

THE HARRIER

(JULY 2024 NEWSLETTER)



Our Men's team of Nathan Brown, Luke Hayes, Matthew Gilvear and Graham Reed won the Erme Valley Relays

It took 20 years, but we finally won our own Relay race since winning in 2004. Many congratulations to our winning team (see above) and also to our male vet 40 team who won their age category.

The Erme Valley Relays wouldn't be a success without your help, which is much appreciated. In particular we should thank **Race Director Tom Davies** who did a fantastic job.

Harriers athletes are not afraid to take on a challenge, with **Chris Rickard/Matthew Luck** taking on the **Dartmoor Prison Escape Ultra** and **Craig MacAlpine** finishing the **14 Peaks Ultra** in Wales in 'one piece' – have a look at the video and you will see what I mean! Many thanks for the reports and photos.

Have a good summer, when it arrives! - **Dave Fox (EDITOR)**

From the Chairman:

Hello everyone,

I hope you are all well and enjoying the summer months.

Firstly, can I say a huge thank you to everyone who helped make the Erme Valley Relays another successful event and made my first time as Race Director very straightforward. We had a good number of entries and everyone got round the course safely. We've had positive feedback from some of the runners and lots of comments about the atmosphere of the event which is only possible thanks to your efforts.

We had great success with the senior men's team winning the race outright and our v40 men finishing 4th team overall and 1st in their age category. I mentioned at club the other night that I thought that Sophie Gilvear's performance for the senior mixed team was my highlight from the event. Sophie had put herself forward to run in a junior team, had then volunteered to run two legs for different teams before finally ending up in the senior mixed team where she had a fantastic run (surprising Peter who was on the next leg for the team) and kept the team in contention in a very competitive category.

Next up we have the Tavistock Town Relays on 18th July - each leg is 1.1 miles long and is round a flat loop in Tavistock town centre / park. There are separate races for juniors, women and men and it should be a great atmosphere. We had a few teams last year and it made for a good club event with both the junior and senior teams there. Additionally, we are putting teams together for the Torbay Relays hosted by South Devon AC at Torbay Velopark (same location as the parkrun) on Friday 2nd August - these are slightly longer at 3km per leg. This is a great event with all teams competing in the same race and they give out some fun spot prizes as well as the usual team prizes. If you are interested in either of these then please let me know.

As a reminder, we have the second running of our Fell Race on Wednesday 7th August. It will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge. The race will be part of the Dartmoor Fell series. Chris is looking for volunteers to help either marshal out on the course - if you can lend a hand then please let him know. He's also very keen that anybody who wants to run the race does so. It would be good to have some club members take part.

As a reminder, we are looking at organising a club trip including transport to the Bridgwater half marathon and 10k race on 1st September. In order to secure the transport I do need to know if people are interested in joining us for this trip. We have chosen this event as there are the two distances so should hopefully cater for a range of people. I've never done the race before but I've heard it's a relatively flat rural course. More details here - <https://www.bridgwaterhalfmarathon.co.uk/10krun.html> - if you are interested then please let me know as soon as possible so I organise appropriate transport.

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

Tom Davies - davies.tp@googlemail.com and 07909 595965

SECRETARY'S NOTES

Summer is here ?

It is difficult to believe that we are now into July and the summer hasn't really started as far as the weather is concerned. The weather was good for the relays and the event went really well. The highlight was our senior men's team taking the title for the first time since 2004. Well done to Tom on putting on a great event and also to everyone who helped. Chris Prall now needs your help for the Ivybridge 3 Tops Fell Race on Wednesday 7th August. If you are not running why not offer your services to Chris. Our races only happen with your support.

The Track and Field season was as suggested very busy in June and we had some good performances. Well done to Isabella Trowell on qualifying for the ESAA Combined events final in Stoke. Matt Gilvear was unlucky not to make the Devon team for the ESAA Championships in Birmingham despite setting a pb in the SW Schools over 1500m.

Training and Competition update

Junior training has continued to go well with more new members joining recently. The session numbers are much more even now, but we are struggling for coaches having lost Matt Hoey. He has been posted to Portugal and we wish him and Eryn well.

If any parents can help on a Thursday we would love to hear from them.

Senior training has been going well and we are trying to ensure we offer sessions for all and that they are published on our website.

Following on from our successful relay we are looking to put teams in for both Tavi and Torbay Relays. We are cancelling the junior session on Thursday 18th July and encouraging our juniors to take part in the Tavi Relays. It is a traffic free 1.1 mile course. We are still targeting the Bridgwater races in September as well as the Torbay Relay in August.

Please speak to Tom or Becky if you want to take part in either of the two relays. The AGM of the Westward Cross Country league is coming up and we can then publicise dates for the winter season

including the Devon Sportshall League.

Road (and off Road) Running.

We had athletes in both the Dartmoor Discovery and various Fell races. Well done to all. There are two races this weekend with the Tamar Bridge 10K and the Mag 7 in Saltash.

The next Armada 5K series is on Wednesday 17th July (not the usual date) Entries are now open but can be taken on the day. The Armada GP points are up to date on the website following our own relay.

We have four free places for the Cornwood 10K on 27th July available because of the help we offer them, please contact me if you would like to be considered for one.

Athletes of the Month

The winners for June were the senior men's team from our EVH relays. That is Luke, Nathan, Graham and Matt and the junior award goes to Sophie Gilvear who ran a great leg of the relay.

Forthcoming Events

July 10th – Ugborough 5K Fun Run
July 12th – Hope Weekend (up to 14th).
July 17th – Exeter 10K
– Armada 5K – Saltram
– Tavi Relays
July 19th – Chudleigh Road Race
July 20th – Haytor Heller
– Muddy Duck 10K – Plymstock
July 27th – Cornwood 10K and 4K
July 28th – SW Championships – Exeter
August 2nd – South Devon Relays (Torbay)
August 4th – Devon Open – Tavistock
– Totnes 10K
August 7th – 3 Tops Fell race
August 10th – The Crossing
August 11th – Plymouth Senior Open (Track)
August 14th – Armada 5K – Saltram

Finally – If you are away over the next few weeks we hope you have a good time. Either way enjoy the summer and we hope the weather improves.

Keith

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Erme Valley donate £500 to Moor Trees

Erme Valley Harriers were pleased to donate £500 from the Ivybridge 10K race held in May to Moor Trees.

Moor Trees is an independent charity dedicated to restoring native woodland on Dartmoor and in South Devon. They aim to improve the environment and connect people with their forest heritage.

Keith and Jayne Reed went along to see the work they do and pass over the donation.

Many thanks to all the runners who donated towards this by choosing not to have a race T-shirt.

Athletes of the month for June are as follows:

Senior Men's team in the **Erme Valley Relays** - **Luke, Nathan, Graham and Matt.**
Junior award goes to **Sophie Gilvear** who had a great run in the relays in the mixed team.

The Sibelco **Cornwood 10K** Challenge and Fun Run will be held on **Saturday 27th July 2024** starting at 6.30pm. Please see Cornwood 10K Facebook page for details and updates.

Entry fees:

10K Challenge: £12 (£10 for EA licensed competitors) - £2 extra on race day

4K Fun Run: Under 16 £3, 16 and over £4 - £2 extra on race day

The 10km run is around Cornwood and Luton, mostly on roads but with some tracks and fields. Minimum age 16 yrs. Held under UKA rules. The 4km Fun Run (or walk) is for under 16's, families or those just wanting fewer hills than the 10K event! Refreshments, baggage and changing facilities available.

We have 4 free places available

Email Keith at reedy41c@googlemail.com if you are interested

Training Routes

July

9th July – Penquit Loop or Speed session @ Woolcombe Rd/Gorse Way
16th July – Moorland run from Rugby Club or Speed session @ Cornwood Rd
23rd July – Ermington mast Loop or Speed session @ Woodland Rd/Julian Rd
30th July – Speedwork @ Cross Park or Filham Lake

August

6th August – Handicap
13th August – Hill reps @ Palace Lane
20th August – South Brent moorland run
27th August – Moorhaven -> Owley route

September

3rd September – Handicap
10th September – Harford Loop
17th September – Moorland run from Rugby Club
24th September – Speedwork @ train station

Summer Handicap Round 3 - June 2024

Position	Runner	Clock Time	Handicap	Time	Points
1	Charlie Milward	46:24	18:30	27:54	50
2	Andy Mitchell	46:35	11:00	35:35	49
3	Ronnie Heynes	46:50	21:00	25:50	48
4	Alan Gatling	47:10	14:30	32:40	47
5	Peter Allen	47:13	20:00	27:13	46
6	Simon Chapman	47:24	18:30	28:54	45
7	Dave Rayfield	47:29	18:30	28:59	44
8	Chris Prall	47:39	19:00	28:39	43
9	Alan Makeham	47:56	00:00	47:56	42
10	Jane Makeham	47:56	00:00	47:56	41
11	Nick Bristow	48:20	18:30	29:50	40
12	Matt Gilvear	49:27	21:30	27:57	39
13	Ellis Hemsley Whorne*	50:47	18:30	32:17	38
14	Andrea Mitchell	51:16	09:00	42:16	37
15	Nick McMahon	52:10	02:00	50:10	36

* wrong route

	April	May	June	Total
Simon Chapman	50	49	45	144
Andy Mitchell	41	38	49	128
Peter Allen	39	40	46	125
Dave Rayfield	37	43	44	124
Andrea Mitchell	48	36	37	121
Matt Gilvear	36	44	39	119
Dave Gilvear	45	41		86
Alan Gatling		37	47	84
Chris Prall		39	43	82
Nick Bristow	40		40	80
Clare Smith		50		50
Charlie Milward			50	50
Ken Summers	49			49
Neil Moffatt		48		48
Ronnie Haynes			48	48
Ruth Terry	47			47
Ming Min Teh		47		47
Ross Busby	46			46
Lynne Whitfield		46		46
Kevin Paull		45		45
Charlie Kendrick	44			44
Andy Trigg	43			43
Carol Hansen	42			42
Luke Hayes		42		42
Alan Makeham			42	42
Dave Gilvear		41		41
Jane Makeham			41	41
Peter Allen		40		40
Katie Mogridge	38			38
Ellis Hemsley Whorne			38	38
Nick McMahan			36	36
Russ Mogridge	35			35
Richard de Salis		35		35



Matthew Gilvear had the pleasure of meeting with **1968 Olympic Gold Medalist (Mexico) David Hemery** at the South West Schools race in Exeter.

David recorded a world record time of 48.12.

There is still a video clip to view on **You Tube**.

RACE NEWS

GALLERY: Youngster Marriott comes home first in June's Armada Summer 5k Series

Posted on [June 12, 2024](#) *by* [PLYMOUTH SPORTS GAZETTE](#)

CITY of Plymouth youngster Benjamin Marriott claimed his first victory in the Armada Summer 5k Series on Wednesday night at Saltram House. Marriott had finished third in the last two runs in April and May, but he was finally first home in June's run with a time of 17 minutes and 13 seconds. He finished 40 seconds ahead of Plymouth Musketeers' Scott Mansfield, who took second in 17.53 minutes.

Ben Austin was third in 18.15 minutes, with **Erme Valley's Peter Allen** fourth in 18.18 and City of Plymouth junior Lucas Sweeney fifth in 18.47 minutes.

Plymstock Road Runners' Jane Ling was first woman home in 22.59 minutes, with Plymouth Coasters' Helen Perry-Smith second in 23.12, City of Plymouth's Hayley Marriott third (23.37), Ruby Gibbons fourth (24.31) and Plymouth Storm's Rebecca McCallum fifth (24.52).



At the **Exe Summer 5K** series **Luke Hayes** was 4th and achieved a personal best time of 16.28. **Faith Taylor Tippett** (18.54), **Holly Jones** (19.42) and **Jago Hayes** (24.32) completed the quarter.

GALLERY: Walker and Priday claim victories at tough Burrator Horseshoe Run

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



TAVISTOCK AC's Charlotte Walker continued her good fell running form by comfortably winning the Burrator Horseshoe Run on Saturday. Walker, who had also won the race in 2022, finished more than four minutes in front of the next woman, who was Steph Cade. Teenager Walker clocked 46:58.6 minutes, with Cade finishing in 51:09.6.

Third woman and first F50 was Beverley Urbans, who clocked 57:07.9 minutes. Caroline Morgan was fourth woman and first F40 in 59.19.2, with Steff Lamb fifth in 59:37.3.

Okehampton's under-21 athlete Samuel Friday paced his race perfectly to take victory in the men's event in 4:49.6. Second place went to Exeter Harriers' Stephen Hughes in 43:33.8, with Tavistock's Colin Bigham third and first M40 in 45:06.6. Exeter's Anthony Hatchard was fourth (45:10.8) and Andrew Biffen fifth (45:33.0).

In changeable weather, 139 runners finished the tough six-mile plus race, which takes runners out of Meavy Village to Burrator Reservoir and then straight up the summit of Sheeps Tor and Gutter Tor on Dartmoor before returning to the start. The run, which attracted runners from all over the country, forms part of the Meavy Oak Fair.

There were also junior races beforehand. Tavistock's Zoe Bigham and Eldon Young were the under-15 winners, Matilda Elizabeth Hobbs and Jack Anthony (Tavistock AC) were the under-13 victors, Olivia Walkerdine (Tavistock AC) and Alistair Taylor (Okehampton) won the under-11 races and Serena Bigham (Tavistock AC) and Harry Williams triumphed in the under-nine events.



Four Harriers completed the fell race over a hilly 6 mile course. **Chris Prall** was 9th (45.56), **Peter Allen** 14th (46.49), **Craig MacAlpine** 61st (58.22) and **Becky Prall** 77th in 60.31. **Becky** was also 2nd female vet 40.

A trio of Erme Valley Harriers enjoyed a beautiful evening for the **Solstice Fell Race** at **Merrivale** – a five mile, very runnable, well mark and incredibly scenic route via Staple, Roos and Cox Tors, all for the grand total of £4.50. **Becky Prall** won her age category, finishing second lady and 38th overall, whilst **Peter Allen** and **Chris Prall** were 8th and 10th overall. The races are incredibly friendly, welcoming and low key affairs, open to runners of all abilities, both in terms of speed and navigation. They are highly recommended so have a go!



Giants Head

We had a host of our runners who took the trip to the **Giants Head Races** held in Dorset.

The races are a Full Marathon, Half Marathon and a 10K Hill Race
There was also a Bell Race on the Sunday morning up the Hill.
It was a good weekend despite some showery weather.

Sydling Hill Race

10 Kate Medicott 3 Female 55-59 1 01:05:46
16 Barry Neal 10 Male 40-44 5 01:09:34
41 Richard Lane 24 Male 50-54 4 01:14:23
78 Dinah Wakeley 116 Female 55-59 12 01:43:31
104 Emily Faircloth 58 Female 45-49 14 01:30:44
106 Jane Simpson 60 Female 40-44 11 01:30:48
107 Alan Makeham 47 Male 50-54 8 01:30:48
115 Francesca Walker 65 Female 30-34 5 01:31:45
164 Louise Creber 102 Female 55-59 11 01:41:15

Giants Head Marathon

155 Neil Moffatt 118 Male 60-64 6 05:21:21
182 Patrick Wakeley 138 Male 55-59 15 05:33:48
232 Lindsay Lane 68 Female 45-49 18 05:48:12
374 Carol Hansen 151 Female 60-64 10 06:58:16

Graham Reed ran in the **Bristol Track Club 5K** and achieved a time of 16.44, placing him 38th in a strong field.

TORBAY TWILIGHT 10K



In very strong winds **Charlie Milward** (38.22) and **Nick Bristow** (39.47) both ran, but due to the condition's times were down.

Facebook:

Nick Bristow: I struggled with the headwinds and the fact I was given number 13!

Charlie: That wind was no joke tonight! Fair to say solid racing from the both of us.

Editor: Well done to Nick Bristow and Charlie Milward at tonight's Torbay Twilight 10K run at the Velopark. Unfortunately the conditions were not favourable for fast times due to the very windy conditions. The race was won by Jacob Landers of Tamar Trotters with team-mate Mike Wilsmore 2nd and Adam Holland 3rd. I spoke to Jacob and he said he was probably about a minute down on his anticipated time due to the wind.





TORBAY TWILIGHT 10K



ATHLETICS ROUND-UP: More records for Fasuba, while King runs a season's best in Finland

Posted on [June 19, 2024](#) by [PLYMOUTH SPORTS GAZETTE](#)



ANNABELLE Fasuba's record-breaking season continued at the South West Schools' Track & Field Championships at Exeter. The City of Plymouth AC athlete and Coombe Dean student broke championship records in both the junior girls' 100m and 200m events. She had already set a Devon Schools' record, South West League records and City of Plymouth records in the last few months. Fasuba ran a PB time of 12.04 seconds to win the 100m for Devon, before also triumphing in the 200m in 24.74 seconds.

There was also a junior age group sprint double for fellow City of Plymouth athlete Bryan Oldfield (Devonport HSB). He won the boys' 100m and 200m with impressive runs. He ran a wind-assisted 11.30 seconds in the 100m heats before clocking 11.37 seconds to win the final. He then ran 23.47 seconds to triumph in the 200m.

There was also a junior age group title for Tavistock AC/College athlete Hazel Stead in the girls' hammer. She threw 45.50m for the win.



In the intermediate girls' hammer, last year's English Schools' junior champion Tegan Brown (Tavistock College/AC) claimed victory with a PB throw of 51.34m.

Club and school team-mate Katelyn Milburn also achieved a PB to claim bronze in the same age group's triple jump. She leaped 10.87m.

In the intermediate boys' category, fellow Tavistock AC athlete Caleb Gifford-Groves (Mount Kelly) won gold in the 800m in 2:00.33, while club colleague Owen Fileman (Ivybridge CC) took silvers in both the hammer (50.09m) and discus (38.00).

Another Tavistock athlete Joe Wake claimed bronze medals in both the intermediate boys' 100m and 200m in wind-assisted times of 11.15 seconds and 23.07 seconds.



Fellow Tavistock College pupil Phoebe Milburn, who has won two English Schools' medals, took gold in the senior girls' hammer with 46.73m. Her club team-mates Ella Patterson, representing Somerset, took second with 44.20m and Louisa Hess (Mount Kelly) came third with 40.67m.

City of Plymouth's Nubia Evan-Shields (Plymouth College), who has won three consecutive English Schools' titles, eased to victory in the senior girls' discus with an impressive 47.15m, which was the second best throw of her career.

In the senior boys' category, Mount Kelly's Rory Summers (City of Plymouth AC) won the 400m in 50.32 seconds, while Ivybridge Community College's **Matthew Gilvear (Erme Valley)** claimed silver in the 1,500m in a PB time of 4:03.60.

Devon have now named their team for the English Schools' Track & Field Championships in Birmingham next month and Tavistock College will have the most representatives of any school with nine athletes in the team.



Meanwhile, City of Plymouth's David King ran a season's best time of 13.45 seconds to finish fourth at the Paavo Nurmi Games in Finland on Tuesday night. At the same event, **Will Battershill** came 11th in the 3,000m steeplechase in 8:33.01.

Elsewhere on the international circuit, City of Plymouth's Poppy Tank ran under the 10-minute barrier for a second time within three weeks in the 3,000m steeplechase as she ran 9:59.52 to finish ninth in a strong field at the Meeting Nikaïa in Nice, France.

Closer to home, Tamar Trotters' Jacob Landers won the Torbay Twilight 10k on Saturday evening in 32.06 minutes.



Second place went to his club team-mate Mike Wilshire, who clocked 32.20 minutes, with Tavistock AC's Adam Holland third in 33.28 minutes.

Tavistock's Nikki Kelly won the women's race in 38.43 minutes, ahead of South West Road Runners' Rachel Sanders (40.27) and Victoria France (41.23).

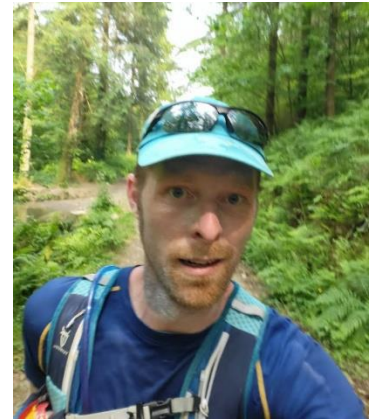
At June's Tavy 5k, Holland came home first in 16.07 minutes, with City of Plymouth youngster Benjamin Marriott second in 17.16 minutes and Tavistock's Sam Larkham third in 17.32 minutes.

South West Road Runners' Lucy Coad was first woman and fifth overall in 17.54 minutes. Kirstie Elias was second woman in 22.57 minutes, with City of Plymouth Hayley Marriott third in 23.01 minutes.

Dartmoor Prison Ultra June 24



Being a coach of the juniors and managing the sportshall team does keep me busy but I equally enjoy the odd crazy event. Matthew Luck and I took part in the 'Escape Dartmoor Prison' 12hr ultra last month. I still don't consider myself an actual ultra runner, instead, a 'dabbler' who gets kicks from pushing boundaries. We have both run hope12 a few times but this unknown event was a new challenge. It is 'as the crow flies' meaning a route of your own choice for 12hrs and the winner is the furthest from the start in a straight line. Matt was the official navigator (thanks to Kamoot and a carefully planned 'easy route'). I hadn't completed many long runs



beforehand so was a little apprehensive about running and with a midday start, I wasn't looking forward to a midnight finish in Cornwall for a late pickup and even later bedtime.

We set off, heading down through Tavistock at just over 8min mile pace (mainly downhill) also knowing this was not the pace to continue with! My bag broke at 8 miles but by some luck, Matt's wife was meeting us at Tavi for a quick stop and I had a spare bag to use. I didn't consume enough fluids for the first third and struggled at 22 miles in, suffering massively from dehydration. We were tracking decent pace for the first few hours, comfortably clocking 5 miles an hour with stops. This did slow as the miles increased. We were lucky enough to be supported by both partners, with my children meeting us a few times to top water up and buy us some chips at a pub stop as well! Our stops were short and the pace did slow after we reached 30+ miles. The GPS tracking was quite exciting to see as the event time increased. Like a mini explosion of dots across the Dartmoor region. We were tracking within the top 10 for quite some time which was pleasing – we weren't really racing, more wanting to enjoy the challenge and experience. I won't lie, these events do test you mentally, running for this duration is challenging on every level and sometimes the best preparation still doesn't allow for things to crop up (Hope12 one year resulted in a DNF due to blistering). We battled on, Matt was much more



comfortable than I was, my pace slowed and I definitely had moments where I wanted to stop.

The night was drawing in, the miles continue to clock up. We were aiming for Padstow but soon realised this was one stop too far. We hit the Cameltrail at around 2130 and the sign stating Wadebridge was 5 miles away nearly tipped me over the edge. Our pace was now at 12-13min mile and my feet were on fire. We continued on and the head torches were needed by 2200. We both decided that Wadebridge would be the finish as running all the way until midnight did not appeal. Wadebridge eventually arrived (we were walking the last half a mile) and we clocked off at 47 miles. We couldn't

see where we placed due to the trackers still being 'on' until midnight so it was a lovely surprise to see the scoresheet a few days later that we had placed second overall! A fantastic event that will see us both return – a new route is already planned (almost 60 miles) and we will look to take the win next year with some decent training beforehand (and a better hydration strategy from me!).

Chris Rickard and Matthew Luck

12hr Delinquent Results 2024			
Name	Race Number	Finish Time	Final Distance From HMP Dartmoor (as the crow flies) Miles.
Christopher Runcie	040B	23:59	42.8
Christopher Rickard	044B	22:44	36.8
Matthew Luck	045B	22:44	36.8
Charlie Temperley	047B	23:32	36.1
Janice Davies	031B	21:30	34.1
Tom Holmes	058B	23:57	31.8
Phaedra Leveridge	041B	23:59	30.9
Calvin Freame	057B	23:59	30.3
Chris Masters	056B	23:59	30.3
Sam Thomas	055B	23:59	30.3

GALLERY: Host club Erme Valley Harriers and Tavistock AC impress at annual relay event at Ivybridge

Posted on [June 29, 2024](#) by [PLYMOUTH SPORTS GAZETTE](#)



ERME Valley Harriers' men held off a strong challenge from Tavistock AC to take victory in their annual relay event at Ivybridge Rugby Club on Friday evening. Tavistock led for the first two legs of the **Erme Valley Relays**, with Ben Neale getting them off to flying start with the fastest run of the night. But the host club took the lead on the third leg and then youngster **Matt Gilvear** held off a storming charge by Tavistock's Adam Holland on the final leg to secure victory for his team.



Erme Valley, with **Luke Hayes, Nathan Brown, Graham Reed** and **Gilvear** making up their squad, came home in a time of 52 minutes and 20 seconds, with the Tavistock AC quartet of Neale, Sam Larkham, Alfie McIntosh and Holland clocking 52.30 minutes.

Those two teams were well ahead of the rest of the field, with Teignbridge Trotters taking third in 54.58 minutes, **Erme Valley's M40** team of **Ronnie Hayes, Chris Prall, Tim Steere** and **Simon Fitze** finishing fourth and winning their category in 57.07, while City of Plymouth U18 boys' team of Isaac Lamerton, Jacob Robinson, Finley Squires and Daniel Salmon finished fifth and took the junior prize in 57.12 minutes.



Tavistock AC won the women's event by more than five minutes, clocking 60.36 minutes. Their team was made up of Nikki Kelly, Sam Lake, Jasmine Gray and Charlotte Walker.

Second female team overall – and first in their category – were the City of Plymouth under-18 girls' quartet of Molly Gilbey, Jennifer Merrifield, Elsie Goodspeed and Bella May, who clocked 65.56 minutes.

Exmouth Harriers were the third female team home in 66.32 minutes.

Some 94 teams of four took part in the relays, which see each athlete run two-and-a-half miles.

Neale's opening leg run of 12.17 minutes was fastest of the evening by 26 seconds. Second fastest was his team-mate Holland, who clocked 12.43 minutes as he chased down **Gilvear**, whose time was 12.48 minutes.

Fourth fastest was fellow **Erme Valley teenager Hayes**, who clocked 12.49 minutes on the opening leg, with Tavistock's Larkham fifth fastest in 13.00.

Exmouth's Alice Kelly was fastest woman in 14.35 minutes, with Tavistock teenager Walker second with 14.48 minutes, ahead of her team-mates Jasmine Gray (15.00) and Nikki Kelly (15.02).



EVH results:

- 1 EVH SM A (Luke Hayes – 12.49, Nathan Brown – 13.13, Graham Reed – 13.30 and Matthew Gilvear – 12.48)
- 4 EVH M40 (Ronnie Haynes – 13.08, Chris Prall – 14.57, Tim Steere – 15.09 and Simon Fitze 13.53)
- 18 EVH Mixed (Holly Jones – 15.37, Sophie Gilvear – 17.53, Peter Allen – 14.24 and Charlie Milward – 13.57)
- 19 EVH M50 (Jeremy Westmore – 16.57. Allister Bristow – 14.20, Nick Bristow – 15.05 and Dave Rayfield – 15.34)
- 22 EVH U18M (Thomas Carter – 15.53, Ruben Steed – 18.14, Ellis Hemsley-Whorne – 15.33 and Luke Hayes – 13.19.
- 24 EVH SM B (Marc Rinagl – 16.02, Scott Smith – 15.16, Dan Francis – 16.05 and Matthew Luck – 16.27)
- 46 EVH Misc (Richard De Salis – 16.46, Craig MacAlpine – 17.52, Alan Gatling – 18.10 and David Gilvear – 19.44)
- 63 EVH W45 (Lynne Whitfield – 19.56, Emma Lake – 17.47, Jenny Hayes – 17.37 and Carol Hansen – 22.07)
- 67 EVH SW (Harriet Rogers - 18.46, Eryn Hoey – 19.55, Becky Lee – 19.07 and Ming Min The – 20.05)



Our Men's 40 and Ladies 45 teams



Editors comments: The Harrier (July 2004)

At the Erme Valley Relays on Friday 2 July our team of Graham Reed, James Mogridge, Neil Holmes and Ashley Humphries finally did something which others have failed to do.

We initially tried to win relay races in the early 90's, with many close attempts at Albaston. The Erme Valley Relays came out of the Albaston format and when they started in 1993 (to celebrate our 10th anniversary) the legs were from pub to pub, until we had a set circuit from the Horse and Groom at Bittaford and now a changed venue at the Rugby Club.

1997 was one of our best attempts as our team comprising of Neil Holmes, Jon Couch, Phil Sparkes and Allister Bristow were narrowly beaten by a Plymouth Harriers team of Barry Dawe, Chris Cook, Simon Anderson and Stuart Hill.

What makes this win so good is the age of our team. Graham is 16, James is 14 and Ashley 18. I won't mention Neil's age as he is a veteran compared to the youngsters, but still pretty good as Neil ran the quickest time (12.56) on the evening. Brilliant effort everyone and well worth all the cheers when Ashley crossed the finishing line.

Battershill and King among the medals at the UK Athletics Championships in Manchester

Posted on July 1, 2024 by PLYMOUTH SPORTS GAZETTE



Picture: Getty Images for UK Athletics

WILL BATTERSHILL and David King both won medals at the UK Athletics Championships in Manchester at the weekend, which were doubling up as the Olympic trials.

Former Ivybridge Community College pupil **Battershill**, a product of **Erme Valley Harriers**, ran a personal best time of 8:21.83 to finish second in the fastest-ever 3,000m steeplechase the championships had ever seen.

Battershill, who had won the title last year, was one of four British athletes attempting to achieve the tough Olympic qualifying standard.

He, fellow Devonian Phil Norman, Zac Seddon and Mark Pearce all teamed up to work together to make sure the race was fast and given them all a chance of reaching Paris.

And, despite poor weather, it so nearly worked as North Devon's Norman took victory in 8:18.65, which was agonisingly just 0.15 of a second off the UKA Athletic's Olympic B standard.

That was the quickest run by a British athlete for more than 30 years.

Battershill's time of 8:21.83, which moves him up to 11th in the UK all-time list, was also inside the previous championships best and stadium record. Third place went to Seddon, who was nearly six seconds behind **Battershill** in 8:27.32.



City of Plymouth athlete King, who has won three previous British outdoor titles, took bronze in a competitive 110m hurdles final in Manchester.

King, who recently ran 13.45 seconds in Finland, beat his big rival Tade Ojora, but was edged out by Blackheath's Daniel Goriola and Basildon's Sam Bennett.

Goriola won in a PB time of 13.55 seconds, with Bennett's second in 13.56 and King third in 13.65.

King, who did make the last Olympic Games, had won his heat where he found himself lining up next to fellow City of Plymouth product Henry Curtis, who ran 15.03 seconds. Another Devon youngster, Joshua Taylor, also competed in the 110m hurdles. He clocked 14.54 seconds on his senior debut at the event.

City of Plymouth's 2023 British champion Poppy Tank ran her second fastest time of her 3,000m steeplechase career, but she had to settle for sixth place in a highly-competitive race where six runners went under 10 minutes.

In terrible weather, Tank clocked 9:58.45, which was more than four seconds quicker than she had run the year before to win the title.

The race was won by Elizabeth Bird in a championship record time of 9:29.67 as she booked her place at the Olympic Games.



Picture: Getty Images for UK Athletics

City of Plymouth youngsters Nubia Evans-Shields and Hanna Ulvede both gained valuable experience at the championships.

Evans-Shields, just 17 and making her debut at the championships, came 11th in the women's discus event, which was hit by wet weather, while Ulvede finished sixth in her heat of the women's 400m hurdles with a 61.77 second run.

Meanwhile, Cornwall's Molly Caudery booked her place at the Olympic Games by winning the pole vault with 4.83m, which came just a week after she broke the British record and set a world-lead height of 4.92m.

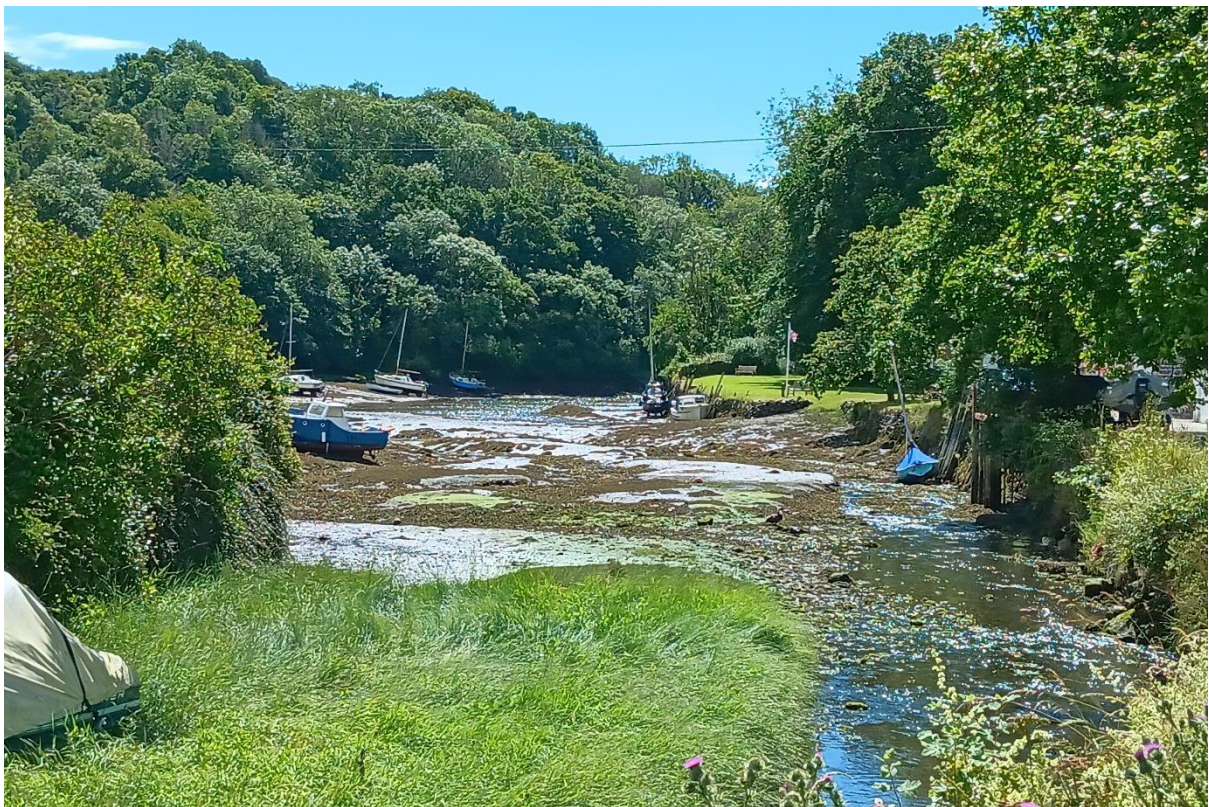
Fellow Cornish athlete Patrick Swan was also a medallist. He took silver in the men's shot with 17.83m.

Exeter's Finley McLear secured bronze in the men's 800m which saw British stars Josh Kerr and Elliot Giles fall in the closing stages.

Fellow Exeter athlete Innes Fitzgerald clocked a PB time of 15:26.76 to finish ninth in the women's 3,000m, which was more than 30 seconds inside the UKA World Junior Championships qualifying standard.



Tom Davies was our only athlete at the hilly but picturesque Magnificent 7 race. The race passes through the beautiful village of Forder



and last but by no means least the adventures of **CRAIG MACALPINE**

'I completed the 14 Peaks Ultra. It's a north to south traverse of the all the Welsh 3000ft peaks (52km & 4,100m+). It included climbs of Tryfan and Grib Goch.

It's the most technical race I have ever completed and the crossing of Grib Goch was hair raising.'

This video give a good idea of how exposed it was in places

- <https://youtu.be/l2KhQ9vzxRA>.

Next race for me is the Wasdale Fell Race in the Lake District. It's an "easier" 32km fell race with 2,700m of ascent. It's a British championship fell race so all the racing snakes will be there. My challenge will be making the cutoffs in time. You need to average 750m ascent per hour over several hours to make them it around in time. This caught me out last year as I was timed out by 3 minutes at a checkpoint.



Craig completed the distance in a time of 14.33.39. It was an early start to the race as runners caught the 6 a.m. bus to Aber Falls Distillery and by 7 a.m. were nervously assembled, ready to embark on the iconic journey. A comparatively brighter start on the coast gave way to wetter mountain weather in the first part of the day but later skies cleared to reveal uplifting afternoon sun, boosting spirits of the runners for the peaks to come. By sunset, the weather had closed back in on the remaining field and stalwart competitors had to battle cold conditions over their final few peaks.





