

MAY RESULTS

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 8 MAY

We had a good turnout for the second race in the series, with **Liam Hallows** and **Andy Trigg** making the top 10. Young **Bella May** and **Dave Engledew** also ran well.

Results:	5	Liam Hallows	19.06
	9	Andy Trigg	20.02
	17	Bella May	20.48
	20	Dave Engledew	20.57
	42	Kevin Paull	24.12
	43	Ben Bristow	24.18
	45	Nick Bristow	24.20
	47	Alison Engledew	24.29
	48	Anna Lake	24.32
	80	Ruth Terry	26.57
	83	Carol Hansen	27.38
	89	Phil Adderley	28.21
		(168 finishers)	

IVYBRIDGE 10K - SATURDAY 11 MAY

Steve Burrows and **Cleo Perry** did particularly well. **Steve** was 2nd mv40, whilst **Cleo** was 3rd lady and 1st fv45.

Hannah Walters had a good run, whilst **Ben Bristow** was close to breaking 50 minutes.

Results:	17	Steve Burrows	38.17
	39	Cleo Perry	40.09
	157	Hannah Walters	47.20
	259	Ben Bristow	50.53
	417	Liz Cane	56.09
	450	Steve Harris	57.26
	465	Emily Faircloth	57.42
	484	Michala Lord	58.20
	486	Georgina Grundy	58.23
	617	Lynn Nicholls	63.12
		(826 finishers)	

At the **East Allington 10K** **Dave Engledew** was 3rd male in 45.26, whilst wife **Alison** was 3rd female in 51.35. **Richard Lane** ran 54.26, whilst wife **Lindsay** ran 59.40.

Meanwhile **Mike Hoskin** took part in the **East Devon Round**, which was a 62 mile off road event held over two days.

In the **Exeter 5K** **Sam Swift** ran well to set a new pb of 18.40 in 33rd place. One place behind him was **Nick Bristow** who ran 18.45.

In the **Ottery 10K** **Phil Adderley** was 122nd in 51.54.

PLYMOUTH HALF MARATHON - SUNDAY 19 MAY

We had a good turnout at a hot and humid Plymouth Half Marathon.

Well done to **Alison Thorn**, **Cleo Perry** and **Alison Engledew** who were all selected for the **England Masters Half Marathon** in **Maidenhead** on 1st September.

Results:	65	Allister Bristow	1.25.21
	72	Chris Prall	1.25.56
	91	Andy Trigg	1.27.28
	123	Alison Thorn	1.29.49
	130	Cleo Perry	1.30.06
	154	Dave Engledew	1.32.00
	192	Craig MacLellan	1.34.01
	258	Emma Lake	1.37.45
	286	Sarah Hirons	1.38.32
	601	Alison Engledew	1.47.57
	1134	Rose Bralsford	1.59.36
	1846	Carol Hansen	2.12.30
	2457	Lynn Nicholls	2.29.12
	2620	Dave Hawke	2.35.21

RACE THE TIDE - HOLBETON - SUNDAY 19 MAY

In the 15.5 mile distance **Neil Moffatt** was 38th in 2.44.27, whilst **Phil Adderley** was 115th in 3.30.48.

In the demanding 28.5 mile distance we had four athletes who completed the course. **Ewan Lake** was 22nd in 5.35.31 and just behind him in 23rd place was **Patrick Wakeley** in 5.37.11. **Ray Male** was 31st in 5.54.30 and **Lee Eastley** 65th in 6.41.49.

BERE PEN 10K - SATURDAY 25 MAY

We had a good turnout at this tough race.

Dave Church was the first Harrier home. **Ken Summers** was first male vet 60, **Alison Engledew** was 1st female vet 60 and **Kate Medicott** 2nd female vet 50.

Results:	34	Dave Church	49.59
	43	Ken Summers	51.56
	46	Andy Newcombe	52.07
	50	Dave Lloyd	52.33
	56	Alison Engledew	53.18
	69	Richard Lane	54.56
	73	Kate Medicott	55.51
	82	Lindsay Lane	58.26
	88	Mike Hansen	59.56
	96	Carol Hansen	62.07
	114	Dave Engledew	67.38