

APRIL RESULTS

In the **Armada Summer 5K** race in Saltram on Wednesday 12th April **Nick Bristow** was the first Harrier home.

Results:	14	Nick Bristow	19.32
	41	Dave Church	22.24
	49	Kate Medlicott	23.07
	79	Ben Bristow	25.25
	86	Linda Bracher	26.08
	131	Charlotte Adderley	30.41
	132	Phil Adderley	30.43
		(194 finishers)	

In the Fast Friday 10K at Exeter on Good Friday our athletes performed well.

Alison Thorn was second lady in a time of 38.45 (19th) and just behind her was **Mike Miners** who recorded the same time. **Cleo Perry** was 27th overall and 2nd fv40 behind Alison in 39.29.

Martin Perry was 120th in 54.54.

On Easter Sunday **Dave Church** took part in the tough 5 Tors race in Cornwall. **Dave** was 93rd in 1.18.05.

We had some fantastic performances in the **London Marathon** with **Ben Trigg** the first harrier home in a time of 2.47.19. **Cleo Perry** set a new pb, broke her own club vet 40 – 44 age record and went under the 3 hour mark for the first time (2.58.53), whilst **Andy Trigg** (father of Ben) was just over the 3 hour mark with a time of 3.04.23.

Paddy Trinder on his marathon debut ran a time of 3.08.44, with **Emma Lake** running 3.19.44 and **Russ Mogridge** 3.27.19. **Russ** also broke the club vet 55 – 59 age record, replacing the record set by **Barrie Symonds** (3.30.41) at **Edinburgh** in 2009. Just behind **Russ** was **Sarah Hiron** who ran 3.28.06.

Neil Moffatt on his marathon debut did well with a time of 3.47.47.

In the **Plymouth Half Marathon Mike Miners** had a fine run and was the first Harrier home in 19th place in a time 1.24.03.

Other results:	122	Richard Lander Stow	1.32.16
	126	Andy Newcombe	1.33.04
	203	Ian Crossley	1.36.54
	651	Phil Adderley	1.49.15
	709	Donncha Scollard	1.51.34
	884	Rebecca Lee	1.54.24
	1153	Rose Bralsford	1.59.53
	1882	Carly Collins	2.15.39
	2051	Helen Norris	2.18.58
	2052	Andy Norris	2.18.59

We had four representatives in the **Pennywell Trail 10K**.

Results:	12	Isaac Stoppard	51.07
	14	Mike Hansen	52.03
	17	Craig MacAlpine	53.31
	76	Carol Hansen	73.06
		(157 finishers)	

Dan and **Sarah Salt** took part in the **Plymn Valley Trail Marathon**. **Dan** ran the Saturday race in 3.56.50 but **Sarah** went one better as she ran the Saturday race in 4.11.00 and the Sunday race in 5.11.36 – a great achievement.