

JULY RESULTS

At the **Run Exe 5K** **Sam Swift** was 23rd in 18.30, **Nick Bristow** 26th in 18.43 and **Alison Thorn** 47th in 19.39.

We had a good turnout at the **Ashburton Carnival 10K** with **Sam Swift** having another great run by finishing 4th. Rest of the results as follows:

6	Steve Burrows	39.24
19	Dave Engledew	45.05
30	Dave Church	45.05
42	Phil Adderley	50.48
48	Alison Engledew	52.04 (1 st fv60)
60	Richard Lane	55.14
70	Lindsay Lane	57.12
93	Georgina Grundy	63.41
102	Michela Lord	65.37

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 10 JULY

We had a fantastic turnout at the latest race in the series. Well done to Emma Luscombe and Kate Youngs who completed their Couch to 5K.

Results:	5	Liam Hallows	18.45
	7	Nick Bristow	19.18
	41	Dave Church	23.11
	43	Ben Bristow	23.22
	47	Phil Adderley	23.43
	56	Anna Lake	24.23
	72	Alison Engledew	25.56
	74	Ruth Terry	26.28
	76	Bella May	26.52
	77	Emma Lake	26.52
	81	Nick McMahon	27.17
	85	Dan Adderley	27.35
	95	Dave Engledew	28.40
	127	Bryan Short	31.32
	145	Emma Luscombe	33.00
	154	Kate Youngs	35.33
	155	Phil Warren	35.34
		(176 finishers)	

HAYTOR HELLER - SATURDAY 13 JULY

Our four athletes did well on this extremely demanding race on Dartmoor. **Chris Prall** was particularly impressive to finish 12th overall.

Results:	12	Chris Prall	47.03
	88	Craig MacAlpine	58.48
	125	Becky Prall	63.38
	137	Alison Engledew	65.13
		(235 finishers)	

MUDDY DUCK 10K - SATURDAY 13 JULY

Also taking place on Saturday evening was another 'off road' event at Plymstock, with a good turnout from the club.

Well done to **Richard Lander Stow** who was the first Harrier home.

Results:	16	Richard Lander Stowe	43.28
	33	Dave Church	49.29
	47	Dave Lloyd	52.30
	62	Phil Adderley	54.45
	70	Richard Lane	55.43
	83	Lindsay Lane	58.05
	116	Carol Hansen	64.22
		(214 finishers)	

Mike Hoskin completed the **Snowdonia Trail Ultra Marathon**, finishing 77th in 8.50.09. In the **Marathon Allister Bristow** was 35th in 4.24.36 and was 4th vet40 man. In the **Half Marathon Liz Bowden** was 472nd in 3.30.37.

Linda Bracher tackled the full **Ironman** course in Bolton but had to drop out on the Bike course.

MAGNIFICENT 7 - SATURDAY 20 JULY

Well done to our four athletes who completed the demanding course.

Sarah Hirons was 2nd fv35.

Results:	98	Sarah Hirons	52.57
	137	Dave Church	56.48
	184	Andrew Lane	59.59
	236	Lindsay Lane	64.46

The **Exeter 10K** took place over two days. On the Wednesday **Alison Thorn** was 36th in 39.54, whilst **Emma Lake** was 50th in 41.38. On the Thursday **Alison Engledew** secured a time of 50.17. All the ladies won their age categories.

Craig MacAlpine was our only entry in the **Chudleigh 6**. **Craig** completed the course in a time of 45.38.

At the **Kingsbridge 10K** **Joe Burt** was 30th in 47.16 and **Craig MacAlpine** 64th in 52.36. There was 162 finishers.

CORNWOOD 10K - SATURDAY 27 JULY

We again had a very good turnout in the 10K and the Fun Run.

Well done to **Kevin Paull** who has run in every race since it started in 2005. In the first race **Ian Crossley** was 2nd and **Robin Brindle** 5th. **Kevin** wasn't a member of the club at that time. It was suggested that the date (16th July) be changed as it clashed with several other races.

10K Results:	9	Allister Bristow	40.04 (3 rd vet)
	10	Chris Prall	40.11
	16	Nick Bristow	41.48
	36	Dave Church	48.21
	49	Kate Medicott	50.58 (3 rd vet female)
	50	Kevin Paull	51.14
	51	Dave Lloyd	51.16
	61	Mike Hansen	52.16
	79	Richard Lane	54.42
	81	Ben Bristow	54.52
	87	Becky Prall	55.43
	97	Rose Bralsford	56.55
	101	Nick McMahon	58.00
	107	Lucy Campbell	58.58
	139	Michala Lord	66.28
	142	Vicki Wilde	66.59
		(182 finishers)	

Very well done to **Ewan Lake** and **Sarah Salt** for completing the very demanding **Lakeland 100**, which is considered to be the UK's Premier Ultra Race. It seems that **Ewan** and **Sarah** ran together for a while before **Sarah** pulled away from **Ewan**. However, **Ewan** had a very strong finish and moved from 197th position to 177th position in the last ten hours and overtook **Sarah** who finished in 196th place. The race started on Friday evening in Coniston and finished on Sunday morning with a 40 hour time limit. **Ewan** (37.02.16) and **Sarah** (37.49.53) were well within the time limit.

LOOE PIONEERS FUN RUN

We had a number of athletes who went down to Looe to support the event, which raised money for Cancer Research. Looe Pioneers had travelled to our Relays in a coach so it was good to support their event. A total number of 180 athletes took part over a 4.5 mile multi-terrain course.

Results:	2	Sam Swift	28.49
	17	Emma Lake	34.19
	31	Neil Moffatt	38.12
	34	Russ Mogridge	39.22
	40	Anna Lake	39.56
	41	Dave Church	39.57
	50	Alison Engledew	41.38
	57	Katy Mogridge	42.33
	64	Lindsay Lane	44.08
	69	Linda Bracher	44.58

Richard Lander Stow completed the **Frome Half Marathon** and won the male vet 40 'King of the Mountain' prize. **Richard's** wife **Sam** completed the **Frome 10K** in a new pb time of 1.06.12 – some 2 minutes quicker than last year's Plymouth 10K. The following weekend **Richard** took 2nd place overall at the 12 hour **Cider Frolic** with 17 laps (102K). **Sam** completed the **Piggy Plod 10K** and daughter **Evie** completed the 2.5 mile **Piggy Plod**.