

THE HARRIER

(FEBRUARY 2025 NEWSLETTER)



Faith and Charlie both made winning starts to the year

It was a good day for running at yesterday's cross country at Central Park, Plymouth, with a good turnout from the club. It is not long before the final race at **Redruth** on **Saturday 1st March**.

Last weekend **Charlie** and **Matthew** were representing their Universities at the BUCS Cross Country Championships in Cardiff. It's terrific that we should have two athletes from the club competing. Many thanks to **Charlie** for submitting an entertaining report.

It is now starting to get lighter in the evening, so hopefully spring is not too far away.

I hope the training is going well for the forthcoming spring marathons.

Dave Fox - Editor

From the Chairman:

Hello everyone - Just a brief update from me this month.

January and February has seen us take part in two Cross Country races including the Westward league XC at Westward Ho! which was surprisingly dry and less bleak looking than normal. The wind still did whistle through though. This weekend was much closer to home with the event at Central Park, Plymouth. It was great to see so many of our junior athletes there along with a good contingent of seniors. Looking at the results the men and women's vet teams are well placed in the team competitions so if you're able to make it to Redruth On Saturday 2nd March then please do join us there.

A reminder that we have spaces available for a trip to Looe for the challenging 10 mile race with Plymouth Musketeers R.C. Tickets are £12.50 a seat, so it works out cheaper than driving to and parking in Looe plus the camaraderie on the bus should make it a good trip. As mentioned before, the organising club Looe Pioneers have supported our races over the last couple of years by sending lots of runners and teams to both the Ivybridge 10k and our relays so it would be nice to send a few runners their way too.

Plans are coming on well for the Ivybridge 10k on Saturday 17th May 2025. As ever, we will be requesting some help from you to put on the event. More details to follow later in the year but if you could save the date it would be appreciated.

We have also started making preliminary plans for the Ivybridge relays and fell race, for which we will also need volunteers to help host these events too, more details to follow.

Tuesday night club runs seem to be going well. A gentle reminder to please wear Hi-Viz and on returning from your run please try and stop on the pavement before negotiating your way through the entrance to the rugby club. It's still very dark there with a lot of cars exiting the car park.

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

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

SECRETARY'S NOTES

Spring is coming

As we prepare for the next Westward League this weekend in Plymouth (being held on the Saturday) we have more cold weather on the way, but Spring is not far away with the evenings getting lighter. Entries are now open for our 10K which will be held on Saturday May 17th.

I will be sending out an email to ask for volunteers in the next week or so. We really hope you can help as it is vital to the success of the race. Thanks to everyone who have renewed their club memberships.

If you haven't yet done it then please can you do so. It is also vital that everyone completes a new form as your consent for us to hold your date and register with England Athletics is included. We are starting the registration process in the next few weeks ahead of the April deadline. There are a number of entry systems that will only let you enter races if your registration status is up to date.

Training and Competition update

Junior training on a Thursday is currently a bit restricted because of the non-availability of the sports hall due to exams and we hope to get another great turnout. We are winning the league, but we are coping OK. Can I ask that all seniors arrive before 6pm on a Tuesday so we can check everyone in and start the session by 6.10pm after the announcements. The handicaps are going well and thanks to Emma for taking this on this role. We will need a volunteer to do the time keeping in March as I am away. The next Sportshall is on the 23rd February and we have had 23 athletes selected for the Regional event in March. The track and field season begins in April with the Spring warm up in Plymouth. We hope to get a good turnout of juniors and hopefully some seniors at this event. Tom has agreed to be our team manager on the day for this event and other track meetings. A full list of fixtures are on the website. We are also part of the Armada composite team in the South West League which is free to take part in. We are planning our Junior presentation event which will take place in late April.

More details will be given later once we have confirmed the venue.

Road (and off Road) Running

There have been a few races in January and early February including the Westward League in a sunny Westward Ho! and our runners have continued to do well despite indifferent weather. Dave Engledew has continued his recent good form and currently leads the Club Championship. Thanks to Lynne Whitfield for her efforts in setting this up. All the results are now on the website together with a list of races and an explanation of how to gain points.

It also includes Cross Country, Track and Parkruns. Good luck to all those training for Spring Marathons.

Athletes of the Month (December)

The athletes of the month for January were

Araliya Martin and Alan and Jane Makeham.

Forthcoming Events

February 15th – Tavi 5K
- Wild Night Run- S Brent
February 16th – Dalwood 3 Hills
February 22nd – Dartmoor Winter Traverse (30km or 50km)
February 23rd - Devon Sportshall League Plymouth
- Hameldown Hammer
- Feighan Fury
- Torbay 5k (rescheduled)
March 1st - Westward League – Redruth
March 2nd – Looe 10
March 9th – Bideford Half Marathon
Granite Way 10/20 and Grizzly
March 16th – Regional Sportshall- Torbay
March 22nd – Exeter Trails Half and 10K
March 30th- Exeter Open Track Meeting
April 5th – Power Run - Powderham
April 6th – Spring Warm Up – Plymouth
April 13th – Ken Trickey Open – Exeter
April 18th – Fast Friday 10K
April 19th (&21st) – Yeovil Opens
April 21st – Yeovil Easter Bunny

Finally – We aren't quite out of Winter yet so be careful at night and on slippery roads and pavements.

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E VH Club Championship 2025

48 members scored points in the Club Championship in January with Dave Engledew leading after achieving 50 bonus points for his club age group record in the First Chance 10k in Exeter. Full results are on the website.

Pos	Name		TOTAL	Marathon	Age record bonus parkrun (x 12 max)	E VH team win bonus	Track event	Ultra event	First Chance 10k - Exeter	Winter Handicap 01	Westward League XC - Westward Ho!
1	DAVID	ENGLEDEW	89.28		50				39.28		
2	JENNIFER	HAYES	76.72						36.72	10	30
3	REBECCA	LEE	73.11						33.11	10	30
4	NICHOLAS	BRISTOW	69.28						39.28		30
5	ANDREA	MITCHELL	67.06			20			37.06	10	
6	HELEN	CHAPPELL	56.98			20			36.98		
7	KATE	MEDLICOTT	56.84			20			36.84		
8	MIKE	HOSKIN	50.00					50			
9	ANDREW	MITCHELL	40.55						30.55	10	
10	SIMON	FITZE	40.51						40.51		
11	ALISON	McEWING	40.27						40.27		
12	LUKE	HAYES	40.00							10	30
13	CHRIS	PRALL	40.00							10	30
14	LYNNE	WHITFIELD	40.00							10	30
15	PHILIP	ADDERLEY	38.18						28.18	10	

All the February events have taken place as they were very early in the month but there are still bonus points available, including for taking part (running or volunteering) in the Torbay Velopark parkrun this month.

Looking ahead to March, there is a good selection of events to take part in as well as bonus points for taking part in the Plymvalley parkrun.

01-Mar	Westward League XC - Redruth	30
02-Mar	Looe 10 miler	30
04-Mar	Winter Handicap 05	10
09-Mar	Bideford Half Marathon	Age% * 0.75
22-Mar	Exeter Trail Half Marathon	Age% * 0.75
30-Mar	Belstone Loop Fell Race	30

Full details of the Club Championship including all the events are on the Club website. Feedback and suggestions are welcome and please let me know if you spot an error or an omission!

Lynne Whitfield

Region's athletes impress at Westward Cross Country League and Oh My Obelisk

Posted on [January 14, 2025](#) by [Plymouth Sports Gazette](#)



CITY of Plymouth, **Erme Valley Harriers** and Tavistock AC all had athletes finishing within the top three at the fourth round of the Westward Cross Country League at Westward Ho! on Sunday.

Plymouth's Evie Welsh continued her unbeaten form in the under-11 girls' category by taking another victory.

Second place in that race went to Tavistock's Olivia Walkerdine, with City of Plymouth's Margot Goodspeed third and her team-mates Genevieve Stone, Evie Bolt and Theia Jones finishing fifth, sixth and seventh. Tavistock's Harriet Jones (8th) was also in the top 10.

City of Plymouth's Annabel Arnold enjoyed a good run in the senior women's race, finishing second just seven seconds behind Exeter University's Millie Porter.

There was also a top 10 placing in the women's race for Tavistock's Jasmine Gray (7th), while **Erme Valley's Jennifer Hayes** (F45) and Tavistock's Caroline Stevens (F55) won their age categories.

Tavistock's Claudia Jones (6th) and Tamsyn Reid (8th) both came in the top 10 under-17 girls.

In the under-15 girls' race, Plymouth's Elsie Goodspeed finished third, while in the under-13 girls' event, her team-mate Daisy Elliot came fifth.



Erme Valley's Luke Hayes claimed a good second place in the under-17 boys' race, with City of Plymouth's Benjamin Marriott fifth and Tavistock's Reuben Sebag-Montefiore seventh.

City of Plymouth had two runners in the top five of the under-13 boys' event, with Finley Eales taking third and Lucas Sweeney fifth. Tavistock's Jack Antony came 10th.

Also taking a third place was Plymouth's Jack Penney in the under-11 age group, with **Erme Valley's Arthur Nicholson** not far behind in fifth.

There were top 10 places in the under-15 boys' category for Tavistock's Freddie Whybrow (5th) and Eldon Young (7th) and City of Plymouth's Freddie Blight (6th) and Taylon Jones (10th).

In the senior men's race, Plymouth Harriers' Jack Dee enjoyed a strong run on the Westward Ho! downs to finish sixth, with Tavistock Run Project's Jim Cole 11th and first M40.



A number of athletes opted to compete at the multi-terrain Oh My Obelisk nine-mile and half marathon events on Sunday rather than make the trip to north Devon for the cross country.

Erme Valley Harriers' Charlie Milward claimed victory in the nine-mile race at the Dawlish event. Plymouth Musketeers' David Friskin was fourth and **Erme Valley's Andrea Mitchell** was second F50.

The half marathon off-road event was won by Ceri Rees (M50), who edged out Exmouth's Tom Merson.

Plymstock Road Runners' Graham Bale came eighth overall and third in a strong M50 category, while **Erme Valley's David Engledew** was first M60 and Plymouth Harriers' Andrew Marhsall was third in that age category. **Erme Valley's Alison Engledew** was second F60.

ATHLETICS: Schools impress at county championships, while Battershill enjoys encouraging opening

Posted on [January 21, 2025](#) by [Plymouth Sports Gazette](#)



DEVONPORT High School, Plymouth College, Tavistock College, Ivybridge Community College and Mount Kelly College all had athletes picking up medals at the Devon Schools' Cross Country Championships at Exeter on Saturday.

Devonport High School for Girls' Elsie Goodspeed, who at club level competes for City of Plymouth, claimed victory in the junior girls' race, where her school colleague and Tavistock AC athlete Zoe Bigham came fourth.

Tristan Bigham (Devonport High School for Boys and Tavistock AC) won the minor boys' (Year 7) race, with Ivybridge's Dougal Buzza second and Sebby Travers (DHSG) also finishing within the top eight.

Plymouth College and City of Plymouth's Molly Shorey, who was part of Devon's winning team at the English Schools' Cross Country Championships last year, finished as runner-up in the senior girls' race behind Isla Bryson. There were also top eight spots in that race for Phoebe Timson (Plymouth College), Freya Page (Plymouth College) and Lara Dix (DHSG).

Also, claiming runner-up placings were Tavistock College's Darcy Brown and Kelly College's Freddie Whybrow.

Brown came second in the minor girls' event, while Whybrow took silver in the junior boys' race, where Tor Bridge High's Finley Eales was sixth.

Ivybridge College's **Luke Hayes (Erme Valley Harriers)** finished fourth in a strong intermediate boys' event, while there were also top eight finishes for Tavistock College's Lamorna Cox (7th, intermediate girls) and Mount Kelly's Fynn Armstrong (8th, senior boys).

The first four finishers in the junior to senior races have been guaranteed spots at the English Schools' Championships in West Sussex in March, while other athletes will have the chance to gain one of the eight available places at the South West Schools' Championships at Newquay on February 1.

At the Cornwall Schools' Cross Country Championships in Truro, Saltash Community College's Lucas Sweeney and Daisy Elliott (both City of Plymouth AC) claimed Year 7 titles.

Sweeney triumphed by 15 seconds in the minor boys' event, while Elliott had to dig deep to take victory in the corresponding girls' race by just two seconds.

Callywith College's Holly Reid (City of Plymouth) finished second in a good battle in the senior girls' race with Truro & Penwith College's Roisin Mooney.

Torpoint Community College's Jack White came fourth in the intermediate boys' event, with his school colleague Josh Bloxham eight.

Saltash's Jacob Robinson (senior boys) and Taylan Jones (junior boys) also finished eighth in their races.



One of Devon Schools' former stars, **Will Battershill**, opened his year at the weekend by running a new indoor 3,000m personal best at the BMC Meeting in Sheffield. The steeplechase star clocked 7:53.49 as he finished sixth in a high-class race, which was just 0.2 of a second off his outdoor PB.

Also indoors, City of Plymouth's Emily Bee continued her good hurdles form by clocking 8.64 seconds to finish second at the YSU Collegiate Invitational Meeting in America. That was just 0.02 seconds off her PB and ranks her 14th in the early UK rankings. She also leaped 1.61m to take fourth in the high jump.

Elsewhere, **Erme Valley Harriers' Faith Taylor-Tippett** showed the whole field the way home to take overall victory in the Race the Light 8.5 mile race at Mothecombe, while at the Storm Force 10 in Cornwall there were age category top three placings for Tavistock AC's Helen Kula-Przewanski (1st, F65), East Cornwall Harriers' Revis Crowle (2nd, F60), Looe's Joanne Robinson (2nd F45) and Tamar Trotters' Anthony Worthington (3rd, M55) and Richard Morton (M70).

RACE NEWS

Some times from the 'Oh My Obelisk' at Dawlish:

9 Miles	1	Charlie Milward	1.04.15
	32	Andrea Mitchell	1.31.50 (2 nd f50)
	38	Richard Lane	1.34.42
	40	Lindsay Lane	1.34.58
	67	Jane Markham	1.50.49
	68	Alan Markham	1.50.49
Half Marathon	36	Dave Engledew	1.54.29 (1 st m60)
	47	Barry Neal	1.58.49
	97	Alison Engledew	2.17.14 (2 nd f60)

Faith Taylor-Tippett achieved a time of 1.09.10 in winning the **Race the Light** at **Mothecombe**.

Helen Chapell was the first lady at the tough **Haldon Half Marathon Trail** race.

Graham Reed made an impressive start to the year as he was 2nd in the **Chepstow 10K** in a time of 36.19 in blustery conditions.

Mike Hoskin is always prepared to take on a challenge. He successfully completed the **Budleigh Blister 10** mile race in a time of 1.49.56 and then took on the **Paga Trails Marathon** (actually 28 miles) and finished in 8.32.22.

Dave Rayfield (2.04.37), **Richard De Salis** (2.13.11) and **Jenny Hayes** (2.13.59) successfully completed the **Endurance Life South Devon Coastal Marathon**. **Dave** was 1st m55, whilst **Jenny** was 3rd female overall and 1st female vet 45.

Dave Engledew (2.30.47), **Alison Engledew** (3.00.55) and **Carol Hansen** (3.46.24) went to the **South Downs** to tackle the **Arundel Winter Trail 15**. The race turned out to be one of the toughest ever with the rainy weather, slippery terrain and a challenging and exposed course. Despite everything **Dave** was 2nd male 60, whilst **Alison** was 2nd female 60.

Hello hello EVH'ers near and far!

In this edition of the Harrier, instead of Dawlish we are taking to the skies of Cardiff and into Blackweir fields for a race report on the **BUCS XC 2025 Championships** which took place on Saturday 1st February!

First and foremost, we all arrived at our AirBnB in Landaff (just North of Cardiff Central) and a pre-race briefing the night before set us up in a good mood! Our team (University of Plymouth = UoP) consisted of 8 lads and 4 lasses, so we had a great mix!

The brisk walk up to the course was rather enjoyable with rugby and football matches galore on a cold crisp February morning which enhanced the mood for success!

By pure coincidence, we bumped into EVH star **Matt Gilvear** so of course a photo showing the late teens of EVH doing them proud was certainly needed!



A course walk to get our bearings (only to find out it wasn't that muddy!) and the ladies set off in style! Caitlin was our first runner back in a stellar time, closely followed by

our Club President Mabel, followed by Seren and then Ellie! The lads and I were so proud of them especially as a couple of them were coming back from illness!

Spikes at the ready... 'Go faster glitter' donned (see pictures!)... airhorns blaring... TAKE-OFF!

In a very competitive field of near enough 800 runners, I knew it wasn't a winning race - however that wasn't gonna stop me from giving it a go! I quietly slipped into 1st UoP runner from the start and carried the momentum throughout, gliding over the mud! A sprint finish placed me in a respectable 228th in a time of 28:36! In a stacked field I was more than pleased with this! The course itself played to my strengths with sharp twists and turns, no churned up mud thus far and virtually no heavy hitting hills!

My clubmates all did excellently with Tim, Noah and Tom to name a few in my race putting out some amazing times!

Team photos together with our amazing banner done and then we all went to spectate the long races. Much like my race, filled to the brim with some future stars of running including Will Barnecutt and Poppy Tank! **Matt** also did very well in his race and I even managed a few photos so I'd say that's a job well done for both of us! Well done **Matt**!!



Afterwards, we prepped for the after party in the Cardiff University's student's union which was absolutely amazing!

Sunday morning came around very quickly and a pack up of our things sent us on our way and we arrived back in the Home County for the afternoon to conclude an incredible weekend!

Overall, it was a fantastic weekend filled with laughs, successes and new experiences! I will definitely be returning to this awesome event in the years to come whilst I'm studying and trying to top the previous experience! It also gave me a great confidence

booster for future races to come whilst showing me where I am on my running road map!

Thank you for reading folks and I hope to see you lot again soon and I look forward to compiling many more race reports for 2025! I must say it's rather very therapeutic if truth be told...

Back to you in the studio!



Matthew ran for the University of Warwick in the longer race and achieved a time of 34.17 (73rd), whilst Charlie ran the shorter distance. **Matthew** continues to run well for the University as he is his 1st junior man in the Birmingham and District XC League.





British Universities XC - Cardiff



ATHLETICS: Tank and Smart claim medals at the BUCS Cross Country Championships in Cardiff

Posted on [February 2, 2025](#) by [Plymouth Sports Gazette](#)



CITY of Plymouth's Poppy Tank and Tavistock Run Project's Oliver Smart both won individual medals at the BUCS Cross Country Championships in Cardiff on Saturday.

Great Britain international Tank, making her BUCS debut, claimed silver in the women's long course race behind her University of Birmingham team-mate Jess Bailey, who was runner-up in the under-20 race at the European Cross Country Championship in December.

Just seven seconds separated the international pair at the end of the 8.2k race.

Former English Schools' champion Smart, also representing the University of Birmingham, took bronze for the second year running in the men's long course race.

In a thrilling 10.87km contest, just seven seconds separated the top three, with Birmingham's Tomer Tarragano taking the victory, ahead of Loughborough's Louis Small and Smart. Fourth place went to 36-year-old American Olympic marathon runner Jared Ward, who was representing the University of Oxford.

Meanwhile, City of Plymouth's Lucas Sweeney medalled at the South West Schools' Cross Country Championships in Newquay on Saturday. Sweeney, representing Cornwall, took silver in the minor boys' race.

Fellow City of Plymouth and Cornwall athlete Holly Reid was fourth in a strong senior girls' race, while there was also top 10 placings for Elsie Goodspeed, who was sixth in the junior girls' race, and **Erme Valley's Luke Hayes**, who came eighth in the intermediate boys' event.

Meanwhile **Dan** and **Phil** Adderley took part in the **Newquay 10K**. Dan was 305th in 50.49 and dad Phil 356th in 57.42.

TRAINING ROUTES

February

Feb 11th – speed session @ Gorse Way – 1k reps
Feb 18th – Ivy loop OR Mile reps @ Woolcombe Rd
Feb 25th – Headtorch run out to Harford and Back 25th OR Short reps @ Julian Rd

March 2025

Mar 4th – Winter Handicap
Mar 11th – Speed session @ train station
Mar 18th – Ivy loop OR Short reps @ Julian Rd
Mar 25th – Hills @ viaduct or summer Handicap acclimatisation

PROVISIONAL DATES

April

Apr 1st – Summer Handicap
Apr 8th – Speed session @ filham Lake
Apr 15th – Spirit of the Moor from the Rugby Club
Apr 22nd – Penquit Loop
Apr 29th – Hills @ Palace Lane

May

May 6th – Summer Handicap
May 13th – Harford Loop
***SAVE THE DATE! IVY 10K ~ SATURDAY 17th MAY!**
May 20th – Spirit of the Moor from the Rugby Club
May 27th – Ermington Mast run



Plymouth Cross Country - Saturday 8th February





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2024 CLUB 10K RANKINGS (2023 RANKINGS IN BRACKETS)

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1 (4)	34.25	Graham Reed	Langley Burrow
2	34.48	Luke Hayes	Yelverton
3 (5)	35.21	Ronnie Haynes	Ivybridge
4 (2)	35.52	Simon Fitze	Exeter
5	36.36	Peter Allen	Exeter
6 (6)	37.20	Alison McEwing	Exeter
7	37.46	Allister Bristow	Bridgwater
8 (3)	38.22	Charlie Milward	Torbay
9 (7)	38.29	Alison Thorn	Langley Burrow

There is an amendment to the rankings published in the January Harrier as I have discovered that Graham Reed ran the 5th race of the series at Langley Burrow in a quicker time than Luke Hayes achieved at Yelverton so replaces Luke Hayes at the top of the rankings. The overall standard is very good as there were 3 times over 38.29 which made the rankings in 2023.



