

THE HARRIER

(AUGUST 2012 NEWSLETTER)



Your Editor, Jayne and Keith Reed and Paul Ross at Olympic Park

I hope you are all recovering from the excitement of the Olympics and are taking time to reflect on the great achievements by our athletes. However, in my view it was all the fantastic volunteers (or 'Games Makers') which made London 2012 such a great success.

There are many stories to tell and as I am getting this Newsletter out 'quickly' will give those who attended time to put articles together and send them to me for publication in the September Harrier (deadline for articles is Saturday 8 September). I would also appreciate any photos as well. Any articles welcome no matter how obscure!

For my part I will report next time on my experiences of watching basketball, handball, volleyball (not the beach ball variety!) and athletics. Also on how I managed to get my photograph in 'The Herald'!

RACE NEWS

On a busy race scene our athletes enjoyed the **Duckponds** with **Emma Lake** 2nd lady, whilst at the **Chudleigh Carnival 6** our ladies also did well with **Jaine Swift** 1st lady, **Alison Thorn** 3rd lady and **Myra McKay** winning her age category.



Emma looking terrific at the **Duckponds**

Matt Brown has found some form, with an excellent 3rd place at the hilly **Kingsbridge 10k** and then went on to have a good run at the **Cornwood Challenge**.

We had many quality performances at **Cornwood**, with **Allister Bristow** 2nd, **Ben Trigg** 4th, **Matt Brown** 8th, **Andy Trigg** 11th and **Mike Hansen** 12th.

Considering **6 Moor Miles** was only the day after **Cornwood** we were well represented with **Alan Ryder** making a rare 'off road' excursion and finishing 6th and 1st male vet 45.

At the **Haytor Heller** we had a superb turnout, with **Neil Holmes** again the master of the course (well almost!). **Neil** had yet another great run and was 2nd.

Ewan Lake, Mike Hansen, and Don Rigby along with **Neil** won the team category.



Our happy winning Men's team

AUGUST/SEPTEMBER TRAINING

AUGUST

Tuesday 21 Ivybridge – Penquit – Dunwell – Ugborough – Ivybridge

Tuesday 26 Speed Session

SEPTEMBER

Tuesday 4 Summer Handicap

Tuesday 11 Ivybridge – Cornwood – Harford – Ivybridge

Tuesday 18 Ivybridge – Lee Mill – The Quarry – Westlake – Ivybridge

Tuesday 25 'Out and Back' run towards Plympton



Our athletes in patriotic mood at the Mussel Inn 'Away Day' at Down Thomas

Away Day Friday 31st August

These evenings have proved a great success this year.

The next one will be at 6 pm ready to run/meet at the Skylark pub at Clearbrook.

Format is as normal a steady club run i.e. all running as a group and then ending up back in the pub to re-hydrate.

See you there - John Lee - Social Sec - 07500565851

Finally - Mike Jayes has had to retire from running due to an eye related problem. I would like to thank **Mike** for his contribution to the club over the years. On the injury front I will be having some knee surgery shortly so will be missing from training for awhile. If you need to get in touch with me then phone 01752 896503 or 07966 915116 or e-mail to runwiththefox@tiscali.co.uk.

Our **Beacon Challenge** is on **Sunday 9th September** (see **John Lee's** article). We need your help so contact **John** or **Steve Watson** if you can assist.

Dave Fox - Editor

FROM THE CHAIR

London 2012

It is hard to focus on anything else other than the London 2012 Olympics at the moment after a terrific two weeks of sporting competition and spectacle. Having been lucky enough to be involved I am still on a buzz as I feel a lot of you still will be. It was good to see Club Members and others from the Plymouth area either in the Olympic Park or in other parts of London. I think it would be good if some of those who attended or even watched on the TV would submit articles on their experiences and/or memories to Dave Fox to put together a bumper Olympic issue of the Harrier in September. I could probably fill a Harrier with just my memories and highlights but it would be better if even more of you had an input.

Beacon Challenge

The event is coming up on 9th September and help is needed, Please contact John Lee if you can help, the more help we get the easier to manage the event. We will be a few Officials down as they are returning to London for the Paralympics. This race is one of the longest established races in the County and has been held in various guises for many years. I can recall that this was my first off road event which I ran in the early 1980's when the race was straight up to the top of the Beacon, over the top and back down again to the playing field on Ermington Road. It was tough but didn't put me off!

With the London Olympics now over I can truly rest up and relax when I go on holiday in the next couple of days. It will be a good chance to recharge my batteries and enjoy some sunshine.

Please enjoy the Paralympics and what's left of the summer.

Paul Ross 01752 207375
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Olympic diary



JUST what has happened to the famous British reserve?

We are supposed to be stuffy and not get carried away by anything, but walking around the Olympic Park that would be the last opinion you would have of our nation.

Everyone, young and old, seems to have gone Olympics mad.

If people are not wearing official Team GB kit then they are plastering themselves in Union flag colours.

Middle aged men can be seen with flags on their socks, old ladies have home-made shawls, disabled people have dressed their wheelchairs up, kids have their faces painted, teenage girls have red, white and blue tights, young men have GB football shirts and women seem to be having a contest to make the best Union Jack dresses.

This out-pouring of national pride is so un-British, but I'm loving it.

It is just so funny walking around the Olympic Park seeing everyone.

I have included a few pictures with this article, but that is just the tip of iceberg.

What stands out is that everyone or all classes, sexes, races and ages are at it.

Go to a football match and it tends to be just people of a certain age wearing the shirts, but everyone is showing their colours in London.

While walking through the Olympic Park enjoying all the eccentric behaviour, I came across former Plymouth Olympic race walker Chris Maddocks and Ernie Valley Harriers' Dave Fox.

Maddocks, who competed in a record-breaking five Olympic Games, is taking time off from his job as a Devon postman to work as a commentator for American TV giant NBC.

"I'm their expert walk analysis commentating on the three Olympic walks - the men's and women's 20k and the men's 50k. I've already done one," said Maddocks, who is taking annual leave to be one of the voices of London 2012.

Maddocks competed at the Los Angeles, Seoul, Barcelona, Atlanta and Sydney Games, but he admits he is finding it strange being at an Olympics as a representative of the media rather than an athlete.

"It is really weird wearing one of these (accreditation cards), but it not saying athlete on it," he said.

NBC got in touch with Maddocks a year ago after UK Athletics put them on to him.

His wife took the initial call

before he arranged to speak to someone else.

"I expected a researcher ringing me up, but I googled the name of the person I was going to be speaking to, which was Molly Solomon, who I found out was a really important lady in American TV," he said.

"I was a bit nervous then, I had a great chat with her and had communications for a few months before I reported on an Olympic test event. That sealed the deal and they obviously thought I was the person for the job.

"They knew I was a five-time Olympian, so that I had a lot of experience."

Maddocks did do a post-graduate degree in journalism after retiring from racing, but, apart from a bit of freelance writing, has not really used it before now.

However, he has just written his autobiography called 'Money Walks', talking about competing at a record-breaking five Olympic Games on a shoe-string.

One of the Plymouth athletics community who always supported Maddock was Dave Fox, who met up with him at the Olympic Park.

Fox has had tickets to see basketball, handball, volleyball and athletics and football at London 2012, but he is no stranger to Olympic Games.

"This is the fourth Olympics I have watched," said the Ernie Valley Harrier.

"It is great and it seems really well organised here."

Fox said so far Sydney had been the best Olympics he had experienced, but as Maddocks explained there was an added reason for that.

"He came over to support me in Sydney," said Maddocks. "And while he was over there it was his 50th birthday and he manipulated it to run his 50th marathon on his 50th birthday. He ran the Melbourne Marathon just after watching the Sydney Olympics."

SARA RAINE

Herald sports editor in London



Team GB supporters in the Olympic Park. BELOW: Chris Maddocks and Dave Fox at London 2012 Olympics



SECRETARY'S NOTES

Olympics 2012

The Olympics was a fantastic event for everyone and I am sure it has all taken our interest over the past few weeks. Jayne and I were fortunate to be involved as Games Makers and we thoroughly enjoyed our experience. I was fortunate to sit in the stadium on Super Saturday when we won three Gold medals in 45 minutes. It was the best athletics experience I have ever had and made you so proud to be British.

I hope the success of Team GB will inspire everyone to take up sport and in particular athletics. Early indications are good but we need to be ready. That will mean more coaches and helpers which we are short of. If you are inspired to help please let me know. We really need you.

Track and Field

Our representatives did very well in the English Schools and in particular Sam Trigg who has set new records in both the Long jump and Triple jump. Miranda Hardacre was selected to run for Wales in the Celtic International match held in Aberdeen. Congratulations to her for being the first international we have had in the club. Let's hope we get more.

SW league matches

The match took place in Braunton on Sunday 8th July and went quite well. We still did not have a good turnout but we have the final match at Yeovil on September 2nd. Before that there is the Devon Open this weekend in Braunton and the final Southern Athletics league match the day before in Plymouth.

Armada 5K Summer series

The final race of the series took place last night in blustery conditions. There will be a 10K in Saltram on September 1st and we will be starting the 3K series in October

Forthcoming events

List of events

Sunday 19th Aug – Devon Open, Braunton

Fri 24th Aug – Open meeting at Tavistock

Tues 28th Aug - Exeter Open and BMC

Sept 1st – SAL – Plymouth - Saltram 10K

Sept 9th – Beacon Challenge and Fun Run

Beacon Challenge.

Our next club event is the Beacon Challenge and Fun Run on Sunday 9th Sept. A few of us will be away at the Paralympics so we need your help even more this year. Please support John Lee who puts a huge amount of work into this race on your behalf. We need marshals as well as entrants in the fun run. Entry forms are on the website.

Website

I understand some of you are still having trouble with accessing our website. If you type the full address rather than using an old shortcut it should work OK.

Finally ...

We are having our community athletics event tonight at the college August to celebrate the Olympics. We hope that there will be a lot of interest in the club. We have also done various Startrack days which have been well attended. Thanks as always to all those who help out.

Keith (01752 893573)
kreed@cleve41.freeseve.co.uk

Beacon Challenge Race Sunday 9th September 10.30am

Our race is fast approaching. It is the most labour intensive and longest event we lay on. Race numbers have been a problem recently and hence we have made considerable efforts to raise its profile.

Your club needs you! Please let me, or our chief Marshal Steve Watson know urgently if you can marshal or assist in any way on the day. An e-mail would be good enclosing a mobile contact number for use on the day.

It is a race for others clubs/runners to come and do so until we get sufficient members to help I am not keen to open it to club members. If that occasion arises priority will be given to those who have not raced it before and/or conditional of provision of a marshal from friends/family.

We will however be having a club run the course at training on Tuesday 28th August It is also usually sunny and a good chance for the club to get together and afterwards strangely we always seem to end up in the pub!

John Lee - Race Director - 07500565851 - jandl.lee@tesco.net



Craig MacAlpine likes a challenge and there can't be many harder than at the **Isle of Jura**. This photo was taken on the final climb (there are 7 climbs) and **Craig** had already done 7,000 feet of climbing. Give that man a medal!

Track and Field Report by Jane Hardacre

The appalling weather and floods of the weekend of 6th-7th July didn't hit the North-East quite as hard as Devon, but for three EVH juniors it was enough to contend with at the English Schools National Finals in Gateshead. U17 Carie Robertson placed 3rd in her 300m hurdles heat in 46.05s, missing a place in the final by just 0.01s. Training partner Miranda Hardacre could not find the form of earlier in the season, only clocking 42.12s to finish 4th in her 300m heat, but U20 Sam Trigg achieved a great triple jump PB of 14.20m to finish 5th overall.

The SW League meeting held on 8th July saw plenty of PBs set. For Andy Reed it was a season's best of 25.90s over 200m, plus PBs of 56.1s for 400m and 5.28m in the long jump. Jacob Abraham ran PBs of 25.10s and 16.70s in the 100m and 100m hurdles, Luke Honey achieved a PB of 5.08.8 in 1500SC and for Ruth Terry it was a season's best triple jump of 7.00m. Nathan Brown ran 4.36.9 to win the 1500m.

The trio of Sam, Carie and Miranda saw action again on 15th July when, along with Nathan Brown, they represented Devon at the SW Champs and Inter-counties meeting. Nathan took the bronze medal in U15 800m in a PB time of 2.14.27s, Miranda claimed silver in 200m (25.99s) and bronze in 300m (41.51s), with Carie and Sam placing first in the 300 hurdles (46.29s) and the triple jump (14.05m).

With no let up to the windy and wet conditions, Miranda Hardacre returned to Cardiff on 18th July to run as a guest in the U20 200m at Welsh Athletics pre-Olympic International meeting. She was happy to record 26.07s into a -3 headwind to take 4th place behind the older girls.

At the Devon Open on 22nd July, U11 Ruth Green placed 2nd in the 75m in 12.30s, while U13 Samantha Harris achieved a PB of 14.60s over 100m. Robert Stockdale took first place in both U13 100m (14.10s) and 200m (20.90 PB) and William Bedford threw a PB of 9.20m in U13 javelin. For the U15s, Nathan Brown placed 1st in the 1500m (4.36.5) and Laura Puleston 2nd over 300m (45.90s). Jacob Abraham claimed 1st place in the 100m in a season's best 12.30s and Luke Honey came 2nd in the 800m in 2.15.1. Alister Bristow and Tom Hansen scored PBs in 3000m (9.36.7) and high jump (1.40m) respectively. On the same day at the NJL meeting, Carie Robertson won the unfamiliar 400m hurdles in an English Schools qualifying time of 66.00s, while Sam Trigg smashed his triple jump PB to win with 14.32m. Sam also set a PB of 11.50s in winning the 100m.

On 31st July at the Exeter Open evening meeting, U11 Mia O'daly struck gold twice with PBs in 75m (11.94s) and high jump (1.10m). Fellow U11 Samantha Harris also took first place in a PB of 4.16m in the long jump, with Mia setting her 3rd PB of 3.36m. Laura Puleston ran 28.10s in the U15 200m to claim 2nd place, while Carie Robertson won the senior women's 200m in a PB of 26.97s.

A Welsh vest and a trip to Aberdeen followed Miranda Hardacre's selection to compete for Wales at the Celtic Games International on 11th August. In spite of her relative inexperience over 400m, she ran a respectable PB of 59.15s to take the bronze medal against athletes from Scotland and Ireland, also helping Wales take 3rd place in the 4x400m relay. Her new time places Miranda 1st in the Welsh U17 400m rankings.

