

THE HARRIER

(FEBRUARY 2024 NEWSLETTER)



A good time was had by all at the Westward Ho! Cross Country!

It was extremely muddy at today's **Plymouth Cross Country** and possibly the hardest course of the scene so far. Well done to everyone for surviving the conditions. A particular mention goes to **Luke Hayes** who produced a brilliant performance to win his race. The final race of the series is at **Redruth** on **Sunday 3rd March**.

It has been a good start to the road season with the **First Chance 10K** at **Exeter** producing three vet age records and yesterday **Alison Thorn** produced yet another outstanding run in the **Exeter Half Marathon**. **Alison** was 1st lady, 1st lady vet 55 and broke her own club vet record.

In this Harrier are the club rankings for 2023. If I have missed any races which affect the rankings, then please let me know.

Dave Fox - Editor

SECRETARY'S NOTES

Spring is not far away

A lot has happened since the last newsletter. We had Christmas and New Year and a lot of rain. It has been a very wet January and early February. We have had the first Westward League Cross Country fixture of 2024 at Westward Ho! and we have the next one in Central Park this weekend.

We have held the first two Handicaps of the year and also a number of road and off races. The evening are

getting lighter and very soon we will out in the lanes of a Tuesday. Charlie Milward is taking over the route planning along with Emma Lake, so if you have any ideas speak to them. We have opened entries for the Ivybridge 10K being held on Saturday May 11th. We will soon be asking for volunteers to help on the day. Please offer your services as we need every one of you to make it the success it always is. Make sure you save the date.

Training and Competition Update

Junior training has been going well and the team has taken the lead in the Sportshall League following the two fixtures already held in 2024. A numbers of our juniors have been selected to compete for Devon in the Regional Sportshall on March 9th. We also have had four selected to represent Devon in both the Inter Counties and the English Schools event in March.

This weekend we have the Westward League fixture in Central Park. We hope to have another good turnout of seniors plus a few juniors. We are looking good for both team awards and individual

awards at the season finale in Redruth on March 3rd. Following the relay success at the Armada relays in December, we are still keen to go to the 12 stage and women's 6 Stage relays in Birmingham on March 23rd.

Could anyone interested please speak to Tom.

We hope to enter other relays like Torbay and Tavistock again this year plus our own on Friday June 28th. These events are excellent for club spirit, and we pay you

entry fees. We also want to encourage any members or parents to attend the Officials course in Exeter on March 23rd. We desperately need some new officials. The

club will pay for you but you need to book online. Please see me for details.

Road (and off Road) Running

We had some good performances at the First Chance 10K and the January Jaunt plus the Oh my Obelisk and Race the Night runs which were off road. Well done to both the Engledew's who broke club records plus all those who set pb's

Athletes of the Month

Congratulations to Jenny Hayes and Eryn Hoey who were the athletes of the month for December and to Louise Creber and Elliot Barrett who won the awards for January. Well done to all

of them.

2024 Memberships

We hope by now that most people have paid their 2024 Club subscriptions. As a reminder the fees are £35 for seniors, £20 juniors and £10 for U11. The EA

registration fees (which we pay on your behalf for all except U11). Please make sure you 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.

Feb 18th - Dalwood 3 Hills

**Feb 25th - Hameldown Hammer
races Looe 10**

**Mar 3rd - Westward League –
Redruth Mar 9th – Regional
Sportshall**

**Inter Counties XC –
Nottingham Mar 10th – Bideford 10
Miler**

**- Granite Way 10 and
20 Mar 13th – Exmouth 5K
Mar 16th - English Schools XC –
Pontefract Mar 17th – Bath Half
marathon**

**- The Grizzly
Mar 24th – Feighan Fury
- Devon Sportshall League Mar
29th – Fast Friday 10K**

**Finally – Please continue to be careful on
training nights and wear a yellow or fluorescent
top. The clocks do not change until March 31st.**

**Keith 07934373943
reedy41c@googlemail.com**

Unfortunately there is no report from your Chairman this month as Tom is away on holiday. He sends his apologies.

Our website now lists in detail the Road Racing Running Diary from now until the end of June with links to entry forms. Go to Fixtures and click on the link.

RACE NEWS

FIRST CHANCE 10K - EXETER - Sunday 7th January

We had a great turnout at this popular race.

There were many fine performances, as **Alison McEwing** was 3rd female and also broke her own club vet record. **Dave Engledew** was 2nd vet 60 and set a new club vet age record. **Alison Engledew** was also in good form as she also achieved a new club vet age record.

Sally Erith, Becky Lee, Andrea Mitchell, Lynne Whitfield, Clare Smith, Andy Bartlett and **Louise Creber** all achieved personal best times.

Results:	24	Simon Fitz	35.52
	45	Alison McEwing	37.20
	87	Nick Bristow	40.16
	105	Sally Erith	41.13
	106	Dave Engledew	41.15
	179	Sarah Markwick	44.29
	194	Becky Lee	45.26
	203	Andrew Mitchell	45.57
	222	Kate Medicott	46.54
	236	Alison Engledew	47.44
	257	Andrea Mitchell	49.06
	298	Lynne Whitfield	51.34
	323	Mike Hansen	52.51
	327	Clare Smith	52.51
	349	Carol Hansen	54.05
	395	Andy Bartlett	56.36
	478	Louise Creber	61.52

SOUTH WEST CROSS COUNTRY CHAMPIONSHIPS RNAS MERRYFIELD (Somerset)

Well done to our four athletes who made the trip.

Matthew Gilvear was 14th overall senior man and 3rd U20 male. **Charlie Milward** was 34th senior man and 6th U20 male. **Luke Hayes** was 9th on the U15 boys category and amazingly 6th Devon runner. **Isabella Trowell** was 30th in a high quality U15 girls race.



RNAS MERRYFIELD





RNAS MERRYFIELD



GALLERY: Dee and Kelly claim victories at popular January Jaunt 10k

Posted on [January 14, 2024](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



JACK DEE and Nikki Kelly secured convincing victories at the popular January Jaunt 10k on Sunday morning.

Nearly 300 runners braved freezing conditions to take part in the race, which is organised by the Plymouth Round Table and has been going for nearly 20 years. The race starts and finishes at the Plymouth speedway track at Marsh Mills and takes runners into the Saltram estate.

Teenager Dee stormed home for victory in a time of 34 minutes and 25 seconds. Second place went to City of Plymouth's Matthew Bradley (M35), who finished strongly to clock 35.04 minutes.



James Dwyer was third in 35.15 minutes, with Chris Casey fourth (36.57) and Storm Plymouth's Daniel Westlake fifth (37.00).

There was a good battle in the masters age groups, with Tavistock Run Project's Raymond Tew, Tamar Trotters' Peter Waumsley and Plymstock Road Runners' Graham Bale all finishing next to each other in seventh, eighth and ninth places. Tew was first M50 in a time of 38.06 minutes, with Waumsley second in that age category in 38.17 and Bale, first M55, in 38.18.



Tavistock AC's Kelly won the women's race by more than two minutes. She clocked 39.01 minutes for the tricky multi-terrain course.

Second woman was Storm's Charlene Matthews in 41.11 minutes, with New Forest teenager Lilly Jones third (43.51), Suzanne Spooner fourth (44.37) and Plymstock's Jemma Phillis fifth (45.07).



Erme Valley Results:

Tim Steere (see photo above)	44.07
Sarah Markwick	46.52
Dave Lloyd	54.22
Becci Pine	63.41

Oh My Obelisk – Dawlish

In the 9 mile race **Francesca Walker** was 44th in 1.34.28

In the longer 13 mile race the **Engledew's** were in good form with **Dave** 3rd vet 60, whilst **Alison** was 1st female vet 65.

Results:	41	Dave Engledew	1.52.44
	96	Craig MacAlpine	2.13.56
	99	Alison Engledew	2.16.21
	115	Emily Faircloth	2.23.56

Meanwhile **Liz Bristow** ran a time of 1.56.57 at the **Farnborough Half Marathon**.

Alan Makeham and **Jane Simpson** completed the **Haldon Night 10K** in a time of 1.13.24.

Tavistock's Walker continues impressive form with Westward League Cross Country victory

Posted on [January 16, 2024](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



TAVISTOCK AC'S Charlotte Walker continued her impressive form by claiming her first Westward League Cross Country win on Sunday at Westward Ho! After claiming the South West Inter-County Championship under-20 title last weekend, Walker stormed to victory in the senior women's race in north Devon by nearly a minute. She clocked 18.45 minutes for the race, with Exeter University's Inca Padfield taking second in 19.32 minutes and Tavistock AC's Jo Meek finishing third overall and first F45 in 19.34 minutes.

City of Plymouth's Molly Shorey was sixth overall and second under-17 athlete, with her team-mate Bella May sixth in the U17 category.

There was a good run in the senior men's race by **Erme Valley Harriers'** under-20 athlete **Matthew Gilvear**. He finished second overall behind Exeter University's Mark Ruby.

Plymouth Harriers' Johnny Gilby was seventh and first M40, with Tavistock AC's Ben Neale just behind in eighth.

City of Plymouth had both winners of the under-11 age group.

Lucas Sweeney backed up his win at Exeter in December by also winning at Westward Ho!

His team-mates Jack Penney and Jacob Sweeney were fifth and sixth and Tavistock's Arthur Moyse was eighth.

City of Plymouth and Tavistock AC filled all the top 10 places in the under-11 girls' race in north Devon.

Daisy Elliot took victory by seven seconds ahead of Tavistock's Evie Welsh.

Tavistock's Olivia Walkerdine was third, City of Plymouth's Margot Goodspeed, Genevieve Stone and Theia Jones were fourth, fifth and sixth, respectively,

Tavistock's Fearne Brogden was seventh, with City of Plymouth's Harper Linney-Goodall, Tilly Day and Evie Bolt filling the rest of the top 10 places.

In the under-13 girls' race, City of Plymouth's Elsie Goodspeed claimed second place, with team-mate Ayla Orgacki sixth.

There was also a second place finish for Tavistock AC's Connor Duffin in the under-15 boys' age group.

In the under-13 boys' age group, City of Plymouth's Finley Eales came fourth, with Tavistock's Thomas Hennessy and Freddie Whybrow fifth and sixth and City of Plymouth's Taylan Jones eighth.

In the under-17 boys' race, Tavistock's Noah Reid was fifth, while team-mate Anya McAulay came seventh in the under-15 girls' event.





WESTWARD HO! CROSS COUNTRY
(the photo below is of Charlie jumping the stream. Did he make it or fall backwards into the water! The answer is on the separate video clip which I have sent you)



ATHLETICS: Ivybridge's Gilvear claims title at Devon Schools' Cross Country Championships

Posted on [January 25, 2024](#) *by* [PLYMOUTH SPORTS GAZETTE](#)



MATTHEW Gilvear, Charlotte Walker, **Luke Hayes** and Zoe Bigham all won medals at the Devon Schools' Cross Country Championships at Exeter.

Ivybridge Community College's **Gilvear** won the senior boys' title at Exhibition Fields by 18 seconds.

His school and **Erme Valley Harriers' team-mate Charlie Milward** just missed out on a medal in fourth, with DHSOB's Ewan Dix fifth and Mount Kelly's Lorenz Baumgarter eighth.

Tavistock College's Charlotte Walker took silver in a strong senior girls' race just behind Colyton's England Schools' international Scarlett Livingstone.

In a good race, just 30 seconds separated the top four, with Plymouth College's Molly Shorey just finishing out of the medals in fourth. Plymouth High's Molly Gilby was sixth, Tavistock's Hannah Walker sevenths and Ivybridge's Bella May eighth. Devon should have a strong senior girls' team at both the South West and English Schools' Championships as they also have European under-20 cross country champion Innes Fitzgerald to come into the team. She missed the Devon Championships as she was competing – and winning – at the British Athletics Cross Challenge at Parliament Hill.

Ivybridge Community College's **Hayes** claimed the bronze medal in the intermediate boys' race.

DHSG's Bigham also won a bronze medal. Her top-three finish came in the junior girls' race. Tavistock's Lamorna Cox (5th) and her school team-mate Elsie Goodspeed (6th) were not far behind in that race.

There were top eight finishes for Tavistock College's Lara Dix (5th) and Anya McAuley (7th) in the intermediate girls' race and one for Mount Kelly's Jack Anthony (8th) in the minor boys' race.

Meanwhile, Tamar Trotters' Bex Ezra-Ham finished second at the Storm Force 10 on Sunday in Camborne.

The event was the opening race in the 2024 Cornish Grand Prix.

Ezra-Ham clocked 59 minutes and 46 seconds. She was just beaten by Truro's Anna Harrold. Her club colleague Linda Tout was first F70 in 1:40.23.

Adam Holland came fourth overall in the men's race and first M35, while Tavistock Run Project's Alex Peyton-Jones was second M40. Tamar Trotters' Steve Baker was first M65, while team-mates Crispin Brabner (3rd, M50) and Richard Morton (2nd, M70) also were also in the prizes.

Elsewhere, Mark Budge took victory at the Tavy 5k on Saturday in 16.17 minutes. Second place went to City of Plymouth's Matthew Bradley (16.59), with Tavistock AC's Corin Russell third (17.51). Richard Drage came seventh and set a new age category record for M65 with a 19.12 minute run.

Harriet Silvester (U11) was first female in 23.22 minutes, with Tamar Trotters' veteran Jane Bremner second in 23.37 minutes, which was a new F65 age record.



Smart claims BUCS medal, while Reid wins bronze at South West Schools' Cross Country Championships

Posted on February 5, 2024 *by* PLYMOUTH SPORTS GAZETTE



TAVISTOCK Run Project's Oliver Smart produced a strong run at Temple Newsam in Leeds on Saturday to claim the bronze medal in the men's long course race at the BUCS Cross Country Championships.

Smart helped the University of Birmingham to a clean sweep of the medals and the team prize, with his team-mates Will Barnicoat, the European U23 cross country champion, and Tomer Tarragona finishing first and second.

Smart had come fourth the previous year in the men's short course race at Greenford.

Temple Newsam is clearly a venue he enjoys running at as it was where he won the intermediate boys' race at the English Schools' Cross Country Championships in 2019.

The English Schools' Championships will again be in West Yorkshire this year, taking place at Pontefract on March 16.

A number of Armada athletes will head to that event in confident mood after impressing at the South West Schools' Cross Country Championships at RNAS Merryfield at the weekend.



City of Plymouth's Holly Reid, representing Cornwall, claimed the bronze medal in a strong senior girls' race which was won by European U20 champion Innes Fitzgerald. Tavistock's Charlotte Walker was just behind in fifth place as Devon easily won the team prize with three athletes in the top five and four in the top nine. The county's strength in depth in that age group should give them a chance of medalling at the English Schools' Championships.

Erme Valley and Ivybridge Community College athlete Matthew Gilvear continued his strong season with a sixth-placed finish in the senior boys' race. Team-mate **Luke Hayes** just missed out on the top 10 in the intermediate boys' race, finishing 12th, while DHSG's Zoe Bigham (11th) and Elsie Goodspeed (14th) were both in the top 15 of the junior girls' race and Tor Bridge's Finley Eales (13th) was also in the top 15 of the minor boys' race.



NEWQUAY 10K - Sunday 4th February

Our three athletes who made the trip to Cornwall all ran well with Barry achieving a pb and continuing his improving form from last year.

Results:	86	Tim Steere	40.19
	111	Nick Bristow	41.39
	139	Barry Neal	42.53

(768 finishers)





PLYMOUTH CROSS COUNTRY





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STOP PRESS – At the **Exeter Half Marathon** held Saturday/Sunday our three athletes who took part had outstanding runs with **Alison Thorn** 14th in 1.24.38. **Alison** was also 1st lady and 1st v50. **Alison** also set a new club vet record. **Dave Rayfield** was 23rd in 1.27.48 and 1st male 55, whilst **Sally Erith** was 46th in 1.33.54 and 2nd female 35. All our athletes ran on the Saturday.

Winter Handicap Round 3 - January 2024

Position	Runner	Clock Time	Handicap	Time	Points
1	Isabella Trowell	34:08	09:30	24:38	50
2	Emily Warren	34:09	11:30	22:39	49
3	Nick McMahon	34:12	00:00	34:12	48
4	Lynne Whitfield	34:17	06:00	28:17	47
5	Peter Allen	34:20	14:00	20:20	46
6	Helen Chapell	34:22	08:00	26:22	45
7	Matt Gilvear	34:26	15:45	18:41	44
8	Alison Engledew	34:31	08:00	26:31	43
9	Luke Hayes	34:34	15:45	18:49	42
10	Becky Lee	34:44	10:30	24:14	41
11	Dave Engledew	34:45	12:00	22:45	40
12	Chris Prall	34:47	14:00	20:47	39
13	Dave Rayfield	34:49	13:30	21:19	38
14	Louise Creber	34:53	00:00	34:53	37
15	Ed Hill	34:59	08:00	26:59	36
16	Jeremy Westmore	35:04	11:30	23:34	35
17	Barry Neal	35:10	12:00	23:10	34
18	Dave Gilvear	35:18	08:30	26:48	33
19	Sally Erith	35:28	13:00	22:28	32
20	Clare Smith	35:29	06:00	29:29	31
21	Francesca Walker	35:37	06:30	29:07	30
22	Charlie Milward	35:45	15:15	20:30	29
23	Holly Cavill	35:46	03:30	32:16	28
24	Alice Cosson	35:57	04:00	31:57	27
25	Andrea Mitchell	36:04	07:30	28:34	26
26	Neil Moffatt	36:10	09:00	27:10	25
27	Ruth Terry	36:21	04:00	32:21	24
28	Carol Hansen	36:22	03:30	32:52	23
29	Nick Bristow	36:33	13:00	23:33	22
30	Andy Chapell	36:50	11:30	25:20	21

TRAINING ROUTES

February

Tuesday 13th

Tuesday 20th

Tuesday 27th

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)

	Nov Points	Dec Points	Jan Points	Feb Points	March Points	Total
Becky Lee	49	50	41			140
Matt Gilvear	48	44	44			136
Luke Hayes	50	41	42			133
Dave Rayfield	40	45	38			123
Charlie Milward	47	40	29			116
Isabella Trowell	37	27	50			114
Alison Engledew	28	42	43			113
Chris Prall	42	29	39			110
Sally Erith	43	34	32			109
Nick Bristow	46	38	22			106
Barry Neal	35	37	34			106
Clare Smith	38	32	31			101
Dave Gilvear	31	31	33			95
Neil Moffatt	41	26	25			92
Andrea Mitchell	36	28	26			90
Dave Engledew		47	40			87
Carol Hansen	23	39	23			85
Georgie Winslet	39	43				82
Jenny Hayes	34	46				80
Emily Faircloth	29	49				78
Lynne Whitfield	30		47			77
Peter Allen		30	46			76
Ellis Hemsley Whorne	45	25				70
Holly Cavill		36	28			64
Andy Mitchell	20	35				55
Kate Medicott	32	22				54
Emily Warren			49			49
Francesca Walker	19		30			49
Nick Baker		48				48
Nick McMahon			48			48
Helen Chapell			45			45
Marc Rinagl	44					44
Louise Creber			37			37
Ed Hill			36			36
Jeremy Westmore			35			35
Andy Trigg		33				33
Russ Mogridge	33					33
Simon Swift	27					27
Alice Cosson			27			27
Ken Summers	26					26
Katie Mogridge	25					25
Tomi Bartlett		24				24
Lindsay Lane	24					24
Ruth Terry			24			24
Kevin Paull		23				23
Jess Palfrey	22					22

2023 CLUB 10K RANKINGS (2022 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1 (4)	35.12	Matthew Gilvear	Ivybridge
2 (2)	35.18	Simon Fitz	Cardiff
3 (5)	35.56	Charlie Milward	Bilbao
4 (1)	36.00	Graham Reed	Langley Burrell
5	36.05	Ronnie Haynes	Tamar
6 (6)	37.36	Alison McEwing	Langley Burrell
7 (3)	38.22	Alison Thorn	Langley Burrell
8 (9)	39.52	Dave Rayfield	Exeter
9 (7)	39.58	Cleo Perry	Newquay
10 (10)	42.16	Andy Trigg	Exeter

Congratulations to Matt for going to the top of the rankings in probably his only 10K of the Year. Charlie also improved his pb some 3 times. Alison McEwing set a vet 35-39 age record at Langley Burrell whilst Cleo set a vet 50-54 age record at Newquay.

2023 CLUB HALF MARATHON RANKINGS (2022 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1 (1)	1.17.13	Simon Fitz	Bideford
2	1.17.33	Sam Swift	Berlin
3	1.19.00	Alison McEwing	Farnborough
4	1.20.19	Ronnie Haynes	Tiverton
5 (2)	1.20.34	Alison Thorn	Farnborough
6	1.20.46	Steve Burrows	Chippenham
7	1.23.37	Charlie Milward	Indian Queens
8	1.25.12	Chris Prall	Plymouth
9	1.25.33	Allister Bristow	Cardiff
10	1.27.15	Dave Rayfield	Exeter

Well done to Simon Fitz for retaining his top ranking on a different course (Exeter in 2022). Sam Swift had a fantastic run in Berlin whilst Charlie Milward made his Half Marathon debut on the tough course at Indian Queens. Alison McEwing set a new club and vet 35-39 age record at Farnborough whilst Alison Thorn set a vet 45-49 age record at the same venue.

2023 CLUB MARATHON RANKINGS (2022 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1 (1)	2.43.20	Simon Fitz	Amsterdam
2 (2)	2.52.46	Alison McEwing	Amsterdam
3 (6)	3.07.49	Dave Rayfield	London
4	3.10.06	Tim Steere	Berlin
5	3.16.51	Nick Bristow	London
6	3.35.44	Dave Engledew	Manchester
7 (7)	3.52.27	Emma Lake	London
8	3.57.11	Alison Engledew	Manchester
9	4.04.02	Liz Bowden	London
10	4.08.53	Becky Lee	London

Congratulations to Simon Fitz for maintaining his top ranking and continuing his impressive year with his second top ranking. Simon was only 7 seconds slower than his time in Manchester in 2022.

Alison McEwing set a vet 35-39 age record at Amsterdam whilst Dave Engledew set a vet 60-64 age record at Manchester.

Tim Steere also had a good run in Chicago (3.13.14).

ERME VALLEY HARRIERS SENIOR ROAD RECORDS

MENS

10k	Will Battershill	29.54	Draycott 21
10 miles	Allister Bristow	50.53	Guy Fawkes 94
Half Marathon	Neil Holmes	1.08.44	Burnham 95
Marathon	Colin Campbell	2.29.28	London 85

LADIES

10k	Alison McEwing	37.19	Exeter 16
10 miles	Alison McEwing	60.47	Bideford 22
Half Marathon	Alison McEwing	1.19.00	Farnborough 23
Marathon	Alison McEwing	2.49.45	Manchester 22

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	D Engledew 41.15 Exeter 2024	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 1.18.50 Great South 23	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 37.20 Exeter 24	A Thorn 63.41 Plymouth 13	A McEwing 1.19.00 Farnborough 23	A McEwing 2.52.46 Amst-dam 23
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 1.24.38 Exeter 24	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 47.44 Exeter 24	M McKay 88.56 Bideford 12	A Engledew 1.51.55 Cardiff 23	

