

THE HARRIER

(FEBRUARY 2020 NEWSLETTER)



A GOOD DAY OUT AT THE FIRST CHANCE EXETER 10K!

We have had a varied mixture of weather recently with cold and icy conditions on the new 10K course at Exeter and very windy everywhere today! I hope most of you managed to get in your training by avoiding today!

At the First Chance 10K we had some excellent performances, whilst the Engledew's did well elsewhere and set some vet records.

The Cross Country season concludes in the next few weeks with races at Redruth and Stover.

Hope the weather improves! - **Dave Fox - Editor**

FROM THE CHAIR

A happy February to you all!

Membership 2020

A friendly reminder to all members that membership was due in January. There are currently membership forms hung up on the notice board at the rugby club and they are available on the EVH website.

Club races 2020

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

EVH Relays

We are currently without a Race Director for this year's relay event. The committee appreciate that this may seem a daunting project to take on as an individual. So we have decided to run this year's event as a committee. However, we will be relying on club members to assist in the organisation of the event. This is a call for help to all members of the club. If you would like to take on a role within the organisation of the event then please let the committee know. We will have tasks of varying commitment so please get in touch!

Club Nights - Tuesday

Tuesday night club runs should now be uploaded to the website for the next three months. Please feel free to get in touch with any suggestions of any new or old routes that we could try as the summer approaches (it's been a long time coming).

The head torch run on Tuesday 28th Jan was very well attended, so thank you for going along with my idea! We will aim to run these on the last Tuesday of the winter months and vary the routes. A polite reminder to please wear hi-vis and a head torch!!

Social Media - Facebook

The new 'EVH Members' group has now been set up and running for a month or so. Hopefully you all feel that this is of some benefit to you as club members. A well done to Ruth's Marathon training group that are seriously racking up the miles on Sunday mornings! Again, please feel free to add any club members that may not already be involved, then post away with anything running related.

Group leaders

Our new EVH group leader T-Shirts should be with us very soon, assisting in our aim to have clear groups on Tuesday night runs - using the 'rough' minute mile pace group method. If you are a qualified leader or coach and you are happy to lead a group on Tuesday nights then please grab a FREE t-shirt from me and fill in your name on the 'Parkrun style' volunteer rota that will be up on the notice board and lead away.

Coach Trips

As a follow on from the shout out on Tuesday night, the committee would like to put on a free coach trip to an event later this year. This **will be in addition** to the usual trip to the Torbay Relays.

Plan so far is:

Race: Eden half and full marathon –

Link: www.edenproject.com

Date: 11 October 2020

Enter yourself and write your name on the list for the coach on the notice board at the rugby club (and any supporters wishing to travel with us)

This event will work well, as on entry your family or supporters receive free entry for the day. This will allow runners and their families to have a nice day out, May be have a beer afterwards and not worry about the drive home. As we will be there for the day it shouldn't matter if people want to run the half or full marathon.

Contact information for the Chair

My email address is

danielfrancis92@hotmail.com

mobile number 07540924735

Many thanks - Dan

SECRETARY'S NOTES

February already

I am writing this as Storm Ciara hits. It has led to a number of race cancellations which is a shame. It seems a far cry from the weather on my holiday down under in January. It is hard to believe we are in February already.

The 10K has been launched and entries have reached 200 already. We are still looking for a new race director for the relays in July. You will not be on your own as we are all here to help. If anyone can do the job we would be very grateful. There is a danger we may have to cancel if we don't find someone.

Training and Coaching

Dan Francis has taken over sorting the training routes and they are now on the website for the next few months. There will be a few new innovations like the head torch runs. We still need to be extra careful on runs with the dark evenings. Junior training on a Thursday has been going well with big numbers.

Congratulations to Chris May on his qualification as an Assistant Coach. We are always grateful for anyone's help on a Thursday as the sessions can be quite stressful. We would ask that those who come along to training support the competitions.

Sportshall

It was another good day at the Devon Sportshall league on Sunday 2nd February in Plymouth. We had a good turn out and we have further increased our overall lead over Plymouth. The next one is on Sunday February 23rd again in Plymouth.

The regional selections are being done and we should have a number of athletes selected for the event in March.

Cross Country

The next Westward League fixture takes place at Redruth next weekend (16th Feb). We will be putting on a minibus leaving Ivybridge at 9am. We had just a few

runners in the SW Inter Counties at Aldon but there were a number of our runners in the Devon Schools XC at Stover.

Road Running

It has been a quiet time during January but we did have a good turnout at the First Chance 10K and the Oh my Obelisk. The results are on the website. The next Armada 3K takes place on Wednesday 12th February. The last one was a bit quiet mainly due to the weather.

Athletes of the Month.

The senior athlete of the month for January was Alistair Bristow who has been running really well and the junior winner was Anna Lake for her great debut in the First Chance 10K. Congratulations to both of them.

Officials Taster Day

There will be a new official's taster day on Saturday 14th March at Exeter. It is open to anyone who wants to have a go at officiating in a relaxed environment. Athletes are also welcome to take part in dummy events. Please see me for further details.

Forthcoming events

February 12th Armada 3K – Plymouth

February 16th – Westward League XC – Redruth

- Bodmin Half Marathon

February 22nd – Looe 10

February 23rd – Devon Sportshall League - Hameldown Hammer

March 1st - Westward League XC – Stover - Duchy 20 – Redruth

March 8th – Grizzly

- Bideford Half Marathon

March 11th Armada 3K – Plymouth

March 15th - Devon Sportshall League - Bath Half Marathon

- Falmouth Half

March 21st – Regional Sportshall Torbay

March 22nd – Granite Way 10 & 20

Finally..... Sorry there were a few issues with the website during January. We are all up and running again and we are posting new content as it comes up. Please check regularly. We also have a new Facebook group for members. Just request to join.

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

RACE NEWS

OH MY OBELISK HALF MARATHON AND 9 MILE RACE DAWLISH - SUNDAY 12 JANUARY

It was a good day for the **Engledew's** in the Half Marathon as **Dave** was first mv60, whilst wife **Alison** was 1st fv60. We had a good turnout on the tough course.

In the 9 mile race **Russ Mogridge** was 2nd mv50 and **Mike Hanson** 2nd mv60.

Half Marathon Results:	34	Dave Engledew	1.53.55
	75	Dave Church	2.06.17
	83	Alison Engledew	2.08.40
	108	Phil Adderley	2.13.01
	121	Lindsay Lane	2.15.30
	134	Kate Medlicott	2.20.32
	141	Richard Lane	2.22.29
	145	Ruth Terry	2.23.58

9 Mile Results:	7	Russ Mogridge	1.13.27
	17	Mike Hansen	1.20.56
	51	Katy Mogridge	1.34.32

PLYMPTON JANUARY JAUNT - SUNDAY 12 JANUARY

Neil Holmes who has not raced for a considerable time had a good comeback as he was 1st mv50 and 41st overall in a time of 41.34. Dave Lloyd was 83rd in 51.37 and Pam Duncan 122nd in 54.07

There was 269 finishers.

FOUR VILLAGES HALF MARATHON - SUNDAY 19 JANUARY

Alison and **Dave Engledew** travelled to Helsby in Cheshire for this race and had a successful day.

Alison broke her own female vet 60-64 age record with a time of 1.43.06, whilst **Dave** broke **Ken Summers** record set at Taunton in 2014 with a very good time of 1.31.47.

Meanwhile **Mike Hoskin** completed the **Plym Trail Marathon** in 4.07.54. **Mike** was 6th in the Sunday race.

FIRST CHANCE 10K - EXETER - SUNDAY 19 JANUARY

We had a good turnout on this amended course. It was a cold day and the course was icy in places.

Well done to **Allister Bristow** who was 2nd mv45 and **Alison Thorn** who was 1st fv45. Also congratulations to **Anna Lake**, who completed her first 10K race and was 4th U20. Good also to see **Alison McEwing** racing again.

Results:	15	Allister Bristow	35.15
	17	Sam Swift	35.38
	36	Simon Fitz	37.11
	66	Alison Thorn	39.14
	71	Alison McEwing	39.42
	87	Emma Lake	40.55
	116	Simon Swift	42.34
	131	Dan Francis	43.32
	237	Liz Bowden	49.10
	259	Anna Lake	50.02
		(573 finishers)	

Below are the Tuesday night and breakfast run routes for the next three months:

February

Tues 11th - Loop of Ivybridge in groups

Tues 18th - Speed Endurance, St Peters and Gorse Way

Tues 25th - **Head Torch Run** - Bittaford, Wrangaton, Ugborough, Rugby club

March

Tues 3rd - Winter Handicap

Sun 8th - 0900 - Breakfast run at Wrangaton golf club

Tues 10th - Loop of Ivybridge in groups

Tues 17th - Hill work at Viaduct

Tues 24th - Loop of Ivybridge in groups

Tues 31st - **Head Torch Run** - Penquit, Ludbrook, Rugby club

April

Tues 7th - 1st Summer Handicap

Tues 14th - 30 mins out and back

Tues 21st - 'Spirit of the Moor' from **Wrangaton Golf club**

Tues 28th - Ermington mast run

Friday night runs will be at a social pace. 1800 from Ivybridge rugby club unless stated as an away day run.



FIRST CHANCE 10K EXETER





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EVH Grand Prix 2020

The 2020 GP has started and after 6 races, 51 of our athletes have taken part in an event which is covered by the GP which is an excellent start.

The latest league table has Ruth Terry making a strong start to year, but the chasing pack aren't far behind.

In the coming weeks there is plenty of opportunity for points starting with the Armada 3k this coming Wednesday at the Life Centre.

The full list of races is below, these are also on the website.

The current standings are also on the website, but the top 5 is below:

Pos	Name	Total
1	Ruth Terry	75
2	Emma Lake	69.29
3	Neil Holmes	67.39
4	Alison Engledew	60
5	Dave Church	60

Races and Points

Month	Date	Race	Points Available
Jan	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
Feb	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
Mar	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
Apr	07-Apr	Handicap April	15
	08-Apr	Armada 5k April	15
May	05-May	Handicap May	15
	13-May	Armada 5k May	15

	15-May	Exeter Relays	Age% Max 50
	17-May	Plymouth Half Marathon	Age% Max 50
	23-May	Bere Pen 10k	Age% Max 50
June	02-Jun	Handicap June	15
	TBA	Saltash Half Marathon	Age% Max 50
	10-Jun	Armada 5k June	15
	27-Jun	Muskies Madness	Age% Max 50
Jul	03-Jul	EVH Relays	50
	07-Jul	Handicap July	15
	08-Jul	Armada 5k July	15
	11-Jul	Muddy Duck 10k	50
	TBA	Tavistock Town Relays	50
	18-Jul	Magnificent 7	30
	18-Jul	Haytor Heller	50
	23-Jul	Kingsbridge 10k	Age% Max 50
	TBA	Cornwood 10k	Age% Max 100
Aug	02-Aug	Totnes 10k	30
	04-Aug	Handicap Aug	15
	TBA	Exeter 5k	Age% Max 50
	12-Aug	Armada 5k Aug	15
Sep	01-Sep	Handicap Sep	15
	09-Sep	Armada 5k September	15
	TBA	6 Moor Miles	30
	09-Sep	Plymouth Coasters 5 Miler	Age% Max 50
Oct	06-Oct	Handicap Oct	15
	14-Oct	Armada 3k Oct	15
	04-Oct	Plymouth 10k	Age% Max 50
	TBA	Dartmoor Vale Half Marathon	Age% Max 50
	TBA	Dartmoor Vale 10k	Age% Max 50
	TBA	Westward League - October	TBC
	TBA	Tavy 7	Age% Max 50
	01-Nov	Templer 10	30
	03-Nov	Handicap Nov	15
	11-Nov	Armada 3k Nov	15
	15-Nov	Drogo 10	30
	TBA	Westward League - November	TBC
Dec	01-Dec	Handicap Dec	15
	09-Dec	Armada 3k Dec	15
	TBA	Cockington Christmas Caper	30
	TBA	Westward League - December	TBC

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

Keep on running! - Phil Adderley

Extract from Andy Trigg's comments on the parkrun scene

This week we had 23 EVH parkrun folk at 8 different locations, including 2 EVH First Visits and 2 volunteers.

There were two EVH First Visits to unique 'industrial' locations. Mike Ho travelled to the inaugural event at Berkeley Green, to protect his recently acquired 'Glouc-set-shire' status. The run is held around the grounds of a disused Magnox nuclear reactor. It's a flat fast 2 lapper. Another, possibly unique, feature is that the car park is inside the course and no one is allowed to drive in or out whilst the parkrun is in progress.

Not to be outdone, the Hansens travelled across the Welsh border to debut at Rogiet parkrun, which is held in a small area of greenery sandwiched between the M4 and the Great Western mainline, right next to the site of the former Severn Bridge toll booths. It's a muddy 3 lapper. Interestingly, the first finisher was CJ of 'Eggheads' fame.

Sam continued his very strong form by breaking the course record at Land's End parkrun – complementing the female course record which Emma held there for several weeks.

Lynn ran a Plymvalley PB for the third consecutive time and Sharnie made her overall parkrun debut, at the same location – welcome! Jenny set yet another location PB, this time at Tamar Trails.

Overall there were 6 location debuts, 2 location PBs and 0 All Time PBs.

Highlights this week include:

- * Ken volunteered at Plymvalley
- * Alison volunteered at Parke
- * Mike Ho made his Berkeley Green debut, his 74th location
- * Mike Ha made his Rogiet debut, his 22nd location
- * Carol made her Rogiet debut, her 25th location
- * Sam made his Land's End debut, his 28th location, was First Finisher at a 10th location and had his 60th run
- * Simon S made his Land's End debut, his 32nd location
- * Jenny ran a Tamar Trails PB
- * Monica had her 25th Plymvalley run
- * Sharnie made her parkrun debut at Plymvalley
- * Lynn ran a Plymvalley PB
- * Freddy had his 75th Plymvalley run
- * Dave had his 30th Plymvalley run
- * Emma had her 140th run and her 80th Plymvalley run

Title success for athletes from region

Posted on February 4, 2020 *by* PLYMOUTH SPORTS GAZETTE

TAVISTOCK Run Project's Ben Neale, Tavistock AC's Adam Holland and **Erme Valley Harriers' Will Battershill** all enjoyed impressive wins at the weekend.



Neale took victory in the popular Newquay 10k on Sunday. He clocked 33 minutes and 12 seconds to finish 200m ahead of Cornwall AC's Edward Mitchell.

In the same event there were age category medals for Plymouth Musketeers Dawn Dyer (F60), Tavistock AC's Helen Przezswanski (F60) and Plymouth Harriers' Raymond Tew (M45).

Holland won the Blackmore Vale Lions Half Marathon. He clocked 1:14.42 to finish 11 seconds ahead of Bridport's Ben Renshaw.



Meanwhile in America, **Erme Valley Harriers** steeplechase international **Battershill** has enjoyed an impressive start to 2020.

At the weekend the Harvard University student won the Boston University Bruce Lehane Scarlet and White Invite mile in a personal best time of 4:06.79.

The previous week he had run 4:08.60 for the same distance, which was more than 10 seconds off his previous best, to finish third at the Dr Sander Columbia Challenge in New York.

FORTH WINTER HANDICAP 2019-20 (FEBRUARY)

POSITION	NAME	CLOCK TIME	H/CAP	TIME	POINTS
1	Emily Faircloth	31.01	0	31.01	50
2	Neil Holmes	31.04	9.5	21.34	49
3	Ian Crossley	31.11	5.5	25.41	48
4	Andy Trigg	31.15	9	22.15	47
5	Kevin Paull	31.18	4.5	26.48	46
6	Jenny Francis	31.19	1.5	29.49	45
7	Alison Engledew	31.20	5.5	25.50	44
8	Ruth Terry	31.29	4	27.29	43
9	Richard Lane	31.31	4	27.31	42
10	Emma Lake	31.39	8.5	23.09	41
11	Neil Moffet	31.41	6.5	25.11	40
12	Andy Newcombe	31.46	8.5	23.16	39
13	Chris Praull	31.51	11.5	20.21	38
14	Lindsay Lane	31.57	3.5	28.27	37
15	Dan Salt	32.05	6	26.05	36
16	Dave Lloyd	32.10	5.5	26.40	35
17	Bob Jeffery	32.14	2.5	29.44	34
18	Dave Church	32.17	7	25.17	33
19	Lucy Campbell	32.21	4	28.21	32
20	Sharnie Gardener	32.24	0.5	31.54	31
21	Ella Issias	32.44	4.5	28.14	30
22	Anna Lake	32.49	5	27.49	29
23	Mike Hoskin	32.56	6	26.56	28
24	Mike Hansen	32.58	7	25.58	27
25	Sarah Hiron	33.20	9	24.20	26
26	Rose Bralsford	33.24	4	29.24	25
27	Clare Smith	33.42	0	33.42	24
28	Nick Baker	33.59	4.5	29.29	23
29	Ken Summers	34.24	6	28.24	22
30	Chris Thomas	35.16	0	35.16	21
31	Kate Thompson	35.43	0	35.43	20
32	Bryan Short	37.02	0	37.02	19

March is the final
race with the best 4
of 5 races to count

Leaders as follows:

Ruth Terry 176 (4)

Alison Engledew

168 (4)

Richard Lane 150

(4)

Dave Church 140

(4)

Lindsay Lane 140

(4)

Chris May 137 (3)

Mike Hansen 135

(4)

Anna Lake 132 (4)

Neil Holmes 130 (3)

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	D Engledew 1.31.47 Helsby 20	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 1.43.06 Helsby 20	A Engledew 3.52.33 London 19
65 – 69	M McKay 53.37 Newquay 12	M McKay 88.56 Bideford 12		

