

THE HARRIER

(FEBRUARY 2019 NEWSLETTER)



OUR LADIES LOOK GREAT AT THE WESTWARD HO! CROSS COUNTRY

The Cross Country season continues in 'full swing' with good representation by our athletes at Westward Ho! and today's muddy conditions at Stover.

The only recent road race of note was the First Chance 10K at Exeter, with March really being the main month for races to get going. Hopefully those of you who are training for a spring marathon are getting in the miles.

It this Harrier is a photograph of our athletes at the Plymouth Hoe 10 in 1996. Who can you recognise!

Dave Fox - Editor

From the Chair.....

Hello everyone again I hope I find you well and that your early season training / running has started well.

Last month I said I didn't think it was as cold this year as last – certainly out on a training run with Dave Lloyd this morning I regretted wearing a short sleeve t-shirt!

That said the numbers of people coming to club sessions (not just Tuesdays) continues to be strong which is excellent, thank you.

I'll start with a couple of reminders, firstly **Memberships**, our memberships are now due for 2019. Payment can be made via BACS, cash or cheque. Secondly our **Ivybridge 10k** takes place at 6:30pm on Saturday 11 May 2019, (the biggest non-commercial 10k in the South West). We already have 384 entries. It's your willingness to volunteer that makes it the event it is and receive the fantastic feedback we get from the running community. If you haven't already and can spare the time that afternoon can you let Ian Crossley know ASAP please.

This week we will be undertaking our annual stock check of **EVH Kit**, If you have any specific kit requirements for this year, whether it be a vest / t-shirt / hoodie etc, please let us **myself / Ken Summers or Sharon Terry (Juniors)** know so that we can factor this in to our ordering process.

The next winter 3K race takes place on 13 February 2019 at Central Park and **Paul Ross** confirms that plans are in place for the 5k summer races at Saltram starting in April 2019. Our Juniors have had another fantastic **Sportshall** season (current holders by the way!). We have had tremendous turnouts for the events held on Sundays – firstly thank you to **Sharon Terry and all of the coaches** for their efforts, but also to **all of you parents** for getting our athletes to the events!

I was delighted to talk about **the Ivybridge Citizen of the year 2018** award before last Tuesday nights winter handicap. Unbeknown to **Keith and Jayne Reed** we had nominated them for all of their continued work for athletics in Ivybridge, in Devon and in fact the wider community. Thank you to **Cleo Perry** for making us aware of the award. Whilst after a closely debated meeting Keith and Jayne were runners up – this doesn't diminish their work or their achievements. I have attached a copy of the nomination, which we had framed, later in this Harrier.

I hope you have a great months training and remember you set the agenda so please if you would like us to consider something new or change something we currently do – please feel free to talk to any of us on the committee.

Thank you for listening.

Mark Livermore

**The David Britton Citizen of the Year award 2018 and Nick Cummins
Community Group of the Year award 2018**

Nomination – Keith Reed and Jayne Reed **Club** - Erme Valley Harriers Athletics

Nominator – Mark Livermore, Chairman, Erme Valley Harriers. 26 Pinehurst Way
Ivybridge, Devon. PL21 9UL

Submission

Keith Reed and his wife Jayne have been a massive part of Erme Valley Harriers Athletics club since its formation in 1983. Keith alongside Richard Bristow put in a huge amount of effort in forming the club, set up primarily for local athletes who ran or wanted to run with like-minded people but did not want to or could not get to City of Plymouth AC (at that time that was the only other athletics/running club in the area).

Keith took on the role of Secretary of the newly formed Erme Valley Harriers and has remained the Secretary of the club since its formation and has been totally supported every step of the way by his wife Jayne. Jayne has fulfilled numerous roles within the club: Athlete, Coach, Club Membership Secretary, Athletics Official at National Level and Mentor. Keith is also an athlete, Athletics Official at a National Level and Athletics Coach and Mentor.

Their expertise and enthusiasm has been used to support and develop numerous athletes from the Ivybridge area and the local schools. They devote their time to Junior Members of the club and local schools to develop athletes. They have held a two hourly session at Ivybridge Community College **every week** for 30 plus years, alongside regular cross country events for Ivybridge Community College. They hold Athletic Academies at the College during School Holidays. They support whatever Athletics Competitions are held at local schools and also where the schools compete at inter school competitions. They have achieved all of this whilst raising two sons, who, it is no surprise, became good athletes in their own right as senior men.

The club is now based in partnership with Ivybridge Rugby Club in the town and has grown into over 200 senior and junior members. It is proud to hold inclusive running sessions throughout the whole week to cater for all ages, time constraints and abilities. For example there are morning sessions for people who are unable to make evenings alongside, Tuesday club nights, Thursday speed sessions, Sportshall sessions at the college for juniors and walking sessions as well!

Keith and Jayne are rightly proud when they see athletes that they have nurtured and helped along the way through Erme Valley Harriers, winning Local, County, Regional, National and International recognition and Awards. They have been the backbone of the club since its formation.

As the town continues to grow Erme Valley Harriers will continue to provide a valuable sport for all opportunity to its residents.

Thank you!

SECRETARY'S NOTES

Waiting for Spring

The recent weather has shown that spring is a long way off yet. The snow affected a number of events including the South West Schools and various local parkruns. The BUCS Cross Country did go ahead and it was a fantastic event held at Bicton. We had three of our members taking part. There was a real photo finish in the Men's 'A' race. Pictures are online if you want to see it.

Entries are now over 400 for our 10K. Please volunteer your services to Ian Crossley to help. We cannot do it without you. For those who are interested the England Athletics EGM did not pass the changes to the Regional Council structure.

There are vacancies on the new SW Regional Council if anyone is interested. Please let me know and I can give you details.

Training and Coaching

Junior training continues to go well and we have seen a few new recruits in recent weeks. Last Tuesday's handicap had 35 runners taking part on a very wet night. We have been talking to the Rugby Club about facilities and there already been some improvements. Please be patient with us. The routes for the remainder of February and March are listed in this Harrier and on the website.

Sportshall Athletics

We had a great fixture on January 27th in Plymouth and we have now taken the lead by 70 odd points over Plymouth AC. The next one is again in Plymouth on February 24th. We hope we can get even more athletes there this time. Please try and come along. Please speak to Sharon if you need further details. We are hoping the Regional selections will be done this weekend. The competition takes place on Saturday March 9th at Torbay Leisure Centre.

Indoor Track and Field Athletics

The Senior SW Championships event took place in Cardiff and Nathan Brown and Liam were in action. We have quite a few athletes entered for the Birmingham games on February 17th at the National Indoor Arena.

Road Running

January was again reasonably quiet but we still had a few good performances in the January Jaunt, First Chance 10K and the Oh my Obelisk at Dawlish. Lindsay Lane did her first half in the obelisk over a tough off road route. There were also a lot of Parkruns done including a 200 milestone for Russ and Katie Mogridge. The next Armada 3K takes places this coming week in Central Park. The Armada Grand Prix begins in March with the Tavistock Half Marathon.

Athletes of the month.

The senior athlete of the month for January was Lindsay Lane and Rose Bruynseels was the junior winner.

Cross Country.

The last Westward League Cross Country at Westward Ho! went off well with some good results. It was very windy but not wet. This weekend is the fixture at Stover which is always popular. It will be quite wet underfoot but hopefully OK on the day. There is just one fixture at Redruth left after this on March 3rd.

Forthcoming events

Feb 13th – Armada 3K – Central Park

**Feb 17th – Birmingham Games Indoor
- Bodmin Half Marathon**

**Feb 24th – National Cross Country -
Leeds**

Feb 25th – Devon Sportshall League

**Mar 3rd - Westward League XC –
Redruth**

Bideford Half Marathon

**Mar 9th – Regional Sportshall – Torbay
- Inter Counties XC**

Loughborough

Mar 10th – The Grizzly - Seaton

Mar 13th - Armada 3K – Central Park

Finally..... Jayne and I would like to thank the club for our nomination for Ivybridge Citizens of year. We really appreciated the plaque, wine and flowers too.

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

RACE NEWS

OH MY OBELISK - SUNDAY 13 JANUARY

We had three athletes in this very tough race, which was extended to a half marathon this year.

Results:	89	Craig MacAlpine	2.05.55
	119	Richard Lane	2.17.21
	135	Lindsay Lane	2.23.12
		(178 finishers)	

FIRST CHANCE 10K - EXETER - SUNDAY 20 JANUARY

Unfortunately due to engineering works the course was deemed to be 'not actual distance' so any times will not be accepted for record purposes.

Well done to **Dave Engledew** who was 2nd mv65, **Jo Edwards** who was 1st fv50 and **Alison Engledew** who was 1st fv60.

Results:	64	Dave Engledew	40.34
	95	Jo Edwards	43.48
	112	Dave Church	45.04
	166	Alison Engledew	47.35
	309	Martin Perry	55.11
		(575 finishers)	

Russ and Katy Mogridge supported their daughter Polly who ran a time of 51.34.

Meanwhile **Sarah Salt** completed the **Arc of Attrition**, which is over 100 km in 32 hours. Well done on a tremendous achievement.

Meek marks Tavistock return with second place while Plymouth's Shorey wins U13 race

Posted on January 15, 2019 by PLYMOUTH SPORTS GAZETTE



JO MEEK enjoyed success back in Tavistock AC colours on Sunday by finishing second in the women's race at the latest Westward League Cross Country Series event.

The international trail and ultra runner, who has returned to Devon after living in Hampshire, finished behind Bideford's Julie Dixon in the race at Westward Ho!

Erme Valley Harriers' veteran Cleo Perry (*pictured*) backed up winning the South West over-45 title the week before by finishing in third place on Sunday. Perry finished just five seconds behind Meek.

The top three finishers in the women's race at Westward Ho! were all over-40. They were followed home by Plymouth Harriers' Ami Yetton, Tavistock Run Project's Rachel Malthouse and Tavistock AC's Sam Lake, who filled the top six spots.

Tavistock AC's Natasha Farrington was second under-17 runner home in the women's race.

City of Plymouth AC dominated the under-13 girls' race on Sunday. They had four runners in the top six. Molly Shorey led the way by producing an impressive run in the wind to win by 14 seconds, with Torbay's Iona Farquharson second. Plymouth's Holly Reid took third, with team-mate Verity Tank fourth and Molly Gilbey sixth.

Erme Valley's Bella May was 10th in that race, with Tavistock's Matilda Riggott just behind in 11th.

There was a top three finish for City of Plymouth's Isabella Morris in the under-11 girls' race, with Tavistock's Claudia Jones sixth.

Run Project's Jim Cole produced a strong run in the men's race to finish fifth, with Bideford's Ronnie Richmond claiming victory. Cole's team-mate Ben Neale was seventh, with Tavistock AC's Adam Holland 12th.

Tavistock's Martin Exley-Deane continued his dominance in the over-55 category with another race win.

In the boys' under-17 race, Tavistock's Bradley Stevens came fourth, which was also the position club colleague Abraham Reid achieved in the under-15 event, with **Erme Valley's James Scantlebury** eight.

There was a top 10 finish for Tavistock's Ewan Dix in the under-13 race. He finished seventh, while City of Plymouth's Barnaby Hutchings came fifth in the under-11 race.

ATHLETICS ROUND-UP: Cole claims victory in First Chance 10k

Posted on January 22, 2019 *by* PLYMOUTH SPORTS GAZETTE



TAVISTOCK Run Project's Jim Cole stormed to victory in the First Chance 10k at Exeter on Sunday.

Cole clocked 32 minutes and 29 seconds to finish 46 seconds ahead of second-placed Tim Gordon of Exeter University.

Erme Valley Harriers' Joanna Edwards took first place in the female over-50 category at the same event, while club colleague **Alison Engledew** was first over-60 and **David Engledew** took second place in the male over-55 category.



Tavistock AC's Anthony Shearer was third over-65 and team-mate Andrew Houghton was second over-70.

There was also success for Tavistock AC athlete Heather Fell at the weekend. She finished third women in the Gloucester Winter Half Marathon in a new personal best time of 1:26.04.

Elsewhere at the weekend, Great Britain junior international Victoria Weir was back in action on the track. She clocked 4:43.07 to finish seventh in the women's 1,500m at the Cardiff Met GP2 Indoor Meet.

At the same meet, Erme Valley's Nathan Brown clocked 2:02.69 for the 800m, while Tavistock's Charlie Shipton set a new PB for the 7.26k shot of 8.77m, while Lee Shipton finished third in the under-20 shot (6k) with 8.36m.



FIRST CHANCE 10K - EXETER



PARKRUN

Parkrun started at Bushy Park in October 2014. Since then it has expanded to all of Great Britain and many other countries. It is run completely by volunteers and it is FREE! Yes FREE! Russell and Kate Mogridge are Directors for our local event at Plymbridge and do a fantastic job along with the weekly volunteers. EVH took over the event one weekend as do other local clubs and hopefully we can do this again. This event is so inclusive and friendly. If you have not tried it then perhaps you need to give it a go. We have a strong group from the club who run and socialise afterwards. It must do some good because Dave Church and myself were 1st and 2nd in the Grand Prix and we never miss!

Finally remember Parkrun 'It's not a Race'

Ken Summers (Pasty Man)

TUESDAY TRAINING RUNS

Tuesday 12 February	Route around Ivybridge in groups
Tuesday 19 February	Speed Endurance (Woolcombe, Gorse Way, St Peters)
Tuesday 26 February	Route around Ivybridge in groups

Tuesday 5 March	Final Winter Handicap
Tuesday 12 March	5 mile loop around Ivybridge

LIGHT DEPENDANT

Tuesday 19 March	Bittaford, Hillhead Cross and finish run around Ivybridge
Tuesday 26 March	30 minutes out and back towards Bittaford

APRIL	Back out into the lanes
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