

THE HARRIER

(APRIL 2024 NEWSLETTER)



Emma and Dan have to contend with a monster (!) at the Grizzly

The highlights of recent weeks have been the **Grizzly** and the **Good Friday 10K** at Exeter. The conditions underfoot at this year's **Grizzly** must have been the worst ever and it is a great achievement just to get around. In contrast running on the road at Exeter must have been a pleasant experience, with many superb performances suggesting this was the case.

Andy Trigg is leaving the area to live in Wiltshire. **Andy** has been a great member of the club and we wish him all the best in his new surroundings. Devotees of parkruns will also miss **Andy's** superb weekly reports.

Many athletes will be running in different marathons this month and we wish them all well. Hopefully this dreadful rain will finally go away!

Dave Fox - Editor

From the Chairman,

Hello everyone,

I hope everyone is well and enjoying their training even if it doesn't seem to have stopped raining since November! We're now approaching marathon season and I'm looking forward to seeing how our members get on.

March saw the finale of the winter handicap which was won by Becky Lee who had been very consistent across the series. The first summer handicap was held in pretty wet and wild conditions last week over the new course. It has become apparent that the winter of wet weather has created a lot of potholes along the route and in some places where the road was flooded it was a bit of a hazard. We'll monitor the situation ahead of May's handicap, but we may need to alter the route slightly.

As a reminder, we are unable to use Wrangaton golf course for our 'Spirit of the Moor' summer runs this year, so we are looking at holding some off road / trial runs around the local area on the 3rd Thursday of each month. We have provisionally arranged for these to be from South Brent. However, we may look to other locations as the summer moves on. We will let people know via The Harrier, the club website and the EVH members page on Facebook.

We are well underway with arrangements for the Ivybridge 10k on Saturday 11th May 2024 - thank you to all those who have volunteered. Peter Allen could still do with a few more volunteers so if you are able to lend a hand then please let him know. If we could have a last push at advertising the race and getting a few more entrants, it would be appreciated as we are looking a little low compared to previous years. We have also started making preliminary plans for the Erme Valley Relays to be held in late June, for which we will also need volunteers to help host this event too as well as people to run a leg in the race.

Chris has been busy with the organisation of our off-road race which we will be hosting again this year. The race will be held on Wednesday 7th 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/>). Again, we will be looking for volunteers to help us put this race on.

They are a few months off yet but we are again hoping to have teams in the Tavistock Town relays in July along with the South Devon relays which are usually held in early August at Torbay Velopark. Both of these races have a great atmosphere and we had good club representation at both events last year and it would be good to have a repeat of that this year - please keep an eye out for more details on this over the next few weeks.

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

Tom Davies

davies.tp@googlemail.com and 07909 595965

SECRETARY'S NOTES

Still waiting on Spring

The weather has not been good so far this year, but we hope to see spring very soon.

We were confirmed as Sportshall champions following the last meeting in Plymouth. It has been a good winter season for the club, as we begin the Track and Field season.

Entries are still coming for the Ivybridge 10K being held on Saturday May 11th, but please spread the word about how good the event is. Thanks to those who have volunteered their services already, but we need every one of you to make it the success it always is. Peter Allen is co-ordinating this. We are very much into the marathon season and so we wish everyone who is doing one over the next few weeks the very best. We will be registering all our members (under 13 and above) with England Athletics for the 2024/25 season from next week. It is most important you have paid otherwise we cannot register you. If you are not registered then you will not be able to enter events as part of the club.

Training and Competition update

Junior training has continued to go well despite the weather and we have had a few new members joining. We hope they will take part in the various Track and Field events taking place over the next few months. We are holding the junior presentation evening at Ivybridge Cricket club on Friday 26th April. There will be a relay in Filham Park at 6pm which seniors and parents can take part in as well as the juniors. The awards will take place at 7pm and there will be a free buffet. Could anyone attending please let us know so we can cater for everyone.

Senior training is also going well with again a lot of new members, we have just started the summer handicap.

As we cannot use Wrangaton Golf club now we will also be having some runs from South Brent starting on April 16th. All the training routes are on the website. We are planning to target relays again this summer with our own event as well as

Tavistock, Torbay and maybe the SW ones.

We also hope to enter the 6 stage relays again in September. Whatever event you do for the club is greatly appreciated.

Road (and off Road) Running

There were some good results at recent races like Bideford Half and the Fast Friday 10K. Ali Thorn had continued her recent club record setting form along with the Engledew's and Ken Summers who also have set new age group records. Dave Fox has had a job to keep up.

The Armada 5K series returns on Wed April 10th in Saltram. Entries are now open but can be taken on the day.

Athletes of the Month

Congratulations to Alison Thorn and Issac Lyons who were the athletes of the month for March. More details in the Harrier.

Forthcoming Events

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
April 30th – Exeter Evening Open & BMC (races)
May 5th – Crediton Crunch
- Saltash Half Marathon
- South West League - Exeter
May 8th – Armada 5K - Saltram
May 11th – Ivybridge 10K
May 12th – Bideford 10K
- Devon County Track and Field Championships
Exeter Marathon
May 19th – Imerys Trails Half and Marathon
May 25th – Race the Tide - Mothecombe
May 26th – Devon Open – Plymouth
May 28th – Exeter Open & BMC races

Finally – Even though the clocks have changed and the evenings are lighter, please be careful when running as the roads and paths are very slippery after all the rain.

Keith

07934373943

reedy41c@googlemail.com

RACE NEWS

The Good, The Bad and The Grizzly 2024

Thankfully everyone survived this year's race, as it was probably one of the toughest ever. With so much rain the course was extremely muddy and slippery, with even top athletes struggling to stand up at times! It also happened to be the hottest day of the year so far and there was at least one monster on the course!

Anyone who finished deserved a medal and an extra medal if you didn't fall over!

Those who survived the 20 mile slog and the 9 mile cub run are as follows:

Dave Engledew	3.41.34
Andy McDowall	3.48.50
Dan Francis	4.06.55
Emma Lake	4.06.55
Ewan Lake	4.32.45
Alison Engledew	4.34.39
Kevin Paull	5.10.41
Emily Faircloth	5.43.49
Lindsay Lane	5.43.51
Cub Run:	
Kate Medicott	1.48.05
Richard Lane	1.55.02
Francesca Walker	2.08.49



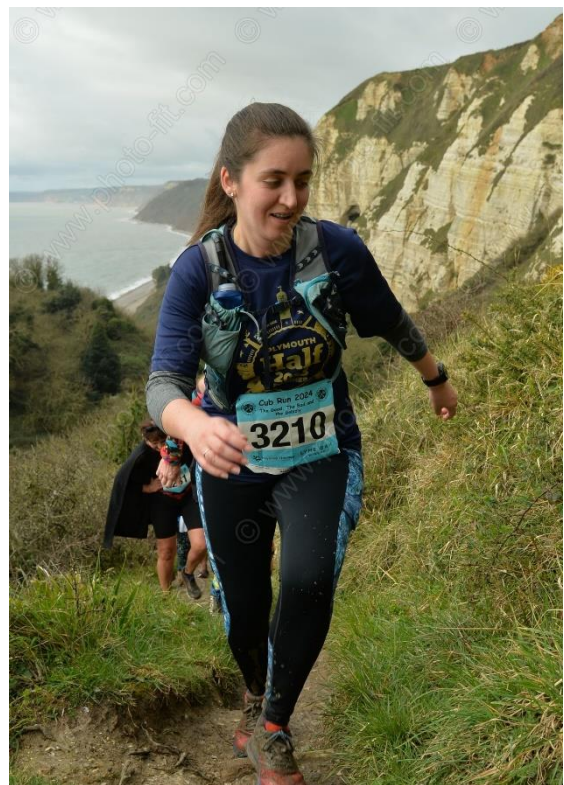


THE GRIZZLY





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THE GRIZZLY



Alison Thorn was in tremendous form at the **Bath Half Marathon** as she was 2nd female vet 50 in a time of 1.22.59. **Alison** also set a new club vet age record.

We had two athletes representing **Devon** in the **English Schools Cross Country Championships** in **Pontefract**. **Matthew Gilvear** couldn't run this time due to a forthcoming shoulder operation and **Charlie Milward** is still injured. In the Inter Boys (4.5 km) **Luke Hayes** was 97th in 16.46 and 4th **Devon** runner and in the Inter Girls race (3.5 km) **Isabella Trowell** was 292nd in 15.53 (8th **Devon** runner).

Well done to all four of them on an excellent cross country season.



We had three runners taking part in the first Fell run of the season at **Great Mis Tor**. The race included the **Devon Championships** and was run over a 11.4km course. **Chris Prall** was 12th overall in 57.33 and 2nd MV40. **Peter Allen** was 19th in 61.46. **Becky Prall** was overall 32nd and 3rd female and 1st FV40. Her time was 87.40.

An amendment to the **Granite Way 10** results printed in the March Harrier – **Holly Cavill** also completed the race in a time of 1.41.29. My apologies – Editor

Graham Reed had a fantastic run at the **Yeovil Easter Bunny 10K** and achieved a time of 35.55.

GOOD FRIDAY 10K - EXETER

Our athletes turned out in force and there were many impressive performances, with six personal best times. **Luke Hayes** (in his first 10K) and **Alison Engledew** were 1st U17 and 1st female vet 65 respectively whilst **Luke's** brother **George** was 2nd U17. **Kate Medicott** was 2nd female vet 55 and **Ken Summers** 3rd male vet 70. **Ken** also set a new club age record replacing **Robin Brindle's** time of 51.44 set in 2015. **Ken** now intends to run a marathon to complete the set in the 70-74 age bracket.

Ronnie Haynes was the first Harrier home in an impressive time of 36.22. Just behind **Ronnie** was **Luke Hayes** and then **Peter Allen** who achieved a pb time of 36.26.

The **Hayes** family all ran, as apart from **Luke** and **George** parents **Paul** and **Jenny** completed the distance.

Results:	24	Ronnie Haynes	36.22
	25	Luke Hayes	36.26 (pb and 1 st U17)
	30	Peter Allen	36.36 (pb)
	60	Dave Rayfield	39.55
	76	Nick Bristow	40.58
	82	Holly Jones	41.19 (pb)
	84	George Hayes	41.23 (pb and 2 nd U17)
	130	Paul Hayes	46.09 (pb)
	133	Jenny Hayes	46.26 (pb)
	153	Kate Medicott	48.09 (2 nd fv55)
	158	Andrew Mitchell	48.14
	166	Ken Summers	49.06 (3 rd mv70)
	167	Alison Engledew	49.18 (1 st fv65)





GOOD FRIDAY 10K





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GOOD FRIDAY 10K





A presentation was made to Andy Trigg who is leaving the area shortly to live in Wilshire. Andy has been a member of EVH for many years and will be missed. We wish him all the best for the future and hope to see him from time to time. Andy hopefully will be able to write something for the Harrier of his time with EVH when he gets the opportunity.





With the London Marathon this month I could hardly believe that it is 40 years since I ran my first marathon at London on 13th May 1984. The finish then was on Westminster Bridge and there was no chip timing. It took me 8 minutes to cross the start line and I am convinced to this day that I would have broken 4 hours (my finishing time was 4.08.01) if chip timing had been in place! Good luck to everyone this year in London and other marathons – Dave Fox

In the London Marathon held on 13th April 2014 we had six athletes who completed the distance.

Alison McEwing had a great run to break 3 hours and set a new ladies club record. Alison has since gone one to improve that record with a time of 2.49.45 at Manchester in 2022.

Results that day:	1346	Alison McEwing	2.59.39
	3558	Sarah Hirons	3.20.20
	3587	Emma Lake	3.20.36
	3590	Ewan Lake	3.20.38
	10032	Nick McMahon	3.54.07
	11686	Neil Travers	3.59.41

'ATHLETES OF THE MONTH'

Senior Athlete - Alison Thorn is the winner of the March athlete of the month. She has been in fantastic form this year setting new age group records for 10 miles and the Half Marathon. She is always a fantastic ambassador the club and we would like to recognize this by this award.

Junior Athlete - Chris Rickard recommended **Isaac Lyons** for this award as he has done really well in the Sportshall League this season and won two medals overall for the year. He has shown a very good improvement over the season. Well done **Isaac**.

Winter Handicap Round 5 - March 2024

Position	Runner	Clock Time	Handicap	Time	Points
1	Ming Min Teh	32:41	00:03:00	29:41	50
2	Vicky Walker	32:42	00:09:00	23:42	49
3	Clare Smith	33:01	00:05:00	28:01	48
4	Carol Hansen	33:31	00:03:00	30:31	47
5	Helen Chapell	33:50	00:08:30	25:20	46
6	Richard De Salis	34:16	00:11:00	23:16	45
7	Peter Allen	34:21	00:14:30	19:51	44
8	Jeremy Westmore	34:22	00:11:30	22:52	43
9	Nick Bristow	34:31	00:12:30	22:01	42
10	Andy Mitchell	34:42	00:09:00	25:42	41
11	Richard Lane	34:43	00:05:00	29:43	40
12	Chris Prall	34:44	00:14:00	20:44	39
13	Alan Gatling	34:52	00:10:30	24:22	38
14	Andy Chapell	35:00	00:09:30	25:30	37
15	Dave Rayfield	35:05	00:13:30	21:35	36
16	Polly Ainsley	35:12	00:11:00	24:12	35
17	Luke Hayes	35:14	00:16:00	19:14	34
18	Becky Lee	35:27	00:11:00	24:27	33
19	Katie Mogridge	35:43	00:04:00	31:43	32
20	Jenny Hayes	35:52	00:10:30	25:22	31
21	Neil Moffatt	36:01	00:09:00	27:01	30
22	Heidi stanley	36:23	00:06:00	30:23	29
23	Francesca Walker	37:53	00:06:30	31:23	28

Many congratulations to **Becky Lee** for winning the **Winter Handicap Series**.

The **Summer Handicap Series** is already underway over a slightly different course.

	Nov Points	Dec Points	Jan Points	Feb Points	March Points	Total	Best 4
Becky Lee	49	50	41	42	33	215	182
Luke Hayes	50	41	42	35	34	202	168
Matt Gilvear	48	44	44	32		168	168
Peter Allen		30	46	44	44	164	164
Chris Prall	42	29	39	41	39	190	161
Dave Rayfield	40	45	38	34	36	193	159
Nick Bristow	46	38	22	23	42	171	149
Clare Smith	38	32	31		48	149	149
Carol Hansen	23	39	23	30	47	162	139
Barry Neal	35	37	34	33		139	139
Jenny Hayes	34	46		24	31	135	135
Andy Mitchell	20	35		39	41	135	135
Neil Moffatt	41	26	25	29	30	151	126
Dave Gilvear	31	31	33	31		126	126
Francesca Walker	19		30	45	28	122	122
Lynne Whitfield	30		47	43		120	
Charlie Milward	47	40	29			116	
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	
Richard Lane	18			37	40	95	
Kate Medicott	32	22		38		92	
Marc Rinagl	44			47		91	
Helen Chapell			45		46	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	
Richard De Salis				36	45	81	
Jeremy Westmore			35		43	78	
Kevin Paull		23		49		72	
Ellis Hemsley Whorne	45	25				70	
Andy Chapell			21		46	67	
Katie Mogridge	25				32	57	
Ken Summers	26			25		51	
Lindsay Lane	24			27		51	
Emily Warren			49			49	
Vicky Walker					49	49	
Nick Baker		48				48	
Ronnie Heynes				46		46	
Ed Hill			36			36	

TRAINING ROUTES

April

Tuesday 9th April – Penquit Loop
Tuesday 16th April – South Brent Moorland run
Tuesday 23rd April – Hill reps @ Palace Lane
Tuesday 30th April – Ugborough loop – May need to relay with Chris P about the route.
He knows it better

May

Tuesday 7th May – Handicap
Tuesday 14th May – Bittaford -> Shell Wood etc
Tuesday 21st May – South Brent moorland run
Tuesday 28th May – Speedwork @ Filham Park

June

Tuesday 4th June – Handicap
Tuesday 11th June – Out and Back -> SB or Cornwood
Tuesday 18th June – South Brent moorland run
Tuesday 25th June – Hill reps @ the viaduct

PROVISIONAL FOR NEXT 3 MONTHS...

2nd July – Handicap
9th July – Penquit Loop
16th July – South Brent moorland run
23rd July – Ermington mast Loop
30th July – Speedwork @ Cross Park or Filham Lake
6th August – Handicap (Concerns about Fell?)
13th August – Hill reps @ palace Lane
20th August – South Brent moorland run
27th August – Moorhaven -> Owley route
3rd September – Handicap
10th September – Harford Loop
17th September – South Brent moorland run
24th September – Speedwork @ train station

Work on Harford Moor

We provided 5 volunteers to help the Dartmoor Rangers to clear gorse and manage erosion on Harford Moor.



Dartmoor Trail and Fell Running, outlines some of the best trail and fell running routes the national park has to offer. Whether it be climbing over the rugged, northern 600m tors, or tearing along an 18th century leat from a Napoleonic prison, this off-road running guide has options to suit all tastes and abilities. It's aim is to highlight the best of what Dartmoor has to offer for the runner. Whether you are an experienced, weather-beaten trail warrior looking to explore a set of different trails, or a lean, mean road running machine keen to mix it up and add a bit of trail work to your training. The routes included in the guide are not by any means the limit. Indeed, there is an abundance of other routes available, but understanding where to run is often a barrier. The book is just your start point and available to buy from Waterstones and other outlets.

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	K Summers 49.06 Exeter 24	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	

