

THE HARRIER

(JUNE 2025 NEWSLETTER)



Ronnie, Charlie and Luke won the Men's Team prize at the Ivybridge 10K

The Ivybridge 10K was a great success. Many thanks to everyone who helped in some way and in particular to the hard work put in by your Race Director **Keith Reed** and Assistant Race Director **Tom Davies**. We did well in the race as well with **Alison McEwing** winning the ladies event – the first time an athlete from Erme Valley has done this. We also won the Men's Team prize and 2nd Ladies Team.

The Burrator 10K proved popular and yesterday our athletes did well to finish the tough Dartmoor Discovery Ultra Marathon in terrible conditions.

On **Friday 27th June** we have our own **Erme Valley Relays**. We wish to enter several teams and will of course require your assistance as well.

Dave Fox - Editor

From the Chairman:

Hello everyone - I hope you are all well and enjoying your running.

Firstly, can I say a huge thank you to everyone who volunteered at the 10K race at the beginning of May, it was a great evening and there were some great performances from our members who ran. We've had some very positive feedback about the race and we're able to donate to two local charities which is wonderful.

We have seen some great performances from our runners on the roads and track over the last couple of months at various local races. We had a super turnout of juniors at the Devon County Track and Field event and took home a load of medals. Congratulations to you all!

We now move into the relay season and first up is our own **Erme Valley Relays on Friday 27th June**. Everything is coming together with the organisation and now I am on the hunt for two things - runners and volunteers! If you are interested in running then please contact Ken Summers or Emma Lake and we will find you a team to run in (as a reminder the club pays for your entry to this and the two relays described below). Equally, if you are able to volunteer then please let me know, I will be sending out a separate email on this, but we do need helpers to ensure the race is held safely and to encourage the runners.

After that on **Thursday 17th July** is the **Tavistock Town Relays**; each leg is 1.1 miles long and is round a flat loop in Tavistock town centre / park. There are separate races for juniors, women and men and it should be a great atmosphere. We had a few teams last year and it made for a good club event with both junior and senior teams. Additionally, we are putting teams together for the **Torbay Relays** hosted by South Devon AC at Torbay Velopark (same location as the parkrun) on **Friday 1st August** - these are slightly longer at 3km per leg. This is a great event with all teams competing in the same race and they give out some fun spot prizes as well as the usual team prizes. If you are interested in either of these then please let me know.

As a reminder, we have the third running of our fell race - **'Ivybridge Three Tops'** on **Wednesday 6th August** - approximately 10km long and taking in some high points of the moors overlooking Ivybridge. The race will be part of the Dartmoor Fell series. As per a couple of my previous articles these races are very friendly and low key and well worth giving a go. As per the above, we welcome any support in order for us to host our race so if you're able to help please do let me or Chris Prall know either in person or via my contact details below.

Finally, we are looking at organising a club trip including transport to the **Torbay Half Marathon and 10k race on 21st September**. In order to secure the transport I do need to know if people are interested in joining us for this trip. We have chosen this event as there are the two distances so should hopefully cater for a range of people. If you are interested then please let me know as soon as possible so I can organise appropriate transport.

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

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

SECRETARY'S NOTES

10K is over and now for the Relays

The 10K went off extremely well and we ended up with over 600 entries in the end.

The weather was perfect for the event but has recently taken a hopefully brief turn for the worse. Can I thank everyone who helped out on the day. There were one of two issues, which we are addressing before next year. We are looking forward to our **EVH Relays on Friday 27th June**. Tom is looking for names of helpers and Emma and Ken are sorting teams. Please contact them if you can help or run. Entries are coming in and it promises to be another great evening.

Chris Prall is also going to be looking for help with the **3 Tops Fell** race on **Wednesday 6th August**. Entries have opened for this race and details of both events are on the website.

Please help out at both events if you possibly can.

Training and Competition update

Junior training continues to go well with good numbers across both sessions We have been graced with good weather until this last week. We are grateful for the parents that have stepped forward to help, but we can always do with others. The Track and Field season continues to go well and we had some good results in the County Championships.

Tom has not only been acting as our Team Manager at the events but has been setting some new club records himself.

Remember there are extra Club Championships points available for achieving records. We have a good turnout for this weekends Devon Open in Plymouth.

Senior training has continued to go well and the new handicap is also working well.

We try to offer a variation in routes for everyone on a Tuesday and I have now started a Running Form workshop over two weeks for small groups. The first one was held last Tuesday and went very well. Thanks to Ruth for sorting it out and for those who have volunteered. We are organising trips to the **Torbay Relays, Tavi Relays** and hopefully the **Torbay Half and 10K**. See Tom for details.

Road (and off Road) Running

The Armada 5K series continued in May at Saltram on another warm and sunny evening. The next one is on **11th June**. 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 the June Tavi 5K.

Lynne Whitfield has updated the Club Championships table which is posted on the website. Thanks again to Lynne for her hard work with this. The handicap results from May are also on our website. We had some good results at our own 10K where we won the Men's Team and Ali McEwing was 1st Lady. There were also some good results at the Burrator 10K and in local Fell races.

Athletes of the Month (April/May)

The athletes of the month for those two months were Charlie Kendrick and Harriet Rogers

Forthcoming Events

- 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
- Tavi 5K (Armada GP)
- July 22nd – North Devon Open - Braunton
- June 24th - Exeter Evening Open (&BMC)
- Langstone Fell Race
- June 27th - EVH Relays
- June 28th/29th – SW Schools CE – Yeovil
- July 6th – Mag 7 -Saltash (Armada GP)
- SW League – Exeter
- July 9th – Exeter 10K
- July 12th – Plymouth Harriers 5 Mile (AGP)
- July 13th – Devon Open 3 – Braunton
- July 19th - Tavi 5K
- July 20th – SW T&F Champs – Exeter
- July 26th – Cornwood 10K
- July 27th - SW League – Exeter
- July 29th Exeter Evening Open (&BMC)

Finally – As we approach the summer make sure you keep cool and hydrate when training. Use sunscreen as well.

Keith
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EVH Club Championship 2025

May was a busy month in the Club Championship with 46 members gaining points, many of these at the Plymouth 10k and Half Marathon. Helen Chappell has a good lead at the top with Peter Allen moving up to second. There were more club records broken in May and bonus points for Ronnie Haynes who actually broke the O40 marathon record at the Manchester Marathon in April.

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	Fast Friday 10k - Exeter	Summer Handicap 02 May	Plymouth 10k	Plymouth Half Marathon	County Championship (track)
1	HELEN	CHAPPELL	383.30						37							30	10	56	46		10		39	10		55	
2	PETER	ALLEN	291.90							10				30	30		10	53		30	10	10	36	10		53	
3	NICHOLAS	BRISTOW	250.50	70		5			39		30		10	30										10		56	
4	ANDREA	MITCHELL	245.00			15	20		37	10			10				10	51			10		36	10	36		
5	DAVID	ENGLEDEW	242.98	74	100				39							30											
6	TOM	DAVIES	235.00		100	5	20				30		10	30													30
7	CHRIS	PRALL	231.86	72						10	30		10	30	30					30	10						
8	RONNIE	HAYNES	226.70	77	50					10						30											60
9	JENNIFER	HAYES	217.60	61					37	10	30		10	30	30		10										
10	EMMA	LAKE	209.21	59		5			38									55									52
11	LYNNE	WHITFIELD	206.09			10				10	30		10		30	30	10				10	10	36	10			
12	ALISON	ENGLEDEW	190.69						38							30					10		42	10			61
13	ANDREW	MITCHELL	190.35			20			31	10			10				10	42					29	10	29		
14	SIMON	FITZE	186.44	84					41																		62
15	BARRY	NEAL	175.16	59		5										10	46				10						45

There are still points available for events in June, including for taking part (running or volunteering) in the Greendale Farm Shop parkrun this month. Volunteers get a coffee and bacon bap afterwards!

July events are below, with bonus points available for taking part in the Bolberry Down parkrun.

July (tbc)	Tavistock Relays	15
01-Jul	Summer Handicap 04	10
06-Jul	Mag 7 - Saltash	30
06-Jul	Cosdon Fell Race	30
09-Jul	Armada 5k	10
26-Jul	Cornwood 10k	Age% * 0.5

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

Results from the Plymouth races:

Half Marathon:	10	Ronnie Haynes (pb and 2 nd mv40)	1.16.21
	13	Simon Fitze (2 nd mv45)	1.17.43
	114	Nick Bristow	1.28.46
	163	George Benton	1.31.05
	328	Victoria Walker	1.36.50
	332	Dan Francis	1.36.58
	581	Becky Prall (pb and 2 nd fv40)	1.43.03
	657	Paul Hayes	1.44.21
	678	Barry Neal	1.44.47
	677	Emma Lake	1.44.49
	726	Helen Chapell (2 nd fv55)	1.45.53
	933	Alison Engledew (1 st fv65)	1.50.03
	1484	Helen Pearse	1.56.30
	1784	Dan Adderley	2.00.49
	3245	Lloyd Allen	2.41.05
10K:	41	John Riley	44.13
	130	Andrea Mitchell (1 st fv55)	49.59
	192	Andrew Mitchell	52.16
	193	Charley Kendrick – Smith	52.15
	336	Carol Hansen (3 rd fv60)	56.57
	624	Christine Tout	1.03.01
	788	Trudi Rowe	1.07.26
	1064	Ailie Aviss-Mono	1.16.27
5K:	2	Charlie Milward	19.03

Well done to everyone who survived the torrential rain!

Congratulations to the prize winners and commiserations to Charlie who was sent the wrong way twice!

At **Bristol** we had athletes in both the **Half Marathon** and the **10K**.

Half Marathon:	Alison McEwing	1.21.33
	Jessica Ashworth	1.37.25
10K:	Allister Bristow	37.37
	Liz Bristow	49.13

Jenny Hayes ran the **Endurance Life Exmoor Coastal Half Marathon** and had a great run as she was 2nd lady overall and 1st female vet 45 in a time of 2.16.20.

In the **Bocconic 5 Mile** we had three athletes complete the race.

83	Helen Chapell	44.06
107	Alison Engledew	45.59
110	Lynne Whitfield	46.16

Liz Bristow completed the **Chester Half Marathon** in a time of 1.57.27

EXETER HALF MARATHON

We had 5 athletes in the race. Well done to everyone.

Results:	285	Scott Smith	1.36.50
	309	Jessica Ashworth	1.37.40
	495	Richard De Salis	1.42.53
	804	Andrew Chapell	1.48.32
	1136	Helen Pearse	1.53.57

At the **Edinburgh Running Festival Holly Jones** had a great run in the **Half Marathon** with a time of 1.28.45. **Tim Steere** finished the **Marathon** in 4.25.17. I believe **Tim** is still coming back from injury.

GALLERY: Colville and Prowse lead the way in May's Armada Summer 5k Series run at Saltram

Posted on [May 15, 2025](#) by [Plymouth Sports Gazette](#)



STUART COLVILLE was first home in May's Armada 5k Summer Series run on Wednesday night at Saltram House.

Colville finished the multi-terrain course around the National Trust property in a time of 17.55 minutes.

Second runner home was **Erme Valley Harriers' Peter Allen**, who clocked 18.21 minutes.

Tamar Trotters' Luke Attwood was third (18.36), with his club colleague Pete Waumsley fourth (19.34) and Simon Yeo (19.38) fifth.



Kirsty Prowse (DSFRS) was first woman home in 21.29 minutes, with the Plymouth Harriers pair of Edie Carroll (21.50) and Ruth Farr-Semmens (22.55) second and third, respectively.

Tamar Trotters' Alison Caldwell was fourth (24.05) with Katy Vincent fifth (25.04).

The next run in the series at **Saltram** will be held on **Wednesday, June 11**.



Erme Valley results:

2	Peter Allen	18.21
18	Tom Davies	21.40
21	Dan Adderley	21.53
47	Lynne Whitfield	25.34
51	Dave Gilvear	25.56
55	Ken Summers	26.38
60	Dave Lloyd	27.24

GALLERY: Erme Valley Harriers and Tavistock AC athletes make their mark at Marilyn's Meldon Madness

Posted on [May 18, 2025](#) by [Plymouth Sports Gazette](#)



ERME Valley Harriers and Tavistock AC had athletes among the medal placings at the Marilyn's Meldon Madness on Saturday.

The event, which forms part of the Dartmoor Fell Series, starts and finishes at Meldon Dam and the senior race sees runners ascend 1,362ft and reach the highest point in the south of England – High Willhays – while also taking in Yes Tor, Black Tor and Homerton Hill.

The men's race saw Exmouth's Sam Kelly set a new course record with a 36 minutes and nine second run.

Second place went to under-19 runner Luke Stannus of host club Okehampton RC in 39.28 minutes, with **Erme Valley's Chris Prall** third and first M40 in 40.06 minutes.

Fellow **Erme Valley** runner **Jenny Hayes** was fourth woman overall and second F40, while teammate **Becky Prall** was fifth overall and third F40. **Lynne Whitfield**, also of Erme Valley, was second F50.

Tavistock AC athletes impressed in the junior races. George Lake was first under-11 boy, while Eldon Young took the under-17 title and Seth Gibbs was second under-13 boy.

Olivia Walkerdine was first under-13 girl, finishing ahead of East Cornwall Harriers' India Davies, who was second, while **Erme Valley's Esme Prall** was first under-11 girl and **Chloe Prall** was third under-15 girl.

The race was formerly known as the Great West Fell Run before it was re-named in memory of Marilyn Cooper.



GALLERY: Merson and McEwing storm to victory at the popular Ivybridge 10k race

Posted on [May 18, 2025](#) by [Plymouth Sports Gazette](#)



EXMOUTH'S Tom Merson and **Erme Valley Harriers' Alison McEwing** claimed impressive victories at the 2025 Ivybridge 10k in glorious sunshine on Saturday evening.

The popular annual event saw 550 finishers, which was more than 60 up on the previous year.

Merson claimed the men's title by more than a minute, clocking 32 minutes and 36 seconds for the race which starts at Ivybridge Railway Station and finishes at the rugby club.

Second place went to M40 athlete Shaun Dixon of South West Veterans AC, who came home in 33.44 minutes.



Two previous winners came third and fourth. Tavistock Run Project's M40 competitor Jim Cole took third in 33.51 minutes, while M50 athlete Ceri Rees, who was second last year, came fourth in 34.03.

Mark Budge was fifth, while **Erme Valley teenager Luke Hayes** (34.42) was the only other athlete to break the 35-minute barrier.

Host club's **McEwing** (F35) was a dominant winner of the women's race. She clocked 37.10 minutes, to take victory by more than three-and-a-half minutes.

Second woman was Storm Plymouth's Lauren Knox, who came home in 40.48 minutes, with City of Plymouth's teenager Molly Gilbey third in 42.14.



University of Plymouth's Rebecca Kealy was fourth woman (43.21), while **Erme Valley's Sophie Gilvear** (44.05) was fifth.



IVYBRIDGE 10K

In our own 10K we managed to win the Men's Team prize (**Luke, Ronnie and Charlie**) and take 2nd ladies team (**Alison, Sophie and Helen**).

Well done to **Alison McEwing** as she had a great run to be the first lady home, whilst **Ronnie Haynes** took the male vet 40 prize. **Luke Hayes** had a great return from injury as he was the first Harrier home in 6th place.

It was good to see a number of new members making their debut for the club.

Results:	6	Luke Hayes	34.42
	9	Ronnie Haynes	35.31
	14	Alison McEwing	37.10
	22	Charlie Milward	38.23
	48	Russell Gibson	40.46
	87	Sophie Gilvear	44.03
	103	Richad De Salis	44.52
	232	Helen Pearse	51.34
	308	Claire Moorcraft	55.16
	341	Hannah Downing	56.19
	345	Matt Williams	56.46
	398	Steph Rogers	59.41



IVYBRIDGE 10K





IVYBRIDGE 10K





Tom Merson (above) won the Ivybridge 10K, which included (below) Conor Riley-Rowe (Captain of Truro City FC)



LANGSTONE FELL RACE - Saturday 24th May

Well done to everyone who completed this demanding race near Peter Tavy. The distance was around 10k.

Results:	4	Chris Prall	50.44 (1 st male vet 40)
	25	Vicky Walker	59.05 (1 st female senior)
	28	Edward Smith	62.07
	29	Becky Prall	62.12 (2 nd female vet 40)

In the Junior races Esme Prall was 2nd in the 2k (15.08) and 1st female under 11, whilst sister Chloe achieved a time of 34.04 in the 5k



Starting and finishing in the Dartmoor Village of Peter Tavy the Langstone Fell Race took in Coombe Tor, Cox Tor and the ancient Langstone before returning to the village via Boulters Tor and Little Coombe Tor.

The race which is part of the Devon Fell Series featured stunning views across Dartmoor with ascents and descents and short technical challenges. Covering approximately 10km this has proven to be an exciting addition to the popular series.

GALLERY: Tamar Trotters' Oldfield and Ezra-Ham storm to victory in the Muskies Madness race

Posted on [June 1, 2025](#) by [Plymouth Sports Gazette](#)



TAMAR Trotters dominated the Muskies Madness race which returned after a year's break on Saturday afternoon.

The Saltash-based club filled the top three places and took home the two main prizes.

Oliver Oldfield took victory in the tough off-road race which starts and finishes at Marine Academy and takes athletes down into Ham Woods.

He clocked 40.54 minutes, to finish 14 seconds ahead of his team-mate Luke Attwood, who clocked 41.08 minutes to take second place.



In third spot overall – and finishing easily as first woman – was Tamar Trotters' Bex Ezra-Ham, who clocked 41.38 minutes. That was a faster time than she ran when the race was last held in 2023, where she also came third overall and first woman.

Fourth overall and third man on Saturday was City of Plymouth's Matthew Bradley (41.52), with Ben Austin finishing fifth (42.17).

Storm Plymouth's Lauren Knox was second woman in 46.42 minutes, with Teignbridge Trotters' Helen Anthony third and first F45 in 48.47 minutes. Storm's Lisa West was fourth woman, with Teignbridge's Tracy Elphick fifth.



Peter Allen finished in 6th place in a time of 42.37, whilst **Carol Hansen** was 77th in 1.06.58.

GALLERY: Tavistock Run Project's Cole claims victory in the Burrator 10k

Posted on [June 1, 2025](#) by [Plymouth Sports Gazette](#)



TAVISTOCK Run Project's Jim Cole held off the challenge of Teignbridge Trotters' Alex Sparks to claim victory in the Burrator 10k on Saturday evening.

Cole, a M40 athlete, took victory by nearly eight seconds, clocking 33 minutes and 32.6 seconds. He had previously won the race in 2022.

Sparks, 24, took runners-up spot for the second year running. He finished in 33:40.1.

Third place went to Lloyd Milbourn in 34:53.6, while Torrington's M40 athlete Stuart Allen was fourth in 35:09.9.



The **Erme Valley Harriers pair of Luke Hayes (35:14.5) and Ronnie Haynes (35:26.7)** finished fifth and sixth, respectively. For the second year running, **Hayes** finished as first junior, while **Haynes** was third M40 overall and second in terms of the prizes.

There was a good battle in the women's race between Torbay Tri Club's Naomi Flanagan and Tavistock AC teenager Charlotte Walker.

Flanagan just held off junior Walker by three seconds. The Torbay athlete clocked 38:48.3, with Walker finishing in 38:51.8.



Those two were well ahead of the rest of the women's field.

Bideford's Davina Brown took third place in 42:19.1, with City of Plymouth's Molly Gilbey finishing fourth and picking up the junior prize in 42:30.5. Emily Moore was fifth woman in 42:42.6.

Erme Valley Harriers' Emma Lake was first F50, while her team-mate Helen Chapell was first F55.

Plymstock Road Runners' Graham Bale was first M60, clocking 38:55.9.

Some 527 runners finished the race, which saw them complete one full lap and two-third of another around Burrator Reservoir.



We had a good turnout in this race, with several good performances.

Luke and **Ronnie** had another good battle (the Ivybridge 10K) and although **Luke** was still in front of **Ronnie** the gap was closer! However, well done to both of them as **Luke** was 1st Junior and **Ronnie** 2nd male vet 40.

Jenny Hayes had a good run and was 3rd female vet 45. **Jenny** also achieved a pb.

Helen Chapell was 1st female vet 65, whilst **Emma Lake** was 1st female vet 50.

Well done to **Dan Adderley** for getting a pb.

Results:	5	Luke Hayes	35.15
	6	Ronnie Haynes	35.27
	73	Jenny Hayes	45.12
	87	Dan Adderley	46.23
	95	Paul Hayes	47.04
	118	Helen Chapell	48.03
	131	Emma Lake	48.46
	174	Phil Adderley	50.58

GALLERY: Hart smashes Dartmoor Discovery course record despite horrible conditions

Posted on [June 8, 2025](#) by [Plymouth Sports Gazette](#)



HENRY HART overcame horrible conditions to smash the course record at the Dartmoor Discovery ultra marathon race on Saturday.

The international distance athlete, who competes at the top club level for Belgrave Harriers, finished the tough 32-mile event in three hours, 18 minutes and 53 seconds, which was more than 10 minutes inside the previous record set by John Ward in 2014. It was an impressive run considering the appalling weather on Dartmoor during the race.

Second place went to Joshua Hasson, who finished in 3:31.57, with Exeter Harriers' M50 veteran Steve Adam taking third overall in 3:59.51.



Ryan Snell (Axe Valley) was fourth overall and first M45 in 4:00.15, while Ross Portass was fifth and second M45 in 4:02.34.

Elizabeth Barry-Bradshaw (Clc Striders, F40) won the women's race by 10 minutes, coming home in 4:22.04. Second place went to Teignbridge's F45 runner Helen Anthony in 4:32.02, with DSFRS's Kirsty Prowse third in 4:44.16. Exmouth's Hannah Brown and Abe Marshall were fourth and fifth women.



An impressive 172 finished the race, which has strict cut off points at 13.1 miles, 20 miles and 26.2 miles.

The race, which starts and finishes at Princetown, is the UK's longest single lap road ultra marathon.

The undulating course sees athletes leave Princetown and head through Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland-in-the-Moor, Widecombe-in-the-Moor and Postbridge before heading back to the start.



Congratulations to everyone for finishing this difficult race. It poured down from Ashburton back, so everyone was soaked through. People were shivering uncontrollably after the finish.

Simon Fitze did well to finish 9th overall in 4.13.46 and 3rd male vet 45, whilst Chris Prall was 29th in 4.53.36 and 3rd male vet 40. Chris took it easily as he is running the Intercounty Fell Race next weekend.

Tim Steere seemed to have recovered from his Edinburgh Marathon and finished in 61st place in 5.25.41, whilst Jenny Hayes completed her first ultra in 76th place in 5.34.16.

Simon, Chris and Tim were 3rd male team.





Simon (above) and Chris at the Dartmoor Discovery





Tim (green vest) and Jenny at the Dartmoor Discovery



ERME VALLEY HARRIERS

SENIOR ROAD RECORDS

MENS

10k	Will Battershill	29.54	Draycott 21
10 miles	Will Battershill	49.45	Derby 23
Half Marathon	Neil Holmes	1.08.44	Burnham 95
Marathon	Colin Campbell	2.29.28	London 85

LADIES

10k	Alison Thorn	37.14	Glastonbury 22
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

On checking these records recently I decided to look at Will Battershill's times and discovered that he had run a rare 10 mile road race at Derby on 19th November 2023. Will finished 3rd in that race and therefore set a new senior record. He replaces Allister Bristow's time of 50.53 set at the Guy Fawkes 10 in 1994. Will moved to Bristol & West AC in 2024. The Derby 10 this year is on 16th November 2025 and is considered to be a fast and flat course.

I forgot that Alison Thorn gets 'better with age' and her time of 37.14 at the Glastonbury 10k replaces Alison McEwing's 37.19 set at Exeter in 2016. Alison Thorn's time is also a vet 45 – 49 age record. Alison McEwing's Half and Marathon records are also vet 35 – 39 age records.

The oldest club record is that held by Colin Campbell with his time of 2.29.28 at London in 1985. This record is now 40 years old!

Neil Holmes record of 1.08.44 set at the Burnham Half Marathon in 1995 is now 30 years old!

Editor

In the **London Marathon of 1985** (21st April) home athlete Steve Jones (photo no 2) won the race in a time of 2.08.16, with Charlie Spedding (photo no 1) 2nd (2.08.33).



The legendary Ingrid Kristiansen of Norway won the ladies race in a time of 2.21.06, with Sarah Rowell 2nd (2.28.06).

BURNHAM HALF MARATHON - 1995

Neil Holmes had a fantastic run as not only did **Neil** win the race but broke the club record and achieved a pb.

Phil Sparkes continued his good form with a pb. EVH won second team prize.

EVH Results:

1	Neil Holmes	1.08.44
10	Allister Bristow	1.14.14
14	Phil Sparkes	1.14.42
33	Nick Bristow	1.21.28
95	Dave Fox	1.29.54
168	Richard Bristow	1.38.14
192	Dave Hawke	1.42.13
266	Brian Webster	1.56.05



Neil pictured in a Cross Country race

Report in 'Athletics Weekly'

'Neil Holmes made the step up from supporting cast to star role in winning this year's event.

The Erme Valley Harrier, well known in the area after dominating the nearby Brent Knoll fell race for the last two years, fought a race long duel with the Royal Navy's Ginge Gough.

Gough was determined to retain his title and it was only in the closing stages that Holmes finally pulled clear to clinch a dramatic victory'.

MAY SUMMER HANDICAP RACE

Position	Runner	Clock Time	Handicap	Time	Points
1	Harriet Rogers	32:18	05:00	27:18	50
2	Claire Smith	32:52	02:00	30:52	49
3	Hannah Downing	33:23	01:30	31:53	48
4	Sophie Gilvear	33:44	08:30	25:14	47
5	Ewan Lake	33:47	07:30	26:17	46
6	Helen Chapell	33:50	07:30	26:20	45
7	Andrew Chapell	34:24	08:30	25:54	44
8	Neil Moffatt	34:25	05:00	29:25	43
9	Jason Waterfield	34:30	03:00	31:30	42
10	Andrea Mitchell	34:36	05:00	29:36	41
11	Steph Rogers	34:44	01:30	33:14	40
12	Chris Prall	34:52	13:00	21:52	39
13	George Benton	35:09	12:30	22:39	38
14	Dave Gilvear	35:13	05:30	29:43	37
15	Lynne Whitfield	35:43	05:30	30:13	36
16	Alison Engledew	35:47	05:30	30:17	35
17	Justin Frost	36:02	12:30	23:32	34
18	Peter Allen	36:05	14:30	21:35	33
19	Scott Smith	36:06	12:30	23:36	32
20	Andrew Mitchell	36:36	05:00	31:36	31
21	Vicky Walker	36:43	11:00	25:43	30
22	Jess Ashworth	36:43	11:00	25:43	29
23	Christian Cutcliffe	36:49	10:00	26:49	28
24	Carol Hansen	36:56	02:00	34:56	27
25	Ed Smith	37:11	05:00	32:11	26
26	Nick Bristow	37:27	12:30	24:57	25
27	Nick McMahon	38:19	00:00	38:19	24
28	Alan Gatling	40:30	10:00	30:30	23
29	Claire Moorcraft	40:30	10:00	30:30	22

SUMMER HANDICAP TABLE

Runner	April	May	Total (Best 5 out of 7)
Helen Chapell	50	45	95
Ewan Lake	41	46	87
Alison Engledew	48	35	83
Lynne Whitfield	46	36	82
Jason Waterfield	33	42	75
Vicky Walker	42	30	72
Chris Prall	31	39	70
Peter Allen	36	33	69
Andrea Mitchell	28	41	69
Andrew Chapell	21	44	65
Harriet Rogers	15	50	65
Steph Rogers	19	40	59

Alan Gatling	35	23	58
Carol Hansen	30	27	57
Nick McMahon	26	24	50
Helen Pearse	49		49
Claire Smith		49	49
Hannah Downing		48	48
Lindsay Lane	47		47
Sophie Gilvear		47	47
Rebecca Chatfield	45		45
Emily Faircloth	44		44
Russell Gibson	43		43
Neil Moffatt		43	43
Dave Rayfield	40		40
Ken Summers	39		39
Matt Williams	38		38
George Benton		38	38
Lynne Davies	37		37
Dave Gilvear		37	37
Matt Gilvear	34		34
Justin Frost		34	34
Chloe Prall	32		32
Scott Smith		32	32
Andrew Mitchell		31	31
Barry Neal	29		29
Jess Ashworth		29	29
Christian Cutcliffe		28	28
Kev Paull	27		27
Ed Smith		26	26
Dan Adderley	25		25
Nick Bristow		25	25
Alasdair James	24		24
Vernon Hoare	23		23
Phil Adderley	22		22
Claire Moorcraft		22	22
Richard Lane	20		20
Charlie Milward	18		18
Trudi Rowe	17		17
Charlie Kendrick	16		16
Esme Prall	14		14

TRAINING ROUTES - JUNE

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

