

# THE HARRIER

## (NOVEMBER 2023 NEWSLETTER)



Last night was a proud evening for **Paul Ross**, **Charlie Milward** and the club at the **England Athletics South West Regional Volunteer Awards**. **Paul** was awarded for his '**Services to Athletics and Running**' whilst **Charlie** took his award as a '**Newcomer to Volunteering**'.

Many congratulations to both on such fantastic achievements. **Five time Olympian Jo Pavey MBE** presented the awards and gave some background information on anyone receiving an award and showed some video clips. Make sure you look at the you tube video as some of you also make appearances!

Elsewhere **Simon Fitze** and **Alison McEwing** ran well in the **Amsterdam Marathon**, with **Alison** setting a new club vet record. Closer to home **Lucy Cambridge** took on the scenic but tough course at the **Marathon Eryri** in Snowdonia. **Charlie** went to **Bilbao** and has submitted a great report for The Harrier.

A reminder that our **Annual General Meeting** is on **Tuesday 14<sup>th</sup> November** and the next **Cross Country** is at **Newquay** on **Sunday 18<sup>th</sup> November**.

**Dave Fox (EDITOR)**

### **From the Chairman:**

**Hello Erme Valley Harrier members. Thank you for taking the time to read my second Chair's annual report.**

Firstly, I'd like to thank the Committee for all their efforts over the last year - a lot of work goes on unseen by every member of the committee which allows the club to run smoothly. If anybody else would like to join the committee, please do get in touch as we would welcome input from the full spectrum of club members.

Secondly, I'd like to thank all of you for coming along on a club night. It's great to see so many people turning up regularly on a Tuesday night. We're trying to keep the planned training sessions following a similar format each month including regular speed sessions along with hill reps which always seem to be popular. If anyone has suggestions for routes or speed sessions etc then please let me know.

#### **Looking back on my aims for 2023 we had three targets:**

- 1. Recruit more run leaders to assist on club nights.**
- 2. Increase senior membership level to greater than 150.**
- 3. Increased engagement with club members and organisation of regular club trips to races etc.**

We have a few more people leading / helping lead club runs now but we could still do with more volunteers. We have increased our senior membership compared to 2022 but we haven't achieved our stretch target of 150. We still have ambitions to reach this number and we are keen to develop strategies for increasing both our senior and junior membership numbers. We have had a successful year with club trips to local and regional relays races. The planned club trip to the Tavy 7 had to be cancelled due to a mix up with the minibus firm unfortunately. I'd be very keen to get a club trip organised for the spring so if anyone has suggestions for a race we could travel to together then please let me know.

#### **Looking back at the last year, a few things stand out as highlight for me:**

Firstly, our continued success at hosting races that are popular with running clubs and social running groups alike. The 10k continues to be a very successful local race and we are praised for how well organised it is. The relays are always great fun and once again there was a great atmosphere (despite the pouring rain and obliterated race numbers). Finally, our Fell Race in its second year attracted even more runners than the first year and the feedback is always positive despite the challenge the route presents.

It simply wouldn't be possible for us to host these events without the support of our members. Can I say a huge thank you to everyone who has helped out in any way at these races. Your efforts are very much appreciated - we are very grateful to you supporting us when we host these events.

Secondly, it was lovely to see so many people at the Tavistock and Torbay relays in the summer. I was especially pleased to see a good number of our juniors representing the club at Tavistock. Torbay relays will be remembered for the for our men's team winning the race outright and in a record time; especially pleasing was that Luke, Charlie and Jamie are juniors who have been part of the junior set-up at the club. We followed this up with a trip to Sutton Coldfield to take part in the Midland Road Relays for the first time in the club's history. The team performed extremely well against a very high standard field.

My third highlight was the 40<sup>th</sup> anniversary celebration including the relay round Filham Park. Many thanks to Keith and Jayne for all their efforts in organising both the running and social aspects of the event. It was great to see lots of current and former members reminiscing and sharing stories of hard cross-country races and club trips. Many thanks also to Dave Fox for putting together the bumper addition of The Harrier (along with the regular monthly editions) with some great race reports and photos.

On the subject of cross-country, I'd like to thank Becky Lee for her continued management of the cross-country teams last season and continuing to do so this year. We had a fantastic turnout at the recent Newnham cross-country and it would be great if we could have a similar showing at the next race at Newquay.

**Parkrun continues to be very popular with a lot of our members. I think it demonstrates the spirit of our club that you can turn up at any of the local parkruns and your almost certain to bump in to a club member and often share a coffee with them after the run. The weekly reports put together by Andy Trigg are always fascinating and it's great to see so many people reaching run and volunteering milestones.**

The couch to 5K and beyond group continues to be a success with thanks to Sharon, Ruth, Steve and Phil for their commitment and efforts with this. Thanks also to Phil for his organisation of the regular away day runs on a Friday evening and the occasional breakfast run.

Chris has covered the finances, so I won't go in to detail but we have essentially broken even this year which given the increased number of events we have paid for members to enter, the 40<sup>th</sup> anniversary celebrations, social occasions alongside general inflationary costs I think is a good outcome. Our 10k remains the bedrock of our finances and helps us to keep our membership fees down but we aren't able to absorb all of the additional costs we are faced with and as such there will be a modest increase in annual membership fees this year.

**My aims for the club next year are as follows:**

- 1. Increase senior membership level to greater than 150.**
- 2. Encourage even more club members to participate at some of the races available to them as part of their membership.**
- 3. Increase entry numbers to the 10k, our relays and our fell race.**
- 4.**

**Thank you again for reading and I look forward to seeing you at club or a race soon.**

**Tom Davies**

## SECRETARY'S NOTES

### **Its AGM time once again**

It's the club AGM on Tuesday 14<sup>th</sup> at 7.30pm at the Rugby Club. Because of EA increasing the 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.

There will be a free buffet at 7.15pm before the meeting. We hope to get a good turnout.

The club have laid a wreath at the Remembrance Day parade today and we have also made our annual donation to the Poppy appeal.

Tickers are now available for our Christmas party at the Hunting Lodge on Saturday 9<sup>th</sup> December. They cost £12 and are available from Sharon. We have been aware that Wrangaton Golf Course has now closed and its future is uncertain. This means we will need to look for alternatives for the 'Spirit of the Moor' runs next summer. If anyone has any thoughts, please let us know.

### **Training and Competition update**

The routes for the remainder of 2023 are now online. We had the first Winter Handicap last Tuesday and 33 took part. The numbers at training have been good of late despite some dodgy weather. Junior training is still going well back inside although the next 2 weeks are when we cannot use the sports hall because of exams. We held a friendly Sportshall event last Sunday at the College which went well but there are still quite a lot who didn't take part. Next Sunday is the second Westward League Cross Country at Newquay. We hope to put on transport to encourage more to take part. We have agreed to pay for the entry fees to the Devon Championship in Exeter in December. The next Sportshall League is on Sunday December 10<sup>th</sup> again at the Life Centre and it includes the Devon Championships.

Looking ahead we have the Armada Relays in Central Park on Sunday December 17<sup>th</sup> and of course the annual run around Burrator on Boxing Day.

## **Road (and off Road)**

### **Running.**

We had a great day at the Tavy 7 with 21 runners taking part and we won a host of age group and team awards. We also had 3<sup>rd</sup> place in the women's Ross Shield.

We have also people running in a number of events including the Great South Run and the Bideford 10. We will be putting together teams for the Armada Relay. This is a 3km route around Central Park on Sunday 17<sup>th</sup> December followed by the awards for the Armada Grand Prix.

Hopefully it will not be as wet as it was last year? The list of award winners from the Grand Prix will be posted on the Armada website.

### **Athletes of the Month**

Congratulations to Tim Steere and Nick Ogle who were the athletes of the month for October. Well done to both of them.

### **Forthcoming Events**

Sat 18<sup>th</sup> Nov – Tavi 5K

Sun 19<sup>th</sup> – Westward League XC – Newquay

Sun 3<sup>rd</sup> December – Westward League XC – Exeter (includes Devon AA Champs)

Wed 6<sup>th</sup> – Exmouth 5 Mile and 5K

Sun 17<sup>th</sup> – Armada Christmas Relays

Tuesday 26<sup>th</sup> December – Boxing Day run at Burrator

Sunday 7<sup>th</sup> January – First Chance 10K – Exeter

SW Cross Championships and Inter Counties – RNAS Merryfield, Somerset  
Sunday 14<sup>th</sup> January – January Jaunt – Plympton

Westward League at Westward Ho!  
Saturday 20<sup>th</sup> - Devon Schools Cross Country - Exeter

Sun 21<sup>st</sup> January – Devon Sportshall League

Finally – As I said last month 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)**

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## RACE NEWS

### EDEN MARATHON - Sunday 15<sup>th</sup> October

**Craig MacAlpine** did well on the hilly, multi-terrain course with a time of 4.28.47.

**Ronnie Haynes** had a great run at the Plymouth Harriers Autumn 5 race in Central Park, Plymouth as he was second in 29.54 and first M40.

### GREAT SOUTH RUN - Sunday 15<sup>th</sup> October

**Ken Summers** and **Carol Hansen** made the trip to Portsmouth for this 10 mile race.

**Ken** had a great day as he set a new club vet 70-74 record with a time of 1.18.50.

**Ken** achieved another record in this race 30 years ago – read on .....

**Carol** did well with a time of 1.32.36.





## THE GREAT SOUTH RUN - Sunday 10<sup>th</sup> October 1993

**Ken Summers** and **Carol Hansen** ran this race this year but some 30 years ago the club had a mini-bus trip to the event. Below is the article I wrote at the time:

"With Mr Blobby on board the mini-bus this was always going to be an interesting week end and lived up to expectations .....

We arrived safely at the Hotel on Saturday lunchtime and apart from horrendous traffic in Portsmouth had a good journey. Mr Blobby with the assistance of Ken kept the queuing motorists amused or bemused, depending on how you look at it!!!

The Hotel was situated in Southsea and in the afternoon we had chance to wander around. We visited the swimming/leisure bar for some food and drink – ask Ken about the hot nuts! We also visited the sea front, the mini fair, the pier and lost Brian!

We had a good meal and evening at the 'SHOWBIZ' restaurant. Everyone had their own 'star' seat. These comprised of Cary Grant, Clarke Gable, Erol Flynn, Oliver Hardy, Madonna, Bing Crosby, Alex Guinness, James Cagney and Batman. If you want to know which person had which star, then have a guess and I'll tell you the answer next month.

Whilst at the restaurant we had a little wager as to the time of the 4<sup>th</sup> EVH runner home – the winner Keith Way predicted himself and was only seconds out. The steward's enquiry is still going on!

Race day arrived – good conditions. The Hotel was close to the start so we could jog along without any problem. We got there is good time for the pre-race warm up with Tessa Sanderson (this was more tiring than the race!) and met up with former club athlete Glyn Jenkins who now lives on the Isle-of-Wight. There's no problem at the start and we all get away well, despite the large field.

The conditions were excellent and the course flat. Gary Staines breaks the UK 10 mile record and Ken gets a pb. Daniel Mapstone also supports us on route.

The race is excellent and a good one to go for a pb if you are running well and the conditions are good."



### Results:

129	Steve Watson	60.29
181	Ken Summers	62.02 (pb)
265	Keith Reed	63.31
281	Keith Way	63.58
291	Al Catto	64.18
470	Dave Fox	67.18
472	Paul Ross	67.23
909	Richard Bristow	72.16
1266	Peter Carpenter	75.41
1873	Brian Webster	81.22

# Staines sets new British record time in glory run

By **DANNY GRIFFITHS**

*The News*

Gary Staines swept aside the African domination of the BUPA Great South Run when he set a British ten-mile record in Portsmouth yesterday.

He raised his arms in triumph as he crossed the line in 46min 11sec, shattering last year's course record set by Tanzanian Boay Akonay.

His fantastic run eclipsed the previous British best of 46:25 set by Carl Thackeray in Washington two years ago.

But the 29-year-old Belgrave Harrier didn't realise he had run so fast and said: "I'm amazed at the time. It was my first race over ten miles and I came here just hoping to win."

Despite his thrilling win the 1990 European 5,000 metres silver medallist intends to concentrate on the track for the foreseeable future, though he doesn't rule out stepping up in distance at some stage in his career.

He added: "Alan Storey, my coach, is the London Marathon race director and I

may have a go at running that in a couple of years' time."

Staines was involved in a fierce battle with Irishman John Treacy, who he pipped to win the BUPA Great Caledonian Run in Edinburgh the previous week.

They battled it out together for most of the race, but the Londoner clinched victory after he opened a gap with a little more than a mile to go.

Treacy clocked 46:25 while Paul Davies-Hale was third in 47 minutes exactly. Martin McLoughlin was next across the line in 47:02 to ensure that the first four runners home all dipped under last year's winning time of 47:04.

Benson Masya and Zabron Miano played their part by setting a cracking early pace, going through the first mile in 4:18. But the Kenyans couldn't match Staines and Treacy and finished fifth and sixth in 47:31 and 47:37.

Treacy, silver medallist in the marathon at the 1984 Los Angeles Olympics and a double world cross country champion, said: "I'm thrilled with my run because it's a personal best."

"I matched Gary in the early part of the race but he was in control after seven miles."

The 36-year-old son of a Waterford greyhound trainer added: "This proves there is life in my old legs yet."



# GALLERY: Dee and Anderson takes victories in Plymouth Harriers' Autumn 5

*Posted on* October 17, 2023 *by* PLYMOUTH SPORTS GAZETTE



JACK DEE and Chloe Anderson claimed victories as Plymouth Harriers held their inaugural Autumn 5 race in Central Park on Sunday.

The five-mile event saw runners complete a two-lap course in and around the Plymouth park.

Dee was a dominant winner, coming home in a time of 28 minutes and 46 seconds. He was more than a minute ahead of **Erme Valley Harriers' Ronnie Haynes**, who came second and first M40 in 29.54 minutes.

Third runner home was Storm Plymouth's Daniel Westlake, who clocked 30.13 minutes. Fourth was Anis Sahoo in 30.56, with Tamar Trotters' Pete Waumsley fifth and first M50 in 32.58 minutes.

Anderson stormed to victory in the women's race. She clocked 36.01, which was more than two-and-half minutes ahead of the second-placed runner which was Storm's George Farr (38.46).

Third woman was Tavistock's Sarah Holland, who was also first F45. Plymouth Musketeers' Rhian Lismore was fourth (40.30) and Bethany Edwards fifth (40.54).





Meanwhile, Plymstock Road Runners' Graham Bale impressed at the Eden Project Marathon on Sunday.

Bale, 58, took third overall in the tough multi-terrain event behind Truro's Steve Reynolds and St Austell ARC's Marc Smerdon.

Reynolds clocked 2:50.56 for the 26.2 mile race that goes up Helman Tor, with Smerdon clocking 3:01.37 and Bale just behind in 3:02.06.

The Plymstock Road Runner was using the race as preparation for next year's Age Group World Marathon Championships in Australia.

After the race he said: "This is my first semi-trail marathon. I've done eight marathons in London and one in Manchester, so this is my 10th.

"I did London earlier this year – that was my fastest time. I thought I'll just do another one to keep the fitness going."

Bale's time in London this year of 2:40:48 ranks him second in the country in the M55 category and 11th of all-time.

In the women's marathon race in the Eden Marathon, Storm Plymouth's Lauren Knox came seventh in 4:08.14, with East Cornwall Harriers' Sharon Daw just behind in eight and first F55.

There was also Plymouth success in the Eden Half Marathon held on the same day. Laura Macro finished as first woman in her first half marathon race. She clocked 1:31.14. Second place went to Plymouth University student Ellie Robinson, who clocked 1:32.30.

Tavistock's Jenny Bryant was first F55, while team-mate Carole Walter took the top F60 award.

## BATH HALF MARATHON - Sunday 15<sup>th</sup> October

**Barry Neal** was in fantastic form in Bath as he achieved a pb by over 4 minutes with a time of 1.34.37



## AMSTERDAM MARATHON - Sunday 15<sup>th</sup> October

**Simon Fitz**, **Alison McEwing** and **Alison Thorn** made the trip to the Netherlands for this popular race on a 'fast course'.

The weather conditions were not favourable as it hailed at the start, with heavy rain at halfway for about 20 minutes and it was windy! Despite this **Simon Fitz** ran his second fastest marathon with a time of 2.43.20, whilst **Alison McEwing** was 32<sup>nd</sup> lady in the race and remarkably 3<sup>rd</sup> vet 35. **Alison** also set a new club female vet 35-39 record.

Unfortunately, **Alison Thorn** had to drop out part way in the race as she had suffered from covid just a week before the race.

**Tim Steere** ran a time of 19.38 in the **Tavy 5k** and was 12<sup>th</sup> overall.

**Graham Reed** had a great run at the **Langley Burrell 10K** with a time of 36.00 minutes. Graham was 16<sup>th</sup>.





AMSTERDAM MARATHON



# THE CARRERA PIRATA 10K - Saturday 21<sup>st</sup> October

## MY BILBAO RUNNING EXPERIENCE – Charlie Milward

**Hello my fellow EVH'ers,**

I'll start my journey where all great journeys begin. Looking at the overpriced chocolate and Krispy Kreme doughnuts at Taunton Deane services! Nevertheless, with a coffee and a good breakfast in me, I set my sights onto Bristol Airport.

If any of you have been to Bristol Airport then you'll know that the security checks is always the worst bit but with the help of my brother, we sailed past the queue... Only for my bag to be caught under the X-Ray machine! It was only a belt so I had escaped for now...

The Flight was very easy and we made especially quick time planning what we were going to do over there, which sights we were going to see again and most importantly, what food we were going to indulge in! The Plane landed safely and from that point I switched accents and at least attempted to speak fluent Spanish to the locals. You would of thought after 5 years of learning it you would be fluent – Not when they teach you how to say "I like to go fishing!" If it is any consolation, the bus driver understood that I wanted 4 tickets to the Bilbao city centre called Abando.

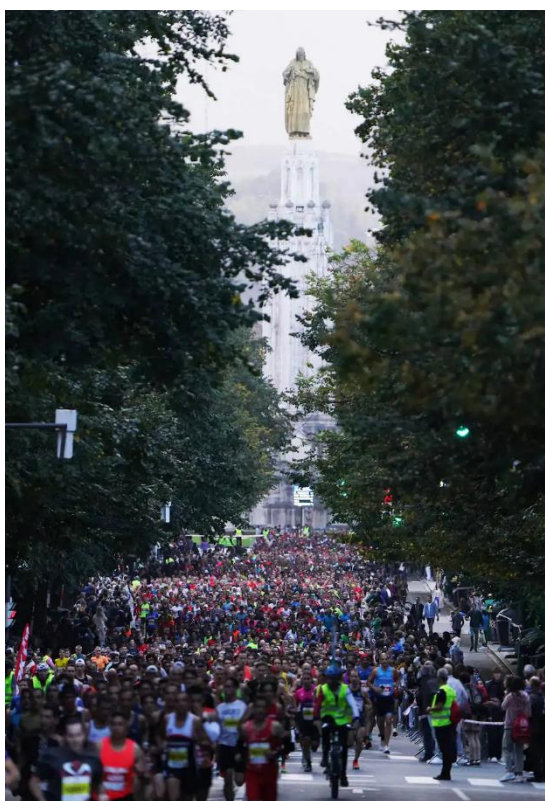
A brisk walk made it to our lovely flat with a Barik Card (more on that later) and more essentials. Until Saturday, we strolled around the surroundings of Ribera and soaked up the ambience and culture.

Saturday rolled around and I was as high as a kite with excitement. A gentle 5k in the morning settled me in to what it was like across the city. Funnily enough, I actually had to show my passport to the race number distributors but of course I left that at home! So 5 miles of arduous walking later, we made it to " El Palacio de Euskalduna " (Pronounced Eushkalduna) where I received my number. IT WAS PACKED!

A few hours later, we caught the tram, which cost under 0.30 cents thanks to our Barik card which gives you discounts on public transport, to the Stadium de San Memés (The Football stadium). A few drills, iconic photos and running later, I made my way to the start line. With the live bands screaming Highway to Hell, Fireworks brewing and flame pillars igniting, I set off!

The route takes in the most iconic monuments of Bilbao including: Plaza Moyua, Zubiarte, Puente de Deusto, Sarriko, Parque Doña Casilda, Euskalduna, Abandoibarra and finishing at the Guggenheim Art museum. I felt amazing the whole way round and the roars of the crowd and singers spurred me on. The most exhilarating moment for me was the final straight where I managed to sprint finish my way to overtake the Spaniard in front of me and claim 42<sup>nd</sup>! The organisers were very helpful and even some of the runners assumed I was Spanish and chatted with me in full-blown Spanish.





My rewards for racing were unparalleled! I got numerous sweets, a medal, a shirt, a 10-euro gift voucher in forum sport and even an invitation into the San Turce (pronounced San Turche) a Bilbao 15k event on the 26<sup>th</sup> November, which is based upon a song of all things! That race covers the vast river bordering towns all the way from El Polideportivo de San Turce right up to Pío Barojá, which sits along the Guggenheim walkway. It even has cash prizes of up to 1,000 euros for winners!





With that, the race was done! I now got to enjoy the rest of the days in Bilbao, which included some sights like: A conversation between me and an old man who hated the King who was coming to attend the national conference, Cracking food and drink to ease myself into the culture and exploring the hustle of Ribera market hall, Getxo (Pronounced Getcho) and Santander.

It wouldn't be a traditional family getaway and something didn't go wrong. Our bus to the airport was late and a German family had lost their passports on board which delayed our bus even more! Luckily, we just arrived in time to check in and board within the nick of time and we arrived safely back home in England where it was surprisingly dry?!

Overall, I had a fabulous time and would 100% do this race or even another different international run again in my life!

Any more questions about the race or you want to ask me how the setting was like then feel free to drop me an email or come and see me one session! I'd love to share it with you all!

Thank you for continually supporting me and reading my not so little article,  
Charlie Milward – 42<sup>nd</sup> out of 5400 10k'ers / 35:56 10k PB / 2<sup>nd</sup> Briton Home.



## MARATHON ERYRI - Saturday 28<sup>th</sup> October (Snowdonia Marathon)

Well done to **Lucy Cambridge** for completing one of the most scenic but most demanding of courses, with three considerable hills to negotiate and around 5 miles of trails.

**Lucy** was running well up to 16 miles, but hamstring issues then took over and Lucy slowed down to finish in a time of 4.25.08 – still a very respectable time on a difficult course.



**Ronnie Haynes** was in great form at the **Grand Canal Canter Half Marathon** at **Tiverton** as he won the race by almost 7 minutes from the second placed athlete with a time of 1.20.19.

**Becci Pine** also completed the course with a time of 2.27.31.

# GALLERY: Holland and Kelly claim victories at popular Tavy 7 race

*Posted on* October 31, 2023 *by* PLYMOUTH SPORTS GAZETTE



HOST club Tavistock AC impressed as they held their annual Tavy 7 race on Dartmoor on Sunday.

The popular event, which starts and finishes at Plaster Down, saw 441 runners complete the seven-mile run in changeable weather conditions.

Adam Holland, a life member of Tavistock AC, took victory in 38 minutes and 45 seconds. He ended up winning by 20 seconds, with Highgate's Shaun Dixon second and first M40.

Exmouth's Rob Ellis was third in 39.41 minutes, with Tavistock AC's Sam Larkham fourth and second M40 in 39.46 minutes and Tavistock Run Project's Peter Freedman fifth in 39.51 minutes.

The women's event was dominated by Tavistock AC athletes, who had the first three finishers. Nikki Kelly retained the title she won last year in 43.54 minutes, with young team-mate Charlotte Walker taking second in 44.47 and Emma Ryder third in 45.45. Fourth woman was South West Road Runners' Nicky Savill (46.03), with **Erme Valley Harriers' Sally Erith** fifth and first F35.





Second F35 was Tavistock Run Project's Rachael Malthouse, while Tavistock AC's Hannah Worth was first F40.

Another Tavistock female winner was Jenny Jeeves, who took victory in the F55 category, with her team-mate Caroline Steven second and **Erme Valley's Kate Medlicott** third.

**Alison Engledew, of Erme Valley**, was first F65 with Instinctive Sports' Brenda Thorne third, while Tavistock's Helen Orme was second F45, with Plymstock's Jane Ling third. Carole Walters (Tavistock) was second F60 and Plymouth Harriers' Jennie Kingdon was third.

Tavistock's Mark West was first M50, with **Erme Valley's Nick Bristow** third. **David Engledew (Erme Valley)** was first M60, while his team-mate **David Rayfield** was third M55. Tavistock runners Peter Bazley and David Twine finished second and third in the M65 category.



## TAVY 7 - Sunday 29<sup>th</sup> October

Our athletes turned out in force for this race. We did well with several prize winners.

<b>Results:</b>	7	Jake Waldren	41.28
	14	Charlie Milward	43.32
	35	Dave Rayfield	46.36
	41	Sally Erith	47.03
	51	Nick Bristow	47.49
	54	Dave Engledew	48.46
	58	Barry Neal	49.12
	107	Kate Medlicott	54.02
	134	Alison Engledew	56.00
	139	Andrew Mitchell	56.22
	145	Dave Gilvear	56.35
	180	Richard Lane	59.18
	188	Andrea Mitchell	59.42
	205	Lindsay Lane	60.49
	231	Emily Faircloth	62.23
	234	Phil Adderley	62.35
	239	Francesca Walker	63.15
	298	Andy Bartlett	66.29
	357	Louise Creber	73.08
	372	Jane Simpson	74.18
	373	Alan Makeham	74.19
	(441 finishers)		

<b>Prize Winners:</b>	<b>1<sup>st</sup> F35</b>	<b>Sally Erith</b>
	<b>1<sup>st</sup> M60</b>	<b>Dave Engledew</b>
	<b>1<sup>st</sup> F65</b>	<b>Alison Engledew</b>
	<b>3<sup>rd</sup> M50</b>	<b>Nick Bristow</b>
	<b>3<sup>rd</sup> M55</b>	<b>Dave Rayfield</b>
	<b>3<sup>rd</sup> F55</b>	<b>Kate Medlicott</b>

**3<sup>rd</sup> Male Team** - Jake Waldron, Charlie Milward, Dave Rayfield and Nick Bristow

**3<sup>rd</sup> Female Team** - Sally Erith, Kate Medlicott, Alison Engledew and Andrea Mitchell

**Ross Shield:** **3<sup>rd</sup> Female Team** - Sally Erith, Kate Medlicott and Alison Engledew





TAVY 7







TAVY 7







TAVY 7







TAVY 7



# ATHLETICS: Tamar Trotters' Ezra-Ham retains Bideford 10 title in style

Posted on November 9, 2023 by PLYMOUTH SPORTS GAZETTE



TAMAR Trotters, Tavistock AC and Plymouth Harriers were among the clubs to have athletes winning titles at the Bideford 10 race at the weekend. Trotters' Bex Ezra-Ham retained her women's title with an impressive personal best run. Ezra-Ham took victory in a gun time of 58.40.2 minutes (chip time: 58.39.1), which was more two-and-a-half minutes ahead of the next woman, who was Bideford's Sammy Antell, who clocked 61.24. Tavistock AC's Nikki Kelly, who had won the Tavy 7 race the week before, was third woman in 61.48 (chip time: 61.45). Plymouth Harriers' Ami Peyton-Jones was seventh woman overall and first F40 in 67.48 minutes (chip time 67.42), while Storm Plymouth's Charlene Matthews was just one place behind eight and she came third F35.

In the men's race, Tamar Trotters' Jacob Landers finished third in a strong field behind Olympic steeplechaser Phil Norman and Bideford's Ronnie Richmond. Norman took victory in 50.29 minutes, with Richmond coming home in 52.06 and Landers crossing the finish line in 52.37 minutes. Tavistock AC athletes Ben Neale and Sam Larkham came seventh and eighth. Larkham was second M40, with Tavistock Run Project's Alex Peyton-Jones third. Tavistock AC's Allan Herdman, Jenny Jeeves and Carole Walters all won age category titles. Herdman was first M70, Jeeves took the F55 title and Walters was first F60. Plymouth Harriers' Steve Hill came third M50.



## BIDEFORD 10 - Sunday 5<sup>th</sup> November

**Barry Neal** continued his outstanding form of this year with yet another pb. **Barry** has already this year achieved pb's at 5K, 10K and Half Marathons (twice).

**Tim Steere** also ran well on a course which includes the Tarka Trail. It was fairly windy on the way back to Bideford.

Results:	89	Tim Steere 68.10	318	Simon Swift	85.30
	110	Barry Neal 70.46	357	Linda Bracher	87.56



## TRAINING ROUTES

### November

Tuesday 14<sup>th</sup>

Tuesday 21<sup>st</sup>

Tuesday 28<sup>th</sup>

Speedwork @ Cross Park, Filham (400m Reps)

Ivybridge Loop

Head Torch Run or Hill Reps @ Viaduct

### December

Tuesday 5<sup>th</sup>

Tuesday 12<sup>th</sup>

Tuesday 19<sup>th</sup>

Tuesday 26<sup>th</sup>

Winter Handicap #2

Speedwork @ Gorse Way (1km Reps)

Ivybridge Loop – Christmas Lights run

Boxing Day

## SUMMER HANDICAPS

Congratulations to Lindsay Lane on winning the Summer Series.

Unfortunately, due to some technical issues I can't print the results in this Harrier. Please refer to our website - Editor





You can watch the event back on the England Athletics You Tube Channel here  
<https://www.youtube.com/watch?v=CV5FD-91FZI>

Charlie is on at approx 1.25 of the coverage and Paul after 2.45.



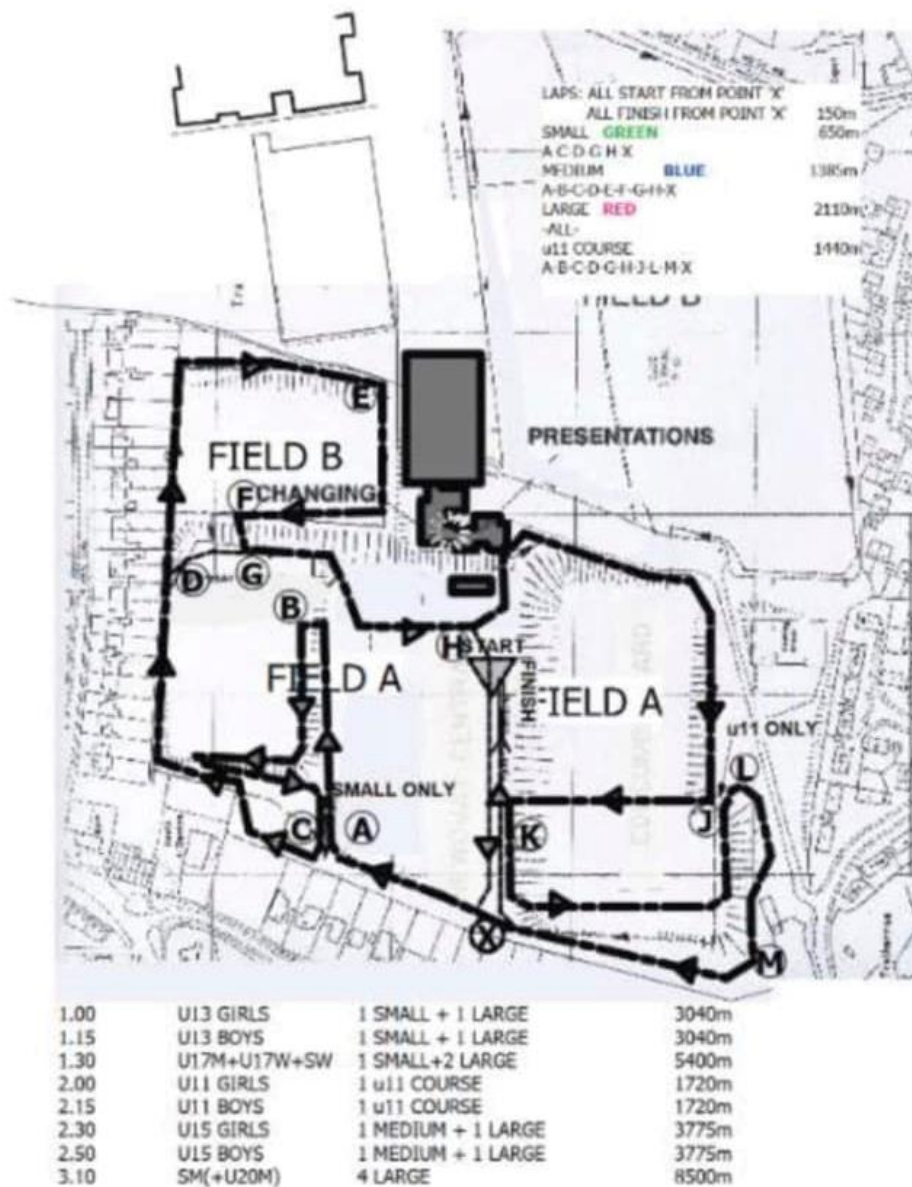
## VET MENS ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
40 – 44	<b>N Holmes</b> 33.11 Clevedon 05	<b>N Holmes</b> 55.14 Teignbridge 05	<b>N Holmes</b> 1.12.55 Plymouth 05	<b>A Ryder</b> 2.48.39 New Abbot 08
45 – 49	<b>N Holmes &amp; A Ryder</b> 34.56 Clevedon 12 & Plymouth 12	<b>A Ryder</b> 57.00 Teignbridge 09	<b>S Fitze</b> 1.16.18 Exeter 21	<b>A Ryder</b> 2.39.58 Taunton 09
50 – 54	<b>M Hansen</b> 36.22 Bideford 09	<b>M Hansen</b> 58.49 Plymouth 09	<b>M Hansen</b> 1.19.14 Taunton 09	<b>A Trigg</b> 2.53.16 Abingdon 12
55 – 59	<b>M Hansen</b> 37.44 Clevedon 14	<b>M Hansen</b> 64.07 Bideford 14	<b>A Trigg</b> 1.24.07 Bridgwater 17	<b>A Trigg</b> 3.03.20 Chester 18
60 – 64	<b>A Trigg</b> 42.16 Exeter 2023	<b>D Engledew</b> 70.24 Bideford 19	<b>D Engledew</b> 1.31.47 Helsby 20	<b>D Engledew</b> 3.35.44 Manc 23
65 – 69	<b>S Watson</b> 49.30 Frome 16	<b>K Summers</b> 77.50 Bideford 19	<b>K Summers</b> 1.38.56 Bridgwater 17	<b>K Summers</b> 4.03.38 Taunton 18
70 – 74	<b>R Brindle</b> 51.44 Berkeley 15	<b>K Summers</b> 1.18.50 Great South 23	<b>K Summers</b> 1.46.03 Kew 23	
75 – 79	<b>E Perks</b> 66.15 Plympton 99	<b>E Perks</b> 103.51 Guy Fawkes 98	<b>E Perks</b> 2.27.15 Plymouth 98	<b>E Perks</b> 5.56.55 London 00
80 – 84	<b>E Perks</b> 70.50 Ivybridge 03	<b>E Perks</b> 127.02 Plymouth 03	<b>E Perks</b> 2.47.07 Plymouth 03	
85 – 89	<b>E Perks</b> 80.19 Ivybridge 07		<b>E Perks</b> 3.10.48 Plymouth 07	

## VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
35 – 39	<b>A McEwing</b> 37.36 Langley B. 23	<b>A Thorn</b> 63.41 Plymouth 13	<b>A McEwing</b> 1.19.00 Farnborough 23	<b>A McEwing</b> 2.52.46 Amst-dam 23
40 – 44	<b>A Thorn</b> 37.47 Exeter 16	<b>J Swift</b> 62.02 Bideford 12	<b>J Swift</b> 1.22.15 Cardiff 12	<b>C Perry</b> 2.58.53 London 17
45 – 49	<b>A Thorn A Thorn</b> 37.14 Glastonbury 22	<b>A Thorn</b> 63.45 Granite 21	<b>A Thorn</b> 1.20.34 Farnborough 23	<b>J Edwards</b> 2.50.58 Chester 22
50 – 54	<b>C Perry</b> 39.58 Newquay 23	<b>S Urro</b> 68.18 Portland 01	<b>A Thorn</b> 1.25.30 Chippenham 23	<b>J Edwards</b> 3.27.55 Dublin 2016
55 – 59	<b>A Engledew</b> 46.41 Ivybridge 18	<b>A Handforth</b> 78.23 Plymouth 08	<b>A Engledew</b> 1.40.12 Taunton 18	<b>A Engledew</b> 4.07.14 London 18
60 – 64	<b>A Engledew</b> 46.16 Telford 19	<b>A Engledew</b> 79.36 Bideford 19	<b>A Engledew</b> 1.43.06 Helsby 20	<b>A Engledew</b> 3.52.33 London 19
65 – 69	<b>A Engledew</b> 51.19 Newton Abbot 23	<b>M McKay</b> 88.56 Bideford 12	<b>A Engledew</b> 1.51.55 Cardiff 23	

**CHARLES STANLEY WESTWARD LEAGUE  
INCORPORATING THE CORNWALL AA CROSS COUNTRY CHAMPIONSHIPS  
NEWQUAY SPORTS CENTRE SUNDAY 19 NOVEMBER 2023**



It's the 2nd stop in the Cross Country season next Sunday 19th November at Newquay. Above is the course map & race times. A mini-bus has been organised to this event the finalised times & details will be announced at club Tuesday. Also posted here after for anyone not able to attend club. Hopefully see lots of you there to build on our great start at Newnham 🏃🏃



