

MARCH RESULTS

'THE GRIZZLY' - SUNDAY 10 MARCH

We had a fantastic turnout at this popular and demanding race in the Seaton – Beer – Branscombe area. Plenty of hills, cobbles and mud!

Ben Trigg was the first Harrier home but everyone deserved a special mention for completing such a tough event. We also had three athletes in the cub run (9 miles).

Results:	15	Ben Trigg	2.36.17
	91	Russ Mogridge	2.54.29
	118	Chris Prall	2.59.18
	149	Emma Lake	3.03.13
	193	Dave Engledew	3.10.22
	238	Allister Bristow	3.14.21
	249	Ewan Lake	3.17.50
	310	Lee Eastley	3.19.55
	435	Suzie Spooner	3.29.55
	443	Patrick Wakeley	3.31.18
	689	Alison Engledew	3.52.04
	757	Kevin Paull	3.56.41
	793	Dan Marks	3.59.22
	806	Katy Mogridge	4.02.25
	833	Dave Church	4.04.36
	841	Ken Summers	4.01.21
	1140	Richard Lane	4.30.35
	1141	Lindsay Lane	4.30.36
	1481	Sophie Weeks	5.15.43

Cub Results:		Liz Bowden	1.51.45
		Steve Watson	1.51.45
		Dinah Wakeley	2.12.10

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 13 MARCH

In this last race of the series time were generally down due to the windy conditions.

Results:	9	Liam Hallows	11.07
	40	Phil Adderley	14.15
	53	Daniel Adderley	15.53
	59	Carol Hansen	16.25
	67	Bryan Short	18.52 (87 finishers)

MAD MARCH HARE 10K - SUNDAY 17 MARCH

The results of our four athletes in this race are as follows:

18	Simon Swift	43.12
22	Mike Hansen	45.22
103	Carol Hansen	60.11
120	Bryan Short	64.56

TAVY 13 - SUNDAY 24 MARCH

We had a great turnout on this tough but scenic course. The race start was delayed by an hour due to a serious motor accident.

Russ Mogridge was 3rd male 50, **Sarah Hirons** 3rd female 35 and **Ken Summers** 1st male 65.

Results:	50	Russ Mogridge	1.35.03
	66	Sarah Hirons	1.37.37
	142	Hannah Walter	1.47.30
	163	Dave Church	1.49.00
	172	Ken Summers	1.50.03
	230	Dave Lloyd	1.57.51
	262	Nick McMahon	2.00.48
	288	Lindsay Lane	2.03.40
	308	Richard Lane	2.06.08
	402	Carol Hansen	2.21.55
	413	Holly Hart	2.25.14

GRANITE 10 and 20 - SUNDAY 24 MARCH

We had athletes in both races.

Results:	10 Miles		
	40	Phil Adderley	81.35
	43	Allister Bristow	85.56
	44	Liz Bowden	85.56
		(119 finishers)	
	20 Miles		
	14	Dave Engledew	2.26.10
	45	Alison Engledew	2.50.54
		(140 finishers)	

Meanwhile **Cleo Perry** was 38th in 1.26.59 at the **Weston-super-Mare Half Marathon**. **Cleo** was 1st fv45.

Russ and **Katy Mogridge** did well in the multi-terraen **Trepolpen Sythen 10K** at **Seaton** in Cornwall. **Russ** was 9th overall and 1st in his age category in 44.58, whilst **Katy** was 71st and 3rd in her age category in 57.10.