59.

At the **Easter Bunny 10K** in **Yeovil Alison Thorn** was 1<sup>st</sup> fv45 in a time of 40.32, whilst **Carol Hansen** ran a time of 57.34

## LONDON MARATHON - SUNDAY 28 APRIL

The conditions this year were a welcome contrast to those of last year. This time it was pleasant and cool – good running conditions, compared to the ‘heat wave’ of last year!

Our athletes did well with **Cleo** agonisingly finishing just outside 3 hours, but she did knock over 16 minutes of her own 45 – 49 age record. **Alison Engledew** also found the conditions to her liking by breaking her own 60 – 64 age record, set at York last year, but also running 15 minutes quicker than last year!

Results:	Cleo Perry	3.00.12
	(15 <sup>th</sup> in her age category)	
	Simon Fitz	3.09.54
	Emma Lake	3.14.12
	Dave Engledew	3.18.36
	Alison Engledew	3.52.33
	Dan Marks	4.12.44