

THE HARRIER (MAY 2011 NEWSLETTER)



Neil Holmes and Andy Trigg have both been in fine form recently. **Neil** did well at the **Grizzly** whilst **Andy** excelled at the **Taunton Marathon**

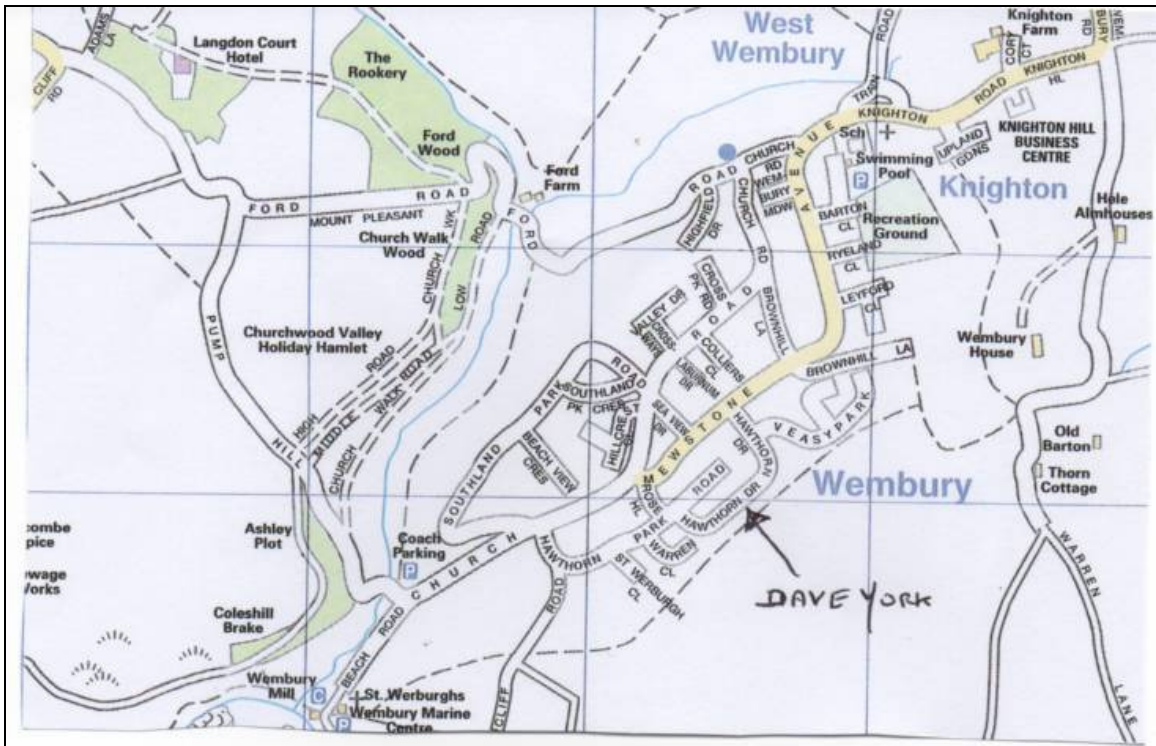
The marathon season continues with four of our athletes making the trip to the **London Marathon**. Unfortunately it was a hot day and everyone found it hard going. Despite this **Alison McEwing** was still able to achieve yet another club record.

John Pace made the trip to the **Paris Marathon** on a well organised trip by Newquay Road Runners.

The new **'Spirit of the Moor'** and **Armada 5k** series have both started well.

Coming up is our own **Ivybridge 10k** race. Much has been written and said. Enjoy the event whether helping or running.

Also this month is the next “**Away Day**” 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. There is some good coastal running and ideal preparation for the **Down Thomas Challenge Run**. See map below of **Dave’s** address:



LADIES ROAD RECORDS

10k	Alison McEwing	38.43	Exeter 11
10 miles	Alison McEwing	65.41	Plymouth 11
Half			
Marathon	Alison McEwing	1.25.01	Bath 11
Marathon	Alison McEwing	3.07.38	London 11

Finally enjoy the **Plymouth Half Marathon** and have a great run. Please forward any photos to me so they can be put on our website - **Dave Fox (EDITOR)**

FROM THE CHAIR

Keith Reed

It is good that Keith is back amongst us and has now returned to work, albeit on a phased return basis. A rapid recovery from what was a major operation. Hopefully he will not try to go too quick too soon.

Sainsbury's/Tesco Vouchers

I am delighted with the response received to the clubs effort to collect these store vouchers and to obtain equipment to support the club and our athletes/events. We are in the final month of issue of these vouchers so please let's have a final push. Many thanks for your support to date.

Ivybridge 10K

The clubs flagship event. Ian Crossley, the event Race Director has once again this year put in a mammoth amount of work to ensure the event is a success. Organising events to be held on the highway is becoming increasingly difficult. He would be the first to thank all who are giving him their support on Race Day. On behalf of the club I also thank you all for your support. Here's hoping it is a good night on 14th May and all who take part enjoy the race and the atmosphere it generates.

Plymouth Half Marathon

On 29th May the Half Marathon sets off from its new start in Royal Parade at an early start time of 0830(is this the way Road Races will go in the future?). I wish all our club runners the best of luck in the event and will be looking out for you to give you support at the start and as you approach the finish on the Hoe Promenade – please wear your club vest (it makes you easier to identify) and give me a wave! You will hear me before you see me. Many thanks also to all who have offered to marshal and help on the day and/or over the weekend.

Armada Athletics Network

We have recently learnt that we have secured our third year of funding from England Athletics/McCain. We have some new initiatives that we will be rolling out across the area in the coming months, some of which will involve the club.

County Track and Field Champs

To all taking part and representing the club we wish you the best of luck!

Paul Ross 01752 207375

SECRETARY'S NOTES

Nearly back to normal !!

Hopefully I am getting back to normal after my operation and have managed to see you all. I have gone back to work but on a 'phased return' basis. I have been doing lots of walking and maybe I can start jogging again later this year. As Paul said Armada have gained the year 3 funding so that will keep me in a job for at least another year.

Track and Field begins

The season began with the Spring warm up at Par instead of Plymouth. This is due to the maintenance work at Brickfields. We had a reasonable turn out and it proved to be a good season opener. We also had the first SW league at Exeter for the Armada team. The weather was excellent and there were many good performances in a very high standard and enjoyable competition. The team finished 6th out of 7 teams so it is going to be a difficult season. Results are on the website from both meetings.

The Devon Championships are taking place on the weekend of the 14th/15th and we hope that we can get a good entry.

The next Armada SW league match is at Exeter on May 29th.

Armada 5K Summer series

The first one held on Wednesday 13th April had a superb entry of 124 despite damp weather. The second one will be held next Wednesday (11th) with a 7pm start time with an entry fee of £2. Remember Grand Prix points are up for grabs for EVH runners once again.

10K Update

I am sure we are all aware of the time and date. Entries are a bit down on previous years but there does seem to be a late rush.

Make sure you have replied to Ian about helping on the night.

Forthcoming events

May 11th - Armada 5K – Saltram.

May 14th/15th - Devon T&F Champs – Exeter

May 14th - Ivybridge 10K

May 21st/22nd – Devon Schools Combined Events – Exeter.

May 29th – SW league – Exeter

May 29th – Plymouth Half Marathon.

May 31st – Exeter evening meeting (including BMC races)

Website updates

I am still concerned that not everyone keeps up to date with news on the website. It contains details of fixtures/results/coaching and of course the Harrier itself.

Why not make it your home page.

Finally.....

Well done to all who took part in the London marathon and other races over the past few weeks.

Congratulations to Alison McEwing on her club record time in London.

Welcome to all our new members, everyone should receive their cards from England very soon as we have registered everyone who has paid up to the end of April. If you don't get a card let us know and make sure you check your details.

Keith (01752 893573)

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TUESDAY TRAINING RUNS

MAY

- 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

JULY

- Tuesday 5 **Summer Handicap Race**
- Tuesday 12 Ivybridge – Penquit – Ludbrook – Ugborough – Ivybridge
- Tuesday 19 **‘SPIRIT OF THE MOOR’** run or Ivybridge – Cornwood – Harford - Ivybridge
- Tuesday 26 **Speed Session** – venue to be arranged