

MARCH RESULTS

THE GRIZZLY - 'DASH TO DELIRIUM' SUNDAY 1 MARCH

Congratulations to everyone who completed this most demanding of races. Some great photos on our facebook page.

Well done to Neil who was 1st male vet 50, having just entered this age category.

Results:	Neil Holmes	2.38.07
	Craig MacAlpine	3.01.34
	Don Rigby	3.12.55
	Russ Mogridge	3.24.15
	Phil Lord	3.41.44
	Laurence Harris	3.56.44
	Kevin Paull	4.13.57
	Liz Bowden	4.13.58

In the cub run over a 'shorter' distance Katy Mogridge did well and finished 215th in a time of 1.57.18

BATH HALF MARATHON SUNDAY 1 MARCH

Mark Livermore and **Carol Hansen** made the trip to Bath for this popular race.

Mark ran a time of 1.44.08 and **Carol** 1.58.16.

BRANDS HATCH HALF MARATHON SUNDAY 1 MARCH

The long trip proved fruitful for **Richard Stephens** as he had a fine run with a time of 1 hour and 34 minutes.

LOOE 10 - SUNDAY 8 MARCH

We had two athletes complete this very demanding 10 mile race.

Richard Lane was 58th in a time of 1.28.56 and **David Lloyd** 67th in 1.30.53.

BIDEFORD HALF MARATHON **SUNDAY 8 MARCH**

Our three athletes who made the trip to North Devon had a good day win fine runs by **Mike Hoskin**, **Kent Watson** and **Dave Hawke**.

The trip was worthwhile for **Dave Hawke** as he set a new vet 70 age record, replacing that previously held by **Mike Lee**. **Dave** was also 2nd mv70 in the race.

Results:	99	Mike Hoskin	1.29.31
	125	Kent Watson	1.31.26
	647	Dave Hawke	2.04.55

WEYMOUTH HALF MARATHON **SUNDAY 15 MARCH**

The trip to Weymouth proved fruitful for **Cleo Perry** and **Jo Edwards**, as **Cleo** was 1st lady in 1.26.50, just 5 seconds off her pb set in Cardiff. **Jo** ran 1.32.32 and set a new ladies vet 45 record, knocking 3 seconds off Sandy Urro's long standing record.

The course was mainly flat but hilly in a couple of places around the fort and on grass at times. The course was also exposed on the coastal section to Portland Island and back.

Stuart Hall won the race, which attracted 857 finishers.

FALMOUTH HALF MARATHON **SUNDAY 15 MARCH**

Neil Holmes had a good run to finish 9th overall in a time of 1.21.54.

Neil was 2nd mv50.

GRANITE WAY 20 **SUNDAY 15 MARCH**

Richard Lane in preparation for the London Marathon completed this 20 mile race in a time of 2.57.43.

AGE UK 10K - EXETER **SUNDAY 22 MARCH**

Four Harriers made the trip to Exeter, with **Liz Bowden** our first athlete home in a time of 47.59 (153rd). **Steve Worth** ran 48.36 (165th), **Claire Dexter** achieved a time of 50.39 (209th) and **Bridgette Worth** – 53.34 (294th). Everyone also achieved pb.s. There were 729 finishers.

TAVY 13 - SUNDAY 22 MARCH

We had a good turnout in this race, which was held over a new course.

Congratulations to **Neil Holmes** who was 4th overall and 2nd mv50 and **Sarah Hiron** who was 2nd fv35.

Well done also to **Craig MacAlpine** who said a new pb by over a minute.

Results:	4	Neil Holmes	1.22.00
	36	Mike Hoskin	1.32.40
	44	Sarah Hiron	1.34.16
	46	Craig MacAlpine	1.34.32
	91	Laurence Harris	1.42.00
	144	Richard Lane	1.49.24
	152	Kevin Paull	1.49.53
	157	David Lloyd	1.50.09
	166	Mark Livermore	1.51.16
		(374 finishers)	

MAD MARCH HARE - SUNDAY 22 MARCH

Andy Norris had a great run to finish 3rd and 1st mv40.

Several athletes who ran in the January Jaunt tackled the course again for this race. **Matt Brown** was again 9th whilst **Richard Stephens**, **Simon Swift** and **Carol Hansen** all improved their times.

Results:	3	Andy Norris	36.20
	9	Matt Brown	39.32
	17	Richard Stephens	41.01
	25	Simon Swift	42.50
	124	Carol Hansen	54.31
	165	Helen Norris	59.40
		(222 finishers)	

ARLINGTON COURT CANTER 10K RUN SUNDAY 22 MARCH

This event was held at the National Trust property – the ancestral home of the Mogridges! Well actually a distant relative worked as a maid/kitchen staff!

The race started in front of the house by a lone trumpeter, some nervous glances were exchanged between fellow runners as he played 'the last post' – but soon everyone was off. The scenery was great, lakes, fields, woodland trails etc.

The atmosphere was very friendly and the trophies were all handmade pottery mugs and plates. The Mogridges settled for a well deserved pasty. The race was well worth the journey.

Russ was 22nd in a time of 45.14 and Katy 99th in 58.19.

SURREY SPITFIRE 20 - SUNDAY 29 MARCH

Congratulations to **Alison McEwing** who was 1st lady in a time of 2.10.20.

Unfortunately as it was an ARC race it will not appear on the Power of 10 results.