

THE HARRIER (DECEMBER 2011 NEWSLETTER)



Joe Bracher just gets the better of Russ Mogridge at the Exeter Cross Country

We had as usual an excellent turnout at the **Drogo 10** with **Neil Holmes** finishing 3rd and **Andrew Perry** 11th.

Many of you will have heard that **Neil** was recently knocked off his cycle but thankfully escaped with minor injuries and is now back training.

Well done to **Kevin Paull** and **Mark Livermore** for getting in an early marathon. Both successfully completed the tough **Cornish Marathon**.

MEMBERSHIP RENEWAL

This is due from **1 January**.

The form can be found on our website or enclosed with the Harrier if you are taking a 'hard copy'.

CHRISTMAS TRAINING

The Leisure Centre will be closed at various times over the Christmas period.

Your last training session will be on **Tuesday 21 December** (apart from those who wish to join a training session on Friday 23 December).

Your next training session will on **Tuesday 3 January (HANDICAP)**.

CHRIS REASON TRIBUTE RUN

A beautiful 5 mile trail run / walk through the
Newnham Park Estate, Plympton, Plymouth.

Sunday 5th February 2012 at 11:00 a.m.

+ 1 mile fun run starting at 10:15 a.m.

Organised by Frank Elford Sports

Under UK Athletics Rules. Licence Number 2012 103100

Please note that there will be no river crossings in this event

Course not suitable for wheelchairs, pushchairs or dogs.

Fancy dress is encouraged, in particular a Noddy and Big Ears theme

*Chris Reason was a loyal employee of Frank Elford Sports for 18 years who sadly lost a courageous battle against non-Hodgkinsons Lymphoma cancer on 2nd August 2011 aged 39 years.
He is survived by his wife Mandy and his children Max, aged 6, and Grace aged 3.
All proceeds from this 5 mile run / walk and fun run will go to Chris's family.*



Memento to all finishers.

No results will be produced. No individual, team or category prizes will be awarded

Pre-entry is preferred, however, entries will be accepted on the day

The Christmas festivities started well with our own function at the George Inn, Plympton. A good evening was had by all.

There's chance to 'run off' some of the Christmas Day excesses by turning up at the popular 'Burrator Run'.

May I take this opportunity of wishing you all a **Merry Christmas** and a **Happy New Year** - **Dave Fox (Editor)**

EXETER CROSS COUNTRY



The Jingle Bell Jog

26th December

The jog starts at 11:00 a.m.

THIS IS NOT A RACE

If you wish to join fellow runners for a fun post
Christmas
jog around 1 lap of Burrator reservoir (approx. 4 miles)
please assemble at Burrator Dam before 11:00 a.m.

Parking is limited so please arrive early and use
the small car park about ½ mile from the dam

Please bring a small, wrapped unwanted gift for
Santa's sack.

Place your gift in the sack before the jog and then
take a gift from the sack when you have finished.

**REMEMBER TO WEAR FANCY DRESS OR
SOMETHING WITH A CHRISTMAS THEME**

*Remember – this is not a race. There is no entry fee, no
medical cover or prizes.*

*This assembly of runners is just a traditional get
together that started
several years ago, no club or individual is responsible
for organising the jog.*

FROM THE CHAIR

EVH Christmas Bash

What a Christmas Cracker of a night and I am sure enjoyed by all who attended. Those that did come along have learnt for the future not to encourage Mike (Cliff Richards) Lee to perform his rendition of Living Doll!!!! Many thanks to John Lee for his efforts in organising the bash and encouraging you along. The support received was encouraging and he is already planning some future social gatherings.

The next social gathering is a Club tradition run held on the last Tuesday training before Christmas when running in something festive is encouraged. The garb can range from wearing a Rudolph outfit to a simple piece of tinsel or crimbo hat. This year's run is on Tuesday 20th December and will be followed by a visit to a local hostelry.

Burrator Run

The traditional Boxing Day run at Burrator starts at 1100 from the Dam. Again wearing Fancy Dress or Festive garb is encouraged for this one lap run of the Reservoir. If you are coming why not bring a low cost present and place it in Santa's Sack prior to the start and take a present out on completion of your run. Hopefully the weather will be kinder this year and there will be a few more attending other than the foolhardy who dug their way in and out through the snow last year.

Brooks Plymouth Hoe 10

Entries are being received daily for the event. If planning to run I would suggest getting your entry in early as the race is being promoted across a larger catchment area. Forms are available at all Senior Club Nights and can be downloaded from www.armadaathletics.com

Chris Reason Memorial Run

Many of you will remember Chris who was employed at Frank Elford Sports and was a Club runner with Tamar Trotters and Instinctive Sports during his running career. Chris tragically lost his life to cancer last year aged 39 and has left a wife and two young children. Frank Elford has arranged this Tribute Run on 05/02/12 as a one off event to support Chris's young family. The committee is proposing that we try to encourage members of the Club to support the cause. Entry Forms for the event are available at the club.

Finally I wish you all a Merry Christmas and a Happy New Year as we all look forward to a bumper year of sport in 2012.

Paul Ross 01752 207375

SECRETARY'S NOTES

Different from last year

The weather this year is a bit different from last year when we had real snow. It look like we will be OK this year but it has been a bit wet and windy. There does seem to be quite a lot of coughs & colds around, so let's hope we have some slightly colder weather to kill of the bugs before Christmas.

Cross Country goes on

The Westward league which incorporated the Devon AA Championships took place last weekend. We managed to win a few medals and some of our athletes will be selected to run for the county. The turnout of seniors was again a bit poor and we had a few drop outs as well. The next event is the SW Champs at Bicton on 8th Jan and then the new Westward league course at Westward Ho ! the following week. We will be putting a minibus on for that one so please support us. It promises to be a fun day out.

Junior Training

The last session before Christmas will be on Thursday 15th with a fun element. We resume back on January 5th just before the Bicton race. We do have some vacancies in the early session so if you know anyone who is interested please send them along. We do need to recruit some new under 11 girls in particular.

Sportshall Athletics

The second fixture which included the Devon County Championship took place on Nov 20th and overall we did very well. It is now really close between 4 clubs at the top including us. The next one is on Sunday 29th January which is the day after the U11 event at Torbay for some of our juniors.

Armada 3K Winter series

The next one is on Wednesday December 14th and there will be mince pies and mulled wine. Why not wear something festive as well.

UWIC Grand Prix - Cardiff.

We have the trip to Cardiff this weekend for Indoor Grand Prix at UWIC. Good luck to all those looking to set indoor personal bests.

Forthcoming events

December 11th – UWIC Grand Prix (Indoor Track and Field) at Cardiff

December 26th – Burrator Boxing Day run

January 8th – SWIC Cross county at Bicton and

UWIC GP2 - Cardiff

January 15th – Westward league at Westward Ho!

January 25th – Rules quiz at Plymouth AC clubhouse.

January 28th – U11 Sportshall Festival – Paignton

January 29th – Devon Sportshall league – Dawlish

Membership Renewal

Please note club membership is due from January 1st. We will be passing out hard copies of forms next week and we ask everyone to complete and return to us with the fees as soon as possible after Christmas. If you do not get one then they are available on our website. We had added a line on the senior form requesting details of your occupation or skill. This is being done to help with volunteer recruitment. We would also like to enrol all seniors into Run England. Watch out for an e-mail about it.

Finally.....

Don't forget to follow Erme Valley and Armada Athletics on Facebook and Twitter.

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