

A big thank you for another superb race, and a massive thank you to all the marshals who probably had it harder than us runners given the conditions.

Thank you for a great Grizzly. Fantastic marshals but especially LIZ SHARPE from Ashburton. The sole came off my trail shoes at 4.7 miles. Liz took off her shoes - Merrell walking shoes - and gave them to me to run in. This was an amazing act of kindness -. She had no shoes to marshal in or get back to her car. She found me at the finish and I have her address to return her shoes when they are clean and dry. All your marshals are wonderful but Liz was truly exceptional.

Hi from Exmouth Running Belles. Five of our runners completed the Grizzly today.

Please can you pass on our grateful thanks to all the organisers. It was superbly organised. The marshals were the best we have come across. They had a great balance of humour and encouragement. They were all, without exception, first class. Plus, they deserve a special thank you for standing in the cold for hours. Thank you to the entertainers, church folk, scouts, bands, pubs, bagpipers and volunteers at the end.

I'd heard the Grizzly was a great event and these people were accurate. Despite the weather it was a sociable event and, dare I say it.....one to be repeated.

Well done and thanks.

Exmouth Running Belles x

Garry a massive thank you for another stunning Grizzly. Lying in the bath trying to thaw out after a magnificent day I tried to come up with something witty and clever to say.. but what needs to be said about a 'memory maker' .except thank you. xxxx

Thank you for an amazing race. I last ran the Grizzly in 1991! So often great small races get too big, this cannot be said of the Grizzly, it was the most organised and best race I've ever done. Every marshal was brilliant, so friendly and clear with instructions, and full of encouragement.

The course was brilliantly marked and the quotes all around we're great. The music and bands created a great atmosphere and so many people turned out despite the horrible weather.

Thank you so much for such a great race.

Good evening Gary,

Thank you for all your work in organising this years race. I have never experienced anything like it my life.

The sense of pride in finishing the race is second to none. The highlight for me was the way the marshals were so supportive even though they were stood in near arctic conditions. They really kept you going. All the signs around the course are great. It's fair to say I had a few dark moments today and learnt a lot about myself.

I was in bed with a flu type bug at half eight this morning but one look on the grizzley website meant I had to drag myself out of bed.

Happy retirement. I actually think it may be a good thing not only for your family but for the running world as today's course was Pritty twisted.

Sorry about the hug at the finish was quite emotional. It's takes a lot.

Thank you Garry for a well organised and spectacular race today. This was my first one and I thoroughly enjoyed it! Well maybe not all of it! Well marshalled and spectated, even with it being so cold.

Hi Garry,

I'm writing with some thank you's for today's Grizzly. Please share with others who contributed as you see fit...

Thank you to you and AVR for putting on the Grizzly and all the organisational details that go into it. It's a really well run and iconic event and was a privilage to take part in. Today was a first in two ways for me- it was my first time ever running with a number on my front, and a family first as my Grandfather had a ticket once but was injured during training.

Thank you to the people telling us where to go. I didn't know there were so many people in East Devon called 'Marshall'! They also kindly helped with sweets and other lovely comestibles.

Thank you to all the other people who helped keep us safe and sane.

Thank you to the other runners and hashers who took part. The atmosphere was great.

I can't thank the weather for being nice because it was a bit shitty.

Good work also with the sponsors etc- they waved their flag (and I bought shoes) but it wasn't an intrusion on the event.

I see from the website you've had a bit of a day with problems with barcodes etc. From the course the day was ace, and I think that's what counts.

Thanks again,

Richard Gilham (Clever Dick, ISCA H3)

My name is Dean Hawkins (race number 420) and I would just like to say "many thanks for such a great day". Me and my wife Louise (race number 421) both said, how well it was arranged and how well accommodated we felt. For our first time with your selves we both felt at home. Also may I just say how well the marshalls did and how friendly they were, a real boost in times of difficulty, which was pretty much all of it with the great course you provided us?

Just wanted to say thank you for another fab route and a wonderful day! So sorry to hear this is your last Grizzly as race director - you have done an amazing job, but do appreciate it cannot be an easy task and you deserve a break!

This was my 5th and it won't be my last (as long as I can book a place in time) so it will be interesting to see how it goes from here. Your name will always be linked to the Grizzly though for me and, I'm sure, for many others.

Thank you once again for everything you have done for the race.

Many thanks for all your efforts in putting together a wonderful race. The marshals were amazing, the course took you where I certainly hadn't been before.

Can't wait til next year. Hope your successor will be worthy. :O}

Many thanks for providing us with weeks worth of smiles.

Garry many thanks for organising, I had a great day out,
Thanks to you and your team (best marshalls in the UK!)

Hi Garry, I would just like to convey my thanks to all concerned with the Grizzly/Cub run today. This is the first time I have entered the cub and I loved every minute of it, your marshals were some of the best I have come across. They were so supportive and all smiles. Here's to the next one! Kind regards,

Hello. I ran the grizzly earlier today & through the snow, shingle & mud I must say I loved it! Great event!

Had a fantastic day, Thank you to all the marshals!

Huge thanks to you and all the AVR race team for all your efforts. Great race!

I remember a runner telling me last year (whilst running the Cyprus 4 day Challenge in warm beautiful surroundings), that if he was only allowed one race per year to run, it would be the Grizzly. I now know what he means. It was an off road runner's dream. Very hard but simply amazing.
Thank you so much :)

Just wanted to say how impressed I was with the organisation of this difficult race. Health & Safety issues are taken so seriously, yet somehow you and your organisers manage to make the entire booking/registration & actual race seamfree.

Tremendous amount of work involved - thank you so much. My four runners, although incredibly cold and weary, really enjoyed the experience.

Thank you so much.

Great event, superbly organised as always.

I cannot give high enough praise for the heroic efforts of all of you out on the course yesterday supporting us runners. I felt even sorrier for you than I did for myself!

Thank you, the marshalls and every else involved with the 2013 Grizzly for organising a fantastic event. My wife, Katie White, and I, thoroughly enjoyed the occasion (well...almost all of it...the bog and the return section along the cobbles of Branscombe beach were seriously hard going). It's the first time we've ever done anything like this so have nothing to really compare it with, but thought it was incredibly well run. The warmth and enthusiasm of the many marshalls was particularly appreciated.

many thanks and well done for organising another great day,

Thanks to you and all your supporters for an extremely difficult and rewarding run!

I hope I'm lucky enough to have another go at it someday.

Thank you very much for another great day out at this year's Grizzly.

I have to say that it was the hardest I have run, for the weather conditions, the terrain, the endless slippery mud and my increasing age, but it was still a lot of fun, with the usual camaraderie between the runners, the marshals and the supporters.

The marshals did a fantastic job, supporting everyone with words of encouragement and standing in the freezing conditions for hours. I did my best to thank each of them as I passed but I would be grateful if you could pass on my thanks to them collectively - they do help enormously to make the Grizzly such an amazing experience.

Having had my photograph featured in Runners World from last year's event, up to my elbows and knees in the mud, I was pleased to get through this year's bog using only my legs, but I did keep jolting awake in my bed last night, imagining myself still slipping sideways on the muddy hillsides!

I would just like to say a very big thank you (on behalf of Plumstead Runners)to all your brilliant marshalls yesterday.without their enthusiasm, cheerfulness and sheer optimism the race would have been so much harder.As a back marker I apologise for keeping them waiting !

Thanks for a great run, very well organised on a cold day. Thanks to all the marshals who stood out there for so long. Thanks to the ambulance guys, I know a few people who needed help because of hypothermia, and there must have been lots more.

Thanks for another great race, as always very well organised by you and your team.

My second Grizzly and what different conditions from last year! I just wanted to say what an amazing race it is. A very big thankyou to you and your team for organising so brilliantly this event. Never have I been to a race where the marshalls are so cheerful (especially in Sundays horrendous weather) helpful and funny!!

Now safely back in Northamptonshire so wanted to let you know how much I enjoyed yesterday's race. It was brilliant, lovely friendly marshalls, lots of water and jelly babies and plenty of mud. Even the fog lifted so we could see where we were going. Road racing has its plus points but give me the Grizzly any time.

Well done Garry on another successful Grizzly. Found it very hard, probably my knees and the necessary road detour at the start did not help (THAT IS NO WAY A CRITICISM, just a statement for me, many others prefer road).

Thanks for a great grizzly(again). And thanks to the team for all the work you put in to making this such a great event.

I know you have loads to do, you must not reply, but just wanted to say Thank you for organising such a life enhancing event - done 4 times every one a fantastic memory. Hard work for you but thank you

Thank you for another fantastic race.

My first experience of the grizzly but definitely not my last!! I loved it, very well organised and everyone was so accommodating! Hospitality at each water stop great and all marshalls very friendly!

Thanks for a great but very challenging day! See you next year!

The race was great fun as usual but a hard slog (and I only ran the Cub!). Felt tougher than last year. The beach and those steps with cold, wet feet in cold conditions...urgh...! Great tshirt by the way.

Thank you Garry for a fantastically well organised and fun event. You are leaving the event in good shape. Can I add that the marshals - all of them, I couldn't believe how many you had out there - were fantastic. They were all smiling and helpful and just brilliant.

I found it very tough yesterday; no more hills than usual, if anything less due to the change in the start and finish, but even with good off-road shoes, not a lot of traction going up or coming down. And I'm not sure about 'lucky with the weather', I don't call sleet and snow and biting winds lucky! And on that subject, a HUGE thank you to all your wonderful marshals. They cheered us on and encouraged us even though they must have been frozen and wishing we would all get a move on.

As usual, amazing work from the volunteers, great race and all-day WE event. So a big thank you.

Hat off to you sir. The event was simply fantastic. Your effort and hardwork is truly admirable.

Hi Garry, just got home to sunny scunny(well snowy really) and once again thanks for the years best race!! Yes it was probably the toughest one I have done (6 now and counting) and maybe a touch unfair to blame you for the conditions but I really enjoyed the challenge again. A huge mention for the marshalls again, they kept on smiling even in the face of adverse weather conditions(maybe the smiles were frozen on methinks). Just how big is that asylum??.

Loved the cub run again this year, and I hope there will be many more grizzly's to come, and hopefully one day I will pluck up the courage to do the full grizzly.

Thanks for a brilliant race! A true high light of the year!

Special mention for the marshalls - it was very cold but all of them were cheery and encouraging- superb!

You probably don't need another email to read - just thanks for another brilliant run with outstanding marshalls who must have been bitterly cold at times. Fabulous route, countryside, companionship, jelly babies. Given the massive amount of work that goes into it and sorting it all out afterwards you have my gratitude and have earned the right to be short with people making your life needlessly harder. Don't think I've ever heard as many cries of "On on!" in a race. The Grizzly is one of only a couple of races I'm guaranteed to laugh out loud during.

This was my first Grizzly and also the furthest I have run having started running last June. Thank you for organising a great event. The more I look back on it the more I enjoy it. At the time I was probably in a bit too much pain but then it would not be the Grizzly without pain I guess. Again thank you and especially all the fantastic marshalls who stood out in the cold. I can see why the event is sold out so quickly. I will be back!

Just like to say well done you done a top job again

Garry. Your last brief email before the race was straight to the point. I bet those recipients who took umbrage were the very same who were asking unnecessary questions in the first place. What a load of liars the marshalls were. Not one said how cold they were. Always replied that they were warm and cozy on such a dreadful day. Was it the worst ever? I've done about half the Grizzlies and cannot remember conditions underfoot so bad for such long stretches and a will not mention the snow and sleet. All your hundreds of helpers on the day deserve a medal.

What a brilliant event on Sunday, like an ideal cross-country race extended for 20 miles. I haven't enjoyed a run so much in ages, particularly the 'touch' of the course, the wonderful variety of conditions under foot. And I have never seen so many marshalls on a course.

That was my 16th grizzly probably not a record but an achievement all the same. There have been some tougher than others, this one not the toughest!(the long beach year)

Just like to say thank you for all the great races,enjoy your new venture and a big grizzly hug to all the marshalls and those great quotes , that's what makes the race (or I call it a Challenge)...

The Grizzly is the best organised and 'fun' racing event that I take part in. Sometimes I even get to forget the grime the pain and the punishment as I stagger along!

Hiya, first just wanted to say congratulations to the club for a brilliant day yesterday. I did the cub for the first time (next year grizzly) – brilliant.

I just wanted to thank you for a fantastic event. The marshalls were amazing, the whole event was brilliantly organised and we had a great time. If you could pass on our thanks to the many marshalls we met on the way that would be great.

A quick note to say a massive thanks for a fantastic event Garry.

My first ever Grizzly and an experience I will truly never forgot. I will certainly be back next year for more pain and suffering.....after training much harder beforehand!!

Again thanks for a great day, look forward to next year

Thank you so much for the fantastic organisation of the Grizzly.
Your Marshalls were brilliant and did a great job too.

Thank you and all the helpers for another Grizzly.

This was my first Grizzly & hopefully not my last. The route was definitely challenging (especially for a Lincoln Lass) & the weather was a little raw at times! But having said that, I don't think I stopped smiling for the whole 20 miles (although I'm sure when the photo's come in, that last statement will be proven wrong), and I met some great people on the way round!

Thank you for a superbly organised race & please pass on my thanks to all the wonderful marshals who, despite the cold, managed to keep us all going.

Many thanks to you and the club for a great event ! it is a huge thing to put on each year and is brilliantly organised. My first time but hopefully not my last

I enjoyed the experience, but I don't think I could do it again! X

As a first-timer, the race lived up to all expectations! It won't be my last (hopefully).

Just a quick mail to sincerely thank you for your excellent organisation of this event, it was a great day for spectators and runners alike. Without people like you and your hard efforts we would all be worse off, it is very much appreciated.

Thanks for a fantastic day!

Please convey my sincere thank to all the marshall that stood out in freezing cold on sunday. This was much appreciated .

I only did the Cub this year, but even that was a challenge. As usual, the marshalls were brilliant, and the entire weekend a fantastic event.

I was fantastic!! At least that is what I'm remembering ;-)

I surely will try to come back !!

Just to say a big thank you for everyone's hard work, and the marshals who kept smiling and cheerful in horrible conditions.

We thoroughly enjoyed it, in a masochistic way! A very well organised event.

As a grizzly newbie I'd just like to congratulate you, and all of your support, for an excellent event.

apologies for this direct email but I just wanted to say how much I enjoyed the grizzly.

This year - for the first time - I dropped to the cub during the run (long story, illness and injury prevented proper training) and I was really pleased by the way the cub runners were (i) integrated with the main run (eg the splash, and the stairway to heaven) and (ii) celebrated just as much as the main runners.

Marshalls were - as ever - numerous, helpful, friendly and supportive.

Another great event this past weekend - I only did the Cub Run this time (gammy foot!) but will be back if I manage to get in next year - I understand it's getting harder to get a place these days! It's still my favourite race after 11 years so hope to return to Seaton for a few more before I'm too old!!

I'm not sure how you manage to get such a great course and such great, enthusiastic helpers. I've been doing the Grizzly since 1995 (okay, I have missed some years!) - but I have to keep coming back as it is just "one of those" events that I need to keep coming along to. Unfortunately the years are beginning to take their toll and I have gone from Grizzly to Cub - but I can still enjoy those

Thank you, the marshalls and all the other AVR members for putting on a great race as usual. Weather was a bit of a disappointment but as you say it could so easily have been Mondays weather which would have been far worse.

A very big Thank you to you and all your staff for the excellent race on Sunday. It was a very enjoyable challenge to run the Cub. It was made even better by the wonderful marshals who anticipated my inability to function in the cold and gave clear and friendly directions, I never risked taking a wrong turn and accidentally heading for the full 20 miles, I felt very well supported. Thank you.

Please pass on my HUGE HUGE thanks also to all your fantastic marshalls, it was bloody cold out there on Sunday & they were all so brilliant.

Really enjoyed the race, can't currently walk but that is down to the effort I put in hence me wanting the order I came in as well as the time down correctly if possible. Please thank all your marshalls they were fantastic and so

supportive.

Thank you for a fantastic weekend,just like say that everyone I met in Devon over the weekend were top class and would love to compete in such a class act again.

a massive thank you to you and your team for such a fantastic job. The marshalls were fantastic.

From the team of six people from Bergen op Zoom a big thank you and compliment to the organisation of the Grizzly. I am treasurer of the local athletics club and co organiser of the local marathon but spirit, enthusiasm en dedication of all involved in the Grizzly is an example for all of us.

We have enjoyed our visit to Seaton thanks to all of you and the great track you prepared for us :-).

Well done and again THANK YOU!

Thanks Garry, I would just like to say a massive thankyou to you, the organizers and marshals who endured hours out in the freezing cold to make this a successful event. As a new runner to this event I was very impressed how well it was run and with all the support on the course with encouragement, jelly babies, cakes, flapjacks etc!! The weather made it particularly difficult this year and I along with a fellow newbie from my club said 'NEVER AGAIN' at the end. However, after a couple of beers and a warm shower we both reflected on what we had achieved and you never know we maybe back!!.

many thanks for a great day. This was my first Grizzly (cub run) and I hope to complete the main event next year

Fantastic race, excellent organisation. Thank you. Thanks to all those poor marshals having to stand out in that bitter wind and they were still smiling!

Thanks for a great race Garry,I last did it in 97-thought maybe the hills had flattened out by now but it would appear not,see you in 2014 possibly,if I can get the day off work!

Just also to say brilliant, really enjoyed it and had a great muddy day.

Great run as always

Just a note to thank you and your team for another well run and exciting event.

I would like to once again say thank you for putting on another excellent race, the course was as challenging as ever ,the muddy conditions, your near vertical hills and of course the beach pebbles made the run as demanding as ever. Please pass on to all the Marshalls,volunteers and helpers a very big thank you for their support and encouragement, with their help and your organisation you've again put on one of the top runs in the country.

A great weekend once again, a big thank you from all the Bedford Harriers that braved the wet and the cold on Sunday. We will be back next year for more mud, hills, hospitality and spectacular scenery.

Sorry not to reply sooner but my fingers have just thawed out from Sunday! Many thanks again for a great event! Brilliantly organised, course even better this year (don't like roads!) and happy smiling marshal's in the rain& snow! Sorry to hear at the start that your leaving and will miss your emails! Thanks again and see you again next year!

I would just like to thank you and all your helpers, marshals, etc (but especially you as the driving force) for another fantastically well organised event. The effort that goes into making such a hugely enjoyable and successful event must be phenomenal but I am sure I speak for all participants in expressing my gratitude.

Just to say a huge thank you for organising and to all the marshals and helpers who were absolutely brilliant despite probably being frozen!

First time Cub Run and really enjoyed it.

Thanks for another superb, and gruelling race Garry.

Cheers Garry and thanks for the best day I've had in a long time, loved it!!!

thanks for a great event it was my first time and won't be my last. Both myself and club mates had a fab day out despite the weather and will be back next year.

Thanks for a wonderful race. Can't wait to come back and do it all over again next year.

I just wanted to e-mail you to thank you for another fantastic Grizzly.....as well as to thank you for all the other Grizzly's you've organised! My first was in 2003 (Jurassic Jaunt), so I think all of mine have been LMRB productions, and they have all been great! I have many happy memories of them!

On behalf of the Gosport Road Runners who attended the run, I'd just like to pass on our thanks to the team for (once

again) organising a fantastic event. Your marshals are a credit to you. To stand out in the middle of nowhere for as long as they do, is a fantastic effort. Do you order jelly babies by the ton!?

Fantastic run last weekend, a big thank you to all you guys for organising it and all the volunteers, the support was magic

Hi Garry..Thanks to you all for the fab organisation,wind swept,encouraging marshals..&..of course..the weather..:-D..i hope to be challenged again next time..

Now I've recovered from an awesome weekend in Seaton and can finally move without doing the Grizzly Walk, I wanted to send an email to say a BIG THANK YOU for you and your clubs hard work in staging the Grizzly.

I would also like to pass on my thanks to the many, many helpers and volunteers that stood out there in the cold, wind, snow and rain for so many hours and still cheered every last runner home whilst offering us energy in the form of sweets, biscuits and flap-jacks. I was frozen when I crossed the finish line despite being on the move, so I can only image how long it took them all to thaw out. Your prediction of a "wet one" was spot on but the mud was phenomenal and couldn't have been more different from the weather the year before. Although mud is supposed to be good for the complexion, I'm not sure it works quite so well when forming a ½ " layer of slurry inside your shoes!

As I crossed the finish line after nearly 6 hours in a slightly emotional and broken state, I swore never again, but now the pain has lessened, I'm back to thinking " well maybe" and I'm sure by next week I'll be thinking "Bring it on"

Just wanted to drop you a line to thank you for a fantastic race on Sunday ; that was my second Grizzly and the toughest race I have ever done ; The hospitality we were shown in Seaton was fantastic ; could you also please pass on my thanks to the Marshalls who were great as well

Thanks again for a fantastic race and memorable weekend .

Dear GarryJust a quick email to say a MASSIVE thanks for all your hard work and to the others who helped to organise the event. It was my first Grizzly and I loved it - in a sick kind of way! Also the Marshalls were heroes to be out in the freezing conditions - couldn't thank them all enough. Brilliant event!

Also can you pass on my thanks to all of the marshalls - we were cold but they were freezing and had to stay til the bitter end - they did a fab job.
thanks