

THE HARRIER

(JULY 2019 NEWSLETTER)



**Dave Church, Lindsey and Richard Lane at the
Sydling Hill 10K in Dorset**

Our Relays were again a great success, with a record number of teams. Due to the hot and humid weather times were down from last year but this didn't distract from the event.

Later in the Newsletter you will find out how the relays have grown from 10 years ago.

Many thanks in particular to Race Director **Paul Ross** and yourselves for helping our in some way.

Lots of races coming up shortly so all the best – **Dave Fox – Editor**

From the Chair

I hope I find you all fit / well and enjoying your running in this decent weather we are now having.

I am sat here writing these notes after we held our again really successful relay event led by **Paul Ross** here at the Rugby Club on Friday 5th July 2019. There is so much work that goes in to organising a race such as this or our 10k and again feedback tells us it has been another fantastic event which again hosted over 500 runners. I am sure there will be a fuller report in this edition of the Harrier but a huge thank you from me for all EVH members families and friends who volunteered that night to make it the success it was.

As the decent weather and lighter evenings are with us, 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.

From the Armada update at committee last Monday evening I am reminded to tell you that as a club runner we all have the option of going to the track at Brickfields in Plymouth on a Saturday morning to train should you wish – speak to **Paul Ross** or **Keith Read** for more information. **The next Saltram 5k is at Saltram Park on Wednesday 10 July at 7:00pm.**

I am delighted with the way our “**Couch to 5k**” initiative led by **Sharon Terry** has progressed this year, the runners have put in some real effort and we are now beginning to see them “graduate” to running their first 5k at Saltram. whether that be in July, August or September. Well done Sharon and all of the runners!

We are planning to run another **FREE** coach to the Torbay Road Relays event which is on **Friday 23th August 2019 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. **Dan Francis** will be leading and names are beginning to be added to the list on the board at the rugby club. When we have the final numbers we can then plan the teams and coach arrangements – Further details to follow shortly.

There is also a plan to run a further **FREE** coach later this year to a 10k – this is the **Grittleton 10k near Chippenham on 13 October 2019** starting at 10:30. Again watch this space but it will likely be a 7:00 am start from Ivybridge.

Finally this month the Xmas Meal which is being organised by **Linda Bracher and Ken Summers** for **Saturday 7th December 2019** has for the second year running 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**

SECRETARY'S NOTES

Midsummer and beyond

We had some real summer weather of late and there few better days that Friday 5th July when we held our relays. It was a fantastic event with a record turnout of 155 teams. Again it was a team effort from all of the club led superbly by Paul Ross. We have received nothing but praise from the clubs who took part. It was good to see so many junior teams taking part and doing really well. Even though summer is at its peak we have started discussing the Sportshall and Cross Country dates for the 2019/20 season. We are trying to leave January free for both leagues because Jayne and I are away for a month then.

Training and Coaching

Junior training is still going well with even more new recruits. Our Gamechangers young coaches are always there to help with the sessions and we are obtaining kit for them from England Athletics. Junior training will revert to one session in the school holidays (July 25th onwards). The third Spirit of the Moor run from Wrangaton Golf club will be held on the third Tuesday of July. The training routes for the rest of August are now online.

Track and Field Athletics

The Armada team will be in action this Sunday at the SW League held at Exeter. We have some of our athletes in the team but not as many as we should have. The next Devon Open is in Tavistock so we hope we can get a lot of our athletes along as it has events for all age groups. Good luck to Estelle and Ella who are representing Devon Schools next week in the English Schools Track and Field Championships in Birmingham. We have awarded them jointly the athlete of the month award in recognition of their selection. Please have a look at the website to see what events are coming up. If you are not sure about anything please ask one of the coaches who will be glad to help and advise.

Road Running

The next Armada Grand Prix race is the Muddy Duck 10k on Saturday 13th July followed quickly by the Mag 7 on the 20th. The current point's standings in the Grand Prix have been updated. The list is now up for the trip to the Torbay Relays in August. There is also a planned trip to the Grittleton 10K in Chippenham on Sunday 13th October. Please look out for more details. The next Armada 5K is next week at Saltram and we hope to have some of our Couch to 5K runners taking part. If not then they will tackle the August one. It has gone really well with 20 people signing up for it. Thanks to Sharon for all her hard work with the project.

Athletes of the Month

The senior athlete of the month for May was Ray Male and Ella Isaias and Estelle Hodges were joint winner of the junior award.

Forthcoming events

July 12th/13th – English Schools T&F Champs – Birmingham
July 13th – Muddy Duck 10K – Plymstock (Armada GP race)
Haytor Heller
SAL Track and Field - Basingstoke
July 14th – Devon Open – Tavistock
July 17th/18th – Exeter 10K
July 18th – Tavi relays
Mag 7 – Saltash (Armada GP race)
July 21st – SW Inter Counties – Exeter
July 25th – Kingsbridge Fair 10K
July 27th – Cornwood 10K
July 30th – Exeter Evening Open
August 4th - SW League – Exeter Totnes 10K

Finally.....If you are going on holiday we hope you have a good time. Don't forget your photos in the Ivybridge 10K T-shirt or EVH kit.

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

ERME VALLEY RELAYS

It was a very warm evening for our Relay Event but we had another record number of teams entering. Competition was fierce in a lot of categories with some fast individual times despite the weather and the hilly course. Pride of place from the event must go to City of Plymouth AC Year 7 Girls team who beat all the other ladies teams to be the first female team to finish. Look out for these terrific athletes in the future; Molley Shorey, Verity Tank, Molly Gilby and Holly Reid.

We had good support from local clubs with Looe Pioneers outnumbering all other clubs with an entry of 17 Teams. They did say that Looe was empty that evening with one guy left to look after the fishing nets!! I did have a chat with some of them as they were boarding their coach to travel home and they all thoroughly enjoyed the event.

Once again the event wouldn't have been such a success without the support of you, the members of EVH. Many thanks to all who volunteered to assist as Registration Team, Officials, Marshals, Results Team, Course marking and our two Results Runners, Scarlet and Freya.

Feedback received to date has been very complimentary with a lot of praise on our organisation and delivery of the event. That said I would welcome any feedback from yourselves and others to enable us to enhance the event in the future.



Thanks all
Paul Ross (Race Director)

GALLERY: Tavistock Run Project and City of Plymouth enjoy success at Erme Valley Relays

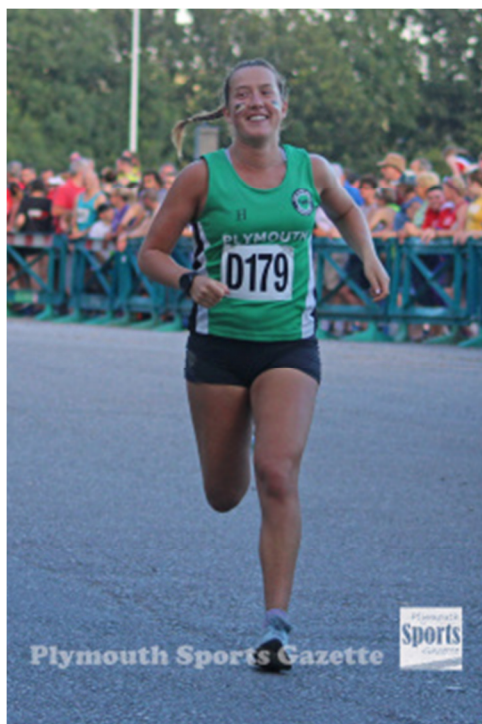
Posted on July 6, 2019 *by* PLYMOUTH SPORTS GAZETTE



CHRIS RIMMER produced a storming final leg to secure Tavistock Run Project victory for a second year running in the annual **Erme Valley Relays** on Friday night at Ivybridge.

Tavistock Run Project, having got off to a great start with a good first leg from Jordan Andrews, found themselves trailing a strong Exmouth Harriers quartet with one leg to go. But Rimmer produced the fastest run of the night (12.37) to give his team victory by an impressive 28 seconds. Run Project, who had Edward Smith and Edward Smart also in their team, finished the event, which sees four runners complete a two-and-a-half mile lap, in 53.22 minutes, with 2017 winners Exmouth taking second in 53.48. South West Road Runners were third in 54.03.

The performance of the night, however, went to City of Plymouth's under-13 girls' team. They not only won the junior women's prize but were also first female quartet home, beating their senior team by 12 seconds.



Molly Shorey got the young City of Plymouth side off to a great start with a stunning 14.49 minute opening leg. Verity Tank, Molly Gilbey and Holly Reid then held on to that lead, finishing in 64.01 minutes.

Reid had to dig deep to hold off Great Britain international Victoria Weir, who made up a lot of ground running the final leg for City of Plymouth's senior side. Weir clocked 14.32 minutes which was the fastest leg by a female. Hannah Blair, Annabel Denton and Hannah Paul made up the City of Plymouth's senior side.

Tavistock AC's under-18 girls' team were the third female quartet home.

City of Plymouth's Dan Newman, Thomas Jones, George Caruana and Oliver Woodman were the first junior team overall in 60.32 minutes.

A record 155 teams finished the event, which was 21 more than the previous year.



THE HARRIER
(JULY 2009)
www.evh.5u.com



RECORD ENTRY FOR THE RELAY RACE
HARRIERS WIN FIVE TEAM AWARDS

How times have changed - in 2009 the record entry was 91 teams compared with 155 in 2019! SWRR won the race in an overall time of 51.36 with **Tom Merson** (now Exmouth Harriers) running the last leg in a time of 12.08.

Erme Valley won five team trophies. Particular mention goes to the team of **Alan Ryder, Mike Hansen, Andrew Perry** and **Neil Holmes**, as they not only picked up the male vet 40 team prize but were 3rd team overall.

The ladies did well, picking up trophies in the female vet 45, female vet 55 and under 18 categories.



RACE NEWS

Nick Bristow took part in the **Burrator 10K** on 2nd June and finished in 40.04 to take 3rd in his age category.

In the **Run Exe 5K** on Tuesday 4th June **Sam Swift** continued his recent good form with a 26th place in 18.17. **Paddy Trinder** was 35th in 18.38 and **Alison Thorn** 63rd in 19.42.

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 12 JUNE

Young **Bella May** had a terrific run to finish 18th overall and 3rd lady.

Results:	18	Bella May	20.29
	21	Emma Lake	20.52
	30	James Scantlebury	21.51
	41	Anna Lake	22.58
	49	Ben Bristow	23.45
	58	Phil Adderley	24.10
	74	Ruth Terry	25.50
	85	Carol Hansen	27.05
	87	Nick McMahon	27.24
	95	Georgina Grundy	28.23
	109	Dan Adderley	29.16
		(158 finishers)	



In the hilly **Saltash Half Marathon Sarah Hirons** had a good run and was 2nd fv35 and 4th lady in a time of 1.36.43. Out other athlete **Phil Adderley** completed the course in 1.58.05 in 85th place. There were 136 finishes.

Meanwhile **Mike Hoskin** completed the **Yeovil Marathon** in a time of 3.50.29.

Meanwhile at the tough **Burrator Horseshoe Allister Bristow** was 9th in 45.17 and **Liz Bowden** 119th in 69.41.

We had three athletes in the **Sydling Hill 10K** in Dorset. This is a tough 'off road' race. **Dave Church** was 13th in 59.13, **Richard Lane** 47th in 69.32 and **Lindsey Lane** 58th in 73.02.

At the **Holbefest 10K** in Flete there were 49 athletes in the event. **Faith Taylor** was 2nd overall and first lady in 44.53. **Dave Engledew** was 5th in 47.25, **Emma Lake** 6th (3rd lady) in 48.59, **Alison Engledew** 15th in 55.26 and **Kate Medicott** 16th in 57.42.

At the **Torbay Half Marathon Simon Fitze** had a good run to finish 25th in 1.20.18 whilst **Ray Male** had a terrific run to finish in 214th place in 1.39.08. **Rose Bralsford** was 713th in 1.59.17 and **Michala Lord** 948th in 2.10.32.

A lot of our athletes had completed the **Hope 24** event as they covered some impressive mileage in the 24 hour race.

TUESDAY TRAINING RUNS

JULY

Tuesday 9 th	Filham, Penquit, Ermington, TV mast, entrance to Endsleigh and back to the Rugby Club
Tuesday 16 th	'Spirit of the Moor' from Wrangaton Golf Club
Tuesday 23 rd	Filham Park Lake – Speed Endurance
Tuesday 30 th	Filham, Penquit, Dunwell, Ugborough and back to the Rugby Club

AUGUST

Tuesday 6 th	Summer Handicap
Tuesday 13 th	30 minutes out and back
Tuesday 20 th	'Spirit of the Moor' from Wrangaton Golf Club
Tuesday 27 th	Bittaford, Hill Head Cross, Windy Ridge and Penquit

