

THE HARRIER

(JANUARY 2018 NEWSLETTER)



Phil Warren finds time to smile at a bitterly cold January Jaunt

The New Year usually starts with the First Chance 10K at Exeter but unfortunately the race didn't take place this year. Therefore the first road race was the January Jaunt in Plympton held on a bitterly cold day. Well done to our four athletes who braved the conditions.

I hope you have managed to avoid all the winter ailments going around and have started your training in good health.

All the best for 2018 and may you achieve your goals.

Dave Fox - Editor

RACE NEWS

COCKINGTON CHRISTMAS CAPER SATURDAY 9 DECEMBER

Well done to our four athletes who completed this picturesque 'off road' race. For their efforts they all received a mug and a slice of Christmas cake!

Results:	50	Ken Summers	1.12.51
	60	Dave Church	1.16.03
	139	Richard Lane	1.28.41
	173	Carol Hansen	1.35.24

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 13 DECEMBER

We had a good turnout in this race.

Liam Hallows and **Nick Bristow** ran well as they finished in the top 10.

Results:	5	Liam Hallows	11.20
	9	Nick Bristow	11.41
	24	James Scantlebury	12.58
	25	Andy Newcombe	12.59
	26	Ben Bristow	13.01
	31	Olivia Travers	13.18
	34	Dave Church	13.31
	45	Ken Summers	15.23
	48	Richard Lane	15.35
		(113 finishers)	

JANUARY JAUNT - PLYMPTON SUNDAY 7 JANUARY

We had four athletes in this race. It was bitterly cold and windy, so well done to all concerned.

Results:	Simon Swift	42.34
	Russ Mogridge	43.00
	Katy Mogridge	56.35
	Phil Warren	64.14



**Katy and Russ Mogridge and Simon Swift
at the January Jaunt**



OH MY OBELISH - DAWLISH SUNDAY 7 JANUARY

We had three survivors in this very tough race, which was extended to a half marathon this year.

Results:	64	Ken Summers	2.01.30
	79	Craig MacAlpine	2.08.14
	121	Carol Hansen	2.43.27

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 10 JANUARY

Liam Hallows and **Nick Bristow** both improved their times from the December race. **Liam** also made the top three.

Results:	3	Liam Hallows	11.15
	10	Nick Bristow	11.38
	26	Andy Newcombe	13.08
	28	Olivia Travers	13.29
	31	James Scantlebury	13.35
	32	Ben Bristow	13.45
	49	Phil Adderley	15.07
		(95 finishers)	

TUESDAY TRAINING RUNS

Tuesday 16 Jan	Speed Endurance - Station Car Park
Tuesday 23 Jan	Paced group run
Tuesday 30 Jan	Hill work at the viaduct
Tuesday 6 Feb	Handicap Race

From the Chair

Firstly I hope you had great festive breaks and are looking forward to the New Year! The dark mornings / evenings are not great for longer runs plus the extra layers of kit we are having to wear!

Races – Although Dec / Jan can be a relatively quiet month in terms of race participation we still have been well represented at the races in the calendar including really good turn-outs at our own handicap races in Nov / Dec and January. The 2017 Grand Prix has been completed and the results are elsewhere in the Harrier (you'll have to read on!) I am just putting together the 2018 GP - as I have a bit more time this year I will have time to provide more regular updates

Tuesday Sessions – The response we have had to the group lead approach has been brilliant and hopefully appreciated. I think there is more we can do and I am happy to take additional thoughts and ideas on board. It really is more about groups people feel comfortable in and if they wish progress from knowing there will be a similar supportive group to go in to.

Group Leaders - The offer remains on the table for people to be trained and paid for by the club - there are a couple of dates coming up in the near future: 27.1.18 in Bodmin and 3.2.18 in Taunton. In addition to the cost of the course being met we would also look to cover petrol costs as well – please let us know if you are interested in these dates or future courses when they become available.

Communication - I mentioned that I am keen to use the Ivybridge Magazine (the colour 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. Thank you to the leaders of all of our groups who have put a few lines together for me so that we can get something in the February edition to promote our club and the benefits “health and well-being” amongst many other things there are for being part of a running club.

Ivybridge 10K – Our annual 10k race (the biggest non-commercial 10k in the South West) takes place on 12 May 2018, we already have 140 entries and we haven't advertised it yet! Ian Crossley who does a brilliant job in organising this race will shortly be coming out asking for volunteers. Where you can please be generous with your time – it really is a great day and a chance for the club to really pull together.

Annual Presentation – I mentioned on Tuesday that this year's annual club presentation will be at the Rugby Club on the likely date of 13 April. It would be great if we could get a few more of us seniors to come along – there will be a free buffet! More to follow shortly.....

Taunton Half and Full Marathon Trip – I am really encouraged by the interest shown in the trip we are organising for Sunday 8 April 2018. Once we have the final numbers of athletes travelling we will confirm the coach subsidy etc. Look out for posts on our Facebook pages Thank you to Dave Church and Ken Summers who are doing a great job taking this forward. As a committee we are conscious that the distances can preclude people – so because of the interest shown we will be looking to arrange a trip for a 10k race for later in the summer.

New Members – Great to see we have recently welcomed **Oli, Rachel and Holly** to the club – our meeters and greeters are doing a great job – we are looking to revise the club pack we used to have to utilise.

Kit – I will continue to flog new kit to anyone who will listen! A full price list will be updated on our website shortly and the Fire Sale of old kit will be launched w/c 15.1.18

Kent Watson – Just a short note to say thank you to those of who attended what was a fitting and respectful funeral service for Kent on 5 January 2018. The club will be donating £100.00 each to St Lukes Hospice and McMillan Nurses.

Thank you for listening and have a great month running! - Mark Livermore

KENT WATSON

It was with great sadness that the club learnt of the death of Kent, who had been a member of the club for several years.

I first met Kent and Dinah at the New York Marathon in 2004 on a trip organised by his then club Tamar Trotters. Kent subsequently moved to Erme Valley when he came to live at Bittaford.



Kent and Dinah (on the right) at the 'Horse and Groom Away Day' in 2015

Kent always had a smile on his face and was good company. I can recall particularly conversations we had when Stoke City reached the 2011 FA Cup Final. Kent was an avid Manchester United fan and was hoping they would beat Manchester City in the Semi-Final to play Stoke in the Final. Alas it was not to be as Manchester City beat United in that semi and then Stoke in the Final!

I last saw Kent race in the Taunton Half Marathon (93.36) of 2015 and he subsequently ran in the Tewkesbury Half Marathon (92.18) a month later. Thereafter any races appeared to be just Park Runs.

It was fitting at the funeral held at Ugborough Church that there was a large turnout from his running clubs – Erme Valley, Tamar Trotters and Torbay.

Our thoughts go to Kent's wife Dinah and the family.



Dave Fox - Editor

SECRETARY'S NOTES

New Year, New beginning.

2018 has arrived and if you believe the media there seems to be a general air of despondency together with an epidemic of flu. However on the club front there is lots of look forward to.

We have started 2018 well in both competition and planning for the future. We are looking at setting up a Couch to 5K group to recruit new beginners and try out a Core Fitness session for runners on Monday January 29th at the Community College (6pm). More details on Tuesday. As Mark has said the group format is working well, we have some new leaders and coaches and a trip is planned to Taunton. Any other ideas greatly welcomed.

Training and Coaching

Junior training has recommenced after Christmas with good numbers. The second session continues to be successful since the changes to groups. We would welcome more leaders to come forward. The senior sessions are going well using the groups.

It is particularly good to integrate the juniors and session for speed sessions.

Sportshall

Although we have had a break we are now looking forward to the next fixture on the 28th January in Plymouth. We are leading the overall competition but only by a slender margin. We therefore need an excellent turnout to maintain the lead and also for our athletes to achieve their own medal targets for the year.

Indoor Track and Field

We had some of our athletes competing indoors at Cardiff at the Christmas classic and the SW Junior Championships. It was good to see young Adam Dingley win a bronze medal in the 60m hurdles in his first race as an U13.

Road Running

We had the pre-Christmas Armada 3K and the presentation of the Armada GP awards after the race. Congratulations to our runners who won an award. We

had a few athletes in the January Jaunt and the Oh My Obelisk! plus the January Armada 3K.

We also have had a lot of athletes running in various Parkruns in the area with a bumper turnout at Exmouth on 23rd Dec. There were 710 finishers in this inaugural event which was overwhelming.

Our own 10K has now launched and we already have 140 entries. The new Armada GP has been sorted and details will be shared with all of you.

Athletes of the month.

As December is such a quiet month we will announce the next winners in early February.

Cross Country

The SW Cross Country Champs took place at a new venue near Yeovil on Sunday 7th Jan. Although we only had five runners there we had some good results. It was a very tough traditional cross country course which proved very popular. The next Westward League is on this weekend at Westward Ho! and the Devon Schools takes place the following Saturday.

Forthcoming events

January 20th – Devon Schools XC – Stover

January 21st – Storm Force 10 Camborne

January 27th - Midland and SEAA XC Champs

January 28th – Devon Sportshall league – Life Centre Plymouth

February 3rd - SW Schools XC – Stover

February 4th - SW Indoor Sen and U20 Champs – Cardiff Day 2

Newquay 10K

February 10th – Exeter Half Marathon

February 11th – Exeter Half marathon Westward league XC – Plymouth

February 14th – Armada 3K – Central Park

Finally..... A reminder that 2018 memberships are due. Please make sure you fill in a new form as we need one for data protection reasons.

**Keith (01752 893573)
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Grand Prix Series 10 2017

CONGRATULATIONS!

The run away and deserved winner of the Grand Prix Series 10 for 2017 is David Church a grand total of 1075 – David led the Grand Prix from April 2017 and his dedication to the cause has kept him at the top of the leader board since in a now much busier Grand Prix Event – well done!

The final top five are as follows:

1. David Church	1075
2. Ken Summers	785
3. Emma Lake	703
4. Richard Lane	690
5. Russ Mogridge	625

Again there has 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 11 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:

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- 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 2016 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

<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	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.09.46 Graz 17
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 1.38.56 Bridgwater 17	
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

<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 2.58.53 London 17
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		

2017 CLUB 10K RANKINGS
(2016 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	36.18	Andrew Perry (4)	Cardiff
2	36.34	Craig MacLellan	Cardiff
3	36.40	Mike Miners (6)	Exeter
4	36.55	Tom Packer	Exeter
5	36.59	Joe Perry (8)	Cardiff
6	37.35	Sam Yearling	Plymouth
7	37.59	Paddy Trinder (5)	Exeter
8	38.00	Alison Thorn (10)	Exeter
9	39.11	Cleo Perry	Exeter
10	39.27	Cris Prall	Ivybridge

Congratulations to Andrew Perry for moving to the top of the rankings.

It's good to see youngsters Joe Perry and Sam Yearling featuring.

The top four rankings in 2016 were all quicker times with Will Battershill recording a time of 32.17 in Exeter!

2017 CLUB HALF MARATHON RANKINGS
(2016 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	1.23.26	Alison Thorn (6)	Bath
2	1.23.36	Andrew Perry (2)	Torbay
3	1.24.03	Mike Miners	Plymouth
4	1.24.07	Andy Trigg (9)	Bridgwater
5	1.25.02	Cleo Perry (7)	Bath
6	1.25.08	Craig MacLellan	Cardiff
7	1.28.45	Martin Battershill	Exeter
8	1.29.52	Jean-Baptiste Rouvelin	Copenhagen
9	1.32.16	Richard Lander-Stow	Plymouth
10	1.33.04	Andy Newcombe	Plymouth

Alison Thorn had a great year and achieved top ranking with a pb at Bath.

Well done to Andrew Perry for again finishing 2nd and to Andy Trigg for setting a new club vet age record.

Times were generally down as in 2016 the 10th place time was 1.28.50!

2017 CLUB MARATHON RANINGS
(2016 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	2.47.19	Ben Trigg (1)	London
2	2.58.53	Cleo Perry	London
3	3.04.23	Andy Trigg (3)	London
4	3.08.44	Paddy Trinder	London
5	3.19.34	Mike Hoskin (10)	Chester
6	3.19.44	Emma Lake (4)	London
7	3.27.19	Russ Mogridge (6)	London
8	3.28.06	Sarah Hirons (5)	London
9	3.28.29	Mike Miners	Exeter
10	3.30.42	Jean-Baptiste Rouvelin	Eden

Ben Trigg maintained his position at the top of the table with yet another fantastic run in London. Father Andy also kept 3rd spot.

Cleo Perry had one of those days she will never forget as she achieved a new pb and also set a new club vet age record.

Well done also to Russ Mogridge who also set a new club vet age record.

If you have run a race somewhere which affects the rankings then please let me know - Dave Fox (Editor)

SENIOR CLUB 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	37.19	Exeter 16
10 miles	Jaine Swift	62.02	Bideford 12
Half Marathon	Alison McEwing	1.21.02	Exeter 14
Marathon	Alison McEwing	2.53.03	London 15

