

THE HARRIER

(MARCH 2024 NEWSLETTER)



Well done to everyone for surviving the extremely muddy conditions at the final Cross Country race at Redruth

What a difference a week can make. Last Sunday at Redruth everywhere was muddy whilst today at the Bideford Half Marathon it was a glorious spring day.

The club had a really good season in Cross Country and particular thanks must go to Team Manager Becky Lee for looking after everyone.

Vet records continue to tumble with Alison Thorn setting a new vet 50 record at the Chippenham 10, whilst today Dave and Alison Engledew broke their own male vet 60 and ladies vet 65 records at Bideford. I was impressed with the quality of athletes at Bideford and the superb organisation. Well worth a trip to North Devon for athletes in the future.

Spring is finally coming, with the light nights not far away. Enjoy your running.

Dave Fox - Editor

From the Chairman,

Hello everyone,

It's March and the lighter nights and hopefully warmer weather is on the way which means a return to some of our summer favourite routes including the popular 'Spirit of the Moor' runs. If you're new to the club then look out for details in The Harrier and announcements at club night.

Before we leave winter behind a brief recap from February which saw the final fixtures in the Westward Cross Country League including the season finale at a particularly waterlogged Redruth. As a club we were well represented not just by the runners but also several volunteers who helped make the event possible. A huge thank you to you all. In particular I'd like to thank Becky Lee, the Cross Country Team Manager - she's done a great job and we really appreciate her efforts. Also, Peter Allen who has stepped in to be the team minibus driver on the three long trips this season, which I'm sure has played a big part in the increased numbers attending XC races, so thank you Pete.

On the results front we had an outstanding year with several members picking up individual awards. We also finished third in the vet ladies team competition and 3rd in the senior men's team, which I believe is our highest ever placing. Finally, we also won the overall team award which was recognised everyone's contribution and efforts!

It's also great to see our members involved with such a wide variety of races each weekend, both locally and further afield. There's been some excellent performances and highlights the enthusiasm for racing that our members have. I know that the track season is due to begin soon. If anyone is interested in giving track racing a try please let me or Keith know; the club are one of a number of clubs which compete under the Armada Athletics banner and there's a number of different races at each meeting. For those who prefer things a bit more lumpy, the SW fell running series begins with the Devon County Champs race on 23rd March. This is a great series of off-road races of which our race in August is part of. It would be great to see a few more EVH vests out on the hills this summer.

We are making arrangements for the Ivybridge 10k on Saturday 11th May 2024, as ever we are hoping that a lot of our members will be around to give us a hand hosting this event so if you are able to spare some time please do get in touch. We have also started making preliminary plans for the Ivybridge Relays to be held in late June, for which we will also need volunteers to help host this event too, more details to follow.

We are also well underway with our plans to host our off-road race again this year. The race will be held on Wednesday 9th August and will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge and will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>).

Finally, April sees the start of the summer handicap, with a slightly adjusted route this year. We will be running the route as the club night on the last week of March. We should have enough light to get round the course before it's dark but please wear high viz vests etc that night as usual.

I look forward to seeing you at club or a race soon.

Tom Davies

davies.tp@googlemail.com and 07909 595965

SECRETARY'S NOTES

End of the Winter season

The end of the winter season is now upon us. We have had the final Westward League Cross Country fixture of 2024 at a very wet Redruth. It was great to see our seniors doing so well this year and we were rewarded with the Senior Club of the year trophy. We also were 3rd Senior men's team which is the first time that the club has been on the podium in this category. Well done to all those who supported the team and particular thanks to Becky Lee for being such a good Team Manager. We have also held the final Winter Handicap. Congratulations to Becky on winning the series. Entries are coming in steadily for the Ivybridge 10K being held on Saturday May 11th. We need 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. Peter Allen is co-ordinating this. We have just one more Sportshall left and we will hopefully be confirmed as champions. This will be the culmination of a very successful winter. We will now be hoping to keep things going into the Track and Field season which begins in April.

Training and Competition update

Junior training has continued to go well despite the non-availability of the Sports Hall due to exams. This weekend we have 18 juniors competing for Devon in the Regional Sportshall and three in the Inter Counties in Nottingham. Unfortunately Charlie Milward has picked up a stress fracture so will be out for a few weeks. We wish him a speedy recovery. Senior training is also going well with a lot of new members. The Couch to 5K group is also going well. Unfortunately we could not get enough interest in the 12 Stage Relays but we do 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 your entry fees. As I said last time we 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

Some other good performances on the road recently. Tim Steere took part in the Tokyo Marathon and Ali Thorn broke the V50 female record in Chippenham. Graham Reed recorded a time of 1.16.19 in Newport. There were also some good performances at the Looe 10 in very wet conditions and the Exeter Half Marathon where Ali Thorn had set a club record as well. We have a quite a few runners taking part in the Bideford 10 and Granite Way this weekend. Good luck to all. The Armada 5K series returns on Wed April 10th in Saltram. Entries are now open.

Athletes of the Month

Congratulations to Liz Bristow and Amelia Lyons who were the athletes of the month for February. More details in the Harrier.

Forthcoming Events

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 – Exeter
April 1st – Easter Bunny 10K – Yeovil
April 6th – Power Run 5/10 miler – Powderham Castle
April 7th – Spring Warm Up – Plymouth
April 10th – Armada 5K – Saltram
April 14th – Lightning Bolt 10K – Langley Burrell
April 16th – Exe Summer series 5km
April 21st – Ken Trickey Open – Exeter
April 28th – Plymouth Half/5K/10K
 - Devon Open - Exeter

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

RACE NEWS

At the Exeter Half Marathon held on Saturday our four 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. **Georgie Winslet** was 80th in 1.39.59. There was another race on the Sunday over the same course but we didn't have anyone in the race.



Alison is in the centre of the photograph

Meanwhile **Graham Reed** ran the Weston Prom 5 mile race and finished in a rapid 27.52. He was 9th overall.

CARDIFF 10 and 20 mile races

A few athletes made the trip to Cardiff for the 10 and 20 mile races. In the 10 mile race **Allister Bristow** was 12th in 63.10 and **Andrea Mitchell** 80th in 87.13. In the 20 mile race **Dave Engledew** was 22nd in 2.31.45 and **Alison Engledew** 40th in 2.57.08. Liz Bristow was entered in the 20 miles but decided to run just the 10. Her time was therefore not recorded.



Time for a photograph at the Cardiff 10 and 20 mile races

LOOE 10 - Sunday 25th February

Four Harriers completed the tough hilly course. The race this year was particularly difficult due to torrential rain and strong winds.

Our athletes did well, despite the conditions, with Peter Allen finishing 11th in a time of 1.08.57. Dave Engledew was 67th in 1.20.21 and 1st male 60. Sarah Markwick was 115th in 1.26.52 and 1st female 40, whilst Alison Engledew was 183rd in 1.35.08 and 1st female over 65.

Over 450 athletes completed the course.

GALLERY: Landers and Matthews claim victories in horrible weather at Looe 10 Miler

Posted on February 26, 2024 *by* PLYMOUTH SPORTS GAZETTE



TAMAR Trotters' Jacob Landers and Storm Plymouth's Charlene Matthews won the main titles at this year's Looe 10 Miler on Sunday.

The popular race took place in torrential rain, that led to the cancelling of the junior mini miler race.

However, Landers made light of the horrible weather to take victory in a gun time of 1:00.50 (chip time, 1:00.47), which was one minute and 15 seconds ahead of runner-up and last year's winner Steve Reynolds of Truro.

Falmouth's Ed Dickinson was third, with Mark Budge fourth and Tavistock teenager Jed Hutchings, making his long-distance debut, taking fifth place in 1:05.19 (chip time 1:05.17).

Matthews claimed the women's title by nearly a minute, clocking 1:14.38 (chip time, 1:14.33).

St Austell's Jodie Gauld was second woman, with Truro's Jo Temple third.
Erme Valley's Sarah Markwick was first F40, with Looe Pioneers' Mandy Gibson just finishing ahead of Plymstock Road Runners' Jane Ling and East Cornwall Harriers' Hayley Stacey for the F45 top prize.



Alison Engledew, of Erme Valley Harriers, was first F65, while David Engledew was first M60.

Plymstock Road Runners' Graham Bale claimed the M55 title, with Tamar Trotters runners Steve Baker and Richard Morton winning the M60 and M70 categories, respectively.





Great results at final Westward League fixture in Redruth

The final Cross Country of the season took place at a very muddy and wet Redruth on Sunday 3rd March. There were quite a few heavy showers and the course was slippery and made for a real cross country test.

Matt Gilvear finished 3rd in the race and also 3rd overall in the league. The men's team were 3rd with the top scorers being **Matt, Charlie Milward** (who was injured and had to miss Redruth), **Peter Allen, Chris Prall and Allister Bristow**. **Allister** was also 1st V50 and **Ken Summers** was 2nd V65. **Chris** and **Nick Bristow** both missed out by a few points on a trophy finishing 4th overall in their age categories. We also finished 4th in the Men's Vet team category. In the Senior Ladies race **Jenny Hayes** was our best finisher in 43rd place with **Emma Lake** 55th, **Becky Lee** 65th and **Liz Bristow** 71st. Overall **Emma** was 1st female V45. with **Jenny** 3rd. **Kate Medicott** who couldn't run at Redruth was 2nd Fv55 and **Becky** just missed out on a trophy finishing 4th Fv40. We did win the 3rd Vet team award however.

Overall it has been a great season and the club were awarded the Team of the Year. Thanks to **Becky** for all her hard work and to everyone who supported the league this year.

Unfortunately, we didn't have any juniors at Redruth but there are some important races coming up.



REDRUTH CROSS COUNTRY





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Tim Steere runs in the Tokyo Marathon

Tim Steere made the trip to take part in the Tokyo Marathon on Sunday, 3rd March. He was 4491st overall in 3.20.31. Tim has been tackling the Abbott World Marathon Majors and has already completed marathons at London, Berlin, Chicago, New York and of course Tokyo. He will be finishing his 'journey' at the Boston Marathon on Monday 14th April.

For information it was a Kenyan sweep in the men's race. Benson Kipruto, champion of the 2021 Boston Marathon and 2022 Chicago Marathon, added a third Major victory to his name as he stormed to victory in Tokyo in a time of 2:02:16. Not only was this a personal best for the 32-year-old, but also a new course record by 24 seconds. Timothy Kiplagat, 30, placed second in 2:02:55 – another personal best – while Vincent Kipkemoi Ngetich, 25, took third to complete the podium in 2:04:18.

Meanwhile back in UK Graham Reed recorded a new pb in the City of Newport Half clocking 1.16.19 for 20th place overall.

Alison Thorn was in good form in the Chippenham Spring 10 miler finishing 27th overall in a new pb time of 63.00. She was 4th female and 1st FV50. Alison also set a new club vet ladies 50 – 54 record.

TRAINING ROUTES

March

Tuesday 13th

Speedwork @ Train Station

Tuesday 20th

Hill Reps @ Viaduct

Tuesday 27th

Bittaford, Shellwood (Summer Handicap acclimatisation)



BIDEFORD HALF MARATHON

Well done to our four athletes who made the trip to North Devon. The weather was superb – a dry spring day with no wind. The first half of the course is undulating, whilst the second half is flat on a good tarmac surface, known as the 'Tarka Trail'. It was a particularly good day for Dave and Alison Engledew as they broke their own vet records. Dave just beat his time of 1.31.47 set at Helsby in 2020, whilst Alison did superbly well to break her time of 1.51.55 set at Cardiff last year. Dave was also 2nd male vet 60 in the race, whilst Alison was 1st female vet 65.

Results:	Dave Engledew	1.31.20
	Alison Engledew	1.45.40
	Andrea Mitchell	1.53.32
	Carol Hansen	2.02.26

The race was won by Ronnie Richmond of Bideford in a time of 1.07.30.
Rebecca Ezra-Ham was first lady in 1.18.15.

In the Granite Way 10 Susan Leedham completed the distance in a good time of 1.18.14.
Dave Rayfield took on the 20 mile route and did well with a time of 2.18.01.



BIDEFORD HALF MARATHON



Winter Handicap Round 3 - February 2024

Position	Runner	Clock Time	Handicap	Time	Points
1	Louise Creber	33:59	00:00	33:59	50
2	Kevin Paull	34:09	05:00	29:09	49
3	Holly Cavill	34:30	03:30	31:00	48
4	Marc Rinagl	34:35	12:00	22:35	47
5	Ronnie Haynes	34:36	15:15	19:21	46
6	Francesca Walker	34:39	06:00	28:39	45
7	Peter Allen	34:50	14:30	20:20	44
8	Lynne Whitfield	34:52	06:30	28:22	43
9	Becky Lee	34:54	10:30	24:24	42
10	Chris Prall	34:58	14:00	20:58	41
11	Nick McMahon	35:02	01:00	34:02	40
12	Andy Mitchell	35:03	09:00	26:03	39
13	Kate Medlicott	35:04	08:30	26:34	38
14	Richard Lane	35:05	05:00	30:05	37
15	Richard De Salis	35:06	10:30	24:36	36
16	Luke Hayes	35:13	16:00	19:13	35
17	Dave Rayfield	35:18	13:30	21:43	34
18	Barry Neal	35:21	12:00	23:18	33
19	Matt Gilvear	35:24	16:00	19:21	32
20	Dave Gilvear	35:32	08:00	27:24	31
21	Carol Hansen	35:50	03:30	32:02	30
22	Neil Moffatt	35:52	09:00	26:50	29
23	Emily Faircloth	35:57	06:30	29:22	28
24	Lindsay Lane	36:01	05:00	30:57	27
25	Caroline Carroll	36:09	10:30	25:31	26
26	Ken Summers	36:27	08:00	28:09	25
27	Jenny Hayes	38:24	05:00	31:27	24
28	Nick Bristow	43:51	12:30	31:21	23

‘ATHLETES OF THE MONTH’

Senior Athlete – Liz Bristow is the winner for February for her efforts in the Westward League. She would be the first to admit that she doesn't enjoy Cross Country but battled around a demanding course in Plymouth in February on her way to running all six races. All this combined with Marathon training. This season has been especially tough due to the wet conditions so well done to **Liz**.

Junior Athlete – Amelia Lyons is the winner for February having taken part and performed well in the Westward League at Plymouth and achieving some excellent results in the Devon Sportshall League. Well done to **Amelia**.

	Nov Points	Dec Points	Jan Points	Feb Points	March Points	Total
Becky Lee	49	50	41	42		182
Matt Gilvear	48	44	44	32		168
Luke Hayes	50	41	42	35		168
Dave Rayfield	40	45	38	34		157
Chris Prall	42	29	39	41		151
Barry Neal	35	37	34	33		139
Nick Bristow	46	38	22	23		129
Dave Gilvear	31	31	33	31		126
Neil Moffatt	41	26	25	29		121
Lynne Whitfield	30		47	43		120
Peter Allen		30	46	44		120
Charlie Milward	47	40	29			116
Carol Hansen	23	39	23	30		115
Isabella Trowell	37	27	50			114
Alison Engledew	28	42	43			113
Holly Cavill		36	28	48		112
Sally Erith	43	34	32			109
Emily Faircloth	29	49		28		106
Jenny Hayes	34	46		24		104
Clare Smith	38	32	31			101
Andy Mitchell	20	35		39		94
Francesca Walker	19		30	45		94
Kate Medlicott	32	22		38		92
Marc Rinagl	44			47		91
Andrea Mitchell	36	28	26			90
Nick McMahon			48	40		88
Dave Engledew		47	40			87
Louise Creber			37	50		87
Georgie Winslet	39	43				82
Kevin Pull		23		49		72
Ellis Hemsley-Whorne	45	25				70
Richard Lane	18			37		55
Ken Summers	26			25		51
Lindsay Lane	24			27		51
Emily Warren			49			49
Nick Baker		48				48
Ronnie Haynes				46		46
Helen Chappell			45			45
Ed Hill			36			36
Richard De Salis				36		36
Jeremy Westmore			35			35
Andy Trigg		33				33
Russ Mogridge	33					33
Simon Swift	27					27
Alice Cosson			27			27

VET MENS ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
40 – 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	A Ryder 2.48.39 New Abbot 08
45 – 49	N Holmes & A Ryder 34.56 Clevedon 12 & Plymouth 12	A Ryder 57.00 Teignbridge 09	S Fitze 1.16.18 Exeter 21	A Ryder 2.39.58 Taunton 09
50 – 54	M Hansen 36.22 Bideford 09	M Hansen 58.49 Plymouth 09	M Hansen 1.19.14 Taunton 09	A Trigg 2.53.16 Abingdon 12
55 – 59	M Hansen 37.44 Clevedon 14	M Hansen 64.07 Bideford 14	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.03.20 Chester 18
60 – 64	D Engledew 41.15 Exeter 2024	D Engledew 70.24 Bideford 19	D Engledew 1.31.20 Bideford 24	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	A Thorn 63.00 Chippenham 24	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 1.45.40 Bideford 24	

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	3.24.23	Holly Jones	Brighton
7	3.35.44	Dave Engledew	Manchester
8 (7)	3.52.27	Emma Lake	London
9	3.57.11	Alison Engledew	Manchester
10	4.04.02	Liz Bowden	London

There is an amendment to the list, which I issued last month.

My apologies for omitting Holly Jones who had a fantastic run in her first Marathon at Brighton – Dave Fox (Editor)

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

