

THE HARRIER

(MARCH 2018 NEWSLETTER)



BECKY LEE LOOKING GOOD AT THE REDRUTH CROSS COUNTRY

The **Westward Cross Country** league concluded at **Redruth**. The weather was good considering the snow leading up to the weekend.

Congratulations to **Ken Summers** who was 1st over 65 in the series of races and **Derek Green** who was 3rd vet 65 despite running only three races.

Some road races didn't take place due to the snow but hopefully everything is now back on track and our athletes can back to their interrupted training.

Good luck in your forthcoming races.

Dave Fox - Editor

From the Chair

Hello everyone I hope I find you all well.

When I said last month “what a month of weather January was”..... It hasn't improved hugely not taking in to account the winter wonderland most of experienced a couple of weeks back, certainly not helped my first half marathon in 18 months training – well that's my story and I'm sticking to it!

Again despite the cold and wet as a club we continue to produce strong performances in races including Park Runs as well as fantastic turn outs on all club nights across the week where we have welcomed a number of new members in 2018 which is brilliant.

Talking of weather, we will soon see the lighter evenings and longer club runs. I would like to think the running group discipline we have formed will now stand us in good stead when we go further afield. For our group leads there are on-going opportunities to attend training courses – if you look at the England Athletics web site you can chose a course with a date and venue that suits you - we will cover and course costs and travel expenses.

Membership Renewal

This is going well, 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.

KIT

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 most of our “sale items”!

TAUNTON TRIP

The coach trip for the Taunton Marathon and half marathon on 8 April 2018 is now organised. **Dave Church and Ken Summers** have worked hard to get this organised. The coach has now been booked and is **FREE OF CHARGE** to runners who have already entered, those who wish to do so by the closing date of 26 March 2018 AND if any of you fancies a trip to Taunton as a shopping / social day out it is **ALSO FREE!**

Don't forget we will be looking to run a further coach to a 10k or something similar later in the year.

Our juniors continue to do fantastically well at Sportshall where we currently lead the field by 155 points! This weekend (18th March) we could win the competition. Well done everyone including Team Manager **Sharon Terry** for making this happen.

Ian Crossley continues to work hard organising our 10k race – the date again for your diaries is Saturday 12 May 2018. 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.

Diary Date

Our presentation evening for both adults and juniors will be held at the Rugby Club on **Friday 13 April 2018**. There is a free buffet – it would be really great to get a great turn out from across the club where we will be presenting all of annual awards

Have a great month's running – if you have any feedback or notes you want me to cover next month, please do not hesitate to e-mail:
markanddebs.livermore@sky.com.

SECRETARY'S NOTES

Spring is slow to arrive!

I said last time that spring is just around the corner but the beast from the east caught everyone out. A number of events were cancelled including the Bath Half, Newport Marathon and Granite Way. Some have been rescheduled, but it will have affected some of your pre marathon preparation. We did manage to hold the final Westward League and it all went off well. Our juniors had to wait an extra week for the Regional Sportshall but that went off OK last Saturday. Please remember Patrick Wakeley is running the London for a charity and has to raise £1250. The club have agreed to support him, but we would really ask all of you to please sponsor him as well.

Training and Coaching

We had to cancel the first outside session on the 1st March due to the snow but we managed to get an indoor facility for last week's session. We are now indoors for a couple of weeks before starting outside after Easter. We do always have the option of using the Sportshall if the weather is bad. We will let everyone know the training times for the Easter holidays. We are still bringing in new recruits to both junior and senior sessions and the Couch to 5K sessions are going well.

Sportshall

We continued our brilliant performances in the second Plymouth fixture held on 25th February. We have increased our lead in the overall competition to over 300 points and we should see ourselves crowned champions in the last fixture at Dawlish on Sunday 18th March. We would really love to see all of you there to celebrate and to pick up the individual and age group trophies. We do have a minibus going leaving Ivybridge at 9am. Our athletes performed really well in the Regional Sportshall and the U15G and U13G qualified for the final in Manchester in April. Estelle and Paige were also the top two all-rounders in the U15G's event. No results are yet in for the U11s but I am sure we did well.

Athletes of the month.

The athletes of the month for February:
Mike Hoskin and Ella Isaias

Track and Field

Nathan went to Sheffield and competed in the England Indoor Champs. He didn't progress into the final but still ran well. Unfortunately his other race in Cardiff was cancelled due to the snow. Sam Trigg competed in the British Champs in Birmingham and despite not jumping as far as he can did well to get close to the podium places. Will Battershill is also setting some good indoor times in the US showing he is making a return to form after his injury. The outdoor Track season starts on 1st April. See fixture list and the Track and Field page for details.

Road Running

A number of the club runners have done well in recent races with three in the Barcelona Marathon last weekend. Hopefully those whose races were put off can do another race to make up for it. This coming weekend is the Grizzly where we have a number taking part. The final 3K takes place this week before we move to the Saltram 5K races in April. Well done to all who compete for the club.

Cross Country

The final Westward League took place in Redruth. Congratulations to Ken on winning his age group and to Derek Green for taking a third place in the Vet 60 age group. Our athletes did well running for Devon in the Inter Counties at Loughborough on March 10th. We had three from the same family with Sam, April and Emily Oakshott all doing well in their races. Nathan had a good run in the U20 men's race.

Forthcoming events

March 17th – ESAA XC– Leeds
March 18th – Grizzly: Tavi 13 (GP race)
Age UK 10K; Mad March Hare 10K – Plympton
Devon Sportshall _ Dawlish
March 25th – Granite Way
March 30th Fast Friday 10K – Exeter
April 1st – Spring Warm Up
Finally.....As the clocks will soon change we will be running more in the lanes around Ivybridge so beware of other road users.

Keith (01752 893573)
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RACE NEWS

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 14 FEBRUARY

The number of athletes racing was much lower than usual due to the poor weather.

Liam Hallows had a good run and maintained his consistency in the series.

Results:	6	Liam Hallows	11.24
	27	Ella Isaías	13.46
	43	Carol Hansen	16.22
		(72 finishers)	

BODMIN HALF MARATHON SUNDAY 18 FEBRUARY

In this tough race which involved 2000m of climbing **Neil Holmes** did extremely well to finish 10th in a time of 1.31.16.

Well done also to **Sarah Hirons** who was 3rd lady and 40th (1.48.30).

Rose Bralsford (107th in 2.09.11) and **Phil Adderley** (113th in 2.09.51) also ran well.

HAMELDOWN HAMMER HALF MARATHON SUNDAY 25 FEBRUARY

We had a good turnout at this tough off road race on Dartmoor.

Several of our athletes were close together.

Results:	73	Anna King	2.09.28
	80	Rob Barnett	2.10.46
	82	Patrick Wakeley	2.10.54
	85	Neil Moffatt	2.10.58
	119	Dave Church	2.16.58
	177	Donnicha Scollard	2.27.11
		(300 finishers)	



REDRUTH CROSS COUNTRY





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MARCH 2008



KEITH REED IN ACTION AT
ALTON TOWERS

ENGLISH NATIONAL CROSS-COUNTRY CHAMPIONSHIPS ALTON TOWERS - SATURDAY 23 FEBRUARY

A group of eight athletes competed in the National Cross Country Championships held in the attractive grounds of Alton Towers in Staffordshire.

Conditions were good on the winding course, which included a short but steep hill.

Megan Hansen ran a respectable time of 14.05 in the 3.2k race for the under 13 girls, whilst in the same age category and distance for the boys, Megan's brother Tom ran 12.45.

Andrew Reed recorded a time of 19.25 in the under 17 men's race over a distance of 5.2k.

Sharon Terry ran in the Senior Women's race over a distance of 10k and recorded a time of 38.11.

The best performance of the day came from Mike Hansen in the Senior Men's race over a distance of 12k and some 1250 athletes. Mike was 502 in a time of 41.58. Keith Reed (54.42) and Dave Fox (58.25) also successfully completed the course.



Mike

Grand Prix Update 2018

Hi everyone, here are the latest results for the Grand Prix standings for 2018

Despite the really cold weather we have still managed to see 52 runners already take part in a Grand Prix event – which is fantastic

I have listed the top 5 runners below with the full spreadsheet going on to the main website this week.

I have also attached a full list of races for 2018 below

Again once you have seen the main spreadsheet on the website this week – if you think I have missed a race you have completed that is in the Grand Prix then please let me know.

- | | |
|-------------------|-----|
| 1. Katie Mogridge | 165 |
| 2. Russ Mogridge | 165 |
| 3. Ken Summers | 160 |
| 4. Liam Hallows | 145 |
| 5. Carol Hansen | 125 |

Thank you

Mark Livermore

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TUESDAY TRAINING RUNS

Tuesday 20 March Paced Group Run

Tuesday 27 March To be decided as clocks change on Sunday 25th March

Tuesday 3 April Summer Handicap Race

