

## 5. Newsletter

I managed to issue 12 Newsletters, known as the Harrier over the last year, with no Harrier in January as I was away for some 3 weeks. The September Harrier had some 15 pages, which was the fewest, whilst the August Harrier was the largest with some 31 pages!

The Harrier is issued once a month and is sent out by email to members on my distribution list and also appears on the club website. It is a good reference guide as to what is happening in the club and includes race reports, training information, photos etc. I would like to thank in particular your Chairman Tom Davies and Secretary Keith Reed for their regular reports. Also many thanks to anyone who has sent me photographs or reports. I even had a video clip from Charlie at the Westward Ho! Cross Country as you had to decide whether when jumping the stream he cleared it or fell in!

I have taken numerous photographs at races such as 'The Grizzly', where there was a monster on the course, many photos at the Plymouth races and some good ones at the Ivybridge 3 Tops Fell Race. Members living locally will also have seen some photos in the Ivybridge IMAG. Occasionally I also contribute photos to the excellent Plymouth Sports Gazette.

My favourite photos of the year were of Ronnie Haynes putting in a sprint finish to be 1<sup>st</sup> male vet 40 at the Ivybridge 10K and a very 'cool' looking Matthew Gilvear at the Totnes 10K.

I am always looking to receive reports and photos with many thanks going to Tim Steere and Craig MacAlpine.

Tim completed the Abbott World Marathon Majors and submitted some great reports and photos from his races in Tokyo and Boston.

I have been pestering Craig for some time to submit a report on one of his fantastic adventures. Craig has competed in the 14 peaks ultra in Wales, the Wasdale Horseshoe Fell Race in the Lake District and more recently the Ultra Tour Monte Rosa trail race in Switzerland and Italy. In the September Harrier Craig finally submitted me a 9-page report, with some great photos. It is worthwhile checking you tube for videos on these races as sometimes photos don't do the races justice and you get a better picture of the events.

I hope you have enjoyed the Harriers and I can produce many more interesting Newsletters in the future.

