

## **MARCH RESULTS**

### **WILD NIGHT RUN - SOUTH BRENT** **SATURDAY 1 MARCH**

Many congratulations to our athletes who completed this race in 'complete darkness!' but they did have their own torches!

Our brave athletes who completed the course were:

Results:	50	Craig MacAlpine	1.33.25
	58	Simon Powell	1.38.03
	96	Richard Lane	1.49.52

### **READING HALF MARATHON** **SUNDAY 2 MARCH**

The long trip to Reading was worthwhile for **Sarah Hirons** as she achieved a pb in a time of 1.31.51 in this popular event.

### **BIDEFORD HALF MARATHON** **SUNDAY 2 MARCH**

Six Harriers made the trip to North Devon

**Ewan Lake** was the first Harrier home, whilst **Jaine Swift** was 2<sup>nd</sup> fv45.

Results:	61	Ewan Lake	1.25.08
	169	Jaine Swift	1.33.46
	190	Ian Crossley	1.34.36
	201	Emma Lake	1.35.30
	240	Jo Edwards	1.38.07
	696	Dave Hawke	2.04.16
		(935 finishers)	

## LOOE 10 - SUNDAY 9 MARCH

Three athletes made the trip to Cornwall for this tough but scenic race. All ran well with **Al Hoskin** beating **Simon Swift** on a sprint finish.

Results:	7	Al Hoskin	1.12.31
	8	Simon Swift	1.12.33
	23	Simon Powell	1.20.30
		(145 finishers)	

## 'THE GRIZZLY' - SUNDAY 9 MARCH

Well done to everyone for finishing this fantastic but extremely tough event.

The athletes had warm conditions but as usual there was plenty of mud!!!

Well done to **Neil Holmes** (3<sup>rd</sup> mv45) for another great run. **Ewan Lake** and **Russ Mogridge** also had great runs.

Results:	20	Neil Holmes	2.41.59
	103	Ewan Lake	3.02.07
	147	Russ Mogridge	3.08.25
	315	Craig MacAlpine	3.28.00
	483	Sarah Owen	3.41.31
	786	Nick Brewer	4.03.18
	839	Kevin Paull	4.06.43
	1477	Jane Ridge	5.26.00
		(1543 finishers)	

## ARMADA NETWORK WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 12 MARCH

Results:	8	Andrew Reed	10.52
	14	Andy Trigg	11.11
	28	Ken Summers	12.57
	39	Linda Bracher	13.57

## MAD MARCH HARE 10K - SUNDAY 16 MARCH

We had a great turnout for this race with many excellent performances.

Harriers were 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> with great runs by **Allister Bristow**, **Andy Norris** and **Matt Brown**.

Young **Owen Parkin** did well on his first 10k for the club and **Cleo Andrews** was 2<sup>nd</sup> lady.

Results:	3	Allister Bristow	35.18
	4	Andy Norris	35.51
	5	Matt Brown	36.56
	17	Owen Parkin	39.45
	22	Simon Swift	40.16
	25	Cleo Andrews	40.34
		Linda Bracher	50.32
		Liz Bowden	53.29
		Helen Norris	61.59
		(261 finishers)	

## AGE UK 10K - EXETER SUNDAY 23 MARCH

Well done to **Liz Bowden** (51.22) and **Claire Smith** (52.43) who both achieved pb's.

**Simon Powell** was the first Harrier home in a time of 40.44.

## TAVY 13 - SUNDAY 30 MARCH

Three athletes made the trip to Tavistock for this tough race.

Results:	17	Simon Swift	1.29.51
	30	Simon Powell	1.34.43
	98	Richard Lane	1.50.01

## SIBLYBACK LAKE 10K - SUNDAY 30 MARCH

**Cleo Andrews** had a good run as she came 10<sup>th</sup> overall and 2<sup>nd</sup> lady in a time of 40.43. Good to see **Jayne** (50.06) and **Keith Reed** running.

Emma Steptoe (35.06) won the race and beat all the men!!!

