

THE HARRIER (APRIL 2012 NEWSLETTER)



Jaine and Simon Swift at the Liverpool Half Marathon and Alan Hoskin in action

Our ladies continued their record breaking form for the year as **Alison McEwing** set a new ladies half marathon record (1.24.38) with a great run at Taunton, whilst **Jaine Swift** had a superb run at the Liverpool Half Marathon (1.26.35). **Jaine** set a new ladies vet 40 record.

Alan Hosking ran a good paced race on his marathon debut at Taunton and did well with a time of 3.23.51. In the Half Marathon **Alan Ryder** was first Harrier home with a good time of 1.18.57.

DIARY DATES

Wednesday 25th April - EVH Presentation Evening – 7 p.m. – Ivybridge Rugby Club

Friday 27th April – ‘Away Day’ – meet between 6.15 p.m and 6.30 p.m.. at the Lyneham Inn, Plympton for a run and refreshments afterwards.

Unfortunately no reports have been forthcoming from 'THE GRIZZLY' but congratulations to all of our 14 athletes who completed the demanding course. **Neil Holmes** (17th) and **Andrew Perry** (21st) did exceptionally well.

PRESS AND PUBLICITY

Jane Hardacre has agreed to help out with 'Press and Publicity' and has taken over from me the writing of articles for 'The Ivybridge Magazine'. Anyone living in Ivybridge will be well aware that we regularly get articles and photographs printed about the club.

Any photographs taken of our athletes should still be sent to me (runwiththefox@tiscali.co.uk) and I will forward them on to **Jane**.

RESULTS

I have taken back from Andy Trigg the updating of results. If you therefore run a race outside the area can you let me know your time, position etc. A report sometimes would be appreciated!

All results are now up-to-date so please check them out on our website.

My details again: runwiththefox@tiscali.co.uk

ERME VALLEY HARRIERS SENIOR ROAD RECORDS

MENS

10k	Allister Bristow	31.17	Paignton 94
10 miles	Allister Bristow	50.53	Guy Fawkes 94
Half Marathon	Neil Holmes	1.08.44	Burnham 95
Marathon	Colin Campbell	2.29.08	Plymouth 87

LADIES

10k	Alison McEwing	38.43	Exeter 11
10 miles	Alison McEwing	64.30	Plymouth 12
Half Marathon	Alison McEwing	1.24.38	Taunton 12
Marathon	Alison McEwing	3.07.38	London 11

IVYBRIDGE 10K SATURDAY 12 MAY

This will be the last newsletter before the race.

Ian Crossley (Race Director) is still looking for helpers/marshals. Please give him your support to make the event a success.

We are still 20 people short.

We are quick to moan about poorly organised events, but events rely on volunteers. This is our opportunity to give something back.

Thanks to those who have already volunteered. Marshal/responsibility instructions will be emailed out in early May.

There will be two briefings as per last year – 4.30 p.m. (for those with early responsibilities) and repeated at 5.30 p.m.

Ian can be contacted on 01752 401170 or 07932 327160 or at iancrossley@bluevonder.co.uk

APRIL/MAY TRAINING

APRIL

Tuesday 17 Either ‘Spirit of the Moor’ or a 30 minute out and back towards Smithhaleigh

Tuesday 24 Cornwood – Harford

MAY

Tuesday 1 Summer Handicap

**Routes can be viewed and downloaded from our website
ermevalleyharriers.co.uk**

Finally on your behalf I would like to take this opportunity of wishing all our athletes well in next weekends **LONDON MARATHON. Hope we can spot them on the TV!**

Dave Fox - Editor

FROM THE CHAIR

Sport Relief – Ivy Mile

Many thanks to all who supported the Ivy Mile. The event was a success and that is down to Club Members going the extra mile to ensure it went well. Thanks also to Dame Hannah's for their support. In particular the Club owes John Lee a big thanks for all the work he put in to ensure the success of the inaugural Ivy Mile both prior to the day working with numerous other agencies and ensuring delivery on the day.

Ivybridge 10K

After the efforts at the Ivy Mile we cannot sit back and rest as your support is needed for the 10K on Saturday 12th May. This is the club's major event and fund raiser of the year. Ian Crossley (Race Director) puts in an enormous amount of work to ensure it's success but he needs your help to deliver it.

Run the Shops for St Lukes

The last chance to join in the Relay of 130 miles over 3 days 26, 27 & 28 April. The full itinerary for the three days covering the route and the estimated time at each point can be viewed on

the Tamar Trotters website or contact the organiser Barry Hopper 01752 252735 for further info.

Sainsbury's/Tescos Vouchers.

The issue of Sainsbury's "Active Kids" vouchers has now ceased. If you are holding any for the club please pass them on to a committee member as soon as possible to allow us to place our order. Tesco's vouchers are still being issued so please keep collecting and get your family and friends to also collect on behalf of the club.

EVH Presentation Evening

The presentation of awards for the Winter Season will take place at Ivybridge Rugby Club on Wednesday 25th April at 7pm. Please make every effort to attend for the presentation of awards to both Seniors and Juniors.

Computers!!!!!!

On your behalf I would like to thank Dave Fox (Harrier Editor) for the effort he put into ensuring we all got a March issue of the Harrier despite him having big problems with his PC.

**Paul Ross 01752 207375
paul.ross25@blueyonder.co.uk**

SECRETARY'S NOTES

100 days to go

On April 18th there will be exactly 100 days to go to the start of London Olympics games. As a club we have two events to celebrate this momentous milestone. We are hosting a come and try event for new beginner runners on Wednesday from 5.30pm at the Community college and then on the Thursday we have a juniors come and try session from 5.45pm – 7pm for the 8 to 11 year olds and from 7 – 8 for the older ones. Why now tell your friends and relatives about it and get them to come along. It is totally free to all. One week later on Wednesday 25th April we will be holding our presentation evening at the Rugby Club from 7 – 9pm. There will be awards for track and field, Sportshall, Cross Country and Road running. We are also putting on some light refreshments and of course the bar is open.

Cross Country

We held the final Westward league at Central Park, Plymouth on March 18th. which seemed to go relatively smoothly. Unfortunately there were no EVH medallists this year but well done to all who took part. Thanks to Mike Lee for his excellent job as team manager. At this moment it is undecided if we organise the league next season, It is a very time consuming job and if there is very little support shown by the members then is it good use of our time. I would welcome your thoughts.

Sportshall Athletics

Not our best year for Sportshall and the poor turnout at the last fixture meant we could only finish in 4th place. There were some outstanding performances from our athletes and we should be proud of them. Particular thanks to Sharon for all her efforts in team managing. We hope for better

luck next year. We do still have one Sportshall event in the new Plymouth Life centre on Saturday 28th April which is an open event for U11's to U15's. In addition two of our athletes will be part of the Devon U13 boy's team who have won through to the national final in Birmingham. Good luck to Nathan and Luke at the NEC.

Armada 5K Summer series

The new series began last week with the 5k runs in Saltram starting in April. Register near the house from 6.15pm with the race starting at 7pm. Tell your friends and spread the word. Entry fee only £2.

Track and Field

The first outdoor track event of the season took place in pleasant conditions at Plymouth for once. We had 15 there and some good times were set. There are a few entered this weekend at Exeter and the league programmes begin on April 21st with the Southern Athletics league match at Swindon

Forthcoming events

List of events

April 18th – Come and Try running evening at ICC
April 19th – Junior Come and try evening again at ICC.
April 21st – SAL match Swindon
April 24th – Exeter Open and BMC
April 28th – Sportshall event at the Life Centre, Plymouth
April 29th – Devon Open – Braunton and NJL Match at Yate
May 1st – Handicap run
May 12th – Ivybridge 10K
May 12th/13th – Devon County T&F Champs – Exeter
May 19th – Olympic Torch comes to Plymouth
May 27th – SW league - Millfield

Website address is
www.ernevalleyharriers.co.uk

Keith (01752 893573)
kreed@cleeve41.freerve.co.uk

Hundreds turn out for charity run

OVER 200 people popped on their running shoes to raise money for Sport Relief in Ivybridge on Sunday.

The Sainsbury's Sport Relief Mile began at Woodlands Park/The Spinney, and passed through the park and along Cornwood Road before returning to the park.

There was also a three-mile and six-mile course for the more adventurous runners out there.

Some fantastic fancy dress was on display, with animal costumes and brightly coloured wigs, and some people even ran with their pets.

John Lee, event coordinator from Erme Valley Harriers, said: 'It was a great day, and it was a real community day.'

There were probably around 230 people who ran with 14 taking on the six-mile route and the rest split between the one and three-mile courses.

'We are still counting the money raised on the day, but we believe it is in the region of £1,500.'

'All the money raised by the public will help people living unimaginably tough lives right here on our doorstep, across the rest of the UK and in some of the world's poorest countries.'

Race headquarters was at the Dame Hannah Rogers Trust's new Hannah's Hub facility and several of the students took part.

A gentle aerobic warm-up was arranged before the run with Rob from McCauley's Gym at Dinnaton.



Runners take on the Ivy mile



ERME VALLEY HARRIERS

Present



UKA UNITED KINGDOM ATHLETICS
Licence number: 2012-103393

The Ivybridge 10K



Course Accuracy Certificate:
07/052r

Race Limit: 775

Saturday 12th May 2012 – 6:30 pm

Minimum Age: 15

Starting at: Ivybridge Station Car Park

Finishing at: Ivybridge Rugby Club

For more details or to enter online see www.ermevalleyharriers.co.uk



£12 Entry fee

£10 England Athletic Competition Licence Holders

(All cheques payable to Erme Valley Harriers)

NO ENTRIES ON THE DAY!

Unfortunately this course is not suitable for wheelchair competitors

Closing date for entries: 09th May 2012

Quality Memento to all finishers

Prizes categories as follows:

(One prize per runner – With exception of team prizes)

Men: 1st, 2nd, 3rd, 1st V40, 2nd V40, 1st V45, 2nd V45, 1st V50, 2nd V50, 1st V55, 1st V60, 1st V65, 1st, 2nd Local, 1st Local Vet, 1st, 2nd Team

Women: 1st, 2nd, 3rd, 1st V35, 2nd V35, 1st V40, 2nd V40, 1st V45, 2nd V45, 1st V50, 2nd V50, 1st V55, 1st V60, 1st, 2nd Local, 1st, 2nd Team

Changing, Showers, Sports massage, parking (limited parking so please car share and arrive early)

The Ivy Mile photograph features club athlete John Hladkij

VET MENS ROAD RECORDS (with effect from 1.1.94)

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
40 – 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	A Ryder 2.48.39 New Abbot 08
45 – 49	N Holmes 35.23 Plymouth 11	A Ryder 57.00 Teignbridge 09	N Holmes 1.16.24 Taunton 10	A Ryder 2.39.58 Taunton 09
50 – 54	M Hansen 36.22 Bideford 09	M Hansen 58.49 Plymouth 09	M Hansen 1.19.14 Taunton 09	K Summers 3.15.05 Boston 01
55 – 59	A Fowdon 40.12 Ugborough 96	A Fowdon 69.04 Culm Valley 96	A Fowdon 1.27.12 Taunton 96	B Symonds 3.30.41 Edinburgh 09
60 – 64	S Watson 43.11 Plymouth 11	K Summers 73.05 Plymouth 12	K Summers 1.37.09 Birmingham 10	D Simpson 3.42.49 London 06
65 – 69	D Hawke 53.04 Plympton 10	D York 84.05 Plymouth 05	D Hawke 1.50.18 Bideford 10	
70 – 74	D York 61.50 Newton Abbot 11			
75 – 79	E Perks 66.15 Plympton 99	E Perks 103.51 Guy Fawkes 98	E Perks 2.27.15 Plymouth 98	E Perks 5.56.55 London 00
80 – 84	E Perks 70.50 Ivybridge 03	E Perks 127.02 Plymouth 03	E Perks 2.47.07 Plymouth 03	
85 – 89	E Perks 80.19 Ivybridge 07		E Perks 3.10.48 Plymouth 07	

VET LADIES ROAD RECORDS (with effect from 1.1.94)

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
35 – 39	A Thorn 39.02 Southbourne 12	A Thorn 64.47 Plymouth 12	A Thorn 1.25.25 Bideford 12	L Bracher 4.00.44 London 08
40 – 44	J Swift 41.28 Torbay 11	J Swift 68.01 Plymouth 12	J Swift 1.26.35 Liverpool 12	J Reed 3.43.42 Taunton 03
45 – 49	S Urro 41.26 Exeter 98	S Urro 69.16 Plymouth 98	S Urro 1.32.35 Taunton 98	J Reed 3.31.52 Turin 04
50 – 54	S Urro 41.19 Exmouth 01	S Urro 68.18 Portland 01	S Urro 1.30.12 Bideford 01	C Mapstone 4.11.07 London 99
55 – 59	L Steele 46.50 Wimbledon 01	A Handforth 78.23 Plymouth 08	A Handforth 1.44.28 Torbay 07	A Handforth 5.04.44 New Abbot 09
60 – 64	A Handforth 49.49 Bideford 10	A Handforth 87.13 Teignbridge 10	A Handforth 1.52.33 Plymouth 10	A Handforth 4.16.11 New Abbot 10



Armada Network 5K Summer Series

(Held under UKA rules – license no. 2012 - 103072)

The Armada Network are once again organising a 5K (3.1 miles) series on the second Wednesday of each month. This is an event for all types of runner from the beginner up to the performance athlete looking for a fast time. Juniors are most welcome provided they are at least 11 on the day.

The venue this year will again be Saltram Park by kind permission of the National Trust.

Race dates: Wednesday 11th April 2012
Wednesday 9th May 2012
Wednesday 13th June 2012
Wednesday 11th July 2012
Wednesday 15th August 2012 (note not 2nd Wed)

Run will start at 7pm (please register by 6.45pm)

No changing at Saltram – registration near finish.
Toilets will be available near the house.

Entry fees will be £2 which will cover the venue costs, but no prizes or medals.

All entries on the night – no pre entry.
Min age 11 years (on the day)

For further details call Keith Reed,
on 01752 307349 or 07818 511361 or
visit www.armadaathletics.co.uk



National
Trust

Erme Valley Harriers are quick off the mark

ERME Valley athletes came in out in force this weekend and the sunny conditions at the Plymouth spring warm-up meeting led to some good early season performances.

For the U11 girls, Sammy Harris won all of her three events, clocking two new club record times of 11.1s in the 75m and 22.7s in the 150m. She also achieved an excellent jump of 3.65m in the long jump.

For the U11 boys, Ben Bristow won a bronze medal in the 75m (12.9) and a silver in the Vortex throw (21.14).

In the U13 boys' events Erme

had several successes, with William Bedford and Jo Perry taking first and second in the 150m. William also did the 75m hurdles, taking a bronze medal.

Aiden Porter-Holborn won the high jump with a jump of 1.15m and Dylan Fox took the silver medal in the 600m with a time of 2:01.8.

In the U15 girls' events, Laura Puleston set a new personal best time of 13.2s in winning the 100m. Laura also ran her first 300m, recording an excellent time of 44.4.

Little Coxon finished third in the 75m hurdles and Eleanor Robertson set a new club record

of 48.2s in the 300m hurdles, beating the old record by over two seconds.

Carie also ran a good time of 43.3s in the 300m to win her second gold and then won the long jump with a 4.03m jump. Zoe Perfect also took two medals, winning a gold in the javelin and a silver in the shot.

In the U17 men's age group, Jake Abraham won the long jump with a solid jump of 5.05m and has two silvers in the 100m (12.4s) and 200m (25.4s).

This was an impressive turnout from the club and the performances bode well for the

new season. The Sportshall season finished the previous week and the club did not have its best season, finishing only fourth, albeit in a very close competition.

Having said that, Erme did win 31 individual medals and the trophy for the best U11 boys' team.

Among the star performers was Robert Stockdale, who won three gold medals in the U11 boys, Luke Rou (two gold and one silver) in the U13 boys and Joe Perry and Sammy Harris, who both won one of each

colour in their age groups.

Also competing on the roads in Taunton was Alison McEwing, who set a new club record in the half marathon of 1:24:38.

Al Ryder had an encouraging return to form, taking 14th overall place in a time of 1:18:59. In the marathon, Al Hoskin recorded a time of 3:24:09.

The club has organised a presentation evening at Ivybridge Rugby Club on Wednesday, April 25, where many of the achievements of the club's athletes, coaches and officials will be recognised.

Everyone is welcome and the evening starts at 7pm.