

## MARCH RESULTS

**Ian Crossley** was our only competitor in the **Bideford Half Marathon** on **Sunday 5 March**.

**Ian** was 195<sup>th</sup> in a time of 1.38.27.

### ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 8 MARCH

Our athletes again ran well with **Nathan Brown** 2<sup>nd</sup> and **Sam Yearling** achieving a new pb.

Results:	2	Nathan Brown	10.12
	5	Sam Yearling	10.37
	15	Liam Hallows	11.29
	17	Nick Bristow	11.36
	26	Andy Newcombe	12.08
	58	Ben Bristow	13.55
	62	Ken Summers	14.11
		(162 finishers)	

### BATH HALF MARATHON - SUNDAY 12 MARCH

We had three runners in Bath, **Ali Thorn** set a new pb of 1.23.26 and **Cleo Perry** ran 1.25.02 which is just outside her best time. **Martin Perry** ran his first half marathon in a time of 2.06.07.

Meanwhile at the Granite Way races we had just two runners but they both did well. **Sarah Hirons** was the first overall female in the 20 mile race finishing 15th overall in 2.26.16. In the 10 mile race **Rose Bralsford** was first female vet 45 in 1.27.20, It was her first 10 mile race.

## THE GRIZZLY - SUNDAY 12 MARCH

We had several runners in the Grizzly and **Ben Trigg** finished 4th overall. **Neil Holmes** had his usual good run in 29th place.

Results:

Grizzly (20 miles)

4th	Ben Trigg	2.26.45
29th	Neil Holmes	2.43.58
111th	Emma Lake	3.01.04
159th	Ewan Lake	3.08.13
548th	Kevin Paull	3.44.06
850th	Liz Bowden	4.07.07
851st	Ali Bristow	4.07.07
885th	Steve Harris	4.09.31
929th	Andy Newcombe	4.15.02
983rd	Linda Bracher	4.16.01

Cub Run (9 miles)	80	Steve Watson	1.36.57
	106	Richard Lane	1.39.35

## TAVY 13 - SUNDAY 19 MARCH

We had a good turnout on the tough and windy course.

Well done to **Andrew Perry** who was the first Harrier home and 2<sup>nd</sup> mv45. **Cleo Perry** was 2<sup>nd</sup> lady and 1<sup>st</sup> fv40, whilst **Sarah Hiron** was 3<sup>rd</sup> lady and 2<sup>nd</sup> f35. We also won the Men's Team Prize.

Results:	8	Andrew Perry	1.24.52
	20	Mike Miners	1.28.37
	25	Cleo Perry	1.29.33
	54	Alan Hoskin	1.36.12
	56	Sarah Hiron	1.36.29
	65	Craig MacLellan	1.38.05
	117	Ian Crossley	1.45.29
	142	Kevin Paull	1.48.48
	154	David Church	1.49.53
		(423 finishers)	

Meanwhile **Allister Bristow** ( 82<sup>nd</sup> in 46.18) and **Liz Bowden** (83<sup>rd</sup> in 46.32) completed the Age UK 10K at Exeter where there were 630 finishers.

**Rebecca Lee** was our only representative in the **Mad March Hare 10K** at **Plympton**. **Rebecca** achieved a time of 50.06.

New member **Victoria Brown** successfully completed the **Brentwood Half Marathon** in a time of 1.53.10.