

THE HARRIER

(DECEMBER 2023 NEWSLETTER)



Our ladies turn out in force at the Newquay Cross Country

It's been a busy time since I last wrote, with cross country races at Newquay and Exeter. There have been good turnouts at both events. The Exeter races included the Devon Cross Country Championships, where congratulations go to **Matthew Gilvear** and **Charlie Milward** as they were 1st and 2nd in the U20 event.

We did well today at the **Armada Relays** as we won the Senior Men, Senior Women, MV50 and MV60 categories. At least it was dry this year!

I will be away for 3 weeks in January so your next Newsletter will be in February.

All that remains is for me to wish you the compliments of the season.

Dave Fox (EDITOR)

From the Chairman:

Hello everyone,

It was great to see so many of you at the Christmas party earlier in December, a big thanks to Sharon and Ruth for organising everything. Congratulations to all the award winners, it's been a great year for the club as a whole and some very impressive individual performances along the way.

Many thanks to everyone who ran or volunteered at the Armada Christmas Relays today. We did exceptionally well to finish the year off in some style. Below is a photograph of our winning ladies team (unfortunately some of the other winning group photos can't be shown due to technical difficulties – Editor)



Thanks again for everyone who turned up at the AGM, it was good to hear members thoughts about things and we will be discussing these as a committee and I am hoping organise a meeting with the rugby club for early in the new year. The new committee had their first meeting at the beginning of December and there's some good ideas for things we can do over the coming year.

The XC season is back in full swing; with some great turnouts at the first three races. The next fixture is at Westward Ho! in January, it's a bit of a trek but the course is very flat and there's an excellent fish and chip shop close by for some post-race nourishment.

In the new year our attention will start to turn to the organisation of our three races, as a reminder the 10k will be held on Saturday 11th May, the relays on Friday 30th June and the fell race on Wednesday 7th August. As ever we will be looking for your assistance to help promote and host this event. Please keep an eye on the club website and social media channels over the coming weeks for further details.

Finally, I like to wish all our club members and their families a Merry Christmas and a Happy New Year.

Tom



SECRETARY'S NOTES

Season Greetings

A lot has happened since the last newsletter. We held the club AGM on Tuesday 14th at 7.30pm at the Rugby Club.

It was a good, well attended meeting and there was some positive input. The minutes and reports are on the website for those who could not attend.

Thanks to Dan Francis for laying a wreath at the Remembrance Day parade. We hope you agree that is a good cause to support.

We also held our Christmas Party at the Hunting Lodge on Saturday 9th December.

It was a very good evening and well attended. Congratulations to the award winners and also to Peter Allen who was successful in the London Marathon club ballot. Well done to Charlie on being voted the club personality. Christmas is now a week away and we have our last training session before the big day on Tuesday. Don't forget your Santa hats as we run around looking at the Christmas lights. As always there will be the annual Boxing Day run at Burrator (11am). It is not a race, just bring a present for the sack and take one when you finish.

Please make sure you park sensibly as not to offend the local community.

Training and Competition update

The routes for the remainder of 2023 and 2024 are now online. We had the second Winter Handicap recently and there was another good turnout. The numbers at training have been very good of late and the weather has been kind.

Junior training finished on Thursday until January 4th. We held the third Westward League Cross Country (which included the Devon Championship) in Exeter early in December. There was another good turnout of seniors and some good results.

We also had the Sportshall League on Sunday December 10th in the Life Centre which includes the Devon Championships. We had 32 there and now hold a slight lead over Plymouth. This weekend we have the Armada Relays in Central Park. We have a number of teams taking part and it should be another successful day. Congratulations to Charlie Milward and Emily Faircloth

who will be picking up their Armada Grand Prix awards after the race.

Road (and off Road) Running

It has been a bit quieter of late on the roads but we did have athletes in the Cockington Caper, Full Montacute and Race the Light events. Well done to all.

Athletes of the Month

Congratulations to Carol Hansen and Ellis Hemsley-Whorne who were the athletes of the month for November. Well done to both of them.

2024 Memberships

Following the AGM the 2024 Club subscriptions will be £35 for seniors, £20 juniors and £10 for U11. The EA registration fees (which we pay on your behalf for all except U11). The renewal is due on January 1st and the 2024 form is on our website. Please complete the form to renew and pay the fee to the club's account. It is key that we get a new form from all of you for GDPR purposes.

Forthcoming Events

Tuesday 26th December – Boxing Day run at Burrator

Sunday 7th January – First Chance 10K – Exeter

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

Westward League at Westward Ho!
Saturday 20th – Devon Schools Cross Country – Exeter
Tavi 5K

Sun 21st January – Devon Sportshall League

Wed 24th – Exmouth 5K

Feb 3rd – SW Schools XC – RNAS Merryfield

Feb 4th – Newquay 10K

- Devon Sportshall League

Feb 10th/11th Exeter Half Marathon

Feb 11th – Westward League-Plymouth

Finally – Can I wish everyone a very enjoyable Christmas and New Year. Thank you for being a member of the best athletic club there is.

Keith

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RACE NEWS

DROGO 10 - Sunday 12th November

At this demanding off-road race our five athletes did well, with **Dave Engledew** the first Harrier home.

Results:	68	Dave Engledew	1.24.18
	76	Sarah Markwick	1.25.56
	135	Kate Medlicott	1.33.22
	171	Alison Engledew	1.36.41
	319	Francesca Walker	1.57.49

Meanwhile in windy conditions **Graham Reed** had a terrific run at the **Castle Coombe 10K**, finishing 5th in 36.27. The race is a multi-lap race on the famous Castle Coombe race circuit.

WESTDOWN WANDER - Sunday 26th November

This race of approximately 9 miles starts on the beach at Exmouth and heads towards Budleigh Salterton on the coastal path, before returning on footpaths and cycleways. We had a good turnout with **Dave Engledew** again the first Harrier home.

Results:	Dave Engledew	1.14.21
	Alison Engledew	1.27.15
	Neil Moffatt	1.28.41
	Lindsay Lane	1.33.54
	Andrea Mitchell	1.34.35
	Emily Faircloth	1.35.38
	Louise Creber	1.59.09



GALLERY: Tavistock trio claim victories at second Westward Cross Country League meeting

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



TAVISTOCK athletes Thomas Hennessy, Tristan Bigham and Evie Welsh all won races at the second Westward Cross Country League meeting of the season at Newquay on Sunday.

The trio had also triumphed at the opening meeting at Newnham Park last month. Sunday's event also included the Cornwall Cross Country Championships and there were county medals for Tamar Trotters' Jacob Landers and City of Plymouth's Lucas Sweeney, Tilly Daly and Daisy Elliott.

Hennessy was dominant in the under-13 boys' race, taking victory in the mud by 19 seconds. His club colleague Freddie Whybrow was sixth in the same category.



Tristan Bigham won the under-11 boys' race, finishing nine seconds ahead of City of Plymouth's Sweeney, who took second in the league meeting and won the Cornwall title.

There were also top 10 finishes in that event for City of Plymouth's Sebastian Travers, Jack Penney and Jacob Sweeney.

Welsh claimed victory in the under-11 girls' race. She won by seven seconds, with Tavistock's Olivia Walkerdine second and Tilly Day third overall and first Cornwall athlete.

City of Plymouth's Margot Goodspeed was fourth, with her team-mate Daisy Elliot fifth overall and winning silver in the Cornwall Championships, with Genevieve Stone seventh.



Erme Valley Harriers' Luke Hayes produced a strong run to finish third in the under-15 boys' event, with City of Plymouth's Isaac Lamerton (6th) and Tavistock's Rueben Sebag-Montifiore (9th) also in the top 10.

There was also a third-placed finish for Tavistock's Zoe Bigham. Her's came in the under-13 girls' race. Just behind her in fourth was City of Plymouth's Elsie Goodspeed.

Landers impressed in the senior men's race, finishing fourth overall and winning the bronze medal in the Cornwall Championship.

Plymouth Harriers' Johnny Gilby was seventh and second M40, with **Erme Valley Harriers' Matthew Gilvear** eighth and City of Plymouth's Kairn Stone and Tavistock's Ben Neale enjoying a good battle and finishing 11th and 12th. Stone did finish as the second M45 athlete.



The senior women's race was strong, with Tavistock's Jasmine Gray and Nikki Kelly just missing out on the top 10 in 11th and 12th respectively.

In the under-17 girls' race, which was run alongside the senior woman, City of Plymouth's Molly Gilbey was seventh and East Cornwall Harriers' Georgie Gilbert was ninth.

Tavistock's Lamorna Cox took sixth place in the under-15 girls' event.





NEWQUAY CROSS COUNTRY





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COCKINGTON CAPER - Saturday 2nd December

Our four athletes enjoyed the scenic but challenging course in the grounds of Cockington, near Torquay.

Results:	30	Barry Neal	1.19.46
	35	Emma Lake	1.21.45
	76	Neil Moffatt	1.31.20
	103	Emily Faircloth	1.40.27

Craig MacAlpine was 39th at the **Race The Light Half Marathon** in a time of 2.11.01.

FULL MONTACUTE - Yeovil

In this 10 mile race **Dave Engledew** did particularly well as he was 1st Vet 60.

Results:	25	Dave Engledew	1.34.24
	84	Kate Medlicott	1.50.35
	92	Alison Engledew	1.53.48
	146	Richard Lane	2.07.50
	155	Lindsay Lane	2.10.25

TRAINING ROUTES

December

Tuesday 19th

Tuesday 26th

Ivybridge Loop – Christmas Lights run

Boxing Day

January

Tuesday 2nd

Tuesday 9th

Tuesday 16th

Tuesday 23rd

Tuesday 30th

Winter Handicap 3#

Speedwork @ Cross Park, Filham (350m reps)

Ivybridge Loop

Penquit Loop (Head Torch Run) or Speedwork @ Gorse Way

Hill Reps @ Viaduct

February

Tuesday 6th

Tuesday 13th

Tuesday 20th

Tuesday 27th

Winter Handicap 4#

Speedwork @ Viaduct, Crescent Road, Beacon Rd (0.5m reps)

Ivybridge Loop

Bittaford, Shute Lane, Ugborough, Shellwood (Head Torch Run)
or Speedwork @ Gorse Way

March

Tuesday 6th

Tuesday 13th

Tuesday 20th

Tuesday 27th

Winter Handicap 5#

Speedwork @ Train Station

Hill Reps @ Viaduct

Bittaford, Shellwood (Summer Handicap acclimatisation)

GALLERY: Region's athletes impress at joint Devon Cross Country Championships and Westward League meeting

Posted on [December 5, 2023](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



TAVISTOCK AC, City of Plymouth, **Erme Valley Harriers**, Tamar Trotters, Plymouth Harriers and Tavistock Run Project all had runners impressing at the joint Westward Cross Country League and Devon County Championships at Exeter on Sunday.

Tamar Trotters' Bex Ezra-Ham comfortably won the women's league race. She finished 11 seconds ahead of Exeter University's Inca Padfield, who took second, with Tavistock's under-20 athlete Charlotte Walker impressing to take third overall and her team-mate Jo Meek finishing sixth overall.



Walker easily won the Devon under-20 title by a minute-and-a-half, with Plymouth's Martha Wilson fourth and Tavistock's Hannah Walker sixth, while Meek won the county senior title and was also first F45.

Fellow Tavistock runner Nikki Kelly claimed bronze in the Devon Championships, with team-mate Sam Lake finishing sixth and second F45, Plymouth Harriers' Ami Peyton-Jones was ninth and first F40 and Tavistock's Jenny Jeaves was 10th and first F55.

Tavistock won both the women's senior and masters' county team titles.



City of Plymouth's Molly Shorey was a dominant winner of both the league and county under-17 girls' events. Tavistock's Freya Page was sixth in the league and fourth in the county race of the same age group, while City of Plymouth's Molly Gilbey and Bella May were also in the league top 10, with May fifth in the Devon standings.

Erme Valley Harriers' Matthew Gilvear won the Devon under-20 men's title, ahead of his team-mate **Charlie Milward**. **Gilvear** was also in the top 10 seniors in the league meeting.

Tamar Trotters' Jacob Landers came fourth in the league event, with Tavistock's Adam Holland sixth, Run Project's Jim Cole ninth and first M40 and Plymouth Harriers' Johnny Gilby 11th and second M40.



Holland was third and first M35 in the county race, which was won by Highgate's Flurry Grierson, who was a non-scorer in the league meeting. Cole was fifth and first M40, with Gilby a place behind and Tavistock's Ben Neale also in the county top 10 and finishing as second M35.

Plymouth Harriers' Steve Hill won the Devon M50 title, while Plymouth Musketeers' Justin Frost came second M45. Tavistock won the Devon masters' team title and were second in the senior competition.



Tavistock's Thomas Hennessy continued his impressive year with a league and county win in the under-13 boys' age group.

He has triumphed in all the Westward League meetings so far this season.

City of Plymouth's Finley Eales was sixth overall and fifth in the Devon race, with East Cornwall Harriers' Eldon Young and Tavistock's Freddie Whybrow also in the top 10 of both U13 events.



In the non-championship under-11 boys' race, City of Plymouth's Lucas Sweeney enjoyed an impressive run to win by 21 seconds, with Tavistock's Tristan Bigham second and City of Plymouth athletes Sebastian Travers (4th), Jack Penney (9th) and Jacob Sweeney (10th) also in the top 10.

City of Plymouth enjoyed a double at under-11 level as Daisy Elliot won the girls' race ahead of Tavistock's Olivia Walkerdine and Evie Welsh, who were second and third.



City of Plymouth had five of the top 10, with Tilly Day fifth, Genevieve Stone sixth, Theia Jones seventh and Margot Goodspeed eighth. Tavistock's Fearn Brodgen was ninth.

Tavistock's Zoe Bigham secured third place in both the league and county championship race at under-13 level, with her team-mate Lamorna Cox fifth overall and fourth Devon athlete at under-15 girls' level.

Fynn Baker (Tavistock AC) also came fifth overall and fourth Devon athlete in the under-17 boys' race, while City of Plymouth's Isaac Lamerton was sixth overall and fourth in the county event at under-15 level, with **Erme Valley's Luke Hayes** two positions behind in both competitions.





EXETER CROSS COUNTRY





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EXETER CROSS COUNTRY





ARMADA RELAYS





ARMADA RELAYS



and more from the England Athletics South West Regional Volunteer Awards evening



Winner: Charlie Milward (Erme Valley Harriers)



This young volunteer has been helping to coach the young athletes at the club for over a year. He is very good at coaching the youngsters - demonstrating a mature attitude. He has excellent communication skills, is very enthusiastic and is good at setting tasks which vary the activity.

This volunteer has also joined the club committee as the junior representative. In this role he demonstrates good leadership qualities, is very good at getting his point

across and champions the juniors very well. He is polite and not afraid to speak his mind.

He believes that motivation is key to both training and competition and that having the right mind-set leads to greatness. "Varying training keeps the young athletes entertained and locked in for the session."

His club Erme Valley Harriers regard Charlie Milward as an exceptional young volunteer who has been such a help to the club in so many ways. They are very grateful to him for both his time and commitment to the sport.

"I am quite touched to hear everything they said [on the video]. It's nice to have a positive impact on people. Thank you to my fellow club committee members - they make you feel welcome and at home and makes for a lovely club atmosphere."

Paul Ross (Erme Valley Harriers)



This long serving volunteer joined his club in 1984 as a good runner with excellent marathon times. He joined the committee in the early 1990s and became Club Chair. He was also on the County Committee, Regional Council, Chair for the Armada Athletics Network at its inception, and a member of the first South West Council – representing road running, and championing the South West region at a national level. As an endurance official he officiated the Marathon and Race Walks at the 2012 Olympics, and his expertise has been invaluable to race organisers and clubs.

Unfortunately, recent health issues have meant that Paul Ross needs to take more of a back seat - and his expertise is already being missed.

"This is more of a surprise than anything else."

commented Paul as he came to receive his award. The 2012 Olympics was made by the volunteers said Jo. He replied,

"Yes I had a terrific time there and I enjoyed every minute of it. I still have all the kit."

Ivybridge to Ivy League

the rise of Will Battershill to steeplechase contender

(article from ‘Views from the Concourse’)

Will Battershill chose to spend his end of season break getting a humbling from the best in Japan. Representing the Ivy League, the 2023 British 3000m Steeplechase champion took part in the annual Izumo Ekiden.

“They have unbelievable depth. In Japan I think everyone’s a 13:40 guy and they’re so good on the roads. So yeah, we got absolutely smashed because obviously October is not the right time of year for a group of Brits and Americans.”

A different kind of post-season break, but one in a way fitting for a Devonian whose running journey has never been defined by taking the textbook choice.



Will Battershill at the 2023 Izumo Ekiden Relay

Steeplechase on a whim

Growing up outside Plymouth, Battershill can lay claim to be Ivybridge’s Erme Valley Harriers most successful export, a mantle he threatened to earn from a young age. A talented cross-country runner with a top-20 placing at English Schools as a Junior Boy, Battershill gave the barriers a go on a whim:

“I have no recollection of a decision to try the steeple. It kind of just happened. I think it was a Youth Development League, really minor meet and I didn’t run a fast time. But yeah, I guess I must have thought, this kind of works.”



Will Battershill competing in a Watford 1500m in August 2022

International experience

Within a year he was the English Schools champion. His 4:15.38 1500m Steeplechase best for that 2014 season remains the 14th fastest by any U17 ever. He skipped a defence of his Schools title to head to the World Youth Championships in Cali, Colombia. Qualifying from his heat as a fastest loser, Battershill finished 14th in the 2000m Steeplechase behind an eclectic mix. European Indoor 800m Champion Adrian Ben was sixth. Daniel Do Nascimento, the long-time 2022 New York Marathon leader was eighth. The winner, Vincent Kipyegon Ruto of Kenya has barely run faster since.



Will Battershill competing at the World Youth Championships in Cali, Colombia in 2015

University choices

After regaining his English Schools title in 2016, Battershill's attention turned to further education. The first dialogue opened with Luke Gunn about joining Birmingham University. A good mix of academic reputation and sporting credentials left Battershill excited about his move to the Black Country. Until a strange message came on Facebook. A man claiming to be the coach at Harvard University said he was recruiting people and had noticed Battershill's times:

"I initially thought it was a scam. I was like this can't be true. Then I told my girlfriend and my mother about it and they were like, what Harvard?"

A bit of digging confirmed the truth. Jason Saretsky was playing the numbers game, hoping some of the recipients would also be academically smart enough to make the grade. Fortunately for Battershill he was one of them.

"I kind of thought this is a once in a lifetime opportunity. I can't turn this down.

Actually the team was running terribly at that point. As an athletic decision, it wasn't that good a decision. They were last in the Ivy League.

There was not much evidence of development in athletes across time. People were dropping out of the team. If I knew what I was doing and was looking at all of that, I could maybe have seen that. But I just thought, Harvard, I can't turn that down. And so off I went."

Finding the balance

Battershill's choice was a far cry from the usual athletics powerhouses you see a lot of top Brits go to. No free academic ride, the economics student would also have to survive in the classroom.

"Unsurprisingly, everyone's really smart and trying to stay afloat in classes. That's a big challenge in itself."

But it created a balance that in a way suited him. Battershill's college experience became about more than just trying to run as fast as he can.

"Obviously we were really caring about results and stuff, but you know that it's not just running that defines you. It kind of makes it a bit more free to enjoy running, which I guess is the whole point of it. And I think the coaches were good with taking a bit of pressure off at times.

Like you don't have to do 100 miles a week. They're very good at being individualized for me. That's not something you see that often in the [US](#).

A lot of people go to the US and hate it. They end up at the wrong place and the training is not for them. They miss home a lot and still struggle with the uni and stuff. I think I got lucky. I didn't realize that I'd made exactly the right decision for me."



Will Battershill competing in 2018 against Princeton and Yale over the cross-country

Coaching change

Battershill's time in Cambridge, Massachusetts also quickly coincided with a change in coach.

"[Alex Gibby](#) came in. He affected the entire team, taking us from being terrible to good. And that's something that definitely happened for me. I was just not that good my first year. He was able to kind of turn my career around in the two and a half years we had."

Battershill, fellow Brit Hugo Milner, and [Kieran Tuntivate](#), the multiple Thai record holder were a core part of that progress.

Bottom of the Ivy League when Battershill arrived, in his final cross-country season Harvard finished 15th in the NCAA DI Cross Country Champs, the program's best finish in over 50 years.

The steeplechaser was fourth scorer that day, finishing in 108th but he looks back on his own personal college performances with mixed emotions.

In his penultimate year he qualified for outdoor nationals over 3000m Steeplechase, a privilege reserved for the top 24 athletes in the college system. But he was denied the opportunity to improve on that disappointing showing in his final year.

"It's a shame that the end of it got ruined by COVID, which means that I still achieved absolutely nothing in the NCAA. I'm a zero-time Ivy League champion in team or individual and a zero-time All-American. That's my college credentials right there."



Will Battershill competing in the Ivy League Outdoor Championships in 2019

UK return

Battershill's time in the US, whilst not perhaps yielding the eye-catching times that may have got him more noticed across the pond, was a period of undeniable progress.

A Euro U20 team in Grosseto in 2017, he qualified comfortably from his heats. Though a freak accident warming up prevented his participation in that final, by the time of leaving university his personal best had lowered to 8:44. It left him with a feeling of unfinished business.

"I could never wrap my head around the idea that people fully commit to college in the US and they just retire after the final year."

Battershill needed to decide on how not if he would set-up his post-collegiate career.

"I just needed time to develop and make that step from a good U23 to being there on the senior level. For anyone that knows the sport, that's definitely the most difficult step. It's just such a huge jump."

Four years after he first intended to, Battershill headed to Birmingham, formally linking up with Luke Gunn and embarking on a part-time masters split over two years.

Midlands acceleration

It's safe to say Battershill's time at Birmingham was an emphatic success.

Surrounded by some of the best runners the UK domestic circuit had to offer, Battershill made that bridge to seniors perhaps quicker than he thought.

"Breaking four for the mile for the first time, dropping my steeple PB down to from 8:44 to 8:32 and then 8:27, making my first senior (GB) team in cross country. It definitely went as well as it could have those two years."

Battershill also earned a link-up with Hoka and has since moved to Long Eaton in his work as a Health Economist. A couple of half-days off each week, it's a balance that he's confident works.

And who's to argue? He's repaid both backers handsomely this summer.

Five times between 8:22 and 8:26, 2023 also became the year he won his and Erme Valley Harriers' first senior British title, outspurring Zak Seddon after the last barrier.



Eight minutes, 15 seconds

Battershill has one more step to take. Find seven seconds and force his way to Paris. The 8:15 standard is one only three Brits have ever bettered.

“My gut reaction is if everything goes well, I can run that next season, which is kind of mental. I think the whole way the sport is now with these ridiculous qualifying times, it’s really strange how it’s just shifted everyone’s perspective. Three years ago, if you’d said 8.15, it’s a laughably fast time. It’s six seconds off the British record. 15 guys in the world run that every year.”

Succeed or fail in that immediate objective, however, I’m left with the impression that the 25-year-old will get there eventually. Every decision in his journey is framed with his long-term interests at heart.

“I guess it’s important to just have the confidence in what I’m doing. In a way, I think it’s easy to train too hard. It’s actually much more difficult to train the right amount. I’m valuing consistency the most, you don’t need to be training in an oppressive way. It’s stacking good seasons on top of good seasons. Having that perspective across years of consistency is what I’m aiming for.”

Good on good on good, some fun thrown in between, Battershill may well find the spectacular.

Winter Handicap Round 1 - November 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Luke Hayes	31:20	12:00	19:20	50
2	Becky Lee	31:37	06:00	25:37	49
3	Matt Gilvear	32:05	12:30	19:35	48
4	Charlie Milward	32:10	12:00	20:10	47
5	Nick Bristow	32:13	10:30	21:43	46
6	Ellis Hemsley-Whorne	32:15	10:00	22:15	45
7	Marc Rinagl	32:20	10:00	22:20	44
8	Sally Erith	32:22	10:30	21:52	43
9	Chris Prall	32:26	10:30	21:56	42
10	Neil Moffatt	32:33	07:00	25:33	41
11	Dave Rayfield	32:41	11:00	21:41	40
12	Georgie Winslet	32:48	08:00	24:48	39
13	Clare Smith	33:11	04:00	29:11	38
14	Isabella Trowell	33:21	09:00	24:21	37
15	Andrea Mitchell	33:23	06:00	27:23	36
16	Barry Neal	33:32	10:00	23:32	35
17	Jenny Hayes	33:38	08:30	25:08	34
18	Russ Mogridge	33:42	09:00	24:42	33
19	Kate Medlicott	33:57	08:30	25:27	32
20	Dave Gilvear	34:04	08:00	26:04	31
21	Lynne Whitfield	34:09	05:00	29:09	30
22	Emily Faircloth	34:14	04:30	29:44	29
23	Alison Engledew	34:41	07:30	27:11	28
24	Simon Swift	34:55	09:00	25:55	27
25	Ken Summers	35:15	08:00	27:15	26
26	Katie Mogridge	35:20	04:30	30:50	25
27	Lindsay Lane	35:25	07:00	28:25	24
28	Carol Hansen	35:48	04:00	31:48	23
29	Jess Palfrey	35:55	04:30	31:25	22
30	Oli Mitchell	36:01	09:30	26:31	21
31	Andy Mitchell	36:09	09:00	27:09	20
32	Francesca Walker	36:15	07:00	29:15	19
33	Richard Lane	37:16	07:30	29:46	18

Winter Handicap Round 2 - December 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Becky Lee	32:45	08:30	24:15	50
2	Emily Faircloth	33:32	05:00	28:32	49
3	Nick Baker	33:43	04:00	29:43	48
4	Dave Engledew	34:08	11:30	22:38	47
5	Jenny Hayes	34:10	09:30	24:40	46
6	Dave Rayfield	34:11	13:00	21:11	45
7	Matt Gilvear	34:15	15:30	18:45	44
8	Georgie Winslet	34:23	10:00	24:23	43
9	Alison Engledew	34:25	07:30	26:55	42
10	Luke Hayes	34:28	15:30	18:58	41
11	Charlie Milward	34:30	15:00	19:30	40
12	Carol Hansen	34:31	03:00	31:31	39
13	Nick Bristow	34:34	13:00	21:34	38
14	Barry Neal	34:35	11:30	23:05	37
15	Holly Cavill	34:37	03:00	31:37	36
16	Andy Mitchell	34:42	08:30	26:12	35
17	Sally Erith	34:50	13:00	21:50	34
18	Andy Trigg	34:52	11:30	23:22	33
19	Clare Smith	34:55	06:00	28:55	32
20	Dave Gilvear	34:57	08:30	26:27	31
21	Peter Allen	35:09	14:00	21:09	30
22	Chris Prall	35:11	14:00	21:11	29
23	Andrea Mitchell	35:15	07:30	27:45	28
24	Isabella Trowell	35:34	10:00	25:34	27
25	Neil Moffatt	35:43	09:30	26:13	26
26	Ellis Hemsley Whorne	36:17	12:30	23:47	25
27	Tomi Bartlett	36:38	06:30	30:08	24
28	Kevin Paull	37:07	07:30	29:37	23
29	Kate Medlicott	42:15	15:30	26:45	22

CLUB RANKINGS

I will be putting together the road rankings for the 10K, Half Marathon and Marathon for this year in the February Harrier (no Harrier in January). If you have run a race which hasn't been mentioned in the Harrier and likely to fall within the rankings, then can you let me have some details over the next few weeks.

My email is ivybridge51@gmail.com

Dave Fox - Editor

	Nov Points	Dec Points	Jan Points	Feb Points	March Points	Total
Becky Lee	49	50				99
Matt Gilvear	48	44				92
Charlie Milward	47	40				87
Dave Rayfield	40	45				85
Nick Bristow	46	38				84
Georgie Winslet	39	43				82
Jenny Hayes	34	46				80
Emily Faircloth	29	49				78
Sally Erith	43	34				77
Barry Neal	35	37				72
Chris Prall	42	29				71
Alison Engledew	28	42				70
Clare Smith	38	32				70
Ellis Hemsley Whorne	45	25				70
Neil Moffatt	41	26				67
Andrea Mitchell	36	28				64
Isabella Trowell	37	27				64
Carol Hansen	23	39				62
Dave Gilvear	31	31				62
Andy Mitchell	20	35				55
Kate Medicott	32	22				54
Nick Baker		48				48
Dave Engledew		47				47
Marc Rinagl	44					44
Luke Hayes		41				41
Holly Cavill		36				36
Andy Trigg		33				33
Russ Mogridge	33					33
Peter Allen		30				30
Lynne Whitfield	30					30
Simon Swift	27					27
Ken Summers	26					26
Katie Mogridge	25					25
Tomi Bartlett		24				24
Lindsay Lane	24					24
Kevin Paull		23				23
Jess Palfrey	22					22
Francesca Walker	19					19
Richard Lane	18					18



A good time was had by all at the Christmas Party



A report from former Harrier **Robin Brindle** on his last race:

'I enjoyed my years with Erme Valley and was disappointed when I had to move away, missing the 10, the Beacon and especially the Relays for which I have returned a couple of times. Since then, I lived in Slough for 12 months (long enough) and Rural Warwickshire.

Now Warwickshire is not flat, most runners would describe it as gently undulating but to you lot its easy running, no moors or cliffs of any consequence. The highest point is Ebrington Hill at 261 metres and the lowest is the Avon below Stratford at 40 metres (or Nuneaton depending on your sense of humour).

Back in 2015 I entered the Tysoe Windmill race, which as the name suggests is in Tysoe and involves a 2/300 foot climb up to the hilltop windmill then a 10k ish route round the Compton Wynyates Estate. Compton Wynyates is the home of the Marquis of Northampton who's present, and 3rd wife is, interestingly, a Plymouth girl with a pleasant Devon accent.

Given my EVH experience I did quite well on the hills and after an uneventful run did the last 2 miles with a girl in her 30s who kept going on about "how can you run this well at 70".

The answer was of course, not for much longer, as within a matter of weeks my left knee, doctor and physio told me it was time to hang up the running shoes and take up cycling and gardening.

Now 78 I am reconciled to a more sedate pace of life and while I miss running very much

"It's better to be over the hill than under it".

So it's goodbye EVH and all the good people who for so long have made it work, you know who you are, but with special mention and thanks to the Reeds who for so long have been the glue which binds you together.'



Robin is pictured in the centre of the front row at the Clevedon 10K of 2005

Robin is still the holder of the club vet 70-74 10K age category
with a time of 51.44 at the Berkeley 10K in 2015

