

THE HARRIER (SEPTEMBER 2023 NEWSLETTER)



A great evening was had by all at the South Devon Relays

What a fantastic evening the Relays at the Torbay Velopark in Paignton turned out to be as our team of **Jamie Frost, Charlie Milward, Peter Allen and Luke Hayes** won the race and also broke the course record. **Jamie** also achieved the fastest time on the course.

Our Fell Race also went well and our thanks in particular go to **Race Director Chris Prall** and everyone who helped in some way. No flying ants next year please!

Our 40th Anniversary is in September, and we are celebrating this on **Sunday 24th September** (details elsewhere) in **Filham Park, Ivybridge**. Try and make it along to commemorate this special occasion for the club. I will be issuing a celebration Harrier in a few weeks' time.

Dave Fox (EDITOR)

From the Chairman:

Hello everyone - I hope you are all well and have had an enjoyable summer.

Firstly, can I say a huge thank you to everyone who joined us both to run and support at the South Devon Relays. It was great to see so many club members there and I thought it was a nice atmosphere and it was brilliant that we were able to field 7 full senior teams. There were some super individual performances with several members setting 3K PB's. Massive congratulations to our senior men's team of Jamie Frost, Charlie Milward, Peter Allen and Luke Hayes who won the event outright and in a new record time. Jamie's time of 9:13 was also the fastest leg time they've had at the event.

Secondly, a massive thanks to everyone who helped us host the 2nd running of our own Fell Race, successfully directed by Chris Prall. We had an increase in both the number of junior and senior entries and people generally seemed to enjoy the challenging course. It was great to see some of our own members tackling the course and a huge well done to our women's team of Kate Medicott, Sophie Gilvear and Becky Prall claiming a well-deserved victory in the team competition.

As we head towards autumn our thoughts now start to turn towards the return of the 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. I would encourage everyone to have a go at cross country - not only is it great training it's also an opportunity to meet up with club mates and maybe try a form of running you haven't done before.

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

40th Anniversary for EVH

We have now finalised details of our 40th Anniversary event which is planned for 24th September. We are using Filham and the cricket pavilion for food and drink. The event will be a 4-person fun relay for juniors, seniors, parents, and ex members. They can run either one lap (1500m) or 2 laps. Teams will be sorted on the day and people can register on the day from 11am and we aim to start at 11.30am. The free buffet lunch will be at 1pm. We are asking people to confirm their attendance beforehand if possible. It promises to be a great day for the club, and we hope as many of you can join us along with ex members. If you are still in contact with them then feel free to invite them. Also, if anyone has any photos or memorabilia then please bring it along. It is amazing that the club has been going for 40 years and that we seem to go from strength to strength. That is down to you as members, and we thank you for everything.

Training and Competition update

The routes for September are online although we may not be able to hold the 'Spirit of the Moor' from Wrangaton. Junior training returns to two sessions from September 7th.

We have dates for both the Westward League Cross Country and the Sportshall League. The first Sportshall is on 1st October and the Cross Country on the 8th.

Road (and off Road) Running

We did well at the South Devon Relays especially with our senior teams winning the SW Championships - It was a great evening. We put on a successful 3 Tops

Fell Race and thanks to Chris and everyone for all their hard work. Our runners continue to do well in the Fell Race series and there have been some good results in local road races especially the Totnes 10K and Armada 5K.

Tom is hoping to get a team for the Midland 6 Stage really on 23 September in Birmingham. If anyone is keen, please contact him. We are planning another trip to the Tavy 7 so please make sure you get your entry in. It is again the

Ross Shield for Devon runners.

Forthcoming Events

Westward League

Sunday 8th October – Plymouth (Newnham Park)

Sunday 19th November – Newquay

Sunday 3rd December – Exeter

(includes Devon County Championships)

Sunday 14th January – Westward Ho! (with N Devon XC League)

Sunday 11th February – Plymouth (Central Park)

Sunday 3rd March – Redruth

Devon Sportshall (all Sundays in the Life Centre, Plymouth)

October 1st

December 10th (includes Devon County Championships)

January 21st

February 4th

March 24th

Other events

Sep 5th – Run Exe 10K

Sep 9th – Yeovil Open

Sat 16th – Tavy 5K

Sep 13th – Armada 5K

Sep 17th – Truro Half

- Chippenham Half (Inter Counties)

Sep 23rd – Midland 6 Stage

Sun 24th – EVH 40th Anniversary

Sun 1st – Devon Sportshall

Sun 8th – Westward League Plymouth

Sun 15th – Harriers 5 Mile (Central Park)

Finally – Enjoy the rest of the summer - darker evenings are getting closer.

Keith

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RACE NEWS

TOTNES 10K - SUNDAY 6 AUGUST

We had a great turnout with some 22 athletes completing the course.

Well done in particular in **Matthew Gilvear** who was 1st Junior and 3rd overall. **Ronnie Haynes** was 1st mv40 and 4th overall, whilst **Kate Medlicott** was 1st fv55 and **Alison Engledew** 1st fv65. **Dave Engledew** was 2nd mv60.

Also congratulations to **Sarah Markwick, Kate Medlicott, Sophie Tolfree** and **Alison Engledew** who were 1st ladies team.

New member **Tim Steere** also ran well.

Results:	3	Matthew Gilvear	41.08
	4	Ronnie Haynes	42.42
	26	Tim Steere	47.29
	52	Sarah Markwick	51.36
	57	Dave Engledew	51.55
	67	Barry Neal	52.44
	104	Kate Medlicott	55.23
	105	Simon Swift	55.18
	136	Sophie Tolfree	58.46
	149	Alison Engledew	59.30
	155	Andrew Mitchell	59.41
	163	Becky Prall	60.11
	179	Stuart Wood	61.11
	199	Oliver Mitchell	62.19
	211	Francesca Walker	62.53
	225	Kevin Paull	63.57
	244	Andrea Mitchell	65.12
	273	Emily Faircloth	67.22
	335	Carol Hansen	72.10
	342	Jane Simpson	73.06
	343	Alan Makeham	73.07
	375	Jacqueline Frewin	76.09

(524 finishers)

Various photographs appeared in the **August Harrier**.



TOTNES PRIZE WINNERS



LIGHTNING BOLT 10K - LANGLEY BURRELL

Our three athletes who made the trip to Wiltshire for this popular event on a fast course did very well.

Graham Reed (son of Keith) was the first Harrier home in a time of 37.00, with **Alison McEwing** not far behind (37.36) and closely followed by **Alison Thorn** in a time of 38.22.

Alison McEwing set a new ladies vet 35-39 age record, replacing the time of 38.21 set by **Alison Thorn** at Exeter in 2013.

Alison Thorn was a few days short of her 50th birthday so that record (39.58) set by **Cleo Perry** at Newquay last year remains intact.

Meanwhile at the **Tavi 5k** **Tim Steere** had a terrific run to finish 4th in 18.43, whilst **Barry Neal** was 16th and achieved a pb time of 20.19.

INDIAN QUEENS HALF MARATHON SUNDAY 6 AUGUST

Charlie Milward had a terrific run on his Half Marathon debut at the tough Indian Queens course, which is part of the Cornwall Grand Prix.

Charlie completed the race in a fantastic time of 1.23.37. He was 17th out of 381 athletes and was 6th in his age category, which was M17-M35.

The race was won by Jim Cole, with Tom Morton 2nd and Tom Wraight (who beat **Charlie** at the Cornwood 10k) 5th.

As **Charlie** was originally going for a sub 1 hour and 30 minutes he was somewhat blown away by finishing more than 6 minutes ahead!



CHARLIE AT THE INDIAN QUEENS HALF MARATHON



GALLERY: Tavistock's Walker continues winning fell running form at Ivybridge Three Tops Race

Posted on [August 11, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



TAVISTOCK AC's Charlotte Walker claimed another fell running victory on Wednesday night as she won the Ivybridge Three Tops Race.

Despite still being a junior, Walker has dominated the female category in this year's South West Fell Running Series and had already won at Meldon, Langstone Coronation, Buckland Bounder, Summer Solstice, Cosdon Hill and Postbridge Pootle before Wednesday's win.

She took victory in the tough Ivybridge race by more than two minutes, with Headington's Tilly Woods second and Cornwall AC's Chloe Clarke third.



The men's race was won by Exmouth's Sam Kelly, who powered home in a quick time of 42.58 minutes. Second place went to Exeter Harriers junior Ben Perry, with Tom Perry third, Luke Roberts fourth and veteran Ceri Rees fifth and first M50. The race on Dartmoor, which is roughly 10k, starts with athletes running up Western Beacon, which towers above Ivybridge, before then heading up to Weatherdon and Glasscombe Ball and then up Ugborough Beacon before heading back to Ivybridge Rugby Club.



Last year's winner **Matthew Gilvear** of host club **Erme Valley** was chasing Kelly and Perry down Western Beacon when he took nasty fall and cut and damaged his knee. He did manage to pick himself up and get back to the finish, but he was overtaken by five athletes to finish eighth.

Gilvear had finished third and first junior a few days early at the Totnes 10k. Tavistock's Charlotte Walker also ran the Totnes 10k and came second overall and first junior. Her sister, Hannah, was second junior.

Storm's Charlene Matthews was first F35, while **Erme Valley Harriers' Kate Medlicott (F55), Alison Engledew (F65) and Ronnie Haynes (M40)** all won age category titles, as did Tavistock's Allan Herdman (M70).

Meanwhile, Tavistock Run Project's Jim Cole produced a strong run to win the Indian Queens Half Marathon.

Cole, now in the M40 category, clocked 1:13.13 to finish nearly a minute-and-a-half ahead of second-placed Tom Morton of Mile High.

Erme Valley Harriers' youngster Charlie Milward made his debut over the half marathon distance and finished 17th in a strong field in 1:23.36.



EVH Results:	8	Matthew Gilvear	51.57
	14	Ronnie Haynes	54.20
	44	Dan Francis	66.40
	48	Sophie Gilvear	68.57
	51	Kate Medlicott	69.50
	56	Becky Prall	70.48
U13 & U15	1	Luke Hayes	11.53
	4	Isabella Trowell	15.58
U9 & U11	4	Theo England	11.15
	9	Esme Prall	12.49



**Our winning ladies team at the Ivybridge 3 Tops Fell Race
and below Matthew Gilvear on the course**





**Above Ronnie Haynes at the Ivybridge 3 Tops Fell Race
and below Dan Francis**



City of Plymouth's Maczugowski enjoys double gold success at Nuneaton, while Erme Valley win relay event

Posted on August 16, 2023 *by* PLYMOUTH SPORTS GAZETTE



CITY of Plymouth's Nicolas Maczugowski continued his impressive season by winning two gold medals at the Midland Counties AA Championships in Nuneaton at the weekend.

The English Schools' international triumphed in both the under-17 boys' 400m hurdles and 400m flat.

In windy conditions, he clocked 56.83 seconds to take the hurdles title by more than three seconds.

The following day, he then clocked 50.62 seconds to claim gold in the one lap flat race by more than two seconds.

Maczugowski is ranked second in the UK in the under-17 400m hurdles and has claimed the English Schools' Championship silver medal and the SIAB International silver medal and has also won the South West Schools' title and South West Inter-Counties title this season.

At the South of England Championships at Lee Valley, City of Plymouth's Adam Dingley won a bronze in the under-17 boys' 100m hurdles event.

Dingley is ranked joint second in the UK rankings and he showed his form in the heats, winning in 13.32 seconds. However, in the final he was just edged out by the

UK number one and number three ranked athletes. Dingley had just returned from Mallorca where he had been training hard at the Magaluf Athletics Track.

Meanwhile, **Erme Valley Harriers** enjoyed success at the South Devon 3k Relays event at the Torbay Velopark in Paignton.

Their team of **Jamie Frost, Charlie Milward, Peter Allen** and **Luke Hayes** took victory by 29 seconds.



They clocked 38 minutes and 37 seconds, with Teignbridge Trotters second and Torbay Tri third.

Plymouth Harriers' team of Matthew Cundell, Nathan Tall, Chris Hedges and David Morris came fifth, with **Erme Valley's** M40 quartet of **Ronnie Haynes, Tom Davies, Chris Prall** and **Tim Steere** finishing sixth and second veteran team. **Frost** ran the fast leg, clocking nine minutes and 13 seconds.



SOUTH DEVON RELAYS





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South Devon Relays - Erme Valley Harriers Teams

Senior Men 1

Total Time 38.37

Position 1st

Jamie Frost
Charlie Milward
Peter Allen
Luke Hayes

Leg Time = 9.13
Leg Time = 9.51
Leg Time = 9.55
Leg Time = 9.38

Male 40

Total Time 42.25

Position 6th

(Wining Team – Torbay Tri)

Total Time 42.15

Position 4th

Ronnie Haynes
Tom Davies
Chris Prall
Tim Steere

Leg Time = 9.39
Leg Time = 11.29
Leg Time = 10.42
Leg Time = 10.35

Senior Men 2

Total Time 46.17

Position 18th

Dan Francis
Barry Neal
Nick Baker
Charlie Milward

Leg Time = 11.20
Leg Time = 11.10
Leg Time = 13.16
Leg Time = 10.21

Male 50

Total Time 48.10

Position 24th

Jeremy Westmore
Andrew Mitchell
Richard Lane
Nick Bristow

Leg Time = 11.33
Leg Time = 12.15
Leg Time = 13.15
Leg Time = 11.07

Male 60

Total Time 50.31

Position 29th

Dave Engledew
Dave Gilvear
Ken Summers
Andy Trigg

Leg Time = 11.41
Leg Time = 13.10
Leg Time = 13.41
Leg Time = 11.59

Female 40

Total Time 55.40

Position 47th

Becky Lee
Lindsay Lane
Carol Hansen
Alison Engledew

Leg Time = 13.01
Leg Time = 14.13
Leg Time = 14.49
Leg Time = 13.37

Female 50

Total Time 55.49

Position 48th

Kate Medlicott
Andrea Mitchell
Liz Bristow
Linda Bracher

Leg Time = 12.47
Leg Time = 13.32
Leg Time = 15.13
Leg Time = 14.17



At the **Great Links Tor Flyer Fell Race** over approx. 6 miles **Matthew Gilvear** was **5th (1st U19)** in **38. 43**, **Chris Prall** was **9th** in **41.12** and **Becky Prall** **48th** in **53.05**.
Becky was **1st FV40**.



GALLERY: Wraight comes home first in August's Armada Summer 5k Series run

Posted on [August 24, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



CORNWOOD 10k winner Tom Wraight was first home in August's Armada Summer 5k Series run at Saltram House on Wednesday evening.

Just like he had done at Cornwood, Wraight held off the challenge of **Erme Valley** youngster **Charlie Milward**.

Wraight won in 17.33 minutes, with **Milward** second in 17.53 minutes.

Third place went to Chris Casey in 18.01 minutes, with **Peter Allen** fourth and Storm Plymouth's Dan Westlake fifth.



Kim Meech was first woman home in 20.47 minutes, with Devon & Somerset Fire and Rescue Services' Kirsty Prowse second in 21.15 minutes.

Plymouth Harriers' Sarah Robbins was third woman in 22.18 minutes, with Zoe Chapman fourth and Plymstock's Jane Ling fifth.





EVH results:

2	Charlie Milward	17.53
4	Peter Allen	18.08
30	Simon Swift	22.14
39	Russ Mogridge	23.05
47	Ken Summers	25.18
58	Linda Bracher	26.27
62	Emily Faircloth	26.53
95	Bryan Short	36.23
97	Ruth Graham	41.58
(unfortunately Tim Steere had to drop out with a twisted ankle)		

Meanwhile **Graham Reed** ran the South West PB Series 5K in Odd Down, Bristol. He was 41st in 17.10.

On Bank Holiday Monday **Simon Swift** and **Linda Bracher** ran the **Peter Tavy Plod** 5 mile race. **Simon** was 15th in 39.01 and **Linda** 24th in 43.11. **Linda** was also 1st FV50.



Charlie sets off on the tough Treggy 7, which encompassed hills and hot weather at 10.00 am. It rained last year! The race finished in the picturesque grounds of Launceston Castle. Charlie believes he was 24th, whilst Barry Neal had a great race and exceeded his own expectations. (Results not yet known)





TREGGY 7 - Sunday 3 September



The Hanger Up-'n'-Down



(The start of the race and below race winners)



This new race on Sunday 8th September 2013 was some 8 miles of trails with short road sections. The race started and finished at McCauley's Health Club. The race was also run in 2014 but then discontinued due to lack of entries.



AUTUMN TRAIL 2018



**PATRICK WAKELEY HAD A DRAMATIC FALL AT THE FINAL WATER CROSSING
IN THE 2018 AUTUMN TRAIL
(HE HIS HIDDEN BY THE OTHER ATHLETE)
THE PHOTO BELOW SHOWS THE START OF THE FIRST RACE IN 1999
ALLISTER BRISTOW WON THE RACE, NEIL HOLMES WAS THIRD AND PHIL
SPARKES WAS FIFTH (NOTE THE OLD STYLE ERME VALLEY VEST)**



Summer Handicap Round 4 -August 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Alison Engledew	46:17	08:00	38:17	50
2	Bob Jeffery	46:53	07:00	39:53	49
3	Lindsay Lane	47:13	07:00	40:13	48
4	Andrea Mitchell	48:03	08:00	40:03	47
5	Francesa Walker	48:22	08:00	40:22	46
6	Peter Allen	49:22	20:30	28:52	45
7	Nick McMahon	49:30	00:00	49:30	44
8	Andy Mitchell	49:31	13:00	36:31	43
9	Ronnie Haynes	49:32	23:00	26:32	42
10	Richard Lane	49:36	14:00	35:36	41
11	Dave Rayfield	49:53	20:00	29:53	40
12	Charlie Milward	50:10	22:00	28:10	39
13	Barry Neal	50:14	16:30	33:44	38
14	Becky Lee	50:15	09:00	41:15	37
15	Dave Engledew	50:36	18:00	32:36	36
16	Chris Prall	50:49	20:30	30:19	35
17	Jeremy Westmore	52:06	19:00	33:06	34
18	Tim Steere	52:08	20:30	31:38	33
19	Ed Hill	52:26	13:00	39:26	32
20	Oli Mitchell	52:27	14:30	37:57	31
21	Ken Summers	52:55	10:00	42:55	30
22	Carol Hansen	54:28	07:00	47:28	29
23	Nick Bristow	57:59	20:00	37:59	28

TRAINING ROUTES - SEPTEMBER

Tuesday 5th	Summer Handicap
Tuesday 12th	Bittaford – Wrangaton – South Brent – 30 minutes out and back
Tuesday 19th	‘Spirit of the Moor’ @ Wrangaton Golf Club or Clay Factory – Puffing Billy – Reservoir - Harford
Tuesday 26th	Speedwork @ Filham Lake

WESTWARD LEAGUE CROSS COUNTRY FIXTURES - 2023/2024

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

SUMMER HANDICAP POINTS TABLE - 2023

	May Points	June Points	July Points	Aug Points	Sept Points	Oct Points	Total
Andy Mitchell	41	46	39	43			169
Oli Mitchell	48	48	41	31			168
Charlie Milward	44	45	37	39			165
Lindsay Lane	36	29	49	48			162
Dave Rayfield	45	39	34	40			158
Chris Prall	39	41	35	35			150
Heidi Stanley	50	42	48				140
Andy Bartlett	46	40	45				131
Lynne Whitfield	30	47	50				127
Bob Jeffery	33	44		49			126
Barry Neal		38	44	38			120
Kate Medlicott	40	31	47				118
Matt Gilvear	47	34	33				114
Alison Engledew	29	32		50			111
Richard Lane	34	33		41			108
Nick McMahon		27	30	44			101
Kevin Paull	49	37					86
Ruth Terry	32	49					81
Peter Allen			36	45			81
Ronnie Haynes			38	42			80
Andrea Mitchell		30		47			77
F. Walker	29			46			75
Luke Hayes		43	31				74
Dave Engledew	38			36			74
Carol Hansen	42			29			71
Russ Mogridge		28	42				70
Ken Summers		35		30			65
Emma Lake	35	26					61
Clare Smith		50					50
Nick Baker			46				46
Sophia Tolfree	43						43
Stuart Wood			43				43
Emily Faircloth			40				40
Becky Lee				38			38
Susan Leedham	37						37
Katie Mogridge		36					36
J. Westmore				34			34
Tim Steere				33			33
Andy Trigg			32				32
Ed Hillier				32			32
Neil Moffatt	31						31
Nick Bristow				27			27

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 Engledew 3.35.44 Manc 23
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 McEwing 37.36 Langley B. 23	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		

