

THE HARRIER

(DECEMBER 2017 NEWSLETTER)



Lee Eastley and Liam Hallows at the Exeter Cross Country

We had a good turnout at the **Exeter Cross Country** event, particularly with so many men running. This follows on from a similar turnout at **Newquay**. The **Exeter** races incorporated the **Devon Championships**. We had some medalists (details unknown at present) but well done to everyone who ran.

I am pleased to include in this issue an article on former club athlete **Daniel Anderton** who is doing very well on the triathlon scene. We seem to have had so many talented athletes over the years.

Finally all that remains is for me to wish you the compliments of the season. Have a great break

Dave Fox - Editor

RACE NEWS

TEMPLER TEN - SUNDAY 5 NOVEMBER

We had a great turnout at the superb venue at Stover.

Andy Norris made a welcome return to racing and had a great run to finish 10th.

Allister Bristow also ran well to win the vet 45 title. Well done also to **Mike Hansen** who was 2nd mv55.

Our Ladies finished 3rd team, whilst the Men's team were 4th.

Results:	10	Andy Norris	65.14
	20	Allister Bristow	72.40
	36	Simon Swift	74.36
	83	Patrick Wakeley	78.26
	87	Jo Edwards	79.30
	89	Suzie Spooner	79.44
	90	Neil Moffatt	79.45
	100	Dave Church	81.14
	141	Liz Bowden	87.36
	188	Carol Hansen	94.39
	228	Dinah Wakeley	104.51

Well done to Charlotte (7.38) and Daniel Adderley (7.39) who both ran well in the 1 mile Fun Run.

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 8 NOVEMBER

Nathan Brown continued his terrific start in this series and after winning the first race in October also won this event and with an improved time.

There was a massive turnout for the race:

Results:	1	Nathan Brown	10.00
	6	Sam Yearling	10.47
	16	Nick Bristow	11.30
	43	Ben Bristow	12.59
	49	Dave Church	13.16
	132	Phil Adderley	17.43
	135	Charlotte Adderley	17.46

CORNISH MARATHON - SUNDAY 19 NOVEMBER

Well done to our three athletes who completed one of the toughest marathons in the country.

Mike Hoskin was 56th in 3.31.38, **Jean-Baptiste Rouvelin** 68th in 3.38.12 and **Craig MacAlpine** 203rd in 4.15.08.

There were 410 finishers.



BICTON BLISTER - SUNDAY 27 NOVEMBER

We had five athletes at this tough off road race.

Ben Blister was 19th in the Blister Lite, with a time of 40.12 – a 9 minute improvement on last year! **Monica Bristow** was 63rd in 50.55.

In the longer race **Nick Bristow** was first back in 36th place (1.11.03) and was followed by **Mike Hoskin** (140th place – 1.24.48). In 214th and 215th positions respectively were **Liz Bowden** and **Allister Bristow** in 1.32.16/17.

Well done to everyone on a chilly day.

FROM THE CHAIR

Well that's 5 weeks since the AGM and time has literally flown by - it feels like as a club we have had a good 5 weeks.

Races

As a club we continue to have a strong representation within local races, well done to all who have been out competing including the fantastic turn out at the recent Westward League Cross Country event where I think we had 47 runners.

Tuesday Sessions

I am delighted with the response I have had to the group lead approach. I am sure there is more we can progress with – **Andy Trigg** I want to pick your brains about the Croydon Striders approach – for me the groups are less about the “timed headings” but more about a group people feel comfortable in and if they wish to progress from knowing there will be a similar supportive group to go in to.

Group Leaders

The offer is on the table for people to be trained and paid for by the club. Well done to **Carol Hansen** who has just completed her course and I am sure would be happy to explain to anyone interested in taking the course what it entails. I know there are more of you that are interested so please don't be shy and put your name forward – there's an EVH coat etc in it for you as well!

Strava

On the subject of the group lead approach, if within your groups you want to set up an individual group using Strava to track your progress then **Craig Macalpine** will be happy to talk you through this – I think we already have about 35 EVH Runners registered.

Park Runs

Many of you I know have taken part in park runs, not just in Plymouth but around the country as well. **Katie Mogridge** is the co-ordinator of the Plymouth Park run and in conversation with her in the New Year Erme Valley Harriers will be taking over a weekend

run in Plymouth. Talking to Katie I understand other clubs do this – more to follow – but this will be an opportunity to promote the club for new members and advertise both the 10k and Relay events for 2018.

Many of the ideas I have talked about here are suggestions that have come from yourselves so please keep them coming, we may not run (literally) with everything raised but certainly will give suggestions consideration.

Committee Membership

I mentioned at the AGM that we were looking for some new faces / ideas to join us on the committee - this doesn't mean by joining the committee you would immediately be given a role or responsibility - we don't want to scare people off! But if any of you wanted to come along and join then it may be you take your time understanding how the committee works before deciding what / if there is anything you'd like to get involved in. Have a think - due to diary clashes the next committee meeting will take place after the January Winter handicap on 2.1.18, rather than the normal first Monday in the month arrangement.

Communication

I am keen that we use the Ivybridge Magazine (the coloured A4 one that comes through our doors in Ivybridge) to promote all of the running sessions we offer across the whole week, from juniors right through the age and ability categories. I have asked the leaders of these groups to put a few lines together for me so that we can get something out in January to promote our club and the benefits “health and well-being” amongst many other things there are for being part of a running club.

And finally..... For those of you I don't speak to in the next couple of weeks I wish you all a fantastic Christmas and a successful and Happy New Year.

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SECRETARY'S NOTES

Season's Greetings.

Following the AGM our new chair Mark has certainly hit the ground running. It is pleasing to see some new ideas and initiatives coming forward. We just now need a few more people involved to make everything happen. We are now in the run up to Christmas when things do go into hibernation a bit. We have had our last Cross Country and Sportshall fixtures of the year and next week will be the final junior training sessions before Christmas. We hope that everyone will have a restful and enjoyable break but keep the training up and avoid the lurgy.

Training and Coaching

Our junior training has been going well with the second session being particularly successful since the change to groups.

We now have three new Club coaches who are working through their qualifications and also new leaders to help with the senior sessions. We always welcome offers of help from anyone. The new handicap course is proving popular with the juniors joining in.

Sportshall

We had another great day at the second Sportshall fixture held on Sunday 19th November which included the Devon County Championships. We won an impressive haul of 38 medals and finished top once again. It is very close at the top so we need everyone there on 28th January in Plymouth. Make sure you all save the date.

Road Running

Although the number of races have quietened down a bit we have still had some good performances. The Armada 3K takes place next week. Come along in festive gear. It is also the presentation of the Armada GP awards after the race. The annual Boxing Day run will be on at Burrator again this year. It is not a race so just bring a present along and collect one when you finish. Run starts at 11am from the Dam. All welcome.

Athletes of the month

Congratulations to Becky Lee and Amelia Enticknap who were the athletes of the month for November.

Cross Country

We had two fixtures since the last Harrier and the turnout has been excellent - particularly our Senior Men. We took a few medals in the Devon Champs at Exeter and a number of our athletes gained selection for Devon teams. We have the SW Cross Country Champs at a new venue near Yeovil on Sunday 7th Jan. Entries are open to all.

London Marathon

Congratulations to Rose Bralsford who was successful in the ballot held at the AGM. We were only allocated one place this year which was disappointing. Patrick Wakeley was also picked out at the ballot so we have decided to help him get a charity place. Look out for more details how you can help raise some money for a worthy charity.

Forthcoming events

December 10th – Christmas Classic Indoor - Cardiff

December 13th – Armada 3K – Central Park

December 17th – Torrington Christmas Caper and The Scrooge – Heligan

December 26th – Burrator Run (not a race)

January 7th – January Jaunt Plymouth SW Cross Country – Yeovil

Oh my Obelisk - Dawlish

January 10th – Armada 3K – Central Park

January 14th – Westward League at Westward Ho !

Finally.....A further reminder about wearing something fluorescent if you are running at night. Please take extra care when training. On behalf of the club can I wish everyone a very enjoyable Christmas and New Year.

**Keith (01752 893573)
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JINGLE BELL JOG

Boxing Day at Burrator Dam

Annual Fun Event starting at 1100

1 lap of Burrator Reservoir (approx 4 miles)

Festive wear encouraged.

Bring a low value present for Santa's Sack pre run and withdraw a present when you finish!!

**IF COMING PLEASE CAR SHARE WHERE POSSIBLE AND
PARK SENSIBLY**

TUESDAY TRAINING RUNS

Tuesday 12 Dec	Paced group run
Tuesday 19 Dec	Speed Endurance - St Peters Road, Gorse Way and Woolacombe Lane
Tuesday 26 Dec	Boxing Day Run at Burrator
Tuesday 2 Jan	Handicap Race
Tuesday 9 Jan	Paced group run
Tuesday 16 Jan	Speed Endurance - Station Car Park
Tuesday 23 Jan	Paced group run
Tuesday 30 Jan	Hill work at the viaduct



MERRY CHRISTMAS

and a

HAPPY NEW YEAR

**Profile on former club athlete
Daniel Anderton:**

After finishing university in Plymouth I relocated to Oxford for work. To help meet people in the new area I joined Oxford City Athletics Club, running for them in both road and cross country races. Running is my go to sport, but after a couple of years I tried my first triathlon and instantly got hooked. I still run with OCAC but triathlon is my main focus.

I started triathlon by doing the olympic distance, 1.5km swim, 40km bike and a 10k run. The bug got me, but as a distance runner I wasn't quite as competitive at the shorter distance, so last summer I did my first half ironman triathlon; a 1.2 mile swim, 56 miles on the bike and a half marathon. In my first race I qualified for the GB age group team and represented GB in Denmark earlier this year.

In October I completed my first full Ironman, a 2.4 mile Swim, 112 Miles on the bike and a marathon. To get my body in the best possible shape I endured weeks of double daily training sessions and hours out training across the three disciplines.



The race could not have gone any better. I completed the race in 9:02 (that's hours!) finishing it with a 3:07 marathon. My run being the standout leg - gaining me many positions during the race.

On crossing the finish line, to my shock, it was announced I had come second in my age category qualifying me for the Ironman World Championship 2018 in Kona, Hawaii.

My next year will be geared towards the worlds with a few warm up events including the London Marathon and Ironman Lanzarote at the start of the year. Qualifying for the world championships in Kona is every triathletes dream and competing against the best 2500 athletes in the world in an amazing location.



Present club athlete **Andy Norris** also competed in the Ironman in Hawaii a few years back - Editor



EXETER CROSS COUNTRY





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