

THE HARRIER

(JANUARY 2017 NEWSLETTER)



Paddy Trinder and Alison Thorn at the First Chance 10K in Exeter

The **First Chance 10K** at **Exeter** proved to be far more popular than the **Plympton January Jaunt 10K** on the same day. We had a good turnout at Exeter whilst no one ran at Plympton!

At the **First Chance** there were many outstanding performances with seven of our athletes breaking 40 minutes.

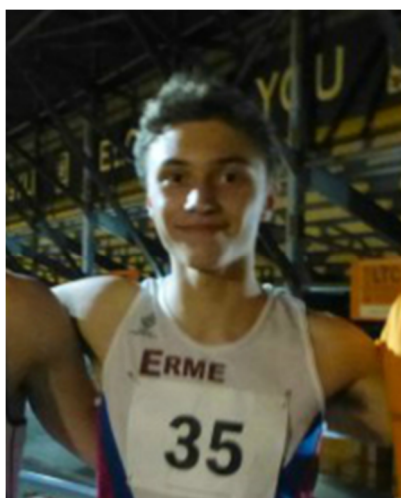
Mike Miners trailed **Tom Packer** for most of the race but timed his finish to perfection by passing **Tom** in the last 400 metres! Good to see **Chris Prall** race and and young **Ben Thorn** (son of Alison) having such a great run.

Dave Fox (EDITOR)

RACE NEWS

Brown edges out Bradley in December's Winter 3k Series run

Posted on December 14, 2016 *by* PLYMOUTH SPORTS GAZETTE



ERME Valley Harriers' Nathan Brown was first home in December's competitive Winter 3k Series run at Central Park on Wednesday night.

Teenager Brown edged out City of Plymouth's Matthew Bradley by just two seconds in the festive-themed event.

Brown finished in 10 minutes exactly, with Bradley clocking 10.02 minutes and his Plymouth team-mate Ashley Smith taking third in 10.14.

Birchfield's Daniel Watling was fourth in 10.20, with Jacob Pierpoint fifth in 10.34.

Plymouth University's Lilly Hawkins was first women home in 11.39 minutes, with Plymouth Harriers' Jane Allison second in 11.55 and Erme Valley schoolgirl Olivia Travers third in 12.51.

Erme Valley results:	1	Nathan Brown	10.00
	33	Olivia Travers	12.51
	44	James Scantlebury	13.55
	47	Ken Summers	14.04
	55	Linda Bracher	14.42
	82	Ben Bristow	15.54
	83	Nick Bristow	15.58

Athletes impress at opening Cardiff Grand Prix Series

Posted on December 14, 2016 *by* PLYMOUTH SPORTS GAZETTE



A NUMBER of the region's athletes impressed at the opening Cardiff Grand Prix Series event.

Erme Valley Harriers' Nathan Brown was first under-20 and third overall in the men's 600m at the indoor meet.

Brown clocked a new personal best of 1:22.99 in a quality field at the Welsh venue.

Tavistock's Jenny Milburn also enjoyed a good run over the same distance. She was third in the quickest women's heat and second fastest under-17 athlete overall in 1:40.37.

Her Tavistock team-mates Emma Ryder and Joely Bytheway clocked 1:45.47 and 1:47.52, respectively, while Erme Valley's Liam Hollows ran 1:37.23 in the men's section.

Tavistock's Aimee-Leigh Clowes was first under-20 and second overall in the women's high jump with a leap of 1.60m.

City of Plymouth's Matthew Gilbert finished joint fifth in the men's high jump with 1.75m.

In the 60m sprints, Tavistock's Holly Kinsey clocked 8.43 seconds, City of Plymouth's Kiah Rosenstein 8.52, Jade Kinsey (Tavistock) 8.62 and Joely Bytheway (Tavistock) 8.87.

Jade Kinsey also ran the 300m, where she finished in a time of 44.21 seconds.

COCKINGTON CHRISTMAS CAPER **SATURDAY 10 DECEMBER**

We had a great turnout at this popular 'off road' event run in the beautiful grounds of Cockington Country Park.

Jean Baptiste-Rouvelin, who has been in outstanding recent form was the first Harrier home. The distance of the course is about 8 miles.

Mike Hansen was 2nd mv65, **Emma Lake** 2nd fv40 and **Ken Summers** 1st mv65.

It was good to see **Adrian Woodhouse** racing again and putting in a good performance.

Results:	11	Jean Baptiste-Rouvelin	1.09.02
	21	Mike Hansen	1.12.03
	24	Emma Lake	1.12.45
	36	Neil Moffatt	1.16.43
	41	Simon Swift	1.17.09
	66	Ken Summers	1.22.54
	67	David Church	1.22.59
	81	Adrian Woodhouse	1.25.52
	95	Richard Lane	1.28.53
	99	Kevin Paull	1.30.14
	105	Linda Bracher	1.31.13
	170	Carol Hansen	1.42.51
		(229 finishers).	

WELLINGTON MONUMENT RUN **SUNDAY 17 DECEMBER**

We had two athletes in this tough 'off road' race, with **Tom Packer** 17th in 40.49 and **Simon Swift** 47th in 45.42.

The race is run in the Devon Village of Hemyock.

There were 172 finishers.

FIRST CHANCE 10K - EXETER
SUNDAY 8 JANUARY

We had a good turnout at this first major road race of the New Year and many fine performances.

Mike Miners (first Harrier home), **Tom Packer**, **Emma Lake**, **Ben Thorn**, **Faith Taylor** and **Liz Bowden** all achieved pb's. **Ben's** pb was some two minutes quicker than his previous best time.

Alison Thorn was 3rd lady and 2nd fv40, whilst **Cleo Perry** was 3rd fv40.

Results:	30	Mike Miners	36.40
	32	Tom Packer	36.55
	50	Paddy Trinder	37.59
	51	Alison Thorn	38.00
	62	Cleo Perry	39.11
	65	Chris Prall	39.29
	66	Emma Lake	39.49
	81	Ben Thorn	41.23
	94	Faith Taylor	41.59
	170	Allister Bristow	46.13
	171	Liz Bowden	46.13
	240	Dan Evans	50.26
	265	Simon Mathias	51.23
		(510 finishers)	

ARMADA ATHLETICS WINTER 3K SERIES
CENTRAL PARK - WEDNESDAY 11 JANUARY

Young **Sam Yearling** had a terrific run to finish 4th overall. **Liam Hallows** also did well.

Results:	4	Sam Yearling	10.48
	19	Liam Hallows	12.06
	21	Nick Bristow	12.21
	25	Olivia Travers	12.44
	37	James Scantlebury	13.56
	45	Ben Bristow	14.59
		(94 finishers)	



FIRST CHANCE 10K - EXETER





FIRST CHANCE 10K - EXETER



SECRETARY'S NOTES

New Year – new challenges

We hope you all had a great Christmas break. I know quite a lot of people haven't been too well. Hopefully all of you will be feeling better very soon. 2017 has begun with a busy weekend of racing with several events held last weekend. We had athletes competing in all three disciplines which shows the diversity of the club. Our own Ivybridge 10K has been launched and we already have nearly 100 places filled. I think we will sell out long before race day.

The 10K is a vital fund raising event for the club, so please offer your help to Ian when he asks for it. We cannot put this event on without you. Club memberships are now due, and quite a few have already paid. Please try and pay up by the end of January at the latest. Forms and details are on the website.

Training and Coaching

We resumed our Tuesday training with a competitive handicap and a good hill session last week. Just a reminder to all - wear something light when training on the dark evenings. Junior training has also resumed on a Tuesday and indoors on Thursdays. This week was quiet, possibly due to the forecast of snow. We are actively recruiting for U11's at the moment so if you know of anyone who may be interested tell them about it.

Sportshall League

The next league match will be held in the Plymouth Life Centre on Sunday 29th January. We are lying second behind Plymouth AC but we can reduce the deficit if we can get a good turnout in this local fixture. There were a number of promising athletes taking part in the inter schools competition last week and we would very much like to recruit some of these before the 29th.

Road Running

A lot of our runners kept fit with Parkrun activity over the Christmas. We had some good results in the First Chance 10K particularly from our ladies. Ali Thorn was 3rd lady overall with Mike Miners our first man home. Results are shown on latest news. We also had a good turnout of runners in the January Armada 3K series.

Cross Country

It was good to see our athletes representing both the club and the county at the SW Championships held at Haldon Racecourse. The course proved to be

popular and produced some great races across all the age groups. Club results are shown on the Cross Country page of the

website. This weekend is the fourth Westward League at Westward Ho! in North Devon. It can be a very cold and inhospitable place so we hope for good weather and a break from the cold icy weather of the last few days. A lot of our athletes will be competing in the Devon Schools Cross Country at Stover on 21st

January hoping to gain selection for Devon in the South West Championships in Truro and the National Championships in Norwich. Good luck to all of them.

Athletes of the Month

December athletes of the month were Jean Baptiste Rouvelin and Nathan Brown.

Forthcoming events

Jan 15th – Westward League – Westward Ho!

SEAA U20 Indoor Champs

Cardiff Indoor GP

Jan 21st – Devon Schools XC

Jan 22nd – Storm Force 10 – Camborne Braunton 10

Jan 29th – Devon Sportshall – Plymouth

Feb 4th – SW Schools Cross Country – Truro

Feb 5th – SW Indoor Champs – Cardiff Newquay 10K

Fulfords 5 - Exmouth

Feb 8th – Armada 3K

Feb 11th and 12th – Midland Indoor Champs – Birmingham

Exeter Half Marathons (Sat and Sunday)

Westward league – Stover (12th)

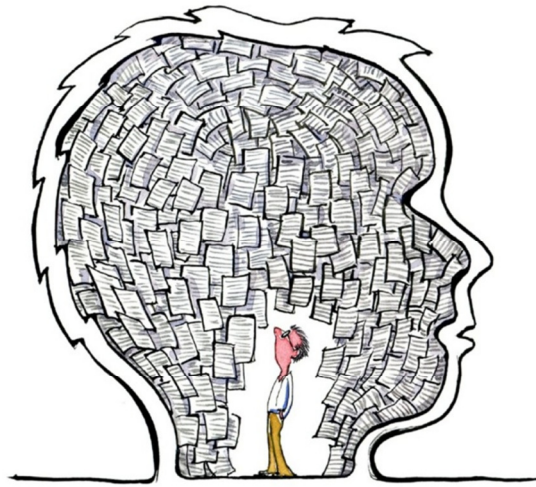
Finally.....

Don't forget you can use the Members only page of the website to communicate with other members without going public. Please request a login from me.

Keith (01752 893573)

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COACHES CORNER



Mental Strength!

Developing your mental strength will help improve motivation and confidence both during training and on race day. It will also help you perform better under pressure, including keeping emotional distractions in check. You should ignore this part of your training at your peril as you could significantly compromise all your hard training if you haven't prepared mentally for an event.

Why only train your body when your mind needs training too?

So how can we mentally prepare for training and racing? The process of goal setting is designed to help increase confidence, which in turn will help improve performance.

Most of us are excellent at setting goals, yet sadly less of us are good at achieving them. So why is this? Part of the reason is that many athletes have no focus to their goals but tend to choose things that they feel they ought to do, rather than the things they want to do or the things that motivate them. Also, they tend not to have any structure to their goals, which leads to a lack of focus and direction and eventually they soon peter out.

Many runners will be aware of the SMART approach to goal setting...

SMART stands for:

- ❖ SPECIFIC
- ❖ MEASURABLE
- ❖ ACHIEVABLE
- ❖ RELEVANT
- ❖ TIME

This structure has been used for many years as a way of ensuring individual's goals are fit for purpose. However this can now be expanded into SCCAMP which is as follows:

- ❖ **SPECIFIC:** it is important that goals are specific and clearly understood.
- ❖ **CONTROLLABLE:** goals should be something within your control; anything which has strong external dependencies could lead to failure.
- ❖ **CHALLENGING:** there is little point in setting goals that are easily achieved; stretching your target is the requirement.
- ❖ **ACHIEVABLE:** again there seems little point in setting goals that are always going to be out of reach such as running a marathon in an hour! Unachievable goals are only likely to de-motivate the athlete.
- ❖ **MEASURABLE:** if a goal is not measurable how will you know you have achieved it?
- ❖ **PERSONAL:** the more meaning the goal has, the more you will be driven to achieve it (e.g. proving detractors wrong)

"I was told when I was 18 that I was too small to be a good 800 m runner. I rather enjoyed proving them wrong there"
(Seb [now Lord] Coe)

Richard Welch

EVH UK Athletics Club Coach

(This article was written based on information taken from 'Running: Serious About Your Sport' by Paul Cowcher & Tommaso Bernabei)

References

Cowcher, P. & Bernabei, T (2011) '*Running: Serious About Your Sport*' London UK: New Holland Publishers (UK) Ltd.

TUESDAY TRAINING RUNS

Tuesday 17th	Winter 5 mile route around Ivybridge
Tuesday 24th	Speed Endurance – St Peters, Gorse Way and Woolacombe
Tuesday 31st	Winter 5 mile route around Ivybridge

Grand Prix Series 9 2016 December Update

CONGRATULATIONS!

The deserved winner of the Grand Prix Series 9 for 2016 is Emma Lake with a grand total of 822 points – Emma has continued to lead the Grand Prix despite the number of additional races that have been added this – well done!

Even in the last 6 weeks of the year it could have been won by others had Emma not continued to enter races and obviously others had added to theirs!

The final top six are as follows:

1. Emma Lake	822
2. Russ Mogridge	615
3. Carol Hansen	575
4. Cleo Perry	550
5. David Lloyd	525
6. David Church	505

There have been some really strong performances throughout the club in this years' Grand Prix, including team wins, age records, marathons/multi events as well as Westward League representation.

The final table can be found on our website, where you will see that 104 of us took part in this year's Grand Prix an increase of 8 from 2015.

Grand Prix Series 10 will have already started by the time you read this, with the January club handicap counting for 15 points. This month's Grand Prix Events are:

- Club Handicap – 15 pts
- January Jaunt 10k – Age % - max 50 pts
- Armada 3/5K series – 15 pts
- First Chance 10k – Age % - max 50 pts
- Westward League, Westward Ho! 50 points
- Oh! My Obelisk – 30 pts

The revised list of races will remain in place from 2015 and loaded on to the website in the next few weeks.

In the meantime I hope we all have a successful injury free 12 months – Good luck everyone!

Thank you - Mark Livermore

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 & A Ryder 34.56 Clevedon 12 & Plymouth 12	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	A Trigg 2.53.16 Abingdon 12
55 – 59	M Hansen 37.44 Clevedon 14	M Hansen 64.07 Bideford 14	M Hansen 1.26.40 New Abbot 14	B Symonds 3.30.41 Edinburgh 09
60 – 64	K Summers 42.39 Clevedon 14	K Summers 72.26 Plymouth 13	K Summers 1.35.40 Taunton 14	D Simpson 3.42.49 London 06
65 – 69	S Watson 49.30 Frome 16	D York 84.05 Plymouth 05	K Summers 1.45.25 Frome 16	
70 – 74	R Brindle 51.44 Berkeley 15		A Doonan 1.58.56 Plymouth 16	
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 38.21 Exeter 13	A Thorn 63.41 Plymouth 13	A Thorn 1.23.45 Bath 13	E Lake 3.09.12 London 13
40 – 44	A Thorn 37.47 Exeter 16	J Swift 62.02 Bideford 12	J Swift 1.22.15 Cardiff 12	C Perry 3.01.16 London 15
45 – 49	J Swift 40.18 Clevedon 16	S Urro 69.16 Plymouth 98	J Edwards 1.32.32 Weymouth 15	J Edwards 3.30.15 Mancster 14
50 – 54	S Urro 41.19 Exmouth 01	S Urro 68.18 Portland 01	S Urro 1.30.12 Bideford 01	J Edwards 3.27.55 Dublin 2016
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 48.44 Plymouth 12	A Handforth 87.13 Teignbridge 10	A Handforth 1.52.33 Plymouth 10	A Handforth 4.16.11 New Abbot 10
65 – 69	M McKay 53.37 Newquay 12	M McKay 88.56 Bideford 12		

2016 CLUB 10K RANKINGS **(2015 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	32.17	Will Battershill (1)	Exeter
2	34.03	Andy Norris (4)	Exeter
3	35.10	Allister Bristow (3)	Exeter
4	35.33	Andrew Perry	Cardiff
5	37.09	Paddy Trinder (7)	Exeter
6=	37.19	Alison McEwing (9)	Exeter
6=	37.19	Mike Miners	Cardiff
8	37.24	Joe Perry	Cardiff
9	37.36	Nick Bristow	Exeter
10	37.47	Alison Thorn (10)	Exeter

Congratulations to Will Battershill for maintaining his top ranking and also an improved time (33.59) in 2015.

Alison McEwing set a new ladies club record and Alison Thorn set a new vet 40 – 44 age record.

Joe Perry had a fantastic run on his 10K debut.

Good to see everyone under 38 minutes. This was last achieved in 2014 mainly due to the Clevedon 10K.

2016 CLUB HALF MARATHON RANKINGS **(2015 RANKINGS IN BRACKETS)**

<u>Posiition</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	76.34	Andy Norris (2)	Plymouth
2	80.46	Andrew Perry	Taunton
3	82.18	Alison McEwing (5)	Exeter
4	82.43	Tom Packer (8)	Plymouth
5	83.27	Steve Newcombe	Cardiff
6	84.22	Alison Thorn (6)	Bath
7	84.25	Cleo Perry (7)	Cardiff
8	86.46	Paddy Trinder (10)	Exeter
9	88.09	Andy Trigg	Frome
10	88.50	Andrew Reed	Bungay

Andy Norris had a great run at the Plymouth Half Marathon to move into top spot.

Tom Packer improved his time by some 2 minutes, whilst Paddy Trinder improved considerably on his 2015 time of 89.23, also set in Exeter.

2016 CLUB MARATHON RANKINGS **(2015 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	2.45.51	Ben Trigg	London
2	2.55.26	Alison McEwing (1)	London
3	3.03.58	Andy Trigg (3)	Brighton
4	3.07.54	Emma Lake (5)	London
5	3.10.49	Sarah Hirons	London
6	3.12.01	Russ Mogridge	London
7	3.13.26	Ewan Lake	London
8	3.15.56	Andy Norris	Eden
9	3.17.27	Craig MacAlpine (10)	London
10	3.19.26	Mike Hoskin (7)	London

Congratulations to young Ben Trigg who had a fantastic run in London. Ben is at University and is the son of Andy, who maintained his 3rd position at the popular Brighton Marathon.

Well done to the ladies with Alison McEwing, Emma Lake and Sarah Hirons all have great runs at the London Marathon.

Jean-Baptiste Rouvelin didn't make the rankings but deserved particular mention as he ran three tough marathons in five weeks. Jean successfully completed marathons at Eden (3.52.01), Snowdonia (3.48.48) and the Cornish (3.26.49).

Unfortunately no **10 Mile** rankings have been published this year as I could only find two athletes – Alison McEwing (66.40 at Braunton) and Mike Wooland (82.05) at Portsmouth who ran the distance.

Since the demise of the Plymouth Hoe 10 and Teigbridge 10 there are very few 10 mile races around.

If there are any amendments to the rankings then please let me know – Dave Fox

MEMBERSHIP RENEWAL

Your membership is now due

Renewal Form can be found on our website

