

## MARCH RESULTS

**Dave Hawke** made the trip to North Devon and was rewarded with a time of 2.06.28 in the **Bideford Half Marathon**.

### ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 9 MARCH

**Nathan Brown** again ran well in the final race of the series by finishing in 2<sup>nd</sup> place.

|          |    |                   |       |
|----------|----|-------------------|-------|
| Results: | 2  | Nathan Brown      | 10.12 |
|          | 13 | Russ Mogridge     | 12.26 |
|          | 29 | James Scantlebury | 14.15 |
|          | 34 | Sharon Terry      | 15.29 |
|          | 38 | Kate Mogridge     | 16.27 |
|          |    | (58 finishers)    |       |

Elsewhere **Jo Edwards** took part and completed 'The Green Man Ultra 30' in Bristol and took 2<sup>nd</sup> lady. **Jo** was also 5<sup>th</sup> overall.

**Sarah Hirons** also had a great run in the 11 miles Bodmin to Padstow Great Cornish Run. **Sarah** completed the course in 1 hour and 16 minutes and was 1<sup>st</sup> female home and 3<sup>rd</sup> overall.

### THE GRIZZLY - SUNDAY 13 MARCH

We had a fantastic turnout at this very tough race, with **Neil Holmes** again excelling and finishing in 14<sup>th</sup> place. Many other athletes had fine runs.

Former Harrier **James Mogridge** (son of Russ and Katy) who now runs for Yaxley was 2<sup>nd</sup> overall.

**Katy Mogridge** ran in the Cubs Race and was 215<sup>th</sup> in a time of 1.50.13.

|                  |     |                        |         |
|------------------|-----|------------------------|---------|
| Grizzly Results: | 14  | Neil Holmes            | 2.37.08 |
|                  | 88  | Craig MacAlpine        | 2.55.31 |
|                  | 108 | Jean Baptiste Rouvelin | 2.58.19 |
|                  | 120 | Russ Mogridge          | 3.00.10 |
|                  | 138 | Emma Lake              | 3.02.02 |
|                  | 347 | Ewan Lake              | 3.27.41 |
|                  | 541 | Neil Moffatt           | 3.41.12 |
|                  | 803 | Kevin Paull            | 4.03.50 |
|                  | 832 | Steve Harris           | 4.06.40 |
|                  | 869 | Linda Bracher          | 4.09.05 |

|     |               |         |
|-----|---------------|---------|
| 874 | Sam Perry     | 4.09.47 |
| 876 | Mandy Plummer | 4.09.48 |
| 877 | Liz Bowden    | 4.09.42 |
| 911 | Richad Lane   | 4.14.27 |

## **BATH HALF MARATHON - SUNDAY 13 MARCH**

The trip to Bath was worthwhile for **Alison Thorn** and **Sharon Terry**.

**Alison** was 3<sup>rd</sup> fv40 in a time of 1.24.22, whilst **Sharon** had a good run with a time of 1.53.28.

Elsewhere **Sarah Hirons** continued her impressive recent form by winning the ladies title at the **Granite Way 20** mile race. **Sarah** covered the distance in 2 hours and 27 minutes.

**Richard Lander-Stow** finished the **Larner Tree** off road marathon in 4 hours and 17 minutes. **Richard** was 70<sup>th</sup> out of 303 finishers - a great performance. Check out **Richard's** own blog.

## **TAVY 5 (THE 5 KOOL RUN)** **SATURDAY 19 MARCH**

New member **Michael Miners** did very well and won the race in a time of 18.42.

Our other athlete **David Gilvear** ran a time of 23.06.

## **MAD MARCH HARE 10K - SUNDAY 21 MARCH**

Our three athletes in this race all did well, with **Matt Brown** first Harrier home in a time of 38.42, whilst **Jaine Swift** (43.20) was 2<sup>nd</sup> lady and **Adrian Woodhouse** (45.37) also had a good run.

## **AGE UK 10K - EXETER - SUNDAY 21 MARCH**

In this race **Mike Hansen** was 31<sup>st</sup> overall and 1<sup>st</sup> mv55 in a time of 39.55.

Our other athletes were **Bridgitte Worth** (52.23) and **Carol Hansen** (52.28) both did well as they achieved personal best times.

## **FAST FRIDAY 10K - EXETER - 25 MARCH**

Our athletes performed well, with **Will Battershill** 3<sup>rd</sup> man and a pb in a time of 32.17, whilst **Alison McEwing** was 1<sup>st</sup> lady in 40.19.

**Tony Doonan** had a great run and achieved a pb with a time of 52.20.

**Helen Norris** completed our quartet of athletes, with a time of 63.24.

## **CARDIFF HALF MARATHON** **SATURDAY 26 MARCH**

Despite the dreadful wet and windy conditions our athletes did well.

**Steve Newcombe** ran 1.23.27 and was closely followed by **Cleo Perry** (1.24.25). **Cleo** was 1<sup>st</sup> fv40.

**Liz Bowden** ran 1.56.01.

## **YEOVIL EASTER BUNNY 10K** **SUNDAY 27 MARCH**

**Jaine Swift** was the first Harrier home in a time of 42.56 and was 3<sup>rd</sup> fv45. **Jaine** was closely followed by husband **Simon** (43.08).

**Jo Edwards** was 4<sup>th</sup> fv45 in a time of 43.35.

Meanwhile at the **Guernsey Easter Runs** **Dave Hawke** did the 5K in 26.25 and the 10K in 55.22