

## THE HARRIER (MARCH 2012 NEWSLETTER)



### Phil Lord and Kevin Paull at the Plymouth Hoe 10

Our athletes excelled at the Plymouth Hoe 10 as several records were set and we obtained many medals in the Devon County Championships (list printed elsewhere).

Alison McEwing set a new ladies record, whilst vet records were set by Ken Summers (male vet 60), Alison Thorn (female vet 35) and Jaine Swift (female vet 40).

Alison Thorn has continued her great form for the year by setting more vet records in the half marathon at Bideford (1.25.25) and the Southbourne 10k (39.02)

Congratulations to **Keith Reed** for winning the **Winter Handicap Series**. This is the first time Keith has won either a Summer or Winter Series, which started in 1989. A great achievement considering Keith's health problems.

The **Summer Handicap Series** commences on **Tuesday 3 April**.

**2011 CLUB RANKINGS** – still some amendments – see reprinted list.

**PRESENTATION EVENING** - A note for your diaries. The club will be holding this event on **Wednesday 25 April (7 – 9 pm)** at **Ivybridge Rugby Club**. More details next time.

## 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	64.20	Plymouth 12
Half Marathon	Alison McEwing	1.25.01	Bath 11
Marathon	Alison McEwing	3.07.38	London 11

## APRIL TRAINING

**Tuesday 3 Summer Handicap**

**Tuesday 10 Penquit towards Ugborough and back**

**Tuesday 17 Either 'Spirit of the Moor' or a 30 minute out and back towards Smithleigh**

**Tuesday 24 Cornwood – Harford**

**Routes for April can be viewed and downloaded from our website [ermevalleyharriers.co.uk](http://ermevalleyharriers.co.uk)**

Well done to everyone for finishing the very tough and demanding 'GRIZZLY'.

I would like to print a report of someone's adventure (!) so hopefully a volunteer will come forward. Also if anyone has any photos can they forward them to me at [runwiththefox@tiscali.co.uk](mailto:runwiththefox@tiscali.co.uk) - Dave Fox (Editor)

## FROM THE CHAIR

### **Brooks Plymouth Hoe 10**

No spiral staircases and some good times achieved during the event with many pb's being recorded. When we planned the course last year I felt it was a faster course than that of previous years this has now been proven. Feedback from runners has also been positive about the route and organisation. Thanks to all who entered or assisted on the day, EVH were well represented in both of these areas. Apart from a few of our athletes posting pb's we also did well in the prizes and County Champs, the results of which are elsewhere in the Harrier.

It is becoming increasingly difficult to organise events, particularly on the highway with a lot of new legislation and more criteria to meet to satisfy the sports governing body.

### **Sport Relief – Ivy Mile**

25 March – Woodlands Park

1, 3 or 6 Mile events. The club still needs some help with the organisation and management of the event pre and on the day. The event has received good publicity in Ivybridge and surrounding area and we can expect entry numbers to increase as the day draws closer.

### **Run the Shops for St Lukes**

Relay of 130 miles over 3 days 26,27 & 28 April.

Runners are still being sought to help carry the torch between all the St Lukes Hospice outlets in the area. Thursday 26<sup>th</sup> is pretty well covered now but support is still be sought for the Friday and Saturday elements of the run. You can run as little or as much as you like and all for a good cause. John Lee has registration forms or you can contact the organiser, Barry Hopper 01752 252735 for further info.

### **Sainsbury's/Tescos Vouchers.**

Once again we ask you to help us to obtain sports equipment for the club to use at training sessions. Sainsbury's Active Kids Vouchers are already available (until 10/04) and Tesco's vouchers start from 12 March. Please encourage your friends and families to support and the vouchers can be passed on to any committee member. Visit the Clubs website to see what we are targeting and we will regularly update progress against those targets.

**Paul Ross 01752 207375**

**paul.ross25@blueyonder.co.uk**

## SECRETARY'S NOTES

### Spring is here

We have at last seen an end to the colder weather and Spring is here. The evenings are getting lighter which hopefully makes us feel more like running. We had the Hoe 10 which was a success thanks mainly to Paul who worked so hard in the weeks up to the event to ensure everything went smoothly. I hope everyone appreciated the huge effort that went into the race. We also had the last handicap race of the winter last Tuesday and I managed to win the series for the first time in over 25 years. Thanks to everyone for the support they have given me in my return to running. It's been a struggle but well worthwhile.

### Cross Country update

As I said last time we have the final Westward league at Central Park, Plymouth on March 18<sup>th</sup>. It would be great to see more EVH runners at this event. It's free and the course is a really good one. If you can't run but would like to help we do need marshals on the day to make the event go smoothly.

### Sportshall Athletics

We did much better at the last fixture on Feb 26<sup>th</sup> and managed to finish 2<sup>nd</sup> on the day. This puts us in with a chance of an overall podium place if we can get everyone out again. There are also individual medals up for grabs so it is well worth making the effort to come to Dawlish (even if you do the Sport Relief mile first).

### Armada 3K Winter series

The last fixture of the season is on March 14<sup>th</sup> after which we will move to the 5k runs in Saltram starting in April. Register at the Mayflower centre from 6.15pm with the race starting at 7pm. It will be the last one from the old building before the Life Centre opens on March 24<sup>th</sup>.

### Track and Field

The first outdoor track event of the season will be held at Brickfields on Sunday April 1<sup>st</sup>. This is the first opportunity for everyone to get ready for the new season. Details are now on the website.

### Forthcoming events

See website for full fixture list including all the track and field fixtures for the summer.

#### **List of events**

**Mar 10<sup>th</sup> – Inter counties Cross Country – Birmingham**

**Mar 14<sup>th</sup> – Armada 3K – Central park, Plymouth**

**Mar 17<sup>th</sup> – ESAA Cross Country – Somerset**

**Muscle Activation workshop - Plymouth**

**Mar 18<sup>th</sup> – Westward league Plymouth.**

**Mar 25<sup>th</sup> – Sport Relief Mile – Ivybridge**

**Devon Sportshall League, Dawlish**

**April 1<sup>st</sup> Spring Warm Meeting – Plymouth**

**April 10<sup>th</sup> – Athletics Academy – Plymouth (10 – 4pm)**

**April**

**April 11<sup>th</sup> – Athletics Academy – Ivybridge (10 – 3pm)**

### Membership Renewal

We hope by now you have paid for 2012 as we will very soon have to register everyone with England Athletics and pay the fees. We will not be renewing anyone who has not paid up so please be aware of this

### Run England

Thanks to those people in the club who have persuaded new people to sign up. If you know anyone who runs please ask them to log on to [www.runengland.org](http://www.runengland.org) or fill in a form and pass to me.

### Finally.....

Keep checking the website for information. The address is [www.ernevalleyharriers.co.uk](http://www.ernevalleyharriers.co.uk)

**Keith (01752 893573)**

**[kreed@cleeve41.freeserve.co.uk](mailto:kreed@cleeve41.freeserve.co.uk)**

## IVYBRIDGE 10K

Dear Erme Valley Harrier (Past and Present),

It's just over 2 months to the 2012 Ivybridge 10K. This year's event is on Saturday 12th of May, starting at 1830.

The event now regularly attracts over 700 competitors. Regardless of preparation and planning, a trouble free race day ultimately makes this event the success it is.

To ensure Erme Valley Harriers give runners the best possible experience takes the help and support of just about every member of the club, plus the tremendous support given by other family members and friends.

Last year there were 65 of us available on the day, and if I'm honest it was a struggle. Due to the amazing shift put in by many, this would have gone unnoticed by the competitors. Ideally 80 volunteers are required to ensure -

- The car parks are well managed (and customer care support given at this stage) gets people to the start without holding up traffic or delaying the race start.
- The neighboring residents are shielded from unacceptable behavior, which could jeopardise the future running of the event.
- The course is well marshalled allows for incidents such as, all the course signs being removed by the local inbred population between 4K and 5K, dose not detract from the race.
- The HQ is well staffed allows 300 plus online entrants to collect their race information packs.
- The finish area is well managed allows 700+ runners to filter through and collect mementos drinks and baggage in a short space of time (without disrupting other finishers or the race).

We have a very good relationship with the Police and always receive fantastic support at the 10K, but Police presence at events is being withdrawn. Again this year there is a realistic chance we will not get Police support. Therefore areas where Police assistance is received must be heavily covered with Marshals. The Wrangaton Junctions and crossover required 8 marshals alone.

As always I have no intention of preventing EVH athletes from competing in the event, unlike most other clubs do for their events. But, if you do compete, please try and provide someone who could help on your behalf.

If you have family members who can help in some way, then their presence would be most welcome. There are plenty of roles for younger volunteers, such as T-shirt, drinks, spot prize distributors at the finish, and results runners. In fact some of you have husbands, wives, youngsters and friends who each year play a massive role in making sure the event runs smoothly.

When compiling the distribution list I noticed some of you share an email address. If there are multiple family members sharing an email address, please could you let me know each member who will be able to help.

Please let me know either way at early as possible by replying to this email. I appreciate some of you always get involved, but I can't take anything for granted. Those of you who have already told me, please just humour me and respond to this email).

Fully detailed Marshall instructions (including car park specific and various intersection instructions) will be sent out prior to the event, indicating your role.

Visit the 10K race page on the website (<http://www.ernevalleyharriers.co.uk>) for the latest race information.

Kind Regards

**Ian Crossley**  
(Ivybridge 10K Race Director)

(01752 401170 or 07932 327160)  
[ian.crossley@blueyonder.co.uk](mailto:ian.crossley@blueyonder.co.uk)

### **Devon County AA Ten Mile Road Race Championships Brooks Plymouth Hoe 10 - 19 February 2012**

#### **Erme Valley Harriers medal winners:**

<b>Mens Vet 40:</b>	Bronze	Simon Swift	72.20
<b>Mens Vet 45:</b>	Bronze	Andy Trigg	62.45
<b>Mens Vet 60:</b>	Gold	Ken Summers	73.06
	Bronze	Steve Watson	80.25
<b>Mens Vet 65:</b>	Silver	Dave Hawke	89.47
<b>Ladies Vet 35:</b>	Silver	Alison Thorn	64.47
<b>Ladies Vet 40:</b>	Gold	Jaine Swift	68.01
<b>Ladies Vet 60:</b>	Gold	Myra McKay	91.31

**Ladies Team  
(3 to count):** Gold Alison McEwing  
Alison Thorn  
Jaine Swift

**Ladies Vet Team  
(3 to count):** Gold Alison Thorn  
Jaine Swift  
Emma Lake

# Miranda's personal bests also secure her club records

ERME Valley Harriers' ace Miranda Hardacre ran two personal bests and club records in the England U17 Championships at the National Indoor Arena in Birmingham last weekend.

She made the semi-finals of the 300m on Saturday and 200m on Sunday and ran 41.89, an indoor personal best and new course record, in the heat of the 300m.

Hardacre was then disappointed to run only 42.16 in the semi to come fourth.

On Sunday Miranda improved her outdoor pb of 26.2 and ran 25.98 indoors to win her heat, and then clocked 25.78 to improve her pb again and take third in the semi.

It proved to be a very good weekend for Hardacre in her first indoor season and excellent championship experience. She will run much quicker outdoors now with her new found confidence.

Things didn't go quite so well for Sam Peters who took part in the British Universities and Colleges Sport Championships (BUCS) in Sheffield.

He really should have made his mark over the 400m, but inexplicably false-started in his heat and was disqualified. He made amends somewhat by running an indoor pb to make the semi-finals in 22.60.

The club's other juniors competed in the Devon Sportsball league at Dawlish and finished second place on the day.

A total of 37 Harriers took part and some good performances were recorded. Our team of U11 boys had another good day, with Robert Stockdale winning his three events once again.

Robert has achieved this result at the last three fixtures and should win the overall award for each of his events.

by KEITH REED

Supporting him was William Bedford, who won both the sitting throw and the standing triple jump, Jo Perry who won the speed bounce and Dylan Fox, who won the standing long jump.

The U11 team are well ahead in their age group and will take the final title barring disasters.

In the U10 boys, Ben Bristow did well to record a fifth place in the standing long jump and teammates Jonah Barreto and Max Howard took third places in the one-lap hurdles and sitting throw.

The girls' team were boosted again this time by our U13s. Lillie Coxon won the speed bounce and took third in the two-lap race.

Sally Mogridge also did well taking two fourth places in the shot and high jump. The under 15 girls also did well with good points across the events, finishing second in the standing triple jump and took a surprise fourth place in the high jump.

The remaining team consisted of Sarah Woodyear, Harriet Rogers, Jennifer Summers, Taylor Bracher and Tash Duncan.

This has kept us in with a chance of an overall runners-up spot in this age group.

In the U10 girls, Sammy Harris had her usual good day winning the one-lap hurdles and taking a second place in the two-lap and a third place in the standing long jump.

Sammy was well supported by Alice Taylor and Millie Fox. We had just the one U11 girl, who was Olivia Mears; she did very well in all her three events, taking a third place in the four-lap race.

The positions at the top of the table are now quite tight, with Plymouth AC well ahead.

However, the next three teams are separated by just a few points. It promises to be a fantastic finale on Sunday, March 25.

The previous weekend our road runners took part in the Plymouth Hoe 10K and our ladies proved to be the stars of the day.

Leading the ladies home was Alison McWing, who set a new pb and club record time of 64:30.

Just behind Alison was Allison Thorn in an over-35 veteran club record time of 64:47 and then the team was completed by Jaime Swift, who set a vet-40 record of 68:01.

They both won their respective age categories and took second team overall.

Behind them Emma Lake had a superb run, setting a new pb by eight minutes. Emma's time was 68:38.

Best of the men's results was Andy Trigg in 62:45 followed by Al Hoskin in 67:29.

The club have now planned a series of come and try evenings to coincide with the fact that it's nearly 100 days to go to the Olympics in London.

The sessions will take place at the community college on Wednesday, April 18 for new adult runners and also on the following day for new juniors.

More details to follow in the next few weeks.



Sprint star Miranda Hardacre

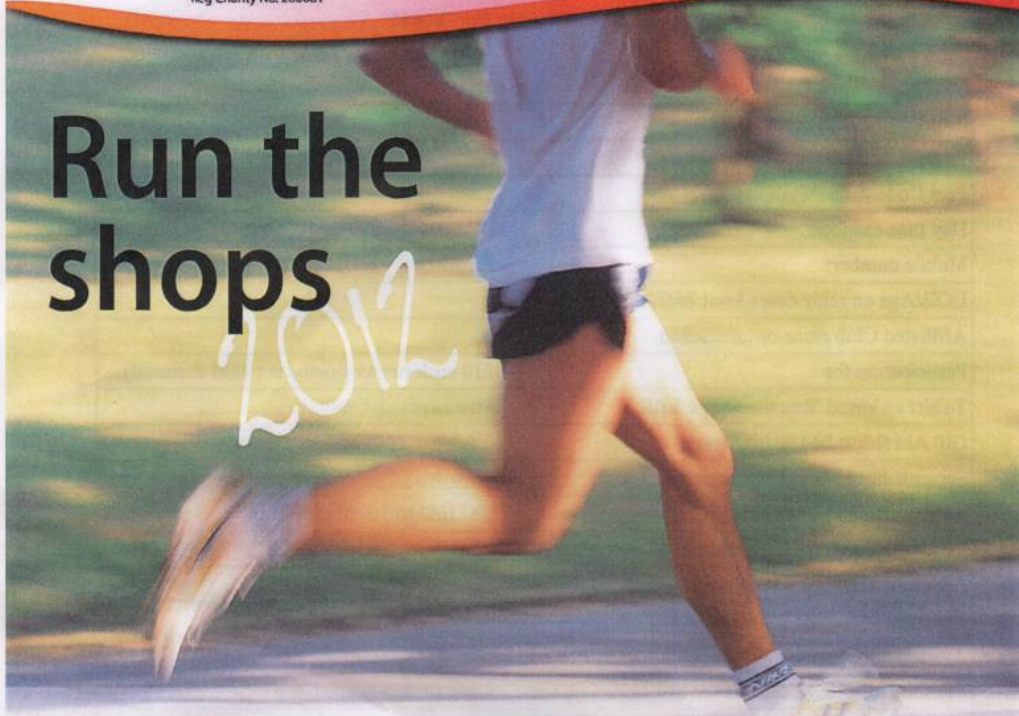


**St Luke's**  
Hospice Plymouth

Reg Charity No. 280681

**Run the  
shops**

2012



**WANTED**

People interested in taking part in an event to raise awareness and funds  
for St Luke's Hospice, Plymouth

We are looking for runners attached/unattached to help carry a lit torch around  
all 34 St Luke's shops in Devon and Cornwall

**Event dates:** Thursday 26th, Friday 27th and Saturday 28th April 2012

**Times required:** Either morning or afternoon

Distance variable



If you are interested and would like more information on how you can support  
St Luke's Hospice with this event, please contact:  
Barry Hopper T: 01752 330768 or 07531252735 E: b\_s\_hopper@yahoo.co.uk



### VET MENS ROAD RECORDS (with effect from 1.1.94)

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

### VET LADIES ROAD RECORDS (with effect from 1.1.94)

AGE GROUP	10K	10 Miles	Half Marathon	Marathon
35 – 39	<b>A Thorn</b> 39.02	<b>A Thorn</b> 64.47	<b>A Thorn</b> 1.25.25	<b>L Bracher</b> 4.00.44
	Southbourne 12	Plymouth 12	Bideford 12	London 08
40 – 44	<b>J Swift</b> 41.28	<b>J Swift</b> 68.01	<b>J Reed</b> 1.34.08	<b>J Reed</b> 3.43.42
	Torbay 11	Plymouth 12	Exeter 02	Taunton 03
45 – 49	<b>S Urro</b> 41.26	<b>S Urro</b> 69.16	<b>S Urro</b> 1.32.35	<b>J Reed</b> 3.31.52
	Exeter 98	Plymouth 98	Taunton 98	Turin 04
50 – 54	<b>S Urro</b> 41.19	<b>S Urro</b> 68.18	<b>S Urro</b> 1.30.12	<b>C Mapstone</b> 4.11.07
	Exmouth 01	Portland 01	Bideford 01	London 99
55 – 59	<b>L Steele</b> 46.50	<b>A Handforth</b> 78.23	<b>A Handforth</b> 1.44.28	<b>A Handforth</b> 5.04.44
	Wimbledon 01	Plymouth 08	Torbay 07	Newton Abbot 09
60 – 64	<b>A Handforth</b> 49.49	<b>A Handforth</b> 87.13	<b>A Handforth</b> 1.52.33	<b>A Handforth</b> 4.16.11
	Bideford 10	Teignbridge 10	Plymouth 10	Newton Abbot 10

**2011 CLUB 10K RANKINGS**  
**(2010 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	35.23	Neil Holmes	Plymouth
2	35.24	Alan Ryder (2)	Exmouth
3	37.08	Matt Brown	Ivybridge
4	38.08	John Dixon	Exeter
5	38.19	Alex McKay (5)	Exeter
6	38.26	Andy Trigg (7)	Plymouth
7	38.30	Mike Hansen	Exeter
8	38.43	Alison McEwing	Exeter
9	39.00	Huw Jones	Plymouth
10	39.04	Alan Hoskin	Ivybridge

Neil Holmes made a welcome return to the 10k scene. Alan Ryder and Neil both ran in the BMAF 10K Championships at Exmouth. Alan beat Neil on that occasion and broke his own vet record in doing so. However, Neil ran in the new Plymouth 10k and beat Alan's record by the narrowest of margins.

Matt who had an impressive year was 3<sup>rd</sup> in the rankings.

**2011 CLUB 10 MILE RANKINGS**  
**(2010 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	65.02	Mike Hansen	Portsmouth
2	65.41	Alison McEwing (3)	Plymouth
3	66.06	Matt Brown	Plymouth
4	66.39	Alan Hoskin	Plymouth
5	69.29	Kent Watson (4)	Gloucester
6	71.37	Russ Mogridge (6)	Plymouth
7	72.57	Craig Macalpine	Plymouth
8	73.15	Ken Summers	Plymouth
9	73.29	Neil Travers	Plymouth
10	73.30	Karen Baddeley	Portsmouth

Congratulations to Mike Hansen for topping the rankings with a fine performance at the Great South Run

With so few 10 mile race most of the times were achieved at the Plymouth Hoe 10.