

# THE HARRIER

## (OCTOBER 2020 NEWSLETTER)



### Our athletes enjoy the 'SPIRIT OF THE MOOR'

Many congratulations to our athletes who completed the '**Virtual London Marathon**' on a particularly bad weather day for running. Well done in particular to **Lindsay Lane** for her courage and commitment in completing the distance despite her medical condition.

On the marathon theme I take a look back to some 20 years ago when I was approaching my 50<sup>th</sup> marathon, close to my 50<sup>th</sup> birthday – some journey really. As you can work out I have just reached another milestone, along with a couple more in the club!

The **Annual General Meeting** this year will be held on **ZOOM** on **Monday, 9<sup>th</sup> November** at 8.00 pm.

**Dave Fox (EDITOR)**

## Notes from the Chairman

I write today as a very proud chairman of EVH, following the extremely successful club participation of the virtual London Marathon on Sunday 4th October, where we had 9 members take part and complete the event. We also had many members involved in supporting each other, from running and walking to cheering the runners on in horrible weather. I think we can all agree that Sunday really showed the spirit of EVH and what it means to be part of our great club.

### **AGM - Monday 9th November @ 2000hrs**

With the AGM fast approaching we have had to take the decision to hold it online via Zoom. This will be at 2000hrs on Monday 9th November, in the meantime, if anyone has any issues with being able to access zoom then please speak to any committee member and we can try our best to help out. Details will be sent out via email and the facebook members group prior to the event.

EVH wouldn't be able to function without volunteers willing to run the club, if anyone would like to get involved in the committee then please speak to myself or Keith for more information. I personally would like some more younger people involved to help move the club forward into a world that is increasingly going virtual and online, whilst still retaining the face to face aspect that we all and I personally really enjoy.

### **Treasurer**

It is with sadness that Liz Cane has unfortunately had to step down after a year of being the club treasurer due to work and family commitments. I would like to thank Liz for her hard work on behalf of EVH. She leaves the finances in a very good place and has been pivotal in moving the bank accounts online - making membership payments, training fees and all other aspects easier to whoever may take over. Thank you Liz.

We are now currently in need of a new treasurer, if you are interested and willing

to help out then please speak to myself or Keith as soon as possible. This is a vital role for the club and we cannot operate without one.

### **Saturday mornings...What to do?**

With the announcement that parkrun will not restart anytime soon and the likely X-Country season being reduced or cancelled, I would like to start a short term replacement for these - a Saturday morning 5k route starting from a location tbc in Ivybridge to give us all our much needed park run fix. We will be able to do this in accordance with the guidance so long as we: maintain social distancing, use our 'track and trace' booking in system and respect other park users. Monica has kindly agreed to time runners and produce results. This will likely take place every other week. More information will follow soon, if anyone has any 5k route suggestions with ample space and parking please get in touch.

### **October Handicap**

A reminder that the October handicap will take place on Tuesday 13th, this is to give our London Marathon runners a chance to recover before the all-important final handicap of the summer.

### **Clocks go back**

Just a reminder that when the clocks go back on Sunday 25th October, our sessions can get quite dark, and very quickly. So High-Viz is a must from then on. Due to distancing and numbers, I have reduced the number of speed/Hill work sessions where we train on mass during the winter. I don't feel its right to have 40+ runners running around Gorse way (for example) for our sake, as much as the public. I have therefore include a head torch run each month, anyone not wishing to take part in these is more than welcome to run the lap of Ivybridge route which is fully lit.

### **Contact information for the Chair**

My email address is  
[danielfrancis92@hotmail.com](mailto:danielfrancis92@hotmail.com)  
mobile number 07540924735

Many thanks – Dan

**SECRETARY'S NOTES**

### **Winter on the way but very little more clarity**

We have now moved into October and unfortunately the Coronavirus situation nationally is getting worse. Although things are better in our area, we all need to be vigilant and remember the rules on social distancing. We have had to take the decision to hold the AGM virtually. More details are shown here. We are still not allowed to use the Ivybridge College site for junior training and this is a major concern for us going in the winter months. At least we have been able to offer our athletes some competition on the track with many of them setting pb's, and even club records.

The cross country season will be different this year with the Westward League being suspended for one year. We hope to still have the Devon Championships in December and some open events after Christmas. There is likely to be very little events taking place in November and December so we are looking at a club only 5K time trial on a Saturday morning.

More details to follow.

### **Training and Coaching**

Training at the Rugby Club is going well. We will continue to meet outside and ensure that we run in small groups socially distanced. If you are on the list then just book in on arrival. If not then current members can be added. If you are not a paid up member we would ask you to complete a medical disclaimer form.

Please ensure you do not have any COVID symptoms if you attend a session and if you develop any in the following days then we are advised. We may have to report your details to NHS test and Trace.

As I have already said the Community College remains closed, but we have now moved to the Station Car Park where it is better underfoot and lighter. We are trying to increase numbers but it is proving tricky. We hope to start the new 5K time trial on a Saturday morning 9am in Filham sometime over the next few weeks.

This will be open to club members and any others who have been attending training.

Well done to all those who did the virtual London Marathon and the real one in North Devon

### **Club Membership and AGM**

The AGM will take place virtually using the Zoom platform on Monday 9<sup>th</sup> November at 8pm. Details of how to log on are in this Harrier and will be sent to all members by email. As said previously, we are not proposing any increase in the annual membership at the AGM. We have also agreed that new members can join now by just paying the £15 affiliation using the modified 2020 form which is available. We will be introducing a new online membership form for 2021 after the AGM.

As I said last time we are looking for new recruits on to the committee at the AGM and in particular a new Treasurer. This is a vital post and needs to be filled. If anyone is interested then contact me in the first instance. We have decided not to hold a presentation evening this year because of the difficulties but we will be collecting in the trophies in the next few weeks.

### **England Athletics Website**

As said previously everyone should keep checking the England Athletics website which has a lot of fantastic resources on it

They are still offering a number of webinars and courses which can be taken online. These include coaching or official's qualifications. The club will be happy to cover the cost if anyone takes one.

The address is

<https://www.englandathletics.org>

### **Forthcoming Events**

14<sup>th</sup> October – Track and Field Open at Tavistock

28<sup>th</sup> October – Track and Field Open at Tavistock

11<sup>th</sup> November – 3K Track Open evening at Tavistock

6<sup>th</sup> December – Devon XC Championships – Exeter

### **Athletes of the month**

Jamie Frost is the senior winner and Isabelle Drew the junior winner for September. Both have set new pb's.

**Finally..... As the darker evenings are coming ensure you are wearing a fluorescent top when training. We do have some you can borrow if required. Keep checking the club's website for the latest information.**

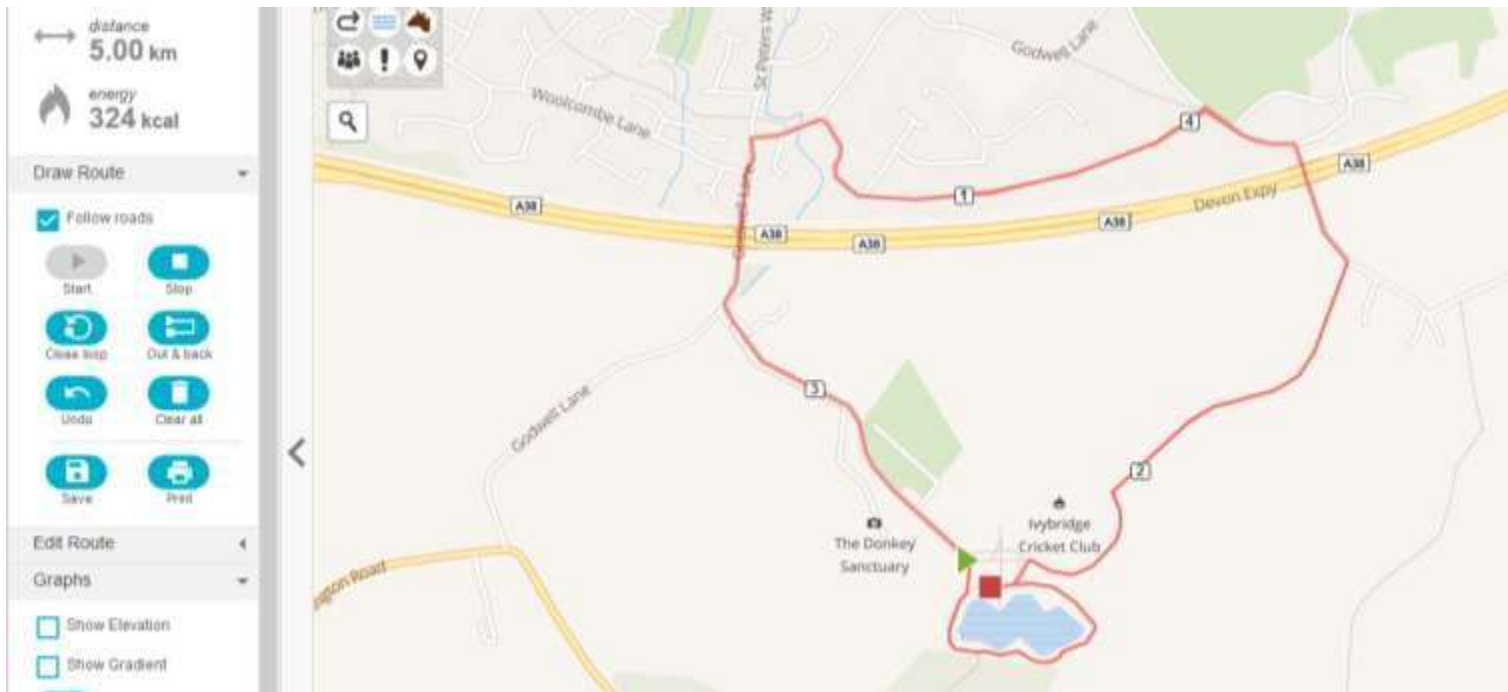
**Keith (01752 893573 or 07934373943)**

**[reedy41c@googlemail.com](mailto:reedy41c@googlemail.com)**

# **Saturday Morning 5km Time Trial**

Start in Car Park, out of Filham on road turn right then next right into Lucerne Fields estate. Follow Bonville Road into New Green Street and up steps. Continue to follow footpath past Playpark and out into lane. Turn right and then right again under A38. Turn right into Filham Park and follow tarmac path through the park. Turn left towards lake on the first gravel path. On first lap turn sharp left and run around the lake. Go out through gate to continue 2<sup>nd</sup> lap. On completion of second lap turn right at end of gravel part leading to the lake and finish by rock and bench.

Juniors can run only the first lap and finish before the gate. (2.7km)





**ERME VALLEY HARRIERS AGM  
VIA ZOOM - 9/11/2020 @ 8.00PM**

No	Item	Lead	Timing
1	WELCOME AND APOLOGIES	Dan/Monica	5 Mins
2	MINUTES OF LAST MEETING	Dan	5 Mins
3	MATTERS ARISING	Dan	5 Mins
4	OFFICERS REPORTS <i>Chairman – Daniel Francis Secretary – Keith Reed Treasurer – Liz Cane</i>	Committee	25 Mins
5	NEWSLETTER	Dave	5 Mins
6	ELECTION OF OFFICERS <i>Nominations to be sent to the Secretary 1 week prior to meeting. Vacancy for Treasurer</i>	Dan/Monica	10 Mins
7	ADOPTION OF COMMITTEE	Membership	5 Mins
8	SUBSCRIPTIONS 2021	Keith	5 Mins
9	OPEN FORUM	Membership	20 Mins
10	CLOSE <i>Meeting to finish at 9:30pm</i>	Dan/Monica	5 Mins

Details of how to log into the Zoom meeting.

EVH AGM 2020 Time: Nov 9, 2020 08:00 PM

<https://us02web.zoom.us/j/81906675335?pwd=ejRGTUc2cjB5UUZUN2dHaGNRbGF0dz09> Meeting ID: 819 0667 5335 Passcode: 371408

**Keith Reed**  
**Secretary**



## London Virtual Marathon

Many congratulations to all of our EVH members who took part in the 'Virtual London Marathon' on Sunday 4th October. An amazing achievement for all runners and a massive shout out for all of the support they received. From running and walking with them to cheering them on in the wind and rain - true club spirit.

The most impressive performance was of course Lindsay Lane who despite undergoing cancer treatment, still managed to complete the 26.2 miles with Richard and a host of supporters from the club including some who had done their marathon earlier in the day. She is a true inspiration to us all.



09:01


[results.virginmoneylondonmarathon.com](https://results.virginmoneylondonmarathon.com)


2020 Virgin Mone...

10 Results | unofficial results | Club: *Erme Valley Harriers*

Place (Gender)	Name		
<b>1458.</b>	<b>Bristow, Nicholas (GBR)</b>		
Running Number	Category	Finish	+
30795	45-49	03:23:30	
<b>1660.</b>	<b>Engledew, Alison (GBR)</b>		
Running Number	Category	Finish	+
29879	60-64	04:10:10	
<b>6433.</b>	<b>Hansen, Carol (GBR)</b>		
Running Number	Category	Finish	+
9799	55-59	05:28:25	
<b>889.</b>	<b>Lake, Emma (GBR)</b>		
Running Number	Category	Finish	+
22912	45-49	03:50:58	
<b>14709.</b>	<b>Lane, Lindsay (GBR)</b>		
Running Number	Category	Finish	+
14748	40-44	08:56:58	
<b>16044.</b>	<b>Lane, Richard (GBR)</b>		
Running Number	Category	Finish	+
14747	50-54	08:55:27	
<b>—</b>	<b>Lee, Rebecca (GBR)</b>		
Running Number	Category	Finish	+
16215	18-39	—	
<b>9693.</b>	<b>McMahon, Nick (GBR)</b>		
Running Number	Category	Finish	+
9948	65-69	05:13:08	
<b>6311.</b>	<b>Perry, Martin (GBR)</b>		
Running Number	Category	Finish	+
18411	45-49	04:26:26	
<b>2427.</b>	<b>Terry, Ruth (GBR)</b>		
Running Number	Category	Finish	+
23016	18-39	04:25:25	

## **THE FLYING FOX - 50 NOT OUT!!**

When I ran my first marathon on 13th May 1984 I could not have foreseen that I would be still running marathons some 16 later and to reach a landmark of 50 in Melbourne, Australia on 8<sup>th</sup> October, some 2 days after my 50<sup>th</sup> birthday.

When I ran my first marathon my only aim was to finish. At that time the London Marathon course was slightly different with the finish on Westminster Bridge. I recall running down the Mall and thinking that it would never end – I eventually turned into Birdcage Walk and came to a standstill as I was physically exhausted! I then walked most of the way to the finish and for a first attempt a time of 4.08.01 was not bad. It took me 8 minutes to cross the start line so I wasn't far off the 4 hour barrier.

I continued to improve and my first six marathons were all personal best times and then I came unstuck on a hilly course and a hot day in Athens but to finish in the old Olympic Stadium was something else. It was the only race where I had a cloth number and had a medal for starting and finishing the race!

As I got hooked on running marathons I realised that I could continue my interest with visits to different countries. I initially ran in Europe and since 1990 have ran many races in North America where I have enjoyed the enthusiastic crowd support.

There have been many highs and lows on the way. I could write a book on my adventures but here are some of the most memorable moments.

### **BEST PERFORMANCES**

My best time of 3.12.28 was set at Benidorm of all places on 27<sup>th</sup> November 1988. Towards the end of 1988 and the early part of 1989 was when I peaked as I as I put together three very good times – at Benidorm and then at Taunton and Amsterdam.

Other good performances were at the Flying Fox Marathon in Stone, Staffordshire on 7<sup>th</sup> October 1990. This race was memorable as that time the race was for vets only and I was the youngest person in the race having reached my 40<sup>th</sup> birthday on the day before the race. Also significant was that the race was in my home County and carried my nickname!

My time of 3.21.26 in Los Angeles in 1992 was also good as I regard this as my best run in hot conditions (anyone who knows me well can tell you that I run badly in adverse conditions) but on this day in 70 degree heat and humid conditions I ran well. I put this down to having a breaking from marathon running for a year and coming back somewhat refreshed.

The run in Rotterdam in 1995 was brilliant. On one of my favourite courses I achieved my third best time and my quickest run for four years. I also recall that it rained for the whole of the race but it suited me.

1994 and 1995 were good steady marathon years but Paris in 1997 was a good performance – this race is now greatly improved and is a quality event.



My best run by far though in recent times was my run in Columbus, Ohio on 8<sup>th</sup> November 1998 when I felt I ran my best race of the whole year. The temperature of 40 – 45 would have been too cold for many but not for me.

### **WORST PERFORMANCES**

Although my first marathon still remains my slowest time I do not regard it as my worst performance as I was entering into uncharted territory at the time.

Similarly the only other time I failed to break 4 hours was at the 100<sup>th</sup> Boston Marathon. With 40,000 other athletes it was difficult to run on narrow roads!

I regard my worst performance as being at Stockholm in 1993 when the race was run in the afternoon in extremely hot conditions. I felt awful throughout. I recall my watch strap breaking at 3 miles and in endeavouring to find the watch on the ground I almost caused an almighty pile up!

I didn't enjoy the last running of the Plymouth Marathon in 1990 either as I struggle in the hot, windy and hilly conditions. Plymouth was my worst marathon performance since Athens in November 1985.

In recent years I also had poor runs in the Robin Hood Marathon at Nottingham and the Antwerp Marathon due to stomach cramps.

### **MEMORABLE MOMENTS**

1. Finishing my first marathon.
2. The crowds on the tough Potteries Marathon course.
3. Competing in the Berlin Marathon when Germany was still divided and running past the 'wall'.
4. The brilliant atmosphere of the New York Marathon (a must for any marathon runner). In particular the start on the Verrazano Narrows Bridge, the unforgettable stretch of First Avenue between 16 – 20 miles – one of the most magnificent sights I have ever come across in running and the finish in Central Park.
5. Running at 5.30 a.m. in Honolulu and passing Waikiki beach and Diamond Head. At the finish you received a unique bead necklace and a laurel wreath.
6. Some beautiful scenery at Vancouver, with the English Bay Beaches and the superb Stanley Park. Also having to sprint at the end to get under 3 hours and 30 minutes.
7. The 100<sup>th</sup> Boston Marathon – was an occasion, with its unique history and unbelievable atmosphere. Who can forget Heartbreak Hill and screaming girls at Wellesley. This event was America at its best with every man, woman, child, dog, cat etc. turning out to cheer you on. There was thousands of people going balmy and keeping up a relentless barrier of sound for the whole distance.
8. The finish at Vermont with the last few miles alongside a bike trail parallel to Lake Champlain.

## **THE FUTURE**

I will continue to run marathons and possibly some ultra- races as long as I remain fit, healthy and enthusiastic.

I am already making arrangements to run the Boston Marathon, properly this time (without 40,000 athletes around me in 2001) and intend to run the Big Sur Marathon in California – this is a race I have wanted to run for some time. I may also at some point tackle the Two Oceans Marathon (35 miles) in South Africa.

As I enjoy travelling and visiting different countries I will also be looking for some new places to see and other marathons to tackle.

## **WHY RUN MARATHONS AT ALL?**

I have found running marathons a unique experience. Each marathon is a challenge and an achievement to finish. If I finish my 50<sup>th</sup> marathon in Melbourne without any problems then I will have finished every marathon I have taken part in.

With a marathon you never really know what to expect as there are so many imponderables such as how you feel on the day, the course, the weather etc.

50 marathons therefore with an average time of under 3 hours and 35 minutes isn't a bad achievement!

## **Dave Fox**

### **and what happened next .....**

I did complete the Melbourne Marathon after watching the fantastic Olympic Games in Sydney. I finished in 3.47.11 but really had a disappointing run. Headwind and cramp problems etc.

I never got around to running the Big Sur Marathon but did complete marathons in such places as Copenhagen, Toledo (Ohio), Vienna, Salt Lake City and my final marathon on 17<sup>th</sup> February 2008 in Valencia after a 3 year break – this was a race too far really. I did get around to running my only ultra- marathon the Two Oceans Marathon in Cape Town, South Africa.

Vienna in 2003 was my worst run ever as the race was run in a HEAT WAVE – 90! but I did manage to finish in 4.41.19.

The Salt Lake City Marathon had a fast downhill start, beautiful countryside and snow-capped mountains but altitude was a problem.

60 marathons therefore in total but the only ultra- marathon I ran – the world famous Two Oceans Marathon was brilliant. You ran along some of the most fantastic scenery and up the legendary 'Chapman's Peak'. It rained for most of the race but I was happy with my time of 5.59.00. The race finished at a University and you ran across the length of a very muddy rugby pitch at the end – not ideal after 35 miles!

**ATHLETICS:** Australian milestone beckons birthday boy

# Flying Fox faces marathon target



BY THE age of 50, many men are thinking about leading a less hectic lifestyle – but Dave Fox will be celebrating his half-century with a 26-mile run in Australia.

Fox will also be celebrating his achievement of running 50 marathons, most of them abroad.

Since he got bitten by the marathon bug in 1984, Fox has run in foreign fields such as Athens, Rotterdam, Benidorm, New York, Ottawa and Vancouver.

Claims investigator Fox, who lives in Ivybridge, will run his latest marathon in Melbourne

by PHIL STONEHAM

two days after his 50th birthday.

And he insists that he's not ready to hang up his training shoes yet.

Fox said: "You've probably got more veteran runners from the running boom in the 1980s than you have younger runners these days."

"I feel fine and I'm still going strong, although obviously you do slow down a bit."

"I used to do something like 70 miles in training a week, but then you realise that you're not going to improve any more no matter how many miles you do,

so I suppose I do about 50 a week now."

"But I intend to stay active and do other marathons, possibly the Boston one next year and maybe even longer ultra races."

"I haven't got a retirement date – I'm going to continue doing marathons for as long as I enjoy it and for as long as I continue to stay healthy."

He added: "I have found running marathons a unique experience. Each one is a challenge and an achievement to finish."

"If I finish my 50th marathon in Melbourne without any problems, then I will have finished every one I have taken part in."

## DAVE FOX the facts

**Born:** October 6, 1950.

**Employment:** Claims investigator for Norwich Union.

**First marathon:** London, May 13, 1984. Finishing time: 4.08.01.

**Last marathon:** Portland, October 3 last year. Finishing time: 3.48.05.

**Best-ever performance:** Benidorm. Finishing time: 3.12.28.

**Memorable moments:** Competing in the Berlin Marathon when Germany was still divided and running past the Wall.

Running at 5.30am in Honolulu and passing Waikiki Beach and Diamond Head. At the finish, runners received a beaded necklace and a laurel wreath.

**Least memorable moments:** Stomach cramps before the Robin Hood Marathon at Nottingham and the Antwerp Marathon.

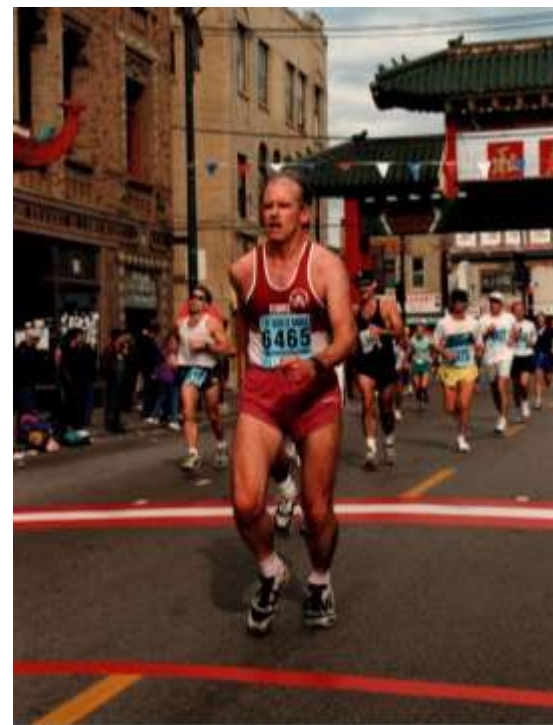
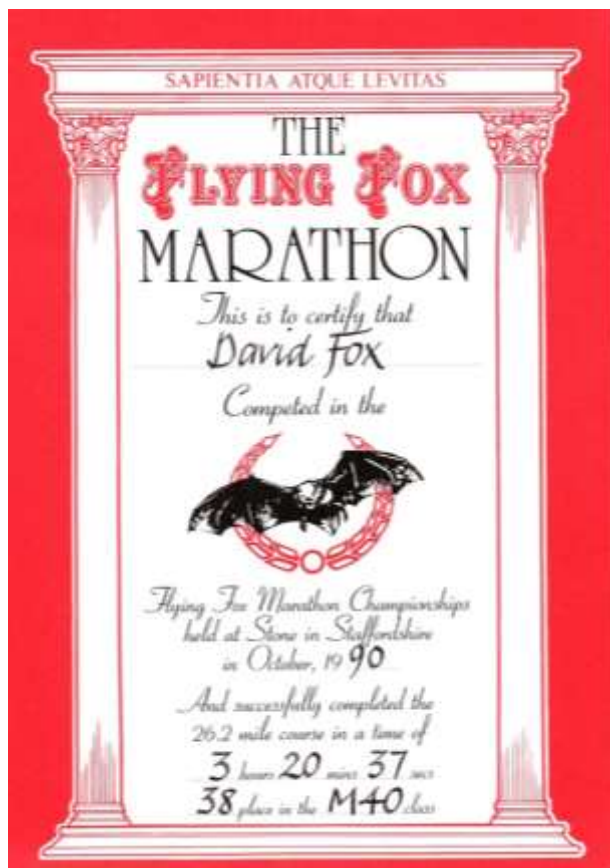
Breaking watch strap in the Stockholm Marathon and causing a pile-up while he stopped to look for it.

**LIFE OF STRIFE:** Left, Dave Fox finishes a marathon in Athens in 1985 and (far left) the athlete (pictured today)

Picture: Al Stewart  
ED62920







 CHICAGO MARATHON  
October 30, 1994  
Marathon Foto



 BOSTON MARATHON  
April 15, 1996  
Marathon Foto





### Erme Valley Harriers Kit Designs

The new junior committee of the club has decided that the juniors would like a change to the club's kit. Pending the acceptance of the seniors we would like to introduce one of the followings kits as a 2nd kit for the club and hopefully phase it in. There will be an opportunity to vote for your favourite kit in the near future.

Graham Reed



All vests complete with black shorts

You may have been wondering when we changed the club colours. Well surprisingly in was back in 2001! The vest chosen was no 2 but with blue colours instead of black and no logo.

Mike Woodland (in the centre of the picture at Frome in 2016) reports from Kent that he ran a race for the first time in 3 years! The race was in Canterbury and quite hilly. It was very hot but Mike was happy with the time.

Injury, a house move and lethargy had delayed Mike's return to racing.





Phil Adderley, Patrick Wakeley, Suzie and Matt Spooner made the long trip to Woolacombe in North Devon to compete in the challenging and visually stunning multi-terrain event. Phil (6.07.10), Patrick (5.06.11) and Suzie (5.06.11) successfully completed the Marathon whilst Matt ran the half (2.19.22).

## TRAINING ROUTES

### October

Tuesday 13th - Summer Handicap #5

Tuesday 20th - Spirit of the Moor @ Wrangaton Golf Club

\*Clocks go back\*

Tuesday 27th - Bittaford/Shute Lane/Ugborough/Rugby Club (Head Torch Run)

### November

Tuesday 3rd - Winter Handicap #1

Tuesday 10th - Ivybridge Loop

Tuesday 17th - Penquit Loop (Head Torch Run)

Tuesday 24th - Speed work @ Various locations per groups

### December

Tuesday 1st - Winter Handicap # 2

Tuesday 8th - Ivybridge Loop

Tuesday 15th - Long Timber woods/Harford (Head Torch Run)

Tuesday 22nd - Run around Ivybridge Xmas Lights (Xmas hats)

Tuesday 29th - No club session

\*Please note, there are no sessions where everyone runs together to help with distancing for runners and public\*

\*Anyone not wishing to run with a head torch is more than welcome to run the Ivybridge loop which is lit\*



**'SPIRIT OF THE MOOR'**





## EVH Grand Prix 2020

With the recent North Devon and the Virtual London Marathons we have seen the top of the leader board change.

It is looking like now we only have the club handicap races remaining between now and the end of the year and this is also the current status for the start of 2021.

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

Pos	Name	Total
1	Ruth Terry	265.98
2	Phil Adderley	252.48
2	Alison Engledew	248.34
4	Dave Church	220
5	Ken Summers	220

Phil Adderley

Date	Race	Points Available
7-Jan	Handicap January	15
8-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
4-Feb	Handicap February	15
12-Feb	Armada 3k Feb	15
16-Feb	Westward League - Redruth	50
22-Feb	Looe 10 miler	Age% Max 50
1-Mar	Westward League - Stover	30
3-Mar	Handicap March	15
8-Mar	Grizzly	50
11-Mar	Armada 3k March	15
29-Mar	Tavy 13	50
7-Apr	Handicap April	15
8-Apr	Armada 5k April	15
5-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
2-Jun	Handicap June	15
TBA	Saltash Half Marathon	Age% Max 50
10-Jun	Armada 5k June	15
27-Jun	Muskies Madness	Age% Max 50
3-Jul	EVH Relays	50



7-Jul	Handicap July	15
8-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
2-Aug	Totnes 10k	30
4-Aug	Handicap Aug	15
TBA	Exeter 5k	Age% Max 50
12-Aug	Armada 5k Aug	15
1-Sep	Handicap Sep	15
9-Sep	Armada 5k September	15
TBA	6 Moor Miles	30
9-Sep	Plymouth Coasters 5 Miler	Age% Max 50
6-Oct	Handicap Oct	15
14-Oct	Armada 3k Oct	15
4-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
1-Nov	Templer 10	30
3-Nov	Handicap Nov	15
11-Nov	Armada 3k Nov	15
15-Nov	Drogo 10	30
TBA	Westward League - November	TBC
1-Dec	Handicap Dec	15
9-Dec	Armada 3k Dec	15
TBA	Cockington Christmas Caper	30
TBA	Westward League - December	TBC

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	20
1 <sup>st</sup> place (male or female)	20