

THE HARRIER

(SEPTEMBER 2024 NEWSLETTER)



Well done to our athletes who made the trip to Bridgwater for the 10K and Half Marathon races
(Andrea Mitchell missing from the photograph)

For the first time in several months, it has been quiet on the running scene with little activity!

The Cross Country season gets underway on Sunday 6th October and the Tavy 7 is on Sunday 27th October.

We have heard that former member Fred Hawkes has passed away. Fred was a great member of the club and managed to make it to our 40th celebrations. Our respects of course go to his family. We will let you have details of funeral arrangements when known.

Enjoy the rest of your summer - **Dave Fox (EDITOR)**

Unfortunately no article from your Chairman Tom this month as he is away on business.

I'm sure Tom would like to thank those who made the trip to Bridgwater for the 10K and Half Marathon races.

Some information worth repeating for the Tavy 7:

'Finally, looking ahead once more, we will be looking to have a club trip to the Tavy 7 on the 27th October. For those new to the club this is a great event hosted by Tavistock AC over the classic distance of 7 miles on an undulating course through the lanes on the edge of Dartmoor. It also doubles up as the Devon Road Race Championship with individual and team county medals up for grabs. We usually have a great turnout for this race and have put on a minibus for the last couple of years. To make things as easy as possible for me and the coach company, can you please let me know ASAP if you'd like a seat on the bus. This will allow me to get the booking sorted and arrange for a stop off at a local pub for a meal on the way back.'

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

TRAINING ROUTES

September

10th September – Handicap (put back a week)
17th September – Moorland run from Rugby Club
24th September – Speedwork @ train station

Charlie Milward is working on routes for the rest of the year. Can you let him know if you would like a specific route included.



CHRISTMAS

Not that cold yet !

MAKE A DIARY NOTE
that our Christmas function will be
at the Hunting Lodge on
SATURDAY 14TH DECEMBER

Same price as last year (£10)

**Music - buffet - and surprise
draw!**

SECRETARY'S NOTES

Winter season nearly here !!

As I said last time the Cross Country and Sportshall season are rapidly approaching. The dates have been published for both. The first Westward league will be on October 6th in Newnham Park and the course details will be put on line this weekend. We hope we can get a good turnout at this fixture as it is very local and a superb venue.

I was saddened to hear yesterday of the passing of one of our long-term members, Fred Hawkes. Fred was a great runner for the club and a real character who always helped at club events.

We send our heartfelt condolences to Lorraine and all the family.

Training and Competition update

Junior training has resumed with the two sessions after the school holidays and we had over 40 in the first session on Thursday. This is fantastic but does put pressure on our coaches. We really need to recruit some new coaches to help out. If anyone can help, could they please get in touch with me or Sharon.

Senior training had been quiet during the summer, but picked up a bit this week. We moved the September Handicap run to this coming week as Tom had work commitments. Hopefully we have a good turnout. Can I remind everyone about the importance of booking in when you arrive at the Rugby club. We have a duty of care to you when you train with the club and need to know who is there.

The trip to Bridgwater was not as popular as we hoped. We are planning to put on a minibus to the Tavy 7 on October 27th. Please see Tom if you would like to book a place. This race includes the Ross Shield which is the Devon AA Championship for teams of six men and three women.

Entries are open for the event. Go to <http://www.tavistockathletics.co.uk/events/tavy-7/>

Our AGM will be held in early November after training at the Rugby Club. We will let everyone know about our London Marathon allocation when we get it.

Road (and off Road)

Running

Well done to all those who took part in races during August and early September, although it was a quiet month. Ali Bristow won the 10K in Bridgwater and we had some prize winners in the Exe 5K series.

The final Armada 5K series is on Wednesday 11th September. Entries are now open but can be taken on the day. The September 5K race is again included in the Armada GP which is reaching its conclusion. There are two more Fell races in the series left. One this weekend and the final one at Belstone on 21st September.

Athletes of the Month

These have not been decided but we will publish them on the website.

Forthcoming Events

- September 7th – Sourton Fell Race
- Dartmoor Volcano
- September 11th - Armada 5K – Saltram
- September 15th – Truro Half
- September 21st – East Mill Tor Fell race
- September 22nd – Newton Abbot Ladies
10km
- September 24th – Exeter Evening Open
- September 27th - 3K Races at Exeter
- September 29th – Torbay Half Marathon
- Taunton 10K
- Exmouth 5K and 10K
- October 6th – Westward League Newnham
- Templar 10
- October 13th = Devon Sportshall League –
Plymouth
- October 20th – Plymouth Harriers 5
mile race
- Eden Marathon/Half
- October 27th – Tavi 7 (including Ross
Shield)
- Halloween 5/10 Mile -
Exeter

Finally – The evenings are beginning to get darker especially when the weather is not so good. Please wear bright and fluorescent clothing if you can.

Keith
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FRED HAWKES

Sadly I have to report the passing of former member Fred Hawkes who ran with the club mainly in the 90's. From what I can recall Fred worked for British Aerospace whilst wife Lorraine (also a runner with the club) worked in banking. Both came from London and were supporters of Crystal Palace FC. In recent years both led local walking groups as well as bowling outdoors for Ivybridge.

Fred represented the club in numerous races and went on trips to the Bath Half Marathon (1.31.02 in 1990) and the Nottingham Half Marathon (1.29.31 in 1992), as well as taking part in the Teignbridge and Albaston Relays. He also supported the Children-in-Need events.



Fred is standing next to Paul Ross with wife Lorraine holding a slate coaster
The event was a South West Road Runners race but where!

Fred played in the famous football match against Keyham Plodders (now Plymouth Harriers) on Sunday 28th April 1991. This resulted in a 3-2 win for Erme Valley.

On 18th April 1993 Fred was part of a memorable day in the club's history when 14 athletes competed in races at London and Rotterdam. As this was something of a special occasion it was decided to have a bit of fun by producing a 'form guide'. This was Fred's entry and subsequent post-race comments:

NAME: Fred Hawkes **AGE:** 45 **WEIGHT:** 11 stones

BEST MARATHON TIME: 3 hours 14 minutes – London 1985

PREDICTED MARATHON TIME: 3 hours 25 minutes

CHOSEN RUNNING NAME: Fast Freddie

TRAINING REPORT: Training has gone OK – maximum 53 miles per week.
Longest run 18.5 miles. Very tired and a cold in February.
Some blisters. You would think I was training for a half!

FORM GUIDE: Has not tackled the distance for sometime and may have to battle it out in the later stages. Should get on well with the crowd (speaks the lingo!)

MARATON FEEDBACK (or the postmortem!!!)

Ran 3.34.40 (London) - not such a 'Fast Freddie!
I found the race just had too many people and it was slow going. It took me 2 minutes to cross the start line. However, I enjoyed the race and the weekend but would have liked to have been 10 minutes quicker.



Fred is 3rd from the left in probably a race at Plymouth

RACE NEWS

Run Exe 5K - Wednesday 7th August

Results:	67	Alison Thorn	19.09
	69	Nick Bristow	19.15
	79	Holly Jones	19.45
	129	Simon Swift	22.36
	148	Ken Summers	24.50

Lightning Bolt 10K - Langley Burrow Sunday 11th August

Our two athletes had terrific runs with **Graham Reed** 18th in 35.14 and **Alison Thorn** 34th in 38.29. **Alison** was 2nd female vet 50 and part of the Devon team. **Alison** also set a new vet ladies age group record breaking the time of 39.58 set by **Cleo Perry** at Newquay in 2023.



Alison (2nd left) with the Devon team at Langley Burrow

At the **Great Links** fell race **Chris Prall** was 12th in 40.56, whilst **Jenny Hayes** was 40th in 51.18 and 3rd female vet 40. **Esme Prall** was 2nd U11 in 18.45.

At Sourton Tors **Chris Prall** was 9th in 24.40, whilst **Becky Prall** was 30th in 33.01 and 1st female vet 40. **Esme Prall** was 1st in the U11 race in a time of 12.16.



The group photo is at the Great Links, whilst the other 3 photos are at Sourton Tors



GALLERY: Cartlidge and Flynn impress in August's Armada Summer 5k Series run at Saltram House

Posted on [August 15, 2024](#) by [Plymouth Sports Gazette](#)



JAMES CARTLIDGE and Louise Flynn were the first men and women finishers at August's Armada Summer 5k Series run at Saltram House on Wednesday night.

Plymouth Harriers' Cartlidge came home in a time of 18.05 minutes, with **Erme Valley Harriers' Peter Allen** second in 18.16 minutes and City of Plymouth youngster Benjamin Marriott third in 18.26 minutes.

Les Croupiers' runner Flynn came fourth overall and was first woman in 18.34 minutes.

Second woman was Plymouth Storm's Lauren Knox in 19.16 minutes, with DSFRS runner Kirsty Prowse third (20.53) and City of Plymouth junior Phoebe Timpson fourth (22.36).

Some 115 competitors finished the multi-terrain run in glorious sunshine.

The final event of the series will take place on Wednesday, September 11.

Erme Valley Results:	2	Peter Allen	18.16
	12	Tim Steer	19.31
	24	Tom Davies	20.54
	43	Daniel Adderley	23.26
		(115 finishers)	

GALLERY: Holland wins Peter Tavy Plod

Posted on [August 27, 2024](#) by [Plymouth Sports Gazette](#)



ADAM HOLLAND claimed victory in Bank Holiday Monday's Peter Tavy Plod.

Holland held off the challenge of City of Plymouth's Thomas Blackford and **Erme Valley Harriers** teenager **Charlie Milward** to take the win in the race that takes competitors out of Peter Tavy village and up tracks to White Tor on Dartmoor before returning home.

Holland won in a time of 26 minutes and 18 seconds, with Blackford second in 27.51 and Milward third in 29.26. Those three were well ahead of the rest of the field by the end. Joanne Page won the women's race in a time of 36.24 minutes, with Carole Loader second and first F50 in 37.53 minutes and Lucy Hoade third in 38.04 minutes.



Simon Swift was 19th in 39.13.



Charlie at the Peter Tavy Plod



ATHLETICS: Cole impresses at Treggy 7, while Holland and Bristow claim victories at Bridgwater

Posted on [September 1, 2024](#) by [Plymouth Sports Gazette](#)



TAVISTOCK Run Project's Jim Cole claimed third place overall and first M40 at the popular Treggy 7 race in Launceston on Sunday morning.

Cole clocked 39 minutes and 42 seconds to finish behind Cornish runners Tom Morton and Steve Reynolds.

Tavistock AC's Nikki Kelly was fourth female overall in 45:33 minutes, with Storm Plymouth's Charlene Matthews seventh overall and second F35.

Tavistock AC's Jenny Jeeves was first F55 in 51:11 minutes, while team-mate Caroline Walters claimed the F60 title with a 55:40-minute run.

The race, which finished at Launceston Castle, is part of the Cornish Grand Prix Series and saw nearly 400 finishers.

Meanwhile, Tavistock's Adam Holland claimed victory at the Bridgwater Half Marathon on Sunday.

Holland clocked 1:0849 to take victory by more than seven minutes.



Tavistock Run Project's Alex Peyton-Jones was seventh overall and first M40 in 1:17.23, while Plymouth Harriers' Ami Peyton-Jones match his result by finishing seventh female overall and first F40.

In the Bridgwater 10k race, **Erme Valley's Allister Bristow (M50)** claimed the overall victory in 37:46 minutes, while Tavistock AC's Caroline Steven was first F50.

On the track, Tavistock AC youngster Zoe Bigham smashed her 1,500m at the BMC meeting at Exeter in mid-week. The under-15 athlete clocked 4:52.09, which broke her previous best by more than seven seconds.

At the same meeting, her under-15 club colleagues Thomas Hennessey and Freddie Whybrow clocked 4:31.88 and 4:41.48, respectively in the 1,500m.

In the 800m, City of Plymouth's Joshua Black came second in the A race with a 1:55.50 run, while team-mate Daniel Newman clocked 1:59.62 in the same heat and another club colleague, under-17 athlete Isaac Lamerton, finished in 2:05.93 in his first run over the two-lap event.

In the women's 800m, Tavistock AC's Jasmine Gray clocked 2:17.29.

* Plymouth Harriers are holding their Autumn 5 race at Central Park on October 20 at 12.30pm.

It is the penultimate event in the Armada Grand Prix Series and Plymouth Harriers hope to fill up the entries this month.

This year all runners are set to be rewarded with a T-shirt and a medal thanks to sponsors.

Erme Valley Results at Bridgwater:

10K	1	Allister Bristow	37.46
	11	Tom Davies	43.41 (3rd vet 40)
	46	Liz Bristow	51.45 (3rd female vet 50)
Half	19	Peter Allen	1.23.23
	43	Dave Rayfield	1.32.08
	156	Andrew Mitchell	1.52.31
	196	Andrea Mitchell	1.56.43



Bridgwater 10K

Run Exe 5K - Tuesday 3rd September

Luke Hayes had another great run to finish 7th in 16.20 and 2nd MU17. **Jenny Hayes** was 124th in 21.47 and was 2nd female 45, whilst **Ken Summers** was 156th in 24.39.

The race was the final race of the six races which took place. You had to run four to qualify for any prizes and we did very well with Holly Jones 1st female senior, Luke Hayes 1st MU17, Nick Bristow 3rd male 50 and Ken Summers 3rd male 70.

With entries now open for the Tavy 7 on Sunday 27th October it is interesting to see who ran in the race 5 years ago – see below:



TAVY 7 2019



VET MENS ROAD RECORDS

AGE GROUP	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

AGE GROUP	10K	10 Miles	Half Marathon	Marathon
35 – 39	A McEwing 37.20 Exeter 2 4	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	A Thorn 38.29 Langley Bur 24	A Thorn 63.00 Chippenham 24	A Thorn 1.22.59 Bath 24	A Thorn 3.00.05 Newport 24
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	A Engledew 3.57.37 Newport 24

