

JUNE RESULTS

Nick Bristow took part in the **Burrator 10K** on 2nd June and finished in 40.04 to take 3rd in his age category.

In the **Run Exe 5K** on Tuesday 4th June **Sam Swift** continued his recent good form with a 26th place in 18.17. **Paddy Trinder** was 35th in 18.38 and **Alison Thorn** 63rd in 19.42.

In the hilly **Saltash Half Marathon** **Sarah Hirons** had a good run and was 2nd fv35 and 4th lady in a time of 1.36.43. Out other athlete **Phil Adderley** completed the course in 1.58.05 in 85th place. There were 136 finishes.

Meanwhile **Mike Hoskin** completed the **Yeovil Marathon** in a time of 3.50.29.

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 12 JUNE

Young **Bella May** had a terrific run to finish 18th overall and 3rd lady.

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| Results: | 18 | Bella May | 20.29 |
| | 21 | Emma Lake | 20.52 |
| | 30 | James Scantlebury | 21.51 |
| | 41 | Anna Lake | 22.58 |
| | 49 | Ben Bristow | 23.45 |
| | 58 | Phil Adderley | 24.10 |
| | 74 | Ruth Terry | 25.50 |
| | 85 | Carol Hansen | 27.05 |
| | 87 | Nick McMahon | 27.24 |
| | 95 | Georgina Grundy | 28.23 |
| | 109 | Dan Adderley | 29.16 |
| | | (158 finishers) | |

Meanwhile at the tough **Burrator Horseshoe** **Allister Bristow** was 9th in 45.17 and **Liz Bowden** 119th in 69.41.

We had three athletes in the **Sydling Hill 10K** in Dorset. This is a tough 'off road' race. **Dave Church** was 13th in 59.13, **Richard Lane** 47th in 69.32 and **Lindsey Lane** 58th in 73.02.

At the **Holbifest 10K** in Flete there were 49 athletes in the event. **Faith Taylor** was 2nd overall and first lady in 44.53. **Dave Engledew** was 5th in 47.25, **Emma Lake** 6th (3rd lady) in 48.59, **Alison Engledew** 15th in 55.26 and **Kate Medicott** 16th in 57.42.

At the **Torbay Half Marathon** **Simon Fitze** had a good run to finish 25th in 1.20.18 whilst **Ray Male** had a terrific run to finish in 214th place in 1.39.08. **Rose Bralsford** was 713th in 1.59.17 and **Michala Lord** 948th in 2.10.32.

A lot of our athletes had completed the **Hope 24** event as they covered some impressive mileage in the 24 hour race.