

THE HARRIER

(JUNE 2023 NEWSLETTER)



Charlie, Matthew and Simon won the
Men's Team Prize at the Ivybridge 10K

The **Ivybridge 10K** was a great success. The conditions on the evening were challenging for all concerned but well done to everyone who helped in some way and in particular your **Race Director Keith Reed** who spent many restless hours working on the event.

It's been a busy few weeks on the race scene and coming up shortly are our popular **Relays** on **Friday** evening, the **30th June**. We will require helpers for this event and also at the **Fell Race** on **Wednesday 9th August**.

Take care in this spell of hot weather.

Dave Fox
(EDITOR)

From the Chairman:

Hello everyone - I hope you are all well and enjoying your running.

Firstly, can I say a huge thank you to everyone who helped us put on the Ivybridge 10k at the end of May. Everyone on the committee really does appreciate your efforts. Congratulations to all our members who ran in the race, with some excellent performances all round.

Not long now until our very own Erme Valley Relays on Friday 30th June, starting, and finishing from the Rugby Club. We're hoping to enter a few teams so if you're interested in joining a team please get in touch. If anybody who isn't running but would like to help out we always appreciate marshals and other helpers so again please let us know if you can assist.



As a reminder, we have the second running of our Fell Race on Wednesday 9th August. The race will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge. The race will be part of the Dartmoor Fell series, as per a couple of my previous articles these races are very friendly and low key and well worth giving a go. As per the above, we welcome any support for us to host our race so if you're able to help please do let me or Chris Prall know either in person or via my contact details below.

Finally, I'm going to start organising teams for the Torbay Relays due to be held on 11th August. Teams are made up of 4 runners and each person runs 3km. The route is entirely within the Torbay Velopark and is very flat. If you are interested in joining a team then please let me know.

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

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

SECRETARY'S NOTES

Summer is here

We put on a very successful Ivybridge 10K on Saturday May 27th thanks to the hard work of everyone who helped. We had over 500 finishers which was good in the end.

We had lots of very favourable comments and the T-shirts were great.

I would like to thank Allister, Monica and Liz for all their efforts to get them ready.

We have some medium and large sizes left over which we are going to sell off for the charity, but if anyone needs another size they will have to order them from Devon Tees. We now move on to the Relays on

Friday 30th June where again we will need your help. We are also putting teams together, so if you want to run please see Ruth for the ladies and Ken for the men.

We are putting on the Ivybridge 3 Tops Fell race again on Wednesday 9th August.

Chris will be recruiting you all to help with this. Hopefully it will be cooler than last year.

Training and Coaching

The Tuesday training routes for June and July are now on the website. Turnout has been good of late and we have introduced some new routes. The most recent 'Spirit of the Moor' was well attended with the next one on Tuesday 20th. The second summer handicap is on Tuesday.

Competition Update

The Track and Field season has continued with the Devon County Championships at Exeter, the Devon Open and another SW League. There are still a lot of juniors who haven't taken part in anything as yet. We really hope they will. It is the Devon Schools this weekend and the next Devon Open is on Sunday 2nd July in Braunton. We are trying to organise a club trip to the Mag 7 and also to the South Devon Relays on Friday 11th August.

The Devon County 10000m is on Wednesday 21st June and it would be good to get some seniors taking part. It is an ideal opportunity to set a new pb and win a Devon medal. There are also Mile races.

Entries are being taken through City Runs on <https://www.city-runs.co.uk/westcountry-mile>

Road (and off Road) Running.

There was success in our own 10K with Matt Gilvear finishing 3rd, Simon Fitz 6th and Charlie Milward 10th which was good enough to win the Men's team award. We

had four athletes in the Dartmoor Discovery and some good results in the Burrator 10K. Looking ahead there is a busy weekend with our

relays on the Friday followed by the Muddy Duck 10K on the Saturday and then the Mag 7 on the Sunday. The next Armada 5K is on Wednesday and all these races are in the Armada GP so there is a chance to improve your score. Remember you do get points for volunteering at our races. The current standings are shown on the Armada Website

www.armadaathletics.co.uk

Athletes of the Month

The athletes of the month for May have not yet been selected. We will announce at training.

Forthcoming Events

June 14th – Armada 5K – Saltram

June 17th – SW School Champs

- Tavi 5K

- Giants Head Races (& 18th)

June 21st – Devon 10000m & Miles

June 24th – SW Schools Combined Events

June 25th – North Devon Young Athletes Open

June 30th – EVH Relays

July 1st – Muddy Duck (Armada GP)

July 2nd – Mag 7 (Armada GP)

- Devon Open at Braunton

July 12th – Armada 5K – Saltram

July 13th – Tavi Relays

July 15th – Tavi 5K

July 16th – SW League – Exeter

- Exe Estuary 50K & Marathon

July 19th – Exeter 10K

July 29th – Tywardreath Trotter

July 30th – SW Track and Field Champs (including Inter Counties)

Keith

07934373943)

reedy41c@googlemail.com

RACE NEWS

PLYMOUTH HALF MARATHON, 10K and 5K - Sunday 14th May

We had a good turnout and some great performances in the **Half Marathon** with **Simon Fitze** 2nd male 45, **Emma Lake** 3rd female 45, **Kate Medicott** 1st female 55 and **Alison Engledew** 1st female 60.

Unfortunately **Bridgett Privett** collapsed near the finish line and was taken to hospital. **Bridgett** is making good progress and we all send her our best wishes for a speedy recovery.

In the **10K** **Charlie Milward** was 1st under 20 man and also a pb. **Becky Lee** was 1st female 40.

Photographs of the race appeared in the last Harrier but below are the results.

Half Marathon:	Simon Fitze	1.19.03
	Chris Prall	1.25.12
	Alan Gatling	1.36.01
	Nick Bristow	1.38.05
	Emma Lake	1.38.46
	Holly Jones	1.38.50
	Sarah Markwick	1.39.58
	Dan Francis	1.44.51
	Kate Medicott	1.44.56
	Andrew Mitchell	1.46.33
	Susan Leedham	1.48.32
	Alison Engledew	1.49.53
	Andrea Mitchell	1.54.03
	Francesca Walker	1.56.27
	Ken Summers	1.56.46
	Carol Hansen	2.03.54
	Andy Bartlett	2.12.26
	Lynn Nicholls	2.18.36
	Jackie Frewin	2.21.14
	Becci Pine	2.33.14
	Ailie Aviss-Monro	2.35.28
	Lianne Spampanato	2.36.06
10K	Charlie Milward	37.44
	Becky Lee	47.23
5K	Julie Ameer-Ali	43.21

GALLERY: Tamar Trotters' Landers and Tavistock's Kelly claim Plymouth Half titles

Posted on May 14, 2023 *by* PLYMOUTH SPORTS GAZETTE



TAMAR Trotters' Jacob Landers and Tavistock AC's Nikki Kelly continued their good form by winning Plymouth Half Marathon titles on Sunday. The duo had both set personal bests the week before at the Bideford 10k.

Landers was just outside his PB as he took victory in the 13.1-mile race at the Britain's Ocean City Running Festival with a time of 1:08.58. Second place went to Tavistock AC's 2018 winner Ben Neale, who came home in 1:10.28. Simon Middleton was third overall and first M45 in 1:14.03, followed by Tavistock's Sam Larkham, James Dwyer, Tamar Trotters' Oliver Oldfield, Plymouth Musketeers' Ross Macdonald, Plymstock's Graham Bale, who was first M55, and **Erme Valley's Simon Fitze.**

Kelly was the dominant runner in the women's half marathon, winning by more than six minutes. She clocked 1:21.52. Second place went to Ellie Robinson in 1:27.57, with Cornwall AC's Rosie Gibbson third and first F45, Storm Plymouth's Lauren Knox fourth, Looe's Joanne Robinson fifth and Storm's Charlene Matthews sixth.

Once again as part of the running festival, there was also a 10k and 5k event.

Josh Benford and Alex Sharkerley claimed the 10k titles.



Benford edged out Tavistock Run Project's Jim Cole to win the men's crown in 32.19, with Cole 16 seconds behind. Third place went to North Devon's Ben Di Salvo in 33.08, with City of Plymouth's Matthew Bradley fourth in 34.42 and Ben Doonan fifth.

Shakerley also won by 16 seconds, claiming the women's crown in 40.45 minutes ahead of Cornwall AC's veteran Emma Stepto. Third woman was Fleur Peoples.

Plymstock Road Runners' Rich Shelley and City of Plymouth's Eleanor Webster won the 5k titles. Shelley clocked 17.43 minutes to finish ahead of new City of Plymouth youngster Ben Marriott (18.18), with fellow City of Plymouth juniors Isaac Lamerton and Daniel Salmon third and fourth and Sam Evans fifth.

Webster won the women's crown in 20.10 minutes, ahead of Agata Obidowicz in 20.14, team-mate Molly Gilbey (21.07), Jessica Godfrey (22.11) and Lydia Herbert (23.40).



Who can you recognise on the photograph in this previous race in the **Plymouth Half Marathon**. The photo goes back some years as the club colours at the time were just burgundy.



We had two athletes at the **England Masters Chester Half Marathon**. Both our ladies did exceptionally well with **Alison McEwing** 80th overall, 5th female and 3rd in the female vet 35 category in 1.21.06. **Alison Thorn** was 102nd overall, 10th female and 2nd in the female vet 45 category in 1.22.51

In the **Race the Tide** event at Mothecombe **Sarah Markwick** tackled the Marathon (actually 29 miles) and was 15th overall and 1st female vet 40 in 5.38.55. **Dave Rayfield** took part in the **Woodland Trail** (8.5 miles) and finished 5th in 1.08.20. The week before **Dave** was 2nd and 1st male 55 in the **Exeter 5K** in an impressive time of 31.50.

Tom Davies was our only athlete in the **Muskies Madness**, finishing the tough **10K** in 52.08.

GALLERY: Cole and Ezra-Ham claim convincing victories at Ivybridge 10k

Posted on May 28, 2023 *by* PLYMOUTH SPORTS GAZETTE



JIM COLE and Bex Ezra-Ham claimed impressive victories at the popular Ivybridge 10k on Saturday evening.

Ezra-Ham continued her good form by breaking the women's record, which had stood for 11 years. The Tamar Trotters' athlete clocked 36.33 minutes, which was six seconds inside Jo Meek's previous record. That time was nearly two minutes quicker than what Ezra-Ham ran to win the same race in 2019.

Tavistock Run Project's Cole, now a M40 athlete, claimed the men's title for the fourth time in 32.32 minutes.



Despite the hot conditions on Saturday, that was quicker than when he won the race in 2011 and 2013 and just 10 seconds slower than the time he clocked to win in 2019. Cole finished more than two-and-a-half minutes in front of the next runner, who was Ben Doonan in 35.11 minutes.

Erme Valley teenager **Matthew Gilvear** was third in 35.12, with Plymouth Musketeers' Ross Macdonald just a second behind in fourth (35.13) and Lucas Lapthorn fifth (36.02).

Erme Valley took the team prize with **Simon Fitze** and **Charlie Milward** joining **Gilvear** in the top 10. **Fitze was first M45**, while Plymstock's Graham Bale was first M55 and Plymouth Harriers' Andrew Charlies first M60.



Torbay Tri Club's Naomi Flanagan (39.12) was second female to Ezra-Ham, with Bideford's F45 athlete Serane Stone third (40.07) and Storm Plymouth's Charlene Matthews (40.57) and Lauren Knox (41.20) fourth and fifth.

Storm took the women's team prize with Georgie Farr joining Matthews and Knox as the three scorers.

Tamar Trotters' Jane Bremner continued her good form by finishing as first F60 in 46.06 minutes.

More than 500 runners finished the event, which finished at Ivybridge Rugby Club.



IVYBRIDGE 10K - Saturday 27th May

Despite the hot conditions this year's race was outstanding with Jim Cole of Tavistock Run Project winning the race for the 4th time. Cole had won the race in 2011, 2013 and 2019. He ran quicker than his times in 2011 and 2013 and was only slightly slower than his time in 2019. Cole in outstanding recent form won the race by 2.5 minutes with a time of 32.32.

Bex Ezra-Ham was also in fantastic form and broke the female course record, which had stood for 11 years.

Our own athletes did well with Matthew Gilvear (3rd in 35.12), Simon Fitz (6th in 36.13) and Charlie Milward (10th in 36.54) winning the Men's Team prize. Matt was involved in a thrilling sprint finish to overtake Ross MacDonald of Plymouth Musketeers near the finish line. Both Matt and Charlie achieved personal best times. Simon was also 1st male 45. New member Ronnie Haynes also had a great run as he was 15th in a time of 38.19.

Results:	3	Matthew Gilvear	35.12.
	6	Simon Fitz	36.13
	10	Charlie Milward	36.54
	15	Ronnie Haynes	38.19
	93	Andrew Mitchell	46.15
	228	Francesca Walker	54.20
	356	Becci Pine	61.13
	383	Jackie Frewin	64.05
	477	Christine Tout	74.20

(504 finishers)

TRAINING ROUTES - JUNE AND JULY

JUNE

Tuesday 13 th	Summer Handicap
Tuesday 20 th	'Spirit of the Moor' at Wrangaton Golf Club
Tuesday 27 th	Ermington Mast

JULY

Tuesday 4 th	Speedwork @ Filham Lake
Tuesday 11 th	Summer Handicap
Tuesday 18 th	'Spirit of the Moor' at Wrangaton Golf Club
Tuesday 25 th	Clay Factory – Puffing Billy – Reservoir – Harford

Please note that the Handicap is now the second Tuesday of each month.



**New member Ronnie Haynes joins the winning Men's Team
and below race winner Jim Cole opens up an early lead in the race**



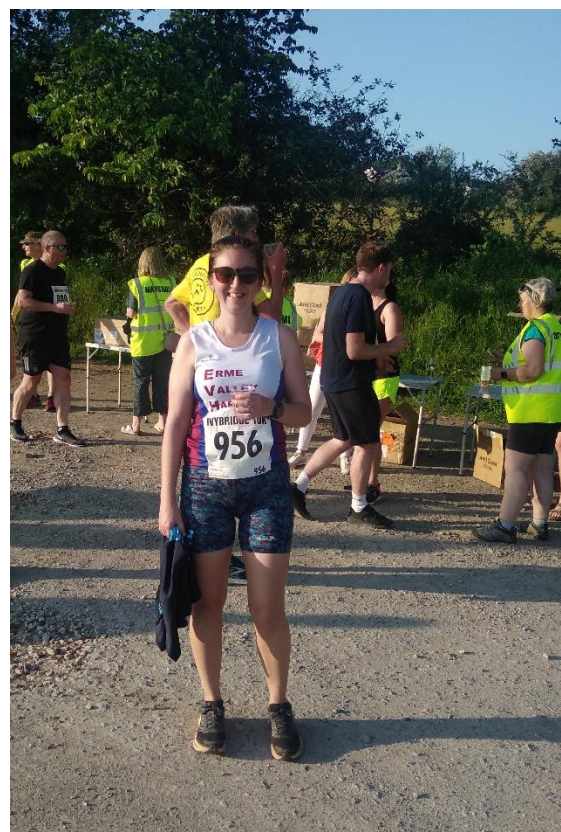


IVYBRIDGE 10K





IVYBRIDGE 10K



Looking back: The Ivybridge 10K of 2016

GALLERY: GB youth international Battershill claims victory at Ivybridge 10k

Posted on [May 7, 2016](#) by [Plymouth Sports Gazette](#)



GREAT Britain youth international steeplechaser Will Battershill claimed his first major 10k road race victory on home soil on Saturday evening.

The 18-year-old Erme Valley Harriers star won the popular Ivybridge 10k.

Battershill beat previous winner and course record holder Kairn Stone to the title.

The Ivybridge Community College pupil took the honours in a time of 32 minutes and 37 seconds.

That was more than a minute in front of Stone, who clocked 33:39.

South Devon's David Hampton was third in 34.44.

GALLERY: Youngster Beaton storms to victory in the tough Dartmoor Discovery Ultra Marathon

Posted on [June 4, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



JOE BEATON became the youngest winner of the tough Dartmoor Discovery Ultra Marathon on Saturday. The 20-year-old, who had been training for the event for six months, took victory in the 32-mile challenge in an impressive time of three hours, 44 minutes and 50 seconds. He won by race, which is the UK's longest single lap road ultra marathon and takes competitors up and down some of the toughest hills Dartmoor has to offer, by nine minutes.



Second place went to Tavistock AC's Sam Larkham, who came home in 3:53.45, with Axe Valley Harriers' previous winner Ryan Snell third and first M40 in 3:56.47 and Plymouth Musketeers' Ross Macdonald was fourth in 3:57.51.

Afterwards Beaton said: "Winning this brutal historic race was a dream of mine. Over the moon with the finishing time and I will definitely be back in the future."



Exeter Harriers' Kirsteen Welch broke the women's record with a stunning run which saw her come fifth overall in 3:59.46. That was nearly three minutes quicker than the previous record that had stood since 2008. Second woman home and first F45 was Looe's Joanne Robinson, who clocked 4:43.44, with Westbury's Hannah Large third in 4:47.14.

The race, which is now organised by Teignbridge Trotters, saw 149 finishers.

The undulating course sees athletes leave Princetown and head through Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland-in-the-Moor, Widecombe-in-the-Moor and Postbridge before heading back to the start.

If running 32 miles along some of the hilliest roads in Devon in hot conditions was not tough enough, runners have to meet strict cut-off times along the way and finish in under six-and-a-half hours.



Our four athletes performed exceptionally well in the hot conditions at the **Dartmoor Discovery** as **Simon Fitz** was 10th (4.20.13), **Chris Prall** was 20th (4.45.04), **Sarah Markwick** was 60th and 2nd female vet 40 (5.26.59) and **Emma Lake** was 67th in 5.33.21.





DARTMOOR DISCOVERY



GALLERY: Tamar Trotters' Oldfield and Tavistock AC's Kelly win Burrator 10k titles

Posted on [June 4, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



TAMAR Trotters' Oliver Oldfield and Tavistock Athletic Club's Nikki Kelly claimed titles at the popular Burrator 10k on Saturday evening.

Oldfield led from the gun and, despite, Cornwall AC veteran Tony Wright pushing him hard, he was able to win by 33 seconds. He clocked a time of 35.35 minutes for the race that sees runners complete one full lap and then two-thirds of another around the Dartmoor reservoir. Wright did come second and first M55 in 36.08 minutes, with Tavistock AC's Hayden Bond third in 36.25 minutes.



Kelly, who has been in fine form this year, finished fourth overall and was first woman home by nearly five minutes with a time of 36.27 minutes.

Fifth placed overall and first M40 was **Erme Valley Harriers' Ronnie Haynes. Haynes' club colleagues Andrea Mitchell and Alan Gatling were also age group winners. Mitchell won the F50 category, while Gatling** edged out Plymstock Road Runners' Ian Lamerton for the M50 award.

Freedom Racing's Lucy Williams was second woman overall in 41.21 minutes, with Reading Roadrunners' Sarah Dooley third in 43.43.

Plymouth Harriers' Yolanda Garcia-Davies was sixth woman overall and first F45, while Tavistock AC's Jenny Bryant won the F55 award.

Nearly 400 runners finished the race, which was run in hot conditions.



Well done to **Ronnie Haynes** who had a great run to finish 5th in the **Burrator 10K** in a time of 36.48. **Ronnie** was also 1st vet 40.

Everyone else also did well with **Alan Gatling** 32nd in 42.49 and 1st male vet 50. **Andrew Mitchell** was 49th and achieved a personal best time of 45.06, whilst **Andrea Mitchell** was 108th in 50.24 and 1st female vet 50.

There were 391 finishers.





Well done to **Chris** and **Becky Prall** and **Ewan Lake** who all deserved a well-earned drink after completing the hot and humid **Buckland Bounder** last evening. The race is just over 6 miles long and is part of the **Fell Runners Association** series and run in the beautiful area of Buckland Monachorum as part of the Summer Fair.

Provisional results have **Chris** in 7th in 43.53, **Ewan** finished in 43.53 and **Becky** in 62.50

The race was won by Ceri Rees in 38.36, with Ross MacDonald 2nd in 41.32.



