

THE HARRIER

(SEPTEMBER 2019 NEWSLETTER)



Simon, Jaine and Sam Swift at the Torbay Relays

What a difference a year makes – this time we had excellent weather at the **Torbay Relays** and a great night was had by all. Many thanks in particular to **Dan Francis** for organising the coach trip and sorting out teams etc.

Unfortunately summer is coming to an end and we have the last ‘**Spirit of the Moor**’ on **Tuesday 17th September**.

There is a new race the **Tory Brook Trail 2K and 10K**, replacing the **Autumn Trail** at **Newnham Park** on **Saturday 21st September** and then we move to the **Cross Country** scene with the first race at **Plymouth** on **Sunday 6th October**.

Enjoy the rest of the summer - **Dave Fox** - **Editor**.

From the Chair September 2019

Hello everyone – I hope I find you all fit and well, or at least on any road to recovery!

The autumn temperatures are definitely coming – certainly you feel it running at 6:30am in the morning now.

Another good month for the club - both in terms of race successes but also continued great numbers coming to all of our club days and nights.

This week is the final Saltram 5k of the summer, which is a great run to help improve your timings etc., we have used this year's series as a target for our "Couch to 5k" runners – so I would like to give a specific mention to all of you who have taken part this year and a special mention for **Sharon Terry** who has led this group from its start earlier this year as well as some of you that have helped with the running group on a Tuesday.

As I mentioned we have good participation across all of club sessions – I know the Monday group led by **Cleo Perry and Jo Jayes** is popular - in fact I saw **Jo** leading a group up the hill towards Tesco last week!

It will also be the last '**Spirit of the Moor**' run this month on **Tuesday 16 September** - for me this has been a hugely successful venture for us this year and one I would certainly want to repeat again next year. We are planning on a few Sunday morning runs through the winter months. Thanks to all who have made this a success particularly **Phil Warren and Steve Watson** for making the initial contacts etc.

I was really pleased the free coach and participation at the **Torbay Relays** was another successful event – thank you to **Dan Francis** who took the lead and organised the coach trip etc.

As a reminder we will be holding our **AGM on Tuesday 12 November at the Rugby Club starting at 7:30pm** – I have it on good authority that food will be provided. An agenda will be out shortly to all of our members.

I want to finish my notes with the news that **Shirley and Steve Watson** will be standing down from Committee duties at the AGM. **Shirley** has been our Treasurer for over 20 years and likewise **Steve** has been part of the committee for the same amount of time. It is very rare in the modern age to see such dedication and commitment – we are in fact lucky within the club that we have 4 or 5 other people with similar time served records!. To have over 40 years between them is remarkable and I would like to say on behalf of the club that we are eternally grateful for everything that have done and will continue to do for Erme Valley Harriers.

I am sure that we will get the opportunity to mark the occasion appropriately in the coming months.

On the subject of a new Treasurer – if anyone is interested or knows anyone who might be interested in taking on the role, can you please make yourself known to any of us on the committee - thank you - **Mark**

SECRETARY'S NOTES

Back to normal

Autumn is in the air and the schools have returned. This all means the end of the summer and the return to normality. It was noticeable that we had 70 juniors at our session last Thursday compared with 20 throughout the summer holidays. I always think this is strange, as athletics is a summer sport. We now have the cross country season fast looming and the Tuesday routes will soon be back in the Town. Maybe we can have a bit of an Indian summer to cheer us all up. The club's AGM will be held on Tuesday 12th (not 5th due to Bonfire Night.) We will need a new Treasurer and at least one new committee member as Shirley and Steve Watson have decided to stand down. If anyone is keen to get involved please speak to one of us. Please volunteer if you can. The club really needs some new younger blood.

Training and Coaching

Junior training has been one session in the school holidays but we are now back to normal. The final 'Spirit of the Moor' run from Wrangaton Golf club will be held on the 17th September. The training routes for the September are now online. The routes for October will be light and weather dependant.

Track and Field Athletics

We had the final SW League at Exeter last weekend. The Armada team finished 5th overall in the league. We have just really had the committed ones from the club supporting the team this year, which is really disappointing. They are part of the Devon team for the ESAA Combined Events being held in Exeter on 21st/22nd September.

Sportshall

The first Devon Sportshall league will take place on Sunday 20th October at Dawlish. This is the main focus for our juniors and we have won the league for the past two years. Sharon will be our team manager once again and details are on the website.

Road Running

The final Armada 5K Saltram is on Wednesday 14th. The current point's standings in the Grand Prix have been updated. The trip to the Torbay Relays in August was excellent with good weather and some excellent performances. There is still a planned trip to the Grittleton 10K in Chippenham on Sunday 13th October.

Please look out for more details.

Congratulations to Ali Thorn and Alison Engledew who ran for England Masters in the Maidenhead Half Marathon. Cleo

Perry had also qualified, but had to withdraw with an injury. We are starting a new Couch to 5K runner group very soon.

Cross Country

The first Westward League fixture is on Sunday 6th October in Central Park Plymouth. Unfortunately there are clashes with other events that day, but we really hope we can get a good turnout at this event and at all the races this year. Details of the course will be on the website.

Athletes of the Month.

The senior athlete of the month for July was Sam Swift and the junior award goes to Adam Dingley.

Forthcoming events

September 11th – Armada 5K - Saltram
September 15th – Bristol Half Marathon
Truro Half

Plymouth Coasters 5 Mile

September 21st /22nd ESAA CE - Exeter

September 24th – Exeter Open

September 29th – Cubert 5

- Newton Abbot Ladies 10K

- Barnstaple Marathon & Half

October 6th – Plymouth 10K

- Westward league XC

- Cardiff Half

October 8th – Armada 3K – Central Park

Finally.....The evening are getting that bit darker so wear something light and fluorescent

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RACE NEWS

ARMADA ATHLETICS SUMMER 5K SERIES SALTRAM - WEDNESDAY 14 AUGUST

We again had a good turnout at the latest race in the series. Well done to **Caroline Blackmore** who completed her Couch to 5K.

Results:	6	Jamie Frost	19.31
	16	Emma Lake	20.38
	33	Dave Church	22.17
	60	Anna Lake	24.00
	69	Richard Lane	24.45
	78	Rebecca Lee	25.20
	80	Alison Engledew	25.26
	88	Lindsay Lane	25.50
	102	Ruth Terry	27.07
	139	Ben Bristow	30.36
	158	Bryan Short	33.06
	170	Kate Youngs	35.02
	176	Caroline Blackmore	35.48
	178	Phil Warren	35.49
	(207 finishers)		



THE FIVE BAYS CHALLENGE - SUNDAY 18 AUGUST

This multi-terrain event started and finished at Broadsands Beach in the Torbay area. Our two competitors were **Andy Newcombe** and **Alison Engledew**. **Andy** was 21st in 52.11, whilst **Alison** was 75th in 64.19.

There were 212 finishers.

Torbay Relays - Friday 23 August

This year it was a very pleasant evening for the event – compared with the rain of last year! Thanks to Dan for putting the teams together. Liam Hallows was our fastest runner although no time is reported for Sam Swift.

The results were as follows:

Men's Team 4th in 42.17

3K Leg times Liam Hallows 9.48; Dan Francis 11.27 Dave Church ? Sam Swift ?

Ladies A 42nd in 53.57

3K Leg times Rose Bralsford 14.16 Katy Mogridge 13.36 Allison Engledew 13.32, Jaine Swift 12.13

Ladies B 42nd in 58.42

3K Leg times Carol Hansen 15.18; Ruth Terry 14.33 Sharon Terry 15.29 Becky Lee 13.25

Men's V60 Team 57th in 59.09

3K Leg times Phil Warren 16.56; Brian Short 17.12 Mike Hansen 12.11 Ken Summers 12.50

On the following day a number of our runners tackled the **Dartmoor Big Day** out (Great Escape) across the moor. In the 15.5 mile race we had the following:

3	Lee Eastley	2.05.45
9	David Church	2.17.13
17	Ken Summers	2.28.35
27	Patrick Wakeley	2.41.13
33	Richard Lane	2.42.36
59	Lindsay Lane	2.58.58

Chris Prall tackled the 36 mile route and finished in 6.40.04 for 16th place.

At the **MUSKIES MADNESS** we had three athletes complete the course.

Dave Lloyd was 51st in 56.00, **Richard Lane** 56th in 56.36 and wife **Lindsay** 65th in 58.53. There were 172 finishers.



TORBAY RELAYS





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Many congratulations to our ladies who took part in the **Maidenhead Half Marathon** – running for **England Masters**. Unfortunately **Cleo** who qualified couldn't run but went along in her kit to support the two Alisons.

Alison Thorn was 39th lady overall and 18th in the vet 40 category with a time of 1.28.34. **Alison Engledew** was 152nd lady and 10th vet 660 in 1.47.42.

Martin Perry also took part, finishing in 2.12.31.



In the **Cardiff 10K** **Sam Swift** put in another great run, finishing 140th in 36.58. **Craig MacLellan** was 154th in 37.38 and **Simon Swift** was 479th in 42.79.

Steve Burrows took part in the **Bridgwater Half Marathon** – finishing 14th in 1.23.09.

Richard Lander Stow completed the **Frome Half Marathon** and won the male vet 40 'King of the Mountains' prize. Wife **Sam** completed the 10K race.

The following weekend **Richard** took 2nd place overall at the **Cider Frolic** with 17 laps (102 KM). **Sam** completed the **Piggy Plod 10K** race and daughter **Evie** completed the 2.5 mile **Piggy Plod**.

Richard unfortunately had to pull out of the **Two Tunnels Marathon** with a calf injury after 10 miles. This was **Richards** first DNF in 10 years of marathon running.

Well done to **Mike Hoskins** who completed the distance in 4.14.57 in this Bath race.

TUESDAY TRAINING RUNS

SEPTEMBER

Tuesday 10th

Bittaford, Shute Lane, cross A38 and take the first right – follow the road to Ugborough and back to the Rugby Club ‘Spirit of the Moor’ from Wrangaton Golf Club

Tuesday 17th

Tuesday 24th

Harford – Cornwood and back – different groups can choose when to turn back

RUGBY CLUB BAR CARDS

The cards are now due for renewal. You may need to complete a form for 2019/20.



CROSS COUNTRY FIXTURES

The dates of the Westward League are as follows:

Sunday 6th October - Plymouth
Sunday 10th November - Newquay
Sunday 1st December - Exeter
Sunday 15th December - Westward Ho!
(with G & S fixture)
Sunday 16th February - Redruth
Sunday 1st March - Stover