

THE HARRIER

(MARCH 2022 NEWSLETTER)



**Lindsay, Ruth and Ken approach the finish of 'The Grizzly'
and then find time to 'PAWS FOR THOUGHT'!**

We had a fantastic turnout at the demanding 'Grizzly', with everyone completing the tough terrain, with marathon training required to get you around. Well done to all and a thank you to our numerous supporters on the course. Particular mention goes to **Chief Cheerleader Carol Hansen**. I and **Carol** also fed some of you with a supply of jelly babies and mini-mars bars!

Spring is approaching with some popular races such as the **Tavy 13 (Sunday 20th March)** and the **First Chance 10k at Exeter (Sunday 3rd April)** not far away.

Dave Fox (EDITOR)

FROM THE CO-CHAIR

Hello everyone -

It's March and the lighter nights and hopefully warmer (and less wet weather) is on the way which means a return to some of our summer favourite summer routes including the popular 'Spirit of the Moor' runs (the first one of these will be in April).

Before we leave winter behind a brief recap from February which saw the final fixtures in the Westward Cross Country League including the season finale with a return to Central Park in Plymouth. As a club we were well represented not just by the runners but also several volunteers who helped make the event possible. A huge thank you to you all. In particular I'd like to thank Becky Lee, the Cross Country Team Manager. Becky's done a great job and we really appreciate her efforts. On the results front we had one award winner with Ken Summers taking third place in his age category. Also congratulations to Jamie Frost for qualifying for the Inter County Cross Country Championships and representing Devon.

It's great to see the response to our request for help with hosting the Ivybridge 10k on Saturday 7th May 2022 - thank you. We do still need a few more volunteers to help out so if you are able to spare some time please do get in touch.

We are also making some initial enquires about hosting our own off-road race mid-week in early August and will be part of the Dartmoor fell race series. More details to follow but if anyone is interested to help organise this race, please speak to either Chris Prall or me.

The Torbay relays have been confirmed for Friday 19th August and we are looking to organise a coach there and back. It will be great if we could enter several teams into this race across a range of different categories, please do consider joining us for this event. Each runner runs a 3K leg as part of a team of 4. The race route is entirely within the Torbay Velopark and is pancake flat. We will start organising teams a bit later in the year but please put the date in your diary.

Finally, please remember Ken Summers previous article about the Richmond Running Festival in September. There's a number of different race distances to choose from - a few of us have entered the Half Marathon and I know at least one member is doing the full. If we get enough club members sign up we will organise some self-drive mini buses. Please do let Ken or myself know if you are planning on running so we can get an idea of numbers.

I look forward to seeing you at club or a race soon.

Tom Davies

davies.tp@gmail.com and 07909 595965

SECRETARY'S NOTES

Spring is here?

Things are returning to near normal with COVID with no restrictions in place.

However, we should not be too complacent. We hope that with spring just around the corner things will get even better. Entries are coming in steadily for our 10K but not quite at the rate of previous years.

Plans are well underway and we are looking forward to a successful race. Thanks to all those who have offered to help. We will be letting you know about your roles very soon.

We have made more progress in reviewing the clubs policies in line with the new Club Standards recommendations.

Thanks to Tom for leading on this. We will be sharing the draft policies with you soon.

Training and Coaching

Tuesday training is still going well. We will very soon be able to get out into the lanes and some off road routes. We are again doing the 'Spirit of the Moor' routes from Wrangaton on the 3rd Tuesday starting in April. Junior training has also been going well with good numbers. We will be moving outside from early April.

Competition Update

The final fixture of the Westward League Cross Country season was held in Plymouth. Thanks to all who ran and helped. Congratulations to Ken who was our only award winner. We have five of our athletes representing Devon in the National Inter Counties at Loughborough this weekend and Isabella Trowell is also in the Devon schools team for the English Schools Cross Country in Kent on 19th March. The final Devon Sportshall is on this Sunday 13th March at Dawlish. Hopefully we can hang on to our 2nd place overall and pick up a number of individual awards. We also have a number of our athletes representing Devon in the regional Sportshall event at Torbay on 19th March. Finally it was fantastic to see out three Erme Valley Harriers athletes in the UK Championships at Birmingham. Sam Trigg was in the Triple Jump, Nathan Brown in the 800m and Will Battershill in the 3000m. It was on the BBC Red button and to see our vests being worn was very

emotional. Well done to all three of them. You have done the club proud.

Road (and off Road) Running

Our athletes have been busy again in various events both on and off road. We had a number of our runners in the Grizzly and a good day was had by all. We are now entering the season for Half Marathons and Marathons so good luck to all. Unfortunately we do not have an allocated London Marathon place this year because we had runners carried over. Well done to all those who are successful in the ballot. Hopefully we should get an allocated place in 2023.

Club Memberships Update

Most of you have paid your club memberships and we will now be paying your affiliation fee to England for 2022/23.

A lot of race entry systems check that this fee is paid before letting you enter. If you haven't yet paid your club membership please do so before April 1st. It is also a good idea to check your details on the EA Portal. There are also links to discounts and other benefits. If you are unsure of how to do so then please read the instructions on our website or ask me.

Athletes of the Month

The athletes of the month were Nathan Brown and Oceana Tolfree (junior). Well done to both of them.

Forthcoming Events

March 16th – Armada 3K

March 19th – Regional Sportshall – Torbay Tavi 5K

ESSA XC

March 20th – Tavi 13

Granite Way 10/20

March Hare 10K – Plympton (cancelled)

March 26th – Come and Try Day – Brickfields

March 27th – Yeovil Half Marathon

**April 3rd – Spring Warm Up – Brickfields
- First Chance 10K – Exeter
- Taunton Marathon & Half**

April 10th – Ken Trickey Open

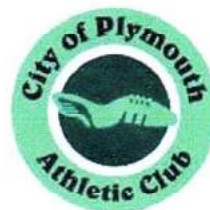
April 13th – Armada 5K Saltram

Keith

**(01752 893573 or 07934373943)
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COME AND TRY ATHLETICS DAY
SATURDAY 26th MARCH 12 – 4pm
Brickfields, Plymouth



Have you ever wanted to try track and field athletics either as a participant or official? We are now able to offer you that chance in a fun but supervised way for free. We are encouraging new potential athletes from 11 upwards to have a go at track and field events. We also want to find more potential officials as without our officials events could not happen. Here is a chance to try officiating in a relaxed atmosphere. You can even try both competing and officiating

We would like anyone who is interested to register via the following link:-

<https://cityofplymouthathleticclub.wildapricot.org/events/>

However, you can just turn up on the day. You will need to sign in at the new clubhouse in the back straight stand from 11.00am. Athletes will be given a number and officials a badge.

The event plan is listed below, athletes can do as many events as they wish. We will allocate new officials to each event and they will be supervised by qualified officials who will be pleased to guide you. Photofinish and Electronic timing will be used.

| TRACK | FIELD |
|-----------|-------------|
| 12noon | DISCUS |
| 100m | SHOT |
| 300m/400m | |
| 200m | |
| 800m | |
| 1pm | HAMMER |
| 100m | LONG JUMP |
| 300m/400m | HIGH JUMP |
| 200m | |
| 1500m | |
| 2pm | JAVELIN |
| 100m | LONG JUMP |
| 300m/400m | |
| 200m | |
| 3000m | |
| 3pm | TRIPLE JUMP |
| 100m | SHOT |
| 300m/400m | |
| 200m | |
| One Mile | |

Times are approximate and will depend on numbers attending. Existing club athletes are welcome.

More details from Keith Reed, reedy41c@googlemail.com or mobile 07934373943.

RACE NEWS

EXETER HALF MARATHON SATURDAY/SUNDAY 12/13 FEBRUARY

We had four athletes in the Saturday version of the race, run in dryer conditions when compared to the following day.

On the Saturday **Simon Fitze** had a great run and was 5th overall in a time of 1.16.39, just outside his pb. **Dave Rayfield** also had a good run, finishing 32nd in 1.24.27. **Danni Moeser** making her debut for the club was 120th overall in 1.44.42, whilst **Ben Vlemincks** recorded a time of 1.59.40, which was a pb, knocking some 30 minutes off his previous race time in September.

Conditions were not so good on Sunday, due to heavy rain. **Alison Engledew** finished in 1.48.28 (74th overall), **Richard Lane** 125th in 1.57.13 and **Lindsay Lane** 131st in 1.57.59.

TRAINING ROUTES

March

| | |
|--------------------------|---|
| Tuesday 15 th | Ivybridge Loop |
| Tuesday 22 nd | Speed Work - Train Station |
| Tuesday 29 th | Summer Handicap Route (familiarisation) |

April

| | |
|--------------------------|--|
| Tuesday 5 th | Summer Handicap #1 |
| Tuesday 12 th | Penquit Loop |
| Tuesday 19 th | 'Spirit of the Moor' - Wrangaton Golf Club |
| Tuesday 26 th | Out and Back 30 minutes |

May

| | |
|--------------------------|--|
| Tuesday 3 rd | Summer Handicap #2 |
| Tuesday 10 th | Ermington Mast Run |
| Tuesday 17 th | 'Spirit of the Moor' - Wrangaton Golf Club |
| Tuesday 24 th | Speed Endurance - Filham Lake |
| Tuesday 31 st | Long Timber Woods - Harford - Cole Lane - Rugby Club |

June

| | |
|--------------------------|--|
| Tuesday 7 th | Summer Handicap #3 |
| Tuesday 14 th | Penquit Loop |
| Tuesday 21 st | 'Spirit of the Moor' - Wrangaton Golf Club |
| Tuesday 28 th | Cornwood 10 Mile Loop - Out and Back Harford |

ATHLETICS: King's hopes of retaining British indoor title end in frustration

Posted on February 28, 2022 *by* PLYMOUTH SPORTS GAZETTE



DAVID KING'S hopes of claiming a hat-trick of British indoor 60m hurdles titles and automatically guaranteeing his place at the World Indoor Championships came to a frustrating end on Sunday.

King had gone into the national championships in Birmingham in sparkling form having matched his lifetime best of 7.63 seconds just the weekend before at the same venue.

The City of Plymouth athlete showed that form in his heats, clocking 7.66 seconds to easily qualify for the final the fastest.

But in the final, where he was going head-to-head with his big rival Andy Pozzi, he twitched on the start blocks and the meeting officials deemed it enough to disqualify him from the race.

It meant 2018 world champion Pozzi was able to win back the national crown and secure his place on the plane to Belgrade.

King has got the World Championship qualifying time and has proved his form this season so he should have done enough to still make the Great Britain team, which will be announced on Tuesday.

Pozzi said he was disappointed King was disqualified on Sunday as he was looking forward to their head-to-head.

"I was more sorry for David as he's having a really good season and I really wanted to compete with him in that final," said Pozzi. "I think that would have pushed the level high, so it was disappointing. I was sorry for that to happen to him as he's in great shape."

King was not the only City of Plymouth hurdler competing at the national championships in Birmingham. Teenager Toby Clayden made his debut at the event, clocking a new PB of 8.59 seconds in the heats.

Fellow Plymouth athlete Tyler Johnson was also in action, clocking 49.31 seconds to finish fourth in his heat of the 400m.

Erme Valley Harriers also had three athletes competing at the championships in Birmingham.

Great Britain international **Will Battershill** came ninth in a strong 3,000m race that proved difficult to run in with 16 athletes in the field on a 200m track. In a tactical race, **Battershill** clocked 8:06.57.

Club colleague **Sam Trigg-Petrovic** finished seventh in the triple jump with a best leap of 15.24m, while **Nathan Brown** made his debut at the championships, finishing third in his heat of the 800m in 1:53.09.



Meanwhile, away from the track, Tavistock Run Project's England junior international Oliver Smart came fifth in the under-20 men's race at the English National Cross Country Championships at Parliament Hill.

Meanwhile **Carol Hansen** achieved a time of 2.12.51 at a very windy **Brighton Half Marathon**.

Claire Fraser had a good run at the **Bideford Half Marathon** with a time of 1.34.34.

LOOE 10 - SUNDAY 27 FEBRUARY

At the undulating **Looe 10** our athletes performed well, with **Dave Engledew 2nd M60** and wife **Alison 2nd F60**.

| | | | |
|----------|-----|-----------------|---------|
| Results: | 69 | Dave Engledew | 1.19.09 |
| | 146 | Barry Neal | 1.28.26 |
| | 170 | Alison Engledew | 1.32.03 |
| | 223 | Richard Lane | 1.37.59 |
| | 272 | Lindsay Lane | 1.44.09 |
| | 423 | Louise Creber | 2.04.23 |

Chris Prall continued his good form in the off road races with a 4th place in the **Hameldown Half Marathon**. **Chris** recorded a time of 1.44.07 for this tough race. Wife **Becky** was 107th in a time of 2.04.13.

PRAISE FOR LUCY

We received an email from a runner about the **Bourton on the Water 10K**. He said the following:

'I ran the **Bourton on the Water 10K** yesterday and in the last mile I was struggling mentally – running and walking. One of your members (I didn't get name at the time and didn't get chance to speak to her at the finish) but have later worked out from the results that it was **Lucy Cambridge**. She was so helpful in keeping me going and I just wanted to say a massive thanks to her. She's a credit to your club. I hope she got the result that she was after.

Lucy was 272nd in 46.19 but well done to her for flying the flag for the club.





BARRY AND RICHARD AT THE LOOE 10

THE GRIZZLY - SUNDAY 6 MARCH



The annual Grizzly race took place last Sunday and a good (if tough) day was had by all. The race is about 20 miles and takes in all types of terrain including beaches, hills and mud.

We had a total of 15 runners taking part and two others in the cub run over around 9 miles

Results:

| | | |
|------|------------------|---------|
| 75 | Alistair Bristow | 3.03.35 |
| 186 | Dave Engledew | 3.23.02 |
| 234 | Andy McDowell | 3.30.24 |
| 291 | Emma Lake | 3.39.04 |
| 392 | Russ Mogridge | 3.37.28 |
| 344 | Andy Trigg | 3.44.50 |
| 345 | Simon Swift | 3.44.48 |
| 373 | Alison Engledew | 3.47.41 |
| 526 | Kevin Paull | 4.01.22 |
| 555 | Neil Moffatt | 4.04.24 |
| 598 | Paddy Wakeley | 4.11.25 |
| 894 | Lindsay Lane | 4.39.56 |
| 895 | Ken Summers | 4.39.56 |
| 896 | Ruth Terry | 4.39.56 |
| 1015 | Linda Bracher | 5.02.30 |

Cub Run

| | | |
|-----|----------------|---------|
| 76 | Kate Medlicott | 1.34.58 |
| 170 | Liz Bristow | 1.47.23 |



THE GRIZZLY





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THE GRIZZLY



FIFTH WINTER HANDICAP 2021-22**MARCH**

| <i>Pos.</i> | <i>Name</i> | <i>CLOCK TIME</i> | <i>H/CAP</i> | <i>TIME</i> | <i>POINTS</i> |
|-------------|---------------------|-----------------------|--------------|-------------|---------------|
| 1 | Claire Fraser | 33.18 | 10 | 32.18 | 50 |
| 2 | Isabella Trowel | 33.38 | 7 | 26.38 | 49 |
| 3 | Bob Jeffery | 34.09 | 7 | 27.09 | 48 |
| 4 | Alison Engledew | 34.27 | 7 | 27.27 | 47 |
| 5 | Neil Moffatt | 34.51 | 8 | 26.51 | 46 |
| 6 | Dave Rayfield | 35.14 | 13.5 | 21.44 | 45 |
| 7 | Tom McDowell | 35.17 | 4.5 | 30.47 | 44 |
| 8 | Chris Prall | 35.37 | 14 | 21.37 | 43 |
| 9 | Charlie Milward | 35.46 | 13 | 23.46 | 42 |
| 10 | Nick Baker | 35.51 | 4.5 | 31.21 | 41 |
| 11 | Barry Neal | 36.34 | 10 | 26.34 | 40 |
| 12 | Ruth Terry | 36.51 | 5.5 | 31.21 | 39 |
| 13 | Christian Cutcliffe | 38.08 | 13 | 25.08 | 38 |
| 14 | Kate Medlicot | 38.25 | 11.5 | 26.55 | 37 |
| 15 | Bridget Privett | 41.32 | 4.5 | 40.02 | 36 |

WINTER HANDICAP POINTS 2021-22

| <i>NAME</i> | <i>NOV</i> | <i>DEC</i> | <i>JAN</i> | <i>FEB</i> | <i>MAR</i> | <i>TOTAL</i> |
|-----------------|------------|------------|------------|------------|------------|--------------|
| Bob Jeffery | 48 | 45 | 0 | 46 | 48 | 187 |
| Barry Neal | 46 | 43 | 47 | 0 | 40 | 176 |
| Ben Vleminckx | 50 | 46 | 36 | 37 | | 169 |
| Neil Moffatt | 40 | | 43 | 35 | 46 | 164 |
| Alison Engledew | 36 | 40 | 0 | 36 | 47 | 159 |
| Chris Prall | 0 | 41 | 34 | 41 | 43 | 159 |
| Charlie Milward | 0 | 37 | 38 | 38 | 42 | 155 |
| Richard Lane | 41 | 34 | 37 | 43 | | 155 |
| Dave Rayfield | 18 | | 40 | 48 | 45 | 151 |
| Dave Engledew | 39 | 33 | 32 | 39 | | 143 |
| Ruth Terry | 0 | 29 | 24 | 47 | 39 | 139 |
| Nick Baker | 38 | 31 | 28 | | 41 | 138 |
| Nick McMahon | 45 | | 48 | 42 | | 135 |
| Emily Faircloth | 26 | 38 | 29 | 33 | | 126 |

| | | | | | | |
|----------------------------|-----------|-----------|-----------|-----------|-----------|------------|
| Jamie Frost | 43 | | 39 | 44 | | 126 |
| Anna Lake | 37 | | 41 | 29 | | 107 |
| Ken Summers | 17 | 48 | 42 | | | 107 |
| Tom McDowell | | 35 | 23 | | 44 | 102 |
| Carol Hansen | 47 | | 26 | 27 | | 100 |
| Lindsay Lane | | | 49 | 45 | | 94 |
| Lynn Nichols | 20 | 47 | 25 | | | 92 |
| Russ Mogridge | 23 | 39 | 30 | | | 92 |
| Danni Moiser | | | 50 | 40 | | 90 |
| Kate Medlicott | | 49 | | | 37 | 86 |
| Claire Fraser | | | 33 | | 50 | 83 |
| Dave Church | 35 | | 45 | | | 80 |
| Nick Bristow | 19 | 30 | | 31 | | 80 |
| Linda Bracher | 42 | 32 | | | | 74 |
| Louise Creber | | 44 | | 30 | | 74 |
| Matthew Gilvear | | 42 | 31 | | | 73 |
| Briget Privot | | | 22 | 50 | | 72 |
| Becky Pine | 14 | 50 | | | | 64 |
| Tom Davies | 29 | | | 34 | | 63 |
| Emma Lake | 34 | 28 | | | | 62 |
| Isabella Trowel | | | | | 49 | 49 |
| Nicola Kovacic | | | | 49 | | 49 |
| Ronnie Haynes | 49 | | | | | 49 |
| Craig McAlpine | | | 46 | | | 46 |
| Andy Bartlett | | | 44 | | | 44 |
| Dinah Wakeley | 44 | | | | | 44 |
| Clare Smith | 12 | 27 | | | | 39 |
| Christian Cutcliffe | | | | | 38 | 38 |
| Phil Adderley | | 36 | | | | 36 |
| Mike Hoskin | 33 | | | | | 33 |
| Bryan Short | 32 | | | | | 32 |
| Kevin Paull | | | | 32 | | 32 |
| Simon Swift | 31 | | | | | 31 |
| Patrick Wakeley | 28 | | | | | 28 |
| Ed Hill | 27 | | | | | 27 |
| Pam Duncan | 25 | | | | | 25 |
| Mary Grose | 22 | | | | | 22 |
| Becky Lee | 21 | | | | | 21 |
| Alie Aviss | 16 | | | | | 16 |
| Richard Marsh | 15 | | | | | 15 |
| Natasha Duncan | 13 | | | | | 13 |

EVH Grand Prix 2022

The 2022 GP has started and after 10 races, 53 of our athletes have taken part in an event which is covered by the GP, which is an excellent start.

The latest league table has Ken Summers making the early running but with Simon Swift not far behind.

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

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

| Pos | Name | Total |
|-----|-----------------|--------|
| 1 | Ken Summers | 157.99 |
| 2 | Simon Swift | 150.00 |
| 3 | Alison Engledew | 121.56 |
| 4 | Linda Bracher | 120.00 |
| 5 | Dave Engledrew | 111.58 |

Races coming up

| Date | Race | Points Available |
|--------|--------------------------|------------------|
| 16-Mar | Armada 3k | 10 |
| 20-Mar | Tavy 13 | Age% * 0.75 |
| 05-Apr | Handicap Summer 04 01 | 10 |
| 13-Apr | Armada 5k | 10 |
| 15-Apr | Fast Friday (Exeter 10k) | Age% * 0.5 |

Point Scoring

| Event | Points |
|--|-------------|
| Handicap | 10 |
| Armada series | 10 |
| 5k | 15 |
| Relays | 15 |
| Cross Country and off road | 30 |
| Greater than a Half, less than a Marathon | 40 |
| 10k | Age% * 0.5 |
| Half Marathon | Age% * 0.75 |
| Marathon | Age% |
| Additional Points | |
| For each Marathon after your first this year | 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 | 20 |
| 1st place male | 20 |
| 1st place female | 20 |

Keep on running!

Phil Adderley