

THE HARRIER

(OCTOBER 2024 NEWSLETTER)



Alison McEwing set new club records in her great run at the Berlin Marathon

There has been something of an international flavour of late with our athletes performing so well in the **Berlin Marathon** and **Craig MacAlpine** taking on the Ultra Tour Monte Rosa trail rail in Switzerland/Italy. Craig has put together a most fantastic report of his adventure with some superb photos – I wince when I just look at the Europaweg Skywalk bridge!

This weekend celebrates 20 years of the phenomenon known as Parkrun. Each weekend our athletes travel far and wide to enjoy the occasion. I thought it would be worthwhile in the circumstances to repeat in this Harrier the excellent article which **Andy Trigg** produced for the 40th Anniversary Harrier.

Today's Cross Country got underway today at Newnham Park, Plymouth. It was extremely wet!!

Coming up is our **AGM** on **Tuesday 12th November**.

Dave Fox (EDITOR)

From the Chairman:

Hello everyone,

A brief update from me this month.

I've just about dried out from a very wet day at the first XC of the season at Newnham Park. Thanks to everyone who was there to marshal and help the event go ahead. It looked like we had a pretty good turnout of senior men and women along with a few juniors which is great to see. The next race is later on in November and we are hoping to put a mini bus on again this year. Newquay is a good intro to XC if you haven't done it before as it is reasonably flat with a few short sharp climbs between the different terraces of sports pitches. If you want to find out more then please speak to myself or Becky Lee.

Last call for anyone who wants to join us on the club trip to the **Tavy 7 on Sunday 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 would like to do the same this year. 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.

The Armada Christmas relays have been confirmed as taking place on **Sunday 15th December**, we'll be sorting out teams for this over the next couple of months, if you're interested then please let me know. The relays consist of 4 legs of 3km each within Central Park. We usually have teams in a number of different age categories and it would be good to do so again this year.

Hopefully you will have seen Keith's email about the club **AGM** which is happening after training on **Tuesday 12th November**. We will be putting on a buffet again this year and we hope to see as many people there as possible. If anybody is interested in joining the committee then please let me know.

We are hoping to restart the club Grand Prix in 2025 but in order to do so we are looking for someone to administer this and input the results etc. The format of the Grand Prix is flexible and can be amended from the format previously used. If anybody is interested in taking on this role or would like to discuss it further then please speak to myself or Keith and we can go in to more detail about what is required.

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

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

SECRETARY'S NOTES

Cross Country season is here

This weekend sees the first race of the Cross Country season at Newnham. The course should provide a fitting test in a superb venue. We hope for a good turnout of both athletes and helpers. The Sportshall Athletics League is taking place on October 13th and we hope to do well again this season. We have had a lot of new junior athletes at training and there is a lot of enthusiasm and talent there.

We have launched a survey for the junior parents and one for the senior members ahead of the **AGM on Tuesday 12th November**. We really value your views so please try and complete the surveys. It will help shape the way forward for the club. We hope to get a good turnout at the **AGM** where there will be a buffet provided as usual.

Training and Competition update

Junior training on a Thursday continues to have very good numbers which is good but as I said last time it does put pressure on our coaches. We really need to recruit some new coaches to help out. If anyone can help, could they please speak to one of us.

Senior training has really picked up since the end of the summer. We held the final two handicap races of the summer season and we will now move to the winter ones.

Congratulations to Andrea Mitchell on here win. All the routes for the next few months are now on the website. Thanks to Charlie and Emma for putting these together.

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/>

Road (and off Road) Running

Well done to those who took part in the Berlin Marathon last weekend. There were club records from Ali McEwing and good runs from Simon Fitze and Tim Steere. We had the final Armada 5K series on

Wednesday 11th September. The Armada GP is reaching its conclusion. Tom Davies is doing very well lying second overall. The SW Fell series also concluded. Well done to Becky Prall who was first female overall. There were some disappointed athletes after the cancellation of the Torbay Half and 10K last Sunday due to the weather. We hope our athletes have more luck in Cardiff this weekend.

Athletes of the Month (September)

The athletes of the month for August/early September were Andrea Mitchell and Ellis Hemsley-Whorne. Well done to both of them.

Forthcoming Events

October 13th - Devon Sportshall League - Plymouth

October 20th - Plymouth Harriers 5 mile race

- Eden Marathon/Half

October 27th - Tavy 7 (including Ross Shield)

- Halloween 5/10 Mile -

Exeter

November 3rd - Cornish Marathon

November 10th - Drogo 10

November 17th - Westward League - Newquay
Wimborne 10

November 24th - Devon Sportshall League - Plymouth

- Budleigh Blister

December 1st - Westward League & Devon County Championships - Exeter

- Welsh Athletics Junior

Open

Cardiff

December 7th - Cockington Caper

- Race the Light (Holbeton)

December 15th - Armada Relays

December 22nd - Fast 5K - Torbay Velopark

- Torrington Christmas Caper

Finally - The evenings are really starting to get darker especially when the weather is not so good. Please wear bright and fluorescent clothing if you can. We always have a bib you can borrow.

Keith

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ERME VALLEY HARRIERS AGM

TUESDAY 12/11/2024 @ 7.30pm RUGBY CLUB

No	Item	Lead	Timing
1	WELCOME AND APOLOGIES	Tom/Monica	5 Mins
2	MINUTES OF LAST MEETING	Tom	5 Mins
3	MATTERS ARISING	Tom	5 Mins
4	OFFICERS REPORTS <i>Chairman – Tom Davies Secretary – Keith Reed Treasurer – Chris Prall</i>	Committee	25 Mins
5	NEWSLETTER	Dave	5 Mins
6	ELECTION OF OFFICERS <i>Nominations to be sent to the Secretary 1 week prior to meeting.</i>	Tom/Monica	10 Mins
7	ADOPTION OF COMMITTEE AND REVISED CONSTITUTION	Membership	5 Mins
8	SUBSCRIPTIONS 2025	Keith/Chris	5 Mins
9	OPEN FORUM	Membership	20 Mins
10	CLOSE <i>Meeting to finish at 9:00pm</i>	Tom/Monica	5 Mins



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!**

TRAINING ROUTES

OCTOBER

October 8th - Speedwork at Filham Lake

October 15th - Last 'Spirit of the Moor' run if the lighting is good enough. If not = Penquit Loop or Emma's speed session ~ 1 mile speed reps at Wollacombe Road

October 22nd - Hill reps at the Viaduct

October 29th - Speedwork at Gorse way ~ 1k reps

NOVEMBER

November 5th - 1st Winter handicap

November 12th - Speed reps at Cross Park or Emma's speed session ~ 1 mile reps at Wollacombe Road ~ **AGM date!**

November 19th - Ivybridge loop

November 26th - Headtorch run out to Harford and Back OR Speed session at Julian Road ~ 500m reps OR Emma's speed session = 1 mile reps at Wollacombe Road

DECEMBER

December 3rd - 2nd Winter Handicap

December 10th - Hill reps at the Viaduct

December 17th - Silly hat run on the Ivybridge loop if we're not running on Xmas Eve. If we are... Speedwork along Marjorie Kelly way ~ 1 mile reps

December 24th - If we're running a session on this day ~ Silly hat run round Ivybridge with a club photo beforehand

December 31st - No club run

RACE NEWS

Liz Bristow ran a time of 1.56.02 at the **New Forest Half Marathon** whilst **Tim Steere** in his build up to the **Berlin Marathon** achieved a time of 1.27.02 at the **Great North Run**.

Sally Erith achieved an impressive time of in the **Chippenham Half Marathon** (1.32.26), whilst **Jeremy Westmore** went further afield with a trip to the **Copenhagen Half Marathon**.

Graham Reed was in terrific form at the **Oldbury 10** as he achieved a personal best time of 57.39, whilst **Christine Tout** did well at the **Newton Abbot Ladies 10K** (68.39).

Dan and **Phil Adderley** travelled to **Marazion** for the **10K**. **Dan** was 185th in 51.44 and **Phil** 269th in 56.56.

The final race of the **South West Fell Running** series took place at the **East Mill Tor Loop**. The races of just under 6 miles took in Belstone and Winter Tors. **Chris Prall** was 4th overall in 51.50, whilst wife **Becky** was 24th in 68.04 and 1st lady vet 40.

The **Prall** family did well in the series as **Becky** was 2nd overall and 1st fv40, whilst young **Esme** was 1st fu11. No prize for **Chris** this time.

There is an awards night at **Meavy Village Hall** on **Friday 11th October** where talks will be given by five different speakers.

GALLERY: Mansfield and Robinson impress in final Armada Summer 5k Series event of the year

Posted on [September 12, 2024](#) by [Plymouth Sports Gazette](#)



PLYMOUTH Musketeers' Scott Mansfield was first home as the Armada Summer 5k Series came to an end on Wednesday evening at Saltram House.

Mansfield has enjoyed a good series. He also won July's run and finished as runner-up in May and June's events.

He clocked 17 minutes and 15 seconds on Wednesday, which was nine seconds quicker than the time he won with in July, to hold off the challenge of **Erme Valley Harriers'** teenager **Charlie Milward** and Tamar Trotters' Richard Ezra-Ham.

Milward came second on the multi-terrain course around the National Trust estate in 17.27 minutes, with Ezra-Ham third in 17.45 minutes.

Erme Valley's Peter Allen was fourth and Tamar Trotters' Luke Gibbons fifth.

Looe Pioneers' Joanne Robinson was first woman home by nearly two-and-a-half minutes. She clocked 20.20 minutes.

Second woman was Plymouth Harriers' Sarah Robbins in 22.55 minutes, with Plymouth Musketeers' Carly Wardle third, Karen Young fourth and Taylor Jones fifth.

The final run in the series saw 119 finishers.



Erme Valley Results:	2	Charlie Milward	17.27
	4	Peter Allen	18.16
	14	Nick Bristow	19.24
	28	Tom Davies	21.44
	33	Barry Neal	22.13
	53	Russ Mogridge	23.56
	56	Daniel Adderley	24.13
	97	Kate Mogridge	28.17

BERLIN MARATHON - Sunday 29th September

We had five athletes in the high quality **Berlin Marathon** with both **Simon Fitze** and **Alison McEwing** running superbly.

Simon achieved an impressive time of 2.44.46, whilst **Alison's** time of 2.49.29 was a new club and female vet 35 club record. **Alison** achieved a personal best time by breaking her time of 2.49.45 set at Manchester in 2022.

Tim Steere (3.03.51) and **Dave Rayfield** (3.17.27) also had great runs.

Unfortunately **Alison Thorn** had to drop out at half way with an injury.



Report on the Templer 10 - Sunday 6th October

Hello my fellow EVH'ers,

Long time no see or speak! Unfortunately, due to my university timetable I can no longer make it to training nights. However I will definitely be back to see all your lovely faces at the AGM. Nevertheless, here's my thoughts on Templer 10 this year!

I wanted to do a tougher race to really push me and my legs and decided instead of Newnham XC (which I don't really like if truth be told!) I would do this interesting yet hard going race!

3...2...1... BOMBS AWAY! I set off with Maverick in mind and we cruised with 1st 2nd and 3rd at a bit of an overly enthusiastic 5:45 min/miles. I soon settled into my place and held it beautifully. Unfortunately, I grazed my knee and elbow on mile 8 on a nasty fall which made for a not nice but good enough 2 miles back! I'm all okay though.

I completed the course in 1:02:13 which for my first 10 miler I was very pleased with especially with a fall towards the end! I was 8th overall and 1st Junior Male however there was no Junior prize!!!!!!

I will set my sights on a sub 1 hour 10 miler next! My next big race like this is the Tavy 7 where we will hopefully claim the Ross Shield! Please if you can make it as we would so love to see all your talent there!

Shoutouts to the Chapells. Andrew was 54th in 1.16.33 whilst Helen Chapell was 67th in 1.18.08 and 2nd fv50.

I hope you chaps and chapettes did well at Newnham today and at the Cardiff Half Marathon - the weather has not been kind to us on our courses.

That's it from me and back to the studio!

Charlie Milward





Templer 10 - Sunday 6th October





Newnham Cross Country Plymouth - Sunday 6th October





Unfortunately photos from Newnham a little 'blurred' due to weather problems!



Last month I entered [Ultra Tour Monte Rosa \(UTMR\)](#) which is a 170km trail race that follows a long distance footpath around the Monte Rosa massif. The route travels through Switzerland and Italy and goes over several high passes. The race is lumpy with over 11,500 metres of elevation.

Before I get into the race, I want to provide some background as to why I am attracted to hilly events. As a teenager and in my early 20's, I was an avid hillwalker. Much of my time at university in Glasgow was spent walking in the Highlands and by the time I left, I had completed a round of the Munros (a Munro is a Scottish hill above 3000 feet and there are 282 of them). This was a significant investment of time, involving over 150-days in the hills spread over 5-years.

When I got into running in my late 30's, I was attracted to by idea of running over the hills that I had walked over when I was younger. I threw myself into running in my 40's and enjoyed the mix of road, trail and hill running. However, when I turned 50, I thought my running days were over. I suffered a meniscus tear in 2020. It was an innocuous slip in mud on a local trail, but resulted in a 15-month layoff. Anyone who has had a long-term injury will be able to relate to the frustration and being demoralised from not being able to run. I even thought that my running days were over after getting an MRI and being told by a knee consultant at Nuffield Exeter that I would never be able to run again.

Thankfully, I was fortunate. Through a combination of strengthening the knee with regular PT sessions with Jaine Swift, a long layoff from attempting to run and working on mobility, I was able to start easy running again in 2022.

At first, running was restricted to flatter courses. I was keen to hill walk again and had several visits to the Lakes. However, I found it hard as my legs weren't strong enough to support my weight (and by extension protect the knee) when descending. During this period, I relied heavily on running poles and used them to extensively when descending.

I was keen to try hill running events that allowed running poles. In October 2022, I completed Lakes in the Day. This was a real test as it's a 80km route, of which the first 45km are over the hills Blencathra and Helvellyn. I found the climbing okay but I struggled with the 4,000 metres of descent. Coming off the hills was tedious and I was probably the slowest coming down out of hundreds of runners. However, I was running again in the hills and that was a big win in my eyes.

Over the winter of 2022/23, I worked hard on the strength work and by the spring of 2023, something just clicked. I was able to again run downhill without needing support and was able to get down steep slopes. While I wasn't fast, I wasn't in pain or fearful of them.

To test my progression, I decided to try the Dragons Back in September 2023. It's a 6-day race from the Conwy in the North of Wales, finishing at Cardiff Castle. The event follows the mountainous spine of Wales and follows a glorious route. However, it's a tough event involving 6-long days of up to 16-hours per day and each night spent sharing a tent with 7 other runners. I entered the Hatchling version which involved doing half of each day's course over the 6-days. This was still a significant

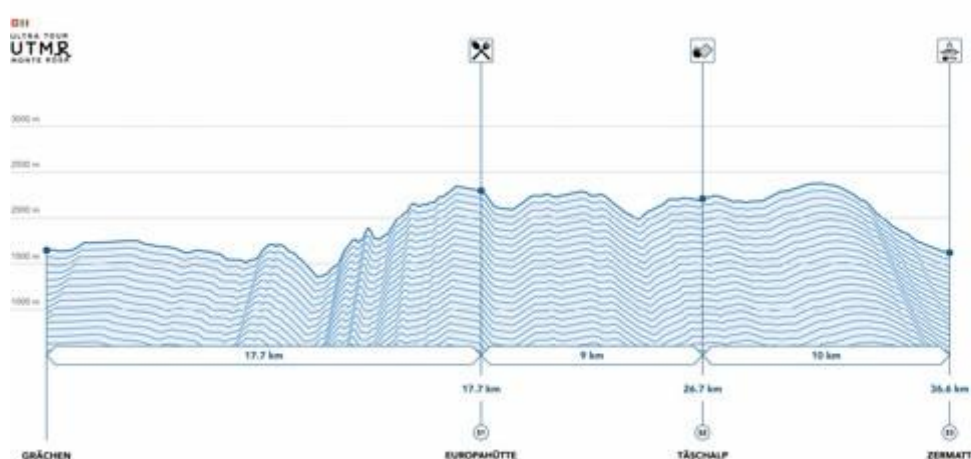
effort with several 8-hour days and I was exhausted by the finish in Cardiff. If anyone is wanting to test themselves, I would thoroughly recommend the Dragons Back. While doing the full event was physically beyond me, I think there are several people in the club who have the mix of physical ability and mental strength to being able to complete it.

Fast forward into 2024, I was attracted to UTMR for its stunning mountainous route plus being able to complete it over 4-days. This appealed to me as I viewed it as a running holiday where you have a great day out in the mountains with the luxury of staying in a hotel each night on a half board basis and having your overnight bag moved from hotel to hotel for you.

The race starts on a Wednesday in Grächen, which is a beautiful village perched high on the mountainside in the Matter Valley in Switzerland. To get there, I flew from Bristol to Geneva on the Monday afternoon. It was then an easy journey to Grächen via 2 trains and a bus. The Swiss transport app made it easy to plan the route and buy the train tickets.

At registration on the Tuesday afternoon, I bumped into 2 old club members. Sarah Salt was running the Stage race and Dan Salt had volunteered to help out each day on the stage race. At registration you had to show the usual kit of full waterproofs, warm clothing, bivvy bag, headtorch, bowl, mug, etc. In addition, we had to carry microspikes for the glacier crossing between Switzerland and Italy on day 2. I had never used them before and was intrigued to see what they were like to run in.

Stage 1 – Grächen to Zermatt



On race day, the hotel had put on early breakfast at 4:30am. I sat there drinking a coffee and trying to wake up. I glanced through the emails on my phone and found one from the race organisers. They warned that there was a red weather warning the following day in Italy for heavy rain and would communicate later in the day as to what would happen the next day.



The race was due to start at 6:30am from the town square. I arrived at the start just after 6am, dropped off my overnight bag and queued up to start with the 200 other runners. I bumped into Duncan Oakes & Patrick Munn from the Cornish trail scene, who were planning on running non-stop race which was due to start the following day. After a short speech from the organisers, we were off into the early morning twilight. The temperature was a pleasant 10 degrees, perfect to start in a t-shirt.

For Day 1, we were going to the busy tourist resort of Zermatt, at the foot of the Matterhorn. While the journey was only 15km if you could fly point to point, our route was about 30km with 2,700 metres of climbing.

The first 10km was along easy, wide paths. We then turned up a steep 1,000 metre climb, making our way up through the trees. Once we got above the treeline into the Alpine zone, we were greeted with an amazing vista of a glacier hanging off a mountain on the opposite side of the valley. That stunning view alone was worth the journey.



The route then worked its way around the high mountain side, crossing several bridges and working its way through a tunnel cut into the hillside and then behind a waterfall. In one place, we had a rock face to get up. To ease our way, the Swiss had bolted ropes to the side of the mountain and then placed an elegant scaffolding tower to allow safe, steeped access up the sheer cliff.

I was struggling on the climbs from a combination of having an off day plus carrying a niggling injury in my right heel. However, it was a delight being out in stunning scenery and I wasn't in any hurry. Each stage had time cutoffs at the checkpoints. However, even though I was one of the slower runners, the cut offs were generous, allowing me to enjoy the day rather than stress.

The 1st checkpoint was at Europahütte which is a delightful mountain hut, perched on mountain side on its own at 2,220 metres. I tucked into cheese and crackers before



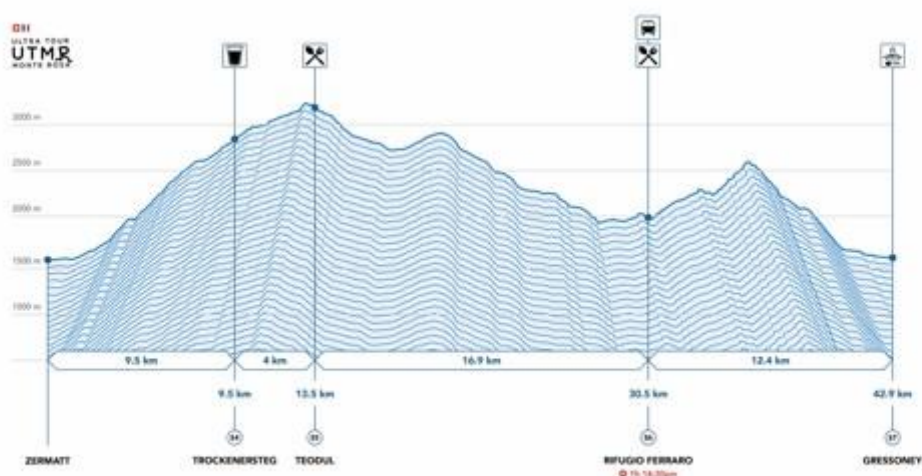
descending down to the Europaweg Skywalk bridge. The bridge is 494 metres long and set at a height of over 2,000 metres above sea level. At its highest point, the bridge is 86 meters above the ground—about the height of a 28-story building. It is just 65 cm's wide, so were instructed to walk across the bridge in single file. The bridge bounced slightly with each step so I had to ensure I walked in time with the runners ahead. The bridge had a grated steel foot bed, which allowed you to look down into the gully below.



Back in June, there had been heavy flooding in this area. As a result, part of the UTM route had been washed away. So instead of climbing back up the mountain, we were diverted onto a steep 1,000 metre descent that plunged to the valley floor. At the foot was a checkpoint followed by a flat run along the valley floor to Zermatt. After the quiet day in the hills, it was a jolt to be finishing in Zermatt town centre, past cheering tourists. At the finish, I chatted to Dan Salt who was helping at the finish. I discovered that the following days stage had been cancelled due to the heavy rains that were predicted and that the organisers would email us with instructions on what would happen the next day.

The organiser had provided each nights accommodation and it was a lucky dip to where you were staying. I thought I had lucked out when I arrived at a posh boutique hotel. However, that was tempered when I realised, I was in a dormitory room sharing with 5 other runners. The smell of 6-pairs of running shoes in a bedroom was quite something.

Stage 2 – Zermatt to Gressoney



For stage 2, we were due to run 43kms and climb 3,000 metres. I had been looking forward to the glacier crossing with 2km of ice before going over Theodulpass which was the highest point of the route at 3295m.

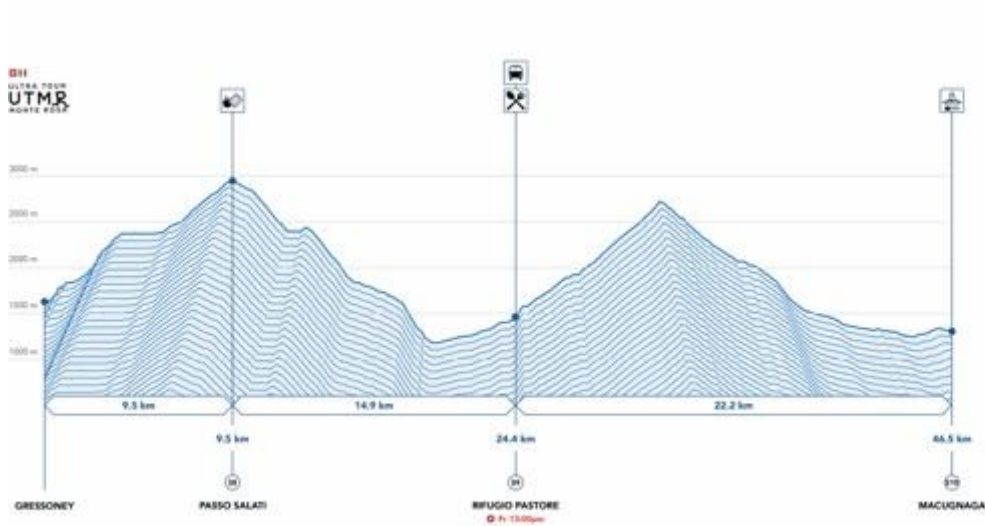
I awoke at 6:30am to the sound of thunder rumbling around the valley and heavy rain outside. It felt comforting to be laying in a warm bed, listening the storm outside and the knowledge we wouldn't be battling over the pass in atrocious conditions. From a safety point of view, cancelling the days stage was spot on.

After a leisurely breakfast at the hotel, we wandered into town to drop off our overnight bags at the previous days finish. The river running through town was a raging torrent, full of ill intent.

As Zermatt is a car free town, we then caught the train down the valley to Tasch. The organisers had laid on coaches to take us to Italy. We left at 11am and had a slow journey over the Great St Bernard Pass before arriving in Gressoney at 5pm.

On the plus side, an email from the organisers announced the following stage would be running as normal.

Stage 3 - Gressoney to Macugnaga



Stage 3 was the Queen stage. The day was fully in Italy with 46km of running and 3,700 metres of climbing. The days stage started with a long climb from the valley floor. The first hour was a long single line of runners working their way up the hill before breaking through the cloud.



The climb involved more than 1,400 of continuous ascent and near the top, I started to struggle. This was probably the effect of altitude as we were above 2,900 metres

and I wasn't acclimatised. Other runners were also showing the effects and it became a slow trudge to Passo Salati. The checkpoint was at the col, inside a restaurant servicing the ski resort. I filled up my water and grabbed some delicious Italian cake before making my way down the other side.

On the long, winding descent, my mojo came back and I started to feel good. I started overtaking runners and pushing the pace. However, I came unstuck crossing a mountain stream, where I slipped and gashed my shin.

As we descended, it became pleasantly warm and it was delightful seeing the cloud swirl around the surrounding mountains. We passed through a mountain village which which had a Walser architectural style. They were delightful wooden buildings with stone roofs that look like dragon scales.

The next checkpoint was at a mountain refuge in the valley floor. I fuelled up on pasta, knowing that ahead was a long climb of Passo Turlo. The vertical ascent was over 1,700 metres. I had expected to take 2.5 hours to complete it. The climb followed an old roman cart track. It was graded at a steady 7% gradient. The track was an engineering marvel as we worked our way slowly up the remote hill side. At lower elevations (and being fitter), I could have possibly jogged up it. However, I struggled on the climb. The combination of fatigue, altitude and a large lunch, resulted in me trudging up the climb slowly. I was passed by a dozen runners who I had passed earlier in the day.

On the long 10km+ descent, the well graded track, gave way to a broken trail. The trail was wet from the previous days rain and it became tricky as we passed through woodland and a path covered in slippy tree roots.

It was a relief to reach the valley floor. My energy came back and I picked up the pace. Over the next 50-minutes, I picked off most of the runners who had passed me the climb and I was full of beans in finishing the stage in about 10.5 hours.

On the way into the finishing town at Macugnaga, there was signs of extensive flood damage from the previous days rain. The road into the town had been washed away and a bridge closed with damage.



At the finish, I found out that Stage 4 had been cancelled. We had been due to climb back into Switzerland into the Saas-Fee valley. However, over in Switzerland, roads and bridges had been washed away in numerous places, and the Saas-Fee valley had been closed to traffic.

Stage 4 – Macugnaga to Grächen

On the final day, the organisers put on an optional 21km run through the woods surrounding Macugnaga. The plan was to run locally in Italy before bussing up back to the start/finish in Switzerland. I had decided to not run on the final day as the route went around some of the tracks we had done the previous day, and I wasn't excited to be running through the thick local woodland.

While the runners were away, I spent the morning sight seeing around the local area and chatting to other runners who had decided to also miss the run. At 2pm, we were then bussed back to Switzerland which took 3 hours. On the way, I read up on the UTMR full race. Due to the weather that had been cancelled. In its place, they had planned an 80km race. However, that had to be shortened again due to the road closures so it ended up being 55km.

At the end of the day, it was disappointing not to have managed the full course route. However, the amount of rain was extreme and it was sobering to see the damage being done. Also, I knew the event could be affected and bad weather isn't new to UTMR – back in 2019 heavy snow closed three passes, causing the event to be curtailed that year.

The UTMR route is stunning and one that I would thoroughly recommend. The trails are in great condition, they are well marked, and unlike the route around Mont Blanc, they are not overcrowded.

Report by Craig MacAlpine

STOP PRESS

Results just in from the Cardiff Half Marathon (Sunday 6th October)

Allister Bristow	1.23.32
Nick Bristow	1.28.56
Tim Steere	1.24.31
Dave Engledew	1.33.08
Andrea Mitchell	1.55.06
Dave Lloyd	2.00.08
Louise Creber	2.27.03

Any other results unknown



Cardiff Half Marathon - Sunday 6th October



PARKRUN

Parkrun is a global phenomenon that began in the UK in 2004. It was founded by Paul Sinton-Hewitt, who organized the first parkrun in Bushy Park, London. The concept was simple from the outset : free, weekly, timed, 5-kilometre runs held in local parks to promote community fitness and social interaction. The emphasis has always been on inclusivity for all, whether a walker, Couch to 5k aspirant, club runner or Olympic athlete. People can also take part as family groups, with baby buggies and with dogs.

Parkrun quickly gained popularity, with more events sprouting up across the UK. In 2007, it expanded internationally, reaching countries like Australia and South Africa.

It eventually reached Devon with the Killerton event starting in April 2011. The Plymvalley event, held on National Trust land from Plymvalley, followed shortly after in September 2012. There are now 18 parkrun locations in Devon and over 700 in the UK.

Erme Valley Harriers members embraced parkrun from the start. Keith Reed was the sole EVH representative at the inaugural Plymvalley event and it quickly caught on from there. 115 Erme Valley Harriers have now completed just under 3000 parkruns in Plymbridge Woods. Approximately 35-40 EVH folk now run a parkrun most Saturdays throughout the year, with the opportunity for an extra run on Christmas Day and New Years' Day.

Erme Valley Harriers runners have now run over 9000 parkruns at over 250 different locations all over the world. Our uber tourists are Lucy Cambridge, who leads the way with 158 locations, and Mike Hoskin who has run at 131 locations. Both are members of the elite Cowell Club for runners who have visited 100 locations, Ben Trigg will become the 3rd EVHer to join next weekend. More esoterically, Ewan Lake has run 46 parkruns each one at a different location and Simon Swift recently became one of fewer than 200 (out of over 10 million) parkrunners globally to run at least 10 times at each of 10 different locations.

Parkrun is also (mostly?) an excuse for a post-run coffee & cake and socialising. On most Saturdays groups of EVHers will meet up at an agreed venue on the pretext of celebrating a birthday or one of the many recognised parkrun milestones. Colour coded parkrun T shirts are awarded for runners who reach 25, 50, 100, 250 or 500 runs, but there's also plenty of opportunity to celebrate for other reasons and other milestones too.

44 EVH runners have achieved their red T shirt for doing 50 runs. 32 of those have also reached black T shirt status for running 100 parkruns, with Lindsay Lane being the most recent to reach this level last weekend. 9 Harriers have obtained green T shirts for running more than 250 runs, with Bryan Short due to be the 10th in the next couple of weeks. No EVH runner has yet qualified for a blue T shirt for 500 runs, but Alison & David Engledew and Andy Trigg have all run well over 400 times, so it shouldn't be long. Globally, the most runs that anyone has done is 863!

An integral part of parkrun, and part of the ethos since the start, is the emphasis on the benefits of volunteering, both to the run participants and to the volunteers themselves. Each location relies on many individuals and roles to ensure the safe and successful running of the event. EVH members have made a solid contribution to volunteering. Katy and Russ Mogridge took on Event Director responsibility for Plymvalley parkrun in the early years and then became part of the core team which established the Central Park event more recently. Alison Engledew is also an Event Director for the event held at the Parke Estate, Bovey Tracey.

Although parkrun emphasises the inclusivity, wellbeing, and social aspects of a weekly run in a park/woods/seafront etc, it's also an opportunity for a competitive weekly speed workout should you wish for one. Many EVHers have improved their base speed endurance from their weekly parkrun visit. It's also possible to measure yourself against others who may be older or younger than you, or of a different gender, by comparing Age-grading scores which take age and gender into account. Alison Thorn holds the EVH record record with an age grade run of 90.47% at Exmouth recently.

Parkrun has something for everybody, whether you are a 15 minute 5km runner, or you want to walk around in over an hour. There's even a 2k option for juniors, held every Sunday. Our local one is held in Devonport Park each week.

If you haven't done one before, just talk to any of us who parkrun and join the EVH parkrun Facebook group (Who's Doing Parkrun). You may suddenly wonder what you used to spend your Saturday mornings doing!

Editor's comments: Many thanks to Andy Trigg for providing this great report on letting us all know what parkrun is all about. Parkruns are now a regular part of EVH life, with Andy providing each week the most fantastic information of what is going on, records achieved, venue information etc. I'm sure everyone greatly appreciates the information. (Lindsay Lane has now continued writing some great reports since Andy left the area)



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	2.49.29	Berlin 24

Former member **Robin Brindle** came across recently his **EVH** running vest (small) and a pair of matching shorts. They are in good condition and free. Let me know if you are interested (Editor)

News on Matthew Gilvear

I am pleased to report that **Matthew** has gained a sports scholarship award from **Warwick University** for his running and athletic achievements. This will include free sports membership, physio and strength and conditioning support alongside coaching. The sports scholarship programme started with a bonding trip to the indoor climbing wall!



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 2.49.29 Berlin 24
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

