

MARCH RESULTS

DUCHY 20 - SUNDAY 1 MARCH

The trip to Cornwall was worthwhile for our athletes who used this event as preparation for their forthcoming marathons.

Well done in particular to **Alison Engledew** who was 1st fv60.

Results	78	Alison Engledew	2.53.20
	132	Ruth Terry	3.14.34
	138	Lindsay Lane	3.17.57
	146	Richard Lane	3.19.37

EXETER HALF MARATHON - SUNDAY 1 MARCH

In this re-arranged race **Simon Fitz** had a terrific run to win the race by nearly 10 minutes in a time of 1.19.43.

Mark Woodman also ran the race and finished 71st in 2.03.54

'THE GRIZZLY' - SUNDAY 8 MARCH

The conditions this year were the worst for several years with lots of mud and very heavy underfoot. Well done therefore to everyone who survived the ordeal!

Results:	Allister Bristow	2.46.17
	Ben Trigg	2.58.57
	Faith Taylor	3.08.27
	Richard Lander Stow	3.11.46
	Russ Mogridge	3.13.35
	Lee Eastley	3.43.57
	Patrick Wakeley	3.56.39
	Alison Engledew	4.14.50
	Katy Mogridge	4.21.50
	Dave Church	4.31.28
	Kevin Paull	4.38.43
	Rose Bralsford	4.41.03
	Phil Adderley	5.25.10
	Linda Bracher	5.29.05
	Ken Summers	5.29.05

Cub Run Results: Lindsay Lane (1.48.20), Liz Bowden (1.48.21), Pam Duncan (1.50.09) and Andy Newcombe (2.00.39)

Meanwhile **Chris Prall** ran a mere 45 miles at the **Green Man Ultra** in **Bristol**. **Chris** completed the distance in a very respectable time of 8 hours and 40 minutes

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 11 MARCH

There was again a low turnout for this race with just 51 finishers.

Results:	15	Andy Newcombe	13.26
	25	Ruth Terry	15.13
	31	Dan Adderley	16.08
	32	Sharnie Gardner	16.26

Meanwhile **Ian Crossley** was our only athlete in the **Mad March Hare 10K** in **Plympton** on **Sunday 15th March**.

Ian was 38th in 48.26. There was 119 finishers.

BATH HALF MARATHON - SUNDAY 15 MARCH

Our athletes produced many fine performances at this year's race with **Cleo Perry** **2nd fv45**, setting a pb and also breaking her own club vet record set at Cardiff in 2018.

Results:	128	Simon Fitz	1.17.41
	248	Cleo Perry	1.23.22
	281	Alison McEwing	1.24.40
	304	Alison Thorn	1.25.27
	4068	Martin Perry	2.04.53

