

THE HARRIER

(APRIL 2018 NEWSLETTER)



SUZIE SPOONER AND KEVIN PAULL AT THE TAUNTON MARATHON

The club had a fantastic day at the **Taunton Marathon** and **Half Marathon** with four club vet records being broken. In the **Marathon** **Ken Summers** and **Carol Hansen** set male vet 65 and female vet 55 records respectively, whilst in the **Half Marathon** **Cleo Perry** and new member **Alison Engledew** set records in the female vet 45 and female vet 55 categories

Andy Trigg also broke his own male vet 55 record in the **Brighton Marathon**.

Jean Baptiste Rouvelin completed the **Arc of Attrition** for the second time and has provided us with a fantastic report of his amazing journey (and probably the longest report I have ever received!). Well done **Jean** for a truly magnificent effort and for taking the time to put the report together. - **Dave Fox** - **Editor**

From the Chair

Hello everyone I hope I find you all well.

Well spring has finally “sprung” after what seemed like an extended harsh winter for runners! My first half marathon in 18 months was postponed by three weeks...training was still hampered by bad weather. That’s my story and I’m continuing to stick to it!

As I write these notes EVH Runners are attempting what is forecasted to be one of the warmest London Marathons on record. All the best to our runners and how proud we are of you representing the club

The lighter evenings means longer club runs - this week is Cornwood / Harford which is a great run (something for everyone!) Check out the website where **Steve Watson** has placed the next month’s training runs

Membership renewal including new members has gone well, thank you for those of you that have re-joined / joined. We will complete a final check of memberships during May.

Our kit sales are also going well and we will shortly be ordering kit of various sizes including hoodies – so let us know if want kit and we can check if we need to re-order sizes etc. Thank you to **Ken Summers** who is now selling the EVH coats!

The coach trip for the Taunton Marathon and Half Marathon on 8 April 2018 organised by **Dave Church and Ken Summers** was a huge success – thank you both. This goes to show the type of thing our club has the capacity to organise. Don’t forget we will be looking to run a further coach to a 10k or something similar later in the year.

Winners! Our juniors won the 2017/18 Sportshall competition. Well done to our athletes, coaches and Team Manager **Sharon Terry** for making this happen.

Individual medals have been given to all of the athletes and category awards were handed out at the Presentation Evening – more of which in a moment.

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, it is a race that attracts fabulous feedback from participants on its organisation and enjoyment each year.

EVH Presentation Evening for both adults and juniors held at the Rugby Club on Friday 13 April 2018 was a huge success, I received fantastic feedback from parents who said what a great evening it was and how their children enjoy running for the club. I talked about celebrating not just our athlete’s performances but the events we put on e.g. our 10k, already sold out, the highly rated relay event in July, the different groups we run across the week – covering all levels of ability and availability – we are keen that we are seen as a running club that is open to everyone. The increasing numbers of athletes that attend training nights and as important the numbers of new members we are attracting

This is becoming a really vibrant club – to build on in the community in the next 12 months

None of this just happens without our hardworking committee - Keith Reed, Paul Ross, Steve and Shirley Watson, Michelle Peters and Nathan Brown - looked after by our club president – Monica Bristow

Who will forget Steve and Shirley Watson receiving their Club and Chairman’s awards BBC Sports Personality Style via video link – Thank you **Louise Bristow** for arranging this.

Have a great month running in the sun..... keep those hydration levels up. If you have any feedback or notes you want me to cover next month, please do not hesitate to e-mail at markanddebs.livermore@sky.com

SECRETARY'S NOTES

Maybe its Summer after all ?

The weather has certainly improved in the past few days unfortunately not ideal for running a marathon. We wish all our runners the best in the London and hope it is not too hot. We had a really good presentation evening and congratulations to all the award winners. It was a time to reflect on the success of the club and look forward to the rest of the year. Our 10K has sold out a month before the race and we won the Sportshall League with our athletes performing well. In addition we have been awarded a grant from England Athletics for recruiting new volunteers in the 14 – 25 age bracket. I would like to thank Liam Hallows for all his hard work with this. Overall the sun is certainly shining for the club.

Training and Coaching

Training is going well and with the lighter evenings we are able to get out in to the countryside. We have our first 'Away Day' on Friday 27th April at the White Thorn in Shaugh. It should be an enjoyable evening. Junior training is now outside and we are having new athletes coming along. Tuesday evening endurance sessions are also well attended.

Sportshall

Who would have thought the last fixture would be snowed off but it was. Despite this we were crowned champions. It was a brilliant season and well done to all of our athletes. Particularly well done to Sharon who is our superb team manager. She marshals the team so well and gets the best out of athletes. We had four athletes representing Devon in the National Sportshall final in Manchester. Well done to Estelle and Paige who won medals but also to all four of them

Athletes of the month.

The athletes of the month for March were Ali McEwing and Estelle Hodges.

Track and Field

The outdoor Track season began on 1st April and since then we have a few more fixtures. Well done to those athletes who have competed already. We hope to see more at Plymouth this weekend and hopefully a number of you will enter the Devon County Champs on Sunday 13th. There is an online entry available this year.

Road Running

After the cancellation of many races due to the snow it was good to have some of our athletes taking part in races. There was a good trip to Taunton where no less than four age group records were set. Mike Hoskin had a busy March taking part in a 117 mile Ultra race and two marathons. Andy Trigg had a good marathon in Brighton and we have a number of our runners competing in London.

The 5K summer series began well in Saltram on a pleasant sunny evening. It was good to see such a good turnout of EVH runners. Park Runs continue to prove popular with a lot of Park Run tourism taking place. As I said before wherever you compete you are flying the flag for Erme Valley. Our own 10K takes place on Saturday 12th May and I am sure it will be a massive success.

Forthcoming events

April 29th – YDL Swansea

**May 4th – Round the Tree Race
Torrington**

**May 6th – Saltash Half
- SW league T&F – Exeter**

May 9th – Armada 5K - Saltram

May 12th – Ivybridge 10K

**May 13th – Mad March Hare (re-
arranged)**

**- Devon County Track and
Field Championships
Race the Tide – Holbeton
Ottery 10K**

**May 20th – Devon AA and Schools
Combined Events - Exeter**

Exeter Marathon

**Imerys Full and Half Marathon – St
Austell**

Plymouth Half Marathon

Finally.....We have just registered you all with England Athletics for another year provided you have paid your membership for the year. You should all hear direct from them but you all need to update your preferences on your portal because of the new GDPR regulations. If you are unsure of how to do this please let me now.

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

RACE NEWS

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

In the final race of the series **Liam Hallows** continued his good form by finishing 4th in 11.34, whilst **Olivia Travers** was 16th in 15.35.

GRANITE 10 & 20

In the 10 mile race **Cleo Perry** was 1st lady in 69.09 and set a new club fv45 record. **Sarah Hirons** was 3rd lady in 73.06. Both **Cleo** and **Sarah** were 1st in their age groups.

Alison McEwing completed the 20 mile race and was 1st lady and 8th overall in 2.16.08.

GRIZZLY

The dreadful snowy conditions reduced this race to half the distance. Nevertheless well done to Ewan Lake, Paddy Wakely, Suzi Spooner, David Church, Kevin Paull. Steve Watson, Ken Summers, Liz Bowde and Allister Bristow who all managed to get around.

I gather it took hours to get home!

Meanwhile in the **Good Friday 10K** in **Exeter** **Nick Bristow** was 41st in 41.55.

Runners from the region enjoy success at Granite Way races and Yeovil Half Marathon

Posted on [March 29, 2018](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



THERE was success for runners from the region at the Granite Way races and the Yeovil Half Marathon. The 10 and 20 mile Granite Way races had previously been postponed due to the bad weather, but still attracted a good turnout for their new date. Tavistock Athletic Club's ultra specialist Adam Holland dominated the 20 mile race. He clocked 1:54.33 to win by nearly nine minutes ahead of South Molton over-50 veteran Steve Abell.

Erme Valley Harriers' Alison McEwing enjoyed a good run. She finished eighth overall and was first women in 2:16.08. Second female was Teignbridge's Tracy Elphick in 2:27.04.



Meanwhile, McEwing's Erme Valley Harriers team-mates Cleo Perry and Sarah Hirons impressed in the 10 mile race.

Perry was first women and seventh overall in 1:09.09. Laura Wakeham was second female in 1:12.39, with Hirons finishing third in 1:13.06.

The men's 10 mile race was won by Teignbridge's Kevin Woodard in 59.51, with Robert Selway second in 1:00.26. At the Yeovil Half Marathon, Tavistock Run Project athletes Jordan Andrews and Rachel Malthouse were both among the prizes.

Andrews came second in a competitive race. He clocked 1:12.16, with Medway's Niall Stewart edging him out for the title in 1:12.02. Southampton's Matthew Bennett was third in 1:13.12, with Ben Neale fourth in 1:13.34. Malthouse was second women in the race. She clocked 1:27.20 to finish behind Ilfracombe's Mary Menon.

TAUNTON MARATHON & HALF SUNDAY 8 APRIL

We had a club trip to the races – many thanks to **Ken Summers** and **Dave Church** for organising this.

In the Half we had many fine performances with **Cleo Perry** 1st fv45, **David Engledew** 2nd mv50 and **Alison Engledew** 1st fv55. **Cleo** (fv45) and **Alison** (fv55) also set new female vet records.

Results:	68	Cleo Perry	1.29.05
	72	David Engledew	1.29.45
	176	Patrick Wakeley	1.38.28
	195	Alison Engledew	1.40.12
	324	Donncha Scollard	1.47.23
	326	Allister Bristow	1.48.17
	237	Liz Bowden	1.48.17

In the Marathon well done to our four athletes - in particular to **Ken Summers** and who was 2nd mv65 and **Carol Hansen**. **Ken** also created a new male vet 65 club record, whilst **Carol** set a new female vet 55 club club.

Results:	100	Suzie Spooner	3.56.47
	101	Kevin Paull	3.56.47
	123	Ken Summers	4.03.38
	165	Carol Hansen	4.45.36

TAVI 13 - SUNDAY 15 APRIL

This race was re-arranged from its original date due to the snow.

Six athletes from the club took part, with the best performance coming from **Sarah Hirons** who finished 43rd in 1.39.16. **Sarah** was 2nd lady over 35.

Other results as follows:	75	Richard Lander-Stow	1.43.58
	121	David Church	1.49.58
	162	Mark Livermore	1.54.25
	182	David Lloyd	1.56.26
	291	Carol Hansen	2.16.18

We had two athletes at the **Brighton Marathon**. **Andy Trigg** had a good run, finishing in 3.06.25, which placed him 211th overall in a field of 19,000 and 14th in the 50 – 59 category. **Andy** also broke his own male vet 55 club record set in Graz last year. **Mike Hoskin** also took part, just a week after running the **Manchester Marathon**. **Mike** finished in 3.27.16, which was slighter faster than Manchester and that gave him 811th place overall.



TAUNTON





TAUNTON



ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 11 APRIL

We had a good turnout for the opening race of the series.

Results:	10	Neil Holmes	19.10
	18	Emma Lake	20.13
	24	Liam Hallows	20.39
	42	James Scantlebury	23.47
	43	David Church	23.52
	44	Kevin Paull	23.55
	54	David Lloyd	24.27
	64	Anna Lake	25.16
	82	Holly Hart	27.12
	91	Pam Duncan	28.12
	102	Ruth Terry	29.37
	105	Sharon Terry	29.49
	115	Donna Maclellan	30.40
	117	Tamsyn Dingley	31.06
	121	Phil Warren	31.27

TUESDAY TRAINING RUNS

Tuesday 24th April	Cornwood - Harford
Tuesday 1st May	Summer Handicap Race
Tuesday 8th May	Speed Endurance – Filham Park Lake
Tuesday 15th May	‘Spirit of the Moor’
Tuesday 22nd May	Filham Park – Penquit – Ermington – Television Mast - entrance to Endsleigh Garden Centre and back to the Rugby Club
Tuesday 29th May	Filham Park – Penquit – Dunwell – Ugborough and back to the Rugby Club

‘AWAY DAY’ - FRIDAY 27 APRIL

**Meet for a 6 pm run and refreshments afterwards
at the White Thorn Inn at Shaugh Prior**

Erme Valley's Battershill makes good start to his steeplechase season in America

Posted on April 3, 2018 *by* PLYMOUTH SPORTS GAZETTE



ERME Valley Harriers' Will Battershill made an impressive start to his outdoor steeplechase season.

The Great Britain junior international clocked 8:59.44 for the 3,000mSC event at the Raleigh Relays in Ohio in America.

Competing for Harvard University, **Battershill** finished sixth in a strong field, which included Asics-backed USA hopeful Craig Nowak, who won in 8:39.50.

Battershill's time was his second quickest of his young career and puts him third on the early UK senior men's rankings and first under-23.

Also in America, there was an encouraging run by City of Plymouth's Poppy Tank in her debut race of the season over 5,000m.

Tank, running for Utah University, clocked 17.04.81 to finished eighth in her race and 11th overall out of 153 athletes in the 12-and-a-half lap event at the San Francisco State Distance Carnival.

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	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.06.25 Brighton 18
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	K Summers 4.03.38 Taunton 18
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 2.58.53 London 17
45 – 49	J Swift 40.18 Clevedon 16	C Perry 69.09 Granite 18	C Perry 1.29.05 Taunton 18	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 Engledew 1.40.12 Taunton 18	C Hansen 4.45.36 Taunton 18
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		

GALLERY: Neale claims convincing victory in Tavy13 race

Posted on April 16, 2018 by [PLYMOUTH SPORTS GAZETTE](#)



BEN NEALE claimed a comprehensive victory in the 2018 Tavy13 half marathon race on Sunday.

The Tavistock Run Project athlete finished nearly five minutes ahead of any of his rivals.

He clocked one hour, 17 minutes and 32 seconds for the tough course, which starts and finishes on the running track at Tavistock College but takes runners out on to Dartmoor and back.

Second athlete home was previous winner and over-50 veteran Stuart Hall, who clocked 1:22.29.

Tamar Trotters' George Prewett took third place in 1:23.10, with Team H Running's Ben Austin fourth in 1:23.21 and Hamish Gallacher fifth in 1:25.01.

Tavistock Run Project's Rachel Malthouse was first women home. She clocked 1:34.39 to finish more than two minutes ahead of second-placed Fleur Peoples

(1:37.07). Third women was Felecity Knell (1:37.58), with Erme Valley Harriers' Sarah Hiron fourth (1:39.16).

City of Plymouth's Paula Simson was first over-40 women in 1:39.55, Storm's Allison Waldron took the over-45 prize, while Tamar Trotters' Mary Goodacre was first over-65.

In the men's veteran categories, Plymouth Harriers' Andy Charles took the top over-55 prize, while Plymouth Musketeers' Rodney Hillebrandt was first over-70 in 1:56.22.



The Arc of Attrition 2018



Kit checked and got my number

Well, where to start.

The Arc of Attrition is a point to point race which forms an arc following the South West Coast Path starting from Coverack to Porthowan. There are 4 Check points, which you need to visit and lots of mobile Mudcrew support teams with different goodies to help you move forward and keep you topped up.

It is my second time in this race and the apprehension was huge.

Last year, I didn't know what it was to run a 100 miles and all my training and preparation was taken from guess work, my normal training habits and old friendly goat advice!!

This year was different, I knew the course and where I went wrong and knew my mistakes, between the right clothes, shoes or food intake. I knew I could improve my time and do better than last year. At least that was the plan A, but let's be honest, I had plan B, C and D on the back burner if things went south.

So knowing what I learn from last year and seeing what works for my girlfriend Laura, I changed my training with more miles per weeks, but slower with the odd speed work, more longer runs too and a weekend recce from Mousehole to St Ives. For people who don't know the race or this part of the coast path it is a tough part of it and my advice would be to see it before turning up in the middle of the night on race day. That was the advice given to me last year by Mudcrew runner Duncan Oakes and bloody worth every penny I spent to go down there and run it with Laura.

Training went well, apart a DNF at wendover Wood 50. I over did it with too many long runs too many weekends on the trot before, and didn't recover well enough. My left calf decided to give me grief and I had to make the hard decision to bail after 20 miles to concentrate on recovery and my A race, the Arc. I am not sure I have the discipline to turn up at a race and not give it my best shot. Lesson learnt on that one, and I decided to do less races in my training. First DNF ever, and it did knock my confidence to be honest.

To come back to the Arc, at registration I met up with a few running buddies; Craig MacAlpine who deferred from last year and Matty Hart who were running their first 100, Duncan Oakes, who is a local legend around here (he won the arc twice and finished third last year) and Mark Brooks, part of Puretrail race organisers and all friends of course.

Felt overwhelmed to talk and was looking forward to jumping in the coach to relax for the hour travel to Coverack and the start line.

I sat in the coach next to Craig, we exchanged our doubts, vision and expectations for the next 30 hours +. I confessed of my doubt and couldn't put my head in gear and into the race. The question of why I was putting myself through this race and what was I trying to prove to anyone was right in my face.

Last year, I knew nearly no one at the start and was full of nerves and excitement, but this year, I felt I had to prove I could do it better and obviously put way too much pressure on my shoulders. I just forgot why I am a runner and that I am supposed to enjoy the challenge coming. More to come later on my head not screwed right on my shoulders...



Coverack at the start

The start was warm with a small wind, compare to last year which was cold and windy, I decided to start without my waterproof on and be on the lighter side. Not a typical February winter day in Cornwall and I knew it wasn't going to last until the finish. Heavy rain was planned

during the night with a wind increasing and pushing everyone to the finish.

At midday I took my place in the backish of the pack with 150 other runners. We had a minute of silence to remember Matthew McSevney who took part in the last two editions of the Arc and was supposed to be here but unfortunately had a cycling accident and passed away. Mudcrew is sending a finisher buckle to his family, which shows just how this club and the running community are.

We all set off straight after that and were lead by Andy Trudgian (one of the three race director) out of Coverack to make sure the pack find the coast path okay. I always try not to start too quickly and let the pack make the pace they want, we all have 100 miles to go and I am certainly not planning the win, so nice and easy for now.

It turns out the weather from the last few weeks (wet, wet and wet) made the coast path really muddy, and slushy. In France we call this kind of mud, a "loving mud" because it really sticks to you and can't get enough of you!! It is going to be harsher under foot this year.

I followed Stephen Cousins for a while, he is my hero from last year's Arc, he completed the race while making a documentary film. I mean, I ran it last year and it was bloody hard to be honest but making a movie in the same time... what a star. You can find his different runs on YouTube and I advise anyone to have a look at the one from the Arc, it really gives you an idea of what is ahead of you with the ups and downs morale wise.

The pack spread quickly and we went through the first diversion. I caught up

with a few runners and the pace went up when we hit the road missing the lush section of the Devils frying pan.

I caught up with another running legend from last year's Arc (at least in my eyes) Geoff Partridge. He finished the Arc last year and in 2016. He was one of the 28 who managed to finish when there were two storms on race day. Last year stayed dry so we had it pretty easy. We shared a few experiences and details from last year and we pushed on.



13 miles and not too happy.

That is when I started to struggle, and way too early to my taste to be honest. My head wasn't in it, I could see I wasn't moving as quickly as last year and I started not to enjoy my day whatsoever. The sticky mud was a part of it but everyone had the same conditions.

I arrived at Lizard Point. Lots of people were there cheering and encouraging and some Mudcrew marshals to top up water and coke. I didn't hang around - my crew was three miles further away with hot coffee and encouragement at Lion rock. I mentioned to them my not so great general feeling and they pushed me

forwards with a kick in the back side and told me not to worry too much what everyone else was doing.

The next time I would see them would be before Porthleven (CP1). We planned where I was meeting them and it was at regular intervals, avoiding the first two CP, thinking I would be looked after by the Arc angels there. My legs loosened up and my head relaxed, just the fact to see some common faces made me feel great and made me enjoy the moment more. For now...



Focus going down

I met up with my crew at Church Cove, around 20 miles in, the fact I felt much better and up for the duty ahead of me reassured them I think. A quick coffee and a sandwich to eat on the go and I was on my way.

I was with a few different runners then, but we didn't exchange much, until I entered the longest diversion of the SWCP just before Porthleven. The coast path collapsed three weeks before or so, and I think we all knew there were going to have added miles to the race.

2 to be exact and that played with me a bit, but like I said earlier that is the same for everyone. Mudcrew decided to give 30 min more for each cut off for all the diversions before Porthleven, the race was 36 hours and 30 min long now.

At the Loe Bar, just before Porthleven a Mudcrew marshal sent us inland to avoid the damaged coast path section. I decided to fuel and eat something. I heard a runner catching me up. When he caught me up I decided to run with him, that was a while I had no company and a chat would nicely push me to the first CP. So I met Paul Core - we exchange a few different experiences and past achievements and we arrived in Porthleven, easier miles when your mind is a bit distracted. The last year CP was moved up into town for capacity reason I imagine. A new thing introduced by Mudcrew was a valet runner who led the way to the village hall where the CP was. Great innovation and great touch. We could see they all had fresh legs though, compare to our very conservative ones with 28 odd miles on them!!

I sat down, the Arc angels topped up my water bottles, gave me some melon, coffee and soup (I think). I had a quick chat with Justin Nicholas from Climb South West and I saw Geoff here, but not anymore in racing gear. I could see he had dropped out and felt so sorry for him; knowing the feeling to DNF, and after the chat we had early about a hat trick for him. I didn't say a word to him, but acknowledged him by holding his shoulder when I left. No words could have made anyone feel better then. I hope if you are injured it isn't too bad and you can come back stronger next year. Paul and I fuelled for a maximum of 5 mins and left again together, clapped out by all the Arc angels.



Not a shortcut, I promise.

Head torch time was soon and the night was coming, 13 or so hours of it. So I made sure my head torch was already on me when we left Porthleven. I have a couple of Petzl head torch which do the job well for the night.

The coast path goes up and down in the narrow way at some time but I am moving okay and managed not to get lost so far apart from going into the wrong field after only 5 miles and had to jump a fence where a cameraman was on the other side. He took a cool picture and reminder to look where i am going and not follow other runners.

So when I arrived at the Trenow Cove beach, last year I didn't realise the coast path wasn't on the beach but up on the cliff. I missed the path again and passed 5 others runners who decided to turn around and find the right path. Because of my last year's experience I knew I could

get to the coast path if I push forward. Not the quickest way but quicker in my mind than to turn around and look for the path in the dark.

I arrived in Marazion and my crew were just after the town centre into a sea front carpark with my road shoes. I drank some coffee and had some chicken soup. I decided to put my waterproof on, the temperature is dropping and I was feeling pretty good and moving well after 30 odd miles.

It always feels nice to change shoes and socks. The change of pace and hard ground made my legs loose up and I am moving okay until Penzance and the second CP.



Penzance

Another Mudcrew valet run me to the CP which was in the sailing club this year. I arrived there with a bit of a sore tummy and not really sure what to eat. I had a bit of soup again, coke and coffee. Ang Martin was one of the Arc angels in Penzance, we ran a couple of times with the Puretrail group. She cheered me on and told me I am way ahead of the cut off. Thank you so much to look after me so well. I soldiered on, by not staying there too long and getting too comfy.

I left Penzance on my own and still managed to move okay on the road. The pubs were busy and I was cheered on by some drunk people who let me know I am nearly there.... if they knew... haha!!

I met up with my crew at Mousehole for new socks and fresh trail shoes. No need to top up, I am full of food and liquid from Penzance. Lovely to change shoes, it made my feet feel fresh again, like I had not run so much, and that made me happy as strange as it sounds. I could see Paul Core in the distance before I stopped but we split again during my pit stop.



Curry time with a beer(s) for my crew. Laura, Nik, Don and my dog Basil

Entering Mousehole you run into the centre and pass the port before climbing out of the town. I remembered last year feeling so so at this time but this year my legs felt good and I was moving okay. I always feel I come alive when night falls and during the night. I left the road and entered the muddy coast path and heard a runner coming by behind me and moving pretty well (better than me) it was number 95 and he wasn't really happy, he took a wrong turn and had just done a loop in the field. Not really sure what to say to him and let him run away at the first hill we found. He definitely had better legs than me.

The trail at this part seems to go on a bit but with a good rhythm. Going up to the cliff and down, the running is broken by boulders and big steps at some point but I was covering ground well. I caught up Paul

and we exchanged a few words in Boskenna (I think) where we got some coke from a Mudcrew support team. We left together and enter the Coast path, climbing back to the path through a few big boulders.

I find my legs were still with me and I sped away from him, I knew my crew where going to be waiting for me at Treen or at the Minerack Theatre carpark.



Half way and still looking okay (ish)

Three head torch were at Treen cheering me on when I was coming down the path, some hot soup and a warm coffee waiting for me (I like it like that so I can down it quickly) and Don, Nik and Laura told me I was doing really well. I don't ask more details because I still have a long way to go and only racing myself. Up the stairs to the Minerack theatre, and I know at that point I am roughly half way and around 6 miles to Land's End and CP number three. I am at that point on my own, no

light behind me, no light ahead or a really long way away. One light house made me think that someone was just behind me a few times and I started to hallucinate a bit. Feeling the strain of the night a bit and my stomach is giving me grief. Food is starting not to be appealing whatsoever. Just need to move forward and the light of Land's End appears on the horizon and I know I am close.



Land's End, sore stomach with cramps

When I arrive my crew was there and I decided to change my tops, buff, and socks. I am really organised when it comes to race day and I put all of that in a separate bag so it was well easy to find. There are three runners in the CP, my friends Duncan, Marty Hart and someone else but didn't know him. I am still blister free, but my stomach is starting to go south. My crew ask me to eat something so I put some soup down and another coffee but I am starting to be unhappy to be honest. My stomach is cramping and it is only the beginning of it.

I stayed 10 or so minutes (not really sure to be honest and left after everyone was gone) I am more forward in the field that I had imagined and my crew make me aware of where I am.

Next stop is Cape Cornwall, 5 miles to go and the terrain is becoming a bit more twisty and up and down. I first go through the old mine and I made sure I stuck to the path and followed my gps watch well, there are some disused mine shafts to be careful about. I could see head lights in the distance but I had no idea who it was. When I arrived at Cape Cornwall my stomach was cramping and I wasn't sure what to do about it. My crew were there all happy to see me and cheering as usual, i mentioned my gastric worries and they gave me a pill to help my digestive system to kick in a bit more and off I went toward Pendeen light house.



Coffee break before the brutal section.

The weather was clear at first with the sky full of stars and a bit of wind. I don't remember being cold, I wore a skin base

layer and a OMM fleece top (brilliant couple piece of kit) shorts and leggings on top, gloves, buff around my neck, a warm hat and a light waterproof jacket for nearly the entirety of the event. The rain came during the night, not much at first and I knew the Saturday weather forecast wasn't going to be as kind as what we had for the start. I arrived in Pendeen and I knew I had the worst part of the course ahead of me. 13 miles of boulders, slow muddy trails. I recced that section twice and the pace has always been slow, really slow.

My crew were brilliant and decided to park the van close to the path and walk down to it to bring me some food and warm drink. Not sure where the first time I met them but after 4 to 5 miles I would say and the second time at Zennor and that's where I had a really bad time. My stomach was cramping so much then that no food was getting down, I was feeling really sick and I asked my crew if I could sleep a bit on the side of the trail.... My head was telling me my body at enough, and it took me a massive effort and a little cry to get up and crack on with the job. Funnily enough, when the sun came up I felt much better and moved okay. My legs were letting me part time run and St Ives was in sight. I had beat the worst part of it and was looking forward to a sit down but decided really quickly not to power nap even after pissing off my crew about it for the last three hours.

Laura and Don ran towards me just before St Ives and Don told me I looked much better than last year at the part of the run.



Arriving in St Ives, 82 miles in on my watch

A mudcrew valet ran me into the checkpoint which is a big hall with a balcony. I tell you that because when I arrived inside I started to feel really nauseous and became really pale. I felt I had a couple of hot points under my feet and asked one of the medics to have a look. I lied on the ground and felt horrible, really cold and sick. Fergy (second race director) looked at me and asked me how I was - my only reply was I will get out of here in a bit.



St Ives drama, second time in two years.



Brilliant medic who sort out me feet and gave me strength back

The quick pit stop turned into a 40 minutes plus and my last year's St Ives CP recovering time repeated itself. I decided not to worry too much and managed to get geared up and get out of the door. My feet had suffered with the wet ground and the skin in the bottom of them folded on itself and rubbed. Too much skin there apparently, and not sure how I can deal with that better than I did, by changing socks and hardening the skin beforehand.



On the way to Portreath, my dog is keen to follow

The first few miles out of st Ives towards Hayle aren't the best to be honest. A mix of path, road, going through the garden of an hotel and a dual carriageway (short

sections). My legs weren't responding really well and the running changed from a fast walking pace. Even with my training which I hoped would let me run longer stronger I was nearly out of fast movement and that frustrated me. A couple or maybe three runners went by. I wished them luck and congratulated them to move past me. I was a bit spent to be honest.

I arrived in the back of Hayle where my crew were and the rain was properly following then. I changed into warmer close and put my waterproof trousers also. Followed the notorious Dunes of Doom and to be honest they didn't feel that bad. I liked the change of ground, the rolling section of them and the fact to be a bit easier under foot. Godrevy was in sight and the last 10 or so miles. My gps watch was just clocking 95miles and I was cursing the inland diversions at that point.

The coast path and the mud come back more apparent after the town of St Ives and Hayle and the dunes.



Just want to finish at this point 95 miles in.

There are lots of car parks and the road isn't far so my crew is there nearly full time walking with me and force feeding me soup. My stomach gave up a while ago and I had the feeling nothing was going

through anymore. I have never been worried too much where I was in the field and my vision of doing a race is to pace myself to be spent at the end but still have enough to move forward and don't get passed too much. I find it better for my head, and if my head is right everything works better. On the two Arc of Attritions I did and only 100 milers I failed and haven't achieved that. The last miles were a bit of a drag but I had to push hard within and crack on with the job.



Portreath. My face said it all, I have not much left

Portreath was in sight and I could see a runner catching me up. My girlfriend Laura went up the hill from Portreath to bring me some coffee and told me to not worry and keep going. Michael Robinson passed me going down the hill leading in town, we exchanged a few words but he seemed in better shape than me and he was the chaser not chased... sigh... but I did my best. I passed him back when his crew gave him some food and we got out of Portreath together. The coast path is just up the steep hill, a Mudcrew team made sure we went the right way.

Michael ran and pretty well, I shuffled and knew we were three miles ish to the finish with two massive sets of steps to climb. Last year I felt good when I arrived there and managed the last climb without a stop. This year my legs and stomach made it a proper struggle, I cursed myself to not be able to finish more in style but I gave it all.



Running to the finish

The last mile was lush, rocky path rolling in a general down way, before hitting the tarmac and feeling the relief to see the Blue bar, my crew and Jane Stephens (the third race director) with her famous big hug (Anyone need to finish to know how good there are). I finished in 28 hours and 7 minutes. I was nearly 40 minutes slower than last year, but so happy to have my second buckle on this tough race. Managed 13th place which is amazing in a field of 150 odd runners and I definitely did much better than I imagined.



At the finish with Jane Stephens



This Buckle belong to my crew (Nik, Don and Laura) , without them I wouldn't have been around.

The experience was different from last year, I had already been through it all and I knew what was ahead of me.

At the end of last year's race, I changed, managed to cheer a few runners and had a beer and a burger at the blue bar. This year, I changed and felt horrible. I managed to make my way in the back of my girlfriend car, and before that was just sick... Everything my body didn't digest went out, and we stopped on the way back for more sicking time. My nutrition was my down fall and I will have to work on it to not experience this again. The next day of the race I still felt poorly but apart from that I was in one piece compare to last year when I had shin splints, a buggered left knee and two massive feet. So pretty happy finishing in one piece!

The Mudcrew are brilliant in the organisation of this race. A big thank you to the three Race Directors, all the Arc Angels, the Mudcrew mobile support teams and everyone who cheered and was out there during the two days. Thank you so much for my support crew to have been there and understanding when things were going well or not so well. I need to add a word for the people who start this event whatever you finish or you DNF. It is a toughy, do not think it is going to be a walk in the park because it isn't, I find dark moment out there and anyone who sign up to this event are or need to be aware of it. So well done to anyone who took part, and I wish all the best to everyone to get this so cherished buckle.

Next year I will be on the support crew team side to push forward Laura and take a break off this race but I will be back for sure.

Now quick apologies for taking so long to write this report and don't be too harsh it is my first race report ever

See you all on the trail :)



My proud possession

‘SPIRIT OF THE MOOR’

