

SEPTEMBER RESULTS

Many congratulations to our ladies who took part in the **Maidenhead Half Marathon** – running for **England Masters**. Unfortunately **Cleo** who qualified couldn't run but went along in her kit to support the two Alisons.

Alison Thorn was 39th lady overall and 18th in the vet 40 category with a time of 1.28.34. **Alison Engledew** was 152nd lady and 10th vet 660 in 1.47.42.

Martin Perry also took part, finishing in 2.12.31.

In the **Cardiff 10K Sam Swift** put in another great run, finishing 140th in 36.58. **Craig MacLellan** was 154th in 37.38 and **Simon Swift** was 479th in 42.79.

Steve Burrows took part in the **Bridgwater Half Marathon** – finishing 14th in 1.23.09.

Alison Thorn, representing Devon, was 4th scorer at the Chippenham Half Marathon with a time of 1.26.52. **Alison** was 79th overall.

We had four athletes complete the very tough **Dartmoor Volcano**, which is a 10.5 mile race across the moor.

Chris Prall had a terrific run to finish 3rd (1.22.40) and was followed by **Craig MacAlpine** in 43rd place (1.47.34), **Ken Summers** 54th (1.53.35) and **Lindsay Lane** 106th (2.13.42)

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 11 SEPTEMBER

Bella May was the first Harrier home in the final race of the series.

Results:	16	Bella May	20.45	48	Rebecca Lee	24.55
	19	Ewan Lake	21.10	73	Chris May	29.36
	39	Anna Lake	23.51	75	Jenny Francis	29.55
	42	Kevin Paull	24.30	81	Bryan Short	31.27

Ray Male went to Bristol and finished 871st in the **Simply Health Half Marathon**. **Ray's** time of 1.38.31 was another pb.

We had two athletes in the **Plymouth Coasters 5 mile race**. **Suzie Spooner** was the first female in 19th place overall, with a time of 37.06. Husband **Matt** was 40th in 41.15.

In the final **City Runs Exeter 5K** race our three athletes were prize winners in the series. **Sam Swift** was 12th in 17.39, which gave him the prize for the U20 men's series winner. **Nick Bristow** was 33rd in 18.50 and he was 2nd V45 man in the series. **Alison Thorn** was 40th overall and first FV45 on the night and the series

TORY BROOK 10K - SATURDAY 21 SEPTEMBER

This new trail race replaced the Autumn Trail Run in Newnham Park but was over a slightly different course and a lesser distance. Still a river crossing though!

Andy Newcombe and **Dave Church** were close together.

Results:	28	Andy Newcombe	49.33
	31	Dave Church	50.43
	56	Matt Spooner	56.06
	65	Richard Lane	58.30
	80	Lindsay Lane	60.35
	136	Peter Tasker	73.12
		(170 finishers)	

We had two youngsters in the 2K race with **Freddie Newnan** 3rd and **Finlay Bechley** 5th.

Meanwhile **Sarah Hirons** was 3rd lady in the tough off road **Killerton Half Marathon** in a time of 1.58.32.

Bryan Short completed the **Tavi 5K** in a time of 32.01.

At the **Newton Abbot Ladies 10K** **Alison Engledew** was 26th in 51.10 and 1st lady vet 60.

Cleo Perry was 9th lady at the **Cheltenham Half Marathon** and was 3rd lady vet 45 in 1.29.01.

At the **Barnstaple Half Marathon** **Rose Bralsford** was 176th in 1.56.44, whilst **Dan Marks** was 180th in 1.57.04.