

# THE HARRIER

## (JULY 2023 HARRIER)



**Luke, Matthew, Charlie and Thomas  
won the U18 boys team prize at the Erme Valley Relays**

What a hectic few weeks of races with everyone travelling to all parts of the country to compete!

Pride of place this month goes to our Under 18 boys' team who were fantastic in winning their age team prize at our popular relays.

The trip to the Giants Head looked great and is surely a contender for 'Race of the Year'. I was impressed with the atmosphere at the Ugborough Fair 5K. It brought back memories of early 'Fun Runs', which parkruns now seem to have adapted.

Enjoy your running and the summer - **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 ran / volunteered at the relays at the end of June, it was a great evening (despite the rain) and there were some great performances from both the senior and the junior teams.

If you enjoyed the relays then perhaps you'd like to join us on Thursday 13<sup>th</sup> July for the Tavistock town relays; each leg is 1.1 miles long and is round a flat loop in Tavistock town centre / park. There are separate races for juniors, women and men and it should be a great atmosphere. Additionally, we are putting teams together for the Torbay relays hosted by South Devon AC at Torbay Velopark (same location as the parkrun); these are slightly longer at 3km per leg. This is a great event with all teams competing in the same race and some great prizes on offer (our senior men's team won a pineapple last year!). We will look to organise a social event afterwards so it would be good to get a good turnout to this.



As a reminder, we have the second running of our fell race on Wednesday 9<sup>th</sup> August and 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 in order 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.

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

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



## SECRETARY'S NOTES

### Summer Holidays approaching

Following our successful 10K we put on another great event with our EVH Relays on Friday 30<sup>th</sup> June. Despite the unusually damp weather there were some great performances for all the teams. Our

U18 men's team won their category beating a strong Plymouth AC team. It was good to see juniors and seniors taking part. A big thank to all of you who helped out on the night. Our next race is the Ivybridge 3 Tops Fell Race on Wednesday 9<sup>th</sup> August. Chris is now recruiting, and we need your help.

The Cornwood 10K have also asked if anyone can help them on 22<sup>nd</sup> July and in return, they will offer us free places. If anyone can help please get in touch.

We are now heading for the summer holidays and I am sure a lot of us will be getting away. The number of races always go down at this time of the year.

### Training and Coaching

Tuesday training routes for July and August are now on the website. Numbers have been a bit up and down at training, but this is partly due to either hot or wet weather. Junior training has been good with some new recruits. We will be going to one session in the school holidays. We are also targeting the Tavi Relays next Thursday instead of the normal session. We hope that a lot of our juniors will take part as well as our seniors.

### Competition Update

The Track and Field season has continued at a pace with three Devon Open's already done. We have just one more Devon Open left in Plymouth on 6<sup>th</sup> August. The next SW League is on 16<sup>th</sup> July. As we said before there are still a lot of juniors who haven't taken part in anything yet. We really hope they will before the end of the season. We are also targeting the South Devon Relays on Friday 11<sup>th</sup> August which will include the SW Championships.

We have the Westward Cross Country AGM next weekend, and we already know the first date which is 8<sup>th</sup> October in

Newnham Park. We will publish the dates when sorted.

### Road (and off Road) Running

There were some great performances in our Relays with no less than 35 taking part.

Dave Rayfield did two legs for the Male 50 team. We didn't have that many in either the Muddy Duck 10K or the Mag 7.

Charlie Milward did however have a good run finishing 10<sup>th</sup> and 1<sup>st</sup> under 20 in the Mag 7 on the Sunday. All those races

were in in the Armada GP. The next Armada 5K is this week in Saltram. The last one was very well attended due to being part of the Grand Prix and it would be good to get another good turnout. We

had some good performances in the Dartmoor Discovery and in recent Fell Races. Matt Gilvear did well in the Inter Counties running for Devon and is now running in the National event in Buxton.

There have also been several Parkrun milestones achieved of late.

### Athletes of the Month

The athletes of the month for June were **Thomas Carter** and **Sarah Markwick**.

### Forthcoming Events

July 12<sup>th</sup> Armada 5K - Saltram  
July 13<sup>th</sup> - Tavi Relays  
July 15<sup>th</sup> - Tavi 5K  
- Haytor Heller  
July 16<sup>th</sup> - SW League - Exeter  
- Exe Estuary 50K & Marathon  
July 19<sup>th</sup> - Exeter 10K  
July 22<sup>nd</sup> - Cornwood 10K  
July 29<sup>th</sup> - Tywardreath Trotter  
July 30<sup>th</sup> - SW Track and Field Champs (including Inter Counties)  
Aug 1<sup>st</sup> - Run Exe 5K  
Aug 6<sup>th</sup> - Devon Open - Plymouth  
- 3 Hour Relay - Exeter  
- Indian Queens Half Marathon  
- Totnes 10K  
Aug 11<sup>th</sup> - South Devon Relays  
Aug 12<sup>th</sup> - The Crossing  
Aug 19<sup>th</sup> - Tavi 5K

**Keith**

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## RACE NEWS

At the Exe 5K on 6<sup>th</sup> June **Simon Swift** was 99<sup>th</sup> in 21.11, **Ken Summers** was 123<sup>rd</sup> in 24.18 and **Linda Bracher** was 133<sup>rd</sup> in 26.00.

# GALLERY: Erme Valley youngsters impress at June's Armada Summer 5k Series run

*Posted on* June 15, 2023 *by* PLYMOUTH SPORTS GAZETTE



**ERME Valley Harriers** youngsters led the way at June's Armada Summer 5k Series run at Saltram House on Wednesday evening. The Ivybridge-based club had three of the first four finishers at the event, which attracted more than 150 runners.

**Matthew Gilvear**, fresh from his Devon Schools' 1,500m success at the weekend, was first home in 17.11 minutes, with Plymouth Musketeers' Ross MacDonald, who earlier this month ran the Dartmoor Discovery 32-mile ultra marathon, taking second in 17.33 minutes.



**Erme Valley's Charlie Milward** was third in 17.46 minutes, with his team-mate **Luke Hayes** fourth (18.00) and Chris Casey fifth (18.065).

Storm Plymouth's Charlene Matthews was first woman home in 19.50 minutes, with Plymouth Musketeers' Chloe Anderson second (21.42), Plymouth Harriers' Sarah Robbins third (21.57), Zoe Chapman fourth (22.32) and **Erme Valley's Isabella Trowell** fifth (22.36).

The next Armada Summer 5k Series run around Saltram will on Wednesday, July 14.



<b>Erme Valley Results:</b>	<b>1</b>	<b>Matthew Gilvear</b>	<b>17.11</b>
	<b>3</b>	<b>Charlie Milward</b>	<b>17.46</b>
	<b>4</b>	<b>Luke Hayes</b>	<b>18.00</b>
	<b>28</b>	<b>Barry Neal</b>	<b>21.32</b>
	<b>40</b>	<b>Isabella Trowell</b>	<b>22.36</b>
	<b>52</b>	<b>Russ Mogridge</b>	<b>23.34</b>
	<b>74</b>	<b>Phil Adderley</b>	<b>25.39</b>
	<b>86</b>	<b>Ken Summers</b>	<b>26.01</b>
	<b>93</b>	<b>Linda Bracher</b>	<b>26.42</b>
	<b>106</b>	<b>Emily Faircloth</b>	<b>27.49</b>

**(154 finishers)**



# Erme Valley's Battershill smashes his PB to take steeplechase victory in Vienna

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



**ERME Valley Harriers' Will Battershill** smashed his 3,000m steeplechase personal best on Saturday night to claim his first major win on the European circuit. Battershill clocked 8:23.31 to win over the barriers at Track Night Vienna – a meeting streamed live by European Athletics.

It was his second PB in the space of eight days, having clocked 8:26.72 to finish sixth at the Meeting Iberoamericano de Huelva in Spain the previous week, which was his first 3,000m steeplechase since last September.

His run on Saturday night has moved him up to 16<sup>th</sup> on the British all-time list and he is currently second in the UK 2023 rankings, just behind Olympian Zak Seddon.

**Battershill** has knocked more than four seconds off his PB this season and 10 seconds off in the last two years and he now has his eyes on the upcoming British Championships in Manchester. "The plan is to have three weeks of solid training off this race to get ready for the UK Champs on July 8," he said. "I will get back to base, re-set and recover and hopefully go into the UK Champs even fitter."

Germany's Frederic Ruppert had stormed off on Saturday night hoping to run the World Championship qualifying time of 8.15, but **Battershill** ran his own race and gradually clawed him back and overtook him with about 600m to go. "I knew the pace would be 8.15 and, although my eventual goal is to run that, I felt tonight that might be a step too far," **Battershill** said afterwards. "Kudos to the guys that went with that as it is the Olympic time for a reason and it is super tough to run. I planned to be a tiny bit off that pace and just keep those guys in touch and I was able to claw them back in the last 1k."

He added: "The atmosphere was crazy but it really dragged me around those last few laps that were really tough."



## GIANTS HEAD



We had several EVH athletes taking part in the Giants Head races in Dorset. The marathon route is a very challenging hilly but beautiful course running through the Sydling and Cerne valleys, running around and under the famous Cerne Giant. It is certainly not for the faint hearted! It's a tough race, with some steep climbs, sharp descents and the most amazing views.

In the Marathon Dave and Alison Engledew and Kate Medlicott did particularly well. It was good to see Dave Church running again and Tom Hansen (top row on the left) the son of Carol and Mike competing. Unfortunately, Carol didn't finish due to a fall. A few of our group stayed with her whilst she was taken off the route. Carol is making a good recovery.

We had some outstanding results in the Sydling Hill 11km race with everyone doing well.

Results:	Marathon	52	Dave Engledew (1 <sup>st</sup> mv60)	4.38.36
		110	Kate Medlicott (2 <sup>nd</sup> fv55)	5.10.00
		175	Alison Engledew (4 <sup>th</sup> fv60)	5.31.17
		245	Andy Bartlett	6.01.35
		457	Lindsay Lane	8.02.57
		469	Patrick Wakeley	8.22.23
		470	Dave Church	8.22.23



Sydling Hill Race	2	Allister Bristow (111st mv50)	48.49
	37	Liz Bristow (2 <sup>nd</sup> fv50)	1.13.11
	38	Richard Lane (3 <sup>rd</sup> mv50)	1.13.12
	49	Emily Faircloth (2 <sup>nd</sup> fv45)	1.18.26
	77	Ken Summers (1 <sup>st</sup> mv70)	1.24.07







## GIANTS HEAD







**GIANTS HEAD**





# GALLERY: Youngsters Walker and Gilvear impress at Summer Solstice fell race

Posted on June 22, 2023 by PLYMOUTH SPORTS GAZETTE



TAVISTOCK AC teenager Charlotte Walker continued her good fell running form by comfortably winning the women's title at the Summer Solstice race at Merrivale on Wednesday evening. Walker, who had also claimed victory at the Buckland Boulder and Langstone Coronation fell races, won the tough 9.5k event on Wednesday by nearly two-and-a-half minutes. Second woman, and first F40, was Maddie Horton, with South West Road Runners Lucy Walker third female, Okehampton's Joanne Page fourth and Yael Rowan-Wicks fifth.

Another teenager to impress was **Erme Valley Harriers' Matthew Gilvear**, who finished second overall behind Exmouth's Sam Kelly.

Kelly won in 34.32 minutes, with Devon Schools' 1,500m champion **Gilvear** second in 35.09 minutes and Tom Perry third in 35.20. Veteran Ceri Rees took fourth and first M50, with Tavistock AC's Michael Greenacre fifth and Plymouth Musketeers' Ross Macdonald, who had come second at the Buckland Boulder, sixth. **Erme Valley Harriers' Chris Prall** was first M40.

Some 135 runners attempted the tough event, which takes athletes from Merrivale up Middle Staple Tor, Higher Staple Tor, Roos Tor and White Tor before returning back to the Dartmoor Inn.



There were also junior races on the night and City of Plymouth's Elsie and Margot Goodspeed both claimed wins.



Elsie Goodspeed won the two-mile under-15 girls' event and was second overall, while Margot took the under-13 girls' title ahead of Tavistock's Rose Sebag-Montefiore.

Reuben Sebag-Montefiore was second under-15 boy, while East Cornwall Harriers' Jessica Helson was second under-15 girl.

This weekend sees the British Junior Inter-Counties Hill and Fell Championships at Church Stretton in Shropshire. Charlotte Walker, **Matthew Gilvear**, **Sophie Gilvear**, Elsie Goodspeed and **Luke Hayes** have all been named in the Devon team.







Well done to everyone for successfully completing the Summer Solstice. Results from left to right on the photograph: Russ Mogridge 68<sup>th</sup> (52.33), Craig MacAlpine 77<sup>th</sup> (55.36), Chris Prall 9<sup>th</sup> (40.39), Becky Prall 75<sup>th</sup> (55.24), Matthew Gilvear 2<sup>nd</sup> (35.10) and new member Peter Allen 19<sup>th</sup> (41.52).



The club were pleased to donate £500 to Devon Wildlife Trust from the Ivybridge 10K. This was partly from runners who chose not to have a t-shirt and partly from the proceeds of the race. Pictured is Keith with a representative of the Trust at the Rugby Club where the race took place.



# GALLERY: Rees again sees off Waddy challenge to retain Burrator Horseshoe title

*Posted on* June 25, 2023 *by* PLYMOUTH SPORTS GAZETTE



VETERAN Ceri Rees retained the Burrator Horseshoe Run title on Saturday as he once again held off the challenge of Robert Waddy. In a bit of a repeat of the 2022 race – apart from the weather – Waddy again set the early pace only for the experienced Rees, who is now in the M50 category, to overtake him. In boiling hot conditions, Rees finished in 42.14 minutes, with 23-year-old Waddy coming home in 42.49 minutes.



Highgate's Shaun Dixon was third (43.53), with Plymouth Musketeers' Ross Macdonald fourth (46.42) and Phillip Brokenshire fifth (46.52). The tough six-mile-plus fell race takes runners out of Meavy Village to Burrator Reservoir and then straight up the summit of Sheeps Tor and Gutter Tor on Dartmoor before returning to the start. The race, which, takes place as part of the Meavy Fair, was celebrating its 25<sup>th</sup> anniversary.



With Tavistock's Charlotte Walker representing Devon at the British Junior Inter-Counties Hill and Fell Championships, there was a new winner of the women's race, with Okehampton's Claire Watkins overtaking Truro's Laura Pool to win the title. Watkins clocked 57.36 minutes, with Pool 25 seconds behind. Third woman was Run Venture's F60 athlete Jenny Nash, with Miriam Quick fourth and Emily Young fifth. The top eight women were all over-40 runners. Despite the baking temperatures, 111 runners finished the main race.



There were also junior events on the day. City of Plymouth's Isaac Lamerton easily won the under-15 race in 13.18 minutes. East Cornwall's Eldon Young was second overall to Lamerton and first under-13, with Jack Anthony and Beau Haymes-Greenslade second and third under-13 boys. Matilda Hobbs was first under-13 girl. Tavistock's Tristan Bigham was first under-11, with Arthur Moyse second. City of Plymouth's Margot Goodspeed was first under-11 girl, with Tavistock's Olivia Walkerdine second. Tavistock's George Lake and Fearne Brogden were the under-nine winners.





### Erme Valley Results:

7	Chris Prall	47.10
12	Peter Allen	48.34
41	Barry Neal	59.41
65	Ken Summers	67.04
73	Becky Prall	71.20





# Erme Valley's Gilvear wins silver medal at British Inter-County Fell Championships

Posted on June 27, 2023 by PLYMOUTH SPORTS GAZETTE



**ERME Valley Harriers' Matthew Gilvear** claimed an impressive silver medal for Devon at the British Junior Inter-County Fell & Hill Running Championships at Church Stretton in Shropshire at the weekend. Gilvear, who earlier this month won the Devon Schools' senior boys' 1,500m title, claimed his medal in the under-19 boys' race. He was only beaten by Yorkshire's Sam Bentham, with Cumbria's James Bowen taking bronze.





His **Erme Valley team-mate Luke Hayes** just missed out on a medal in the under-15 boys' race, finishing fourth in an contest won by Greater Manchester's Adrian White.

In the under-19 girls' event, Tavistock's Charlotte Walker made her mark with a top six finish in a race dominated by Yorkshire and Welsh athletes. She was fourth in the English Championships, which were also included in the event.



City of Plymouth's Elsie Goodspeed also represented Devon well, finishing in the top 10 of the under-15 girls' race, which was won by Yorkshire's Clara McKee. In the under-17 girls' race, **Sophie Gilvear** was 21st.

With fell running growing in the area, Devon will be hopeful of sending even more athletes to next year's championships. The next race in the Dartmoor Fell Series is the Cosdon run, which takes place on July 9 and is hosted by Okehampton RC.











# GALLERY: Tavistock AC impress at annual Erme Valley Relays

*Posted on* July 1, 2023 *by* PLYMOUTH SPORTS GAZETTE



TAVISTOCK AC impressed at the annual **Erme Valley Relays** on Friday night at Ivybridge.

The club won both the men's and women's events and also triumphed in the F45 category.

Despite a raining evening, some 89 teams of four took part in the relays, which see each athlete run two-and-a-half miles.





Tavistock's men's team held off the challenge of previous winners Exmouth Harriers. The quartet of Ben Neale, Hayden Bond, Alistair Peers and Sam Larkham came home in an overall time of 54.13 minutes. That was more than a minute ahead of Exmouth Harriers', who clocked 55.16 minutes to take second place thanks to a strong final leg by Tom Merson.



Third place went to Teignmouth Trotters in 56.41 minutes. Fourth team overall, and the under-18 winners, were **Erme Valley Harriers' U18s of Matthew Gilvear, Thomas Carter, Charlie Milward and Luke Hayes**. They clocked 57.18, with City of Plymouth U18s just behind them in 57.24. Plymouth's junior team were Finley Squires, Jacob Robinson, Douglas Richardson and Isaac Lamerton.

Tavistock AC dominated the women's race, winning by nearly three minutes. Their quartet of Nikki Kelly, Miley Lake, Sam Lake and Charlotte Walker came home in 62.41 minutes. Kelly ran the fastest leg by a female with a 14.10 minute split, with Walker the second fastest with 14.57. Second female team overall, and first under-18, were City of Plymouth Young Ladies, which was made up of Elsie Goodspeed, Abbie Chapman, Isabella May and Holly Reid, who ran the third fastest leg by a female.





East Cornwall Harriers Swifts were third female team overall and second senior side. Their runners were Lisa Picton, Ashley Elliott, Revis Crowle and Helen Morse. Teignbridge Trotters had the first mixed team, while East Cornwall Harriers Falcons were first F35 and Tavistock Talkers the first F45. South West Road Runners dominated the men's veteran team prizes.



Tamar Trotters' Jacob Landers ran the quickest leg of the night, clocking 12.25 minutes, with Exmouth's Tom Merson second (12.33) and Tavistock's Ben Neale third (12.35).







**The start of the Erme Valley Relays and our ladies FV45 team of Lynne, Kate, Alison and Emily**







# **EVH results:**

- 4 EVH MU18 (Matthew Gilvear – 13.03, Thomas Carter – 16.14, Charlie Milward – 14.10 and Luke Hayes – 13.51)
- 11 EVH Men (Chris Prall – 14.39, Jamie Frost – 14.09, Dan Francis – 16.43 and Peter Allen – 14.31)
- 17 EVH MV40 (Ronnie Haynes – 13.42, Tom Davies – 16.18, Barry Neal – 16.26 and Jeremy Westmore – 16.32)
- 40 EVH NS (Dave Rayfield – 15.25, Andrew Mitchell – 18.23, Ken Summers – 20.00 and Dave Rayfield – 16.14)
- 41 EVH MV60 (Russ Mogridge – 17.41, Dave Engledew – 16.45, Kevin Paull – 19.32 and Andy Trigg 17.04)
- 43 EVH F (Becky Lee – 19.05, Holly Jones – 16.36, Isabella Trowell – 17.29 and Becky Prall – 18.42)
- 65 EVH MIX (Nick Ogle – 20.42, Tomi Bartlett – 20.24, Esme Taylor – 20.55 and Maya Rees-Durham – 18.48)
- 66 EVH FV45 (Lynne Whitfield – 21.21, Kate Medlicott – 19.14, Alison Engledew – 19.23 and Emily Faircloth – 21.07)
- 79 EVH NS (Ruben Taylor – 19.47, Tori Kerswell – 25.03, Jack Robins – 22.36 and Harry Patrick – 19.27)



# GALLERY: Beaton storms to victory in Muddy Duck 10k at Plymstock

*Posted on* July 2, 2023 *by* PLYMOUTH SPORTS GAZETTE



TAVISTOCK'S Joe Beaton stormed to victory in the Muddy Duck 10k at Plymstock on Saturday evening. Beaton won by nearly two minutes and recorded the fastest time for the off-road race since 2015. He clocked 33.57 minutes for the tough run, which involves water crossings and some short-sharp hills in Plymstock's Radford Park.

Only fellow Tavistock athlete Neil Barkell had ever run faster since the race became a 10k.

Second home on Saturday was Tamar Trotters' Ben Austin, who clocked 35.55 minutes. **Erme Valley Harriers' Ronnie Haynes** was third, and first M40, in 35.59 minutes, with Plymouth Musketeers' Scott Mansfield fourth (36.20) and Storm Plymouth's Daniel Westlake fifth (39.37).

**Erme Valley Harriers' Sarah Markwick** was first woman home in 44.16 minutes.

Sarah Pinkham was second (45.11), with Plymouth Musketeers' Chloe Anderson third (45.43), Torbay's Chloe Weeks fourth (46.24) and Stacey Parker fifth (46.59). The race was organised by Plymstock Road Runners and started and finished at Oreston Academy School.





**Above – Ronnie Haynes and below  
Sarah Markwick and Russ Mogridge (47.05)**





# GALLERY: Tamar Trotters' Landers retains the Magnificent 7 title

*Posted on* July 2, 2023 *by* PLYMOUTH SPORTS GAZETTE



TAMAR Trotters' Jacob Landers retained the Magnificent 7 title on Sunday. Landers eased to victory for a second year running in the event his club organise. He clocked 38.42 minutes for the tough seven-mile race that takes runners from Saltash Rugby Club out on country roads to Elmgate and back around via Forder Lake. That was within 13 seconds of the time he ran last year but this time around



he did run the final 100m metres with his young child. He had also run at the Erme Valley Relays on Friday, clocking the fastest time.

Second at Sunday's Magnificent 7, which is part of the Cornish Grand Prix Series, was Mile High's Tom Morton, who came home in 39.27 minutes. St Austell's David Tregonning was third in 41.24, with East Cornwall Harriers' Simon Morse fourth, and first M35 (41.50) and Hayle's Jordan Morant fifth (41.55).

**Erme Valley Harriers' teenager Charlie Milward** had a good run, finishing in the top 10 in 43.14 minutes.

Truro's Anna Harrold was the first woman in 43.43, with Hayle's Emma Paull second (46.38), Alexandra Russell-Small third (49.06), Tamar Trotters' Ayesha Gillespie fourth (51.54) and Storm Plymouth's Lisa Todd fifth (52.09).



East Cornwall Harriers' Revis Crowle, who was first female when the race was first run in 1999 and won the event six times, was first F60, while Plymouth Harriers' Andy Charles was first M60, with Tamar Trotters' Steve Baker the first M65.

East Cornwall Harriers were second in the women's team award, with Tamar Trotters finishing third in the men's team event.







**Charlie at the Magnificent 7**





## Summer Handicap Round 2 - June 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Clare Smith	47:59	0	47:59	50
2	Ruth Terry	48:25	05:00	43:25	49
3	Oli Mitchell	49:32	13:30	36:02	48
4	Lynne Whitfield	49:35	03:30	46:05	47
5	Andy Mitchell	49:38	13:00	36:38	46
6	Charlie Milward	49:48	21:30	28:18	45
7	Bob Jeffery	50:45	08:00	42:45	44
8	Luke Hayes	50:50	21:30	29:20	43
9	Heidi Stanley	50:52	03:30	47:22	42
10	Chris Prall	50:55	20:30	30:25	41
11	Andy Bartlett	51:20	08:00	43:20	40
12	Dave Rayfield	51:24	20:30	30:54	39
13	Barry Neal	51:48	17:00	34:48	38
14	Kevin Paull	52:18	12:00	40:18	37
15	Katie Mogridge	52:26	06:30	45:56	36
16	Ken Summers	53:42	12:00	41:42	35
17	Matt Gilvear	52:46	23:30	29:16	34
18	Richard Lane	53:41	11:00	42:41	33
19	Alison Engledew	54:13	10:00	44:13	32
20	Kate Medlicott	54:15	12:30	41:45	31
21	Andrea Mitchell	54:19	11:00	43:19	30
22	Lindsay Lane	55:01	07:00	48:01	29
23	Russ Mogridge	55:03	17:00	38:03	28
24	Nick McMahon	57:34	06:00	51:34	27
25	Emma Lake	57:34	16:00	41:34	26

## TRAINING ROUTES - JULY AND AUGUST

### JULY

Tuesday 11<sup>th</sup>

Tuesday 18<sup>th</sup>

Tuesday 25<sup>th</sup>

Clay Factory – Puffing Billy – Reservoir – Harford

‘Spirit of the Moor’ @ Wrangaton Golf Club

Speedwork @ Filham Lake

### AUGUST

Tuesday 1<sup>st</sup>

Tuesday 8<sup>th</sup>

Tuesday 15<sup>th</sup>

Tuesday 22<sup>nd</sup>

Tuesday 29<sup>th</sup>

Summer Handicap

Penquit Loop

‘Spirit of the Moor’ @ Wrangaton Golf Club

Hill reps @ Palace Lane

Long Timber Woods, Harford, Cole Lane





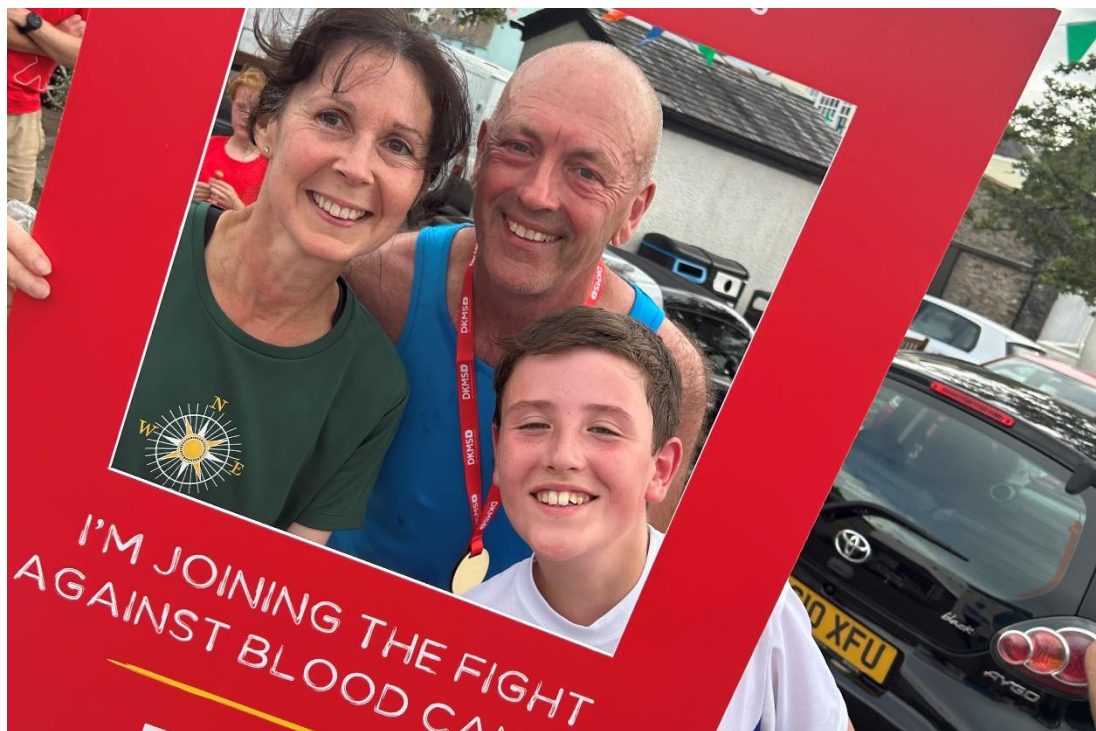
Above - a determined Ken Summers running at the Run Exe 5K on 4<sup>th</sup> July  
 Race results: 105 Simon Swift (22.26 – 3<sup>rd</sup> MV55) and Ken (126 – 24.45 – 3<sup>rd</sup> MV70)  
 and below our athletes at the Ugborough Fair 5K







More photos from Ugborough  
Tomi likes having his photo taken!





## KEN'S GRIZZLY SANDWICH

I would like to thank all of you who generously donated to my collection raising money for patient care at St Luke's Hospice.

I just managed to pass my target and raised £510, but along with my St Luke's running team (there were 50 of us altogether) we raised a total of just over £20,000.

This is a magnificent total, which is down to all of the lovely people who donated.

St Luke's is a wonderful organisation and I thank you all again for your kind support.

**Ken Summers**

### Summer Handicap Round 3 - July 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Lynne Whitfield	45:57	04:00	41:57	50
2	Lindsay Lane	46:17	05:00	41:17	49
3	Heidi Stanley	46:21	02:30	43:51	48
4	Kate Medicott	46:26	10:00	36:26	47
5	Nick Baker	47:22	07:30	39:52	46
6	Andy Bartlett	47:34	07:00	40:34	45
7	Barry Neal	48:13	15:00	33:13	44
8	Stuart Wood	48:24	12:00	36:24	43
9	Russ Mogridge	48:29	12:00	36:29	42
10	Oli Mitchell	48:44	14:00	34:44	41
11	Emily Faircloth	48:47	06:30	42:17	40
12	Andy Mitchell	48:55	12:00	36:55	39
13	Ronnie Haynes^	49:03	22:30	26:33	38
14	Charlie Millward	49:12	21:30	27:42	37
15	Peter Allen	49:33	20:30	29:03	36
16	Chris Prall	49:40	20:30	29:10	35
17	Dave Rayfield	49:51	20:00	29:51	34
18	Matt Gilvear	50:38	23:30	27:08	33
19	Andy Trigg	51:39	18:00	33:39	32
20	Luke Hayes*	51:43	21:30	30:13	31
21	Nick McMahon	52:15	02:30	49:45	30

\* Took wrong course

^ Fastest known time on this course



With fell races, marathons, relays and other events coming up over the summer, **Emily Faircloth** has kindly submitted a recipe for energy/protein bars below which she has tried. They were delicious and cheaper alternative to expensive refuelling snacks.

### Banana protein bars



Low cost, low sugar, high protein and fibre energy bars. Can be made gluten free and/or vegan.

Like EVH, this recipe contains nuts!

#### Recipe:

2 medium sized, (over) ripe bananas  
4oz or 1/2 cup of peanut, almond or other nut butter (crunchy or smooth)  
4oz or 1/2 cup of maple/agave syrup or honey  
3 tblspn of coconut oil or butter (melted)  
1/2 tpsn vanilla extract (optional)  
16oz or 2 cups of Scottish rolled porridge oats (or gluten free alternative)  
Around 2 scoops of whey or protein powder of choice (depending on how 'cakey' you want them)  
4oz or 1/2 cup of chocolate chips OR chopped dried fruit, if preferred  
2oz or 1/4 cup of chopped walnuts or almonds.  
1/4 tpsn or generous pinch of salt

#### Method:

Preheat oven to 180C/350F  
Line an 8x8inch square or round cake tin with grease proof paper  
In a large bowl, mash the bananas thoroughly with a fork  
Stir in the nut butter, melted coconut oil/butter, syrup/honey and vanilla extract.  
Then add the remaining dry ingredients, mixing well.  
Pour into baking tin.  
Transfer to oven and bake for 23-27mins or until set and brown.  
Leave to cool on a wire rack for around 30min.  
Slice into bars, wrap in paper/foil or store in airtight container... or enjoy!  
12 servings, 220kcal, 30min prep. time.

Enjoy!

Source: #dishingouthealth