

THE HARRIER

(JANUARY 2020 NEWSLETTER)



DAVE LLOYD AT THE JANUARY JAUNT 10K

It was a quiet start to the road race scene at the **January Jaunt 10K** but I suspect we will have several more athletes at the pb potential course at the **First Chance 10K** in **Exeter** on **Sunday 19th January**. This popular race is already full.

Have a look at our new website as you have an easy opportunity to look at the previous 7 year's Harriers! Also looking back go to www.athleticsweekly.com and in the search area type Erme Valley Harriers and you can still see the article on the club from October 2015.

I hope you all had a good Christmas and wish you a healthy 2020 and that you achieve your running goals.

Dave Fox - Editor

FROM THE CHAIR

A happy new year to all EVH members! I hope you all had a great Christmas and new year break, and now looking forward to running off all the food and drink.

Christmas Social

A massive thank you and congratulations must go to Linda Bracher for all of her hard work towards the EVH Christmas social. A wonderful evening enjoyed by 80 members and family members at the New Continental Hotel, Plymouth. A rather enjoyable raffle, for Ken Summers especially and some questionable dance moves made for a great night for all attending.

Club Races 2020

A reminder to please save the date - **Ivybridge 10k - Saturday 2nd May 2020.** This event won't be able to take place without the clubs hard work -volunteering at all levels.

EVH Relays

We are still without a Race Director for this year's relay event. If anyone has an interest in taking this over please speak to any committee member as soon as possible. Paul Ross has kindly offered to assist the RD where possible however the club needs a new Director.

Club Nights Tuesday

After many years of organising the Tuesday night runs Steve Watson has stepped down from this role. Many thanks to Steve for all of his hard work. To that end, I will be taking over this role as of March 2020. I will be speaking to club members to discuss what routes and training sessions people would like to be running, especially when the evenings stay lighter for longer. Please feel free to suggest any runs to me that you would like to see in the programme.

Social Media - Facebook

As proposed at the committee meeting, the club has setup a new Facebook Group in addition to the current EVH Facebook page. The purpose of this new closed group will be for members only and not visible to non-members. This will be aimed as a discussion group for all members to be able to discuss additional training sessions, future races, any ideas for away day run's and details of socials such as Xmas meals. This group is currently up and running, if you haven't been added yet please ask.

This will then keep the public EVH Facebook page clear for important information such as the Ivybridge 10k, relay event, new member inquiries, couch to 5k, Race reports and photos of club members at races.

Coaching Courses

A shout out to any members who would like to attend any leadership or coaching courses - a reminder that the club will cover the cost of these courses for members. If anyone is interested in qualifying as a run leader or coach then please speak to myself or Keith.

Athlete of the month - Dec 19

Junior - Isabelle Drew

Senior - Richard Lane & Lindsey Lane
Congratulations to you three!!

Coach trips

I would like to organise a few coach trips away to races this year. Ideally, a 10k or Half Marathon. The club will cover the cost of coach travel to and from the race for members and family supporters if space allows. I will be looking for suggestions of races at club nights and on the new Facebook group.

Contact information for the chair

My email address is
danielfrancis92@hotmail.com
mobile number 07540924735.

Many thanks,
Dan

RACE NEWS

It was a good day out at the **Cockington Cap** as several athletes tackled this 'off road' race over 7.5 miles of grass, mud and hills. Some even did the Torbay Parkrun as a warm up.

Results:	28	Emma Lake	1.07.26 (5 th female - 1 st fv40)
	33	Andy Newcombe	1.08.37
	38	Simon Swift	1.09.44
	93	Dave Church	1.20.50
	123	Richard Lane	1.24.45
	136	Lindsay Lane	1.28.16
	138	Phil Adderley	1.28.28
	197	Jenny Hill	1.45.59

Meanwhile **Alison Engledew** went to **Telford** to run in the 10K, as this was a qualifier for **England Masters** spots. **Alison** ran a season's best time of 46.26 but could only manage 4th in the female 60 category – just missing out on selection.

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 11 DECEMBER

Well done to those who turned out on a cold and wet night!

Results:	11	Andy Newcombe	12.23
	16	Russ Mogridge	12.58
	33	Phil Adderley	14.38
	36	Richard Lane	15.00
	37	Dave Church	15.01
	40	Katy Mogridge	15.46
	42	Lindsay Lane	15.55
		(81 finishers)	

Three athletes ran in the 'Race the Tide (Dark)' raced at Holbeton. The race is a 8.5 mile run through the Flete Estate.

Results:	40	Patrick Wakeley	1.18.15
	97	Becky Prall	1.28.52
	103	Phil Adderley	1.29.34

Phil Adderley completed his busy weekend (he did the Plym Valley Parkrun as well) by completing the **Haldon 10K** in 60.11.

Congratulations to **Sarah Howard** on her graduation from the Couch to 5K group. **Sarah** ran with **Sharon** and they recorded a time of 30.13. **Rebecca Pine** improved on her time from the previous month, with a time of 28.45. **Keith Reed** also took part and ran 35.18.

The Lanes took part in the **Escot Christmas Half Marathon** with **Lindsay** finishing 54th in 2.34.01 and **Richard** 58th in 2.35.51.

ARMADA ATHLETICS WINTER 3K SERIES CENTRAL PARK - WEDNESDAY 8 JANUARY

On a very wet evening there was a low turnout for this race. However, 20 new athletes braved the conditions.

Nathan Brown had a great run and was 2nd.

Results:	2	Nathan Brown	10.25
	13	Andy Trigg	12.30
	24	Phil Adderley	14.32
	30	Ruth Terry	15.24
	41	Dan Adderley	17.51
		(53 finishers)	

IVYBRIDGE 10K 2020

Dear EVH members,

It's fast approaching 10K time

This year's race is Saturday 2nd of May starting at 6:30pm and we need your help.



To ensure Erme Valley Harriers give runners the best possible experience takes the help and support of just about every member of the club, plus the tremendous support given by other family members and friends. For the event to run smoothly requires, at a minimum, 85 people. The salary is... a free pasty!

When competing in events, we all rely on the organisers putting on a safe event. Well this is our chance to give something back.

Please let me know if you can help. If you have a regular role and are happy to continue doing this let me know. If you want to try something different, again let me know and we will try and accommodate.

A summary of on the day responsibilities:

- Course marking
- Car Parking (including Rugby club entrance)
- Customer Care
- Number collection/Race information
- Baggage
- Start
- Course Marshalling
- Drinks station
- Finish
- T-shirts/drinks
- Rugby pitch protection (this is to be confirmed)
- Chip collection
- Results
- Post race clean down (Please give this consideration – When the race finishes, some are still working until 10pm tidying up. More hands and all that jazz...)

We value all help and people turning up on the day will always be accommodated, but please appreciate with an event this size everything must be planned long before race day.

It would be fantastic to see junior members of the club involved, and there are many roles where your support would be welcome.

Course marking starts at 2pm, Car Park Marshalling and Customer Care 4:45pm, Number Collection, Race Information and Baggage 5pm. Infrastructure clean down starts at 7:45pm.

If you're a club member and planning to run, please provide someone who can help on your behalf. You can still help before the race. This is our chance to give something back to the club and the running community.

If able to help please email me. If I don't hear from you I will assume you are not available.

Fully detailed instructions will be sent out prior to the event indicating your role, start time, and where you need to report on the day.

Visit the 10K race page on the website (www.ernevalleyharriers.co.uk) or Facebook for the latest race information.

Kind Regards

Ian - (Ivybridge 10K Race Director)

01752 405645 or 07932 327160 - iancrossley1970@gmail.com

Plymouth City Council promise to re-surface Brickfields running track

Posted on January 10, 2020 by PLYMOUTH SPORTS GAZETTE



THE athletics track at Brickfields is to be re-surfaced, Plymouth City Council have confirmed.

The council admit the 400m facility has reached the end of its life span, with cracks appearing in it.

The track is used by clubs, schools, higher education establishments and the MoD.

The council had agreed to allocate £596,991 for the project from within their capital programme.

Council leader Tudor Evans said: "If we do not do the work, the track will be unusable.

"A city of this size needs an all-weather athletics track and field facility. This is not just for the super-fit club runners and athletes. This facility is about making sure we have somewhere for our young people to try out sports and get into habits that will last a lifetime. We are trying to improve people's health across the city and providing decent facilities

that people want to use is pretty important."

The works, which is expected to last for three months, needs to be carried out when the ground is free of frost. A working group, which includes club representatives will be consulted about the proposed programme.

Meanwhile, wet and windy conditions put a lot of runners off Wednesday's Armada Winter 3k Series run at Central Park.

However, Plymouth Harriers' Sam Yearling took victory in 10.02 minutes, with **Erme Valley Harriers' Nathan Brown** second in 10.25, Plymouth Harriers Raymond Tew third in 10.40, Plymouth Muskeeteers Scott Mansfield fourth and Plymstock Road Runners' Graham Bale fifth.

Plymouth Harriers' Jane Allison was first women in 12.25 minutes. She was followed by Tamar Trotters Imogen Rickard in second and Annett Rickard in third.

EVH Grand Prix 2020

Towards the end of 2019 there was a vote via the EVH Facebook page asking what members would prefer as a Grand Prix format going forwards, unfortunately we didn't get an enough of a response to make any significant changes.

We have decided to stick with a similar format to previous, but with an updated list of events. These will be published in the Harrier and we plan to promote the GP via the facebook members page and update the website more frequently so members can see the league table status. Hopefully we will get much more interest in the GP throughout 2020.

We should therefore be in a better a position at the end of this year to make a meaningful review of the GP format.

There will be a full list of events available via the EVH website, this will be uploaded in the coming weeks.

For January through to March, the events list is as below along with the points available.

Points are also available for marathons, achieving club records etc, these are also shown below.

Date	Race	Points Available
07-Jan	Handicap January	15
08-Jan	Armada 3k Jan	15
12-Jan	Plympton 10k January Jaunt	Age% Max 50
12-Jan	Oh! My Obelisk	30
19-Jan	First Chance 10k	Age% Max 50
04-Feb	Handicap February	15
12-Feb	Armada 3k Feb	15
16-Feb	Westward League - Redruth	50
22-Feb	Looe 10 miler	Age% Max 50
01-Mar	Westward League - Stover	30
03-Mar	Handicap March	15
08-Mar	Grizzly	50
11-Mar	Armada 3k March	15
29-Mar	Tavy 13	50

Additional points

Marathon	Age% Max 100
Additional Marathons	Age% Max 100 + 50
Club age record (including for a non-GP event)	50
Winning an EVH team race for a GP event	20
Ultra-events	50
Multi-discipline events, max of 2 events per member	20
1st place male	20
1st place female	20

We hope everyone enjoys the GP 2020!

Good luck - Phil Adderley

TUESDAY TRAINING RUNS

JANUARY

Tuesday 14th **5 mile route around Ivybridge**
Tuesday 21st **Hill work at the viaduct**
Tuesday 28th **5 mile route around Ivybridge**

FEBRUARY

Tuesday 4th **Winter Handicap Race**
Tuesday 11th **5 mile route around Ivybridge**
Tuesday 18th **Speed Endurance - St Peters Road/Gorse Way**
Tuesday 25th **5 mile route around Ivybridge**

Extract from Andy Trigg's comments - this week we had 25 EVH parkrun folk at 7 different locations, including 1 EVH First Visit and 0 volunteers

Now the excitement of bonus parkruns during the festive period is over, parkrun settled back into its usual home of Saturday morning. However, it was anything but a normal Saturday with record attendances at many events, leading to a new national total of 199,410 parkrunners. Plymvalley was no exception where a new attendance record of 411 was set.

Mike Ho travelled to the distinctively named Fire Services College parkrun to achieve his latest EVH First Visit. He has now run at 71 different locations and takes over the mantle of EVH's 'most toured' EVH parkrunner from Andy. Fire Services College parkrun is based to the east of Moreton-in-Marsh, Gloucestershire. It's run entirely within the grounds of the college and is a flat, three lap course across a mix of sports fields and through woodlands.

Alison and David ventured to Dorset to make their debuts at Weymouth parkrun. There have now been 10 EVH parkrunners complete the Weymouth course.

The remaining 22 runners were spread across a range of usual Devon locations. Jaine made her debut at Exeter Riverside and is now one location short of her Cow Cowl. Sam, Jenny and Allister added to their recent collections of location PBs at Exeter Riverside, Torbay Velopark and Plymvalley respectively. Emma was First Female Finisher yet again, this time at Exeter Riverside.

Overall there were 4 location debuts, 3 location PBs and 0 All Time PBs.

Highlights this week include:

- * Mike Ho made his Fire Service College debut, his 71st location
- * Allister ran a Plymvalley PB
- * Andy had his 225th Plymvalley run
- * Liz had her 20th Plymvalley run
- * David made his Weymouth debut, his 49th location
- * Alison made her Weymouth debut, her 57th location
- * Dave had his 15th run
- * Jenny ran a Torbay Velopark PB
- * Sam ran an Exeter Riverside PB
- * Emma was First Female Finisher at Exeter Riverside
- * Jaine made her Exeter Riverside debut, her 19th location

2019 CLUB 10K RANKINGS **(2018 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	35.24	Joe Battershill	Isle of Man
2	36.16	Simon Fitz	Plymouth
3	36.58	Sam Swift	Cardiff
4	37.38	Craig MacLellan (1)	Cardiff
5	38.17	Steve Burrows	Ivybridge
6	39.54	Alison Thorn	Exeter
7=	40.04	Nick Bristow	Burrator
7=	40.04	Allister Bristow	Cornwood
8	40.09	Cleo Perry (2)	Ivybridge
9	40.11	Chris Prall	Cornwood

Congratulations to Joe Battershill (brother of Will) for taking over at the top of the rankings from Craig MacLellan. Joe is based at Edinburgh University.

Good to see some young talent with Sam Swift coming in 3rd.

Times were a massive improvement on the previous year as 5th place in 2018 was Paddy Trinder with a time of 40.22.

2019 CLUB HALF MARATHON RANKINGS **(2018 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	1.12.49	Joe Battershill	Barcelona
2	1.20.18	Simon Fitz	Torbay
3	1.22.56	Steve Burrows	Exeter
4	1.25.21	Allister Bristow (1)	Plymouth
5	1.25.27	Cleo Perry (2)	Bath
6	1.25.55	Andrew Reed	Colchester
7	1.25.56	Chris Prall	Plymouth
8	1.26.03	Paddy Trinder	Cardiff
9	1.26.20	Craig MacLellan (5)	Cardiff
10	1.26.52	Alison Thorn (4)	Chippenham

Talented Joe Battershill again tops the rankings. He has ranked 13th in the UK in the U20 category.

Some very good times this year with Simon Fitz and Steve Burrows both doing well.

Craig MacLellan ran 2 minutes quicker than the previous year at Cardiff but drops in the rankings! Times generally much improved.

Cleo and Alison also did well. Alison in fact improved her time as the year went on, having run previous Half Marathons at Maidenhead and Plymouth.

2019 CLUB MARATHON RANKINGS **(2018 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	3.00.12	Cleo Perry (3)	London
2	3.09.54	Simon Fitz	London
3	3.14.12	Emma Lake (4)	London
4	3.18.36	Dave Engledew	London
5	3.40.56	Mike Hoskin (5)	Boston (Lincs)
6	3.52.33	Alison Engledew	London
7=	4.06.28	Liz Bowden	Paris
7=	4.06.28	Allister Bristow	Paris
9	4.12.44	Dan Marks	London
10	4.25.18	Rose Bralsford	Rome

Well done to Cleo for topping the rankings and setting a new club 45-49 age record.

Alison Engledew also set a new club 60-64 age record.

If you have run a race somewhere which affects the rankings then please let me know - Dave Fox (Editor) runwiththefox@tiscali.co.uk

SENIOR CLUB RECORDS

MENS

10k	Allister Bristow	31.17	Paignton 94
10 miles	Allister Bristow	50.53	Guy Fawkes 94
Half Marathon	Neil Holmes	1.08.44	Burnham 95
Marathon	Colin Campbell	2.29.08	Plymouth 87

LADIES

10k	Alison McEwing	37.19	Exeter 16
10 miles	Jaine Swift	62.02	Bideford 12
Half Marathon	Alison McEwing	1.21.02	Exeter 14
Marathon	Alison McEwing	2.53.03	London 15

VET MENS ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
40 – 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	A Ryder 2.48.39 New Abbot 08
45 – 49	N Holmes & A Ryder 34.56 Clevedon 12 & Plymouth 12	A Ryder 57.00 Teignbridge 09	N Holmes 1.16.24 Taunton 10	A Ryder 2.39.58 Taunton 09
50 – 54	M Hansen 36.22 Bideford 09	M Hansen 58.49 Plymouth 09	M Hansen 1.19.14 Taunton 09	A Trigg 2.53.16 Abingdon 12
55 – 59	M Hansen 37.44 Clevedon 14	M Hansen 64.07 Bideford 14	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.03.20 Chester 18
60 – 64	K Summers 42.39 Clevedon 14	D Engledew 70.24 Bideford 19	K Summers 1.35.40 Taunton 14	D Simpson 3.42.49 London 06
65 – 69	S Watson 49.30 Frome 16	K Summers 77.50 Bideford 19	K Summers 1.38.56 Bridgwater 17	K Summers 4.03.38 Taunton 18
70 – 74	R Brindle 51.44 Berkeley 15		A Doonan 1.58.56 Plymouth 16	
75 – 79	E Perks 66.15 Plympton 99	E Perks 103.51 Guy Fawkes 98	E Perks 2.27.15 Plymouth 98	E Perks 5.56.55 London 00
80 – 84	E Perks 70.50 Ivybridge 03	E Perks 127.02 Plymouth 03	E Perks 2.47.07 Plymouth 03	
85 – 89	E Perks 80.19 Ivybridge 07		E Perks 3.10.48 Plymouth 07	

VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
35 – 39	A Thorn 38.21 Exeter 13	A Thorn 63.41 Plymouth 13	A Thorn 1.23.45 Bath 13	E Lake 3.09.12 London 13
40 – 44	A Thorn 37.47 Exeter 16	J Swift 62.02 Bideford 12	J Swift 1.22.15 Cardiff 12	C Perry 2.58.53 London 17
45 – 49	C Perry 38.03 Gloucester 18	C Perry 69.09 Granite 18	C Perry 1.24.14 Cardiff 18	C Perry 3.00.12 London 19
50 – 54	S Urro 41.19 Exmouth 01	S Urro 68.18 Portland 01	S Urro 1.30.12 Bideford 01	J Edwards 3.27.55 Dublin 2016
55 – 59	A Engledew 46.41 Ivybridge 18	A Handforth 78.23 Plymouth 08	A Engledew 1.40.12 Taunton 18	A Engledew 4.07.14 London 18
60 – 64	A Engledew 46.16 Telford 19	A Engledew 79.36 Bideford 19	A Engledew 1.43.12 Fleet 19	A Engledew 3.52.33 London 19
65 – 69	M McKay 53.37 Newquay 12	M McKay 88.56 Bideford 12		



LOOKING BACK - THE ARMADA RELAYS 2015





LOOKING BACK - THE ARMADA RELAYS 2015



