

THE HARRIER

(MAY 2025 NEWSLETTER)



Barry Neal and Emma Lake at the Plymouth Half Marathon

Well done to everyone who ran in today's Plymouths races. Unfortunately, the hot weather had a day off as it pelted down with rain! Charlie was 2nd in the 5K but should have really been first as he was sent the wrong way twice! I am unaware of other results at the time of typing!

There have been some impressive performances in recent weeks with the ladies running well at the Fast Friday 10K in Exeter, with Helen Chapell setting a new vet ladies age record. On the marathon scene Dave Engledew set a new vet age record at Newport. Simon Fitze (London) and Ronnie Haynes (Manchester) were also in terrific form. Chris Prall just missed out on breaking the 3-hour barrier.

On Saturday 17th May is the Ivybridge 10K. Many thanks to everyone who has volunteered to help in some way. We always need your support. All we want now is some good weather!

Dave Fox - Editor

From the Chairman:

Hello everyone,

I hope you are all well and enjoying some of our summer training routes around the lanes and the speed sessions which are regularly organised by Emma Lake. We had a few issues with the new handicap route at the beginning of April so had to have a bit of a re-think. We were hoping to include Filham Park as part of the route as it's flat and traffic free but unfortunately due to traffic issues at either entrance to the park we couldn't find a route that we were comfortable with from a safety perspective. We have therefore opted for a route which incorporates a couple of loops of part of the EVH relay route (albeit in the opposite direction), the initial feedback is that the route is relatively traffic free and despite a couple of climbs it's a good option. We will continue to use this route for the remainder of this summer and perhaps have a re-think for next summer.

Last week we held our junior presentation evening at the hunting lodge, it was a great evening celebrating some of the tremendous successes of our young athletes and recognising the fantastic performances at the winter Sportshall competition.

We've also had some fantastic performances at some recent track and field events by some of our younger athletes, with plenty of PB's being set along the way with the occasional club record. It is the Devon County track and field champs today and we have around 12 athletes taking part with good chances of county medals and selections to represent Devon. Also today we have a strong contingent of EVH runners at the Plymouth Running Festival tacking on the half marathon and the 10k, good luck to everyone!

On the subject of track and field, it would be great if we could have a few more senior athletes join us for either an open event or as part of the Armada team at the South West Athletics League (which the club covers the entry fee for). They are very friendly and relaxed events with a wide range of abilities with coaches and officials to help point you in the right direction. At the most recent SWAL I had a go at High Jump for the first time in 25 years as well as the steeplechase for the first time ever, it was great to try something new and I'd recommend it to everyone! More details on the website or have a chat with me or Keith if you'd like to know more.





The Ivybridge 10k on Saturday 17th 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 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 6th August** and will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge and 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 and 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.

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

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

SECRETARY'S NOTES

Its 10K time and the weather is fine

The weather has been amazing of late and we just hope it will stay for out for the 10K which is now just a week away. Entries are now approaching 500 for the race on Saturday May 17th.

Thanks again to all those who have volunteered to help. Hopefully you are aware of your role on the day. There will probably be a few tweaks made before the day. We are looking forward to a safe and another well organised event.

For those who have rejoined your EA registration has been renewed or set up if you are a new member. Once the 10K is over we will turn our attention to the Relays on Friday 27th June. Tom will be looking for names of helpers and we also need someone to sort the teams. This is usually a great evening and well supported.

Training and Competition update

Junior training is going well with equal numbers across both sessions. We have been meeting outside helped by the good weather. We are grateful for the parents that have stepped forward to help.

We had an excellent junior presentation session at the end of April in the Hunting Lodge. Congratulations to all the winners.

We have started the Track and Field session quite well with a good turnout of juniors at the events.

Tom has been acting as our Team Manager at the events and this has helped a lot.

We need now to get a few more seniors to take part especially as there are extra Club Championships points available for achieving records.

Senior training has been going well and things are a bit quieter now the rugby season has finished.

We had to change the handicap route again because of the traffic issues around Filham due to football training.

The new route ran successfully.

Thanks to Emma and Tom for sorting this.

We try to offer a variation in routes for everyone on a Tuesday. We really could do with more people coming forward to be leaders for our sessions and perhaps qualifying as a LIRF. The club will pay

for the course. Speak to Tom or Sharon if you are keen to help.

Road (and off Road) Running

The Armada 5K series began in April at Saltram. The next one is this coming week. It is an ideal low-key event open to all from 11 upwards. The Armada Grand Prix has been updated and will appear on the Armada website. The next event in the GP is our 10K where you can earn points even as a volunteer.

Lynne Whitfield has updated the Club Championships table which is posted on the website. Thanks again Lynne for her hard work with this. The handicap results from May are also on our website.

Our marathon runners did well at London, Manchester and Newport with some good performances. This weekend is very busy with a lot of races on including Plymouth Half and the Bideford 10K and Exeter Marathon.

Athletes of the Month (March)

The athletes of the month for March were Becky Prall and Elliot Barrett.

Forthcoming Events

May 14th - Armada 5K - Saltram

May 17th - Ivybridge 10K

- Meldon Fell Race

May 18th - Millfield BMC Classic

May 27th - Exeter Evening Open (&BMC)

May 31st - Muskies Madness (Armada GP)

June 7th - Dartmoor Discovery Ultra

June 8th - Devon Open - Plymouth

June 11th - Armada 5K - Saltram

June 14th - Devon Schools T&F - Exeter

- Race the Tide - Holbeton

June 19th - Devon 10000m - Exeter

- Solstice Fell Race

June 21st - SW Schools T&F - Exeter

June 24th - Exeter Evening Open (&BMC)

- Langstone Fell Race

June 27th - EVH Relays

June 28th/29th - SW Schools CE - Yeovil

Finally - We hope everyone has a good run wherever you are taking part this coming weekend. It is the busiest weekend of the year so far

Keith

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EVH Club Championship 2025

April saw over 40 club members gaining points in the Club Championship. Helen Chappell holds her position at the top and David Engledew has climbed back up to second. Marathons and tracks events in April have meant bonus points for a number of people and there have also been new club records for Helen in the 10k, Tom Davies in the 2000m on the track and Isabella Trowell in the shot and heptathlon. There are plenty of bonus points to be gained by attending a track event and having a go at some of those club records!

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 January	Westward League XC - Westward Ho!	Newquay 10k	Winter Handicap 02 February	Westward League XC - Central Park	Westward League XC - Redruth	Looe 10 miler	Winter Handicap 03 March	Bideford Half Marathon	Exeter Trail Half Marathon	Belstone Loop Fell Race	Summer Handicap 01 April	April Armada 5k
1	HELEN	CHAPPELL	313.35		50	15	20		37							30	10	56	46		10	
2	DAVID	ENGLEDEW	242.98	74	100				39							30						
3	CHRIS	PRALL	221.86	72						10	30		10	30	30					30	10	
4	PETER	ALLEN	218.63							10				30	30		10	53		30	10	10
5	JENNIFER	HAYES	217.60	61					37	10	30		10	30	30		10					
6	ANDREA	MITCHELL	193.85		10	20			37	10			10				10	51			10	
7	NICHOLAS	BRISTOW	184.08	70	5				39		30		10	30								
8	LYNNE	WHITFIELD	181.09		5					10	30		10		30	30	10				10	10
9	EMMA	LAKE	156.96	59	5				38									55				
10	REBECCA	LEE	148.11		5				33	10	30			30	30		10					
11	ANDREW	MITCHELL	145.93		15				31	10			10				10	42				
12	TOM	DAVIES	145.00		50	5	20				30		10	30								
13	BARRY	NEAL	130.56	59	5												10	46			10	
14	SIMON	FITZE	124.23	84					41													
15	LUKE	HAYES	120.00							10	30		10	30	30		10					

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

June events are below, with bonus points available for taking part in the Greendale Farm Shop parkrun.

03-Jun	Summer Handicap 03	10
11-Jun	Armada 5k	10
18-Jun	Solstice Fell Race (Merrivale)	30
21-Jun	Burrator Horseshoe Classic Fell Race	30

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

GALLERY: Milbourn is first home as the Armada Summer 5k Series returns to Saltram

Posted on [April 10, 2025](#) by [Plymouth Sports Gazette](#)



LLOYD Milbourn produced a strong run to finish first as the Armada Summer 5k Series returned to the Saltram House estate on Wednesday evening.

In glorious sunshine, Milbourn clocked 17.19 minutes for the multi-terrain course around the National Trust property to come home 50 seconds ahead of second-placed **Peter Allen** of **Erme Valley Harriers**.

St Austell Athletes RC's Gareth McColville was third in 18.19 minutes, with Storm's Daniel Westlake fourth (18.34) and Plymstock Road Runners' Graham Bale (18.46) holding off the challenge of fellow veteran Pete Waumsley (18.55) for fifth.



Plymouth Harriers' Suzie Spooner and **Erme Valley Harriers' Victoria Walker** could hardly have been closer in the battle to finish as first woman, with Spooner just edging it by one second with a 21.27-minute run.

Third woman home was Storm's Rebecca McCallum (23.55), followed by **Sarah Markwick** (24.18) and **Erme Valley's Lynne Whitfield** (24.57).

Some 115 runners finished the run on Wednesday. The next event in the series will take place on Wednesday, May 14.



Armada Athletics Summer 5K Series - Wednesday 9th April

Erme Valley results:	2	Peter Allen	18.09
	9	George Benton (race number 458)	19.28
	25	Victoria Walker	21.28
	43	Russ Mogridge	24.16
	44	Sarah Markwick	24.18
	45	Simon Swift	24.19
	52	Lynne Whitfield	24.57
	58	Ken Summers	25.28
	103	Sharon Terry	33.18

Allister Bristow did well in the **Southampton Half Marathon** by finishing in 1.24.45 and winning the male vet 50 title. **Ailee Aviss** ran in the 10K and finished in 74.43.

Graham Reed took part in the high quality **Bristol Track Club 5K**, recording a time of 16.17. **Graham** also had a great run at the **Lightning Bolt 10K** as he was 7th in a time of 35.15.

In the **Run Exe 5K** **Luke Hayes** ran an impressive time of 16.10 to finish 7th. **Jenny Hayes** recorded a time of 21.28 and **Liz Bristow** 24.09.

NEWPORT MARATHON and HALF

In the **Marathon** our athletes did exceptionally well with **Nick Bristow** the first Harrier home in a time of 3.18.48. **Dave Engledew** recorded a time of 3.32.51 and was 2nd male vet 65. He also set a new club vet age group record. **Barry Neal** has a fantastic run as he achieved a pb in a time of 3.40.39. Remarkably **Barry** knocked some 22 minutes off his previous best marathon time.

In the **Half Marathon** **Alison Engledew** had a superb run to finish 1st female vet 65 in a time of 1.49.59



Newport Marathon and Half Marathon



GALLERY: Athletes brave poor conditions to take part in City of Plymouth's one-mile time trials

Posted on [April 16, 2025](#) by [Plymouth Sports Gazette](#)



NEARLY 50 athletes braved wet and windy conditions to take part in City of Plymouth's one-mile time trials at Brickfields on Wednesday evening.

Conditions were certainly not conducive for fast times, but there was a great battle in the A race between City of Plymouth's Joshua Blake and Tavistock's under-17 athlete Caleb Gifford-Groves.



Blake set the pace and was able to hold off a strong finishing Gifford-Groves, with the City of Plymouth man clocking 4:40.0 and the Tavistock teenager 4:41.8.



City of Plymouth's Gregor Norster was third in the A race, while Tavistock's Freddie Whybrow was fifth and first under-15 in 5:04.0.

Plymouth's Elsie Goodspeed was first under-15 girl in 5:37.4, while club colleague Hayley Smith won the B race to finish as fastest female in 5:29.5.

Lucas Sweeney (City of Plymouth) and Olivia Walkerdine were the fastest under-13s, while Evie Bolt (City of Plymouth) and Roux Tucker (South Devon) were quickest under-11s.



Erme Valley times:

Peter Allen	5.27.1
Tom Davies	5.47.5
Arthur Nicholson	6.23.9
Harriet Rogers	6.25.3
Jack Sweeting	7.55.6
Daisy Sweeting	8.00.5

**ATHLETICS: Dingley and Maczugowski open their hurdles seasons at Loughborough,
while Walker impresses at Fast Friday 10k**

Posted on [April 20, 2025](#) by [Plymouth Sports Gazette](#)



CITY of Plymouth's Adam Dingley and Nicolas Maczugowski opened their hurdles season at the Loughborough Outdoor Open on Saturday.

The highly-rated pair had enjoyed low-key flat run outs in Devon, but they finally got their specialist events underway at the Leicestershire meeting, that also included the BUCS 10,000m championships.

Dingley was only denied a new legal PB and a UK-leading 110m hurdles time by a strong wind.

He clocked 14.27 seconds to win the under-20 race, but the wind was over the legal limit of +2.0.

However, he will have taken great confidence from his opening hurdles display, which saw him win by nearly 0.4 of a second from Peterborough's Jack Wheatley.

English Schools' medallist Maczugowski ended up running in a joint senior men's, under-23 and under-20 400m hurdles race.

He clocked an encouraging early season time of 54.78 seconds, which ranks him second in the early UK under-20 rankings and eighth in the senior chart.

The meeting also saw Henry Curtis, better known as a sprint hurdler, try his hand at the 400m hurdles, where he clocked 58.00 seconds to win his heat.

Another City of Plymouth athlete, Hanna Ulvede also opened her hurdles season at the Yeovil Spring Open.

She won the senior women's 400m hurdles in a time of 64.67 seconds.

At the same meeting, Tavistock's under-17 athlete Caleb Gifford-Groves continued his good early season form by winning the 800m in a time of 1:58.57.

Erme Valley Harriers' Isabella Trowell is also impressing at under-17 level this season. She set two new PBs at Yeovil. She clocked 13.55 seconds for the 100m and 48.98 seconds for the 300m hurdles, which were both new best times, while she also came third in the 80m hurdles in 13.40 seconds.



Away from the track, Tavistock's Charlotte Walker was among the prize winners at the **Fast Friday 10k at Exeter**.

Walker finished as third woman overall and first under-20 at the Good Friday event in a time of 37.27 minutes.

Storm Plymouth's Lauren Knox was fifth woman in 39.20, while Hannah Walker was second under-20 in 43.42 minutes.

Erme Valley Harriers' masters women impressed at the race. **Helen Chapell** was first F55 and she was followed home by **Lynne Whitfield** and **Andrea Mitchell**, who took second and third, while **Alison Engledew** was first F65. Tavistock's Hannah Worth was first F40.



Fast Friday 10K - Exeter





Fast Friday 10k - Exeter



Fast Friday 10K - Exeter - 18th April

Erme Valley Results:	Peter Allen	37.08
	Allister Bristow (3 rd male vet 50)	38.30
	Holly Jones (5 th female)	39.09
	Helen Chapell (1 st female vet 55 and new club vet age record)	45.41
	Liz Bristow	49.21
	Lynne Whitfield (2 nd female vet 55)	49.28
	Alison Engledew (1 st female vet 65)	49.30
	Andrea Mitchell (3 rd female vet 65)	50.46
	Dan Adderley	51.10
	Andrew Mitchell	53.39

Junior Devon Fell Race

Esme and **Chloe Prall** took part in the Fell Race. It was **Chloe's** first race as an EVH member. They both did well. **Esme** was 1st in her category (FU11) and **Chloe** was 2nd in her (FU15) so got gold and silver medals.



Results from London and Manchester Marathons

We had six athletes taking part in the **London** and **Manchester Marathons**.

Simon Fitze had a great run in **London** setting a new pb of 2.41.27 just outside the male vet 45 – 49 club record held by **Alan Ryder** with his time of 2.39.58 at Taunton in 2009.

Ronnie Haynes also ran a great race in **Manchester** in his first marathon. His time was 2.45.32

Chris Prall just missed out on a sub 3 hour time by only 19 secs in **London**.

Sally Erith set a new pb in **London** of 3.18.38 and **Nick Bristow** did well in **Manchester** to finish in 3.31.53 after running the Newport race only two weeks ago.

Simon Watson recorded a time of 3.52.58 in Manchester.



Simon Fitze and Chris Prall in London

Meanwhile **Andrew Reed** had an impressive run at the **Breckland 10K** in Norfolk on Bank Holiday Monday as he was 5th in 37.36.

Meanwhile at the **Bodmin Beast off road Marathon and Half** which were believed to be over the distance we did well with **Mike Hoskin** completing the **Marathon** in 6.39.07.

In the **Half** the **Engledews** again ran well with **Dave** 42nd and 1st male vet 65 in 2.10.43 and **Alison** 1st female vet 65 in 2.27.44. **Lindsay** (2.33.44) and **Richard Lane** (2.48.16) also successfully completed the Half.



TRAINING ROUTES

May

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

GALLERY: Budge storms to victory in the Saltash Half Marathon

Posted on [May 5, 2025](#) by [Plymouth Sports Gazette](#)



MARK BUDGE stormed to victory in hot conditions at the Saltash Half Marathon on Sunday.

Budge clocked one hour, 19 minutes and 42 seconds to finish more than five minutes ahead of his nearest rival.

Second place went to Storm Plymouth's Daniel Westlake, who clocked 1:25.08 for the tough course.

Erme Valley Harriers' Peter Allen came third (1:25.40), with Tamar Trotters' Luke Attwood fourth (1:26.17) and Jon Pressling fifth and first M40 in 1:28.31.



Host club Tamar Trotters had the first two women home. Alexi Zilli (F45) took victory in 1:46.12, with club colleague Kat Darby just behind in 1:46.47.

Karine Gallais-Montgomery was third woman and first F50 in 1:51.42, with Morgan Scott fourth and Storm Plymouth's Catherine Brown fifth and second F50. For the fourth year running, the 13.1-mile race started and finished at Longstone Park and was tied in with the town's May Fair.

and some sad news - former club member Treve Mitchell (father to Andrew who runs for the club) passed away recently at the age of 84. Treve during his time with Erme Valley ran three London Marathons and perhaps passed on his running genes to Andrew! Treve was heavily involved in the rugby scene and in particular Ivybridge RFC and Devon RFU. He was particularly helpful when the club moved from its base at the Ivybridge Leisure Centre to Ivybridge Rugby Club. Keith and Sharon were able to represent the club at the funeral. We send our condolences to Andrew and the family.



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	D Engledew 43.18 Exeter 25	D Engledew 69.05 Bideford 24	D Engledew 1.33.08 Cardiff 24	D Engledew 3.32.51 Newport 25
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 McEwing 60.56 Bideford 24	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	H Chapell 45.41 Exeter 25	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



PLYMOUTH RACES





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