

# THE HARRIER

## (MARCH 2023 NEWSLETTER)



### Allister Bristow received support from his mother Monica and dog Reg at the Looe 10

Our ladies have been in terrific form recently with **Alison McEwing**, **Alison Thorn** and **Cleo Perry** all setting new club records. Well done to everyone.

The **Westward League Cross Country** season has just finished. The last race at **Redruth** was at least dry this year compared with the quagmire of 2022.

I had the opportunity of attending for the first time the **Looe 10** road race and was impressed with the organisation. **Looe Pioneers** who organise the race have come along way in a short period of time.

Finally well done to everyone who survived the **GRIZZLY!**

**Dave Fox - Editor**

## From the Chairman:

**Hello everyone,**

It's March and the lighter nights and hopefully warmer 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. If you're new to the club then look out for details in The Harrier and announcements at club night about this.

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 at Redruth. 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 as she's done a great job and we really appreciate her efforts. On the results front we had two award winners with Becky Lee finishing third in her age category and Matthew Gilvear finishing 2nd in the U17 boys. Well done also to Nick Bristow and Charlie Milward who were both just edged off their respective podiums in the final race of the season. Thanks to those who came along to any of the fixtures this season. It would be great if we could have more club representation next season. A final result from the XC season - Matthew Gilvear represented Devon at the highly competitive Inter-County Championship at the notoriously wind blasted Prestwold Hall. Congratulations to Matt on the county vest.

It's also great to see our members involved with such a wide variety of races each weekend, both locally and further afield. There's been some excellent performances and highlights the enthusiasm for racing that our members have. I know that the track season is due to begin soon. If anyone is interested in giving track racing a try please let me or Keith know. The club are one of a number of clubs which compete under the Armada Athletics banner and there's a number of different races at each meeting.

We are making arrangements for the Ivybridge 10k on Saturday 27th May 2023 - thank you to all those who have volunteered already. 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 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. More details to follow.

We are also well underway with our plans to host our off-road race again this year. The race will be held on Wednesday 9<sup>th</sup> August and will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge. It will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>).

**Finally, I'm looking to organise a club trip to a race over the next couple of months so please can keep an eye out for more details on that.**

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

**Tom Davies - [davies.tp@googlemail.com](mailto:davies.tp@googlemail.com) and 07909 595965**

## SECRETARY'S NOTES

### Spring is here

Spring has technically arrived (except that it is still cold and wet). At least the clocks go forward on the 26<sup>th</sup> March so evenings will be lighter. We have launched the Ivybridge 10K which is being held on Saturday May 27<sup>th</sup> and have managed to sign up some new sponsors. We now need to get you the members to sign up to help on the day. We will be sending an email out so please respond. We will be allocating roles in the next few weeks. As a reminder the Relays will be on Friday June 30<sup>th</sup>, and the Fell Race is on Wednesday August 9<sup>th</sup>. Thanks to everyone for getting their club memberships done. We will be registering everyone at the start of April. We have booked the Hunting Lodge for next Christmas and also for the junior presentation date in late April. More details to follow on this.

### Training and Coaching

Senior sessions have been going well this year with a good turnout. We are trying to get out a little more into the country now especially after the clocks change.

We have finished the Winter Handicap and congratulations to Andrea Mitchell on winning. We will begin the summer one in April but Monica has decided to stand down as the compiler. We will therefore need someone to step in. If you can help please let us know. We also are now very short on junior coaches especially for the older session. If any parent or member could help on a Thursday (7-8), could they please get in touch with me? We can pay for your coaching qualification if you wish to take it on permanently.

### Competition Update

The Westward League Cross Country concluded last weekend in Redruth. Well done to Matt Gilvear and Becky Lee who won awards. The final Devon Sportshall fixture of the season will be held in Plymouth on 19<sup>th</sup> March. We are likely to finish second behind Plymouth AC but there are still chances to gain more individual points for our athletes. The Track and Field season will begin with the Spring Warm Up on Sunday 2<sup>nd</sup>

April.

Details are now on the club website.

### Road (and off Road) Running

The Grizzly took place last weekend and there is a report and photo in this Harrier.

Well done to all who took part in this annual off road festival.

We also had two runners (Simon Fitze and Alison McEwing) at the Bideford Half who did well. Prior to that we had runners at the Looe 10 and the Hameldown Hammer. We had also had a few at the Exeter Half Marathons (held over two days).

Well done to Craig McAlpine who finished the Arc of Attrition 100mile event. It has been a busy time and many of you have also been getting the miles in for the spring marathons. We are pleased to announce that the Armada 5KM will resume in April around Saltram. See Armada website for details of this and the Armada Grand Prix.

### Athletes of the Month

The athletes of the month for January were Harriet Rogers and Dave Rayfield.

### Forthcoming Events

**Mar 18<sup>th</sup> – ESAA Cross Country- Nottingham**

- Tavi 5K

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

**Sat 25<sup>th</sup> – Total Coastal 50km - Kingswear**

**Mar 26<sup>th</sup> – Tavi 13 (Armada GP Race)**

**Apr 2<sup>nd</sup> – Plymouth Spring Warm Up**

**Apr 7<sup>th</sup> – Fast Friday 10km - Exeter**

**Apr 8<sup>th</sup>/10<sup>th</sup> – Yeovil Opens**

**Apr 12<sup>th</sup> – Armada 5Km - Saltram**

**Apr 15<sup>th</sup> – Race with no name (50km) – Dartmoor**

**Apr 15<sup>th</sup> - Tavi 5K**

**Apr 16<sup>th</sup> – Ken Trickey Open – Exeter**

**Apr 23<sup>rd</sup> – Devon Open – Exeter**

- London Marathon

**Finally: It is still important to wear something fluorescent on the next few training sessions and it can still be quite dark. Be seen and be safe.**

**Keith**

**(07934373943)**

**[reedy41c@googlemail.com](mailto:reedy41c@googlemail.com)**

## RACE NEWS

Our ladies have been in terrific form and have broken several club records.

At the **Farnborough Half Marathon Alison McEwing** was 4<sup>th</sup> female in a great time of 1.19.00. **Alison** set a new ladies club record and a vet 35 record. In the same race **Alison Thorn** also had a brilliant run with a time of 1.20.34. **Alison** was 3<sup>rd</sup> in the ladies 40-49 category but created a club vet 45 record. **Cleo Perry** (see photo) was also in good form at the **Newquay 10K** with a time of 39.58. **Cleo** was 2<sup>nd</sup> female 50 and set a club vet 50 record. **Cleo's** husband **Martin** also ran in the race and achieved a pb with a time of 52.55.



Elsewhere Bridgett Privett was 2<sup>nd</sup> fv55 and the **Braunton 10K** whilst **Dave Rayfield** won the vet 55 age group at the **Exeter Half Marathon** with a time of 1.27.15. **Barry Neal** had a good run and achieved a pb with a time of 1.38.29. **Liz Bristow** continued her training for the London Marathon with a time of 1.54.30 to win the female 50 category.

**Dave** and **Alison Engledew** took on the **Cardiff 20**. **Dave** was 34<sup>th</sup> overall in 2.36.48 and 4<sup>th</sup> mv60-69, whilst **Alison** ran a time of 2.58.49 and was 2<sup>nd</sup> fv55-65. There was also a 10-mile race, with everyone running together for the first loop. It was ideal marathon training as it was on the flat, tarmac Taff trail, so no roads whatsoever and a very beautiful route along the river side.

**Craig MacAlpine** took on a different challenge and completed the **Arc of Attrition**. This is a point-to-point race from Coverack to Porthtowan taking in 100 miles of stunning and dramatic Cornish coast paths. The race has a strict 36 hour cut-off with additional checkpoint and safety cut-offs on route and is very tough. **Craig** finished in 125<sup>th</sup> place from the 210 runners who finished. His time was 31 hours 37 minutes and 24 seconds. **Craig** had the chance to speak to **Vasos Alexander** who is a well know celebrity runner, who appears on the **Chris Evans** breakfast show on **Virgin Radio**. **Vasos** is a good runner and was about 30 minutes ahead of **Craig**.



At the **Race-the-Light** 8.5 mile race at Mothecombe **Faith Taylor Tippett** was 6<sup>th</sup> overall and 1<sup>st</sup> lady in a time of 1.02.56. **Dave Rayfield** was 13<sup>th</sup> in 1.07.21.

**Chris** and **Becky Prall** completed the **Hameldown Hammer Half Marathon** on the moors. **Chris** was 5<sup>th</sup> in 1.51.37 and **Becky** 80<sup>th</sup> in 2.24.08.

# GALLERY: Region's athletes impress at Central Park Westward Cross Country League meeting

Posted on February 14, 2023 by PLYMOUTH SPORTS GAZETTE



Holly Reid, Nikki Kelly, **Matthew Gilvear**, Isaac Lamerton and Jazz Jackman were all among the winners at the penultimate Westward Cross Country League meeting at Plymouth's Central Park on Sunday.

After impressing for Cornwall last weekend at the South West Schools' Championships, City of Plymouth athlete Holly Reid produced another strong run to win the joint under-17 girls and senior women's race.

She finished more than three minutes ahead of the next under-17 athlete. East Cornwall Harriers' Georgie Gilbert was third under-17 girl, with City of Plymouth's Phoebe Timson fourth and Tavistock's Hannah Walker sixth. Tavistock's Nikki Kelly finished second overall to Reid, but won the senior women's race. Her club colleague Jo Meek was third senior and first F45, while City of Plymouth's Hannah Blair was fifth senior and Sam Lake (Tavistock) was eighth and first F40.

The under-17 boys also ran with the under-17 girls and senior women and **Erme Valley Harriers' Matthew Gilvear** claimed his second race win of the series with a powerful run. His club colleague **Charlie Milward** also had a good run, finishing third.

City of Plymouth's Isaac Lamerton also claimed another race victory in the under-15 age group. He took the honours by 15 seconds at Central Park ahead of North Devon's Christopher Oliveria.

City of Plymouth's Douglas Richardson was seventh in the same race, while East Cornwall's Ben Marriott and Tavistock's Ruben Sebag-Montefiore were also in the top 10.

City of Plymouth's Jackman continued her dominance in the under-11 girls' category. She stormed to victory in sunny conditions on Sunday by 23 seconds. Her club team-mate Jenni Merrifield was third, Tavistock's Mary Brogden fourth, Tilly Day (City of Plymouth) fifth, Margot Goodspeed (City of Plymouth) seventh, Fearn Brogden (Tavistock) ninth and Ruby Shattock (City of Plymouth) 10th.

Tavistock AC's Thomas Hennessey, fresh from winning the minor boys' title at the South West Schools' Cross Country Championships, finished third in the under-13 boys' race on Sunday. He enjoyed a good battle with North Devon's Stanley Smith and Cornwall AC's Joshua Peters at the front of the field. In the same event, City of Plymouth's Daniel Salmon was fifth, while Tavistock's Freddie Whybrow (7th) and City of Plymouth's Freddie Bright (8th) were also in the top 10.

City of Plymouth's Finley Eales continued his consistent form in the under-11 boys' category by finishing second on Sunday, with team-mate Lucas Sweeney just five seconds behind in third. Tavistock's Tristan Bigham also made the top 10 in that race.

Elsie Goodspeed (City of Plymouth) had a good run to finish third in the under-13 girls' race, with Tavistock's Lamorna Cox fourth and Zoe Bigham sixth. In the under-15 girls' event, City of Plymouth's Madeleine Jones was fourth and **Erme Valley's Isabella Trowell** was fifth.

The senior men's race was dominated by Exeter-based athletes, but there was another good run by Plymouth University's Zechariah Cohen, who came seventh, while Tavistock Run Project's Chris Rimmer was 12th.

The final event in the series will be held at Redruth on March 5.



## LOOE 10 - SUNDAY 26 FEBRUARY

We had a good turnout at the popular **Looe 10**, which is a tough race and incorporates several hills!

**Allister Bristow** had a great run to finish 1<sup>st</sup> male 50, whilst **Dave Engledew** was 2<sup>nd</sup> male 60 and wife **Alison** 2<sup>nd</sup> female 60.

The race attracted a large entry with some 531 finishers.

### Erme Valley Results:

22	Allister Bristow	1.10.56
82	Dave Engledew	1.21.05
92	Sarah Markwick	1.22.26
191	Francesca Walker	1.33.21
198	Alison Engledew	1.34.07
232	Liz Bristow	1.36.59
238	Phil Adderley	1.37.10





LOOE 10





LOOE 10



# GALLERY: Tavistock Run Project's Cole finishes third in popular Looe 10 race

Posted on February 27, 2023 by PLYMOUTH SPORTS GAZETTE



TAVISTOCK Run Project's Jim Cole claimed a top three finish and won his age category at the popular Looe 10 on Sunday.

Cole clocked 1:02.11 for the tough 10-miler around south east Cornwall to finish third behind Truro's Steve Reynolds and Newquay & Par's David Crawford.

He also won the M40 category and his time was only four seconds slower than he ran in 2019 when he finished second.

There was also a top 10 overall finish for Tamar Trotters' Luke Attwood, who came eighth in 1:06.51.

**Erme Valley Harriers' Allister Bristow** was first M50 in 1:10.56, while club team-mate **David Engledew** was second M60 and Tamar Trotters' Steve Baker was second M65.

The women's race was dominated by west Cornwall athletes with Mile High's Sarah Hoskin winning in 1:08.47, with Truro's Holly Andrews second and Cornwall AC's Steph Hearn third.



East Cornwall Harriers' Lisa Picton came ninth and was first F45 in 1:16.01. Looe Pioneers' Mandy Gibson was second in that age group. East Cornwall Harriers' Sharon Daw was second F45, while **Erme Valley Harriers' Alison Engledew** was second F60. There was a strong run by Tamar Trotters' Jane Bremner, who won the F65 age group and came in the top 20 women overall, in a quick 1.23.35. Looe's Kathy Saunders was third in that category, while Tamar Trotters' Linda Tout won the F70 age section.

The race took runners from the Millpool Car Park in Looe and followed the coastal road to Talland and around Killigarth and Porthallow before heading back to the start.

Despite windy and cold conditions, 531 runners completed the tough run.



# GALLERY: Shorey, Baker and Jackman win at final Westward Cross Country League meeting, while Ezra-Ham stars at Bideford Half

Posted on [March 6, 2023](#) by [PLYMOUTH SPORTS GAZETTE](#)



CITY of Plymouth's Molly Shorey and Jazz Jackman and Tavistock's Fynn Baker were among the winners at the final Westward Cross Country League meeting of the season at Redruth on Sunday.

In good conditions, Shorey stormed to victory in the under-17 girls' race to take the overall series title.

She finished 24 seconds ahead of her club team-mate Holly Reid, who came second on the day and also second in the series.

East Cornwall's Georgie Gilbert had a good run at Redruth to finish as fourth under-17 girl, with City of Plymouth's Molly Gilbey fifth and Tavistock's Freya Page sixth. Gilbert took bronze overall in the series.

Newquay Road Runners and Exeter University dominated the final senior women's race, but City of Plymouth's Hannah Blair did win the overall series title and her club did take second team in the series, while Tavistock AC were second women's team in the veterans category.

Armada athletes did also scoop a host of series medals in the senior women's age group categories.

Plymouth Harriers' Laura Goodspeed was first F35, with club colleague Nicola Noble third. Tavistock's Samantha Lake took the F40 title, ahead of team-mate Alison Bigham, while fellow Tavistock athletes Jo Meek and Jenny Jeaves won the F45 and F55 crowns respectively. East Cornwall Harriers' Sharon Daw was second F55, with Tavistock's Caroline Stevens third.

Tavistock's Fynn Baker claimed his second league win of the season at Redruth with a seven-second victory in the under-15 boys' race.



His club colleagues Connor Duffin (6th), Noah Reid (7th) and Caleb Gifford-Groves (9th) all came in the top 10 as Tavistock took team gold in the series.

City of Plymouth's Isaac Lamerton took the overall under-15 series title.

Meanwhile, Jazz Jackman continued her domination of the under-11 girls' category with another victory at Redruth to easily win series gold.

Her team-mate Jess Gardiner was second on Sunday, with fellow City of Plymouth athletes Tilly Day and Margot Goodspeed fifth and sixth, respectively.



**Erme Valley Harriers' Matthew Gilvear** continued his good battle with Newquay & Par's Blake Williams in the under-17 boys' race.

Williams took victory at Redruth with **Gilvear** taking second place. Both athletes had claimed two league wins and two top three placings, but Williams just claimed the overall title by just one single point.

**Gilvear's Erme Valley** team-mate **Charlie Milward** was fourth overall in the series after a sixth-placed finish on Sunday.

Tavistock AC showed their strength in depth at under-13 girls' level with two athletes in the top four at Redruth and by claiming second and third in the series team competition.

Zoe Bigham took second place on Sunday, with City of Plymouth's Elsie Goodspeed third and Tavistock's Lamorna Cox fourth and third in the series. Another Tavistock athlete to claim a top three finish at Redruth was Anya McAulay, who came third in the under-15 girls' race, with **Erme Valley's Isabella Trowell** fifth.

There was also a third place finish for City of Plymouth's Finley Eales in the under-11 boys' race. He was also third in the series. Tavistock's Tristan Bigham was fifth in the under-11 race on Sunday, with City of Plymouth's Lucas Sweeney and Sebastian Travers seventh and ninth, respectively.



In the under-13 boys' race, City of Plymouth's Daniel Salmon was fourth on Sunday and came third in the series, with East Cornwall's Eldon Young fifth at the weekend and City of Plymouth's Freddie Blight sixth. Tavistock took silver in the series team event, with City of Plymouth third.

The senior men's race on Sunday was dominated by Cornwall and Exeter athletes, with Sam Goodchild taking victory.

Plymouth Harriers' Johnny Gilby did not run at Redruth, but he did take the series M40 title, while Tavistock's Martin Exley-Deane claimed the M60 series crown.

Meanwhile, there was an outstanding run by Tamar Trotters' Bex Ezra-Ham to win the Bideford Half Marathon on Sunday. Ezra-Ham smashed her personal best to take victory with a 1:17.41 run, which ranks her in the UK's top 20.

However, not far behind was **Erme Valley Harriers' Alison McEwing**, who took third place and first F35 in 1:19.01. That time was just one second slower than she had run at January's Farnborough Winter Half Marathon. She is ranked in the UK's top 30 and is fourth F35.

Tavistock's Alan Heardman moved into the UK's top three M70 rankings for the half marathon with a 1:34.43 run at Bideford to win his category.

Tamar Trotters' Jacob Landers set a new PB of 1:08.31 as he took fourth place on Sunday, with his team-mate Oliver Oldfield 12<sup>th</sup> and Tavistock's Sam Larkham 13<sup>th</sup>. Plymouth Harriers' Steve Hill took third in the V45 category with a 1:17.58 run.



**REDRUTH CROSS COUNTRY**





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## BIDEFORD HALF MARATHON - SUNDAY 5 MARCH

**Simon Fitz** and **Alison McEwing** had terrific races. **Simon** was 31<sup>st</sup> overall in a time of 1.17.13 and 2<sup>nd</sup> vet45, whilst **Alison** was 48<sup>th</sup> in 1.19.01 and 1<sup>st</sup> female vet 35. **Alison** was only **ONE** second outside her club record breaking time at Farnborough.



**Ronnie Richmond** won in the race in a time of 1.05.35

The start of the race can be viewed at <https://facebook.com>BidefordAAC>

## THE GRIZZLY 2023 - 'I fought the claw'

Many congratulations to everyone who completed the demanding Grizzly and the Cub Run.

<b>Results:</b>	GRIZZLY	Emma Lake	3.24.59	5 <sup>th</sup> FV45
		Barry Neal	3.42.56	
		Alison Engledew	3.57.49	4 <sup>th</sup> FV60
		Kate Medicott	3.58.31	4 <sup>th</sup> FV55
		Ken Summers	4.03.30	4 <sup>th</sup> MV70
		Kevin Paull	4.03.33	
		Lindsay Lane	4.11.55	
		Richard Lane	4.17.18	
		Andy Bartlett	4.30.56	
		Andrea Mitchell	4.35.19	
	CUB RUN	Bridget Privett	1.44.34	
		Ruth Terry	1.47.42	
		Emily Faircloth	1.55.35	
		Ailie Aviss-Monro	2.09.51	
		Dave Church	2.21.25	





**THE GRIZZLY**





**BARRY NEAL (above) and ANDY BARTLETT (below) enjoy the GRIZZLY!**





**THE GRIZZLY**



I fought the claw Grizzly 2023



**THE GRIZZLY**



I fought the claw Grizzly 2023 Photo-fit



I fought the claw Grizzly 2023 Photo-fit

## THAT GRIZZLY SANDWICH!

**Ken Summers** is running the **Richmond Half**, **The Grizzly** (successfully completed) and the **Plymouth Half** in aid of his chosen charity **St Lukes Hospice Plymouth** to raise money for patient care and family support.

**Ken** has set up a **Just Giving** page title **Grizzly Sandwich**. He is hoping to raise a fair amount of money for **St Lukes** and would be grateful for any contributions.

**The Pasty Man**

## TRAINING ROUTES

March	Tuesday 14 <sup>th</sup>	Speedwork @ Filham Lake
	Tuesday 21 <sup>st</sup>	Bittaford – Wrangaton – Owley (30 minutes out and back)
	Tuesday 28 <sup>th</sup>	Bittaford – Shellwood (summer handicap acclimatization)

## 'SPIRIT OF THE MOOR'

Something to look forward to the popular '**Spirit of the Moor**' which is run, as ever on the 3<sup>rd</sup> Tuesday of the month during the summer. Start at **6.00 pm** from **Wrangaton Golf Club**:

18<sup>th</sup> April  
16<sup>th</sup> May  
20<sup>th</sup> June  
18<sup>th</sup> July  
15<sup>th</sup> August  
19<sup>th</sup> September

P.S. The last of the breakfast runs is on **Sunday 19<sup>th</sup> March** at **9.00 am** from **Wrangaton Golf Club** (perhaps make it a **Mother's Day** breakfast)

## 2022 CLUB MARATHON RANKINGS

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
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	3.15.35	Dave Rayfield	Milton Keynes
6	3.16.56	Andrew Reed	Bungay
7	3.24.23	Dave Rayfield	Chester
8	3.42.24	Emma Lake	Exeter
9	4.02.40	Barry Neal	Manchester
10	4.04.40	Lucy Cambridge	Snowdonia

Some amendments from those issued in January with Dave Rayfield coming in at number 5 and Lucy Cambridge, who had a very impressive run at the difficult Snowdonia Marathon at number 10. Unfortunately Russ Mogridge and Dave Lloyd drop out.

### 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	1.19.00	Farnborough 23
Marathon	Alison McEwing	2.49.45	Manchester 22

## 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 McEwing</b> 1.19.00 Farnborough 23	<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> 1.20.34 Farnborough 23	<b>A Thorn</b> 2.50.58 Chester 22
50 – 54	<b>C Perry</b> 39.58 Newquay 23	<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		

### WINTER HANDICAPS 2022 - 2023

NAME	NOV	DEC	JAN	FEB	MAR	TOTAL
Andrea Mitchell	44	47		46	44	181
Alan Gatling		39	46	45	46	176
Andy Mitchell	46	43	45	39		173
Barry Neal	40		48	47	38	173
Dave Rayfield	0	45	40	40	39	164
Ruth Terry	47	40	37		37	161
Lindsay Lane	45	42	36	36		159
Chris Prall	0	41	38	37	42	158
Lynn Whitfield	49			50	50	149
Richard Lane	39	46	34	29		148
Charlie Milward		37	39		45	121
Ken Summers	32	44	42			118
Emily Faircloth		34	33	49		116
Neil Moffatt		35	41	38		114
Nick Baker	41		35	32		108
Katie Mogridge	50		50			100
Jeremy Westmore		49			48	97
Isabella Trowell				48	49	97
Danni Moeser			49		43	92
Ollie Mitchell			44	42		86
Matthew Gilvear	37				47	84
Dave Engledew	38		43			81
Francesca Walker		50				50
Russ Mogridge	48					48
Tim Slater		48				48
Heidi Stanley			47			47
Kevin Paull				44		44
Bridget Privett				43		43
Dave Church	43					43
Jenny Francis	42					42
Holly Jones				41		41
Dave Gilvear		38				38
Susan Leedham		36				36
Anna Lake				35		35
Nick Bristow	35					35
Ben Vleminckx				34		34
Bryan Short		33				33
Kate Medlicott				33		33
Tom Davies	33					33
Alison Engledew			32			32

Bob Jeffery		32			32
Laura Taylor			31		31
Lianne Spampanato			31		31
Nick McMahon				31	31
Carol Hansen				30	30
Becky Pine				28	28

**FIFTH WINTER HANDICAP 2022-23 MARCH**

<i>Pos.</i>	<i>Name</i>	<i>CLOCK TIME</i>	<i>H/CAP</i>	<i>TIME</i>	<i>POINTS</i>
1	Lynne Whitfield	31.35	2	29.35	50
2	Isabella Trowell	31.41	6	25.41	49
3	Jeremy Westmore	31.43	9	22.43	48
4	Matthew Gilvear	31.44	12.5	19.14	47
5	Alan Gatling	31.46	9	22.46	46
6	Charlie Milward	32.10	11.5	20.40	45
7	Andrea Mitchell	32.36	5.5	27.06	44
8	Danni Moeser	32.43	7.5	25.13	43
9	Chris Prall	33.02	12	21.02	42
10	Carol Hansen	33.04	0	33.04	41
11	Becky Lee	33.23	6	27.23	40
12	Dave Rayfield	33.27	11.5	21.57	39
13	Barry Neal	33.39	9	24.39	38
14	Ruth Terry	37.28	4.5	32.58	37

**Congratulations to Andea Mitchell on winning the Winter Handicap Series**



