

# THE HARRIER

## (MAY 2018 NEWSLETTER)

Rebecca, Cleo, Alison and  
Race Director Ian Crossley  
at the Ivybridge 10K



**THE IVYBRIDGE 10K** was a fantastic success and thankfully we had good weather for the occasion. For the second year running we had a record number of finishers.

The race couldn't have happened without your considerable assistance. Many thanks to everyone who helped in some way. We also need to thank in particular **Race Director Ian Crossley** who again did a brilliant job and deserves a well-earned rest!

Well done to everyone who survived an extremely hot **LONDON MARATHON** and today a hot **PLYMOUTH HALF MARATHON**. You train all through the winter in cold and wet conditions and then you get a hot day for the race!

Enjoy your racing – **Dave Fox – Editor**

## From the Chair .....

Hello everyone again I hope I find you all well.

For those of us who feel the cold running – it wasn't long ago I was hiding under cover waiting to start the Tavy 13 to being "scorched" at the Saltash Half followed by the Pure Trail running event over at Mothecombe – enough said about that one!

I'm writing these notes a week after our 10k event which was another fantastic day for the club. Huge credit to Ian Crossley for leading / managing, but also a massive thank you to everyone involved in the build-up and on the day itself. I am sure there will be more coverage of the event in this month's Harrier but as a proud EVH Chairman I was thinking that without runners and supporters events like ours wouldn't happen but without the army of marshals and volunteers the event couldn't happen – Thank you all again.

It won't belong of course (Friday 6<sup>th</sup> July) that our equally successful and ever popular Relays' event takes place here at the Rugby Club. Again this is a chance for us to show the running community how good we are at hosting events in the South West.

We have had fantastic representation from EVH Runners at a number of events over the last month including 8 runners as far as the London Marathon but an equally impressive 16 runners at last month's Saltram 5k.

Park running continues to be popular and the club is regularly represented at events every weekend – which is great for the club. Andy Trigg produces a weekly blog of progress on Facebook and is preparing an article for next month's Harrier. Congratulations are also due to Andy as he has been selected to represent England Vets in the Chester Marathon in October following his qualification at Brighton.

I am pleased to see that with the lighter evenings the discipline for running in groups has been maintained both for the longer club runs and of course the 'Spirit of the Moor' run. Continue to check out the website where Steve Watson has placed the next month's training runs.

I am delighted that we have sold over £600 worth of kit so far this year - we are now ordering kit of various sizes including hoodies – so let us know if you want kit and we can check if we need to re-order sizes etc.

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 @ markanddebs.livermore@sky.com.

## SECRETARY'S NOTES

### **Now we are in the Summer**

We know that the summer is here when it is the Ivybridge 10K. We had perfect weather for the race this year and it all went really well. A huge thanks and well done to **Ian Crossley** for the way he organised the event and also for all the people from the club who helped make it such a great occasion. It is certainly one of the best races held anywhere in the South West. We now look forward to our relays on Friday July 6<sup>th</sup> which is another popular event put on by the club. Please let Paul know if you can help, as we really do need a good team of marshals and helpers for this one.

### **Training and Coaching**

Training continues to go well. The first 'Away Day' on Friday 27<sup>th</sup> April went really well. For the next one we are moving away from the moor and going to the coast. The run will start from The Mussel Inn at Down Thomas on Friday 25<sup>th</sup> May at 6.00pm. Junior training is also going well and the numbers on a Tuesday evening for endurance training is increasing.

### **Track and Field**

The outdoor Track season has continued and last weekend was the Devon County Championships where we took home 13 medals. There are however still a lot of our athletes who train regularly but haven't yet competed this season. We hope that will change in the coming months. We know that with athletics being held in schools and exams it can be a busy time for all of us.

### **Road Running**

Our own 10K took place on Saturday 12<sup>th</sup> May and we had some good results including three age groups titles and a ladies team award and a brilliant 3 min plus pb for Becky Lee. There have been some good results again this month with a great run by

Liz Bowden in the Newport Marathon.

We also had a good turnout in the second Armada 5K of the summer where we had 19 runners taking part. The next one will be on Wednesday 13<sup>th</sup> June. Our runners found the London Marathon very tough due to the heat. Well done to Patrick Wakely for reaching his sponsorship target and thanks to all those who help contribute. Well done also to Alison Engledew on setting a new vet age category record in the race. There have been a number set in recent times so well done to all.

We have a number of runners in the Plymouth Half this weekend so we wish them luck. It is a busy weekend for road running with a host of races being held.

### **Athletes of the month.**

The athletes of the month for April were Bella May and Liz Bowden.

### **Forthcoming events**

**May 26<sup>th</sup> – Bere Pen 10K**

**May 27<sup>th</sup> – YDL Upper Age Group – Cardiff (U17 & U20)**

**May 28<sup>th</sup> – Bampton – Tiverton**

**June 2<sup>nd</sup> – Dartmoor Discovery**

**June 3<sup>rd</sup> – Burrator 10K**

**SW Athletic league - Exeter**

**June 9<sup>th</sup> – Devon Schools Track and Field**

**June 10<sup>th</sup> – Devon open – Braunton Yeovil marathon**

**June 13<sup>th</sup> – Armada 5K**

**June 15<sup>th</sup> – Run Exe Relays**

**June 16<sup>th</sup> – SW Schools T&F**

**Tavi 5K**

**June 17<sup>th</sup> – Age UK 10K – Exeter**

**June 20<sup>th</sup> – Devon 10000m & Miles – Exeter**

**Finally.....As I said last time you all need to update your preferences on your EA portal because of the new GDPR regulations. If you are unsure of how to do this please let me now. If you don't you may stop receiving information from them.**

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

# RACE NEWS

## LONDON MARATHON - SUNDAY 22 APRIL

This year's race was the hottest in its history and as anticipated times were slower than usual. Well done to everyone. Unfortunately Ewan Lake had to drop out around 16 miles. New member **Alison Engledew** set a new ladies vet 55 record.

Results:	Alison McEwing	3.12.29
	Emma Lake	3.22.36
	Patrick Wakeley	3.51.15
	David Engledew	3.57.41
	Alison Engledew	4.07.14
	Shane Powell	4.13.25
	Rose Bralsford	4.41.26
	Dinah Wakeley	5.18.53

## SALTASH HALF MARATHON - SUNDAY 6 MAY

This tough race was run in very hot conditions.

**Sarah Hirons** did very well and was 1<sup>st</sup> lady in 1.44.15.

**Mark Livermore** and **Dave Lloyd** completed the course in a time of 2.07.22. **Mark** is very appreciative of the help which **Dave** gave him.

Meanwhile **Neil Holmes** had a fantastic run to finish in 5<sup>th</sup> place in the **Race the Tide** run. This started in Mothecombe, with Neil covering the 28.4 mile distance in 4.44.35.

**Patrick Wakeley** (2.29.54) and **Mark Livermore** (3.08.24) competed in the 15 mile race.

We had two athletes in the **Ottery 10K**. **Andy Newcombe** was 35<sup>th</sup> in 42.56 and **Dan Marks** 87<sup>th</sup> in 49.30



# GALLERY: Rimmer and Hiron among the prize winners at Saltash Half Marathon

Posted on May 6, 2018 by PLYMOUTH SPORTS GAZETTE



**WELSH** athlete Sam Richards edged out Tavistock Run Project's Chris Rimmer to claim victory in the Saltash Half Marathon on Sunday.

In hot conditions and on a new course, which started and finished at Saltash Rugby Club, Pontypridd Roadents' Richards clocked 1:17.39, with Rimmer finishing in 1:18.52.

Those two were well ahead of the rest of the field. Third home was Falmouth's Tom Carthy, who clocked 1:24.09, with Pontypridd's Billy Hayton fourth in 1:25.56 and David Hawes fifth in 1:26.26.

**Erme Valley Harriers' Sarah Hiron** was first women home in a time of 1:44.15.



**Second female** was Looe Pioneers' Joanne Robinson in 1:48.13, with Kelly Gdanitz third in 1:48.31.

# New personal bests for Brown and Ryder at Street BMC event

Posted on May 8, 2018 by PLYMOUTH SPORTS GAZETTE



**ERME Valley Harriers' Nathan Brown** and Tavistock's Emma Ryder both set new 800m personal bests at the BMC PB Classic at Street at the weekend.

Brown clocked 1:56.07 minutes in a strong men's A 800m race. That was one hundredth of a second faster than his previous best set last year.

Ryder ran 2:16.91 to take third in the women's B 800m, which was more than half-a-second quicker than she had run before. Her under-17 club colleague college Jenny Milburn clocked 2:24.49.

Meanwhile, Tavistock athlete Tess Masselink ran her first 3,000m steeplechase in America at the weekend. She clocked 10:50.17 to take third at the CAA Outdoor

**Track & Field Championships for the College in Charleston.**

On the same day she also ran the 5,000m where she took seventh in 17:46.38.

**Erme Valley Harriers' Great Britain junior international Will Battershill** came seventh in the men's 3,000m steeplechase at the Ivy League Heptagonal Championships in Philadelphia. Battershill clocked 9:07.70 in a tactical race. He has run 8:59.44 this season, which puts him 15<sup>th</sup> on the UK senior rankings and in the top five for under-23s.

## **ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 9 MAY**

We again had an excellent turnout for this race, which attracted some 175 athletes.

Results:	14	Emma Lake	20.14
	19	Andy Newcombe	20.55
	20	Russ Mogridge	21.05
	32	Dave Church	22.16
	33	Kevin Paull	22.21
	41	Ken Summers	23.12
	44	James Scantlebury	23.25
	55	Dan Marks	24.29
	58	Anna Lake	24.45
	63	Poppy Groom	25.04
	64	Steve Watson	25.05
	65	Phil Adderley	25.17
	70	Katy Mogridge	25.52
	74	Pam Duncan	26.09
	88	Carol Hansen	27.28
	99	Ruth Terry	28.17
	102	Sharon Terry	28.38
	136	Linda Bracher	32.08
	142	Jo Jayes	32.54



**'SPIRIT OF THE MOOR'**



## IVYBRIDGE 10K - SATURDAY 12 MAY

The race was run in ideal conditions with a record number of 770 finishers.

Well done to our ladies. **Cleo Perry** was 3<sup>rd</sup> lady and 1<sup>st</sup> fv45, whilst **Rebecca Lee** had a fantastic run and achieved a pb by over 3 minutes. **Rebecca** was also 1<sup>st</sup> fv35. **Alison Englefield** was 1<sup>st</sup> fv55. **Cleo, Rebecca** and **Alison** were also 1<sup>st</sup> Ladies Team.

**David Englefield** was 2<sup>nd</sup> mv55.

Results:	27	David Englefield	39.50
	34	Cleo Perry	40.38
	106	Dan Francis	45.44
	111	Rebecca Lee	45.53
	129	Alison Englefield	46.41
	312	Simon Mathias	54.46
	333	Holly Hart	55.20
	367	Liz Cane	56.52
	458	Tamsyn Dingley	60.35
	600	Jo Jayes	66.31

## ‘AWAY DAY’ - FRIDAY 25 MAY

Following the popular Away Day run at the end of April why not try the next event. We’re moving away from the moor and going to the coast. The run will start from **The Mussel Inn at Down Thomas on Friday 25th May at 6.00pm.**

This is a lovely part of the coast and the run of approximately 4.5 miles is mostly on footpaths. There is an extended route for those fancying a more challenging run and of course there is also a walk option. Food and drink to follow if desired but there is no obligation - just come for the run if you want. If the weather remains good it will be hard to beat this location.





# GALLERY: Neale claims victory in popular Ivybridge 10k

Posted on May 13, 2018 by PLYMOUTH SPORTS GAZETTE



TAVISTOCK Run Project's Ben Neale claimed victory in the 2018 Ivybridge 10k on Saturday evening. Neale finished nearly one minute ahead of South Devon's David Hampton, who took the runners-up spot for the second year running. Neale won in 33.20 minutes, with Hampton crossing the finish line in 34.19.



Third-placed went to Torbay over-50 veteran and previous winner Pete

Monaghan (34.36), with East Cornwall's Steve Sims fourth (34.41) and Plymouth Harriers' Steve Fletcher fifth (34.42).

Torbay's Naomi Flanagan was first women home in a time of 39.19, with American Jessica Dover taking second in 40.29 and **Erme Valley's Cleo Perry** coming third and first over-45 in 40.38.



Dear all,

### **IVYBRIDGE 10K**

What a day. A record 770 finishers, the weather was good to us and even a construction site couldn't stop us!

Thank you so much for your support in making this the event it is. Every element of our race day is on a par, if not exceeds, that of a professionally organised event.

The feedback received is plentiful and glowing. Runners have praised just about every single aspect of their race experience, from the moment they are parked, to leaving the venue.

We always need to improve the event, just to stand still. If you have an idea, can see an area for

improvement, please get in touch.

See you all on the 11th of May 2019.

**Ian Crossley**



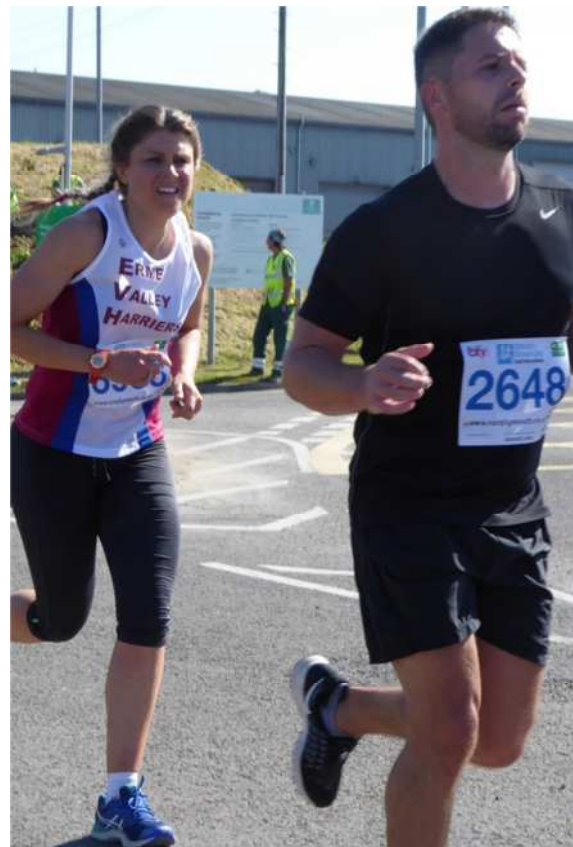
### **TUESDAY TRAINING RUNS**

<b>Tuesday 22<sup>nd</sup> May</b>	<b>Filham Park – Penquit – Ermington - Television Mast – entrance to Endsleigh Garden Centre and back to the Rugby Club</b>
<b>Tuesday 29<sup>th</sup> May</b>	<b>Filham Park – Penquit – Dunwell – Ugborough – and back to the Rugby Club</b>
<b>Tuesday 5<sup>th</sup> June</b>	<b>SUMMER HANDICAP RACE</b>
<b>Tuesday 12<sup>th</sup> June</b>	<b>30 minutes out and back</b>
<b>Tuesday 19<sup>th</sup> June</b>	<b>‘Spirit of the Moor’</b>
<b>Tuesday 26<sup>th</sup> June</b>	<b>Cornwood - Harford</b>





## PLYMOUTH HALF MARATHON









# **ERME VALLEY RELAYS**

**FRIDAY 6<sup>TH</sup> JULY (7pm start)**

Following on from the success of the 2018 Ivybridge 10K put on by the club our next event is the Erme Valley Relays. This race has grown over the last few years whereby we are now attracting over 120 teams. This needs managing to ensure our race standards are kept up and athletes are safe whilst running on the highway. To enable this we need your support (and/or family members or friends). The team required for this event is much smaller than that required for the 10K.



**I am looking to recruit a team to assist at Race HQ with:**

**Entries on the night, Issue of Race Numbers, Customer Care etc. Some of these staff will also need to re-locate to the finish area to assist.**

**I am also looking to recruit a team of 19 Marshalls to direct and advise runners.**

**Mark Livermore is also looking for assistance with car parking pre-event.**

**If you can help please let me know as soon as possible.**

**Paul Ross – Race Director – 07796 422792**

**[paul.ross25@blueyonder.co.uk](mailto:paul.ross25@blueyonder.co.uk)**

## VET MENS ROAD RECORDS (with effect from 1.1.94)

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
40 – 44	<b>N Holmes</b> 33.11 Clevedon 05	<b>N Holmes</b> 55.14 Teignbridge 05	<b>N Holmes</b> 1.12.55 Plymouth 05	<b>A Ryder</b> 2.48.39 New Abbot 08
45 – 49	<b>N Holmes &amp; A Ryder</b> 34.56 Clevedon 12 & Plymouth 12	<b>A Ryder</b> 57.00 Teignbridge 09	<b>N Holmes</b> 1.16.24 Taunton 10	<b>A Ryder</b> 2.39.58 Taunton 09
50 – 54	<b>M Hansen</b> 36.22 Bideford 09	<b>M Hansen</b> 58.49 Plymouth 09	<b>M Hansen</b> 1.19.14 Taunton 09	<b>A Trigg</b> 2.53.16 Abingdon 12
55 – 59	<b>M Hansen</b> 37.44 Clevedon 14	<b>M Hansen</b> 64.07 Bideford 14	<b>A Trigg</b> 1.24.07 Bridgwater 17	<b>A Trigg</b> 3.06.25 Brighton 18
60 – 64	<b>K Summers</b> 42.39 Clevedon 14	<b>K Summers</b> 72.26 Plymouth 13	<b>K Summers</b> 1.35.40 Taunton 14	<b>D Simpson</b> 3.42.49 London 06
65 – 69	<b>S Watson</b> 49.30 Frome 16	<b>D York</b> 84.05 Plymouth 05	<b>K Summers</b> 1.38.56 Bridgwater 17	<b>K Summers</b> 4.03.38 Taunton 18
70 – 74	<b>R Brindle</b> 51.44 Berkeley 15		<b>A Doonan</b> 1.58.56 Plymouth 16	
75 – 79	<b>E Perks</b> 66.15 Plympton 99	<b>E Perks</b> 103.51 Guy Fawkes 98	<b>E Perks</b> 2.27.15 Plymouth 98	<b>E Perks</b> 5.56.55 London 00
80 – 84	<b>E Perks</b> 70.50 Ivybridge 03	<b>E Perks</b> 127.02 Plymouth 03	<b>E Perks</b> 2.47.07 Plymouth 03	
85 – 89	<b>E Perks</b> 80.19 Ivybridge 07		<b>E Perks</b> 3.10.48 Plymouth 07	

## VET LADIES ROAD RECORDS (with effect from 1.1.94)

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
35 – 39	<b>A Thorn</b> 38.21 Exeter 13	<b>A Thorn</b> 63.41 Plymouth 13	<b>A Thorn</b> 1.23.45 Bath 13	<b>E Lake</b> 3.09.12 London 13
40 – 44	<b>A Thorn</b> 37.47 Exeter 16	<b>J Swift</b> 62.02 Bideford 12	<b>J Swift</b> 1.22.15 Cardiff 12	<b>C Perry</b> 2.58.53 London 17
45 – 49	<b>J Swift</b> 40.18 Clevedon 16	<b>C Perry</b> 69.09 Granite 18	<b>C Perry</b> 1.29.05 Taunton 18	<b>J Edwards</b> 3.30.15 Mancster 14
50 – 54	<b>S Urro</b> 41.19 Exmouth 01	<b>S Urro</b> 68.18 Portland 01	<b>S Urro</b> 1.30.12 Bideford 01	<b>J Edwards</b> 3.27.55 Dublin 2016
55 – 59	<b>L Steele</b> 46.50 Wimbledon 01	<b>A Handforth</b> 78.23 Plymouth 08	<b>A Engledew</b> 1.40.12 Taunton 18	<b>A Engledew</b> 4.07.14 London 18
60 – 64	<b>A Handforth</b> 48.44 Plymouth 12	<b>A Handforth</b> 87.13 Teignbridge 10	<b>A Handforth</b> 1.52.33 Plymouth 10	<b>A Handforth</b> 4.16.11 New Abbot 10
65 – 69	<b>M McKay</b> 53.37 Newquay 12	<b>M McKay</b> 88.56 Bideford 12		

