

THE HARRIER

(JUNE 2018 NEWSLETTER)



Well done to all our athletes who ran various distances
at the Hope 24 at Newnham Park

ENDURANCE is the 'word' over the past few weeks!

The extension of the **Dartmoor Discovery** to 34 miles did not deter our athletes as we had a tremendous entry with 9 athletes completing the course.

Richard Lander Stow is also an ultra-marathon specialist and he completed the **Cape Wrath 400km** event in 8 days. What a fantastic achievement and then some of our athletes run 100 miles in total during the **Hope 24** this weekend. I think everyone needs a rest!

Coming up on **Friday 6th July** are our own relays. Always a great evening, so enjoy.

Dave Fox (EDITOR)

From the Chair

Hello everyone again I hope I find you all well.

The summer seems to have really arrived and as a club we appear to be making the most of it with great attendance at our sessions along with high turn outs at local races – to have 9 club runners enter and finish the Dartmoor Discovery (34 miles) is pretty exceptional! Well done to you and everyone else who has represented the club in many events both junior and senior over the last month.

Whilst still basking in the exceptional feedback from our 10k event – thank you to all again - we are now full steam ahead for our Relay Event led by **Paul Ross** here at the Rugby Club on Friday 6th July 2018. As I said last month another opportunity for us to show the running community how good we are at hosting events in the South West. **Sharon Terry** will be looking after the **Ladies Team** and **Ken Summers** the Men.

Our own Summer Handicap and Saltram 5k and Park Runs continue to get fantastic support from EVH Runners. It is also hugely encouraging that a number of our juniors are now taking part in our summer handicap. The next Saltram 5k is due to take place on 13th June 2018.

I am pleased to see that with the lighter evenings the feedback is that the discipline for running in groups continues to be in place for both for the longer club runs and of course the 'Spirit of the Moor' run. This means that the longer runs are open for more of our members to take part in - which is brilliant. Continue to check out the website where **Steve Watson** has placed the next month's training runs.

On the subject of inclusivity I had a message from **Dan Marks** last week who had brought along a friend to the running club as he was down in the area for work. His friend is a member of a running club where he lives but wanted to feedback that he was made to feel very welcome and despite the hills really enjoyed the route! This is exactly the type of feeling / ethos we are engendering at this club – thank you and well done!

A quick note about kit – we were talking at committee about the amount of t-shirts we have collectively and within the club that are no longer used. We agreed that we would attempt to sell more 10k t-shirts at our relay event, but after that date we will arrange a t-shirt collection for the charity "**T-shirts for Africa**" – more to follow shortly.

A couple of dates for your diary...We are looking at running a free coach to the **Torbay Relays on Friday 24 August 2018**. The event is run on a similar team basis to ours with different age and gender categories. I will talking about this over the next few Tuesday club nights – but this is an opportunity for all of our runners to put team in.

And finally Ken Summer has set the date of **Friday 15th December 2018 for our Christmas Meal**. See further details in this Harrier.

Have another great month running in the sun..... keep those hydration and sun tan lotion 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

A busy time for all

It is a very busy time for everyone at the moment and particularly for me with a host of schools fixtures to add to our own. Following on from the superb 10K we are now look forward to our relays on Friday July 6th which is another popular event put on by the club. Please get back to Paul if you can help, we cannot put on these quality events without you. We are currently trying to recruit new young volunteers through our Gamechangers programme but we are also looking to get anyone of any age involved with roles within the club. We are planning a volunteers evening on July 3rd after training so make a date in your diary. Please speak to me or Sharon if you are interested.

Training and Coaching

The last away day went really well and we will give you details of future ones via Facebook and the website. The Tuesday evening sessions are well attended and the junior endurance training is also proving beneficial. Thanks to Liam for all his help with this. We have really large numbers in the second session of junior training on a Thursday but the first session has capacity. If anyone knows of any younger children (8 – 10) who are interested then please let them know about us.

Track and Field

Our athletes continue to do well in competition and we have already had some records set with more to come. As I said last time we have a lot of our athletes who train regularly that haven't yet competed this season. We are hoping to get an open competition on a Saturday morning possibly on

30th June. More details to follow. Entries are still open for the Devon 10000m Track Champs at Exeter on June 20th. Why not give it a go. Entries are being done through City Runs.

Road Running

Our athletes have been performing well in a host of races including the Plymouth Half. There was a good turnout at the Bere Pen 10K where we won three age group prizes. We also had 11 runners in the tough Dartmoor Discovery Ultra Marathon. Well done to all those who tackled this very challenging event.

Mike Hoskin was our first runner home. A lot of the clubs runners are taking part in the Hope 24 run at Newnham over the weekend of 16th/17th June. Good luck to all of them.

Athletes of the month

The athletes of the month for May were Ella Isaias and Emma Lake.

Forthcoming events

June 20th – Devon 10000m & Miles – Exeter

June 23rd – SW Schools Combined Events (both days) & Sticker 5

June 24th – Torbay Half Marathon

June 30th – Muskies Madness 10K

July 1st – YDL Exeter

July 6th – EVH Relays

July 8th – SW League – Exeter

July 11th – Armada 5K

July 14th – Muddy Duck 10K

July 15th – Devon Open - Tavistock

Finally.....Hopefully you have all updated 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. Our own GDPR policy is now on the website.

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

RACE NEWS

Neil Holmes had a fantastic run to finish in 5th 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 35th in 42.56 and **Dan Marks** 87th in 49.30.

PLYMOUTH HALF MARATHON - SUNDAY 20 MAY

We had a good turnout in this race, with **Craig MacLellan** the first Harrier home.

Emma Lake was 4th lady and 1st fv40, whilst **Cleo Perry** was 7th lady and 1st fv45.

Rebecca Lee had another great run and obtained a pb.

Results:	Craig MacLellan	1.28.30
	David Englefield	1.29.37
	Emma Lake	1.30.56
	Cleo Perry	1.31.33
	Suzie Spooner	1.40.00
	Rebecca Lee	1.46.15
	Alison Englefield	1.46.55
	Donncha Scollard	1.49.50
	Ray Male	1.55.26
	Rose Bralsford	1.57.03
	Phil Adderley	1.58.27
	Holly Hart	2.15.57
	Linda Bracher	2.18.13
	Ken Summers	2.18.13

BERE PEN 10K - SATURDAY 26 MAY

The race is very hilly and one of the toughest 10K's around so well done to everyone.

Emma Lake was 3rd lady, whilst **Simon Swift** was 1st mv50 and **Ken Summers** 1st mv65.

Results:	14	Emma Lake	44.59
	16	Simon Swift	45.28
	19	Mike Hansen	46.14
	25	Mike Hoskin	47.49
	36	Kevin Paull	49.39
	39	Dave Church	50.49
	42	Ken Summers	51.03
	75	Richard Lane	56.40
	93	Carol Hansen	59.11
	104	Holly Hart	62.20
		(232 finishers)	

DARTMOOR DISCOVERY - SATURDAY 2 JUNE

We had a great turnout for the 20th Anniversary of this tough 34 mile race on Dartmoor.

Mike Hoskin was the first Harrier home.

Emma Lake was 3rd lady and **Sarah Hirons** 4th lady. Both won their age categories. Well done also to **Ken Summers** who was 2nd mv65.

Unfortunately **Jo Edwards** and **Carol Hansen** had to drop out. **Carol** had infact passed 26 miles but wouldn't get to the next 'cut off' point in time so decided to withdraw.

Results:	25	Mike Hoskin	5.09.28
	28	Emma Lake	5.13.48
	31	Sarah Hirons	5.16.48
	70	Allister Bristow	5.52.54
	88	Ken Summers	6.04.37
	89	Patrick Wakeley	6.04.38
	136	Dave Church	6.30.15
	145	Liz Bowden	6.37.32
	146	Kevin Paull	6.37.32
		(186 finishers)	

GALLERY: Tavistock's Holland claims victory in Dartmoor Discovery anniversary race

Posted on [June 2, 2018](#) by [PLYMOUTH SPORTS GAZETTE](#)



TAVISTOCK ultra marathon specialist Adam Holland retained the Dartmoor Discovery title on Saturday with another impressive run. Holland finished well ahead of the rest of the field in the 20th anniversary of one of Britain's toughest road races. The ultra marathon event attracts endurance athletes from all around the country. In recent years the race has been 32 miles long, but to celebrate their anniversary organisers added an extra two miles on to revert back to the event's original distance. It is the UK's longest single lap road ultra marathon and starts in Princetown and takes runners to Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland-in-the-Moor, Widecombe-in-the-Moor and

Postbridge before returning to the start. Holland finished the race in three hours, 58 minutes and 43 seconds. Second place went to Cheltenham's David Tomlin, who finished in 4:10.00, with Teignbridge's Ben Mukherjee third in 4:12.09. Mud Crew's Emily Warren was first women home in 4:59.17, with teammate and over-50 athlete Diane Roy taking second in 5:05.59. **Erme Valley Harriers' Emma Lake (5:13.48) and Sarah Hirons (5:16.48) were third and fourth, respectively**, with Looe's Emma Waggstaff fifth (5:20.06).

Despite the tough route and cut-off times, an impressive 186 runners finished the race.



**Dave Church, Allister Bristow and Liz Bowden
at the Dartmoor Discovery**

Paddy Trinder and **Alison McEwing** ran in the **Burrator 10K** on **Sunday 3rd June**.

Paddy was 15th in 40.22 and **Alison** 16th in 40.25.

Suzie Spooner and **Richard Lane** ran in the **Buckland Bounder** on a 6 mile multi terrain course.

Suzie had a great run and was 1st lady in 52.07.

Richard completed the course in exactly 60 minutes.

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 13 JUNE

Nick Bristow was the first Harrier home, with **Emma Lake** close behind.

Results:	20	Nick Bristow	20.26
	23	Emma Lake	20.49
	42	Dave Church	22.34
	50	James Scantlebury	23.44
	55	Dan Marks	24.01
	59	Anna Lake	24.14
	76	Phil Adderley	25.15
		(182 finishers)	

Grand Prix Update 2018

Hi everyone, here are the latest results for the Grand Prix standings for 2018, up to and including the Dartmoor Discovery.

We have now had 80 Erme Valley runners take part in a Grand Prix event – which is fantastic at this stage of the year

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

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. Ken Summers 518**
- 2. Dave Church 370**
- 3. Carol Hansen 365**
- 4. Mike Hoskin 324**
- 5. Kevin Paull 297**

Thank you

Mark Livermore

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CAPE WRATH ULTRA MARATHON

We have some remarkable athletes in our club, with **Richard Lander Stow** fitting into that category.

No event seems to faze **Richard** and his latest adventure falls into that category.

The **Cape Wrath Ultra** is an 8 day 400km ultra marathon from Fort William to Cape Wrath. There was an international field with 26 nations represented and a 62% success rate.

Richard had a brilliant time and finished in 12th place. He was really pleased with that result as there was a high quality field and he got to compete against some world class mountain runners.

Richard is shown below holding his 'ultra bunny' which his daughter gave him before the race and was tucked in the front of his pack for every footstep.

For more information visit: www.capewrathultra.com



TUESDAY TRAINING RUNS

Tuesday 19th June

Tuesday 26th June

Tuesday 3rd July

Tuesday 10th July

‘Spirit of the Moor’

Cornwood – Harford

SUMMER HANDICAP RACE

(THIS IS A NEW ROUTE)

Bittaford – Moorhaven – Wrangaton –

turn right into Shute Lane – then cross the A38

and take the first right after crossing the bridge.

Take the road to Ugborough and then back to the

Rugby Club

Tuesday 17th July

Tuesday 24th July

Tuesday 31st July

‘Spirit of the Moor’

Speed Endurance - Filham Lake

Filham – Penquit – Ermington – TV mast –

Endsleigh Garden Centre and back to the

Rugby Club

CHRISTMAS MEAL

This has been arranged for **Saturday 15th December** at the **Elfordleigh Hotel**. The cost is **£28.95** per adult and this is for a three course meal and music with a bar until 1 a.m.

Ken Summers is organising the event on behalf of the club and would like a deposit of **£10** per person so he can move the event forward. There will be a reduced cost offered on rooms if you mention you are attending the event. For any special dietary requirements then speak to **Ken** as soon as you can. There might be transport arranged by the club and you will be updated on that.

Please see the next page for the menu.

Ken wishes to get things moving so can you let him know by **the end of JUNE** if you intend to go to the function.



Christmas Menu 2018

Starters

Roasted Winter Vegetable Soup
With Garlic & Sea Salt Croutons

Garlic Button Mushrooms finished with Devon Double Cream
Served on Soft Herb Toast & Watercress

Chicken & Port Pâté
Served with Red Onion Jam, Toasted Sweet Bread & Dressed Leaves

Main Courses

Traditional Roasted Turkey*
Accompanied with Chipolata Sausage wrapped in Bacon and Sage & Onion Stuffing

Pan Fried Chicken Breast*
Wrapped in Smoked Sticky Bacon served with Mediterranean Vegetables in a Rich Tomato & Basil Sauce

Delice of Salmon En Croute*
Topped with Atlantic Prawns and Coriander & Chilli Butter

Butternut Squash & Chickpea Tagine (V)
**Served with Potatoes & a Parade of Glazed Seasonal Vegetables*

Desserts

With Tea or Coffee

Traditional Fruit Filled Christmas Pudding
With a Rich Brandy Cream

Orange Mandarin Trifle

Baked Chocolate & Toffee Cheesecake
With Milk Chocolate Shavings

£28.95 per adult

Colebrook, Plympton, Plymouth, Devon PL7 5EB

Telephone: 01752 336420 Fax: 01752 344501 Email: reception@elfordleigh.co.uk

www.elfordleigh.co.uk



ERME VALLEY



Friday 6th July 2018

At 7.00pm

4 x 2.5 miles Relay over a single lap
Start/Finish, Changeover & Race HQ at

Ivybridge Rugby Club

Same course as last 13 years, over country lanes

Held under UK Athletics Rules - Licence Number: 2018-36761

Entry Fee Non refundable £14 per team of 4 runners

Prizes awarded to each team member

Categories as follows:

Men - Senior, Vet 40, Vet 45, Vet 50

Ladies - Senior, Vet 35, Vet 40, Vet 45

U18 Boys, U18 Girls & Non Running Club

A Non Running Club must have a minimum of 4 runners, 2 of whom must be aged 18 or over. A Non Running Club must also have a minimum of 2 runners, 1 of whom must be aged 18 or over. A Non Running Club must also have a minimum of 2 runners, 1 of whom must be aged 18 or over.

ERME VALLEY RELAYS 2018 ENTRY FORM

Club/Team name: _____	Category: _____
Runner 1: _____	Age on day: _____
Runner 2: _____	Age on day: _____
Runner 3: _____	Age on day: _____
Runner 4: _____	Age on day: _____

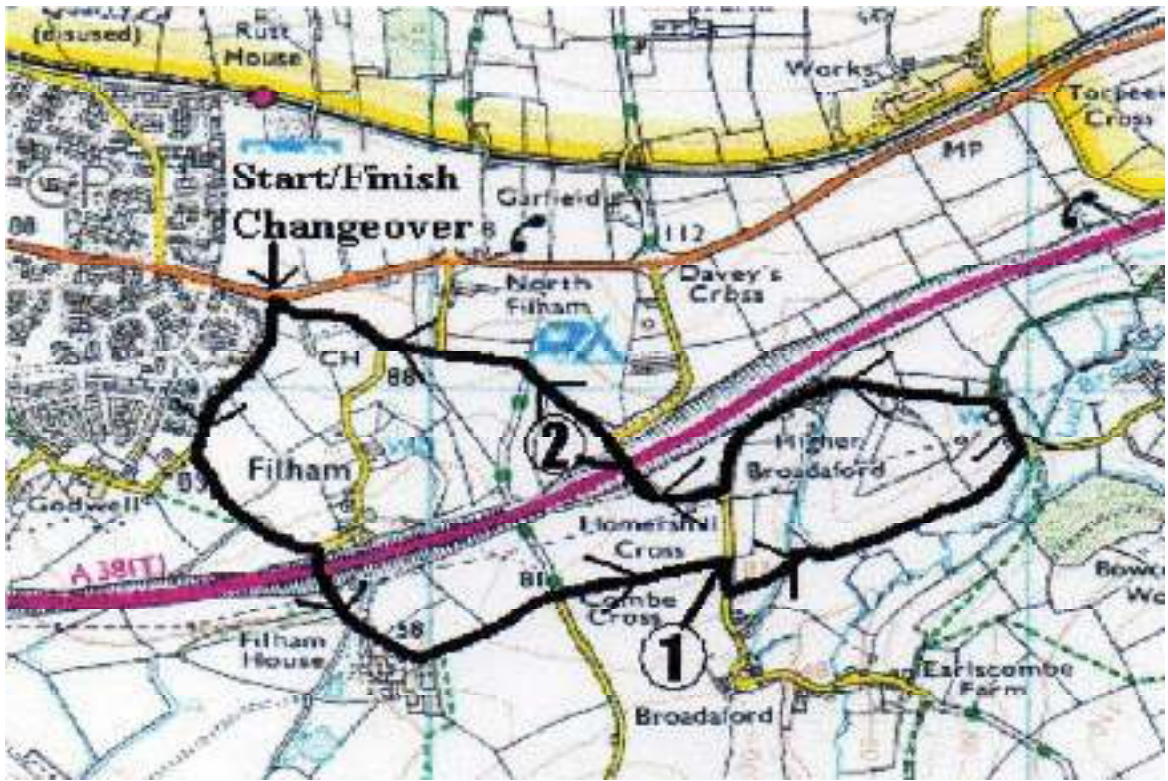
I hereby declare that the information provided on this form is true and correct. I understand that the entry fee is non-refundable and that I agree to the terms and conditions of the event. I also agree to the use of my name and photograph for promotional purposes.

Signature of
Club Captain
Date

Signature of
Event Organiser

Event Organiser Name







**A good time was had at the 'Away Day' at Down Thomas
Details of the Next 'Away Day' will be advertised**



(Neil Holmes at the Hope 24)

