

# THE HARRIER

## (JANUARY 2023 NEWSLETTER)



**Our athletes had a great day out at the  
First Chance 10K in Exeter**

It's been a busy start to the year with races such as the First Chance 10K, the Oh My Obelisk! and the Westward League Cross Country. Unfortunately the weather has been somewhat wet to put it mildly!

In this Harrier I have included the club rankings for the 10K, Half Marathon and Marathons based on the information I have available. If you have run a race which affects the rankings then can you please let me know so I can make suitable amendments.

Unfortunately this Harrier is much later than planned due to various computer problems. I have therefore decided not to issue a Harrier in February so I can get back to a normal routine in March.

All the best for 2023 - **Dave Fox - Editor**

### **From the Chairman:**

**Hello everyone, I hope you have had an enjoyable start to 2023.**

We started the year with a challenging cross-country race at the Westward League XC in incredibly tough conditions at Westward Ho! Thanks to everyone who made the journey to represent the club or be part of the organisation of the event. Don't forget the next Westward League race is much closer to home, Central Park in Plymouth on Sunday 12<sup>th</sup> February. It would be great to have a big turnout from club members for this race. If anybody wants any more details about this race please speak to me, Keith or Becky.

We have a confirmed date for Ivybridge 10k on Saturday 27<sup>th</sup> May 2023, a little later in the year than normal. As ever, we will be requesting some help from you to put on the event, more details to follow later in the year but if you could save the date, it would be appreciated.



We have also started making preliminary plans for the Ivybridge Relays to be held in late July, for which we will also need volunteers to help host this event too, more details to follow.

Tuesday night club runs seem to be going well - a gentle reminder to please wear hi-viz and on returning from your run please try and stop on the pavement before negotiating your way through the entrance to the rugby club; it's still very dark there with a lot of cars exiting the car park.

I'm looking at organising a club trip to a race in the spring, I'm looking at going a little further afield than we did in the autumn and will include a trip to a pub for some post-race refreshments. Any suggestions welcome; either drop me an email or have a word on a Tuesday night.

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

**Tom Davies**

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## SECRETARY'S NOTES

### New Year and plenty of rain

We hope everyone had a good Christmas and New Year. We are now very much back to normal with the first Westward League having taken place at Westward Ho! The rain seems not to have stopped since the start of the year which is a little depressing. At least we know the spring is not far away. We are about to launch the Ivybridge 10K which is being held on Saturday May 27<sup>th</sup>. We could do with a couple of sponsors so if anyone has any contacts, please let me know. The Relays will be on Friday June 30<sup>th</sup>, but we have decided to hold the Fell Race on Wednesday August 9<sup>th</sup>. Hopefully we can call on all of you for support with these very important club events.

Club memberships are now due, and everyone should have received an email reminder. If you have any problems just speak to me.

### Training and Coaching

We have already had three Tuesday training sessions this year and held the first Handicap of 2023 (the results are on the website).

The junior sessions have also begun well with a few new recruits.

There is often a lot of interest in taking up running this time of year so please encourage your friends to come along. It is much cheaper than a gym membership.

### Competition Update

The SW Cross Country Championships were held at RNAS Merryfield. The event included the SW Inter Counties. We had three juniors who took part (Matt Gilvear, Charlie Milward and Isabella Trowell). They all ran very well representing the club and Devon.

We hope to get another good turnout at the Devon Sportshall fixture being held in Plymouth today. We are currently lying second behind Plymouth AC and we want to consolidate that position as

well as gain more individual points for our athletes.

### Road (and off Road) Running

The Armada Relays were held just before Christmas and our teams did very well. Thanks to all those who took part on a very wet day. The Armada Grand Prix trophies were also be given out and congratulations to Dave Rayfield who was our club male winner. Unfortunately, we didn't have a lady's winner because no one did enough races to qualify. We hope to raise the profile of the Armada Grand Prix as well as our club one which has just finished. Thanks to Phil Adderley for all his hard work with putting it together. Last year's results and the 2023 format are on the website.

We are looking at possible club trips this year. If anyone has any ideas, please speak to Tom.

### Athletes of the Month

The athletes of the month for November and December combined are Charlie Milward and Kate Medlicott. Well done to both of them.

### Forthcoming Events

**Jan 25<sup>th</sup> - Exmouth 5 mile**

**Jan 28/29<sup>th</sup> - Welsh Indoor Senior Champs**

**Feb 4<sup>th</sup> - SW School Cross Country - Bristol**

**Feb 5<sup>th</sup> - Newquay 10K**

**Feb 11<sup>th</sup> Exeter Half Marathon - Day 1**

**Feb 12<sup>th</sup> - Exeter Half Marathon - Day 2**

**Feb 12<sup>th</sup> - Westward League - Plymouth (TBC)**

**Feb 18<sup>th</sup> - Tavi 5K**

**Feb 19<sup>th</sup> - Devon Sportshall League**

**Finally: The evenings are still very dark and the roads and pavement can be slippery. Winter is sadly still here. Take care.**

**Keith**

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## RACE NEWS

The following article has been received by **Lucy Cambridge**, who has had a particularly hectic racing schedule!:

I've had a busy month of racing - it's rare that I race every weekend but with 5 races over 4 weeks, it's been a bit busy! Back on 20<sup>th</sup> November I took part in Callow Fell race in the Shropshire Hills. It was 'only' 5.5 miles and I'd not done the race before, nor realised what a beast it was! It took me 1 hour 39 minutes. The time says it all! It had 4 ascents (and descents, all slippery!) and was the toughest fell race I've ever done. I believe they call it character building! I finished 7<sup>th</sup> lady, 3<sup>rd</sup> in FV50 age cat.

The following weekend I headed south from the Midlands to do the Croome Capability Canter on the National Trust's Croome Estate between Worcester and Tewkesbury. It was another new race for me, and I wore completely the wrong shoes! I wore trail shoes, but it was so muddy, wet and slippery that it needed fell shoes or something with more ridged soles. It was a beautiful course, but hard to get a pace going due to underfoot conditions, but I managed a strong sprint finish on a gravel path at least. I finished 19<sup>th</sup> lady, 4<sup>th</sup> in the FV45 age cat.

The 4<sup>th</sup> of December saw me competing at The Cardington Cracker- my favourite fell race and the challenge at the one at Callow two weeks before definitely helped my training. This was a 9 ish mile race over some stunning Shropshire peaks with views down to Malvern and across to the Black Mountains and Brecon Beacons in Wales. I finished 20<sup>th</sup> lady, 4<sup>th</sup> in FV50.

Saturday 10<sup>th</sup> December dawned very cold with lots of parkrun cancellations - I did Wyre Forest parkrun as a gentle warm up for the Worcestershire County Cross Country Championships held in conjunction with Warwickshire. The cross-country course was a new one and was around farmland. It was a crisp, sunny afternoon and perfect cross-country conditions. I had the best run I've ever had at the County champs, finishing 8<sup>th</sup> lady, 1<sup>st</sup> masters, winning a county Gold medal for my efforts, as well as selection for Worcestershire for the Inter-counties meet in Loughborough in March.

On the Sunday I made a last minute entry to the 'Pudding Run' in Walsall. There are 5- and 10-miles options, and I did the longer race, just as a training run. The course is flat and has great PB potential - IF it hasn't been snowing all night! It was very cold and hard going in the snow, ice and slush. I finished 7<sup>th</sup> lady, 2<sup>nd</sup> in age group.

The photo is from the Cardington Cracker - I had got my EVH vest on under the layers but it was so cold, I only unzipped my jacket to let them see my number on the finish line! Autumn and winter have been a crazy busy time for my business in the Midlands and I have missed spending time in Devon. Hopefully 2023 will have a better balance!



## ARMADA CHRISTMAS RELAYS - SUNDAY 18 DECEMBER

The Relays took place in very wet conditions over a 3km course in Central Park, Plymouth.

All the teams did well with the Men's team finishing 4<sup>th</sup> in a time of 47.04, with good legs from **Jamie** and **Charlie**. The Vet 50 team (**Dave Rayfield, Allister Bristow, Nick Bristow** and **Alan Gatling**) finished 4<sup>th</sup> and 1<sup>st</sup> in their category. The M40 team finished 11<sup>th</sup> (49.59) and 2<sup>nd</sup> in their category. The team was **Chris Prall, Dave Lloyd, Tom Davies** and **Jeremy Westmore**. The Vet 60 men's team (**Russ Mogridge, Neil Moffatt, Ken Summers** and **Andy Trigg**) won their category and finished 19<sup>th</sup> in a time of 54.49. The ladies did well finishing 25<sup>th</sup> in 59.02. **Isabella Trowell** was the fastest of the quartet.

Leg times:	7	Jamie Frost	10.39	45	Alan Gatling	12.41
	8	Sam Swift	10.41	58	Russ Mogridge	13.03
	9	Charlie Milward	10.43	64	Isabella Trowell	13.17
	10	Allister Bristow	10.51	90	Dave Lloyd	14.16
	11	Chris Prall	10.56	92	Neil Moffatt	14.23
	33	Dave Rayfield	12.05	95	Kate Medlicott	14.27
	37	Jeremy Westmore	12.09	109	Ken Summers	14.58
	39	Andy Trigg	12.25	110	Ben Vleminckx	15.01
	40	Tom Davies	12.28	113	Katy Mogridge	15.29
	41	Nick Bristow	12.29	121	Liz Bristow	15.49

# City of Plymouth juniors and Tavistock AC impress at Armada Christmas Relays

*Posted on* December 21, 2022 *by* PLYMOUTH SPORTS GAZETTE



CITY of Plymouth's young guns showed everyone else a clean pair of heels at the inaugural Armada Christmas Relays at a rain-soaked Central Park on Sunday. Plymouth's under-18 boys' team of Thomas Jones, Isaac Lamerton, Finley Squires and Gregor Norster finished a minute and 20 seconds ahead of their nearest rivals in the new event that saw each runner complete a 3k circuit around the park. Despite horrendous weather, the Plymouth team came home in a total time of 42.18 minutes, with three of their runners finishing among the top six quickest individuals on the day.

Second team home were City of Plymouth's senior men's quartet of Joshua Reed, Ryan Travers, Jacob Robinson and Dan Newman, who came home in 43.38 minutes.



There was an impressively strong run by Tavistock AC Ladies, who came third overall and first all-female team in 45.51 minutes. Nikki Kelly, Sam Lake, Jasmine Gray and Emma Ryder made up their side.

**Erme Valley Harriers' men's team of Charlie Milward, Ben Vieminck, Jamie Frost and Sam Swift** were fourth overall, with City of Plymouth senior women's quartet of Hannah Blair, Katy Anderson, Kate Phillips and Annie Arnold fifth and second female team.

City of Plymouth did also have the first under-18 female team courtesy of Molly Gilbey, Phoebe Timson, Martha Wilson and Abbie Chapman.

**Erme Valley Harriers had the first male veteran team**, while Tavistock Talkers were the first female veteran team.



Daniel Newman, who ran the final leg for the City of Plymouth Men, was fastest overall in the wet and windy conditions with a 9.58-minute run. That was four seconds quicker than Tavistock's Sam Larkham, who was second fastest with 10.02. City of Plymouth then had the next four quickest in Joshua Reed (10.07), Isaac Lamerton (10.12), Gregor Norster (10.26) and Thomas Jones (10.37).





City of Plymouth's Annie Arnold was fastest female in 10.56, with Tavistock's Emma Ryder and Nikki Kelly not far behind in 11.08 and 11.15, respectively. Plymouth's Hannah Blair was fourth fastest (11.20), with Tavistock's Jasmine Gray fifth (11.39). The new event saw 37 teams finish.

## FIRST CHANCE 10K - EXETER - SUNDAY 8 JANUARY

It was good to see an excellent turnout for this popular race, run generally on a flat course. The weather was wet to start with but thankfully 'eased off'!

**Dave Rayfield** was the first Harrier home and second in his age category.

We were well represented – **Andy Trigg** doing particularly well as he achieved a new **vet 60 record**, breaking **Ken Summer's** time of 42.39 set at **Clevedon** in 2014. **Andy** was also third in his age category.

It was a good day also for **Andrew Mitchell**, **Francesca Walker** and **Andrea Mitchell** as they all achieved pb's.

Results:	65	Dave Rayfield	39.52
	97	Andy Trigg	42.16
	110	Dave Engledew	43.08
	164	Barry Neal	45.25
	178	Andrew Mitchell	46.33
	209	Francesca Walker	48.16
	233	Andrea Mitchell	49.48
	242	Alison Engledew	50.16





**EXETER FIRST CHANCE 10K**







**EXETER FIRST CHANCE 10K**



# ATHLETICS: Plymouth hurdlers win South West medals, while Neale is runner-up at First Chance 10k

*Posted on* January 11, 2023 *by* PLYMOUTH SPORTS GAZETTE



CITY of Plymouth athletes Leonie Dyer and Adam Dingley both won hurdles medals at the latest round of the 2022-23 South West Indoor Championships at the weekend.

Dyer took the regional title in the under-15 girls' 60m hurdles event in Cardiff with a personal run of 9.93 seconds.

It was her second South West indoor title, having won the 300m crown just before Christmas.

Dingley, meanwhile, took silver in a high-quality under-17 boys' 60m hurdles event. He clocked 8.54 seconds, which was just 0.03 of a second off his PB. He was only beaten by his Devon team-mate Joshua Taylor. The pair now sit in the top two of the early UK rankings.

Fellow City of Plymouth hurdler Henry Curtis also opened 2023 at the weekend. He took victory in the U20 men's 60m hurdles event at the Manchester Indoor Open Meeting.

Curtis clocked 8.30 seconds, which was the second fastest time of his career and puts him in the top five of the early UK rankings.

On the road, Tavistock AC's Ben Neale took second place at the First Chance 10k at Exeter on Sunday.

Neale clocked 32.20 minutes in the wet weather to finish behind Bideford's Shaun Ansell.

Tavistock Run Project's Jim Cole was fourth overall and first M40 in 32.51 minutes, while Tavistock's Sam Larkham was eighth. Tavistock's Mark West (M50), Allan Herdman (M70) and Helen Orme (F45) all won age group titles.

**Erme Valley's David Rayfield (M55)**, Plymstock's Rachael Doonon (F50) and Tavistock's Jenny Jeeves (F55) all secured age group second places, while **Erme Valley's Andrew Trigg (M60)**, Tavistock's Andy Houghton (M75) and Caroline Stevens were all third in their categories.



# GALLERY: Tavistock Run Project's Cole too hot for his rivals at January Jaunt 10k

*Posted on* [January 16, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



**TAVISTOCK Run Project's Jim Cole stormed to victory in the popular Plympton January Jaunt 10k on Sunday morning.**

**The race, organised by the Plymouth Round Table, was hit by torrential rain at the start but more than 330 runners still finished the event that takes athletes from Marsh Mills into the Saltram Estate**



**Cole finished more than two minutes ahead of anyone else, coming home in 35.45 minutes for the multi-terrain run. Second athlete home was Stuart Colville, who clocked 37.53 minutes. Chris Casey was third in 38.14 minutes, with Sebastian Broomfield fourth in 38.24 and Plymouth Musketeers' Scott Mansfield fifth in 39.17.**



**First woman home was Maria Paine, who clocked 41.17 minutes, with Kirsty Prowse (DSFRS) second in 43.17 minutes and Storm Plymouth's Charlene Matthews third in 43.40. The event held raise around £3,500.**



Erme Valley Results:	Sarah Markwick	47.41
	Dave Lloyd	51.36
	Bridgett Privett	57.08



## SOUTH WEST CROSS COUNTRY CHAMPIONSHIPS RNAS MERRYFIELD

In very muddy and challenging conditions we had three athletes who represented the club and Devon.

In the U17 Men's race over a distance of 4750m **Matthew Gilvear** was 17<sup>th</sup> in a time of 18.22 and was 4<sup>th</sup> Devon athlete. **Charlie Milward** was 23<sup>rd</sup> in a time of 18.45 and was 6<sup>th</sup> Devon athlete.

**Isabella Trowell** competed in the U15 Girls (3400m) and was 31<sup>st</sup> in a time of 14.55. **Isabella** was the 8<sup>th</sup> Devon athlete.





## Oh My Obelisk – Dawlish – Sunday 15<sup>th</sup> January

We had a good turnout at this tough 'off road' race, with a choice of 9 or Half Marathon distances.

Results:	9 miles	41	Katy Mogridge	1.37.55
		62	Andy Bartlett	1.49.22
Half		48	Dave Engledew	1.55.38
		84	Richard Lane	2.12.44
		89	Kate Medlicott	2.15.00
		90	Alison Engledew	2.15.01
		91	Ken Summers	2.15.02
		92	Simon Swift	2.15.03
		116	Lindsay Lane	2.27.01



## Westward League Cross Country - Westward Ho! Sunday 15<sup>th</sup> January

Well done to all our athletes who made the long trip to North Devon to compete in the wet and windy conditions.

In the U17 Men **Charlie Milward** was, whilst **Becky Lee** was 60<sup>th</sup> in the Ladies race but is leading the V40 category. **Isabella Trowell** was 7<sup>th</sup> in the U15 Girls and is lying 5<sup>th</sup> overall in that category.

In the Senior Men **Nick Bristow** was 64<sup>th</sup> (2<sup>nd</sup> V50), **Tom Davies** was 68<sup>th</sup> (6<sup>th</sup> V40) and **Jeremy Westmore** (77<sup>th</sup>).





# ATHLETICS: Reid retains Cornwall Schools' title, while Shorey, Baker and Jackman win at Westward Ho!

*Posted on* January 18, 2023 *by* PLYMOUTH SPORTS GAZETTE



CITY of Plymouth's Holly Reid retained her Cornwall Schools' Cross Country title on Saturday with a dominant victory at Newquay.

Reid, who had come fifth in the under-17 race at the South West Regional Championships the week before, won the intermediate girls' event at Tretharras School by a minute-and-a-half.

Her Saltash Community School team-mate Abbie Chapman, who was the junior girls' champion last year, finished third on Saturday, having just moved up an age group. The Devon Schools' Cross Country Championships will be held this weekend at Exeter.





City of Plymouth's Molly Shorey will be in confident mood after two impressive runs within the space of a week.

She finished fourth in the under-17 race at the South West Regional Championships at Ilton and then on Sunday won the same age group category at the latest Westward Cross Country League meeting at a waterlogged Westward Ho!

The under-17 girls once again ran with the senior women and Shorey was only beaten by overall women's winner Kirstie Booth.

City of Plymouth actually had the top five under-17 girls at Westward Ho!

Molly Gilbey finished second, with Martha Wilson third, Bella May fourth and Phoebe Timson fifth. Tavistock AC's Freya Page was sixth.



Tavistock's Jo Meek was second in the senior women's race behind Taunton's Booth. Team-mate Nikki Kelly was third senior, with City of Plymouth's Hannah Blair fifth and Tavistock's Sam Lake ninth.

There was a good run in wet conditions at Westward Ho! by Tavistock AC's Fynn Baker, who won the under-15 boys' race, having finished seventh the week before at the South West Championships. His club colleague Noah Reid was fifth on Sunday.

There was another Westward League victory for City of Plymouth's Jazz Jackman in the under-11 girls' race. Tilly Day was fifth in the same event.

Tavistock's Thomas Hennessey, who claimed a bronze medal in under-13 boys' event at the South West Championships, was fourth in the tricky conditions at Westward Ho! on Sunday. His team-mate Freddy Whybrow was seventh, City of Plymouth's Finley Bennett eighth and Tavistock's Archie Neale ninth.

There were also fourth place finishes in north Devon for **Erme Valley Harriers' Charlie Milward** and City of Plymouth's Finley Eales.

Milward's came in the under-17 boys' race, while Eales took fourth in the under-11 boys' event, where his City of Plymouth team-mates Lucas Sweeney and Sebastian Travers also finished in the top 10.

**Erme Valley's Isabella Trowell** and Tavistock AC's Anya McAulay were also in the top 10 in the under-15 girls' race.

Tavistock AC's Ben Neale finished ninth in the senior men's race that was won by Phil Wylie, with Bideford's Ronnie Richmond second.

Meanwhile further afield, **Erme Valley Harriers' international Will Battershill guested in the Australian World Cross Country Trials at Stromlo Forest Park, where he finished ninth in a strong field and in summer conditions.**

On the track, City of Plymouth's Henry Curtis continued his indoor season by finishing second in the 60m hurdles at the Northern Athletics Championships in Sheffield – the city where he is now studying. Curtis clocked a season's best time of 8.30 seconds.

## 2022 CLUB 10K RANKINGS

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1	35.26	Graham Reed	Langley Burrell
2	35.38	Simon Fitz	Ivybridge
3	37.14	Alison Thorn	Glastonbury
4	37.45	Matthew Gilvear	Ivybridge
5	37.46	Charlie Milward	Ivybridge
6	37.56	Alison McEwing	Bideford
7	38.40	Cleo Perry	Plymouth
8	38.47	Nick Bristow	Exeter
9	38.59	Dave Rayfield	Exeter
10	42.42	Dave Engledew	Plymouth

Well done to Graham Reed for topping the rankings. Graham had a particularly good year as he also ran 35.50 at Cardiff and 35.39 at Yeovil.

Simon Fitz was 1<sup>st</sup> M45 at our Ivybridge 10K, whilst Alison Thorn achieved a pb and a club age record at Glastonbury.

Both Matthew Gilvear and Charlie Milward both achieved pb's in their sprint finish at the Ivybridge 10K.

Alison McEwing was 2<sup>nd</sup> Female at Bideford, whilst Cleo Perry was first lady in the Plymouth 10K.

A very impressive performance by everyone.

## TRAINING ROUTES

<b>January</b>	<b>Tuesday 24<sup>th</sup></b>	<b>Penquit Loop (Head Torch Run) or Speedwork @ Gorse Way (1km reps)</b>
	<b>Tuesday 31<sup>st</sup></b>	<b>Hill reps @ Viaduct</b>
<b>February</b>	<b>Tuesday 7<sup>th</sup></b>	<b>Winter Handicap #4</b>
	<b>Tuesday 14<sup>th</sup></b>	<b>Speedwork @ Crescent Road (500m reps)</b>
	<b>Tuesday 21<sup>st</sup></b>	<b>Ivybridge Loop</b>
	<b>Tuesday 28<sup>th</sup></b>	<b>Bittaford – Shute Lane – Ugborough - Shellwood (Head Torch Run) or Speedwork @ Gorse Way (1km reps)</b>
<b>March</b>	<b>Tuesday 7<sup>th</sup></b>	<b>Winter Handicap #5</b>
	<b>Tuesday 14<sup>th</sup></b>	<b>Speedwork @ Filham Lake</b>
	<b>Tuesday 21<sup>st</sup></b>	<b>Bittaford – Wrangaton – Owley (30 minutes out and back)</b>
	<b>Tuesday 28<sup>th</sup></b>	<b>Bittaford – Shellwood (summer handicap acclimatization)</b>

## **2022 CLUB HALF MARATHON RANKINGS**

<b><u>Position</u></b>	<b><u>Time</u></b>	<b><u>Name</u></b>	<b><u>Event</u></b>
1	1.16.39	Simon Fitz	Exeter
2	1.21.58	Alison Thorn	Wokingham
3	1.24.27	Dave Rayfield	Exeter
4	1.28.03	Nick Bristow	Great North Run
5	1.33.39	Dave Engledew	Bristol
6	1.34.13	Alan Gatling	Plymouth
7	1.34.34	Claire Fraser	Bideford
8	1.37.28	Dan Francis	Plymouth
9	1.40.06	Emma Lake	Plymouth
10	1.41.11	Tom Davies	Tavy 13

Well done to Simon Fitz for topping the rank.

Alison Thorn had an impressive year and her time at Wokingham was a club vet ladies 45 record.

There are not that many Half Marathon races around. Perhaps athletes are now preferring to run more 'off road' type events.

## **2022 CLUB MARATHON RANKINGS**

<b><u>Position</u></b>	<b><u>Time</u></b>	<b><u>Name</u></b>	<b><u>Event</u></b>
1	2.43.13	Simon Fitz	Manchester
2	2.49.45	Alison McEwing	Manchester
3	2.50.58	Alison Thorn	Chester
4	3.10.18	Chris Prall	Cornish
5	3.16.56	Andrew Reed	Bungay
6	3.24.23	Dave Rayfield	Chester
7	3.42.24	Emma Lake	Exeter
8	4.02.40	Barry Neal	Manchester
9	4.07.39	Russ Mogridge	London
10	4.26.20	Dave Lloyd	London

Simon Fitz continued his impressive year by getting his second top rankings. Simon achieved a pb in the Manchester race.

Alison McEwing set a new ladies club record at the Manchester race, whilst Alison Thorn achieved an impressive time at Chester and broke her own club vet 45 record achieved at Manchester (2.55.03).



**THIRD HANDICAP 2022-23****January**

		Clock time	H/cap	Time	Points
1	Katy Mogridge	32.38	2	30.38	50
2	Danni Moeser	33.09	8	25.09	49
3	Barry Neal	33.17	9	24.17	48
4	Heidi Stanley	33.36	2	31.36	47
5	Alan Gatling	33.37	10	23.37	46
6	Andy Mitchell	33.41	8.5	25.11	45
7	Ollie Mitchell	33.52	7.5	26.22	44
8	Dave Engledew	33.56	10.5	23.26	43
9	Ken Summers	34.30	6	28.30	42
10	Neil Moffatt	34.32	7.5	27.02	41
11	Dave Rayfield	34.33	12.5	22.03	40
12	Charlie Milward	34.33	13.5	21.03	39
13	Chris Prall	34.46	13.5	21.16	38
14	Ruth Terry	34.50	5.5	29.20	37
15	Lindsay Lane	35.23	6	29.23	36
16	Nick Baker	35.39	5	30.39	35
17	Richard Lane	36.39	7	29.39	34
18	Emily Faircloth	36.58	0	36.58	33
19	Alison Engledew	37.42	8	29.42	32
20	Lianne Spampanato	41.13	0	41.13	31
21	Laura Taylor	41.13	0	41.13	31

**EVH GRAND PRIX 2022**

The 2022 GP has concluded and congratulations to **Alison Engledew** who had a strong year, attending many races and performing well.

Final top 5 table:	1	Alison Engledew	396.23
	2	Emma Lake	388.40
	3	Nick Bristow	335.66
	4	Ken Summers	307.99
	5	Dave Engledew	306.58

# WINT R HANE ICAPS POINTS 2022-23

NAME	NOV	DEC	JAN	FEB	MAR	TOTAL
Andy Mitchell	46	43	45			134
Ruth Terry	47	40	37			124
Lindsay Lane	45	42	36			123
Dave Rayfield	34	45	40			119
Richard Lane	39	46	34			119
Ken Summers	32	44	42			118
Chris Prall	36	41	38			115
Katy Mogridge	50		50			100
Andrea Mitchell	44	47				91
Barry Neal	40		48			88
Alan Gatling		39	46			85
Dave Engledew	38		43			81
Charlie Milward		37	39			76
Neil Moffatt		35	41			76
Nick Baker	41		35			76
Emily Faircloth		34	33			67
Francesca Walker		50				50
Danni Moeser			49			49
Jeremy Westmore		49				49
Lynn Whitfield	49					49
Russ Mogridge	48					48
Tim Slater		48				48
Heidi Stanley			47			47
Ollie Mitchell			44			44
Dave Church	43					43
Jenny Francis	42					42
Dave Gilvear		38				38
Matthew Gilvear	37					37
Susan Leedham		36				36
Nick Bristow	35					35
Bryan Short		33				33
Tom Davies	33					33
Alison Engledew			32			32
Bob Jeffery		32				32
Lianne Spampanato			31			31
Laura Taylor			31			31



## VET MENS ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
40 – 44	<b>N Holmes</b> 33.11 Clevedon 05	<b>N Holmes</b> 55.14 Teignbridge 05	<b>N Holmes</b> 1.12.55 Plymouth 05	<b>A Ryder</b> 2.48.39 New Abbot 08
45 – 49	<b>N Holmes &amp; A Ryder</b> 34.56 Clevedon 12 & Plymouth 12	<b>A Ryder</b> 57.00 Teignbridge 09	<b>S Fitze</b> 1.16.18 Exeter 21	<b>A Ryder</b> 2.39.58 Taunton 09
50 – 54	<b>M Hansen</b> 36.22 Bideford 09	<b>M Hansen</b> 58.49 Plymouth 09	<b>M Hansen</b> 1.19.14 Taunton 09	<b>A Trigg</b> 2.53.16 Abingdon 12
55 – 59	<b>M Hansen</b> 37.44 Clevedon 14	<b>M Hansen</b> 64.07 Bideford 14	<b>A Trigg</b> 1.24.07 Bridgwater 17	<b>A Trigg</b> 3.03.20 Chester 18
60 – 64	<b>A Trigg</b> 42.16 Exeter 2023	<b>D Engledew</b> 70.24 Bideford 19	<b>D Engledew</b> 1.31.47 Helsby 20	<b>D Simpson</b> 3.42.49 London 06
65 – 69	<b>S Watson</b> 49.30 Frome 16	<b>K Summers</b> 77.50 Bideford 19	<b>K Summers</b> 1.38.56 Bridgwater 17	<b>K Summers</b> 4.03.38 Taunton 18
70 – 74	<b>R Brindle</b> 51.44 Berkeley 15		<b>A Doonan</b> 1.58.56 Plymouth 16	
75 – 79	<b>E Perks</b> 66.15 Plympton 99	<b>E Perks</b> 103.51 Guy Fawkes 98	<b>E Perks</b> 2.27.15 Plymouth 98	<b>E Perks</b> 5.56.55 London 00
80 – 84	<b>E Perks</b> 70.50 Ivybridge 03	<b>E Perks</b> 127.02 Plymouth 03	<b>E Perks</b> 2.47.07 Plymouth 03	
85 – 89	<b>E Perks</b> 80.19 Ivybridge 07		<b>E Perks</b> 3.10.48 Plymouth 07	

## VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
35 – 39	<b>A Thorn</b> 38.21 Exeter 13	<b>A Thorn</b> 63.41 Plymouth 13	<b>A Thorn</b> 1.23.45 Bath 13	<b>E Lake</b> 3.09.12 London 13
40 – 44	<b>A Thorn</b> 37.47 Exeter 16	<b>J Swift</b> 62.02 Bideford 12	<b>J Swift</b> 1.22.15 Cardiff 12	<b>C Perry</b> 2.58.53 London 17
45 – 49	<b>A Thorn</b> 37.14 Glastonbury 22	<b>A Thorn</b> 63.45 Granite 21	<b>A Thorn</b> 1.21.58 Wokingham 22	<b>A Thorn</b> 2.50.58 Chester 22
50 – 54	<b>S Urro</b> 41.19 Exmouth 01	<b>S Urro</b> 68.18 Portland 01	<b>S Urro</b> 1.30.12 Bideford 01	<b>J Edwards</b> 3.27.55 Dublin 2016
55 – 59	<b>A Engledew</b> 46.41 Ivybridge 18	<b>A Handforth</b> 78.23 Plymouth 08	<b>A Engledew</b> 1.40.12 Taunton 18	<b>A Engledew</b> 4.07.14 London 18
60 – 64	<b>A Engledew</b> 46.16 Telford 19	<b>A Engledew</b> 79.36 Bideford 19	<b>A Engledew</b> 1.43.06 Helsby 20	<b>A Engledew</b> 3.52.33 London 19
65 – 69	<b>M McKay</b> 53.37 Newquay 12	<b>M McKay</b> 88.56 Bideford 12		

