

THE HARRIER (AUGUST 2023 NEWSLETTER)



Will Battershill becomes British Steeplechase Champion

Many congratulations go to **Will Battershill** for winning the 3,000m steeplechase at the UK Athletics Championships in Manchester and gaining his first senior title. **Will** dug deep in the home straight to hold off the challenge of Olympian and 2018/2019 Champion Zak Seddon to win the race. What a proud moment for **Will**, his family and the club. It just shows what many years of hard work and dedication can achieve. The race can still be viewed on the BBC iPlayer and You Tube (Day 2 – about 4.13.00 into the coverage of the event).

Young **Charlie Milward** has also been in good form. He well ran at **Chudleigh** and then put in a superb performance to finish 2nd at a rain soaked **Cornwood 10K**.

We had a good turnout at today's popular **Totnes 10K** where Matthew Gilvear finished 3rd and Ronnie Haynes 4th. The ladies also won a team prize.

Good luck to anyone running in our Fell Race on Wednesday and many thanks to anyone who is helping out in some way on the evening – **Dave Fox (EDITOR)**

From the Chairman:

Hello everyone - I hope you are all well and managing to dodge the rain on your runs.

Firstly, can I say a huge thank you to everyone who joined us at the Tavistock Town Relays on 13th July. It was a good fun event and a nice atmosphere where we were represented by a number of junior and senior teams. There were some great individual performances, and it was great to see the juniors 'flying' round the course. Well done to our senior men's team who finished 4th in a very competitive race.

One last call 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). I 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 9th August. It 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. Looks like we have enough volunteers to help host this event now but still plenty of spaces if people want to enter then please do; it would be great to see a few EVH club vests tackling the hills close to home.

I know it's the height of summer (although it might not feel like it) but our thoughts now start to turn towards the autumn and the return of XC season. The dates for the 2023/24 season have been released; it all kicks off close to home at Newnham Park (Plymouth) on 7th October. This was a great addition to the calendar last year. It's a very runnable course and the hills aren't too steep.

Finally, looking ahead once more, then we will be looking to have a club trip to the Tavy 7 on the 29th October. For those new to the club this is a great event hosted by Tavistock AC over the classic distance of 7 miles on an undulating course through the lanes on the edge of Dartmoor. It also doubles up as the Devon Road Race Championship with individual and team county medals up for grabs. We usually have a great turnout for this race and have put on a minibus for the last couple of years. To make things as easy as possible for me and the coach company, can you please let me know ASAP if you'd like a seat on the bus. This will allow me to get the booking sorted and arrange for a stop off at a local pub for a meal on the way back.

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

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

SECRETARY'S NOTES

Where has summer gone?

After the sunshine of June, the month of July has been very poor. It does however mean cooler running conditions. Our next race is the Ivybridge 3 Tops Fell race on Wednesday 9th August. I will be away for the race but I know everyone will offer as much help to Chris as possible. Hopefully the weather will be kind and not as hot as last year. This race does attract a smaller field but is still worth putting on to encourage runners to try something different. Also next week are the Torbay Relays where we are trying to get several teams together. We did really well at the Tavistock Relays and it promises to be another good evening. Looking ahead the Westward League dates have been published and we are trying to finalise details of our 40th Anniversary event which is planned for 24th September. We are hoping to use Filham and the cricket pavilion for food and drink. We are currently talking to the Town Council. Make sure you save the date and mention it to any past EVH members you may meet or know.

Training and Coaching

Tuesday training routes for August are listed and September's will be posted soon.

The monthly handicap races have been popular and thanks to Tom, plus all the helpers who have put them on. The 'Spirit of the Moor' run is on 15th August but there may well not be any food or drink available. Look up for updates on Facebook. Junior training has now gone to one session for the school holidays as numbers have reduced.

There will be no training on Friday 11th as we are going to Torbay and there is a barn dance taking place in the Rugby Club.

Competition Update

The Track and Field season is now reaching its latter stages. We only had one athlete in the SW Championships last weekend. This Sunday is the Devon Open in Plymouth. As we said the Cross-Country dates are confirmed and the Sportshall dates will be confirmed very soon. We certainly hope to get all our juniors taking part in the winter season

in either cross country or Sportshall or both.

Road (and off Road) Running

There were some great performances in Tavy Relays from both seniors and juniors with our senior team just missing out on a podium place. Hopefully we will do well in the Torbay Relays especially as it the SW Championships for both juniors and seniors.

We had a few runners in the last Armada 5K in Saltram. The next one is not until August 23rd.

Matt Gilvear took part in the England National Fell race in Buxton and did well. We hope our runners can do well in our own Fell Race which Matt won last year. We should also have a good turnout at the Totnes 10K this weekend.

Athletes of the Month

The athletes of the month for July were Charlie Milward and Andrea Mitchell.

Forthcoming Events

Aug 9th – Ivybridge 3 Tops

Aug 11th – South Devon Relays

Aug 12th – The Crossing

Aug 19th – Tavi 5K

- SAL Plymouth

Aug 23rd – Armada 5K

Aug 26th – Dartmouth Regatta Races

Aug 27th – Severn Bridge 10K and Half

Aug 29th – Exeter Open

Sep 3rd – SW League at Exeter

- Treggy 7

- Bridgewater Half

Sep 5th – Run Exe 10K

Sep 9th – Yeovil Open

Sat 16th – Tavi 5K

Sep 13th – Armada 5K

If you are away on holiday (as I am) hope the sun shines for you and you have a good time

Keith

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TRAINING ROUTES - AUGUST

Tuesday 8 th	Penquit Loop
Tuesday 15 th	'Spirit of the Moor' @ Wrangaton Golf Club
Tuesday 22 nd	Hill reps @ Palace Lane
Tuesday 29 th	Long Timber Woods – Harford – Cole Lane

WESTWARD LEAGUE CROSS COUNTRY FIXTURES - 2023/2024

Sunday 8 th October	Plymouth (Newnham Park)
Sunday 19 th November	Newquay
Sunday 10 th December	Exeter
Sunday 14 th January	Westward Ho!
Sunday 11 th February	Plymouth (Central Park)
Sunday 3 rd March	Redruth



RACE NEWS

Erme Valley Harriers' Battershill digs deep to claim British steeplechase title

Posted on July 9, 2023 *by* PLYMOUTH SPORTS GAZETTE



ERME Valley Harriers' Will Battershill dug deep in the home straight to secure his first British senior title on Sunday in Manchester.

Battershill held off the challenge of Olympian Zak Seddon to win the men's 3,000m steeplechase at the UK Athletics Championships at Sportscity. His victory came just 24 hours after City of Plymouth's Poppy Tank had triumphed in the women's steeplechase event.

Battershill and Seddon were the two favourites going into the race, with both having run 10 seconds faster than anyone else in the UK this year. Seddon's season's best was 8:21.71, with the ever-improving **Battershill** just behind with 8:23.31.

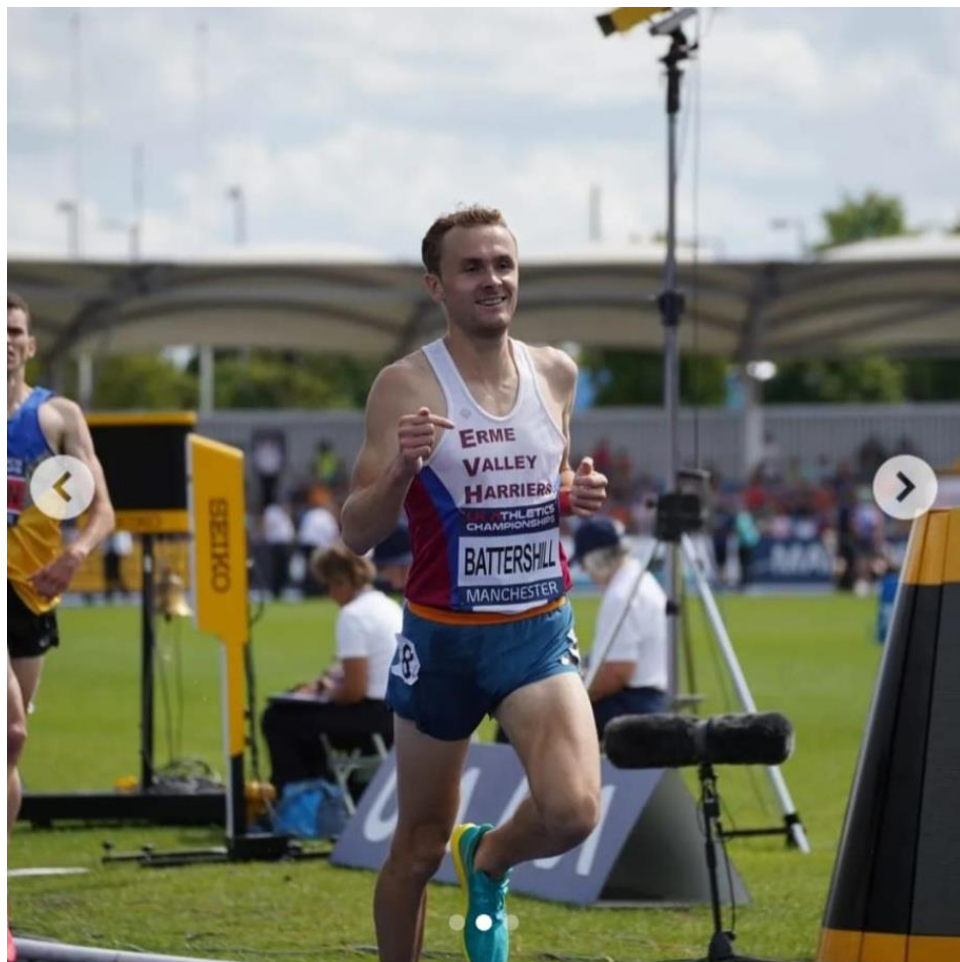


However, the battle for the British title became a tactical race. **Battershill** made his move in the final two laps and opened up a gap. Seddon, the 2018 and 2019 champion, closed the gap on the final bend but **Battershill** had enough in reserve to out-sprint him down the home straight.

Battershill clocked 8:44.19, with Seddon finishing in 8:44.94 and last year's winner Jamaine Coleman taking bronze in 8:54.40.

"I had in my mind that anything could happen in today's race," said **Battershill** afterwards. I knew the form of Zak and Jamaine – I wasn't expecting to leave them behind with my move – but I'm glad it did. Everyone in this field is super dangerous, so you have to make sure your race is executed perfectly."





My Running career and post Plymouth 10k 2023!

(article from the organisers of the Plymouth Races)

Jul 13, 2023

We want to give a special thank you to Charlie Milward our Plymouth 10k MU20 Age Category winner for sharing his inspirational story below. It's amazing to see so many young and passionate runners take on the Plymouth 10k challenge, drive themselves forward and achieve so much!

Below is the story of Charlie Milwards running journey!

"My Running career!

Hello my fellow runners, joggers, walkers,

My name is Charlie Milward and this year I represented **Erme Valley Harriers (EVH)** in the Plymouth 10k 2023 and was thrilled to win the age category of U20 males. It is always a hotly contested category so I was chuffed when I heard the fantastic news. Not only this, I smashed my 10k PB down from 37:46 (Ivybridge 10K 2022) to 36:59 on a summery May morning. I was supported by so many running colleagues running different races and my **EVH** friends who all did so well in the Half Marathon and one in the 10K. My mum, my greatest supporter, cheered me on lots too! It was a smashing event and if you are thinking of going on a run or starting up, just hit up a 5k or further and see how you do. You may even surprise yourself!

2 and a ½ years ago, I would have laughed at the thought of running but training and coaching has motivated me to improve so much. In the summer, I do events like these across Devon and Cornwall and in the winter months, my focus is cross – country races. I participate in the Charles Stanley Westward League and the ESAA (English Schools Athletics Association's) Cross Country. This year, another milestone was achieved when I was picked for nationals up at Wollaton Park, Nottingham. That was also a stunning event where Batman: The Dark Knight Rises was filmed!

For this event specifically, I was running for myself as this was my first 10k in a little while and I wanted to see whether my training was paying off. IT CERTAINLY DID! I was also running for my dad as unfortunately he couldn't be there on the day, but he heard the good news later in the day and his motivational words hit home!

A big factor that inspires me to run and train and compete is having the motivation and grit and power over a negative mind-set. Motivational speakers such as David Goggins inspire me to do more and take further steps into the path of greatness. One Peloton instructor, Alex Toussaint, gave me inadvertently some of the best advice ever when it comes to sport and running...

"We didn't come here to workout. We came to out work! "

"Every movement has a purpose "

That motivation is key and overrides any negative affects you might feel of having a bad mind-set. Having control of your mind-set when running is the key to achieving greatness, progress and blocking out any bad thoughts. This motivation drives me, day in and day out, when I am either competing or simply training for another race.

I hope you have learnt something from my story. I may even see some of you at a local running race!"

Charlie Milward – Plymouth 10k 2023 Age category winner – 1st U20 Male



Charlie at the Plymouth 10K

Budge and Prowse are first home in July's Armada Summer 5k Series run

Posted on July 13, 2023 *by* PLYMOUTH SPORTS GAZETTE

MARK BUDGE held off the challenge of **Erme Valley Harriers** youngsters **Luke Hayes** and **Matthew Gilvear** to come home first in July's Armada Summer 5k Series run at Saltram House on Wednesday evening.

Budge clocked 16.57 minutes to claim his first win in the event, with Hayes second in 17.34 minutes and Gilvear third in 17.56. Fourth place went to Chris Chapman, with Plymstock Road Runners' Graham Bale fifth.

Kirsty Prowse (DSFRS) was first woman home in 20.44 minutes, with Plymouth Musketeers' Chloe Anderson second in 21.01, Kim Meech third (21.18), Zoe Chapman fourth (22.24) and Stephanie Parish fifth (24.59).

August's Armada 5k Series run will be held at Saltram House on August 23.

Meanwhile, also on Wednesday night, Tamar Trotters' Mike Wilshire ran a season's best 1,500m time of 3:54.43 at the BMC Gold Standard Meeting at Watford. He is ranked in the top three over-35s in the UK at that distance this year.

Other **EVH** results: 25th Simon Swift (22.49) and 27th Russ Mogridge (23.18)

GALLERY: Tamar Trotters, Tavistock AC and City of Plymouth impress at popular relay event

Posted on [July 15, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



TAMAR Trotters, Tavistock AC and City of Plymouth AC were among the main winners at the popular Tavistock Relays on Thursday evening. An impressive 145 teams took part in the annual event that forms part of the Tavistock Carnival and sees each runner in a four-person team complete a 1.1 mile lap around The Meadows.



The relays, hosted by Tavistock AC, were split into three races – juniors, women's and men's/mixed – while there was also a family fun run beforehand.

The men's event saw a great battle between Tamar Trotters and host club Tavistock AC, with Jacob Landers coming from behind in the final half-a-mile to bring the Trotters home for victory. Tamar Trotters' team of Richard Ezra-Ham, Luke Attwood, Oliver Oldfield and Landers finished in a time of 20.53 minutes.



The Tavistock AC quartet of Sam Larkham, Fynn Baker, Hayden Bond and Ben Neale were second in 20.59 minutes. Third place went to Tavistock Run Project in 21.38 minutes. Their team was Jim Cole, Jordan Andrews, Ray Tew and Sam Colgate, with the **Erme Valley Harriers side of Charlie Milward, Simon Fitz, Jamie Frost and Peter Allen** fourth in 21.48 and East Cornwall Harriers fifth in 22.21 minutes.

Host club Tavistock AC dominated the women's event and won by more than two-and-a-half minutes. Their winning quartet of Nikki Kelly, Jasmine Gray, Charlotte Walker and Emma Ryder finished in an impressive time of 23.12 minutes.

Second place went to City of Plymouth's team of Hannah Blair, Katy Anderson, Katie Burns and Hayley Smith in 25.54 minutes.



RunFit RunFast were third in 26.02 minutes with Jenny Sabine, Daisy Peters, Ruby Anderson and Nikki Kelly, while Storm's Lightning Queens quartet of Lauren Knox, Lisa Ann, Rebecca Scott and Charlene Matthews were fourth (26.29) and East Cornwall Harriers fifth (27.01).

City of Plymouth impressed in the junior races. Their year 11/12 boys' team of Thomas Jones, Douglas Richardson, Finley Squires and Joshua Bloxham came home first in 22.29 minutes.



Tavistock's The Bulbous Buttercups were second overall in the junior race and first year 9/10 team in 23.23 minutes. Their side was made up of Rueben Sebag-Montefiore, Ollie Houlberg, Sebastian White and Ruben McAulay. Their club colleagues and fellow year 9/10 team, the Scrumptious Specimens (Jonny Nolan, Noah Reid, Connor Duffin and Caleb Gifford-Groves) were third overall and second in their category.

City of Plymouth's 11/12 girls' quartet of Holly Reid, Imogen Rickard, Martha Wilson and Molly Shorey were fifth overall and the first female team in 24.52.

City of Plymouth also won the boys' year 7/8 boys' category, with Tavistock Tornadoes claiming the girls' title in that age group.

Tavy Tigers were first year 9/10 girls, while Happy Feet won the year 5/6 boys' top prize and TAC swifts the girls' year 5/6 title.





TAVY RELAYS





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Tavy Relays 2023 - Erme Valley Harriers Teams

Senior Men 1

Charlie Milward
Simon Fitze
Jamie Frost
Peter Allen

Total Time 21.48

Leg Time = 5.28
Leg Time = 5.24
Leg Time = 5.27
Leg Time = 5.39

Senior Men 2

Chris Rickard
Matt Hoey
Matthew Luck
Tom Davies

Total Time 27.28

Leg Time = 7.01
Leg Time = 7.26
Leg Time = 6.24
Leg Time = 6.37

Vet Men

Tom Davies
Ken Summers
Barry Neal
Jeremy Westmore

Total Time 27.09

Leg Time = 6.18
Leg Time = 8.06
Leg Time = 6.18
Leg Time = 6.27

Women

Kate Medlicott
Liz Bristow
Ruth Terry
Becky Lee

Total Time 31.31

Leg Time = 7.27
Leg Time = 8.06
Leg Time = 8.23
Leg Time = 7.35

Year 9/10 Mixed

Luke Hayes
Henry Luck
Libby Kirby
Isabella Trowell

Total Time 27.24

Leg Time = 5.27
Leg Time = 8.12
Leg Time = 7.21
Leg Time = 6.24

Year 5/6 Boys

Elliot Barrett
Ruben Taylor
Theo England
Tomi Bartlett

Total Time 30.23

Leg Time = 8.09
Leg Time = 7.04
Leg Time = 7.32
Leg Time = 7.38

Year 5/6 Girls

Amelia Lyons
Harriet Rogers
Esme Taylor
Eryn Hoey

Total Time 30.39

Leg Time = 8.09
Leg Time = 7.06
Leg Time = 7.43
Leg Time = 7.41

Year 5/6 Girls B

Camilla Boon
Gracie Luck
Imogen Rickard
Tori Kerswell

Total Time 35.41

Leg Time = 8.38
Leg Time = 8.52
Leg Time = 8.08
Leg Time = 10.03



CHUDLEIGH ROAD RACE



Results: 7 Charlie Milward (32.55), 33 Dave Engledew (41.08),
58 Alison Engledew (45.52), 82 Andy Bartlett (49.44) and 115 Carol Hansen (54.55)

ATHLETICS ROUND-UP: Battershill impresses at Continental Tour meeting in Hungary

Posted on [July 20, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)

ERME Valley Harriers' Will Battershill produced a strong performance at the Gyulai Istvan Memorial World Athletics Continental Tour Gold meeting in Hungary in mid-week. The newly-crowned British champion finished seventh in a strong men's 3,000m steeplechase event. He clocked 8:24.37, which was just one second off his PB, to finish as the second European athlete in an 18-strong race, which was won by Morocco's Mohamed Tindouft.

Battershill still has his eyes on the UK World Championship standard of 8:18.50. He is due to be in action again on Friday night at the Diamond League event in Monaco.

Erme Valley's Battershill sets new PB on his Diamond League debut in Monaco

Posted on [July 21, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



ERME Valley Harriers' Will Battershill moved up to 13th on the British all-time 3,000m steeplechase list as he set a new personal best on his Diamond League debut in Monaco on Friday night.

The new British champion clocked 8:22.64 to finish 12th in a high-quality field.

He did beat former Olympic and world champion Consesuls Kipruto, 2022 Commonwealth Games medallist Amos Seren and American number two Benard Keter.

The race was won by new Kenyan champion Simon Kiprop, who smashed his PB to win in 8:04.19.

Battershill did miss out on the tough World Championship qualifying time, but he has knocked five seconds of his best in the last couple of months.

GALLERY: Runners brave torrential rain at annual Cornwood 10k

Posted on July 23, 2023 *by* PLYMOUTH SPORTS GAZETTE



THERE was a good finish to Saturday night's Cornwood 10k, where Thomas Wraight just managed to hold off **Erme Valley Harriers youngster Charlie Milward**.

Normally the popular annual race is held in glorious sunshine but this year's event took place in torrential rain. However, despite the horrible conditions, there was still a good turnout for both the main race and the fun run.

Wraight (37.25 minutes) and Milward (37.30) were well clear of the rest of the field in the 10k, with **Erme Valley's Peter Allen** claiming third in 39.00 minutes, Tavistock's Grant Harvey fourth (39.30) and Plymouth Musketeers' Daniel Westlake

(39.58). and Plymstock Road Runners' Graham Bale took the top men's veterans' prize.



Tavistock teenager Charlotte Walker produced an impressive run to comfortably win the women's race in 40.51 minutes, with Welsh athlete Louise Flynn second (42.09) and Freya Porter third 42.53). Heather Eve took the women's vets prize.

Erme Valley claimed both the men's and women's team awards.

City of Plymouth's Maddie Jones stormed to victory for a second year running in the 4k fun run, with Jack Penney second overall and first boy.





CORNWOOD 10K





**CHARLIE WITH RACE WINNER THOMAS WRAIGHT
AT THE CORNWOOD 10K**

Cornwood 10K Results:

2	Charlie Milward	37.30
3	Peter Allen	39.00
20	Nick Bristow	44.32
28	Barry Neal	46.06
51	Russ Mogridge	50.36
62	Kate Medlicott	52.36
65	Andrew Mitchell	53.08
75	Kevin Paull	54.39
76	Andrea Mitchell	54.43
94	Phil Adderley	57.56
100	Andy Bartlett	58.55
128	Becci Pine	64.55
129	Emily Faircloth	64.55

Well done in particular to Charlie and Peter who were 2nd and 3rd.

Erme Valley also won the men's and women's team awards.



Our many athletes at the Cornwood Races (2015) and below
Will Battershill, Joe Perry and Joe Battershill



THE MICK MORRIS TORFAEN 10K

The long trip to Wales was a worthwhile journey for **Andrew** and **Andrea Mitchell** as they both achieved pb's. **Andrew** ran a time of 41.07 and **Andrea** 46.08.





Linda Bracher made the trip to Nottingham to take part in the Outlaw Tri. It was a full distance Triathlon which is 2.4 mile swim, 112 mile bike ride and a full marathon.

Linda completed the event in 15.39.35 with her split times as follows (Swim 1.58.26, Bike 7.44.41 and the marathon 5.42.07)

Well done Linda on a fantastic performance.

THE POSTBRIDGE POOTLE

Our four fell runners did well on the tough Dartmoor course with **Chris Prall** (see photo) finishing 6th overall and 2nd male 40 in a time of 48.57. **Peter Allen** also had a good run and was 10th (50.30). **Russ Mogridge** was 34th in 61.12 and was 2nd male 60, whilst **Becky Prall** was 43rd in 64.57 and 2nd female 40.

The race was won by Ceri Rees in a time of 47.29.





TOTNES 10K





TOTNES 10K





TOTNES 10K





TOTNES 10K





TOTNES 10K





TOTNES 10K



