

THE HARRIER

(NOVEMBER 2020 NEWSLETTER)



It's All About Washington!
but thankfully not about the United States Presidential election
(Find out how Paul Ross met up with Khalid Kannouchi)

Unfortunately we have to go into another lockdown, which necessitates not meeting up but at least we can run!

We should now be entering the Cross Country season and I have therefore taken the opportunity of having a look back at how the club has participated over the years.

The Summer Handicap Series ended up with one of the most exciting finishes for years with Ruth Terry winning by a point from Phil Adderley, who was a point in front of Becky Lee. The Winter Handicap Series is now underway.

The **Annual General Meeting** is on **ZOOM** tomorrow night. Try and get involved if you can.

Dave Fox (EDITOR)

Chairman Report 2020

AGM - Monday 9th November 2000 via Zoom

Hello Erme Valley Harriers, thank you for taking the time to read my report after my first year as EVH chairman. Without stating the obvious this year has been very different to normal and I will try and avoid using the most common word of the year 'Unprecedented'. However, it really has been.

Financially we have taken a hit, without hosting any races we have made a loss from last year of around 6k. Full details I will leave to our outgoing treasurer Liz Cane, who I must publicly thank on behalf of the club for her work this year. She leaves the club in a great place with everything having been fully digitalised for an easy transition and audit purposes. Thankfully previous committees have built up a large rainy day fund which has meant we as a club will still be able to operate even if we cannot race in 2021.

Training nights have been going well and I hope you have enjoyed the routes that I have set out. I'm always open to ideas for members about Tuesday routes, away days and breakfast runs. I think the introduction of the head torch run throughout the winter has been a success and it certainly makes running in the winter a bit more interesting. We have been limited to training sessions en masse due to numbers but I hope everyone feels we have had a wide variety of runs for all tastes.

Sharron, Paul and Phil to name a few have been doing great work with our couch to 5k and beginner runners. Providing a steady stream of new members to the club which in turn helps our finances and gets us closer to a second London marathon place.

Group leaders are being used more than last year which is great and that is a particular aim of mine, however I feel we can make this work more efficiently and safer. Attached to this report is a brief summary of what is required and expected as a running group leader for EVH. Another reminder that if you are interested in doing a LIRF (Leadership in runner fitness) or any coaching qualifications then please do speak to myself or Keith and the club will help fund these, where there will be a benefit to the club in return.

We have had a good uptake on club initiatives post lockdown in place of races and parkruns. Our 5K time trail worked well and we certainly took some lessons from this, mainly marshal postings, however we have designed this course to be almost marshal free to ensure we can run if we get no volunteers.

The virtual handicap worked very well during the first lockdown and thank you to Monica for processing the results for that, and continuing to run the handicap year after year. A double congratulations must go to Ruth Terry for winning BOTH the winter and summer handicaps for 2020.

The virtual London marathon was a great success nationally and throughout our club. Really bringing a sense of club spirit at a fairly bleak time of year for runners. Another thank you must go to all of the support runners and walkers for that day and a massive congratulations goes to all that completed the marathon, in particular Lindsay Lane who also wins EVH Athlete of the Month for October 2020.

I am willing to take on the role of Chairman again next year if voted in by our membership. I am excited about moving the club forward with fresh new ideas from members. I would like to think that all members feel that they can approach me with any ideas or concerns which I can in turn put forward to the committee. I have learnt a lot in this first year about the club and hope you feel I have done the job to the best of my ability.

Erme Valley Harrier Group leader - You do not need to be LIRF qualified however must be competent

1. Know the intended route (Available on the website prior to the session)
2. Have an idea of your realistic pace
3. Make yourself and pace know to whoever is doing the shout out (Dan or Keith most likely)
4. During the shout out I will make all leaders and paces known to the runners
5. Identify your group numbers
6. Leave together and not at the same time as another group
7. Manage the group on the route, using loop backs or stops when needed
8. On completion, account for all of your group
9. Inform Dan or Keith if any problems arose during the run or and injury

Aim

1. Improve safety for all of our members
2. Help new members feel included, especially on there first few sessions
3. Get out on the route in good time and reduce any uncertainty of members prior to leaving the rugby club

Daniel Francis - 2020 EVH Chairman



The Club donated £100 towards the Poppy Appeal

SECRETARY'S NOTES

Lockdown 2

As we all know things have changed yet again and we have now started a second lockdown. This is very disappointing for all of us because we were just about to return to the Ivybridge College site for junior training and we had also booked a Friday session at the Tennis centre for our younger juniors. We had also started our 5K time trials and returned to the newly refurbished Brickfields track on a Saturday morning. We hope we can continue to support you all with advice and guidance during the next month and that we can resume club training in December.

Unfortunately because of the uncertainty of the lockdown duration, the Devon Cross Country Championships will now be held in January, one week after the South West event. We still hope to get more open events in February and March. All we can do is grin and bear it and keep training (on our own or with one other person of course).

Training and Coaching

The 5K time trial on a Saturday morning was a success and we hope to resume in December. Thanks to all those who helped on the day. I intend to publish a training programme for juniors to do during lockdown. If anyone would like any specific advice or guidance then please let us know. England Athletics have set up a free virtual cross country event which anyone can do. There are appropriate distances for each age group and you just need to do the run on grass and upload your time to a website.

There is also one for Sportshall which can be done at home.

England Athletics Website

As I have 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 free 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>

Club Membership and AGM

The AGM will take place virtually using the Zoom platform on Monday 9th November at 8pm. Details of how to log on are in this Harrier and have been sent to all members by email. If anyone has any problem with logging on please get in touch and I can help. I am pleased to say someone has come forward to become the new treasurer elect. We would still welcome any new recruits on to the committee and they can either make this known to us during the meeting or get in touch separately.

It will be a strange experience but hopefully a positive one. We have a plan to take the club forward in 2021 and we would really like your involvement. Please attend if you can (after all there is not much else to do at the moment). Hope to see all of you there via Zoom.

Forthcoming Events

SW Cross Country Championships –

Sunday 3rd January – Ilton

Devon County Cross Country

**Championships - Sunday 10th January
- Exeter**

Fast “Friday” 10K – Exeter Racecourse

Sat 12th December - Under UKA Rules

**Race the Light - Mothecombe, - Sat 19
Dec 20**

**Race the Light - River Dart - Sat 23 Jan
21**

**Race the Light - Tamar Valley - Sat 13
Feb 21**

All under TRA rules

Details from <http://www.puretrail.uk>

Athletes of the month

Lindsay Lane is the senior winner following her inspirational Virtual London Marathon.

Sammy Miller is the junior winner following some pb performances on the track

Finally..... Please keep safe and stay in touch. Keep checking the club's website for the latest information. The club is here to support you all during this difficult time for all of us.

My contact details are here:

**Keith (01752 893573 or
07934373943)**

reedy41c@gmail.com

ERME VALLEY HARRIERS AGM
VIA ZOOM - [9/11/2020 @ 8.00PM](https://us02web.zoom.us/j/81906675335?pwd=ejRGTUc2cjB5UUZUN2dHaGNRbGF0dz09)

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</i> <i>Secretary – Keith Reed</i> <i>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=ejRG>

[TUc2cjB5UUZUN2dHaGNRbGF0dz09](https://us02web.zoom.us/j/81906675335?pwd=ejRG) Meeting ID:

819 0667 5335 Passcode: 371408

Keith Reed
Secretary

THE STORY BEHIND THE PICTURE!!!

(The 27TH Marine Corp Marathon – Washington 2002)

From my involvement with the Plymouth Half Marathon over numerous years as Deputy Race Director, Chief Marshall and Race Committee Chair we encouraged Royal Navy, Royal Marine and other services teams to enter the race annually. We soon worked up a mutual appreciation of each other. We were aware that annually the Royal Navy/Royal Marines would travel to Washington to compete against the United States Marine Corp at the Marine Corp Marathon. They had held a couple of similar competitions in this country and with the help of the Royal Navy/Royal Marine representatives we encouraged them to come to Plymouth for an Annual Competition to race for the "Warriors across the Sea" Trophy. The competition was held at Plymouth from 1998 until 2012 with last year's being held at the Torbay Half Marathon. We always enjoyed the company of the USMC Runners and invariably met up before the event and would always have a post-race reception for them. They could drink a bit and I recall on a few occasions that they were a bit under the weather when they left us at one or two in the morning and would be travelling back at four or five in the morning to London to pick up their flight home.

Obviously the comradarie grew and some of the Plymouth Organising Team were invited to go to the 27th Marine Corp Marathon of October 2002 by the then Event Organiser Rick Nealis. Rick was the Dave Bedford of the Marine Corp Marathon being full time in the role with a support team. The Marathon did not attract top athletes as there was no prize money to be won. It hosts the American Inter Service Championships as well as the USMC and Royal Navy/Marines Competition and in those days attracted about 18 – 20 thousand runners each year.

Eight of the Plymouth Half team travelled overnight to Heathrow for our flight. For those that can remember it, October 2002 was the year of the Washington Sniper who was targeting anyone to shoot. This had been going on for a couple of weeks. We were aware before setting off that security throughout Washington and surrounding area had been stepped up, particularly at the Marathon.

On arrival we were picked up in two limo's and were greeted with the news that the Sniper had been caught whilst we had been in the air. We were taken to the Race Hotel (The race took over a 16 storey hotel for the event – the Race Director had the Penthouse and this was where we met him to be welcomed to the event). When settled in to our rooms we had time to look around the hotel area before dinner and bed.

The following morning (Saturday) we had a breakfast meeting with numerous American Marathon Race Directors (mainly from the larger events and an annual gathering at the MC Marathon).

This was interesting as we exchanged differing Race Organisation methods and some of the issues faced by the big American events. We also had the opportunity for a look around the Marathon Exhibition before a quick lunch and then we were taken by bus to the Race Start/Finish area. (The women in the group went off to a large Shopping Mall).

The Race Starts and Finishes alongside the Iwo Jima Monument (The US Marine Corp Monument) in Arlington and during the afternoon we could see the Race

Infrastructure, meet key Race Personnel and watched some Junior events taking place into the Marathon Race Finish. Following a Q&A session mainly driven by us we had the rest of the afternoon to do whatever. Two went off to the Space Museum and two of us visited the Arlington Cemetery. I visited the Cemetery which is steeped in American History with key statesmen/women and others buried or remembered there. That evening we were whisked off again to a pre Marathon reception and dinner in an up market Italian Restaurant across town. The guest of Honour was Khalid Kannouchi, who at that time was the Marathon World Record Holder having broken the record at the 2002 London Marathon.

Race Day saw us on the move early for a breakfast at the race finish area to see the final preparations for the event. Then on to the Start Area. We were treated as VIP's with places on the Start Vehicle. The start itself was quite moving with United States Marines in full Dress Rig and the Star Spangled Banner sung by one of the Lead Motorcyclists before he took up his position at the front of the race. The Race was started by Khalid Kannouchi but not before we all had a chat with him and a few photo's taken. He then stepped down to take part in a shorter distance event.

Whilst we did not see the whole route the race came back past the start at half way so we were able to encourage the RN/RM team members on their way. The finish is something to behold with great organisation. Every finisher is met by a marshal who escorts them through the finish area to collect medals, foil blankets, water, goody bags before escorting them to a tented area where food and drinks were available. The marshals are very supportive – something you would expect from the Marines of USMC who are volunteered for duty by their senior officers!!! The Race award presentation takes place on the steps of the Iwo Jima Monument. For the finish of the race we were issued with passes to wander around the area looking at their methodology and to identify ways we could improve the Plymouth Half Marathon. It probably is no surprise that I spent some time with the Race Commentator – who had his own support team – including sound engineers. The commentator also commented at most Major Marathons on the Eastern side of the States. He also commented at Major Ice Hockey events. The man never stopped talking throughout!!

That evening there was another reception and dinner in the Race Hotel. By the morning the Race Hotel had been packed up and cleared and all equipment was being loaded to vehicles for transport and storage until the following year. This gave us virtually all day for sightseeing – so we went for it big style from The White House, Lincoln, Jefferson and Washington Memorials – Vietnam War Memorial, Grand Central Station, Capitol Building, Trolley Bus tour etc before our return to the Hotel for the journey back to the airport and the flight home. Then the long drive down from Heathrow.

We had learnt a lot and had cemented the relationship between the United States Marine Corp and the Plymouth Half Marathon.

We had packed a lot into the four day trip but we came away with very fond memories of the event, Washington and above all the hospitality and friendliness of all we met representing the United States Marine Corp.

Paul Ross

FIFTH SUMMER HANDICAP 2020**OCTOBER**

Pos.	Name	Clock Time	H/cap	Time	
1	Ruth Terry	40.07	4	36.07	50
2	Kate Medlicott	40.19	4	36.19	49
3	Emily Faircloth	41.17	0	41.17	48
4	Phil Adderley	41.19	8.5	32.49	47
5	Nick Baker	41.36	4.5	37.06	46
6	Anna Lake	42.07	6.5	35.37	45
7	Becky Lee	42.24	8.5	33.54	44
8	Dave Church	42.36	5	37.36	43
9	Chris Prall	42.46	14.5	28.16	42
10	Ken Summers	42.52	7.5	35.22	41
11	Nick McMahon	42.55	1	41.55	40
12	Dan Francis	43.02	11	32.02	39
13	Emma Lake	43.24	10.5	32.54	38
14	Bob Jeffery	43.59	3.5	40.29	37
15	Richard Lane	44.13	5	39.13	36
16	Neil Moffett	47.33	7.5	40.03	35

EVH Grand Prix 2020

Normally at this time of the year we have the Cross-Country fixtures and races such as Drogo 10, Templer 10 mixed in with the Armada series and the club handicaps. Sadly, we now only have the club handicaps remaining 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 and shows that Ruth will be the 2020 GP winner as long as she completes the December handicap.

Pos	Name	Total
1	Ruth Terry	295.98
2	Phil Adderley	282.48
2	Alison Engledew	263.34
4	Dave Church	250
5	Ken Summers	250

I will start looking at what fixtures could be included for 2021 but it is difficult to put a list together with any confidence that they can take place.

Keep on running! - Phil Adderley

SUMMER HANDICAPS POINTS 2020

NAME	JUN	JUL	AUG	SEP	OCT	TOTAL
Ruth Terry	0	47	41	47	50	185
Phil Adderley	47	0	45	45	47	184
Becky Lee	46	50	0	43	44	183
Ken Summers	0	48	49	40	41	178
Dan Francis	41	45	42	0	39	167
Chris Prall	45	36	43		42	166
Richard Lane	0	42	36	39	36	153
Dave Church	29	32	44		43	148
Nick McMahon	31	33	0	42	40	146
Anna Lake			50	38	45	133
Nick Bristow	36	46	47			129
Mark Workman	30	38	30	30		128
Lindsay Lane	48	31	46			125
David Lloyd	39	37	48			124
Emily Faircloth	35	43		46		124
Kate Medlicott		34	35		49	118
Emma Lake			33	41	38	112
Allister Bristow	42	49				91
Mike Hansen	44	44				88
Dave Engledrew				37	48	85
Andy Trigg	49			34		83
Liz Bowden	43	39				82
Nick Baker				36	46	82
Ben Bristow			32	49		81
Jenny Francis	40	35				75
Paddy Wakeley			37	33		70
Neil Moffett				31	35	66
Ray Male	50					50
Sam Swift				50		50
James Dowler				48		48
Simon Swift				44		44
Russ Mogridge		40				40
Susi Spooner			39			39
Lucy Campbell			38			38
Rose Brailsford	38					38
Sharon Terry	37					37
Bob Jeffery					37	37
Kevin Paull			34			34
Alison Engledew				32		32

5K TIME TRIAL RESULTS SATURDAY 24 OCTOBER

Position	Name	Surname	Time
1	Alison	McEwing	19.56
2	Dan	Francis	21.14
3	Russ	Mogridge	21.38
4	Simon	Swift	22.08
5	Sam	Swift	22.08
6	Freddie	Newman	22.34
7	Emma	Lake	22.37
8	Ken	Summers	24.48
9	Lucy	Cambridge	24.57
10	Alison	Engledew	25.16
11	Isabella	Trowell	25.39
12	George	Benton	25.56
13	Charlotte	Watts	25.59
14	Katy	Mogridge	26.11
15	Zara	Legg	26.30
16	Liz	Bristow	26.30
17	Jenny	Francis	26.47
18	Emily	Faircloth	28.14
19	Claire	Smith	28.41
20	Chris	May	29.44
21	Edward	Watts	32.35
22	Brian	Short	33.55
23	Isla	Hurst	34.25

2.7K Time Trial Results

1	Charlotte	Faircloth	16.43
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It's All About Cross Country!

It should be all about Cross Country but unfortunately it is not due to coronavirus!

I have taken the opportunity at looking back at the club's involvement over the years in the leagues and national events.

South Devon Mini League

In the early days this league was very popular and ran in conjunction with the Westward League. Initially the teams in the league were ourselves, Brixham, Dartmouth and Newton Abbot, with Tavistock and Plymstock joining later.

The courses were good and often more demanding than those in the Westward League. There was also good friendly competition.

We held our races at Erme fields, Flete and Filham, although I seem to recall holding at least one series of races at Halls Farm, Harford.

Tavistock held most of their races at Yelverton.

Those present will recall a particular race at Dean Cross School, Plymstock in 1993 where I took a spectacular fall and perhaps gained the nickname of the 'Flying Fox'!

The Westward League

There have been a variety of venues over the years. These are those I can remember:

EXETER - for many years the races were held at Wonford, which wasn't a great venue due to the amount of dog mess you came across everywhere! Eventually the races moved to the more suitable venue near Exeter Athletic Club.

PLYMOUTH - held many times at Brickfields but now at the better venue of Central Park.

TORRINGTON - this was actually a series of road races in a Cross Country calendar!

BIDEFORD - for many years the races were held at Grenville College. The courses were usually very muddy!



Owen Parkin, Allister Bristow and Mike Hansen at the Plymouth Cross Country in Central Park



WESTWARD HO! - unfortunately numbers are usually low due to the travelling involved.

PAIGNTON - the races were held at Clennon Valley (now used for the relays). The courses were flat and boring. All you remembered was the red mud you got on your socks – they couldn't be washed so you just threw them away!

TIVERTON - usually hilly and muddy!

ST AUSTELL - initially held at a school location. There was something resembling a water jump, which gathered the crowds. The races then moved to the Rugby Club and were good races.

NEWQUAY - a good course and facilities.



OUR MEN TURNED OUT IN FORCE AT THE NEWQUAY CROSS COUNTRY

REDRUTH - usually the last race of the series. A challenging course but good facilities at the venue.

BOVEY TRACEY - the course was at the National Trust venue of Parke. A tough and often muddy course but superb surroundings.

STOVER - took over from Bovey Tracey and is a fantastic venue for any races.

The Gwent League

For several years we took part in this prestigious series. Unfortunately most of the races were held on a Saturday and were followed by the Westward League on a Sunday.

Over the years races were held at Cardiff, Swansea, Bridgend, Weston-super-Mare, Port Talbot, Aberdare, the Forest of Dean and Bristol.

Blaise Castle was the superb venue for the Bristol races, but generally tough courses.

The Southern Cross Country Championships

The South West actually comes under the SEAA and many times we made the trip to the spectacular venue of Parliament Hill in London.

Other venues we went to included Havant, Mote Park in Maidstone (a great venue) and also locally at the superb venue of Bicton Park.

The National Cross Country Championships

Parliament Hill, London was usually the venue but facilities for athletes were generally poor. However, as we had come a long way at least we got a changing room!

Parliament Hill will always be remembered for its amazing start. Basically you line up at the bottom of a hill and then make your way up to a narrow opening at the top before taking on mud, more mud and lots more mud on the most demanding of courses. It was a great event to attend and run in with great spectator support. One year the next team to EVH in the pen was Bingley Harriers!

Other Nationals we went to were at Longbridge in Birmingham (famous for all the car factories) and Blaise Castle in Bristol (where it snowed!). I believe Will Battershill also ran at Donnington Park.

Alton Towers was also a venue. We had a trip and made use of the rides at the venue! This was a memorable event for me as I was born less than 10 miles from Alton and lived in the area for some 20 years.



KEITH REED IN ACTION AT ALTON TOWERS

The Devon Cross Country Championships

In recent times the venue has always been the fields near to the athletics track at Exeter.

Previously races have been held at Westpoint, Plymouth, Honiton, Exmouth and Bicton Park.

Dave Fox

Brickfields athletics track finally re-opens after £700,000 upgrade

Posted on October 26, 2020 *by* PLYMOUTH SPORTS GAZETTE



The Brickfields athletics track has re-opened following a £700,000 upgrade. The track has been completely re-laid this summer and the long jump, high jump, shot put, throwing cage and water jump have all been refurbished. The site will also benefit from extra storage facilities and a new hut for officials, as well as a new two-metre perimeter fence and an upgraded CCTV system.

Plymouth's international hurdler David King has already given it the thumbs up.

"It opened today and so I went down and tried it out and it is good," said King. "It is much better than it was." Council deputy leader Peter Smith said: "I'm delighted that Plymouth can once again boast a high-quality athletics venue, following these major improvement works. It's not just for super-fit club runners and athletes – it's a facility that everyone can use. "We will continue to work with Everyone Active to develop a year-round activity programme that not only supports local clubs and athletes but also includes activities that promote health and wellbeing for all."

UK Athletics have awarded the outdoor facility 'Track Mark' accreditation under their new quality assurance scheme, meaning it is well managed and maintained and accessible to participants of all abilities.

The site attracts more than 18,500 attendances a year from clubs, schools, universities and the MoD and has produced top-class athletes such as British champion King and Commonwealth Games medallist Katherine Endacott. It is also home to the City of Plymouth Athletic Club and is well-used by the Armada Network and other clubs in the region.

Paul Crutchley, chairman of the City of Plymouth Athletic Club, said: "We would like to thank Smith Construction and Plymouth City Council for the refurbishment of the Brickfields track and field facility.

"It is now a really high quality arena that everyone can use come rain or shine. We hope that local organisations, schools and other community groups will utilise these facilities going forward."

Battershill selected for new British Athletics endurance talent hub

Posted on October 28, 2020 *by* PLYMOUTH SPORTS GAZETTE



Will Battershill in action for Harvard University (picture by Brian Panoff)

ERME Valley Harriers steeplechase specialist **Will Battershill** has been named among the first athletes to feature in two new talent hubs created by British Athletics and supported by London Marathon Events.

The pilot talent hubs will be based at the University of Birmingham and Leeds Beckett University and have been created to provide a pathway from junior talent to world-class performers.

London Marathon Events is providing funding for the hubs' endurance athletes, with the first intake including 27 athletes at Birmingham and 25 in Leeds.

GB junior international **Battershill**, who graduated from Harvard University in America this year, is named in the Birmingham hub.

The former Ivybridge Community College pupil was ranked top under-23 steeplechaser in the UK last year and, although he did not run over the barriers this year due to Covid-19, he was ranked second fastest under-23 over the 3,000m flat with an impressive 7:55.99 run in February.

Great Britain senior international steeplechaser Zak Seddon will be one of his training partners and mentors in Birmingham.

Athletes in the two hubs, who are on different support packages, will benefit from free facility training access, physiotherapy and strength and conditioning programmes, psychological workshops and mentoring for both the coach and athlete pairs.

Luke Gunn, head of athletics and talent hub manager at the University of Birmingham, said: "We are delighted to be able add some new and deserving athletes to receive this excellent support at the Birmingham Talent Hub this year.

"Even during such an uncertain past year, we have seen some brilliant performances from athletes on the hub with 17 personal bests across the board, and six of our endurance athletes claiming British Championship medals.

"With the continued support of the partners, we hope to aid the athlete and coach towards senior success as well as grow the athletic benefits in the West Midlands area; which has so much promising athletic talent."

The hubs have been developed by British Athletics in collaboration with the Home Country Athletics Federations. England Athletics will be supported by the Talented Athlete Scholarship Scheme (TASS) at the University of Birmingham and Leeds Beckett University hubs.

Spencer Duval, England Athletics' national endurance lead, said: "The partnership with London Marathon Events is an excellent opportunity for endurance athletes to benefit from world-class facilities and opportunities offered at the two talent hubs.

"London Marathon Events has had a long partnership with endurance and these hubs offer a fantastic opportunity for runners to move along the performance pathway and hopefully represent their country in major events."

FIRST WINTER HANDICAP 20-21**NOVEMBER**

POSITION	NAME	Clock Time	H/Cap	TIME	POINTS
1	Emily Faircloth	29.12	0.5	28.42	50
2	Clare Smith	29.58	0	29.58	49
3	Linda Bracher	30.18	2	28.18	48
4	Kevin Paull	30.32	5	25.32	47
5	Ben Bristow	30.40	6	24.40	46
6	Lynn Nichols	30.41	0	30.41	45
7	Anna Lake	30.43	5	25.43	44
8	Phil Adderley	31.00	6	25.00	43
9	Kate Medicott	31.12	4.5	26.42	42
10	Ken Summers	31.14	4.5	26.44	41
11	Nick Baker	31.27	4.5	26.57	40
12	Chris Prall	31.32	11	20.32	39
13	Carol Hansen	31.41	0	31.41	38
14	Becky Lee	31.48	6	25.48	37
15	Nick Bristow	32.19	11	21.19	36
16	Bob Jeffery	32.25	2.5	29.55	35
17	Simon Swift	32.36	8.5	24.06	34
18	Neil Moffett	32.38	6.5	26.08	33
19	Alison Engledew	32.51	6	26.51	32
20	Mike Hansen	32.55	7	25.55	31
21	Emma Lake	32.55	8.5	24.25	30
22	Ruth Terry	33.24	6	27.24	29
23	Christian Cutcliffe	33.37	11	22.37	28
24	Dave Church	35.09	4.5	30.39	27
25	Bryan Short	36.21	0	36.21	26