

THE HARRIER

(JUNE 2021 NEWSLETTER)



Craig MacAlpine, Don Rigby and Jean Baptiste Rouvelin at the Dartmoor Discovery Ultra Marathon of 2015

Five of our athletes took on and successfully completed the demanding **Dartmoor Discovery** – some 32 miles of tough going. Well done to all concerned. I have this month taken a detailed look at our involvement in the race over the years. There are many interesting reports of the ‘trials and tribulations’ involved!

Rapidly approaching are our own Relays on **Friday 23rd July**. Contact **Ken Summers (Mens teams)** and **Ruth Terry (Ladies teams)** if you are interested in running. We also need helpers and marshals – **Dan Francis** will be pleased to hear from you if you have not already contacted him.

Dave Fox ([EDITOR](#))

Notes from the Chairman

Hello all!

Tuesday Nights

It's been amazing to see so many members on Tuesday nights recently and introducing new members with great success. A strong reminder to all members not to congregate near the entrance of the rugby club car park on completion of our runs. This is extremely dangerous with cars entering and leaving the car park. Thank you for your cooperation!

Coaches and leaders (LIRF course)

A reminder to anyone who is interested in enrolling on Leadership in running fitness or coaching courses, these can be funded by the club and we encourage runners of all abilities to take part in these. The club needs group leaders of all abilities so please ask if you're interested.

EVH Relays - Friday 23rd July

As mentioned on most Tuesday club nights, our EVH relay event will be held on Friday 23rd July, and hosted at the Rugby club. This will be run as close to normal as possible in accordance with Covid guidelines at the time.

Any willing volunteers are kindly asked to let me know (Dan) and I will assign roles suited to your time available on the day.

EVH Teams: Ruth Terry will be coordinating the female teams and Ken Summers will be coordinating the male teams. If you would like to run then please let them know.

Social Items

A massive thanks to Ruth and Lindsay for organising a huge EVH presence at the Hope 24 (July 2nd & 3rd). We 'hope' to set up a base during the event for our runners to use and encourage as much support as possible during the 24 hour period. You are also able to run a lap or two with the guys and girls on the day so bring your trainers! More details to follow from Ruth via Facebook and shout outs on Tuesdays.

Club Trips

It is my intention, all being well with the lockdown easing, that we have two free club coach trips this year. Once these are confirmed I shall put a list up in the rugby club and on Facebook to get names of runners and family members who wish to come along. There is no need to do anything yet, however, you may wish to enter eden to reserve your spot.

- 1) Torbay Relays - Date TBC (August/September)
- 2) Eden Marathon and Half Marathon - Sunday 10th October

Contact information for the Chair

My email address is danielfrancis92@hotmail.com, mobile number 07540924735.
Many thanks - Dan

SECRETARY'S NOTES

Almost there (we hope)

We have taken some significant steps towards normality with more races starting up and people being able to go inside of pubs and restaurants etc. It was also announced today that It is hoped that Parkrun will return on June 26th which I am sure is good news for a lot of you. We do however still need to be careful with cases increasing. Hopefully with more and more people being vaccinated, restrictions will be lifted fully but probably not on June 21st. We will find out next week. We still need to keep all the Track and Trace controls in place for a few more weeks at least. We will probably keep the register going as it makes sense to know who is there.

Training and Coaching

Training numbers are good and a lot of our Couch to 5K runners have joined the club as members. We are trying to encourage new Couch to 5K runners through an initiative with the College. Anyone is welcome to come along on a Tuesday to try it out. We are once again going to Wrangaton for the 'Spirit of the Moor' next Tuesday 15th June. Hopefully the weather will be good.

Junior training is continuing with one session from 6 – 7.15pm.

It was good to see quite a few athletes taking part in the Dartmoor Discovery and Burrator races last weekend. We also had some of our athletes in the SW League team at Brickfields. We are trying to encourage more juniors to enter competitions but we realise that a lot of our athletes are inexperienced. We will hopefully be trying out a min competition next Thursday. We have also considered having a senior and junior event maybe at Plymouth. I would be interested to hear your views.

England Athletics

I attended the Virtual Club Conference on May 15th which was very thought provoking. The theme was recruiting volunteer and providing a positive member experience. We as a committee would like to hear your views on both. WE

do know that WE really need more coaches and officials. We are happy to fund any member for a course. If anyone would like more details please speak to me. We would also like to recruit a new Sportshall Team Manager as Sharon is going to stand down. She has said she is happy to mentor someone into the role. If anyone is keen then please speak to Sharon or me.

EVH Relays

The date is now 23rd July and entries have opened. We already have 30. The club will be putting in teams. See Ken Summers for the men's teams and Ruth Terry for the ladies teams. We also need helpers so if you can marshal or help out in anyway please speak to Dan Francis. The event may have to be modified if the COVID restrictions are still in place but it will still be a great event. There is also the Tavi Relays (1 mile legs) on 15th July as a warm up.

Athletes of the Month

We have selected Isabelle Drew as the junior and Mary Grose for here great handicap run. Badges will be passed out this week.

Forthcoming Events

June 16th – Tavistock Open
June 20th – SAL at Exeter (U17/U20 and Seniors)
June 27th – Exeter Half Marathon
June 29th – Exeter Evening Open with BMC races
June 30th Devon 10,000m Championships
July 2nd – 4th Hope 36
July 4th SW League at Plymouth
July 14th – Armada 5K
July 15th – Tavy Relays
July 23rd EVH Relays

**Finally.....As the weather is warmer
Now make sure you hydrate before and
after your runs.**

**Keith (01752 893573 or
07934373943)
reedy41c@googlemail.com**

RACE NEWS

At last there was a beginning to a busy weekend of races and events.

We had runners at the Burrator 5K with **Lindsay Lane** (29.47) and **Louise Creber** (29.49) running her first race for EVH. In the 10K **Nick Bristow** (39.28) was 2nd vet45, **Ben Bristow** achieved a pb with a time of 46.41 and **Carol Hansen** achieved a time of 62.46.

(Louise and Lindsay enjoy an ice-cream after their race)



Meanwhile we had five epic ultra-runners in the Dartmoor Discovery held over 32 miles of tough moorland terrain.

Simon Fitze had a great run to take 8th place in 4.19.30 followed by Chris Prall in 25th (4.33.55). and Paddy Trinder who was 44th in 4.53.38. They were the 4th men's team home. Ewan and Emma Lake ran round together finishing in 5.37.32. Well done to all and also to the EVH supporters who helped them on their way.

The 5K time by **Becky Lee** (21.14), achieved at the 'Turn and Burn' in Exmouth was a pb by some 3 minutes.

GALLERY: Summers and Bown claims titles at Dartmoor Discovery

Posted on June 7, 2021 *by* PLYMOUTH SPORTS GAZETTE



WESTON AC runner Kieron Summers successfully defended his Dartmoor Discovery title on Saturday. In wet and misty conditions, Summers stormed around the tough 32-mile course to win in a time of 3:51:31.

An impressive showing by Exmouth Harrier Hannah Bown, who was running the famous ultra-race for the first time, secured her the women's top spot in 4:37:46.

Dartmoor Discovery (DD) race director Roger Hayes, who is also chairman of Teignbridge Trotters, said: "Kieron and Hannah triumphed after what has been a hugely difficult 18 months for all runners, amid considerable disruption caused by the global coronavirus pandemic. "I'm so proud of them, as I am of every runner who completed the DD this year. It was a great way to show how dedication and grit can overcome difficult circumstances."

Former winner Dave Tomlin was second, finishing in 3:57:03, with Robert Kelly of Okehampton RC third, in a time of 3:58:07.

Erme Valley's Simon Fitze came eighth in 4:19.30, with Royal Navy's Sam Childs just outside the top 10 in 11th spot.

Looe Pioneers' Joanne Robinson was second woman and first over-45, finishing in 4:42:13 and club colleague Emma Langstaff came third overall and second F45 in 4:43:15.



East Cornwall Harriers' Diane Roy was first female over-55 in 5:03.45.

The event has bounced back from its enforced cancellation in 2020, returning with a new race headquarters at the Princetown Community Centre, where the organisers *have been able to offer runners an improved experience and better facilities.* Hayes said: "I'm deeply grateful to the Princetown Community Centre team for their support as we worked together to stage the event. The DD is a race that has community at its heart and it's very fitting that this fine community centre is now our new race headquarters."

The Dartmoor Discovery, which starts and finishes in Princetown and takes runners through Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland-in-the-Moor, Widecombe-in-the-Moor and Postbridge, is organised by leading South West running club the Teignbridge Trotters. Renowned for breathtaking views, equally breathtaking hills and weather that always surprises, the event is the UK's longest single-lap road race. The run has been steadily growing in popularity. This year, was the biggest event ever with a record 211 finishers crossing the line, out of a record starting line-up of 223 runners.

Okehampton scooped the men's team prize with Kelly, Paul Crease (4:11:42) and Andrew Vallance (4:25:23), triumphed. Running Forever RC were second and a dominant Okehampton secured third place. The women's team award went to Teignbridge Trotter's team of Mandy Wheeler (5:05:32), Jacki Woon (5:08:01) and Wendy Goldthorp (5:15:36). Almost Athletes took second place.

Saturday was a bittersweet day for Hayes, who was presiding over his 10th and final DD as race director. He said: "It has been a great 11 years since we took over the event. I've met some amazing people and witnessed some incredible performances. "There has been a lot of blood, sweat and tears out on that course but there has been an incredible amount of camaraderie, support and love, too. I shall miss it tremendously but I know that my successor Liz Barnett will do a wonderful job of ensuring the DD continues to go from strength to strength."



Chris Prall, Paddy Trinder and Ewan and Emma Lake
at the Dartmoor Discovery



THE DARTMOOR DISCOVERY

At just over 32 miles long, the **Dartmoor Discovery (DD)** is one of the shortest ultras on the circuit – but also one of the toughest. The first race took place in heavy rain and gale force winds and attracted an entry of 90 hardy souls. Despite the weather, the race was a great success and has gone on to achieve a real cult following. It is now the longest single lap road ultra in the UK.

In 1967 Phil Hampton, while serving in the Royal Navy in Scotland, founded a 35 mile road race, called the Two Bridges. The route encompassed the Kincardine and Forth Road Bridges. In 1996 he travelled to Scotland to help out in the Two Bridges race and learned that the event was in danger of closing. He therefore decided to organise another race, down here in Devon, to replace it. The Two Bridges folded in 2005, mainly due to lack of support in the area and nobody coming through to replace the ageing race committee members.

The original **DD** course was 34 miles long before it changed to its current distance of 32 miles in 2002.

Teignbridge Trotters heard the **DD** was looking for a new organiser and Club Chairman, Roger Hayes, a veteran of eight **DD's**, became the new race director. In the early years several members of **Erme Valley Harriers** helped Phil Hampton at the event.

The male course record is held by John Ward of Bideford, who ran 3.29.24 in 2014. The female course record holder is Adela Salt of Trentham RC who in 2008 completed the distance in a time of 4.02.26.

Number of finishers in the race are as follows:

1998	83	2009	118
1999	109	2010	130
2000	96	2011	146
2001	*	2012	175
2002	70	2013	183
2003	91	2014	202
2004	100	2015	194
2005	123	2016	196
2006	154	2017	192
2007	160	2018	186
2008	154	2019	180
		2020	**

*** Cancelled due to foot and mouth**

**** Cancelled due to coronavirus**

Our history in the race started in 2000 as no one ran in the 1998 or 1999 races. In 2000 **Neil Holmes** (see report below) became the first club member to tackle an ultra- race and did very well with a 3rd place finish in 4 hours and 6 minutes. The race was won by Shaun Milford in a time of 3 hours and 51 minutes.

Realising that I had a free Sunday in June I checked out the 'Rundown' diary for some sort of challenge. Thirty four miles seemed about right. I knew that I didn't have the mileage in my legs, so I decided to race myself into some sort of fitness and in the preceding four weeks did the Exeter Half, Ivybridge 10k, Oke Croak and Plymouth Half. Game on!

I approached Paul Sturtridge of Bideford A.C. about some advice and quickly realised that pace judgement was the key to survival. I also knew that the race had been won in around 4 hours the two previous years, so I decided on 7 minute mile pace which would give me a 3 hour 38 minutes time. This was somewhat ambitious but I had purposely not told many people of my run so there was no expectations and I wasn't worried about the wheels coming off. If the worst happened it would still be a nice walk!

RACE DAY

We set off from Princetown in a dense mist and headed towards Ashburton. There are about 120 runners from all over the place, including Canada and the USA. The rules of an Ultra Marathon allow you to place personal drinks in any of the 13 drink stations around the course and I chose to put an energy drink at 12, 20 and 28 miles. On top of this I carried a bum-bag with a Helly-Hansen and 3 energy bars in it. Ashburton is around the 11 - 12 mile mark and I entered it around 8th place and still on my 7 minute mile schedule. It's nice to see Jill York, Steve and Judith O'Carroll here who are marshalling and shouting encouragement. A long 3 mile uphill section moves me into 5th place and I move through 20 miles in 2 hours 19 minutes, still on schedule and aiming for the marathon mark.

I pass 26 miles in 3 hours and 4 minutes and although I've passed two more runners the strain is beginning to tell. I'm now getting desperate for my drink at 28 miles and when I shove some chocolate in my mouth I suddenly find it impossible to run, eat and breath at the same time. With my hands on my knees I stop at the side of the road and force myself to swallow. Physiologically this seems to work and when I reach the drinks station I down my whole bottle in one go. This definitely works and the last 5 - 6 miles pass o.k. It's a struggle but I manage to keep on the move. I finish in 4 hours 6 minutes, only 8 minutes down on my schedule and in 3rd place.

I wanted a challenge and this certainly was one. The scenery when the mist lifted was spectacular - the villages Widecombe, Buckland-in-the-Moor, Holne, Poundsgate etc. beautiful. The organisation was superb and the camaraderie great.

To people who have run a few marathons and still experience that great high of achievement when finishing I would say try an Ultra - the feeling is even better

Now what can I do next year!

Neil Holmes

In 2001 there was no race due to foot and mouth and no one from the club ran in 2002.

In 2003 **Richard Ayson** took on the course for the first time and finished in 31st place in a time of 5.06.54. Mike Feighan won the race in 3.44.45.

Keith Reed made his ultra-marathon debut in 2004 but unfortunately on a hot and very humid day dropped out of the race at 24 miles.

In 2005 **Ian Crossley** made his first appearance in the race and his entertaining and detailed report of his race follows. **Ian** finished the race in 5 hours and 3 minutes in 34th place.

Dartmoor Discovery – Saturday 04th of June

"Anyone who sees me go anywhere near a boat again, ever, you've got my permission to shoot me." – Steve Redgrave, after winning his 4th gold medal in Atlanta, 1996

"Anyone who sees me go anywhere near an Ultra Marathon, ever, please hide my trainers." – Ian Crossley, The day after competing in the Dartmoor Discovery 32 mile ultra, and still not sure which muscles hurt the most!!!!

Ten months of preparation, and the day was here. The 7th running of the Dartmoor Discovery 32 Mile Road Race, and I was one of the 150 competitors lining up outside the Railway inn, Princetown.

The weather was wet and blustery, but much more appreciated than the 25°C searing heat of the previous year.

Starting at 09:30, the race proceeds Eastwards to Two Bridges, then South-Eastwards to Dartmeet, Poundsgate, New Bridge and Ashburton, North to Buckland in the Moor, and Widecombe in the Moor. Finally, Westwards to Postbridge and Two Bridges. Finally finishing in Princetown, at the Methodist Church Hall.

The race description lists four major climbs at 6, 9½, 13½, and 31 miles. They neglected to mention the ones at 15, 16, 17, 18, 21, & 25.

Turning up at Race HQ for registration is a very friendly affair, being greeted at the door and made to feel very welcome. Registration takes a few seconds and, due to logistical reasons, you are immediately presented with a signed completion certificate. All that's missing is the time and race position....Which you enter yourself! The thought of making up a time, and getting on the first bus back out of town, crossed my mind for a brief second!

Then its into the area for depositing personal drinks and food into the applicable feed station boxes. My four pack of Guinness looked slightly out of place!

The start is a very strange affair. Unlike other races, no one is interested in standing on the start line, or as far forward as possible. Eventually we were coaxed to the line, and within minutes were off.

My race strategy was to run 8:30 to 9 minute miles. A nice comfortable jog..... !! So anyway, I did the first mile in 7:42.....Who said I couldn't pace myself?!

The scenery is fantastic, with some breathtaking views. The distance markers are non existent until the 10K point. The beginning of the first major climb, out of Dartmeet. I was quite pleased with my time of 48 minutes, although Richard Ayson, shaking his head in disbelief, maybe told a different story.

I was actually enjoying this. It was undulating, but comfortable. I new I had a good race position, and the sight of some friendly faces at 10 miles (Dave Fox, Judith and Steve O'Carroll) gave me even more of a lift.

Ashburton, was the next milestone. The Half Marathon stage, achieved in 1:37. Running through the town center, I was on my own. At that moment, the crowds were there just for me.... And my hair was looking a mess!!!!

The longest continuous climb of the course begins at 13.5, ascending to 14.5 miles. I passed 6 runners on the way up, all walking. What were those words of wisdom passed on by Richard, Neil, Dave and Keith again? "Don't be afraid to walk, conserve energy!" I was soon overtaken again by the 6 walkers.

The terrain was now starting to take its toll, the accents were hurting my calf's, the steep down hills, with sharp bends, caused incredible strain on the knees. At 20 miles Keith Reed, on his bike, was extremely welcome company.

Coming out of Widecombe, up another bloody hill, I was told the road leveled out. I convinced myself the pain, would ease on the flat. Unfortunately it didn't, then came the negative thoughts, then came the struggle!

Approaching the marathon stage the road was undulating, nothing spectacular, certainly not the hills experienced earlier in the race, but in my shape, it was worse than being tattooed!! I succumbed and started walking up the hills.

The marathon was passed in 3:52, although respectable, I was slowing dreadfully with every mile.

Postbridge was the next target. Only 4 miles from the finish. if I could get to Postbridge I could finish. I was being overtaken frequently now, so the earlier thoughts about race position had now been superceded by just finishing. After much walking and limping, I worked out the best way to progress was to adopt a kind of Charlie Chaplin walk, without the cane, or the Crossley shuffle as its now termed.

A work colleague (Brian Lewis – Some of you guys will know Brian, a coach and competent runner with Plymstock Road Runners, who has been cruelly struck down with a degenerative back injury) joined the cause at this stage, taking it in turns with Keith in feeding me jelly babies. If I see another jelly baby.....

At Postbridge I gained an energy spurt, or at least until Sharon Daw sprinted passed me. Some people have no consideration! Doesn't she know I'm running an Ultra Marathon for Christ sake!! Where did I put my bloody gun....

Still, at least there was some support in sight. Well, just my mum actually. See my support crew were all in the pub! Good old mum was on look out duty. The others were inside necking a quick pint.

Managing to keep moving, well you've got to look good when your mum's watching, the next feed station was in sight. Richard was the main man, and he had already refilled one of my earlier discarded water bottles.

I think it was at this point I was passed by a rather rowdy crowd in a Ford Focus. Horn blowing and some woman hanging out of the window. Were the police in pursuit! Were these prison escapees in a stolen car.... No, it was Dave Fox and the O'Carrolls!!! (although who was the guy in the arrowed suit!)

Coming out of Postbridge there was now a head wind. The fantastic support I was getting along this stretch, was the only thing that kept me going. At the final 5K point I cramped up in both calf muscles at the same time. At the penultimate feed station, as I walked through, I was offered the chance to stop, sit down. No chance.....

This got me running again, that and the sight of Steve O'Carroll in the distance doing a spot of sheep worrying!

As I approached Two bridges, I can honestly say I've not experienced discomfort like it – Ok, I've never given birth, but I've had a hernia operation under a local anesthetic, and that hurt! Climbing the penultimate hill there were tears coming down my cheeks. Sheer emotion from the determination.

Then like a Guinness from the gods, appeared the '1 mile' to go marker. The Crossley shuffle turned into a jog. The jog was maintained going up the last hill into Princetown, until I could start to see houses in the village. The jog turned into a run, and by the time I reached the crowds, the pace was not far of a sprint.

The finish line was crossed in 5:03. With a place of 34th out of 123 finishers. I remember someone telling me my race position, but to be honest, I'd forgotten my name at this point, let alone what the hell I was doing in the middle of Dartmoor, wrapped up in crochey blankets.

My advice to anyone attempting this event would be: Start slowly !!!!!!!

Oh, and if we can get at least three next year – Lets go and win the team prize !!!!

Lastly, but most importantly, I would like to sincerely thank every one for there support. It was a truly humbling experience knowing the time, and effort, Jo, my family, work colleagues and you guys from the club, put in to give me much needed encouragement.

There is no way I would have completed this event without your support and help.

Ian Crossley

P.S. I've just realised, two P.B's in one day. Marathon 3:52, Ultra Marathon 5:03. Two for one – Bargain!

P.S.S. To cap of a good day. I raised nearly £200 for Woodside Animal Welfare Trust.

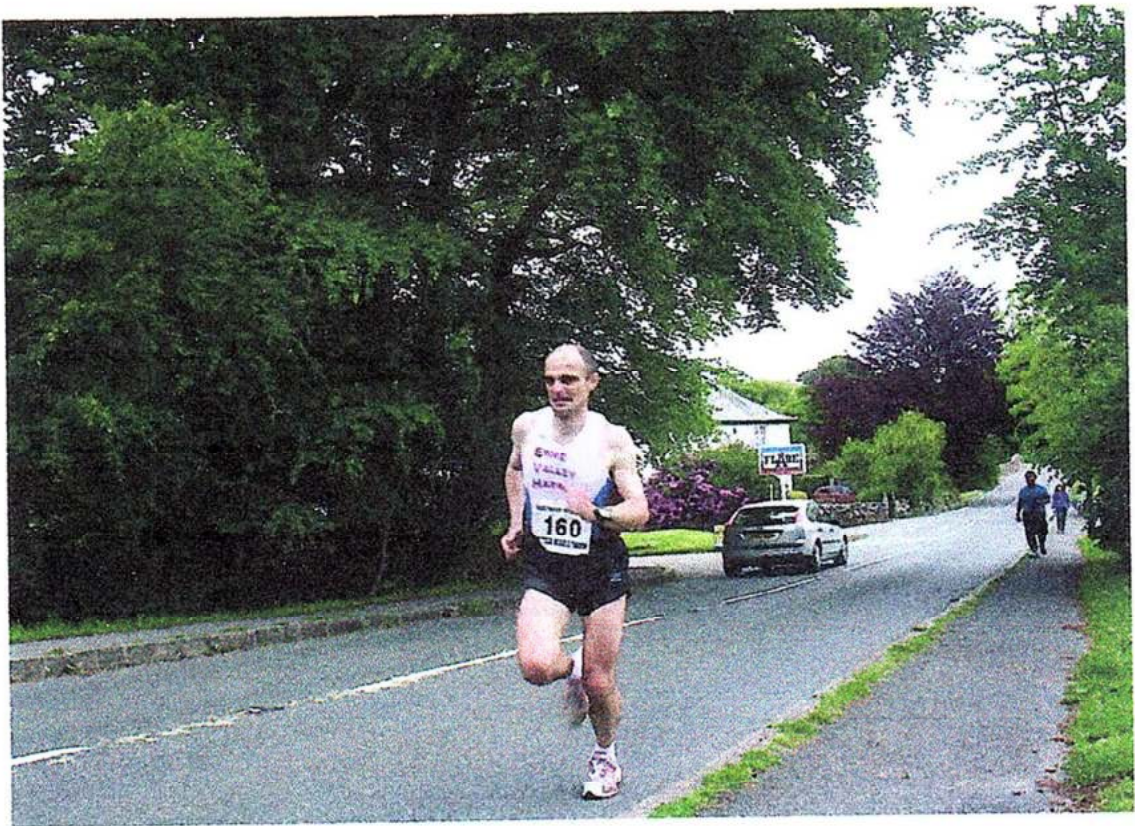
2006 was the club's best entry to date with **Neil Holmes**, **Alan Ayres**, **Ian Crossley** and **Richard Ayson** all running. Unfortunately **Richard** had to drop out through injury but our remaining trio did well as they were 2nd team overall and also 2nd team in the Southern Counties Championships.

By 2007 our athletes were taking a real interest in the race and we had some great performances. **Andy Trigg** was 9th (4.08.20), **Alan Ayres** was 17th (4.26.07), **Richard Ayson** was 19th (4.30.20) and **Barrie Symonds** was 49th (4.55.54). We got the 2nd team award for the second year running. The race was won for the 3rd year in a row by Brian Cox of RNAC (3.44.58). Heather Foundling-Hawker of Honiton RC won the ladies race for the 4th year in a row (4.07.50).

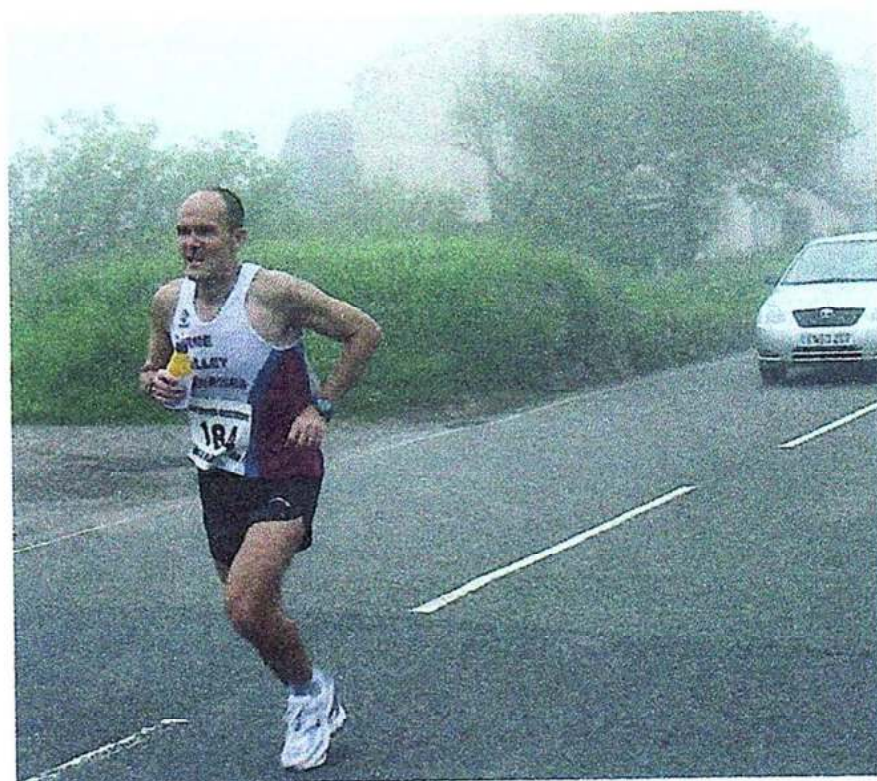
THE HARRIER
www.ev.h.5u.com
(JULY 2006)



TIME TO SMILE BEFORE
DISCOVERY ACTION!



ANDY TRIGG AND BARRIE SYMONDS
AT THE DARTMOOR DISCOVERY



The reports of 2008 and 2009 explain what happened. The 2009 race produced the most exciting finish in the race's history and was provided by our own **Alan Ryder** who produced a sprint finish (after 32 miles !!!) to win the race by **ONE SECOND**. This is the only time that an **Erme Valley Harrier** has won the race.

Dartmoor Discovery

Saturday 07th June, 2008

Starring: Andy Trigg, Ian Crossley and the 'popular' Alan Ayres!

Return of the Jedi, The Return of the King, Naked Gun 3 1/2. The difficult third project.... George Lucas, JRR Tolkien and Peter Segal all had to step up to the mark and surpass their previous efforts.

For me, running the Dartmoor Discovery Ultra Marathon for a third time was going to be a walk in the park, compared to writing the 'difficult' third report for the Harrier.

I endeavoured to contact my fellow authors for inspiration, but this only resulted in two restraining orders and being added to at least one register!

So, back to the gig. A 32mile 'race' across the roads of Dartmoor. Starting and finishing outside the Plume of Feathers Inn, Princetown.

My previous two attempts could have been timed by calendar, not stopwatch. So there were ghosts to put to bed!

It hadn't been the best preparation. In years gone by, I'd done what I thought was the right amount of miles, but this year the training had been sporadic due to a dose of Shenanigans, a bout of lunacy and an infection of absurdity. Against all the books and advice, I completed a 24 mile run 7 days before.... That was my fitness test!!

As usual EVH had a contingent of feels runners in this event. Andy Trigg, the popular Alan Ayres, and myself. Andy and Alan were more than capable of getting us into our usual team challenging position. They are both mile munchers, getting stronger by the hour. But me... Lets just say I usually produce a good first 10K.

The start is at 09:30 and the temperature went from 9 to 40°C in about 10 minutes (that's what it felt like). I quickly splashed on some sun lotion, after all, if I was going for a lie down somewhere, I might as well work on the tan, whilst Andy was contemplating his choice of long sleeved cashmere sweater. In the meantime Alan was disconsolately muttering about... well, almost everything!!

My strategy this year was not to set off with the leaders, but hang back, be restrained, conserve energy. Not to achieve a PB at the half marathon stage.

The ploy was to stay with Alan, but from the start he was quickly a blur on the horizon. I found myself alongside Andy. Panic!!! Okay we had only run 200meters, but I know Andy's standard and I'm about 3 days behind that, so what the hell are we doing running together.

There were also some more sinister concerns about running with the Triggster. He had a huge support crew. All of whom were lovely people, but in the back of my mind was all the grief I had given young Ben about, Fester City, Sorry... Leicester City!

If I became involved in the Trigg support relay, then I could have been rich pickings for stray flying sheep poo! Fortunately Andy sprinted off, and any misguided thoughts faded away.

As the race headed towards Dartmeet, the temperature declined rapidly. In fact it fluctuated frequently all race.

I passed 10K in 49 minutes. There is a steep climb out of Dartmeet, passing the 10K point, and everyone I overtook was walking. Should I have been walking? Was I going to fast? Was I going to slow? Panic!!!

It didn't take long for some of those walkers to overtake. Were they going to fast? Was I going to slow? Here we go again!!

On to Ashburton, and the Half Marathon point. Richard Ayson was the first person I saw, who gave reassuring words of confidence about my pace. Next was Jo, armed with Jaffa Cakes. Ashburton was another place where the temperature resembled the surface of the sun.

From Ashburton it's a climb to Buckland, and on to the Artic Circle, before descending down to Widecombe. At this point I passed a walker (he really was a walker!!). Now I'm confused (it turns out he set off an hour earlier, along with two others). Widecombe welcomed us with rain. This turned to a torrential down pour, and then hail.

Since Ashburton I'd been steadily overtaking people. From Buckland the people I was passing were getting slower. By the time Widecombe approached I looked quite athletic compared to some. Jo was again here, so a few more Jaffa cakes and it was back on to the moor and where, from a very clear memory, the pain kicks in.

The rain was now persisting down, but I was feeling good until.... A twinge in my left hamstring almost brought me to a stop. In the excitement of catching and overtaking people my pace had increased, probably too much. Fortunately a short while at 10 minute mile pace, the pain quickly disappeared.

The next milestone was the marathon marker. Two years ago in the searing heat it was a struggle just to get there. No such problems this time. 3 hrs and 37 mins and feeling good. I could even see the popular Alan Ayres in the distance.

So it's on to the nemesis called Postbridge. Something bizarre normally happens to me here. Generally bits start falling off, or wanting to go in other directions.

With everything crossed, apart from my legs (because that would just look silly and be very dangerous), I descended down the long straight to Postbridge. There was a good turnout of people at the water station area, including Jo, the rest of my support crew, Richard, and the Lee's. This was an enormous lift causing me to step up a gear. I passed Alan, who was aggressively biting the heads of Jelly babies, whilst muttering things that I'm unable to print.

I caught another couple of runners on this stretch, before its back on to the open moor, where running into the rain and wind was a struggle. From here the last 5 miles are on long stretches of visible road, with no one in sight.

Remembering all the points from a couple of years ago; where I was walking; where I stopped; where I laid down for a rest: All these were past, and crossed off the list of milestones.

Approaching Two Bridges the O'Carroll's were on hand to offer support. They are more used to seeing me lying in a ditch at this stage, than looking strong.

To be honest, if I had of stopped to walk, the cramp monster would have taken hold. Things were hurting, but I was able to keep running, at a good pace. Plus with only a couple of miles to go I was on for a finishing time beyond my expectations.

Approaching the last hill to Princetown I was catching the guy in front. He was moving very slowly and about 2 minutes in front. He sped past me on 20 miles at Widecombe – revenge would be sweet! I sprinted the last half mile but he held on for position by 5 seconds! (Memo to self: When entering relay events, a 30 mile warm up is required!). Time of 4 hours and 28 mins – Get in!!! 18th place – Have it!!!

Andy Trigg was at the finish, wrapped in a woollen blanket. Andy wasn't a happy camper as his time was down on last year, but still impressive. Both him and Alan had run the 3 peaks challenge (20 miles plus, 'up-hill') less than 4 weeks previous.

Second funniest thing of the day happened next. Roger Hales (Teignbridge Trotters) crossed the line in a stunning time of 4 hrs 33 mins (Roger and I ran the last 10K faster than everyone apart from the winner and two other guys in the top 10). As Roger crossed the finish line he managed a pirouette and then was promptly handed a fag!!!

Funniest moment of the day was Jo and the younger members of the Trigg support crew taking the microphone from the PA and cheering in Alan Ayres! Prompting the announcer to call him in as the 'popular Alan Ayres'.

3rd team ensured yet another podium finish for EVH, further enhancing our reputation in this event. (Or Alan would probably say, making us prime cases for being sectioned!)

We managed a team picture, all wrapped in blankets, whilst holding brollies, before showering and retiring to the Plume of Feathers.

I always go on about the camaraderie and tremendous support, but again its justified. Our families and support, who drove miles and probably got just as wet, were absolute stars.

Teignbridge Trotters, entered about 20 runners, just to beat us in the team standings, had a team of cyclists who were prepared to offer support for anyone! So a big thanks also goes to them.

There were 154 finishers (Winner was Brian Cole 3.47.51 - Royal Navy AC). Split times as follows:

	10 Km	20 Km	30 Km	Marathon	50 Km	Finish
14 Andrew Trigg	45.30	1.29.14	2.23.12	3.25.52	4.12.12	4.25.31
18 Ian Crossley	48.38	1.36.33	2.34.48	3.37.23	4.16.12	4.28.26
23 Alan Ayres	45.45	1.31.37	2.29.59	3.36.01	4.21.14	4.34.58

Ian Crossley

“Plucky Ryder snatches Dartmoor race In dramatic last - gasp sprint”

‘Evening Herald’

‘Gutsy Ivybridge athlete Alan Ryder sprinted at the end of a 32 mile race to win the gruelling event by just one second.

The Erme Valley Harriers star had just for several hours over Dartmoor and the surrounding area - but still had enough fuel for one final push.

Organisers of the Dartmoor Discovery Ultra Marathon were astonished at the dramatic finish to the race, which saw temperatures drop as low as five degrees.

The 132 runners had also to brave heavy rain during the race, the only ultra marathon course left in the UK.

Race Director Phil Hampton described the event as a success. By the time the dust had settled, 118 runners had passed the finish tape, with the rest dropping out along the way.

Hampton said: “It was a great result for Alan Ryder - he and Mark Croasdale from the Royal Navy Athletics Club went around together. But right at the end, Ryder won it on a sprint to the line.

Saturday’s wind and rain was not as bad for the athletes as the cold. It was stupidly cold for the time of the year, whereas the rain was steady and there wasn’t much wind.

It was a fantastic day, although we had some people drop out because of the cold”.

Ryder completed the lung-busting run in 3.43.43, with Croasdale just behind him. Third, nearly 10 minutes behind, was Christchurch Runners’ George Dayantis , who recorded 3.54.57.



In 2010 **Alan Ryder** was suffering from a virus but still finished a credible 4th in a time of 4.08.12. **Alan** was also 1st mv45.

There is no record of any Harriers competing in the 2011 or 2012 races.

In 2013 **Craig MacAlpine** tackled the course for the first time and had a superb run to finish in 24th place in a time of 4.51.55.

A Voyage of Discovery by Emma Lake

Having read about the 2013 Dartmoor Discovery Ultra event, I made a passing comment to Ewan that I might try that one day! Well next thing I knew, he had kindly found out the application opening date, back in January, entered for me straight away so as not to miss out and...I was in!! I shall return the favour one day, any suggestions gratefully received...

The thought of running a marathon and then carrying on for another 6 miles was an alien concept as for me the marathon was the ultimate distance and remembering how I felt at the end of the five I had previously completed, I was not confident in this new venture! I began to imagine reaching 26.2 miles and that being it, nothing left, legs on strike, feet screaming, collapsing and wondering where the medals, goody bags and finishing cheers had got to!

Just as I was having serious doubts about following this through, my biggest revelation came when I was in town and bumped into a runner from Plymouth Harriers. Chatting about training and races, the Dartmoor Discovery came up and she said she completed it last year. Well I wanted to know everything. She was very enthusiastic about the whole thing and shared her experience, including...WALKING UP THE HILLS! A deliberate act to conserve energy and then get running again at the top and they all do it! Well, I had not considered this as I always try to keep running regardless of speed, after all I'm in a race and only those right at the back in an absurd costume or carrying a bus or something are ok to walk! She also mentioned the slower pace over the distance meant everyone chatted and it didn't feel like a race.

Well I got stuck into marathon training for London, taking it more relaxed than last year, enjoyed the experience as usual and finished in 3:20 which I was very happy with considering the struggle in the last few miles. I'd be lying

if I said the Discovery didn't cross my mind in those last painful flat miles!

Once the marathon recovery was in hand, there was now nowhere to hide. I had 7 weeks to train for the Discovery. Of course I didn't know anything about training for a longer distance than 26 miles so I turned to the person who got me into this in the first place! More than happy to put his anorak on and spend time researching, downloading info, statistics, measurements, etc, he put together an intense training plan which I could follow in order to be as prepared as I could, what love!

Double long runs on two consecutive days of training were surprisingly ok. Usually I'd do a long run and then have a complete day off the following day to recover but on this plan I was doing for example 15 miles on Friday afternoon and then getting up on Saturday and running another 15 or 20 miles, starting with already fatigued legs.



2014 was the first time one of the Harriers ladies took on the race.

So with as many miles clocked up in training as I could fit in, the day came and I drove to Princetown in the hammering rain, what was I doing? The rain kindly stopped to begin the race and I was off, trying very hard to hold back as I knew a fast pace now would make me suffer later. It was just as I had been told, very sociable, people chatting, sharing their previous experiences of the event, some of which I would rather not have heard! Everyone tackling it in their own way, everything from running vests to jackets and gloves, gels to jam sandwiches! I was happy with carrying energy drink and gels as that was what I'd got used to in training. So here I was running in the most amazing place, beautiful scenery with a mix of weather conditions as usual for Dartmoor. Feeling good running at a comfortable pace, lots of hills which I was still running up in the first half...until I was running out of Ashburton alongside another runner and the person up ahead started walking. I knew the theory and liked it but somehow got drawn in to catching and overtaking! We kept running albeit ever so slowly as it was a long steep hill until we realised that the walker was getting no closer! We walked too and felt no shame, especially as no one overtook us either! This is how I continued for the second half, running and walking up most hills. It worked really well as I did feel better at the top and could get going again easier than I thought I would. I was enjoying the support too and kept seeing my family and others. As the roads weren't closed they could drive the whole route and shout words of encouragement which was great.

When I finally reached the marathon distance there was a clock which was on 3:42. I was happy with that. I stopped with a sudden realisation that this was it, I'd never run any further than this, in 15 years of running with numerous experiences, I was about to do something new. I shared this with the marshals sitting having a cup of tea, to which they said 'get

on then'! Not wanting to seem too weird or emotional I started running again and though the pain in my quads was immense I got a real lift and began to feel pretty good, thinking that this was the furthest I'd ever run and even if I stop now I'll have achieved something new. I made a conscious decision to walk every hill after the marathon distance and run in between. This broke up the last 6 miles and worked out well for me as there were a lot of hills to walk up guilt free!

Well as you've probably guessed or know by now, I did finish it 4 hours 43 minutes after I started, running to the finish line with a surge from somewhere. The relief to have made it and sense of achievement was great. It was such a brilliantly organised event and I felt really well looked after during and after the race. Not sure I'd make it as an ultra-runner on a more regular basis but I've done it once...I think I said that about the marathon in the year 2000...watch this space!



2015 was quite a year for **Craig MacAlpine**, **Jean Baptiste-Rouvelin** and **Don Rigby**. The trio having already taken on the **Yorkshire Three Peaks Challenge** earlier in the year no took on the Dartmoor experience. **Craig** improved on his previous run and finishing position in the race with a time of 4.32.25 (21st place). **Jean** was 45th in 5.05.30 and **Don** 64th in 5.17.24.



Dartmoor Discovery Ultra Marathon



Craig MacAlpine was 33rd in 4.47.49, whilst **Jo Edwards** was 2nd fv50 and 45th in 4.59.26. **Don Rigby** was 97th in 5.36.28 in the **2016** race.



Don, Jo and Craig



Liz Bowden (now Bristow) and Allister Bristow
at the **Dartmoor Discovery Marathon of 2017**.

They both did well to finish in 5 hours and 21 minutes. **Liz** did particularly well as she hadn't run a marathon before!

DARTMOOR DISCOVERY - SATURDAY 2 JUNE 2018

We had a great turnout for the 20th Anniversary of this tough 34 mile race on Dartmoor.

Mike Hoskin was the first Harrier home.

Emma Lake was 3rd lady and **Sarah Hirons** 4th lady. Both won their age categories. Well done also to **Ken Summers** who was 2nd mv65.

Unfortunately **Jo Edwards** and **Carol Hansen** had to drop out. **Carol** had infact passed 26 miles but wouldn't get to the next 'cut off' point in time so decided to withdraw.

Results:	25	Mike Hoskin	5.09.28
	28	Emma Lake	5.13.48
	31	Sarah Hirons	5.16.48
	70	Allister Bristow	5.52.54
	88	Ken Summers	6.04.37
	89	Patrick Wakeley	6.04.38
	136	Dave Church	6.30.15
	145	Liz Bowden	6.37.32
	146	Kevin Paull	6.37.32
		(186 finishers)	



**Dave Church, Allister Bristow and Liz Bowden (now Bristow)
at the Dartmoor Discovery**

GALLERY: Tavistock's Holland claims victory in Dartmoor Discovery anniversary race

Posted on June 2, 2018 *by* PLYMOUTH SPORTS GAZETTE



TAVISTOCK ultra marathon specialist Adam Holland retained the Dartmoor Discovery title on Saturday with another impressive run. Holland finished well ahead of the rest of the field in the 20th anniversary of one of Britain's toughest road races.

The ultra-marathon event attracts endurance athletes from all around the country. In recent years the race has been 32 miles long, but to celebrate their anniversary organisers added an extra two miles on to revert back to the event's original distance.

It is the UK's longest single lap road ultra-marathon and starts in Princetown and takes runners to Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland-in-the-Moor, Widecombe-in-the-Moor and Postbridge before returning to the start.

Holland finished the race in three hours, 58 minutes and 43 seconds. Second place went to Cheltenham's David Tomlin, who finished in 4:10.00, with Teignbridge's Ben Mukherjee third in 4:12.09.

Mud Crew's Emily Warren was first women home in 4:59.17, with team-mate and over-50 athlete Diane Roy taking second in 5:05.59. **Erme Valley Harriers' Emma Lake (5:13.48) and Sarah Hiron (5:16.48) were third and fourth, respectively**, with Looe's Emma Wagstaff fifth (5:20.06).

No Harriers took part in the 2019 race and the 2020 event was cancelled due to coronavirus.

5K Time Trial Results - 15th May

Position	Name	Surname	Time
1	Sam	Swift	17.11
2	George	Hayes	19.35
3	Andy	Trigg	20.41
4	Bella	May	21.20
5	Simon	Swift	22.12
6	Paul	Hayes	22.45
7	Isabella	Trowell	26.30
8	Lottie	Chambers	27.31
9	Bryan	Short	31.40
10	Andy	Bartlett	33.43

2.75K Time Trial Results

1	William	Newman	14.52
2	Tommy	Bartlett	14.59

TRAINING ROUTES

June

Tuesday 15 th	'Spirit of the Moor' @ Wrangaton Golf Club
Tuesday 22 nd	Speed Endurance @ Filham Lake
Tuesday 29 th	Long Timber Woods – Harford – Cole Lane – Rugby Club

July

Tuesday 6 th	Summer Handicap # 4
Tuesday 13 th	Out and Back
Tuesday 20 th	'Spirit of the Moor' @ Wrangaton Golf Club
Tuesday 27 th	Ermington Mast Run

THIRD SUMMER HANDICAP 2021**JUNE**

POSITION	NAME	TIME	POINTS
1	Ian Gardner	39.51	50
2	Mary Grose	45.54	49
3	Clare Smith	43.17	48
4	Lynn Nicholls	45.54	47
5	Charlie Millwa	35.54	46
6	Ken Summers	37.35	45
7	Emily Faircloth	43.11	44
8	Louise Creber	51.15	43
9	Dave Rayfield	30.25	42
10	Ben Bristow	34.00	41
11	Nick Baker	41.46	40
12	Sam Swift	28.01	39
13	Mark Workman	42.15	38
14	Lindsay Lane	44.28	37
15	Richard Lane	42.31	36
16	Dave Engledev	33.39	35
17	Nick McMahon	45.23	34
18	Holly Cavill	49.38	33
19	Nick Bristow	31.13	32
20	Ruth Terry	40.50	31
21	Dan Francis	35.29	30
22	Carol Hansen	51.21	29
23	Neil Moffatt	40.24	28
24	Bryan Short	55.13	27
25	Simon Swift	37.48	26
26	Anna Lake	42.59	25



SUMMER HANDICAPS POINTS 2021

NAME	APR	MAY	JUN	JUL	AUG	SEP	OCT	TOTAL
Lindsay Lane	50	47	37					134
Mark Workman	47	43	38					128
Richard Lane	42	48	36					126
Sam Swift	48	36	39					123
Ken Summers	32	42	45					119
Dave Rayfield	49	27	42					118
Dave Engledew	39	41	35					115
Nick Bristow	45	38	32					115
Nick McMahon	44	30	34					108
Dan Francis	46	31	30					107
Ben Bristow	36	28	41					105
Ruth Terry	37	33	31					101
Simon Swift	40	35	26					101
Neil Moffatt	38	29	28					95
Bob Jeffery	33	49						82
Chris Prall	43	37						80
Kevin Paull	34	46						80
Emma Lake	30	44						74
Mary Grose		25	49					74
Lucy Campbell	27	45						72
Nick Baker	31		40					71
Clare Smith		22	48					70
Becky Lee	35	34						69
Louise Creber		21	43					64
Lynn Nicholls		16	47					63
Anna Lake	41		21					62
Dave Church	29	32						61
Carol Hansen	28		29					57
Holly Cavill		20	33					53
Bryan Short		23	27					50
Ian Gardner			50					50
Ray Male		50						50
Charlie Millward			46					46
Emily Faircloth			44					44
Abby Bulbulian		40						40
Emma Beckwith		39						39
Tom Davies		26						26
Andy Bartlett		24						24
Ailie Aviss		19						19
Maria Climent		18						18
Sacha Turki		17						17

Tank sets new PB at NCAA Championships, while King, Battershill and Smart impress

Posted on June 11, 2021 *by* PLYMOUTH SPORTS GAZETTE



CITY of Plymouth's Poppy Tank set a new 10,000m personal best as she claimed a top 10 finish at the NCAA Division One Championships in Eugene, Oregon.

Tank, competing for Utah University, clocked 32:50.57 to take ninth place in the prestigious race.

However, despite running a PB and earning second team All-American honours, afterwards she admitted she had hoped for a top eight spot.

"Not the outcome I was after, but I can't be too disappointed at my first NCAA outdoor appearance," said Tank. "Lots of positives still to take. Time to re-group for the 5,000m on Saturday."

Utah's head coach Kyle Kepler said: "Poppy ran another very smart and tough race. I know she wanted to place higher, but I can't envision asking more of an athlete than she gave in an NCAA final.

"Fifteen athletes, including Poppy, ran a lifetime best. That's the kind of race it was. We are all incredibly proud of her."

Meanwhile, her City of Plymouth colleague David King continued his good season by taking second in the 110m hurdles at the Motonet GP in Finland.

King clocked 13.53 seconds to finish just behind Norway's Vladimir Vukicevic, who won with 13.49.

King's run came just two days after he had set a new life best of 13.37 to win at the Paavo Nurmi Games also in Finland.

Closer to home, Tavistock Run Project's Oliver Smart and **Erme Valley Harriers' Will Battershill** impressed at the BMC Gold Standard meeting at Birmingham University.

Battershill, making his first competitive outing of 2021, ran his second fastest 3,000m steeplechase time of all time – and fastest on British soil – of 8:47.86 to take third behind senior internationals Zak Seddon and Jonathan Hopkins.

The time has put Battershill, who had not run over the barriers since 2019, eighth in the senior UK rankings.



Teenager Smart, meanwhile, claimed another PB this season, running 3:54.29 in the 1,500m. He has already run two 3,000m PBs this year and has run under the European Under-20 Championship qualifying time in the longer distance.

