

# THE HARRIER

## (APRIL 2025 NEWSLETTER)



**Chris, Becky, Matthew and Peter at the Devon Champs Fell Race**

We did well at the Devon Championship Fell Race with our athletes picking up several prizes.

Distance seems no problem for everyone as this weekend we had athletes running in Prague and Berlin. John Riley made the relatively short distance to Cornwall and has submitted a great report on the Cardinham Woods Bodmin 10K, where he was 1<sup>st</sup> male vet 50. I am always pleased to receive reports and photos from adventures undertaken.

The track and field season is now underway and after all the long runs over winter it's time for the spring marathons. Good luck to everyone running in London and elsewhere.

**Dave Fox - Editor**

## From the Chairman:

Hello everyone,

Spring is here, which hopefully means we can enjoy some of our summer training routes around the lanes and off road runs in relatively dry weather. This also means the start of the track and field season, with the first local events happening over the previous couple of weekends including Plymouth AC's Spring Warm Up event at Brickfields where we had some excellent performances from some of our junior athletes. It was amazing to watch our youngsters get stuck into the track and field events including some of them throwing a javelin for the first time and taking on the 1500m and hurdles. It was a great day in the sunshine and I really would like to encourage some more of our senior members to come along to one of these events and give it a try.

**The Ivybridge 10k on Saturday 17<sup>th</sup> May 2025**, is fast approaching - thank you to all those who have volunteered. We've got all of the key positions covered but if you find yourself able to help out at the last minute then please do turn up and we'll find you a job. Entries are still open and coming in so if you know anyone at work, local gym or elsewhere who is interested in running please encourage them to do so!

Planning is well underway for the **Erme Valley Relays** to be held in late June, once the 10k is sorted I'll be asking for volunteers to help host this event too as well as organising teams for the race.

Chris has been busy with the organisation of our off-road race which we will be hosting again this year. The race will be held on **Wednesday 6<sup>th</sup> August** and will be approximately 10km long, taking in some high points of the moors overlooking Ivybridge. It will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>). Again, we will be looking for volunteers to help us put this race on.

They are a few months off yet but we are again hoping to have teams in the **Tavistock Town Relays** in **July** along with the **South Devon Relays** which are usually held in early **August** at **Torbay Velopark**. Both of these races have a great atmosphere and we had good club representation at both events last year. It would be good to have a repeat of that this year - please keep an eye out for more details on this over the next few weeks. A little further ahead we are looking again at the possibility of arranging a club trip to the **Bridgwater 10k** and **Half Marathon**, which are both part of the club championship.

We have our junior presentation evening at the Hunting Lodge on 25<sup>th</sup> April - again if any senior members would like to join the celebrations you'd be more than welcome.

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

**Tom Davies - [davies.tp@googlemail.com](mailto:davies.tp@googlemail.com) and 07909 595965**

## SECRETARY'S NOTES

### **Spring is really here now**

The weather is now really spring like apart from the blip on Thursday when we were supposed to start our outside junior session. We have started the track and field season and yesterday was the Spring Warm Up at Plymouth.

Entries are still coming in steadily now for our 10K which will be held on Saturday May 17<sup>th</sup>.

Thanks to all those who have volunteered to help. We really do need as many of you as possible to make the race a success. I will be sorting the roles this week and will send out a document to all before Easter.

We have now started the England Athletics registration process for those who have paid their membership. This includes a number of new U13 athletes. Remember you should go and look at your portal and ensure all your details are up to date including agreeing to the codes of conduct.

If you are not sure how to get in then take a look at our guide on the website.

### **Training and Competition update**

Junior training will be one session for the next two weeks because of the Easter Holidays. This will be outside if the weather is good. We were crowned Devon Sportshall League champions as expected and we did have 26 of our juniors taking part in the regional event. It has been a fantastic season so well done to all the athletes and also to Chris Rickard who is our Team Manager.

We hope to get a good turnout of juniors and hopefully some seniors at the Spring Warm Up this weekend.

Tom has agreed to be our Team Manager on the day for this event and other track meetings. A full list of fixtures and entry details are on the website. We are also part of the Armada composite team in the South West League which starts on May 4<sup>th</sup>

If anyone wants to know how it works just ask one of us at training.

We have now sorted the Junior presentation event which will take place at the Hunting Lodge on Friday 25<sup>th</sup> April. WE would like to hear from parents if you are planning to attend. All members are welcome and there will

be awards for Cross Country as well as Sportshall and last season's track.

### **Road (and off Road) Running**

We had some good results at the Devon Championships Fell race last weekend. The Armada 5K series will return next week in Saltram. It is an ideal low-key event open to all from 11 upwards. It is also the start of the Armada Grand Prix.

Details are on the Armada website.

Lynne Whitfield has now updated the Club Championships table which is to be posted on the website. Thanks to Lynne for her hard work with this. We ran the new handicap summer route last week following a trial run the previous week. Unfortunately, there were traffic issues around Filham, so we are looking at an alternative route which is safer. More details to follow.

There will be a Breakfast run on Sunday 13<sup>th</sup> April. See details on Facebook and the website.

### **Athletes of the Month (February)**

The athletes of the month for February were Helen Chapell and Dougal Buzza.

### **Forthcoming Events**

- April 9<sup>th</sup> – Armada 5K – Saltram
- April 13<sup>th</sup> – Ken Trickey Open – Exeter  
- Newport Marathon & Half
- April 14<sup>th</sup> – Saltram 5K
- April 18<sup>th</sup> – Fast Friday 10K
- April 19<sup>th</sup> (& 21<sup>st</sup>) – Yeovil Open
- April 21<sup>st</sup> – Yeovil Easter Bunny
- April 27<sup>th</sup> – Devon Open T&F - Exeter
- April 29<sup>th</sup> – Exeter Evening Open (&BMC)
- May 4<sup>th</sup> – Saltash Half Marathon & 5K  
- SW League T&F - Exeter
- May 11<sup>th</sup> – Plymouth Half, 10K and 5K  
Exeter Marathon (& 5 Mile)  
Devon County T&F Champs.
- May 14<sup>th</sup> – Armada 5K - Saltram
- May 17<sup>th</sup> – Ivybridge 10K
- May 18<sup>th</sup> – Millfield BMC Classic
- May 27<sup>th</sup> - Exeter Evening Open (&BMC)
- May 31<sup>st</sup> – Muskies Madness (Armada GP)

Finally – We hope everyone has a good Easter break and good luck to all those running in the Spring marathons.

**Keith - 07934373943**  
**reedy41c@googlemail.com**



## Armada Network 5K Summer Series

(UKA license TBC)

The Armada Network are once again organising a 5K (3.1 mile) series of timed runs on the second Wednesday of each month. This event is for runners of all abilities from the beginner up to the performance athlete looking for a fast time. Juniors are most welcome provided they are at least 11 on the day.

The venue will again be Saltram Park by kind permission of the National Trust.

Race dates:   Wednesday 9<sup>th</sup> April 2025  
                  Wednesday 14<sup>th</sup> May 2025  
                  Wednesday 11<sup>th</sup> June 2025  
                  Wednesday 9<sup>th</sup> July 2025  
                  Wednesday 13<sup>th</sup> August 2025  
                  Wednesday 3<sup>rd</sup> September 2025

Run will start at 7pm (please register by 6.30pm)

No changing at Saltram - Registration near the Finish.  
Toilets will be available near the House.

Entry fees are just £3.00 for all runners.  
There are no prizes or medals. Entries will be accepted on the night (cash only).

Please enter on-line if possible via this link.

<https://forms.gle/ye9qbLiztKEdZ8526>

Or go to [www.armadaathletics.co.uk](http://www.armadaathletics.co.uk)

For further details call Keith Reed, on 07934373943

## EVH Club Championship 2025

38 club members took part in at least one of the Club Championship events in March and there has been another change at the top as Helen Chapell moves into 1<sup>st</sup> place and Peter Allen climbs into 2<sup>nd</sup> place. Both Helen and Peter took part in 4 of the 6 events in March.

| Pos | Name     |           | TOTAL  | Marathon | Age record bonus parkrun (x 12 max) | EVH team win bonus | Track event | Ultra event | First Chance 10k - Exeter | Winter Handicap 01 | Westward Ho! XC | Newquay 10k | Winter Handicap 02 | Central Park XC | Redruth XC | Looe 10 miler | Winter Handicap 03 | Bideford Half Marathon | Exeter Trail Half Marathon | Beilstone Loop Fell Race |
|-----|----------|-----------|--------|----------|-------------------------------------|--------------------|-------------|-------------|---------------------------|--------------------|-----------------|-------------|--------------------|-----------------|------------|---------------|--------------------|------------------------|----------------------------|--------------------------|
| 1   | HELEN    | CHAPPELL  | 209.27 |          | 10                                  | 20                 |             |             | 37                        |                    |                 |             |                    |                 |            | 30            | 10                 | 56                     | 46                         |                          |
| 2   | PETER    | ALLEN     | 163.06 |          |                                     |                    |             |             |                           | 10                 |                 |             | 30                 | 30              |            |               | 10                 | 53                     |                            | 30                       |
| 3   | JENNIFER | HAYES     | 156.72 |          |                                     |                    |             |             | 37                        | 10                 | 30              |             | 10                 | 30              | 30         |               | 10                 |                        |                            |                          |
| 4   | REBECCA  | LEE       | 148.11 |          | 5                                   |                    |             |             | 33                        | 10                 | 30              |             |                    | 30              | 30         |               | 10                 |                        |                            |                          |
| 5   | ANDREA   | MITCHELL  | 143.26 |          | 5                                   | 20                 |             |             | 37                        | 10                 |                 |             | 10                 |                 |            |               | 10                 | 51                     |                            |                          |
| 6   | CHRIS    | PRALL     | 140.00 |          |                                     |                    |             |             |                           | 10                 | 30              |             | 10                 | 30              | 30         |               |                    |                        |                            | 30                       |
| 7   | LUKE     | HAYES     | 120.00 |          |                                     |                    |             |             |                           | 10                 | 30              |             | 10                 | 30              | 30         |               | 10                 |                        |                            |                          |
| 8   | BECKY    | PRALL     | 120.00 |          |                                     |                    |             |             |                           |                    | 30              |             |                    | 30              | 30         |               |                    |                        |                            | 30                       |
| 9   | LYNNE    | WHITFIELD | 120.00 |          |                                     |                    |             |             |                           | 10                 | 30              |             | 10                 |                 | 30         | 30            | 10                 |                        |                            |                          |
| 10  | DAVID    | ENGLEDEW  | 119.28 | 50       |                                     |                    |             |             | 39                        |                    |                 |             |                    |                 |            | 30            |                    |                        |                            |                          |
| 11  | NICHOLAS | BRISTOW   | 114.28 |          | 5                                   |                    |             |             | 39                        |                    | 30              |             | 10                 | 30              |            |               |                    |                        |                            |                          |
| 12  | ANDREW   | MITCHELL  | 112.27 |          | 10                                  |                    |             |             | 31                        | 10                 |                 |             | 10                 |                 |            |               | 10                 | 42                     |                            |                          |
| 13  | EMMA     | LAKE      | 97.57  |          | 5                                   |                    |             |             | 38                        |                    |                 |             |                    |                 |            |               |                    | 55                     |                            |                          |
| 14  | PHILIP   | ADDERLEY  | 81.14  |          | 5                                   |                    |             |             | 28                        | 10                 |                 | 28          | 10                 |                 |            |               |                    |                        |                            |                          |
| 15  | TOM      | DAVIES    | 75.00  |          | 5                                   |                    |             |             |                           |                    | 30              |             | 10                 | 30              |            |               |                    |                        |                            |                          |

There are still points available for events in April, including for taking part (running or volunteering) in the Haldon Forest parkrun this month. May events are below, with bonus points available for taking part in the Teignmouth Promenade parkrun.

|        |                             |             |
|--------|-----------------------------|-------------|
| 06-May | Summer Handicap 02          | 10          |
| 11-May | Plymouth 10k                | Age% * 0.5  |
| 11-May | Plymouth Half Marathon      | Age% * 0.75 |
| 11-May | County Championship (track) | 30          |
| 14-May | Armada 5k                   | 10          |

Full results and 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**

## RACE NEWS

### GRIZZLY RESULTS:

|                           |                 |                                       |
|---------------------------|-----------------|---------------------------------------|
| <b>Grizzly (19 miles)</b> | Dave Engledew   | 3.36.48                               |
|                           | Alison Engledew | 4.02.30                               |
|                           | Sophia Tolfree  | 4.13.35                               |
| <b>Cub Run (9 miles)</b>  | Ken Summers     | 1.42.42 (3 <sup>rd</sup> male vet 70) |
|                           | Lindsay Lane    | 1.42.44                               |
|                           | Richard Lane    | 1.43.29                               |
|                           | Lynne Whitfield | 1.58.11                               |

At the **Granite Way 20** **Chris Prall** was 1<sup>st</sup> male vet 40 in a time of 2.16.20.  
**Dave Rayfield** also ran well and was 2<sup>nd</sup> male vet 55 in 2.25.53.

Meanwhile **Liz Bristow** achieved a time of 49.50 at the **Chester 10K**. **Also** on their travels were **Faith Taylor-Tippett** who had a great run at the **Fleet Half Marathon** with a time of 1.22.16. **Sally Erith** (1.37.31), **Liz Bristow** (1.51.42) and **Dave Lloyd** (2.01.06) all ran at the popular **Bath Half Marathon**.

**Ronnie Haynes** had a superb run at the hilly **Falmouth Half Marathon** as he was 3<sup>rd</sup> overall and 1<sup>st</sup> male vet 40 in a time of 1.18.14.



## ATHLETICS ROUND-UP: Battershill claims top 10 finish and sets new PB at Podium 5k Festival

Posted on [March 20, 2025](#) by [Plymouth Sports Gazette](#) [Leave a comment](#)



**WILL BATTERSHILL** claimed a top 10 finish and ran a new personal best at the high-class Podium 5k Festival at Leicester.

The former Ivybridge Community College pupil clocked 13.38 minutes to finish ninth in the elite men's race, which was won by Kenyan Daniel Kimaiyo in 13.27 minutes.

Steeplechase specialist **Battershill** did beat fellow Great Britain internationals Andy Butchart and Mark Pearce, who came 10th and 11th.

Slightly closer to home, **Erme Valley Harriers' Ronnie Haynes** finished third and first M40 at the **Falmouth Half Marathon** on Sunday, with Tamar Trotters' Anthony Worthington finishing second M55.

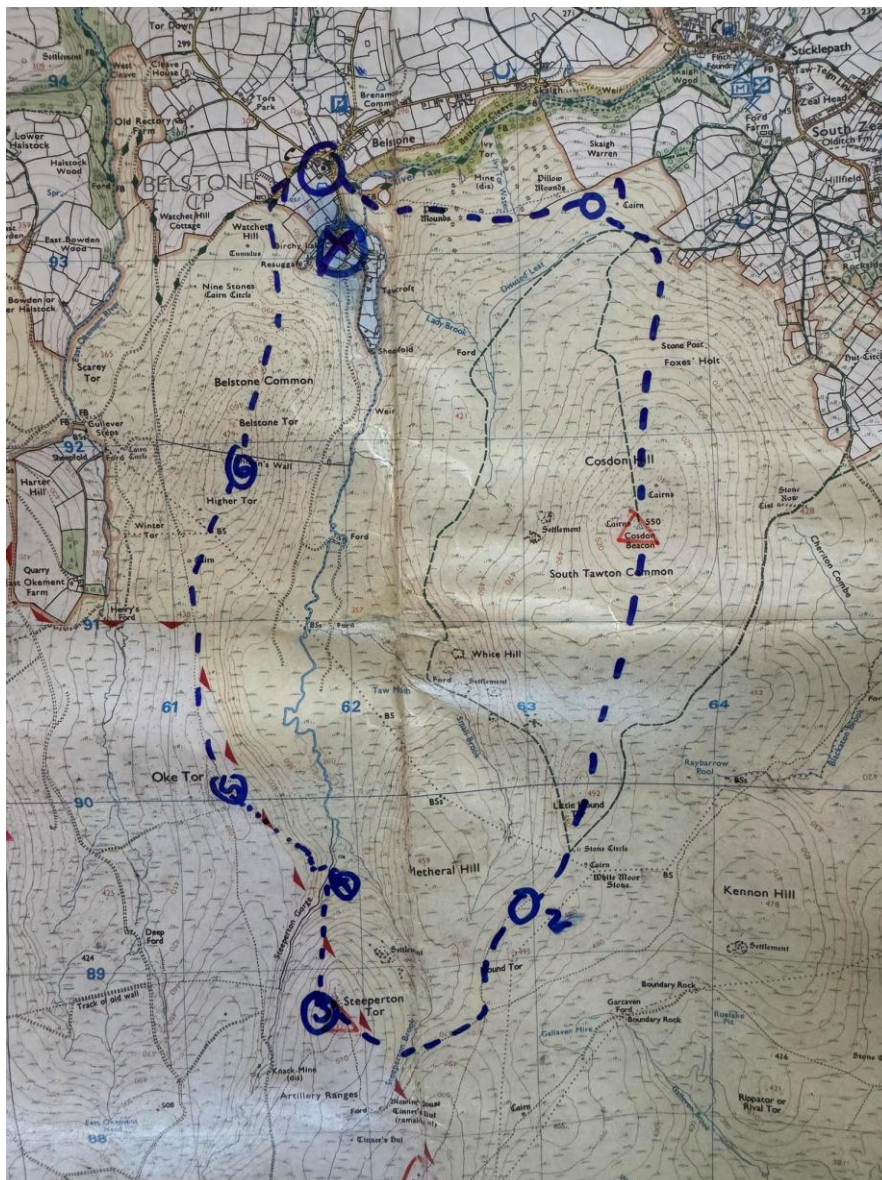
The week before, Tamar Trotters' Bex Ezra-Ham had finished third woman at the Bideford Half Marathon in 1:17.50, with Tavistock AC's Nikki Kelly eighth in 1:22.12.

There were age group category prizes at Bideford for Tavistock AC's Jenny Jeeves (1st, F55), Sam Larkham (3rd, M40) and Hannah Worth (3rd, F40), as well as City of Plymouth's David Robinson (3rd, M50).

Meanwhile, there was an impressive run by Tavistock AC and Mount Kelly youngster Freddie Whybrow at the English Schools' Cross Country Championships in West Sussex at the weekend. Whybrow finished 17th at first Devon athlete in a strong junior boys' race.

## Devon Championship Fell Race - Belstone

Well done to **Matthew Gilvear** (59.19) and Becky Prall (1.26.-08) who were 3rd male and 1<sup>st</sup> male under 20 and 3rd female respectively in the Championship Race. **Chris Prall** (1.04.17) was first Male Vet 40 whilst **Peter Allen** achieved a time of 1.13.26. The men were 2<sup>nd</sup> team.







**Photographs taken by Craig MacAlpine who marshalled at the first checkpoint and then became the tail runner**





**Becky and Matthew receive their prizes**



## ATHLETICS ROUND-UP: Tavistock's Holland finishes as runner-up at the Yeovil Half Marathon

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



TAVISTOCK'S Adam Holland finished as runner-up at the Yeovil Half Marathon on Sunday.

Holland clocked 1:13.27 to finish behind South West Veterans AC's Shaun Dixon, who won in 1:11.07.

Cornwood 10k winner Thomas Wraight took third place in 1:14.52 minutes.



**Erme Valley Harriers' Matthew Gilvear** finished third overall and first under-21 at the Devon Fell Running Championships which were held as part of the Belstone Loop race at the weekend.

Ilfracombe's Sam Deller took overall victory, with M50 runner Ceri Rees second.

**Erme Valley's Becky Prall** was third woman.

## Cardinham Woods Bodmin 10k Summer Series Run – 29<sup>th</sup> March 2025

Not only an early start, but a chilly one too. Cardinham Woods close to Bodmin was the venue for a summer series event, that would also include the canicross event taking place.

Again, as I am finding in Cornwall, hills are a given (and big ones), and I must admit Cornwall does boast some of the best. This mixture of good track and trail gave all types of runners from mountain goats to whippets every opportunity to excel, and at the finish the times would even out without bias.

A two-lap course would see a slightly up hill start that undulated probably to a slight incline before a sharp left up the first hill. Right now, all I could think of was the Looe 10 Miler and huge amounts of déjà vu. Followed by a just as sharp decline taking a right to the next tricky, not so long steep incline track. The tracks were good under foot and that control made the downhills fast. The kicker here was a right turn at the top of the track and then undulating track again inclined which took you to the top of the hill (this was hard work for sure). Fast downhill with a good mix of track and then trail completed the loop. And then onto the second loop!



Running alongside the Canicross was huge fun and a first for me. The Canicross was just crazy to see, but amazing to watch how cool the dog owners were what seemed 100 dogs were all barking and howling at the same time.

I am only just at the beginning of my new running journey, this being my second race! Each race is a huge learning curve with more body aches than I can count each time. In the end I managed to finish 6<sup>th</sup> place with a time of 55:15 mins, first Male V50.

Near perfect conditions made this race enjoyable, although my legs and heart maybe disagree! Only serving to make me thirsty for more. Great organisation made for a great morning all round.

Looking forward to more of the same! - John Riley

## Meanwhile:

**Charlie Kendrick** achieved a time of 54.27 at the **Bournemouth Bay 10K**.

**Helen Chapell** was 2<sup>nd</sup> female at the **Exeter Trail Half Marathon**. The muddy course was in the grounds of **Escot Park**. It's all off-road with some tough little climbs along the way.

**Mike Hoskin** is always keen to take on a challenge and successfully completed the **Winding Path Total Coastal 50K at Shaldon** in a time of 10.04.56.

**Lynne Whitfield** did well in her first **Half Marathon** with a time of 1.56.27 at **Kew**.

Meanwhile the **Engledew's** continued their impressive running at the **Forest of Dean Spring Trails Half Marathon**, which is a qualifying race for the **England Masters Trail Running** so it attracted stiff competition from all over the country. A place amongst the first 4 in each age group would be offered an opportunity to represent **England Masters** in the September '**Forest of Dean Autumn Trails Half Marathon**'. As **Dave** finished 2<sup>nd</sup> in his age category he definitely qualifies, whilst **Alison** was 5<sup>th</sup> in her age group. **Alison** needs to wait to see if all four of the faster vet 65 ladies were registered. **Alison** is keeping her fingers crossed!

**Dave** recorded a time of 1.40.03 and **Alison** 1.55.43.

## TRAINING ROUTES

### April

Apr 8th – Speed session @ Filham Lake plus alternative run

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! IVYBRIDGE 10K ~ SATURDAY 17th MAY!**

May 20th – Spirit of the Moor from the Rugby Club

May 27th – Ermington Mast run

### June

June 3rd – Summer Handicap

June 10th – Speed session Wollacombe Rd ~ 1 mile reps

June 17th – Spirit of the Moor from the Rugby Club

June 24th – Out and back to South Brent

## Summer Handicap Round 1 - April 2025

| Position | Runner            | Clock Time | Handicap | Time  | Points |
|----------|-------------------|------------|----------|-------|--------|
| 1        | Helen Chapell     | 38:12      | 05:00    | 33:12 | 50     |
| 2        | Helen Pearse      | 40:03      | 05:00    | 35:03 | 49     |
| 3        | Alison Engledew   | 40:05      | 04:30    | 35:35 | 48     |
| 4        | Lindsay Lane      | 40:21      | 04:00    | 36:21 | 47     |
| 5        | Lynne Whitfield   | 40:27      | 04:30    | 35:57 | 46     |
| 6        | Rebecca Chatfield | 41:07      | 00:00    | 41:07 | 45     |
| 7        | Emily Faircloth   | 43:20      | 00:00    | 43:20 | 44     |
| 8        | Russell Gibson    | 43:33      | 14:30    | 29:03 | 43     |
| 9        | Vicky Walker      | 43:42      | 14:30    | 29:12 | 42     |
| 10       | Ewan Lake         | 43:44      | 10:30    | 33:14 | 41     |
| 11       | Dave Rayfield     | 43:53      | 16:30    | 27:23 | 40     |
| 12       | Ken Summers       | 44:02      | 09:00    | 35:02 | 39     |
| 13       | Matt Williams     | 44:05      | 04:30    | 39:35 | 38     |
| 14       | Lynn Davies       | 44:07      | 02:30    | 41:37 | 37     |
| 15       | Peter Allen       | 44:12      | 19:00    | 25:12 | 36     |
| 16       | Alan Gatling      | 44:21      | 14:00    | 30:21 | 35     |
| 17       | Matt Gilvear      | 44:32      | 20:30    | 24:02 | 34     |
| 18       | Jason Waterfield  | 44:34      | 06:00    | 38:34 | 33     |
| 19       | Chloe Prall       | 44:43      | 05:30    | 39:13 | 32     |
| 20       | Chris Prall       | 44:55      | 18:00    | 26:55 | 31     |
| 21       | Carol Hansen      | 45:03      | 05:30    | 39:33 | 30     |
| 22       | Barry Neal        | 45:08      | 14:00    | 31:08 | 29     |
| 23       | Andrea Mitchell   | 45:13      | 06:00    | 39:13 | 28     |
| 24       | Kev Paull         | 45:15      | 09:00    | 36:15 | 27     |
| 25       | Nick McMahon      | 45:24      | 00:00    | 45:24 | 26     |
| 26       | Dan Adderley      | 45:26      | 14:30    | 30:56 | 25     |
| 27       | Alasdair James    | 45:27      | 07:00    | 38:27 | 24     |
| 28       | Vernon Hoare      | 45:37      | 10:00    | 35:37 | 23     |
| 29       | Phil Adderley     | 45:42      | 09:30    | 36:12 | 22     |
| 30       | Andrew Chapell    | 45:48      | 13:30    | 32:18 | 21     |
| 31       | Richard Lane      | 45:49      | 08:30    | 37:19 | 20     |
| 32       | Steph Rogers      | 45:57      | 05:30    | 40:27 | 19     |
| 33       | Charlie Milward   | 46:01      | 19:30    | 26:31 | 18     |
| 34       | Trudi Rowe        | 46:54      | 02:30    | 44:24 | 17     |
| 35       | Charlie Kendrick  | 47:53      | 10:30    | 37:23 | 16     |
| 36       | Harriet Rogers    | 48:26      | 12:00    | 36:26 | 15     |
| 37       | Esme Prall        | 48:37      | 02:30    | 46:07 | 14     |

### BREAKFAST RUN - SUNDAY 13th APRIL @ 9.00

Meet at Steer Point Road, Brixton PL8 2BP (Rear of Brixton Primary School) - street parking.

Thanks to Kevin Paull for organising the routes. Options available for runs and walks - open to all. Afterwards at Otter Garden Centre for breakfast/coffee & cake (opens at 10.00am).

## SUPER HALFS SERIES

Ever fancied visiting some of Europe's most interesting places and running at the same time then it is worth considering the Super Half's series. It's a series of six glorious half marathons that will take you to Lisbon, Prague, Berlin, Copenhagen, Cardiff and Valencia. (visit [www.superhalfs.com](http://www.superhalfs.com))

Complete the races in any order, but you must finish all six within a 60-month period (starting on the day of your first race completed). You will get your Super Medal at the finish line of your last race.



**Jeremy Westmore** continued his journey as he had a good run at Saturday's Prague Half Marathon in a time of 1.35.59. **Jeremy** had already started his journey as he ran in Copenhagen (1.40.20) on the 15<sup>th</sup> September and Valencia (1.36.37) on the 27<sup>th</sup> October.

**Andrea** (1.54.16) and **Andrew** (2.00.29) Mitchell completed yesterday's Berlin Half Marathon. Seems like a scenic and flat course with a massive entry.

The date for the half races this year are as follows:

|            |                            |
|------------|----------------------------|
| Lisbon     | 9 <sup>th</sup> March      |
| Prague     | 5 <sup>th</sup> April      |
| Berlin     | 6 <sup>th</sup> April      |
| Copenhagen | 14 <sup>th</sup> September |
| Cardiff    | 5 <sup>th</sup> October    |
| Valencia   | 26 October                 |

**GALLERY: City of Plymouth's sprint sensation Annabelle Fasuba smashes records on her first outdoor appearance of the season**

Posted on [April 7, 2025](#) by [Plymouth Sports Gazette](#)



CITY of Plymouth's 13-year-old sprint sensation Annabelle Fasuba achieved a major milestone in her first outdoor appearance of the 2025 season.

The English Schools' 100m junior girls' champion joined a short list of under-15 athletes to run under the 12-second barrier for the 100m at her club's Spring Warm-up Meeting at Brickfields on Sunday.

Fasuba clocked a stunning time of 11.91 seconds on her first run of the season. That puts her in the UK's overall female top 10 in the early rankings for this year and puts her 14<sup>th</sup> on the under-15 girls' all-time list above the likes of current Great Britain stars Dina Asher-Smith and Amy Hunt.

Just 20 female athletes in British history have run under 12 seconds at under-15 level. It also broke her own under-15 City of Plymouth record and the club's 49-year-old under-17 record, which Jill Davies set in 1976, and was only 0.11 of a second of Katherine Endacott's under-20 club record.

Fasuba, who won the English 60m indoor title earlier this year, also tried her hand at the 300m on Sunday at Brickfields, where she clocked an impressive time of 40.88 seconds, which broke another City of Plymouth AC record.

Meanwhile, there was a great sprinting battle between City of Plymouth's David and Bryan Oldfield in the under-17 age group on Sunday.

In the 100m, David took victory by just 0.01 of a second. He clocked 11.39 seconds and Bryan 11.40 seconds. However, Bryan did get his revenge in the 200m, winning in 23.36 seconds, with David second in 24.29.

Alison Oldfield also showed her sprinting prowess by taking victory in the under-13 girls' 100m in 13.53 seconds.



City of Plymouth's 400m specialist Rory Summers claimed victory in both the under-20 men's 100m and 200m at the weekend. He clocked a PB of 11.26 seconds in the 100m to edge out his team-mate and hurdles specialist Adam Dingley, who clocked 11.37, which was also a PB for him.

Summers then ran another PB in the 200m, clocking 22.61 seconds for the win.

Club colleague Finley Eales won the under-15 boys' 200m in 27.50 seconds.

There was a good race in the joint senior and under-17 men's 400m, where Plymouth's Dan Newman took victory in 52.09 seconds, just ahead of Tavistock's under-17 athlete Caleb Gifford-Groves, who clocked 52.42.

City of Plymouth's Harvey Slade and Evie Welsh claimed victories in the under-13 600m in respective times of 1:45.26 and 1:53.15.

Another home club athlete, Joshua Blake, won both the senior men's 800m and 1,500m events.

He clocked 1:58.45 to easily win the 800m and then ran 4:16.14 to hold off **Erme Valley's Matthew Gilvear** in the 1,500m.

Tavistock's Freddie Whybrow was first under-15 in the 1,500m with a 4:25.10 run, while Tavistock's Eldon Young (2:16.31) and Plymouth's Elsie Goodspeed (2:19.97) won the under-15 800m events and Benjamin Marriott was first in the 3,000m in 9:44.01.

City of Plymouth's Robyn Summers enjoyed an encouraging 300m hurdles debut, clocking 49.44 seconds to win the under-17 girls' event.



In the sprint hurdles, **Erme Valley Harriers' Isabella Trowell** opened her season with a victory and a PB of 12.83 seconds in the under-17 80m race, while City of Plymouth's Tilly Day was quickest under-13 over the 70m barriers with a 14.37 second run.

As per usual, the hammer events were strong on Sunday, with Tavistock AC throwers dominating.

Tegan Brown threw an impressive 51.90m to win the under-17 event ahead of her team-mate Hazel Stead, who threw 46.05m.

Just 27cm separated Tavistock's Ella Patterson and Louisa Hess in the under-20 hammer. Patterson took victory with 40.53m and Hess was second with 40.26. Owen Fileman won the under-20 men's event with 47.48m.

Hazel Stead also secured victory in the under-17 discus with 27.61m, while **Erme Valley's Isabella Trowell** won the same age group's shot event with 9.33m.

**Due to COVID there was no London Marathon in April 2020 but our athletes did find different ways to take on the Challenge!**

**Alison and Dave Engledew:**

'Not the London Marathon Part 1 (Saturday 25<sup>th</sup> April) – 13.1 miles – elevation 2,025 ft. Elapsed time 2.58.30.

Our route took us to Shipley Bridge from home (South Brent) via the footpath from Lutton, then over Brent Moor, Quickbeam Hill, Three Barrow, along the Puffing Billy to Spurrell's Cross and back via Owley and Aish Ridge. We stopped to admire the view and take photos, which partly explains the long time it took (well worth it though).

Not the London Marathon Part 2 (Sunday 26<sup>th</sup> April) – 13.1 miles – elevation 1,806 feet. Elapsed time 3.07.22.

We ran again from home to Peek Moor Gate, then followed the 'Spirit of the Moor' route to Western Beacon, Butterdon Hill and Ugborough Beacon. From there we ran down towards Owley Corner then followed Glazebrook up to Glasscombe trees. To add distance, we then did a loop on Corringdon Ball and headed home via Aish ridge, again stopping to take photos and watch the wildlife.

We both wore London Marathon t-shirts but other than the combined distances, there were no other similarities. Total elevation was 3,831 feet and total time 6.05.52, which is definitely a marathon PW! Now exhausted'



## Lindsay and Richard Lane

'We ran the London Marathon this weekend. Half on Saturday and Half on Sunday morning.

Rich's times were 2.01 and 2.09, whilst mine were 1.59 and 2.14.

On day 1 I did Bittaford – Wrangaton – Ugborough Garage – Ridge Road to Ermington – Ivybridge – Bittaford. Day 2 did the **Puffing Billy** to Left Lake.

Rich did 2 laps each day of the same route: Bittaford – Wrangaton – Ugborough Hillhead Cross – Toby Cross – Shellwood Hill – Rugby Club – Bittaford. I took photos along the way of all the London Landmarks! This is what Rich has to say:

'On this day 5 years ago I ran the London Marathon. Today Lindsay and I were supposed to be running it together. Instead we have run half on Saturday and half Sunday to cover the same distance. We ran different routes. I took some photos of famous London Landmarks along my route!'





**'CUTTY SARK'**



**'THE SHARD'**



**'BT TELECOM TOWER'**



**'LONDON TELEPHONE BOX'**



**'HOUSES OF PARLIAMENT'**

## 'A Different Marathon' – Katy Mogridge

Having been to London as a spectator many times I decided on a supporting type run. Starting point was of course the old London Hotel! Then criss crossing Ivybridge searching out different roads to spell out support for those of you running the distance over the weekend !



Supporting is not always an easy option, preparation to plan your route, finding the best spot, the stress of standing and scanning thousands of runners, hoping not to miss them!! That 2 second glance as they speed past, oh and take a photo too!

No crowds on my route. I had fun and discovered only one road in Ivybridge begins with N! And that I can't make a collage!! Hope you all enjoyed your runs.



