

THE HARRIER

(AUGUST 2018 NEWSLETTER)



WE HAD ANOTHER GOOD TURNOUT AT THE CORNWOOD 10K

The hot summer is showing some signs of receding as the **Six Moors Miles** race was called off for predicted heavy rain! The previous evening was the popular **Cornwood 10K**.

Many thanks to everyone who helped out at the **Plym Valley Parkrun**.

Coming up are the **Torbay Relays** on **Friday 24th August**. Put your name down on the board as we would like a good entry.

Enjoy the rest of the summer - **Dave Fox (Editor)**

From the Chair

Hello everyone again I hope I find you all well.

The sun continues to shine on our club runners – literally! I do see a change in the forecast for cooler days to come, so all of the hard work running in warmer temperatures could start to pay off for us!

Great representation from you at local races – this month these have included The Muddy Duck, the particularly arduous Haytor Heller and the hilly Magnificent 7 over at Saltash, there will be others but well done to all of you who have taken part and again to all both seniors and juniors who have represented the club in the last month.

I was really pleased at the club speed session around the lake on 24th July where every club member that came took part in the session – excellent. That alongside **Dave Fox** organising water stations at the Cornwood / Harford and new Shute Lane route in the extreme temperatures gives me a real sense of our club moving forward.

The numbers of you coming to training not just on a Tuesday but across the week including the increasingly successful “Away Days” once a month on a Friday continue to be really strong – we really haven’t seen any low turnouts due to the heat or summer / school holidays. We also continue to attract new runners who keep coming back which is good! Again it is great where people may be running on different days then come to join the session on a Tuesday evening.

Continue to check out the website where **Steve Watson** places the next month’s training runs, he has now already included our runs for September, which I think is excellent because it gives runners the opportunity to plan their months running based on the Tuesday night sessions

We are planning to run a FREE coach to the **Torbay Road Relays** event which is on **Friday 24th August 2018** at 7.00 p.m. This is a 4 x3 Kilometre (approx.) road relay over an out and back lap of the circuit at the Torbay Velopark, Clennon Valley Sports Centre, Goodrington, Paignton. I have asked that we look at the numbers (names on the board in the club) on 14 August to plan for the teams and coach arrangements – Further details to follow shortly.

And finally this month the Xmas Meal which is being organised by **Ken Summers** for **Saturday 15th December 2018** we now have over 60 deposits paid which is brilliant!

Have another great months 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.

Mark Livermore
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SECRETARY'S NOTES

Autumn approaching

It has continued to be a great summer of weather with the odd bad day which has often occurred on a Sunday. The Six Moor Miles was postponed due to the weather and now has a new date in September. Our athletes have continued to do well in whatever they take part in. There was an impressive turnout at the Haytor Heller and the Cornwood 10K. We are starting to think about the autumn with the release of both the cross country and Sportshall fixtures plus a number of quality road races in September and October. Plans are also in place for the Christmas meal. Thanks to Ken for organising this.

Training and Coaching

The last away day in Yealmpton went really well with a good turnout. The Tuesday evening sessions have been a bit quieter due to holidays and our junior training has reverted to one session for the rest of the summer holidays. We have decided to relaunch the Gamechangers project at the beginning of September. We would also welcome volunteers of any age. Remember there are a host of opportunities to get involved with the club. Please speak to Keith, Sharon or Liam if you want to know more details.

Track and Field

The track and field season is getting toward the end with just a few chances left to compete. The final Devon Open is being held at Tavistock because of the World Cup and it takes place this weekend. Sadly it looks like there could be rain. We hope that there is still time for our athletes to set new pb's before the end of the season.

Road Running

The Armada 5K was held last week and there was a bumper turnout. There were also some good results at Cornwood with some pb's being set on a tough course. We are putting on a trip to the inaugural Torbay relays at the end of the month. Teams are being sorted and there is a free

coach. Make sure you get your name on the list.

Athletes of the month

The athletes of the month for July were Russ and Katy Mogridge and the junior team of Bella May, Rose Bruynseels, Izzy Firth and Libby Kirby. They were the third place year 5/6 team in the Tavistock relays.

Westward League Cross Country

The dates for the new Charles Stanley Westward League season are now available:

Sunday	7 th	October	–	Plymouth
Sunday	11 th	November	–	Newquay
Sunday	2 nd	December	–	Exeter
Sunday	13 th	January	–	Westward Ho!
Sunday	10 th	February	–	Stover
Sunday 3 rd March – Redruth				

Ken Summers will be our Team Manager again. Please let him know if you would like to take part. Remember it is for both juniors and seniors.

Forthcoming events

Aug 17th – St Levan 10K
Aug 18th – SAL Track and Field
Plymouth
Aug 19th – Torbay 5 Bays Challenge
Aug 24th – Torbay Relays 7pm
Aug 28th – Exeter Evening Open
Sept 2nd – Treggy 7
SW League Exeter
Sept 9th – Armada Autumn Trail
Sept 12th – Armada 5K
Sept 16th – Plymouth Coasters 5 mile
Truro Half Marathon

Finally.....All of you should have received your new EA card for this year. With it were details on how to get on your portal and the benefits available. Please let me know if you have any trouble getting on. Everyone should log on to set your personal profile because of GDPR.

Keith (01752 893573)
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RACE NEWS

No results are available from the '**MUDDY DUCK**' at Plymstock. Well done to our athletes **Allister Bristow, Russ and Katy Mogridge, Liz Bowden, Emma Lake and Linda Bracher.**

Richard Lander-Stow continued his fine form and finished 15th at the Frome Half Marathon in a time of 1.31.25.

It was very hot again. **Richard's** daughter also ran in the 1K race.

Four athletes ran the tough '**Magnificent 7**' at the new start time of Saturday evening. First Harrier home was **Simon Swift** (56th in 50.36) and followed by **Dave Church** (106th in 54.56), **Andy Newcombe** (115th in 55.14) and **Dave Lloyd** (183rd in 61.07). There were 391 finishers.

HAYTOR HELLER - SATURDAY 21 JULY

We had a fantastic turnout at this extremely tough race on Dartmoor and many superb performances.

Chris Prall was the first Harrier home whilst **Russ Mogridge** was 1st mv55, **Emma Lake** was 1st fv40, **Alison Engledew** was 1st fv55 and **Sarah Hirons** was 2nd female 35. **Emma** was also 2nd lady.

Results:	15	Chris Prall	47.24
	25	Russ Mogridge	51.08
	29	Emma Lake	53.08
	39	Craig MacAlpine	54.56
	43	Sarah Hirons	55.08
	46	Dave Engledew	55.36
	91	Kevin Paull	62.52
	92	Ken Summers	62.53
	114	Alison Engledew	66.00
	137	Katy Mogridge	68.27
	142	Richard Lane	69.11
	162	Linda Bracher	73.35



LOOKING BACK! - HAYTOR HELLER 2013

ERME VALLEY RELAYS 2018

What a bumper entry we had for this year's Erme Valley Relays, a record number of teams and a new event record set by Tavistock Run Project. There was a great atmosphere in the Rugby Club Car Park throughout the evening with many vociferous spectators.

It wouldn't have been possible without the support of you, the club members, along with your families and friends. A big thank you to all who helped out leading up to the event and on Race Day. Feedback from Clubs and runners taking part has been very positive.

As a Club Committee we have held a wash up meeting and have identified further areas for improvement to hopefully enhance the event in 2019. I have also received some suggestions from members and would welcome any other ideas from others.

Thank You again for your continuing support.

Paul Ross – Race Director – Erme Valley Relays

GALLERY: Holland edges out Cole to claim victory in Cornwood 10k

Posted on July 29, 2018 *by* PLYMOUTH SPORTS GAZETTE



ADAM HOLLAND produced a storming run to win the Cornwood 10k in a course record time on Saturday evening.

Holland, who had finished second last year, managed to hold off the challenge of his team-mate on the night, Jim Cole, who was the course record holder.

Ultra specialist Holland, who had never beaten Cole before, clocked 33 minutes and 34 seconds, which was 58 seconds faster than the previous record set in 2015. Cole himself was inside the old record, running 34.11 on Saturday.

Third-place went to Torbay veteran Peter Monaghan, who was another former winner of the popular race. Fellow Torbay runner Naomi Flanagan continued her dominance of the women's race by winning it for a fourth time in five years. She clocked 41.44 minutes. Tavistock Run Project's

Rachel Malthouse was not far behind in second place. Third women was Freyn Porter.



Tavistock Run Project, with three runners in the top four, claimed the men's team prize, while Storm Plymouth won the women's team award.

Nearly 200 runners completed the 10k, while there was also a 4k family fun run.

CORNWOOD 10K - SATURDAY 28 JULY

We had a great turnout at Cornwood with sixteen runners in the 10K and nine juniors in the Fun run held over 4K. Best of the 10K runners was Russ Mogridge who is running really well at the moment.

Results:

17th	Russ Mogridge	43.12
20th	Nick Bristow	43.59
30th	Mike Hansen	45.29
38th	Dan Francis	47.24
45th	David Church	48.37
49th	Mike Hoskin	48.48
50th	Kevin Paull	48.51
75th	Richard Lane	53.27
82nd	David Lloyd	54.12
85th	Nick McMahon	54.41
88th	Katy Mogridge	54.53 pb
86th	Sophie Weeks	54.45 pb
91st	Phil Adderley	55.07
109th	Steve Harris	58.36
121st	Ruth Terry	60.27 pb
128th	Sharon Terry	61.37
156th	Phil Warren	66.31

Young Hamish Harris won the fun run with brother Angus not far behind him in 7th. We then had Bella May in 9th, George Benton 13th, Bronwyn Harris 13th Libby Kirby 19th, Dan Adderley 24th and Harry Benton 25th.

At the **Totnes 10K** we had three athletes with **Dave Engledew** the first Harrier home in 40th place in a time of 46.19. **Alison Engledew** was 108th in 53.53 and **Phil Adderley** 163rd in 58.49. There were 515 finishers.

Emma Lake was out only athlete at the tough **Indian Queens Half Marathon**.

Emma did well and was 2nd fv40 and 77th overall in a time of 1.37.22.

There were 546 finishers.



ARMADA 5K - SALTRAM





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ARMADA ATHLETICS SUMMER 5K SERIES SATRAM - WEDNESDAY 8 AUGUST

There was a large turnout for this race. We were also well represented.

Results:	16	Liam Hallows	19.17
	22	Nick Bristow	20.03
	23	Emma Lake	20.05
	48	Dave Church	22.29
	61	Ray Male	23.21
	68	James Scantlebury	23.48
	76	Dan Marks	24.19
	97	Anna Lake	25.11
	103	Pam Duncan	25.29
	123	Dan Adderley	27.22
	124	Phil Adderley	27.25
	174	Phil Warren	31.13
	(237 finishers)		

TUESDAY TRAINING RUNS

Tuesday 14th August	Filham, Penquit, Dunwell, Ugborough and back to the Rugby Club
Tuesday 21st August	‘Spirit of the Moor’
Tuesday 28th August	30 minutes out and back
Tuesday 4th September	‘Handicap Race’
Tuesday 11th September	Cornwood – Harford
Tuesday 18th September	‘Spirit of the Moor’
Tuesday 25th September	Bittaford – Shute Lane – Ugborough

BAR CARDS at the Rugby Club are up for renewal on 1st September
The cost is £15 plus VAT = £18 (covers two people)

PARKRUNS



