

THE HARRIER

(NOVEMBER 2022 NEWSLETTER)



**Becky, Ken, Barry, Alison, Dave and Sarah
all ran well at the Templer 10**

Well done everyone for a great turnout at the **Tavy 7**. There were many smiling faces! Our group at the **Templer 10** also did well – I was going to watch the race but due to the torrential rain in Ivybridge I gave it a miss. However, I gather when the race started there was no rain so someone was looking down on everyone!

Particular mention this month goes to **Lucy Cambridge** who put in a most memorable performance at the **Snowdonia Marathon Eryri** and **Alison McEwing** who achieved a pb at the **Bideford 10** and set a new senior ladies record in the process.

Many thanks to everyone who ran in the **Newquay Cross Country** today. The conditions were good, although a bit windy! I hope our athletes competing at the **Drogo 10** also had an enjoyable day - **Dave Fox (EDITOR)**

FROM THE CHAIRMAN (reporting at the AGM)

Hello Erme Valley Harrier members. Thank you for taking the time to read this report, my first as Chair since taking over 12 months ago.

Firstly, I'd like to thank the Committee; Keith Reed, Paul Ross, Phil Warren, Phil Adderley, Chris Prall, Sharon Terry, Ruth Terry and Dan Francis. All of whom have personally helped me in my role of Chair and who keep the club running smoothly. If anybody else would like to join the committee please do get in touch we would welcome input from the full spectrum of club members.

Secondly, I'd like to thank all of you for coming along on a club night. Our numbers seem to be returning to pre-covid levels, which is great to see. We're trying to keep the planned training sessions following a similar format each month but with variations to keep things as interesting as we can. If anyone has suggestions for routes or speed sessions etc then please let me know.

Keith has covered the aims of 2022 in his report, so I won't repeat here. However, to reiterate, we are still looking for volunteers to help with leading club runs on a Tuesday night. If anyone is interested in doing this, then let one of us know and we'll get things arranged. Likewise, Chris will cover the finances in more detail but in summary after a couple of rocky years the finances for the last year are healthy and we're in a stable position once again.

Looking back at the last year, a definite highlight for me has been the three races which we have hosted. Firstly, to get the 10K back up and running is a huge positive - it is the cornerstone of the club's finances and helps to keep the membership fees as low as possible. We received excellent feedback from runners and local clubs and I feel it was a great success. Secondly, the relays in July, with some challenges around having to hold the event midweek rather than the traditional Friday night, it was well attended by both running clubs and social running groups. There was a great atmosphere on the evening and again showcased how good we are as a club at hosting events. Finally, the Ivybridge Three Tops Fell Race, Chris Prall stepped up to direct a race for the first time and put on a superb event including 2 different junior races, which went down very well with the local fell running community. I think the icing on the cake was the fact that the men's race was won by our own Matt Gilvear.

None of the above would be possible without the support of our members, can I say a huge thank you to everyone who has helped out in any way at any of these events, I and the rest of the committee, very much appreciate people giving us their time and supporting us when we host these races.

Other highlights of the year have been the continued success of the Summer and Winter handicaps, these are very well attended, and everyone seems to relish the challenge of the two different courses. A huge thank you to Monica, Donna and Shirley for the organisation and timing of these events. Thank you to Ken for running the kit sales and making sure that new members know how to get hold of the various bit of kit which are available.

As ever, Dave Fox has produced monthly editions of The Harrier covering all the races that club members have been getting to and usually including a not so flattering picture of me wading through some muddy ditch at one of the cross-country races! On the subject of cross-country, I'd like to thank Becky Lee for her management of the cross-country teams last season and continuing to do so this year. It was great to see so a good turnout of both seniors and juniors at the first XC race of the year at Newnham, it would be great to see a few more of you at some of the other races in the season.

Our regular couch to 5K programmes have been a great success, a big thank you to Sharon, Ruth, Paul and others who have been involved with organising these sessions. It's great to see the runners progressing on a week-by-week basis with many of them signing up to as members once they've completed the course.

A personal highlight for me this year has been around the club's social side, I'm thinking in particular of the regular meet up at various parkruns across the region including taking over the entire Haldon Forest diner following Ken's birthday parkrun and a great turn out at the Eden project to celebrate Ian and Sarah's wedding. Thanks also to Andy Trigg for his weekly parkrun roundups, with some fascinating info and stats covering all things parkrun. We also recently had a club trip to the Tavy 7, followed up with a get together at a local pub for some food which was well attended and people seemed to enjoy both the event and the post-race refreshments. We've also had the regular away day runs on a Friday evening and the occasional breakfast run, thanks to Phil Warren for organising those. I think all of this perfectly demonstrates the club spirit and welcoming nature and I very much look forward to more of the same next year.

Looking ahead to next year, I have three main aims for the club, but would love to hear ideas from members on what they would like to see the club doing.

My aims for the club next year are as follows:

- 1. Recruit more run leaders to assist on club nights**
- 2. Increase senior membership level to greater than 150**
- 3. Increased engagement with club members and organisation of regular club trips to races etc**

Thank you again for reading and I look forward to seeing you at club or a race soon - Tom Davies

SECRETARY'S NOTES

Christmas is coming

Thanks to everyone who came along to the club AGM held last Tuesday at the Rugby Club. We were able to update our policies and the constitution in line with England Athletics requirements. All the documentation is on the website for everyone to read. We will be discussing the issues raised at our next committee meeting when the new committee members will join. Tickets are now on sale for the club Christmas do on Saturday 10th December. Please see Sharon to buy yours. The club trip to the Tavy 7 and away/breakfast runs went well. Thanks to Tom and Phil for sorting those out.

Training and Coaching

Tuesday training continues to go well and the newly launched Couch to 5k programme is also going well. We held the first of the Winter Handicaps and have had a couple of good speed work sessions. The darker nights can be a bit difficult but hopefully everyone can enjoy the sessions.

Junior training is going well with a few more new recruits coming along.

Remember we are still looking for new leaders to get involved and possibly take the LIRF course. Just get in touch if you keen.

Competition Update

The Devon Sportshall season began well and we had 29 young athletes there. We are lying in 2nd place overall and hope to do even better next weekend when it is the second fixture in Plymouth. This one includes the Devon County Championships where medals are up for grabs.

Today is the second Westward League fixture in Newquay and also the Drogo 10. We hope for a good turnout. Also good luck to Cleo Perry who is representing England Masters in a Cross Country international in Dublin.

Entries are open for the Devon Cross Country Championships on Dec 4th in Exeter. We have agreed to pay for entries for club members. You will have to claim it back after entering yourself on the system.

The entries are also open for the first two indoor events at Cardiff.

Road (and off Road) Running

It has been a busy time for events recently with the Tavy 7 and Templer 10 plus the Drogo. We did very well at the Tavy 7 with 22 taking part. We won four age group awards and bronze medals in the Ross Shield which was the Devon road race team championship for men and women.

We won more trophies at the Templer 10 and Chris Prall did well in the Cornish Marathon. We are hoping to get teams in the Armada Relays on Dec 18th which is free to enter. The annual Burrator run will take place on Boxing Day at 11am from the Dam. It is not a race and fancy dress is encouraged. You just need to bring a present and take one from the sack when you finish. We will be doing the draw for the club London place at the Christmas do.

Athletes of the Month

The athletes of the month were Ruth Terry for her epic London marathon performance and Gracie Luck (junior). Well done to both of them.

Forthcoming Events

Nov 19th – Tavi 5K

- Burrator Noir

Nov 20th – Devon Sportshall – Plymouth

Nov 27th – Wiltshire Half Marathon

- Brent Knoll race

Dec 4th – Devon County Championships and Westward League – Exeter

- Welsh Junior Indoor includes SW Champs - Cardiff

Dec 11th – Plym Trail Marathon and Half

Dec 17th – Tavi 5K

Dec 18th – Armada Relays

- Cardiff Christmas Classic

Dec 26th – Burrator Run

Finally - take extra care when you running on the roads at this time of the year. There are often slippery leaves around and with the dark nights you need to take extra care. Be especially careful around the Rugby Club entrance.

Keith

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RACE NEWS

We had four athletes in the **Bath Half Marathon** on **Sunday 16th October**. Well done in particular to **Ruth** who had not fully recovered from her injury at the **London Marathon**. **Cleo** decided to run with **Martin**.

Results:	3388	Lindsay Lane	2.01.30
	3650	Ruth Terry	2.04.15
	3795	Cleo Perry	2.05.44
	3796	Martin Perry	2.05.44



At the **Eden Half Marathon**, with many hills and off road sections **Dave Engledew** was feeling 'under the weather' so he paced **Alison** (1.52.56), which earned **Alison 1st female vet 60**. **Alison** was over 10 minutes faster than 2021. **Barry Neal** did really well, finishing in 1.50.48.

There was also **Fell Race** action at **East Mill Tor** with **Chris Prall** 5th overall and wife **Becky** 28th. **Isabella Trowell** took part in the junior race but marshalling errors meant she got very lost.

Lucy Cambridge took on the very tough **Snowdonia Marathon Eryri** and had an incredible run, with a time of 4.04.40



TAVY 7 - Sunday 30th October 2022

We turned out in force at this hilly and popular race, with 22 athletes completing the course.

Nick Bristow was **1st male 50**, **Dave Rayfield** was **1st male 55** whilst **Kate Medlicott** was **2nd female 55**.

The race incorporated the long standing **Ross Shield**. We did well as we achieved **3rd male** and **3rd female teams**.

Results:	30	Nick Bristow	47.04
	33	Dave Rayfield	47.30
	56	Tom Davies	49.51
	59	Dan Morgan	50.28
	91	Dan Francis	52.58
	103	Barry Neal	54.17
	117	Kate Medlicott	55.27
	119	Danni Moeser	55.30
	122	Dave Mitchell	55.47
	132	Dave Gilvear	56.36
	149	Richard Lane	57.52
	152	Kevin Paull	58.03
	158	Neil Moffatt	58.29
	192	Andrea Mitchell	60.11
	216	Dave Church	61.57
	228	Lindsay Lane	62.49
	235	Ben Vleminckx	63.31
	256	Bridget Privett	65.08
	313	Jenny Francis	68.24
	364	Becci Pine	73.35
	373	Louise Creber	74.24
	401	Ailie Aviss-Monro	77.46
		(440 finishers)	

Chris Prall tackled the very tough **Cornish Marathon** and ran well with a **16th** place finish in a time of **3.10.18**

Alison McEwing was our only athlete at the **Bideford 10**. **Alison** achieved an impressive time of **60.47**, which placed her as **3rd female**. **Alison's** time was also a pb and a **Senior Ladies Club Record**, which broke the record of **Jaine Swift** (**62.02**), strangely set on the same course in **2012**. **Alison** ran the race just in time to get the record as she moves to the vet **35** category shortly!

GALLERY: Tamar Trotters' Landers retains Tavy 7 title, while Kelly wins women's crown

Posted on November 1, 2022 *by* PLYMOUTH SPORTS GAZETTE



TAMAR Trotters' Jacob Landers retained the Tavy 7 title in windy conditions on Dartmoor on Sunday morning. Landers held off the challenge of Jordan Andrews, Ben Neale and Jim Cole to reclaim the men's crown. The Tamar Trotter made light of the strong head wind over the final couple of miles to win in 37 minutes and 28 seconds, which was 17 seconds quicker than he had run 12 months earlier.

Tavistock Run Project's Andrews, winner in 2017 and 2018, came second in 38.08 minutes, which was faster than his previous title-winning runs. Tavistock AC's Ben Neale, who was runner-up last year and in 2015 and 2016, had to settle for third place this year in 38.37 minutes, while Run Project's Jim Cole, another former winner, came fourth and first M40 in 39.15 minutes. Fifth place – and the only other runner to go under the 40-minute mark for the tough course – went to Tavistock AC's Sam Larkham in 39.25 minutes.

Host club Tavistock AC comfortably won the men's race team prize and the Devon County AA Ross Shield.

Tavistock's women were not to be out done and they also easily won the two team prizes with three athletes in the top five.

Nikki Kelly, runner-up last year, was a dominant winner in the women's race, finishing in 43.51 minutes. Second woman, and first F40, was South West Road Runners' Victoria Hill, who clocked 45.49 minutes. She was closely followed home by fellow F40 athlete Sam Lake of Tavistock, who ran 45.54 minutes. Emma Ryder, also from the host club and better known for her 800m running on the track, was fourth in 46.37, with Storm Plymouth's Lauren Knox fifth in 48.18 minutes.

Erme Valley Harriers' Nick Bristow and **David Rayfield** claimed the top prizes in the M50 and M55 categories, respectively, while Plymouth Coasters' Michael Cork was first M65.

Tavistock's Helen Orme was first F45, with Plymstock Road Runners' Rachael Doonan winning the F50 category, Tavistock's Caroline Stevens the F55 age group and Tamar Trotters' Jane Bremner was first F65.

The scenic race, which starts and finishes at Plaster Down on Dartmoor, saw 444 finishers.





TAVY 7





TAVY 7





TAVY 7





TAVY 7





TAVY 7



ATHLETICS: Ezra wins Bideford 10, while Tunnicliffe triumphs at Templer Ten

Posted on November 8, 2022 *by* PLYMOUTH SPORTS GAZETTE



TAMAR Trotters' Bex Ezra held off the challenge of Tavistock's Nikki Kelly and **Erme Valley's Alison McEwing** to win the Bideford 10 on Sunday morning.

Ezra was the only female to go under the hour mark for the 10-mile race in north Devon, clocking a quick 59 minutes and three seconds, which ranks her in the UK's top 20 this year over the distance. Kelly, who last weekend won the Tavy 7, took second place in 1:00.43, which was just four seconds ahead of **McEwing**.

Tavistock Run Project's Rachel Malthouse was 10th female and third F35, while Plymouth Harriers' Ami Peyton-Jones was 13th and third F40 and Tavistock AC's Maarit Green was third F65.

Plymouth Harriers' Steve Hill was third M45, while Tavistock's Mark West was third M50.

The race was won by Devon's Olympic steeplechaser Phil Norman, who set a new course record of 49.58 minutes. Second place went to Bideford's Ronnie Richmond in 50.30, with his team-mate Shaun Antell third in 51.11.

Elsewhere on Sunday, Plymstock Road Runners' Carla Tunnicliffe won the multi-terrain Templer Ten at Stover in 1:11.57.

Stuart Hall and Graham Bale had a good battle in the men's race. Hall finished seventh in 1:03.14, with Plymstock Road Runners' eighth in 1:03.51. The pair took the top two M55 places.



Erme Valley Harriers' Sarah Hirons was second F40, while team-mates **David** and **Alison Engledew** also picked up age category prizes. **Alison** was first F60, while **David** was second M60. Fellow **Erme Valley** runner **Ken Summers** was first M70.

Plymouth Musketeers finished sixth in both team events, with Justin Frost leading the men home and Deborah Bennett heading the women's side.

Across the Tamar, Plymouth Harriers' Andy Charles finished as first M60 in 3:20.38 at the Cornish Marathon, which was run in heavy rain.

Erme Valley Results:	31	Dave Engledew	1.37.37
	60	Sarah Hirons	1.21.32
	62	Barry Neal	1.22.04
	77	Ken Summers	1.26.39
	78	Alison Engledew	1.26.49
	80	Becky Prall	1.27.02



TEMPLER 10





TEMPLER 10



FIRST WINTER HANDICAP 22-23				NOVEMBER	
POSITION	NAME	Clock Time	H/Cap	TIME	POINTS
1	Katie Mogridge	33.12	1	32.12	50
2	Lynn Whitfield	33.22	1	32.22	49
3	Russ Mogridge	33.42	9	24.42	48
4	Ruth Terry	33.56	5.5	28.26	47
5	Andy Mitchell	34.04	8	26.04	46
6	Lindsay Lane	34.09	5.5	28.39	45
7	Andrea Mitchell	34.15	5.5	28.45	44
8	Dave Church	34.21	5.5	28.51	43
9	Jenny Francis	34.43	3.5	31.13	42
10	Nick Baker	34.46	5.5	29.16	41
11	Barry Neal	35.00	10	25.00	40
12	Richard Lane	35.04	7	28.04	39
13	Dave Engledew	35.08	11	24.08	38
14	Matthew Gilvear	36.06	16	20.06	37
15	Chris Prall	36.09	15	21.09	36
16	Nick Bristow	36.31	14	22.31	35
17	Dave Rayfield	36.36	14	22.36	34
18	Tom Davies	37.25	14	23.25	33
19	Ken Summers	37.41	8	29.41	32

Return of the Rankings

Due to covid and the lack of races I had to stop producing club rankings for the year.

These were last produced for the year 2019 but with many events returning to normal I will produce the road rankings for the the 10K, Half Marathon and Marathon for this year. They will appear in the 2023 January Harrier. If you have run a race, which hasn't been mentioned in the Harrier and falls within the rankings then can you let me have details over the next few weeks.

The rankings use to include 10 mile races but with the demise of the Plymouth Hoe 10 and Teignbridge 10 there are no longer sufficient races to create a category.

However, should the trend change then they can be included in the future.

Dave Fox - Editor

ERME VALLEY HARRIERS

SENIOR ROAD RECORDS

MENS

10k	Will Battershill	29.54	Draycott 21
10 miles	Allister Bristow	50.53	Guy Fawkes 94
Half Marathon	Neil Holmes	1.08.44	Burnham 95
Marathon	Colin Campbell	2.29.28	London 85

LADIES

10k	Alison McEwing	37.19	Exeter 16
10 miles	Alison McEwing	60.47	Bideford 22
Half Marathon	Alison McEwing	1.21.02	Exeter 14
Marathon	Alison McEwing	2.49.45	Manchester 22



Dan Francis laid a wreath on behalf of Erme Valley Harriers

The Club also donated £100 towards the Poppy Appeal

TRAINING ROUTES

November:	Tuesday 15h	Ivybridge Loop
	Tuesday 22nd	Penquit Loop (Head Torch Run) or Speedwork @Gorse Lane
	Tuesday 29th	Speedwork @ Viaduct (hill reps)
December:	Tuesday 7th	Winter Handicap #"
	Tuesday 14th	Long Timber Woods/Harford (Head Torch Run or Speedwork @ Julian Road/Woodland Road
	Tuesday 21st	Run around Ivybridge – Xmas Lights (Xmas Hats)
	Tuesday 28th	NO CLUB SESSION



EVH XMAS PARTY

Hunting Lodge - Saturday 10th December (7.30 – 11.30 pm)

There is a 80's Christmas theme and a raffle!

Tickets are £10 – contact Sharon if you wish to attend

(sharon.f.terry@hotmail.com)

ARMADA RELAYS

Due to the low numbers Armada have decided not to run the winter 3K series this year. It was felt that it was not fair to the hard working volunteers to ask them to stay out in all weather for just a few runners. Armada have decided to put on the Armada Relays on Sunday 18th December which will be free for Armada clubs and will be a team of 4 using the 3km course.

Clubs can enter teams of males, females or mixed (2 of each sex). There will be some prizes for the winners. Registration from 10am with a 11am start. Other clubs can enter at a cost of £10.

THE HARRIER

(MARCH 2014 NEWSLETTER)



The start of the relays

The Armada Park Relays were very popular. We had a great turnout and the weather for a change was excellent.

We had many successes with the male vet 50 team (Russ Mogridge, Neil Moffatt, Andy Trigg and Ken Summers), the male under 18 team (Owen Parkin, J Battershill, Nathan Brown and W Battershill), the male under 14 team (Sheppard, Graham, Saunders and Perry) all winning their categories.

Our ladies team (Sarah Hirons, Linda Bracher, Alison Thorne and Jaine Swift) were 2nd ladies team.



THEY'RE OFF: (Above) The runners set off at the start of the hastily organised but well attended Armada Park Relays

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Runners rally to Relays after Hoe 10 called off

THERE was an impressive turnout for the first Armada Park Relays.

The event was organised by the Armada Athletics Network to fill the void left by the cancellation of the Hoe 10.

Some 48 teams made up of four runners finished the event on Sunday.

Each athlete ran a testing two-and-a-half mile lap of Central Park.

A young City of Plymouth Athletics Club female team stole the show.



ATHLETICS

The side, made up of Hannah Blair, Poppy Tank, Kelcey Pillage and Victoria Weir, stormed to victory in the women's event.

The youthful quartet finished nearly five minutes ahead of the next all-female team, which was Erme Valley Harriers.

City of Plymouth clocked a time of one hour, three minutes and 49 seconds, while Erme

Valley came home in one hour eight minutes and 47 seconds.

Blair, Tank and Weir all finished with individual times under 15 minutes and 30 seconds.

The men's race was won by Riley's Racers, who finished eight seconds in front of Riley's Slayers.

The Racers team was made up of Mike Wilshire, Alex Lockett, Chris Sabine and Kneel Rustle.

Steve Wilshire, Pete Waumsley, Mike Robinson and G Gibson featured for the Slayers.

Third team home was Torbay Athletics Club, with Exmouth fourth and the University of Plymouth fifth.

Former Commonwealth Games marathon runner Stuart Hall was part of the first male veterans team.

Erme Valley Harriers had the first under-18 side home.

Will Battershill was the star of their team bringing them home with a time of 13.38.

He was joined in the team by his brother Joe Battershill, Nathan Brown and O Parkin, who led them off.





NEWQUAY CROSS COUNTRY





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