

**THE HARRIER**  
**(FEBRUARY 2014 NEWSLETTER)**



**Simon and Jaine Swift find time to relax at the Fulfords 5**

## RACE SCENE

The poor weather has continued with the wet and windy weather making it difficult to train and compete in races.

The weather last Tuesday for the February handicap was atrocious. Medals should be awarded to those who ran and gained valuable points. Also a big thanks to all the helpers on the evening.

Some athletes did manage to find some races, with **Matt Brown** continuing his good form with a 6<sup>th</sup> place at the **Plympton January Jaunt 10k**. **Alison McEwing** did particularly well as she was 1<sup>st</sup> lady.

**Ewan Lake** made the trip to **Camborne** for the appropriately named '**Stormforce 10**' and had a good run by finishing 18<sup>th</sup> out of 522 finishers in a time of 60.45.

**Alison McEwing** along with **Paddy Trinder** and **Simon Swift** made the trip to North Devon to tackle the **Braunton 10**. All ran well with **Alison** again 1<sup>st</sup> lady, whilst **Simon** was 3<sup>rd</sup> mv45.

**Simon** has competed in more races than any other athlete so far this year and along with his wife **Jaine** ran the **Fulfords 5** at **Exmouth**. It was a good day out for **Jaine** as she was 1<sup>st</sup> fv45.

## FEBRUARY TRAINING

|            |                      |
|------------|----------------------|
| Tuesday 11 | Tempo Run            |
| Tuesday 18 | Run around Ivybridge |
| Tuesday 25 | Railway Station      |

I am continuing to look back at various aspects of the club over the years. Many members will remember the 'old style' printed Harriers, with feature colour photographs.

In 2013 the January and February covers were interesting.

Hopefully the weather will start to improve and out athletes can get in some decent training.

Regards - Dave Fox - Editor

# THE HARRIER (January 2003)



PAUL AND JENNY ROSS ENJOY THE COMPANY  
OF KHALID KANNOUCHI IN WASHINGTON

Paul will no doubt be pleased to tell you the full story behind this photograph  
which was taken at the Marine Corps Marathon in Washington (USA)

# THE HARRIER

## (February 2003)



### OUR ATHLETES RELAX PRIOR TO COMPETITION AT THE SEAA CHAMPIONSHIPS

The SEAA Cross Country Championships are usually held in London but on this rare occasion they were held in Devon – in the grounds of Bicton College.

Over 1350 ran that day with the Senior Men's race attracting an entry of 628!

The course was challenging but comfortable to run on compared with the extremely muddy conditions which are always found at Parliament Hill.

## **EVH AWAY DAY - SUMMER 2014**

*A trip is planned to the **Clevedon 10k** (fast and flat course) on **Tuesday evening, 11 June**.*

*The club will organise and pay for the transport and you will be responsible for registering.*

*Can you let **Cleo Andrews** know if you are interested by **Friday 28 February***

## **GRAND PRIX**

One third of the way through this year's Grand Prix and there are some new names at the top of the leader board at the end of January.

Andy Reed has taken advantage of his full time return to Devon by leading the table at this point. A rejuvenated Ken Summers is close behind and Linda Bracher and Allister Bristow are tied in third place.

There are four scoring events during February with a maximum of 160 points to be awarded, so things could well change in the overall standings.

Full details of current scores are available as always on the EVH web site.

## **THE ARMADA PARK RELAYS SUNDAY 16 FEBRUARY - CENTRAL PARK, PLYMOUTH**

There is still time to enter a team. See Cleo Andrews or Simon Powell if you would like to run.

If not running why not go along and support our athletes. The relays start at 10.00 a.m.

## St Lukes Hospice - Men's Day Out 2014



Well done to the nine club members who successfully completed the 8 mile charity walk. At the end you got a pint and a curry and were able to watch Plymouth Albion successfully beat London Welsh.

The club will be making a donation of £100 to St Luke's.

**Ken Summers** and **Steve Watson** can be seen enjoying a drink. I wonder whether this was during the walk or at the finish!

**DATE for the DIARY**

**ERME VALLEY HARRIERS PRESENTATION EVENING**

**FRIDAY 2 MAY - THE HUNTING LODGE**

**BUFFET PROVIDED**

(further information in the next Harrier)

## FROM THE CHAIR

### Club Races

Planning for the clubs three Races is well in hand. Entries for the 10K are already being received. We try and put on well organised and safe events. With this in mind we use a large amount of marshals and helpers at the event. One area we could tighten up on is marshalling athletes at interface points with traffic. We are seeking volunteers to attend a Traffic Management Operatives Course which is to be held at Kingsteignton on Saturday 29<sup>th</sup> March. The course is held over one day and once qualified attendees can control traffic using stop/go boards as well as place signage and cones on the highway. If you are interested contact either Keith or me as soon as possible as places are limited.

### Armada Park Relays

The Club are still looking for runners to make up teams in this new event to be held on Sunday 16<sup>th</sup> February at Central Park with a 1000 start. Each leg is 2.5 miles on pathways within the park. Simon Powell is sorting the Men's teams and Cleo Andrews is sorting the Ladies. Keith will sort any Junior's interested in forming teams.

### Leaders in Running Fitness.

A course for new leaders is to be held on 11<sup>th</sup> May at Eggbuckland School in Plymouth. The course is a day course and once qualified attendees can lead groups of runners during training sessions. If you are interested either contact Cleo, Keith or me.

### Social Secretary

Following John Lee standing down as Social Secretary for the Club at the AGM we are still looking for someone to fill the vacancy. We have some key Social events planned for this our 30<sup>th</sup> Anniversary Year. Anyone interested in finding out more please contact me.

### Away Day Routes/Venues

We had some great Away Days last year including new venues and routes. We are now looking for ideas for Away Days for the coming summer months (should they ever arrive). Our first will be in April – any ideas or suggestions are welcomed.

### Reminders

**If not already sorted your memberships are due.** We have to sort and get to England Athletics by 1st April to ensure continuity of your Competition Licence.

### **Sainsbury's Active Kids Vouchers**

are back in circulation and once again the club are again collecting them!!!!

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

## SECRETARY'S NOTES

### The worst rainfall for 100 years

As athletes we have to train in all weathers but there is nothing more depressing than wind and rain. We certainly have seen more than our fair share of storms this winter especially on Tuesdays.

Surely the rain and the wind must stop soon otherwise we may need water skis instead of our running shoes. Keep focussed and think of summer. I am sure it is just around the corner.

### Devon Sportshall League.

The last league fixture took place on 19<sup>th</sup> January at Dawlish and despite having a smaller than usual team we managed to hang on to overall second place. We really hope that at our next fixture in Plymouth Life Centre on Feb 23<sup>rd</sup>, we can reach as our target of 50 athletes. Please make every effort to be there as we do need you. The selections are out for U11 and U13/U15 regional events being held this year on Saturday March 1<sup>st</sup>. We have no less than sixteen U11's taking part and four U13/15's. Good luck to all of them.

### Cross Country

We had the last Westward League at Westward Ho! and were really lucky with the weather. We then returned to North Devon the following week for the Devon Schools at the Big Sheep. Will Battershill and Emily Oakshott both qualified to run for Devon in the SW Schools at Bournemouth and also the English Schools. The next Westward League is at Parke, near Bovey Tracey on what promises to be a muddy and hard course especially in this weather.

### Road Running

We have had some more good results in the past few weeks. There were a number of good runs in the January Jaunt and it was good to see Jaine Swift back to form in the Fulfords 5. We have the next Armada 3K on Wednesday 12<sup>th</sup> and then the Central Park relays on the following Sunday. We hope to get a good entry and pick up some medals with our club teams.

### Training

The training sessions have been set for February and are on the website. It all began with the handicap run in horrendous conditions. We did have a few injuries at a recent speed session, so just remember to warm up slowly, do the drills and don't go too mad on the first effort. We wish all those with injuries a speedy recovery of course.

### Club memberships are due

A further reminder to all club members that the club memberships are due. Details and forms can be found on the website. Please make sure you complete a new form as we can check your details and ensure we remain in contact with you. Also a reminder for the juniors that the training fees are also due for the first term of 2014.

### Forthcoming events

**Feb 8<sup>th</sup> – Midland Indoors and SW Schools Cross Country.**

**Feb 9<sup>th</sup> – Westward League at Bovey Tracey**

**Feb 12<sup>th</sup> – Armada 3K – Central Park**

**Feb 16<sup>th</sup> – Armada Relays – Central Park**

**Feb 22<sup>nd</sup> – National Cross Country Champs at Nottingham**

**Feb 23<sup>rd</sup> – Devon Sportshall League at Plymouth Life Centre**

**Mar 1<sup>st</sup> – Regional U11/U13 and U15 Sportshall Championships at Torbay Leisure Centre**

**Mar 2<sup>nd</sup> – Westward League at Central Park, Plymouth**

**Mar 8<sup>th</sup> – National Inter Counties Cross Country – Birmingham**

**Mar 12<sup>th</sup> – Armada 3K – Central Park**

**Mar 15<sup>th</sup> – English Schools Cross Country**

**Mar 23<sup>rd</sup> – Devon Sportshall League at Dawlish**

### Finally ..

Keep checking the website as there are always updates and also don't forget our Facebook page.

**Keith (01752 893573)**

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