

THE HARRIER

(FEBRUARY 2018 NEWSLETTER)



Some of our athletes and helpers
at the Plymouth Cross Country

It's been a quiet few weeks on the race scene but activity return with something of a vengeance at today's **Cross Country** at **Central Park, Plymouth**.

The conditions were the most demanding for many years. With heavy rain on the Saturday the challenging course was extremely muddy. Well done to everyone who ran and survived the ordeal!

I have reprinted the **2017 Club Marathon Rankings** as there is one change. I am unaware of any other alterations to any of the other rankings.

Please note that the March Handicap Race has been moved back one week and will now take place on **Tuesday 13th March**.

Spring is hopefully just around the corner!

Dave Fox - Editor

RACE NEWS

Mike Hoskin had his usual busy weekend completing two **Plym Valley Marathons**. The first on the Saturday took him 3.18.18 and gave him 2nd place and then the following day he was a bit slower (but not much) with a time of 3.34.48.

Sarah Salt also did the double marathon, recording times of 4.35.05 and 4.55.52 respectively. Husband **Dan** joined her on the Sunday and recorded a time of 4.16.37



Meanwhile **Becky Lee** had a terrific run at the **Newquay 10K** as she achieved a pb with a time of 49.22. **Becky** was 273rd out of over 700 finishers.

Paddy Trinder was 24th at the **Fulfords 5** in a time of 30.40.

Well done to our athletes who ran at the **Exeter Half Marathon**. **Alison McEwing** was 2nd lady (1.25.31), whilst **Alison Thorn** was close behind and 3rd lady (1.25.45). Well done also to **Dan Francis** (1.39.30) and **Jenny Langham** (2.17.54)

Tavistock's Holland and Erme Valley's Yearling take victories at Moonlight Flit races

Posted on January 16, 2018 by PLYMOUTH SPORTS GAZETTE



TAVISTOCK'S Adam Holland and Erme Valley Harriers youngster Sam Yearling claimed victories at the Moonlight Flit at Wrangton Golf Course on Saturday evening.

The event saw runners either complete a 10k or 5k off-road race on moorland tracks in the dark.

Ultra-runner Holland took victory in the 10k race in a time of 48.28 minutes before running in the Westward Cross Country League the following day.

Second in the 10k run was Simon Evans, who clocked 49.03 minutes, with Saulitis Nikolojs third in 51.41.

Former mountain bike star Carla Haines was first female by more than six minutes. She clocked 57.41 minutes, with Freya Carlson taking second in 1:04.13 and Felicity Knell third in 1:06.10.



Junior athlete Yearling produced an impressive run to win the 5k race by more than two minutes. He clocked 23.40 minutes, with senior Mark McLaren taking second in 25.55 and over-40 athlete Simon Warren coming home in third in 25.58.

Zoe Partridge was first female in the 5k run in 26.46, with Hannah Brown second and Liz Househam third.

From the Chair

What a month of weather January was, I think I wore my leggings more this year than any other – although that may be an age thing!

Despite the cold and wet we've continued to produce strong performances in races including a great following for the Park Runs – "Park Run Tourist" is a new phrase on me! I have also noticed a fantastic turn out on a Tuesday club night where we have welcomed a number of new members in 2018 which is brilliant, as I mentioned recently I will be asking for some feedback from our new members this month to see if we can improve our welcome processes – I promise it won't be in the form of a questionnaire!

It's that time of year when we have to renew our memberships, thank you for those of you that have already done so, we can renew our memberships by either completing the paper copy, paying by cheque or cash and we can renew on line via BACS – whichever is easier. The quicker we pay our memberships helps the club and it means you get your England Athletic discounts etc. Memberships not renewed by 10 March 2018 will mean points scored in both the Handicaps and Grand Prix will not be recorded.

I was really pleased with this month's article about us in the Ivybridge Magazine - check it out if you get the chance. Thank you to Ali McEwing, Cleo Perry, Sharon Terry and Keith Reed for your additional contributions and to Dave Fox meeting the editor's final cut.

The group sessions on our longer runs continues to work well – something that will stand us in good stead as the weather changes.... and we go further afield. For our group leads there are on-going opportunities to attend training courses – speak to **Keith Reed** for the next available dates, transport costs will be covered ensuring no-one is out of pocket.

I will continue to bring examples of new kit to the Tuesday sessions, if anyone who doesn't attend a Tuesday session but goes on a Monday, Wednesday, Thursday or Friday! Then please e-mail me. Thank you to **Ken Summers** who has been successfully selling some of our "sale items" – those blue t-shirts look smart on!

The coach trip for the Taunton Marathon and Half Marathon on 8 April 2018 is proving popular, Dave Church and Ken Summers are working hard to get this organised. We have set a coach deadline of the 28 February 2018, there is a list on the board at the rugby club or contact Dave / Ken direct. As a committee we will agree the relevant coach subsidy at our meeting on 5 March 2108. We will be looking to run a further coach to a 10k later in the year.

Our juniors are doing fantastically well at Sportshall where we currently lead the field by 155 points! Well done everyone including Team Manager **Sharon Terry** for making this happen

The Couch to 5k sessions led by **Sharon Terry** are proving to be popular which is great to hear, although more people are always welcome. I will continue to provide you with updates as we progress. **Ali McEwing, Cleo Perry** if you want me to provide any updates on your sessions here - happy to do so.

Ian Crossley is working hard organising our 10k race – the date again for your diaries is Saturday 12 May 2018, Eurovision night so you can't forget it! As always because of your volunteer support which is really appreciated is a race that attracts fabulous feedback from participants on its organisation and enjoyment each year.

Mark Livermore (07850 044672)
markanddebs.livermore@sky.com.

Trigg and Wilsmore impress on international duty for England in Vienna

Posted on January 29, 2018 by PLYMOUTH SPORTS GAZETTE



ERME Valley Harriers' Sam Trigg and Tamar Trotters' Mike Wilsmore impressed on international duty in Austria at the weekend.

The pair were part of the England team that travelled to the Vienna Indoor Classic.

For triple jumper Trigg it was his first senior international, although he did compete for Great Britain at last year's World University Games.

He was the stand out athlete in the men's triple jump in Vienna, winning the event by nearly one-metre.

Trigg, back in the UK after two years in America, opened his year with a jump of 15.50m. Second-place went to David Bartolos with 14.69m.



Meanwhile, Wilsmore almost made the podium in the men's 1,500m. In a closely-fought race he finished fifth in a new indoor PB time of 3:45.28.

He was just a quarter-of-a-second off winning silver. Gold went to fellow England runner Phil Sesemann, who clocked in 3:44.18.

Afterwards Wilsmore said:

"Always an honour to represent my country and a great experience doing it out in Vienna with England Athletics."

He was pleased with his time, but added: "Feel with a bit more work there is a lot quicker time to come. Now back to some hard work with the training group before the British championships in a few weeks."

Trigg is also training for the British Championships, which take place on the weekend of February 17/18.

He will continue his build up for that event this coming weekend at the Brunel Jumps Festival in Uxbridge.

SECRETARY'S NOTES

The year is galloping on!!

We are nearly two months through 2018 and spring is just around the corner (honest). The year has already seen a number of competitions and races.

The Couch to 5K group is going well and the Core Fitness session for runners went really well. We are having another one on Monday February 26th at the Community College (6pm). Please book with me as we can only take 20.

It was good to see Ali McEwing back racing today in the Exeter Half. She finished 2nd lady in 1.25.31 just a few seconds ahead of Ali Thorn. I am sure a lot of you will be racing in the next few weeks as you prepare for spring marathons. Patrick Wakeley is running the London for a charity and has to raise £1250. The club have agreed to support him, but please sponsor him as well.

Training and Coaching

Junior training continues to go well with new recruits every week. We should soon have three new qualified coaches which will greatly help out the club. The second session continues to be successful since the changes to groups. We would still welcome more leaders to come forward as there are a couple of courses being held locally. The senior sessions continue to go well using the groups. We are moving the March handicap by one week as a lot of us are away on March 6th.

Sportshall

We did really well in the last fixture held on 28th January in Plymouth. We have increased our lead in the overall competition to 155 points. We therefore need another excellent turnout in the next one on Feb 25th which is again to be held at the Plymouth Life Centre.

Indoor Track and Field

Both Liam and Nathan have been competing indoors at Cardiff in the SW U20 Championships. Nathan is off to Sheffield at the end of the month to compete in the England Champs. Sam

Trigg was selected to compete for England in Vienna and won his Triple jump event.

He will now be competing in the British Champs in Birmingham.

Road Running

The January 3K went well and the next one is on February 14th. Becky Lee had a good run in the Newquay 10K. Park Runs have continued to be popular. I have added a summary of the performances from club members on the latest news page. Well done to all who compete for the club.

Athletes of the month.

The athletes of the month for January are Sam Trigg and Estelle Hodges.

Cross Country

The next Westward League is on tomorrow in Plymouth. Hopefully we will have a good turnout. Our athletes did well in the Devon Schools and we hope to have four athletes selected for the ESAA Champs. We also have athletes selected to run for Devon in the Inter Counties at Loughborough on March 10th.

Forthcoming events

February 14th - Armada 3K - Central Park

February 18th - Bodmin Half Marathon

February 24th - National XC

February 25th - Looe 10

Sportshall League - Plymouth

March 3rd - Regional Sportshall - Torbay

March 4th - Bath Half

Westward League - Redruth

March 10th - Inter Counties XC

March 11th - Bideford Half

March 13th - Handicap race

Finally.....A further reminder that 2018 memberships are due. Please make sure you fill in a new form as we need one for data protection reasons. Thanks to all those who have already paid.

**Keith (01752 893573)
reedy41c@googlemail.com**

2017 CLUB MARATHON RANKINGS (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	3.08.25	Craig MacLellan	Richmond
5	3.08.44	Paddy Trinder	London
6	3.19.34	Mike Hoskin (10)	Chester
7	3.19.44	Emma Lake (4)	London
8	3.27.19	Russ Mogridge (6)	London
9	3.28.06	Sarah Hirons (5)	London
10	3.28.29	Mike Miners	Exeter

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.

TUESDAY TRAINING RUNS

Tuesday 13 Feb	Paced Group Run
Tuesday 20 Feb	Tempo Run (St Peters Way, Gorse Way and Woolacombe Lane)
Tuesday 27 Feb	Paced Group Run
Tuesday 6 March	Speed Endurance – Railway Station Car Park
Tuesday 13 March	HANDICAP RACE
Tuesday 20 March	Paced Group Run
Tuesday 27 March	To be decided as clocks change on Sunday 25th March

THE IVYBRIDGE MAGAZINE

The **I Mag (the Ivybridge Magazine)** is distributed each month around the **Ivybridge** area. The club regularly contributes an article – usually to the back of the magazine.

The magazine can be viewed online at: www.theivybridgemagazine.co.uk

