

THE HARRIER

(APRIL 2023 NEWSLETTER)



**Dave Engledew has no problem with the mud
at the Feighan Fury Trail Race**

Our athletes having been travelling all over the place of late to take in some interesting races, with **Sam Swift** making it as far as **Berlin**! The trip seems to have been worthwhile as **Sam** had an impressive run.

Closer to home we had athletes in Weymouth and Southampton, whilst **Ken Summers**, **Kate Medicott** and **Ailee Aviss-Munro** went to **London**, which is of course the centre of attention on **Sunday, 23rd April** when the **LONDON MARATHON** takes place. Good luck to all our athletes who are running in the race and any other spring marathon.

On Tuesday evening the **18th April** the popular '**Spirit of the Moor**' returns so it will really feel like spring.

Dave Fox - Editor

From the Chairman:

Hello everyone,

We're into April now which means a welcome return to some of our popular training routes round the local lanes as well as the 'Spirit of the Moor' runs from Wrangaton Golf Club - the first of this year is on Tuesday 18th April. I hope to see lots of members there. If any newer members haven't been to one of these club nights and wants to know more about them then please get in touch.

As you will have noticed we decided to cancel the handicap for April to allow us to look at the responses to the survey. We will discuss these during the next committee meeting and then communicate what is happening with regards to the handicap shortly afterwards.

The monthly speedwork sessions such as the one at Filham Lake seem to be popular so I will be looking to schedule these regularly over the summer. If anyone has any ideas / requests for a particular speedwork session then please let me know.

We are well underway with 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.

Chris has been busy with the organisation of our off-road race which we will be hosting again this year. The race will be held on Wednesday 9th August and will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge and will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>). Again we will be looking for volunteers to help put this race on.

Finally, I'm looking to organise a club trip to a race, possibly in June where we will look to hire a minibus if we have sufficient interest. Similarly we would like to support the South Devon Relays which are being held on Friday 11th August at Torbay Velopark. Each leg is 3k and very flat and suitable for everyone. Please keep an eye out for more details on this over the next few weeks.

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

Tom Davies - davies.tp@googlemail.com and 07909 595965

SECRETARY'S NOTES

Happy Easter

The clocks have now gone forward and the evenings are lighter. Training routes can get out into the lanes. Thanks to those who completed the survey on the Handicap. We have decided to start the summer one in May to give us time to organise it. If you can help it would be greatly appreciated. Entries are coming in steadily for the Ivybridge 10K which is being held on Saturday May 27th. Thanks to those who have agreed to help but we still need a few more. We have an issue to resolve with the course as they closed the road at the bottom of David's Lane. This may involve a reroute of the course. The junior presentation in on Friday April 21st at the Hunting Lodge and everyone is welcome. We haven't held one of these for 3 years so it is long overdue. We are trying to get back trophies given out in 2019 so if anyone has one please get in touch.

We hope you all having a good Easter break.

Training and Coaching

Senior sessions have continued to be well attended and the April routes are now on the website. We offer a wide range of routes on a Tuesday but we do need volunteers to lead groups to make sure everyone is safe.

As I said last time we are now very short on junior coaches, especially for the older session. If any parent or member could help on a Thursday (7-8), please get in touch with me? We can pay for your coaching qualification if you wish to take it on permanently. We have now moved outside on to the track for junior training in preparation for the Track and Field season.

Competition Update

The Track and Field season began with the Spring Warm Up on Sunday 2nd April. We didn't have a very good turnout which is disappointing but it did clash with Plymouth Argyle's trip to Wembley and the start of the Easter holidays.

The season continues with the Great West Open on 16th April, the Devon Open on 23rd April (both at Exeter) and the first SW League on 30th April. We need to encourage more of our juniors and seniors to try an event. It is not as bad as

it seems and you may even enjoy it. All details are on the Track and Field page of the website.

Road (and off Road) Running

We had runners in the Tavi 13 which was an Armada Grand Prix race and the inaugural Feighan Fury 10 mile off road race. Jamie Frost did well in the Tavi 13 finishing 7th and Dave Rayfield continued his recent good form in the race. Allistair Bristow led the EVH runners home in the Feighan Fury where we had 12 taking part. Ken Summers and Kate Medlicott did the Kew Half Marathon and both won their age categories with Ken setting a new club record. We also had runners in the SW Fell Runners event which included the Devon Championships. The Armada 5Km is next Wednesday ((April 12th) around Saltram. See Armada website for details of this and the latest Armada Grand Prix update.

Athletes of the Month

The athletes of the month for February were Craig McAlpine and Tomi Bartlett.

Forthcoming Events

Apr 12th – Armada 5Km - Saltram

Apr 15th – Race with no name (50km) – Dartmoor

Apr 15th - Tavi 5K

Apr 16th – Ken Trickey Open – Exeter

Apr 23rd – Devon Open – Exeter
- London Marathon

Apr 30th - SW Athletics League – Exeter

May 7th - Saltash Half

- Bideford 10K

- Ottery 10K

May 14th – Devon County Track and Field Championships – Exeter

- Plymouth Half, 10K and 5K

- Exeter Marathon and 5

miles.

May 20th – Race the Tide – Holbeton

- Muskies Madness

- Tavi 5K

May 27th – Ivybridge 10K

Finally. The Great West Run in Exeter on 21st May is not licensed by any governing body. Please be aware of the implications if you take part in this race. It will not appear on Power of 10 and you could be in breach of UKA rules if you enter. This is far from clear on their entry form.

Keith

07934373943)

reedy41c@googlemail.com

RACE NEWS

THE FEIGHAN FURY 10M TRAIL RACE

South West Road Runners and the Exe Valley Rotary Club worked together to organise this race to celebrate the life of **Mike Feighan** who was a much-loved member of the local running community. **Mike** worked in mental health and championed exercise for mental health benefits. He gave so much to the local community in coaching and encouraging people into active pursuits. He was an extremely talented runner in his own right – winning the legendary **Grizzly** 20 mile trail race five times along with countless other races. Our own **Neil Holmes** had many close duels with **Mike** in races, with **Neil** also excelling in the **Grizzly** and winning three times with numerous high place finishes (see the **March Harrier** of **2021** for an in depth look at the **Grizzly**). Tragically **Mike** abruptly passed away in 2021 and is much missed by all that knew him. His running compatriots have determined he needs to be immortalised in an annual running event. **Mike** would often talk about getting out of the house on those rainy and tough days as being the days you remember. He knew how to encourage people to face a little adversity and find out the benefits for themselves.

We had a good turnout at the challenging race around the rolling hills of mid Devon in the area of Templeton, near Tiverton. Well done to our ladies who were 3rd ladies team.

14	Allister Bristow	1.21.14	123	Liz Bowden	1.51.01
48	Sarah Markwick	1.31.06	125	Richard Lane	1.51.39
81	Russ Mogridge	1.38.55	131	Mike Hoskin	1.53.48
87	Dave Engledew	1.39.46	138	Katy Mogridge	1.55.38
97	Kate Medicott	1.41.51	139	Lindsay Lane	1.55.38
105	Alison Engledew	1.45.54	149	Bridget Privett	2.01.25



Mike Feighan and **Neil Holmes** at the final running of the **Plymouth Hoe 10** in 2013



FEIGHAN FURY TRAIL RACE



TAVY 13 - Sunday 26th March

Our athletes did well at this tough but scenic race, with **Jamie Frost** finishing 7th and **Dave Rayfield** 2nd male 55. Well done in particular to 18 year old **Anna Lake** who was making her Half Marathon debut and raising money for charity.

Results:	7	Jamie Frost	1.28.15
	19	Dave Rayfield	1.36.08
	92	Phil Adderley	1.56.51
	94	Dave Lloyd	1.57.32
	132	Anna Lake	2.08.07
		(219 finishers)	





TAVY 13



GALLERY: Tavistock AC's Neale and Lake storm to victory at Tavy 13 half marathon

Posted on March 26, 2023 *by* PLYMOUTH SPORTS GAZETTE



TAVISTOCK Athletic Club's Ben Neale and Sam Lake stormed to victory as their club hosted their annual Tavy 13 half marathon on Sunday.

Neale opened up a gap in the opening 400m and never looked back, winning the race by more than six-and-a-half minutes. He came home in a time of 1:13.13 for the tough course that starts and finishes at Tavistock College and takes runners up on to Dartmoor. He was nearly two minutes quicker than when he also won the race in 2019.

Second place on Sunday went to Horsham's Matty Smith in a time 1:19.56, with Plymouth Musketeers' Ross Macdonald taking third in 1:23.44. Fourth place went to Thomas Brogden, who was also first M40, with fellow unattached runner Chris Rose fifth.

There was a good run by Plymouth Harriers' Andrew Charles, who finished as first M60 and 11th overall in 1:29.51. One place behind and first M55 was previous race winner Stuart Hall, with Tavistock's Allan Heardman first M70 in 1:38.41.

Lake was equally dominant in the women's race, winning by nearly six minutes in 1:30.59.

Second woman was Okehampton's Joanne Page in 1:36.47, with Devon & Somerset Fire and Rescue Service's Kirsty Prowse third in 1:37.52. Prowse had also come third last year.

More than 200 runners finished the race. There was also a primary schools' challenge event.

Meanwhile **Liz Bristow** ran the **Weymouth Half Marathon** as part of her preparation for the **London Marathon**. **Liz** was 80th female in 1.52.57.

We had four athletes in the **Meldon Skyline Fell Race**, with **Matthew Gilvear** having an outstanding run to finish 5th and 1st U19. **Chris Prall** was 12th, with **Craig MacAlpine** 45th and **Becky Prall** 47th and 6th lady.

Sam Swift ran in the **Berlin Half Marathon** and finished 395th in an impressive time of 1.17.33.

Ken Summers and **Kate Medlicott** went to the **Kew Half Marathon** and were rewarded with age group wins. **Kate** ran a time of 1.44.51, whilst **Ken** achieved a time of 1.46.03, which was also a new club, breaking the time of 1.58.56, set by **Tony Doonan** at the **Plymouth Half Marathon** in 2016.

Becci Pine took part in the **Southampton Half Marathon**, finishing 1096th in 2.04.48.

Ailee Aviss-Munro ran the **London Landmarks Half Marathon** as a charity run for the **National Autistic Society** and finished in a time of 2 hours and 18 minutes, knocking 11 minutes off her pb. **Ailee** said she was super happy but somewhat broken!

TRAINING ROUTES - APRIL

Tuesday 11th – Speedwork @ Train Station Car Park

Tuesday 18th – ‘Spirit of the Moor’ at Wrangaton Golf Club

Tuesday 25th – Long Timber Woods – Harford – Cole Lane

FAST FRIDAY 10K - EXETER - 7th April



We had four athletes who made the trip to Exeter on Good Friday.

Dave Rayfield was 3rd male 55 and **Barry Neal** achieved a p.b.

Results:	55	Dave Rayfield	
	86	Barry Neal	43.07
	200	Bridgett Privett	55.19
	210	Carol Hansen	56.32

(257 finishers)

VET MENS ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
40 – 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	A Ryder 2.48.39 New Abbot 08
45 – 49	N Holmes & A Ryder 34.56 Clevedon 12 & Plymouth 12	A Ryder 57.00 Teignbridge 09	S Fitze 1.16.18 Exeter 21	A Ryder 2.39.58 Taunton 09
50 – 54	M Hansen 36.22 Bideford 09	M Hansen 58.49 Plymouth 09	M Hansen 1.19.14 Taunton 09	A Trigg 2.53.16 Abingdon 12
55 – 59	M Hansen 37.44 Clevedon 14	M Hansen 64.07 Bideford 14	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.03.20 Chester 18
60 – 64	A Trigg 42.16 Exeter 2023	D Engledew 70.24 Bideford 19	D Engledew 1.31.47 Helsby 20	D Simpson 3.42.49 London 06
65 – 69	S Watson 49.30 Frome 16	K Summers 77.50 Bideford 19	K Summers 1.38.56 Bridgwater 17	K Summers 4.03.38 Taunton 18
70 – 74	R Brindle 51.44 Berkeley 15		K Summers 1.46.03 Kew 23	
75 – 79	E Perks 66.15 Plympton 99	E Perks 103.51 Guy Fawkes 98	E Perks 2.27.15 Plymouth 98	E Perks 5.56.55 London 00
80 – 84	E Perks 70.50 Ivybridge 03	E Perks 127.02 Plymouth 03	E Perks 2.47.07 Plymouth 03	
85 – 89	E Perks 80.19 Ivybridge 07		E Perks 3.10.48 Plymouth 07	

VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
35 – 39	A Thorn 38.21 Exeter 13	A Thorn 63.41 Plymouth 13	A McEwing 1.19.00 Farnborough 23	E Lake 3.09.12 London 13
40 – 44	A Thorn 37.47 Exeter 16	J Swift 62.02 Bideford 12	J Swift 1.22.15 Cardiff 12	C Perry 2.58.53 London 17
45 – 49	A Thorn 37.14 Glastonbury 22	A Thorn 63.45 Granite 21	A Thorn 1.20.34 Farnborough 23	A Thorn 2.50.58 Chester 22
50 – 54	C Perry 39.58 Newquay 23	S Urro 68.18 Portland 01	S Urro 1.30.12 Bideford 01	J Edwards 3.27.55 Dublin 2016
55 – 59	A Engledew 46.41 Ivybridge 18	A Handforth 78.23 Plymouth 08	A Engledew 1.40.12 Taunton 18	A Engledew 4.07.14 London 18
60 – 64	A Engledew 46.16 Telford 19	A Engledew 79.36 Bideford 19	A Engledew 1.43.06 Helsby 20	A Engledew 3.52.33 London 19
65 – 69	M McKay 53.37 Newquay 12	M McKay 88.56 Bideford 12		

MEMORY LANE

(The final running of the Plymouth Hoe 10 on 17th February 2013)

We had many good performances in this popular race.

Neil Holmes was the first Harrier home and was 3rd male vet 45.

Alison Thorn was 2nd female vet 35 and broke her own vet club record. **Emma Lake** was 3rd female vet 35, whilst **Ken Summers** was 3rd male vet 60 and broke his own vet club record.

Congratulations to our ladies who were 2nd female team.

Sarah Owen, Simon Powell, Ken Summers and **Phil Lord** had a great contest between themselves for places!

Results:	17	Neil Holmes	58.22
	30	Richard Wallace	60.41
	47	Christian Cutcliffe	62.42
	54	Alison Thorn	63.41
	57	Ewan Lake	64.05
	64	Alison McEwing	64.24
	87	Emma Lake	66.51
	89	Paddy Trinder	67.24
	101	Sarah Hirons	68.31
	151	Sarah Owen	72.19
	152	Simon Powell	72.21
	153	Ken Summers	72.26
	163	Phil Lord	72.48
	170	Craig MacAlpine	73.41
	244	Kevin Paull	79.13
	256	Mark Livermore	80.12
	283	Mike Woodland	82.07
	381	Dave Hawke	88.21
	412	Carol Hansen	91.58
	513	Mike Lee	103.48

(556 finishers)



PLYMOUTH HOE 10 - 2013
(Sarah Owen, Simon Powell and Ken Summers in close contention)
(below – Alision Thorn and Christian Cutcliffe had great races)





‘THE SPIRIT OF THE MOOR’

