

THE HARRIER

(OCTOBER 2023 HARRIER)



Linda Bracher and Becky Prall at the 40th Anniversary Relays

Our 40th Anniversary celebrations were a great success. Many thanks go to the hard work of the committee in making this happen.

A 'highlight' for the club recently was our participation in the prestigious Midland 6 Stage Relays for the first time. Hopefully we can build on this for the future.

Well done to **Alison Thorn** and **Alison Engledew** for setting new vet age records in the last few weeks.

We had a good turnout at the first cross country in Plymouth, with a good entry by the men and ladies. **Chris Prall** has some endurance as earlier in the day he had run in the Templar 10.

Tim Steere also has some endurance as he ran two good marathon times in Berlin and Chicago, some 2 weeks apart! Other athletes are running in the Amsterdam Marathon as I write.

Dave Fox (EDITOR)

From the Chairman:

Hello everyone,

Brief article from me this month.

Just a quick note to say thanks to everyone who turned up to the 40th Anniversary celebrations at the end of September; the relays and the party afterwards was very enjoyable. Thanks to Keith and Jayne for organising those and to Dave for putting together such a great Anniversary addition of The Harrier.

Disappointingly I couldn't make the first XC race of the season at Newnham last weekend, but it looked like a great turnout and some very good individual and team results.

Last call for anyone who wants to join us on the 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 mini bus 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 went well

Thanks to everyone who came along to the 40th Anniversary event on 24th September.

It was a great day for the club and it was good to see some of our ex members as well. We hope you enjoyed the commemorative drink bottle. If you didn't get one, then please let me know. We still have to pass them out to those who didn't make it along. It was a fantastic month for the club with the team who went to the Midland 6 Stage in Birmingham doing so well. This was the first time in the club's history that we have fielded a team in this historic event. We hope to build on this with other national event entries.

Maybe the 12 stage in April !!

The Sportshall and Cross Country seasons have already begun. The weather at Newnham Park last weekend was more like summer. We are looking forward to the Tavi 7 in a few weeks' time, where we should have a big entry as it is a club trip.

Training and Competition update

The routes for the remainder of 2023 are now online. They are mix of speed work, runs around Ivybridge and headtorch runs.

Junior training is going well back inside although we have 2 weeks in November when we cannot use the sports hall. The first Sportshall was on 1st October and we had 22 take part. We managed to finish 2nd overall just a few points behind Plymouth AC. The turnout at the Westward League was excellent from our seniors but the junior numbers were disappointing. We are going to try and encourage greater junior participation in events over the next few weeks.

Road (and off Road) Running

Well done to the team of runners who took part in the Midland 6 Stage really on 23 September in Birmingham. There were some great performances from all of the team and thanks to Tom for sorting it all out. Tim Steere and Dave Rayfield both ran in the Chicago Marathon finishing

within 30 seconds of one another in 3.13.

Chris and Becky Prall did the final Fell Race of the season and also the Templar 10. We had runners in the Tamar 10K as well.

Athletes of the Month

Congratulations to Ronnie Haynes and Frankie Scoble who were the athletes of the month for September.

AGM

The clubs AGM will take place at 7.30pm at the Rugby Club (venue TBC) on Tuesday 14th November. Because of EA increasing in club and athlete fees for 2024 we are likely to be increasing our fees I am afraid.

This is a very important meeting for the club and your chance to shape the way the club is run and get involved. We would welcome additional committee members.

We are also proposing some changes to our constitution. The agenda will be issued on Monday 23rd October once we confirm that the Rugby Club can be used.

Forthcoming Events

Sat 22nd Oct – Tavy 5K

Sun 29th Oct – Tavy 7

- Halloween 5 & 10 Mile - Exeter

Tues 1st Nov – Exmouth 5 miles & 5K

Sun 5th Nov – Bideford 10

- Cornish Marathon

Sat 18th Nov – Tavy 5K

Sun 19th – Westward League XC – Newquay

Sun 3rd December – Westward League XC – Exeter (includes Devon AA Champs)

Sun 10th – Devon Sportshall League

Sun 17th – Armada Christmas Relays

Finally – The evening are now darker and we will soon have slippery leaves on the pavements. Please be careful when running and wear a fluorescent top. We always have spares on club nights.

Keith

07934373943)

reedy41c@googlemail.com

RACE NEWS

DARTMOOR VOLCANO - Saturday 2nd September

Many congratulations to **Chris Prall** for finishing 2nd in this race and 1st vet 40 in a time of 1.25.00. **Chris** was only 17 seconds behind the winner.

The Volcano is the most demanding of races as the distance of 10.5 miles is on tracks and trails with 550m of ascent.

TREGGY 7 - Launceston - Sunday 3rd September

Our two athletes did very well on the hilly course in hot conditions with **Charlie Milward** finishing 23rd in a time of 44.95 and **Barry Neil** 75th in 51.40.

There were 368 finishers.

CARDIFF 10K - Sunday 3rd September

Simon Fitz was in superb form to achieve a pb in a time of 35.18.

Alison McEwing also ran well, with a time of 38.19.

THE GREAT NORTH RUN - Sunday 12th September

On a very warm day our three ladies completed this popular race.

Lucy Cambridge finished in a time of 1.58.03, with **Andrea Mitchell** achieving a time of 2.12.01 and **Louise Creber** a time of 2.36.49.

GALLERY: Erme Valley impress at final Armada Summer 5k Series event, while Tavistock's Milburn sets new PB

Posted on [September 14, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



ERME Valley Harriers impressed at the final Armada Summer 5k Series run at Saltram House on Wednesday evening.

The Ivybridge-based club had three runners finish inside the top four, with **Matthew Gilvear** leading the way. **Gilvear** came home first in a time of 16.52 minutes. Second place went to Tom Wraight, who had won last month's run. Wraight clocked 17.11 minutes, which was 22 seconds quicker than he ran in August.

Erme Valley's under-15 athlete **Luke Hayes** was third in 17.29 minutes, with his club colleague **Charlie Milward**, another teenager, fourth in 17.54. **Erme Valley's Peter Allen** was fifth.

Plymouth Musketeers' Chloe Anderson was first woman home in 21.54 minutes, with Plymstock Road Runners' Jane Ling second (23.29), **Erme Valley's Kate Medicott** third (23.59), East Cornwall Harriers' Hayley Marriot fourth (24.21) and Instinctive's Bee Hodgson fifth (24.29).



Erme Valley Results:

1	Matthew Gilvear	16.52
3	Luke Hayes	17.29
4	Charlie Milward	17.54
5	Peter Allen	17.56
14	Nick Bristow	20.04
23	Russ Mogridge	22.54
27	Kate Medlicott	23.59
30	David Gilvear	24.26
32	Ken Summers	24.35
46	Emily Faircloth	27.33

In the final race in the **Dartmoor Fell Series** at **East Mill Tor** the **Prall** family did well as **Esme** won the U9F category, whilst **Becky** was 3rd fv40. **Chris** was 5th and 2nd mv40.

In the series **Esme** won the U9F category, whilst **Becky** was 2nd female and 1st fv40. **Chris** was 3rd overall.



Summer Handicap Round 5 - September 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Clare Smith	48:15	02:00	46:15	50
2	Kim Hannaford	48:38	02:00	46:38	49
3	Chris Mitchell	00:48:43	02:00	46:43	48
4	Matthew Gilvear	49:04	23:00	26:04	47
5	Lindsay Lane	49:35	09:30	40:05	46
6	Chris Prall	50:00	20:00	30:00	45
7	Barry Neal	49:30	16:30	33:00	44
8	Andy Trigg	50:37	14:00	36:37	43
9	Dave Rayfield	50:40	20:00	30:40	42
10	Olie Mitchell	50:42	14:30	36:12	41
11	Ronnie Heynes	50:46	23:00	27:46	40
12	Lynne Whitfield	50:55	07:00	43:55	39
13	Dave Engledew	50:58	17:30	33:28	38
14	Kate Medicott	51:24	14:00	37:24	37
15	Charlie Milward	51:38	22:00	29:38	36
16	Andy Mitchell	50:49	14:00	36:49	35
17	Emily Faircloth	52:31	07:00	45:31	34
18	Emma Lake	52:42	16:00	36:42	33
19	Andy Bartlett	53:04	09:00	44:04	32
20	Ed Hillier	00:53:27	11:30	41:57	31
21	Susan Ledham	54:16	14:00	40:16	30
22	Carol Hansen	00:54:50	07:00	47:50	29
23	Anna Lake	00:59:05	11:30	47:35	28

We had three athletes in the **Chippenham Half Marathon** – all running for Devon.

There were some impressive performances:

Steve Burrows was 30th overall in 1.20.46.

Alison McEwing was 50th (5th lady and 2nd FV35) in 1.23.27.

Alison Thorn was 61st (3rd FV50) in 1.25.30. Alison also set a new club vet age record.

Devon won both the Men's and Ladies teams.

Meanwhile **Graham Reed** was 21st in the Oldbury 10 miler in 61.49.

	May Points	June Points	July Points	Aug Points	Sept Points	Oct Points	Total
Oli Mitchell	48	48	41	31	41		209
Lindsay Lane	36	29	49	48	46		208
Andy Mitchell	41	46	39	43	35		204
Charlie Millward	44	45	37	39	36		201
Dave Rayfield	45	39	34	40	42		200
Chris Prall	39	41	35	35	45		195
Lynne Whitfield	30	47	50		39		166
Barry Neal		38	44	38	44		164
Andy Bartlett	46	40	45		32		163
Matt Gilvear	47	34	33		47		161
Kate Medicott	40	31	47		37		155
Heidi Stanley	50	42	48				140
Bob Jeffery	33	44		49			126
Ronnie Haynes			38	42	40		120
Dave Engledew	38			36	38		112
Alison Englewdeu	29	32		50			111
Richard Lane	34	33		41			108
Nick McMahon		27	30	44			101
Carol Hansen	42			29	29		100
Clare Smith		50			50		100
Emma Lake	35	26			33		94
Kevin Paull	49	37					86
Ruth Terry	32	49					81
Peter Allen			36	45			81
Andrea Mitchell		30		47			77
Francesca Walker	29			46			75
Andy Trigg			32		43		75
Luke Hayes		43	31				74
Emily Faircloth			40		34		74
Russ Mogridge		28	42				70
Susan Leedham	37				30		67
Ken Summers		35		30			65
Ed Hillier				32	31		63
Kim Hannaford					49		49
Chris Mitchell					48		48
Nick Baker			46				46
Sophia Tolfree	43						43
Stuart Wood			43				43
Becky Lee				38			38
Katie Mogridge		36					36
Jeremy Westmore				34			34
Tim Steere				33			33
Neil Moffatt	31						31
Anna Lake					28		28



EVH men finish 52nd in Midland Six Stage

Our men's team took part in the **Midland 6 Stage** in Sutton Park for the first ever time. The team did really well, finishing 52nd overall (115 teams finished) in a high quality event.

The leg times were as follows:

52nd Erme Valley Harriers Time 2:07:30

Leg 1 Jamie Frost (53) 19:54 Leg 2 Matthew Gilvear (37) 19:32

Leg 3 Graham Reed (47) 21:16 Leg 4 Nicholas Bristow (60) 24:28

Leg 5 Charlie Milward (58) 21:37 Leg 6 Ronnie Haynes (52) 20:40

At the **Dornafeld Ladies 10K** in Newton Abbot our athletes did well.

Sarah Markwick was 12th in 46.45 (1st V45).

Alison Engledew was 30th in 51.19 and 1st V65. Alison also set a new club vet record.

Francesca Walker was 43rd in 53.56.

Lindsey and **Richard Lane** made the trip to Nottingham for the popular **Robin Hood Half Marathon**.

Lindsey had a great run and achieved a personal best time of 1.57.39. **Richard** was not far behind with a time of 1.59.43.

Tim Steere had a great run at the Berlin Marathon with a time of 3.10.06.

Splits

Split	Time Of Day	Time	Diff	min/km	km/h
5 km	09:41:31	00:21:09	21:09	04:14	14.18
10 km	10:02:40	00:42:18	21:09	04:14	14.18
15 km	10:23:46	01:03:24	21:06	04:14	14.22
20 km	10:44:58	01:24:35	21:11	04:15	14.16
Half	10:49:35	01:29:12	04:37	04:13	14.27
25 km	11:06:36	01:46:13	17:01	04:22	13.76
30 km	11:29:34	02:09:11	22:58	04:36	13.06
35 km	11:53:55	02:33:32	24:21	04:53	12.32
40 km	12:19:34	02:59:12	25:40	05:08	11.69
Finish	12:30:28	03:10:06	10:54	04:58	12.08

MONTANE DRAGON'S BACK

Well done to **Craig MacAlpine** for completing this most demanding of races, which is considered to be the 'World's toughest mountain race'.

Craig tackled the '**HATCHLING**', a shorter version of the main event but was running and overnight camping for 6 days with a total time of 52 hours 28 minutes and 04 seconds. What a fantastic achievement to even finish this event.

The race started at Conwy Castle and finished at Cardiff Castle.



Cardiff Half Marathon



We had ten athletes in the **Cardiff Half Marathon**. Conditions were unseasonably hot for this very popular race.

Simon Fitze was our fastest runner in 1.17.48. Simon is preparing for the Amsterdam Marathon shortly.

Alistair Bristow was our next runner home in 1.25.33. This was his first half since 2019.

The other EVH runners were as follows:

David Engledew	1.35.40	
Kate Medlicott	1.48.00	
Alison Engledew	1.51.55	3rd FV65 (Alison also set a new club vet record)
Martin Perry	1.59.25	
Andrea Mitchell	2.05.49	
David Lloyd	2.13.13	
Andy Bartlett	2.20.55	
Holly Cavill	2.21.36	

TAMAR 10K - Sunday 8th October

We had six athletes in this race, with **Ronnie Haynes** having a particularly good run and finishing 8th in a time of 36.05. **Ronnie** was also 1st m40.

Andrew Mitchell had a good run to finish 117th, whilst **Lynne**, **Kim** and **Christine** made their club debuts.

Louise achieved a personal best time.

Results:	8	Ronnie Haynes	36.05
	117	Andrew Mitchell	47.39
	294	Lynne Whitfield	54.39
	369	Kim Hannaford	57.17
	571	Louise Creber	65.07
	685	Christine Tout	71.46



TEMPLAR 10 - Sunday 8th October

On a hot morning our three athletes did well, with **Chris Prall** finishing 7th in 65.23, **Sarah Markwick** was 26th in 76.09 and **Becky Prall** was 76th in 86.38. **Chris** was 2nd vet 40, whilst **Sarah** was 1st fv40.

There were 194 finishers.

Young **Esme Prall** was 9th in the Fun Run.



TEMPLAR 10



GALLERY: Ezra-Ham, Hennessey, Bigham and Welsh among the winners at opening Westward Cross Country League meeting

Posted on [October 10, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



TAMAR Trotters' Bex Ezra-Ham and Tavistock's Thomas Hennessey, Tristan Bigham and Evie Welsh were among the winners as the Westward Cross Country League returned on Sunday at Newnham Park.

In temperatures more associated to track running rather than cross country, Ezra-Ham led the way from start to finish in the senior women's race. She finished 11 seconds ahead of Newquay & Par's Olivia Carthew, who took second in the 5,800m race around the Plympton country park. Tavistock's Nikki Kelly was sixth, while team-mate Charlotte Walker, who was in the under-17 age group last season, also finished in the top 10. Charlene Shorey was 13th senior and first F40, with Tavistock's Hannah Worth second F40.

Tavistock Run Project's Rachael Malthouse was first F35, with Plymouth Harriers pair of Michelle Cooper and Rebecca Gilham second and third.

Erme Valley Harriers' Emma Lake was first F45, with Tavistock's Caroline Stevens first F55 and Tamar Trotters' Jane Bremner first F60. Plymouth Harriers' Jane Allison (F50) and Tavistock's Carole Walters (F60) were third in their age categories.

City of Plymouth AC came third in the women's team event, with Tavistock and Plymouth Harriers second and third in the veterans' team section.



The under-17 girls and boys both ran with the senior women. City of Plymouth had four athletes inside the top eight of the under-17 girls' race. Molly Shorey was third, Holly Reid fourth, Molly Gilbey seventh and Bella May eighth.

In the under-17 boys' race, Tavistock's Fynn Baker came fourth. Fellow Tavistock athlete Hennessey held off a strong finish by Taunton's Edward Salter to win the under-13 boys' race by two seconds. His team-mates Jack Antony (7th) and Eddie Wyton (8th) also came in the top 10 as they won the team event.

There was a strong under-15 boys' race, which was won by Exeter's Will Birchill. There was a good battle, though, for the other places. Tavistock's Caleb Gifford-Groves took third, with City of Plymouth's Isaac Lamerton just behind in fourth. **Erme Valley's Luke Hayes** was sixth.



The men's 9,150m race was dominated by Exeter University, who had four of the top six finishers, but there were some strong performances from Armada area athletes behind. Tavistock Run Project's Jim Cole was seventh and first M40, with Plymouth Harriers' Johnny Gilby not far behind in ninth and taking second in the M40 category.

Kairn Stone, running in a City of Plymouth vest, was 11th overall and second M45, with Tamar Trotters' Jacob Landers 13th. Plymouth Harriers won the veterans team category on the day, with Steve Hill also first M50 and **Erme Valley's Allister Bristow** third.

Tavistock's David Harris was first M60 and team-mate Peter Bazley first M65. Tavistock AC had the winners of both the under-11 races. Tristan Bigham held off the challenge of City of Plymouth's Lucas Sweeney to take the boys' win. The pair were well clear of the other runners. City of Plymouth's Jack Penney (5th), Jacob Sweeney (8th) and Alexander Pascoe (10th) were also in the top 10.



Evie Welsh had to dig deep to edge out City of Plymouth's Margot Goodspeed in the under-11 girls' section. Just one second separated the pair. Third place went to **Erme Valley's Harriet Rogers**, with Plymouth's Tilly Day sixth, **Erme Valley's Freya Norris** seventh and Fearne Brogden ninth.

Zoe Bigham continued Tavistock's success in the under-13 girls' race by finishing second. City of Plymouth's Elsie Goodspeed was sixth and with team-mates Jazz Jackman and Ayla Orgacki also in the top 12 they won the team event. Tavistock's Lamorna Cox finished in the top 10 of the under-15 girls' event.

Meanwhile, the Tamar 10k was held on the same day and was won by Cornwall AC's Liam Nicholls in 33.18 minutes.

Second place went to Jack Dee in 33.38, with Thomas Wraight third (34.00), Plymstock's Derrick Warren fourth (34.41), James Dwyer fifth (34.56) and City of Plymouth's Matt Bradley sixth (35.21).

Erme Valley Harriers' Ronnie Hayes was first M40, with Plymouth Musketeers' Lee Herbert first M45 and Tamar Trotters' Pete Waumsley first M50.

New Forest athlete Lillian Jones won the women's race in 41.22 minutes, with Plymouth Musketeers' Chloe Anderson second (43.25), Ellie Clist third (44.07), Jasmin Fisher fourth (44.18) and Amanda Hemelik fifth (46.22).



PLYMOUTH CROSS COUNTRY





PLYMOUTH CROSS COUNTRY





Tim Steere (top left) and **Dave Rayfield** both had tremendous runs in the **Chicago Marathon** and finished close together in terms of time but whether they saw each other in the race is another matter. **Tim** ran 3.13.14 (halfway 1.30.03) whilst **Dave's** time was 3.13.51 (halfway 1.33.41). **Tim's** time is remarkable as he had run the **Berlin Marathon** only 2 weeks previously.

In the **Chicago Marathon** **Kelvin Kiptum** (see photo below) of **Kenya** set a new world record marathon time of 2.00.39.



TRAINING ROUTES

October

Tuesday 17th Ivybridge Loop
 Tuesday 24th Penquit Loop (Head Torch Run) or Speedwork @ Gorse Way (1 km reps)
 Tuesday 31st Hill Reps @ Viaduct

November

Tuesday 7th Winter Handicap #1
 Tuesday 14th Speedwork @ Cross Park, Filham (400m Reps)
 Tuesday 21st Ivybridge Loop
 Tuesday 28th Head Torch Run or Hill Reps @ Viaduct

December

Tuesday 5th Winter Handicap #2
 Tuesday 12th Speedwork @ Gorse Way (1km Reps)
 Tuesday 19th Ivybridge Loop – Christmas Lights run
 Tuesday 26th Boxing Day

ERME VALLEY 40th ANNIVERSARY RELAY RESULTS

Pos	Num	Runner 1		Runner 2	
		Name	Time	Name	Time
1	2	Nick Baker	5 57	Frankie Scoble	8 11
2	9	Tomi Bartlett	6 23	Steve Trowell	6 04
3	13	Ross Busby	6 08	Emily Faircloth	6 28
4	5	Esme Prall	6 46	Libby Kirby	6 10
5	12	Dave Gilmore	6 02	Ruth Terry	7 10
6	11	Andy McDowall	5 32	Steve Blackford	6 30
7	1	Dinah Watson	7 29	Sam Chalk	6 11
8	6	Becky Lee	6 04	Megan Steed	6 49
9	7	Steve Watson	7 43	Ruben Taylor	6 10
10	8	Noah Neal	7 34	Phil Warren	8 54
11	3	Nick Ogle	6 08	Taylor Bracher	7 30
12	10	Tom Davis	5 13	Ali Moffatt	7 26
13	4	Bryan Short	8 07	Ruben Steed	5 42

Runner 3		Runner 4		Total
Name	Time	Name	Time	
Tom Chalk	9 44	Chris Prall	10 15	34 07
Ellis Hemsley-Whorne	11 34	Ewan Lake	11 27	35 28
Andrea Mitchell	13 23	Ali Bristow	10 09	36 08
Ken Summers	13 08	Justin Frost	10 36	36 40
Neil Moffatt	12 33	Dave Engledew	11 04	36 49
Alan Makeham	14 20	Dave Rayfield	10 31	36 53
Becky Prall	12 43	Nick Bristow	10 37	37 00
Andrew Mitchell	12 41	Barry Neal	11 30	37 04
Liz Bristow	14 04	Ronnie Haynes	9 28	37 25
Isabella Trowell	11 44	Charlie Milward	9 43	37 55
Linda Bracher	13 32	Andy Trigg	11 52	39 02
Jane Simpson	15 06	Holly Jones	11 48	39 33
Becka Bracher	13 37	Emma Lake	12 49	40 15



40th Anniversary Relays





40th Anniversary Relays



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	A Thorn 1.25.30 Chippenham 23	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	A Engledew 51.19 Newton Abbot 23	M McKay 88.56 Bideford 12	A Engledew 1.51.55 Cardiff 23	

