

## **JULY RESULTS**

### **MUSKIES MADNESS – SATURDAY 1 JULY**

We had seven athletes in the race, with **Sarah Hirons** the first Harrier home. **Sarah** was also 3<sup>rd</sup> female.

Results as follows:	22	Sarah Hirons	40.44
	25	Mike Hansen	41.19
	56	Dave Church	45.43
	64	Liz Bowden	47.23
	65	Allister Bristow	47.23
	87	Richard Lane	49.45

### **MUDDY DUCK 10K - SATURDAY 8 JULY**

This race attracted a good turnout.

**Emma Lake** did well as she was 15<sup>th</sup> overall, 3<sup>rd</sup> lady and 1<sup>st</sup> fv40.

Results:	15	Emma Lake	46.07
	19	Mike Hoskin	47.30
	20	Simon Swift	47.50
	50	Dave Church	52.35
	65	Allister Bristow	55.33
	68	Liz Bowden	55.38
	85	Richard Lane	58.25
		(196 finishers)	

### **ARMADA ATHLETICS SUMMER 5K SERIES** **SALTRAM - WEDNESDAY 12 JULY**

There was a large turnout at this race with some 200 finishers.

We also turned out in force.

Results:	10	Mike Miners	18.41
	12	Sam Yearling	18.54
	16	Nick Bristow	19.20
	27	Emma Lake	20.47
	43	Ewan Lake	21.51
	45	James Scantlebury	22.05
	46	Dave Church	22.13
	55	Ben Bristow	22.38

56	Ken Summers	22.41
60	Dan Marks	23.08
75	Anna Lake	24.22
149	Charlotte Adderley	31.47
150	Phil Adderley	31.49

### CHUDLEIGH CARNIVAL 6 - FRIDAY 14 JULY

**Owen Parkin** had a great run to finish 3<sup>rd</sup>, whilst **Sam Yearling** was 2<sup>nd</sup> under 18.

Results:	3	Owen Parkin	32.02
	11	Sam Yearling	34.56
	51	Simon Swift	40.20
	99	Dan Marks	44.10
	121	Richard Lane	47.13
	142	Tom Packer	49.34
		(255 finishers)	

### HAYTOR HELLER - SATURDAY 15 JULY

We had a large turnout for the popular but extremely tough **Haytor Heller**.

**Chris Prall** was the first Harrier home, just ahead of **Allister Bristow**.

**Emma Lake** was 1<sup>st</sup> fv40, whilst **Russ Mogridge** was 2<sup>nd</sup> mv55.

Results:	20	Chris Prall	48.59
	21	Allister Bristow	49.10
	49	Emma Lake	53.19
	55	Ewan Lake	54.16
	59	Russ Mogridge	54.59
	95	Neil Moffatt	60.31
	113	Dave Church	62.51
	122	Ken Summers	63.42
	151	Liz Bowden	67.57
	169	Kevin Paull	70.43
	212	Katy Mogridge	76.16
		(275 finishers)	

### MAGNIFICENT 7 - SUNDAY 16 JULY

We had two athletes in this race with **Sarah Hirons** 91<sup>st</sup> in 52.55 and **Richard Lane** 223<sup>rd</sup> in 61.59.

There were 445 finishers.

Meanwhile **Richard Lander-Stow** had a good run at the **Frome Half Marathon** with a time of 1.36.53.

## CORNWOOD 10K CHALLENGE - SATURDAY 22 JULY

We had a terrific turnout at this race, with many fine performances.

**Joe Battershill** was 3<sup>rd</sup>, **Mike Miners** 11<sup>th</sup> and **Nick Bristow** 15<sup>th</sup>. **Emma Lake** was 3<sup>rd</sup> lady.

**Joe, Mike and Nick** won the Mens team prize.

Results:	3	Joe Battershill	36.57
	11	Mike Miners	39.49
	15	Nick Bristow	41.32
	24	Emma Lake	43.43
	44	Neil Moffatt	47.49
	52	Dave Church	49.04
	72	Dan Marks	50.58
	77	Kevin Paull	51.51
	79	Nick McMahon	52.17
	85	Richard Lane	52.50
	91	Steve Harris	53.59
	97	Dave Lloyd	54.51
	111	Rose Bralsford	57.25
	112	Mike Woodland	57.32
		(203 finishers)	

**Hamish Harris** had a storming run to win the fun run, closely followed by **Sam Yearling** who unfortunately was sent the wrong way. **Anna Lake** was the first girl back.

## TYWARDREATH TROTTER - SATURDAY 29 JULY

**Phil Adderley** and **Rose Bralsford** made the trip to Cornwall for this 6.5 multi-terraen event.

**Phil** was 123<sup>rd</sup> in 60.34 and **Rose** 200<sup>th</sup> in 69.20.

There were 335 finishers.

## LAKELAND 50 - SATURDAY 29 JULY

Many congratulations to **Ewan Lake** who completed this demanding race in the Lake District in a time of 11.01.31.

**Ewan** was 103<sup>rd</sup> out of 661 finishers.

## STOKE GABRIEL CARNIVAL 10K SUNDAY 30 JULY

**Allister Bristow** and **Liz Bowden** ran in this race.

Results unknown to date.

## 6 MOOR MILES - SUNDAY 30 JULY

We had a great turnout for this race.

**Russ Mogridge** was the first Harrier home and 3<sup>rd</sup> mv55, whilst **Sarah Hirons** was 3<sup>rd</sup> fv55.

**Dave Church** had a great run and **Susie Spooner** did well on her debut race.

**Phil Warren** ran his first race for nearly a year.

Results:	30	Russ Mogridge	49.52
	59	Dave Church	53.22
	64	Sarah Hirons	53.35
	91	Andy Newcombe	55.47
	92	Susie Spooner	55.57
	100	Dan Marks	56.24
	139	Dave Lloyd	59.36
	140	Richard Lane	59.37
	173	Linda Bracher	63.36
	256	Phil Warren	75.31
		(338 finishers)	