

THE HARRIER (APRIL 2011 NEWSLETTER)



Nick Duncan, William Bedford, Robert Stockdale and Joe Perry (U10 boys) display their medals from the Sportshall Indoor season.

I hope you are all enjoying this 'mini' heatwave! The weather no doubt won't last and it's bound to be miserable in August!

Our athletes have also been 'running hot' with **Neil Holmes** again excelling at '**The Grizzly**' by finishing 4th and **Andy Trigg** a superb 17th place. This race is particularly grueling and anyone who finishes deserves a medal!

Andy Trigg continued his fine form into the **Taunton Marathon** with a great 5th place finish in a time of 2.54.13.

At the **Taunton Half Marathon** good runs by **Kevin Paull** and **Mike Woodland** puts them in fine shape for the **LONDON MARATHON**. We wish all our athletes well in the race – see if you can spot them on the TV!

Some useful dates to note:

April 15	AWAY DAY RUN
April 19	start of the new 'SPIRIT OF THE MOOR SERIES'
May 14	IVYBRIDGE 10K
May 20	AWAY DAY RUN
May 22	St Austell Half Marathon (new race)
May 29	PLYMOUTH HALF MARATHON
June 25	St Dominick's Dash (return of the scenic evening race previously known as the Hope 5)
July 1	EVH RELAYS – start thinking about whether you want to run in this popular event – free to EVH athletes if representing the club
July 2	Down Thomas Challenge Run (return of this coastal race)

The first **Summer Handicap Race** was well attended. We will now be giving vouchers of £50, £30 and £20 for the first three athletes at the end of the series.

"AWAY DAYS"

Hi Everyone

The first **"Away Day"** is on **Friday 15th April**. Meet at the **B & Q** car park near **Marsh Mills** at **6 pm** with a view to being out for 50 – 60 minutes.

For those who would like refreshments afterwards, please head to **'The Harvester'** pub down the road.

The second **"Away Day"** is on **Friday 20th May**. Many thanks to **Dave York** for kindly allowing us to run from his bungalow at Wembury. We will meet as usual at **6 pm**. **Dave's** address is 24 Hawthorne Drive, Wembury, PL9 0BE.

We can look forward to some coastal running and good views, with maybe the odd gentle incline!

There is a pub in the village where we can refresh ourselves after the run. Hopefully the weather will treat us kindly.

Linda Steele

CROSS COUNTRY

The season has now finished with little success for the club.

Team Manager, Mike Lee is disappointed with our athletes commitment to Cross Country particularly as it is free to run and we provide a free mini bus service to the different venues.

Particularly disappointing was the fact that we failed to win a single medal!

Super Alli records new personal best and a club record

LAST weekend saw Erme Valley athletes competing at various venues around the UK. At the Cardiff National Athletics Arena, Miranda Hardacre made her indoor debut, taking part in the 60m and the 200m. Miranda did well in the 60m with a solid performance of 8.53s in the 60m, but then had a superb run in 200m, setting a club record of 28.01 to break a mark which had stood for 10 years.

On the same day at Birmingham, the club had several athletes taking part in the Inter Counties Cross Country representing Devon.

This was televised on Sky Sports and attracts most of the top endurance runners in the UK.

Best of the performances was Jess Harvey in the U17 women's race, finishing 32nd from a field of 260.

The club also had Elliot Buckner involved and he ran in the senior men's race, while William Battershill and Travis Bramley both took part in the U13 boys' race.

On Sunday, Alison McEwing set a new pb and club record in the Bath half-marathon. Alison's time was 85.04, which was a three-minute improvement on her pb.



Alison McEwing set a new personal best in the Bath half-marathon last weekend

Please note that there will be no further Friday runs from the Leisure Centre until 6th May as we have an away day run and two bank holidays over the next three Fridays.

Our own **IVYBRIDGE 10K** is rapidly approaching. **WE NEED YOUR HELP** on the day – please refer to **Ian Crossleys** article.

Finally enjoy the weather and have a great Easter.

Dave Fox
(EDITOR)

FROM THE CHAIR

Keith Reed

You will all be aware that Keith has undergone major surgery. The good news is that the operation was a success and Keith is now at home recovering. It is a lengthy rehabilitation process for Keith and I am sure you join me in wishing him well.

Sainsbury's Active Kids Vouchers

Thanks to all who have collected vouchers on behalf of the club the number is now mounting up so please keep up the good work. Ivybridge and district residents who shop at the local Tesco's can also now support the club as following the suggestion from some of them we are now collecting Tesco's vouchers in the hope that we can obtain a new printer. Collected vouchers from either store can be passed to any committee member.

Monthly Handicap

Following a proposal at the latest committee meeting it was agreed that sports voucher prizes will be awarded to the first three athletes at the end of the series. If it was needed this is a further incentive to athletes to improve. Whilst trying to improve why not target the Armada Network 5K Time Trial

series to be held in Saltram Park on the 2nd Wednesday of each month April – August. Any athlete over 11 years old on the day can enter the event.

New Forest Marathon/Half Marathon.

There has been some interest shown in having a weekend away as a club and target the above event due to be held on 25th September. If anyone is interested please contact Andy Trigg or John Lee.

Away Days 2011

These popular social runs held over the summer months kick off on 15th April with a meet at B&Q at 6pm for a run over a new course around Plymbridge Woods. This will be followed with a visit to a local hostelry.

Plymouth Half Marathon

As always I am trying to recruit a team of marshals to support the event. If you are not running and want to be a part of the day and are willing to help please let me know.

Easter Holidays

Easter falls later this year so maybe we will have some good weather over what is a lengthy period of bank holidays – here's hoping you all enjoy the break(s)

Paul Ross (01752 207375)

SECRETARY'S NOTES

A funny old couple of weeks !!

For me it has been a strange couple of weeks as I sure you can imagine. Many thanks to everyone who has offered me good wishes for a speedy recovery. I am now well on the mend and hope to catch up with everyone very soon.

Cross Country

The final cross country fixture took place at Redruth and for the first time in many a year we did not win one trophy. I know Mike Lee was very disappointed. We hope that next season will be better. Well done to those who took part and to our dedicated team of Jayne and Monica who organised the league so well.

Sportshall League

The final fixture took place on March 27th and as predicted we finished once again as runners up to Plymstock. We did win 36 individual trophies and a couple of age group awards. Well done to all our athletes who gave everything for the team and to Sharon for her excellent team management. Perhaps next year!

Armada 5K Summer series

We are now changing to the 5k distance on the second Wednesday of each month at Saltram. The first one will be next Wednesday 13th April with a 7pm start time with a entry fee of £2. Remember Grand Prix points are also up for grabs.

Membership update

Most of you have now paid and we now have to register you with England Athletics for another year. You will hopefully get a new card sometime in the next few weeks.

Track and Field.

The track and field season began last weekend at Par (due to the Plymouth track being closed for maintenance). We had some good early season performances which hopefully can be maintained. Next weekend is the first SW League at Exeter when our athletes compete for the Armada team. We need as many juniors and seniors to take part. See the website for details.

10K Update

Entries are coming in steadily but please continue to distribute forms wherever you go. Please see Ian for forms.

Forthcoming events

April 13th – Armada 5K – Saltram
April 17th – SW league at Exeter.
April 23rd – Open meeting at Par
April 26th – Exeter evening meeting (including BMC races)
May 8th – Devon Open at Braunton

Website updates

Don't forget to check the website regularly as there are all the recent results there from Sportshall, Par open, Handicap and the other races held in April and March.

Finally.....

Andy Trigg started the marathon season off well with a 5th place at Taunton. Good luck to all our other runners who will be tackling Spring marathons. Alan Ryder also had a brilliant start to the ultra season finishing 2nd in the Crawley 6 hour track race. Alan covered a superb 65.541km in the time.

Keith (01752 893573)

Ivybridge 10K

Saturday 14th May 2010 - 6:30 pm

Since the last Harrier and the email I sent out to club members recently, the volunteer list has grown substantially – Many thanks to those of you who have contacted me.

Interestingly out of 114 senior club members, just over half have contacted me. So there must be more of you out there who I'm sure want to be involved.

Position and responsibilities will be sorted out in the next couple of weeks, so please contact me as soon as possible if you are available.

Below is a list of those who have so far signed up. If you are not on the list, then as far as I am aware you are not available to help on the day.

Confirmed					
Anderson	Jo	Jones	Claire		
Ayson	Alison	Lee	John		
Badock	Lesley	Lee	Mike		
Batten	Paul	Marks	Dan	Not available or running	
Bracher	Linda	Mckay	Myra	Dixon	John
Bracher	Taylor	McMahon	Nick	Mogridge	Katty
Bracher	Rebeca	Pascoe	Sue	Mogridge	Russ
Bristow	Allister	Paull	Kevin	Ross	Paul
Bristow	Monica	Perks	Ed	Ayson	Richard
Cheverton	Dinha	Perry	Andy	Woodland	Mike
Crossley	Ian	Reed	Jayne	Steel	Linda
Duncan	Pam	Reed	Keith	Ridge	Jane
Duncan	Tash	Saxby	Paul	Hardacre	Paul
Fox	Dave	Stoppard	Nigel	Short	Nicola
Hansen	Carol	Summers	Ken	Short	Rod
Hansen	Mike	Tebbenham	Garry	Hoskins	Al
Hansen	Megan	Terry	Ruth		
Hansen	Tom	Terry	Sharon		
Hardcastle	Jane	Terry	Mike		
Hawkes	Fred	Trigg	Andy		
Hawkes	Lorraine	Watson	Steve		
Holmes	Neil	Warren	Phil		
Holmes	Katty	Watson	Shirley		
Holmes	Lucy	Watson	Kent		
Holmes	Carol				

We are reviewing an alternative crossing point at Wrangaton to improve safety, and protect marshals/Police, but this will require more Marshals. The team at and around the Bittaford junction, who do a magnificent job at a busy intersection, also require extra assistance.

So please, if you can spare just 2 to 3 hours contact me.
Visit the 10K page on the website (www.ernevalleyharriers.co.uk) for latest race information.

Ian Crossley (01752 401170 or 07932 327160) or ian.crossley@blueyonder.co.uk

'THE GRAND NATIONAL' (ERME VALLEY HARRIERS STYLE)

On 18th April 1993 fourteen Erme Valley athletes ran a marathon on the same day (a record which still stands today). Seven of those fourteen are still members of the club but at the present time none are running marathons!

To celebrate the occasion a 'Grand National' style sweepstake was organised with athletes giving their age, weight, chosen running name, form guide and post mortem report. The marathons were at London and Rotterdam. Here are a few comments of those who ran on that day:

NAME: Paul Ross **Age:** 43 **Weight:** 11 stone 12 lbs.
BEST MARATHON TIME: 3.14.28 – London – 1989
PREDICTED MARATHON TIME: 3 hours 30 minutes
CHOSEN RUNNING NAME: Bald Eagle
TRAINING REPORT: Training over short courses going well. Last two races close to p.b.'s. Doubts over ability to last the distance. Have I done enough long distance training?
FORM GUIDE: Good solid performance on the Plymouth and Bath circuits. Ran very well on the recent Nos Mayo training run. Could run well on the day providing stamina holds up
POST MORTEM: Time 3.26.38 (London) – Poor start – settled into steady pace and went through half way in about 1.37. Felt warm so discarded t-shirt, then had a toilet stop at 14 miles. Continued at a steady pace but run had become a shuffle by the Mall. Summoned up enough energy for the finish.

NAME: Keith Reed **Age:** 36 **Weight:** 11 stone 2 lbs.
BEST MARATHON TIME: 2.59.49 – Torbay – 1983
PREDICTED MARATHON TIME: 3 hours 10 minutes
CHOSEN RUNNING NAME: Reed Rum
TRAINING REPORT: Generally I have felt fitter since mid January and with good runs in the 'National' and Hoe 10, confidence was high. Long runs have not been so good; struggled on 20 miler around Yealmpton – Mount Pleasant and had to abort 18 mile run recently. Hopefully it will be OK on the day.
FORM GUIDE: Able to perform well at top class events and usually gets it right on the day. Tends to be a bit quick of the mark and ends up struggling in the later stages. Likely to run well.
POST MORTEM: Time 3.09.09 (London) – my best time for several years. The race went to plan and a good steady pace was maintained to 20 miles (2.19). Thoughts were then of perhaps sub 3.05, but the wind over the last 10k was strong into our faces and made it hard going. In the end I was relieved to get under 3.10. London was its usual self, but the race still has a special buzz about it and will always be the one to do

NAME: Dave Fox **AGE:** 42 **WEIGHT:** 10 stones 7 lbs
BEST MARATHON TIME: 3.12.28 – Benidorm – 27.11.88
PREDICTED MARATHON TIME: 3 hours 17 minutes
CHOSEN RUNNING NAME: The Flying Fox
TRAINING REPORT: Was going very well until a severe cold took a hold and resulted in a loss of fitness and form. Gradually getting back into shape and should be alright on the day.
FORM GUIDE: A known faller on the cross country circuit but as this race is on the flat should get around OK. Has raced abroad regularly and previous knowledge of the course should assist. Sometimes lacks stamina but hopes to get it right this time. Unless conditions are unfavorable should have a reasonable run.
POST MORTEM: Time 3.15.45 (Rotterdam) – my best marathon run for 4 years suggest I got it right on the day. Went through half way at 1.35.15. Gradually started to slow down but hit a ‘golden patch’ between 30 and 40k which saw me pass John James. Sub 3.15 was on the cards but the very strong wind over the last two bridges put an end to that.

NAME: Steve Watson **AGE:** 41 **WEIGHT:** 10 stones 7 lbs
BEST MARATHON TIME: 2 hours 55 minutes – London 1987
PREDICTED MARATHON TIME: 2 hours 54 minutes
CHOSEN RUNNING NAME: Whatso
TRAINING REPORT: Training is going well. Had a problem with right knee, but this has cleared up. Have just achieved fastest half marathon time for several years. Expect to do quite well on my return to the marathon scene.
FORM GUIDE: The quality runner in the field. Ran very well at Bath and has looked good in training. Hasn’t run the distance for sometime but nevertheless still go well.
POST MORTEM: Time 2.59.36 (Rotterdam) – really enjoyed the race despite the slow start, which was down to my own complacency. Hope to go back next year and get it right.

NAME: Ken Summers **AGE:** 42 **WEIGHT:** 10 stone 13 lbs
BEST MARATHON TIME: 2 hours 10 minutes – a dream!!!
(making marathon debut)
PREDICTED MARATHON TIME: 3 hours 15 minutes
CHOSEN RUNNING NAME: Pasty Man
TRAINING REPORT: Training has gone well – problem with new shoes which you will all have heard about. P.B. at Bath – all systems go! Will finish with Rob De Castella so I will be seen on t.v. A large pasty on return to Plymouth!
FORM GUIDE: In peak form. In absolutely brilliant form at Bath and looking good in training. Possibility of breaking 3 hours but it may pay to be somewhat cautious as making debut over the distance. Could well keep the crowd entertained.
POST MORTEM: Time 3.18.49 (London) - found the course very congested – even past Tower Bridge. The only clear running part of the race was the Isle of Dogs. Great crowd support. Hurt my shoulder playing ‘give me five’ with on boy. Will definitely be entering next year.

TUESDAY TRAINING RUNS

APRIL

- Tuesday 12 Ivybridge – Cornwood – Harford – Ivybridge
- Tuesday 19 Ivybridge – Penquit – Ludbrook – Ugborough – Ivybridge or
‘SPIRIT OF THE MOOR’ run
- Tuesday 26 Speed Session – venue to be arranged

MAY

- Tuesday 3 **Summer Handicap Race**
- Tuesday 10 Ivybridge – Lee Mill – Smithaleigh – The Quarry – Westlake –
Ivybridge
- Tuesday 17 Ivybridge – selection of routes in the Ugborough/Ludbrook/Penquit area
or **‘SPIRIT OF THE MOOR’** run
- Tuesday 24 Ivybridge – Penquit – Ermington – Westlake – Ivybridge
- Tuesday 31 **OUT AND BACK RUN** (30 minutes each way) – can be used as a speed
Session

JUNE

- Tuesday 7 **Summer Handicap Race**
- Tuesday 14 Ivybridge – Penquit – Dunwell – Ugborough – Rugby Club –
Ivybridge
- Tuesday 21 **‘SPIRIT OF THE MOOR’** run or Ivybridge – follow the reverse of
the handicap route and go left down the hill towards Bittaford or
continue to Wrangaton and then turn left back to Ivybridge
- Tuesday 28 **Speed Session** – likely venue the Rugby Club to get in some
practice for our relay race