

THE HARRIER (SEPTEMBER 2011 NEWSLETTER)



Ben Trigg and Matt Brown in action at a windy but dry Beacon Challenge

The turnout at today's **Beacon Challenge** was disappointing but at least we had a dry but windy day.

Ben Trigg had a great run to finish 3rd, whilst **Matt Brown** was 8th. **Matt** was running his last race before starting a career at Dartmouth Naval College. We probably won't get to see so much of **Matt** in future but wish him all the best. Still it's good to **Ben** fitting in some races during his break from University.

Congratulations also to **Bob Jeffery** for completing the tough course. Well done also to **Mike Lee** for acting as back marker and having a tougher run than planned! Perhaps this led to **Mike** making a wrong turn!

In view of the low turnout we will have to look at perhaps making this a much shorter and easier race next time, with perhaps an evening start.

Thanks are particularly due to **Race Director, John Lee** for all the months of hard work and to everyone who helped over the weekend in some way.

Road races will be getting a 'bit thin' on the ground shortly with the cross country season approaching (see fixture list). The popular **6 Moor Miles** race on **Sunday 18 September** gives some indication of 'off road' running and will encourage our athletes to give cross country a try

TUESDAY TRAINING RUNS

SEPTEMBER

Tuesday 13 Ivybridge – Cornwood – Harford – Ivybridge

Tuesday 20 **'SPIRIT OF THE MOOR'** run or Ivybridge – Rugby Club –
Ugborough – Dunwell – Penquit – Ivybridge

Tuesday 27 **Speed Session** – venue to be arranged

OCTOBER

Tuesday 4 **Summer Handicap Race**

Tuesday 11 **'SPIRIT OF THE MOOR'** (a week earlier) or route as shown – various
distances to suit everyone. If it is a really bad night due to
light or poor conditions we will run a route around the Town.

Tuesday 18 Part country run to Dinnaton and back into Town.

Tuesday 25 **Speed Session** – venue to be arranged

WESTWARD LEAGUE CROSS COUNTRY FIXTURES

Sunday 9 October	Redruth
Sunday 6 November	Newquay
Sunday 4 December	Exeter (also County Champs.)
Sunday 15 January	Bideford
Sunday 12 February	Bovey Tracey
Sunday 18 March	Plymouth

SPORTSHALL FIXTURES

(all at Dawlish)

Sunday 23 October
Sunday 20 November
Sunday 29 January
Sunday 26 February
Sunday 25 March

TRAINING RUN - TUESDAY 11 OCTOBER

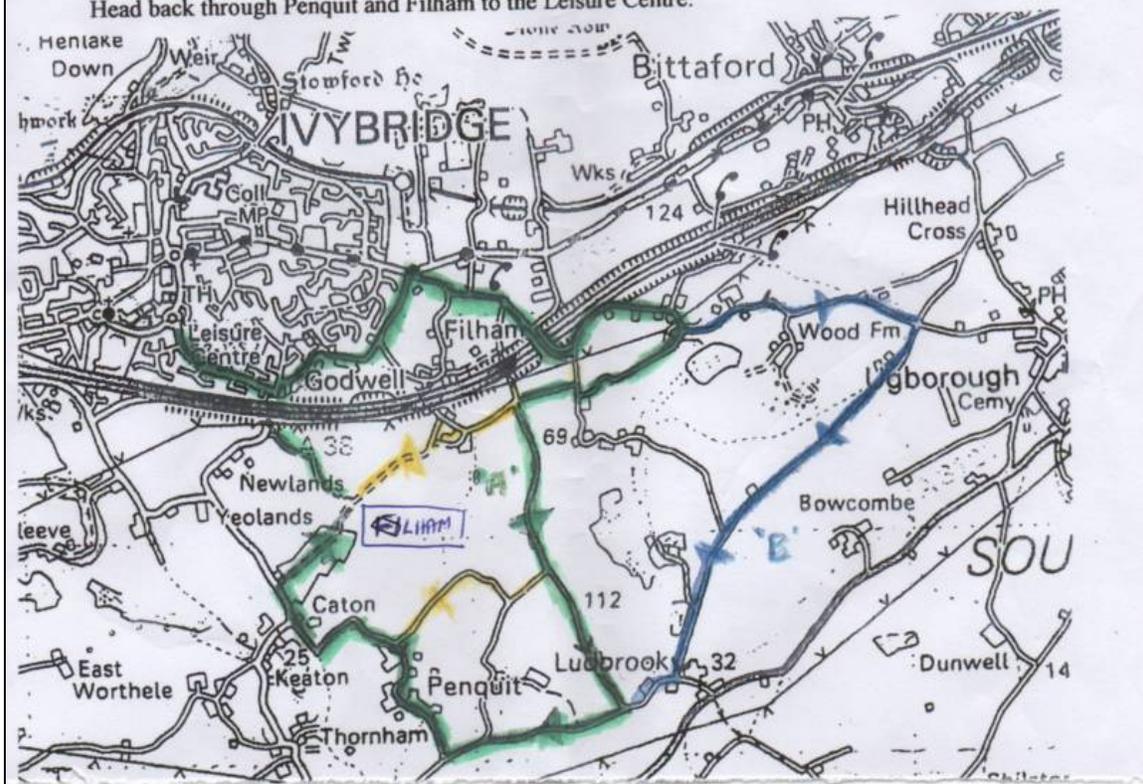
This new route is designed to provide a few options. The green route 'A' is about 6 miles, the blue route 'B' about 7 miles and the short yellow courses less than 4 miles.

The first part of the course is the same for everyone. Start at the Leisure Centre and proceed along Woolcombe Lane and left up Godwell Lane to the RUGBY CLUB. You will now run part of the relay course in reverse.

Follow the route over the A38 and down to the bridge where those taking route 'A' will turn right (as on the reverse of the relay route), whilst those taking route 'B' will go up the hill. For those athletes who want a shorter run at this point take the first turning on the right after the A38.

Route 'A' heads towards Filham. Take the first turning left before Filham and proceed towards Ludbrook where the road bears to the right at the bottom of the hill. Anyone who has taken route 'B' will pick up the course at this point (route 'B' runners will go up the hill after the bridge, turn right at the top and right at the bottom of the hill). There is also a short cut on this route (see map).

Head back through Penquit and Filham to the Leisure Centre.



ANNUAL GENERAL MEETING

This will be held on Tuesday 1 November – venue to be announced later

FROM THE CHAIR

Annual General Meeting

A date has been set for the clubs AGM. It will be held on Tuesday 1st November after the November Handicap. The venue is still to be confirmed but please put the date in your diaries. As a lot of you will be aware Dave Fox is standing down from the Committee after numerous years of very good service. He feels it is time to stand aside and hopefully allow some new blood to become involved on the committee. What you may not be aware of is the roles that Dave has been fulfilling other than as editor of "The Harrier". We are looking at recruiting to fill the roles of Press Officer, Training Routes planner and an IT expert who could assist with the web site and "The Harrier". If anyone is interested and requires further information please talk to Dave or any other Committee Member.

Run England

Part of our funding as an Athletics Network for the forthcoming year is dependant on recruiting members to Run England. Part of Run England's funding comes from Sport England who have been given a target by the government to establish how many people take regular exercise to keep themselves healthy. Membership is free

and by logging on to their website www.runengland.org and joining you have access to training information, discount offers and regular news updates. As a Network we will be working with Run England local Group Leaders to recruit developing athletes into local clubs and to set up more 3,2,1 training courses in the area. We will also continue to provide the "first taste of competition" for members via our 3K and 5K Time Trial events. Please also recruit family and friends to sign up to RunEngland.

New Forest Marathon and Half Marathon.

Good luck to all who are running in either of these events. It is good to see the revival of these weekends away as it provides the opportunity for the club to be represented in numbers at an event outside our region. At the time of writing there are still 3 empty seats on the bus so if you want to go along and support contact John Lee.

Paul Ross 01752 207375

SECRETARY'S NOTES

End of the summer ?

The summer seemed to come to an end as soon as the schools returned. It is amazing how winter can arrive so quickly. For athletic clubs, September is always the transition between track and cross country with a number of longer road races appearing in the calendar.

It seems that road races are struggling to fill up in the way they were, everyone is reporting a reduction in numbers. The races that will do well will be the ones that offer value for money. This weekend is our own Beacon Challenge which does offer good value for money but may be a bit too hard for a lot of runners.

Cross country events are brilliant for improving your strength and speed but the numbers taking part are reducing. We would really like to see more of you at the Westward League races. These races are for both juniors and seniors and cost nothing to enter. We offer transport to all the races and it is usually a good day out. Why not give it a try.

Track and Field update

The final SW League match was held at Yeovil on Sunday September 4th. Unfortunately the turnout was again poor particularly from the U13's and we have been relegated to Division 2. We need to encourage our athletes to compete because that is why we train. Let's hope we can get a better turnout at Sportshall this winter.

Junior Training

Next Thursday is the beginning of indoor training at the college. We are now collecting junior training fees for the next term. The cost is £25 per child with a 50% concession for the second child. We had our first parents evening last Thursday and it seemed to begin well. We would like to see everyone there over the next few weeks. Please contact Jayne or Sharon.

Armada 3K Winter series

The Winter 3K races will take place in Central park on the second Wednesday of each month. Again the cost will be £2 and start at 7pm. It is also included in the Grand Prix so why not come along.

Forthcoming events

September 14th – Devon 10K
Track Champs, Exeter

October 9th – Westward League –
Redruth

October 23rd – Sportshall League
- Dawlish

Finally.....

Good luck to all those competing in races over the next few weeks. Don't forget to check the website for all the fixtures and travel details.

**Keith (01752 893573
kreed@cleve41.**

THE FUTURE OF 'THE HARRIER'

Following my article last month members have indicated that they would like the '**The Harrier**' to continue. Members particularly like to receive '**The Harrier**' by e-mail.

I have decided to continue producing '**The Harrier**' as a non-committee member but there are some provisos:

Firstly if someone else wishes to take over '**The Harrier**' and try something new then I am happy to stand down but if no one comes forward then future Harriers will be produced with no hard copies (unless you don't have a computer or access to one).

Also the numerous other tasks I have dealt with on the committee need to be shared around. Volunteers should come forward. Surely it shouldn't be too difficult for these tasks to be taken over as I have dealt with most of them on my own for some 20 years!

Results/Fixtures: **Andy Trigg** has already agreed to update these on our website. Fixtures are also displayed on the notice board at the Leisure Centre.

Training Runs: I have regularly provided the routes on Tuesdays and printed maps, which are displayed on the notice board at the Leisure Centre prior to the runs. The runs are also advertised in '**The Harrier**'. I also arrange for someone to take the '**speed sessions**'.

The job will involve all of the above tasks. The routes can be altered as members may like some new routes!

Press/Publicity This task mainly involved writing an articles with photos each month for the '**Ivybridge Magazine**' and occasional other publicity for our races. Most '**Race Directors**' generally promote there own races and the publicity involved.

If you would like further information as to what is involved then have a chat with me or any member of the committee.

Dave Fox (EDITOR)
(e-mail: runwiththefox@tiscali.co.uk).

AWAY DAYS

Many thanks to those who turned up for the August Away Day run at Down Thomas. It was a very wet evening but at least the Mussel Inn provided great hospitality and food. There won't be any further Away Days now until next year.

Beacon Challenge

Many thanks to all that contributed, helped and marshaled at this year's event. It enabled us to lay on a good race and demonstrate our professionalism as a club.

The weather was miraculously kind again or was it my prayers to a variety of religions over the last week that helped. The day ran mostly like clockwork apart from one runner going the wrong way-amusingly it was our sweep runner-no names mentioned Mike and poor Monica and her Bongo(it's a car thingy) getting locked in Victoria Park by another club member being super efficient or was it the rush to get to the pub, and no it wasn't me this time.

Disappointingly entry numbers were low but this seems to be a trend in a lot of races at the moment. On the plus side we now have some black embroidered towels left over which we will be selling off at a very reasonable price!

John Lee
Beacon challenge
Race Director

New Forest Half and full Marathon 24th-25th September

The Erme Valley away weekend express still has 3 social spaces left. The closing date has passed for the race-unless you can creep to the race organizers but if you fancy a couple of days away please contact me. We will be leaving late morning on the Saturday and returning Sunday after the race, well after a short spell in the pub of course- the cost is a very reasonable £32, staying at the Ringwood Ritz (aka Ringwood Travelodge)

John Lee
Social Sec
07500565851 or e mail jandl.lee@tesco.net

CRICKET

Although limited in numbers those who attended the cricket match at Harewood House, Plympton on 17th August saw an entertaining affair between our own athletes.

There were useful innings of 24 by Andrew Reed, whilst his father Keith got 20. Neil Holmes hit a brisk 24 and John Lee also getting a quick 20.

Keith and John both took two wickets each.

Many thanks to Mike Lee for all the arrangements.



The photographs show Paul Ross making a forward defensive stroke and Steve Watson an attacking drive.

Christmas Festivities

Well as xmas stuff seems to be making its way into the shops already our thoughts are turning to where/what to do. The Lyneham night continues to offer value for money however I am looking for any other ideas/suggestions/helpers to get something organized

Answers on a postcard

John Lee

Social Sec

