

THE HARRIER

(AUGUST 2025 NEWSLETTER)



Our ladies have been in impressive form by winning team prizes at the Tavistock Relays, Totnes 10K and Ivybridge 3 Tops Fell races

It's been difficult to keep up with events of late as at one stage there was **FOUR** races in less than two weeks! I have been selective with photographs and have tried to include some of you who don't appear that much in media outlets.

We have done well with numerous prize winners. The Ladies did well by winning team prizes with the men not that far behind!

Ronnie Haynes has been in great form and could never have expected to pick up so many bottles of wine in the Totnes 10K. **Alison McEwing** has also been outstanding as she broke club and vet 10K records recently.

The Ivybridge 3 Tops Fell race was eventful (see comments in this Harrier) but we must thank in particular Race Director **Chris Prall** for all his hard work and of course yourselves for the help given in some way.

Another hot spell coming up – keep cool!

Dave Fox - EDITOR

From the Chairman:

Hello everyone,

I hope you are all well and have had an enjoyable summer and possibly enjoying some runs in different locations either abroad or round the country.

Firstly, can I say a huge thank you to everyone who joined us both to run and support at both the Tavistock and South Devon Relays. It was fantastic that we were able to field junior and senior teams at Tavistock this year and 6 full senior. Congratulations to our V55 women team (Helen Chappell, Lynne Whitfield, Andrea Mitchell, Carol Hansen) who took home first prize at Tavi and our mixed team (Sally Erith, Sophie Gilvear, Charlie Milward, Ronnie Haynes) who claimed gold at Torbay.

Secondly, a massive thanks to everyone who helped us host the 4th running of our own fell race, successfully directed by Chris Prall. We had good numbers for both the junior and senior entries and people generally seemed to enjoy the challenging course. It was great to see some of our own members tackling the course and a huge well done to our women's team of Becky Prall, Sophie Gilvear and Jess Ashworth for claiming a well deserved victory in the team competition

A reminder that we are organising a club trip to the **Torbay 10k and Half Marathon on 1st September**. We are trying to get arrangements for the transport finalised so if you would like a space on the bus then please let me know ASAP.

As we head towards autumn our thoughts now start to turn towards the autumn and the return of the XC season. The dates for the 2024/25 season have been released. It all kicks off close to home at Newnham Park (Plymouth) on 12th October - it's a very runnable course and the hills aren't too steep. I would encourage everyone to have a go at cross country, not only is it great training, it's also an opportunity to meet up with club mates and maybe try a form of running you haven't done before. I'm going to be organising some XC 'taster' sessions in the coming weeks so keep an eye out for those!

Finally, looking ahead once more, then we will be looking to have a club trip to the **Tavy 7** on the **26th October**; for those new to the club this is a great event hosted by Tavistock AC over the classic distance of 7 miles on an undulating course through the lanes on the edge of Dartmoor. It also doubles up as the Devon Road Race Championship with individual and team county medals up for grabs. We usually have a great turnout for this race and have put on a minibus for the last couple of years. To make things as easy as possible for me and the coach company, can you please let me know ASAP if you'd like a seat on the bus. This will allow me to get the booking sorted and arrange for a stop off at a local pub for a meal on the way back.

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

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

SECRETARY'S NOTES

Approaching the end of the summer season

We held our 3 Tops Fell race last Wednesday 6th August, which went well apart from one runner who suffered an ankle injury and had to be taken off the moor by the Dartmoor Rescue. Our marshals did a great job in looking after her. It does show the perils of running in this type of race, but at least she is safe.

We had some great results at both the Tavistock Town Relays on Thursday 17th July and the Torbay Relays on Friday August 1st. We also had a good turnout at the Cornwood 10K on Saturday 26th July and the Totnes 10K.

We have also been asked to help with a new 10K race in Flete Estate on Saturday 13th September. It should be a great event and will also have 5km and 1km races.

We are now planning the winter events which are of course the Westward League Cross Country and the Devon Sportshall Leagues. The dates are now available on the forthcoming events section and our website.

Training and Competition update

Junior training is now running as one session for the school holidays with the usual reduced numbers. We are having a two week break from 14th August as most of our coaches are away. The Track and Field season is now coming to an end with all the Devon Open events completed.

As always August is a very quiet month for Track and Field as many of you are on holidays. Overall, it has been a little disappointing in terms of turnout, but those who have competed have done well.

It was good so see some of new U11's tackling the Quadrathlon last weekend in Tavistock.

Senior training has been steady with new members still joining. The handicap has continued to go well.

The Running Form workshops have been continued with one more starting next week. Hopefully everyone has enjoyed it.

Feedback has been good so far.

We hope to do more of this kind of coaching to help everyone improve. We are organising a trip to the Torbay Half and 10K. See Tom for details.

Road (and off Road) Running

The Armada 5K series continues next week in Saltram with the final one on Wednesday 3^{rs} September. The Armada Grand Prix has been updated and appears on the Armada website. The next event in the GP is the 5K next week

Lynne Whitfield has updated the Club Championships table which is posted on the website. Thanks again Lynne for her continued hard work with this. The handicap results from August will be put on our website. We had some good results at our relays and the Cornwood and Totnes 10K races. We also did well in our own Fell race.

Athletes of the Month (July)

The athletes of the month for July have not yet been sorted as the committee meeting is a bit later this month.

Forthcoming Events

- Aug 13th – Armada 5K
- Aug 16th– Newquay & Par Graded Open
- Aug 23rd – Torbay Twilight 10K
- Aug 26th - Exeter Evening Open (&BMC)
- Aug 31st – Treggy 7
- Sep 3rd – Armada 5K (note earlier date)
- Sep 7th – SW Athletics League – Exeter
- Sep 13th – Flete 10K (& 5k/1k)
- Sep 14th – Storm the Fort
- Sep 21st – Torbay 10K
- Sep 26th – 3k and Track Miles – Exeter
- Sep 30th – Exeter Evening Open

Westward League XC

- Sunday 12^h October – Plymouth (Newnham Park)
- Sunday 16th November – Newquay
- Sunday 7th December – Exeter
- Sunday 11th January – Westward Ho!
- Sunday 8th February – Plymouth (Central Park)
- Saturday 28th February – Redruth

Devon Sportshall

- Sunday 19th October
- Sunday 30th November
- Sunday 25th January
- Sunday 22nd February
- Sunday 15th March

Finally – For those of you who have still to take your summer holidays (like me) I wish you a very nice break.

Keith

07934373943

reedy41c@googlemail.com

EVH Club Championship 2025

July was a busy month in which almost 50 athletes took part in a variety of Club Championship events, both on and off the road. Helen Chapell stays at the top after a month in which she won bonus points for being in a winning team at the Tavistock Relays. Bonus points also went to the Men's Team that came 1st in the Cornwood 10k.

Pos	Name		TOTAL	Marathon	Age record bonus	parkrun (x 12 max)	EVH team win bonus	Track event	Ultra event	Summer Handicap 01 April	April Armada 5k	Fast Friday 10k - Exeter	Summer Handicap 02 May	Plymouth 10k	Plymouth Half Marathon	County Championship (track)	May Armada 5k	Summer Handicap 03 June	June Armada 5k	Solstice Fell Race	Burrator Horseshoe	Summer Handicap 04 July	Mag 7	Cosdon Fell Race	July Armada 5k	Tavistock Relays
1	HELEN	CHAPELL	504.07		50	30	40			10		39	10		55			10	10			10			10	15
2	PETER	ALLEN	406.90				20	20		10	10	36	10		53		10	10	10	30		10				15
3	CHRIS	PRALL	401.86	72			20		50	10			10							30	30	10		30		
4	TOM	DAVIES	350.00		200	5		20								30	10									15
5	JENNIFER	HAYES	327.60	61				50													30			30		
6	NICHOLAS	BRISTOW	320.78	70		10	20						10		56							10				
7	LYNNE	WHITFIELD	319.15			15	20			10	10	36	10				10					10		30		15
8	RONNIE	HAYNES	310.47	77	50		20								60										10	15
9	ANDREA	MITCHELL	310.00			25	40			10		36	10	36				10				10				15
10	BECKY	PRALL	255.38												50			10			30			30		15
11	SIMON	FITZE	251.44	84				50							62											15
12	ANDREW	MITCHELL	249.43			30						29	10	29				10				10				
13	DAVID	ENGLEDEW	242.98	74	100																					
14	EMMA	LAKE	214.21	59		10									52											
15	ALISON	ENGLEDEW	190.69							10		42	10		61											

There are still points available for events in August, including for taking part (running or volunteering) in the Sharpham Estate parkrun this month.

September events are below, with bonus points available for taking part in the Tamar Trails parkrun.

02-Sep	Summer Handicap 06	10
06-Sep	Haytor Heller Fell Race	30
07-Sep	Bridgwater 10k	Age% * 0.5
07-Sep	Bridgwater Half Marathon	Age% * 0.75
10-Sep	Armada 5k	10
13-Sep	Sourton Fell Race	30
21-Sep	Torbay 10k	Age% * 0.5
21-Sep	Torbay Half Marathon	Age% * 0.75

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

EVH at the Cosdon Fell Race - From Belstone Village up Cosdon Beacon through the gorse and bogs into the mist, then back down again. Chris Prall was 4th overall and 1st M40, Becky Prall was 2nd F40, Jenny Hayes was 3rd F40 and Lynne Whitfield was 3rd F50. In the Junior race Esme Prall was 4th and 1st U11 girl. It was part of the village fair so there was plenty of tea and cake to be found!



Meanwhile Peter Allen was 5th at the Plymouth Harriers Summer 5





Lindsey Lane was 1st lady at the **Ugborough Carnival Race** whilst young **William Rogers** had a great run
The race was won by Pete Waumsley of Tamar Trotters



TAVISTOCK TOWN RELAYS

We were well represented at the relays with our female 55 team winning their category. Well done to Lynne, Andrea, Helen and Carol.
The junior teams did extremely well and seemed to enjoy it. Thanks to Sharon and Tom for looking after the teams.



EVH Senior Women 7th in 27.27

05:54 34A Sally Erith
07:51 34B Elizabeth Bristow
07:06 34C Becky Prall
06:37 34D Sophie Gilvear

EVH V55 Women 19th in 30.56 1st in Category

07:09 35A Lynne Whitfield
07:56 35B Andrea Mitchell
07:16 35C Helen Chappell
08:35 35D Carol Hansen

EVH Senior Men 5th overall in 21.54

05:23 48A Ronnie Haynes
05:23 48B Charlie Milward
05:45 48C Peter Allen
05:20 48D Simon Fitze

EVH Mixed Team 27th in 25.33

06:32 49A Tom Davies
06:33 49B Andy Chappell
06:16 49C Tim Steere
06:12 49D Sally Erith

EVH Juniors Yr 7/8 13th in 26.59

05:49 22A Dougal Buzza
07:53 22B Reuben Steed
06:52 22C William Rogers
06:25 22D Tom Carter

EVH Juniors B Yr 7/8 10th in 27.14

06:39 23A Charlie Long
07:04 23B Fynn Grundy
06:20 23C Dougal Buzza
07:11 23D James Carter

EVH Juniors Yr 5/6 27th in 30.25

06:51 21A Theo England
07:16 21B Oscar Masters
08:11 21C Leo Masters
08:07 21D Nelson May

EVH Juniors Girls Yr 7/8 32nd in 30.55

06:31 20A Harriet Rogers
08:14 20B Esme Prall
08:36 20C Millie Barrett
07:34 20D Megan Steed



Meanwhile Alison McEwing and Simon Fitze ran in the Lightning Bolt 10K in Langley Burrell in Wiltshire. Alison was 1st lady in 35.56, which is a new club and vet age record and a huge pb, whilst Simon was 15th overall (5th V40) in a time of 35.09

GALLERY: Landers helps Tamar Trotters to thrilling Tavistock Relays victory, while host club and Plymouth also shine

Posted on [July 19, 2025](#) by [Plymouth Sports Gazette](#)



A **STORMING** last leg by Jacob Landers helped Tamar Trotters claim a thrilling victory in the men's race at the annual Tavistock Town Relays on Thursday night.

GTR Men had the lead until the final leg, but Landers overhauled them with a 4.51-minute run to give his side victory by seven seconds.

Tamar Trotters, made up of Richard Ezra-Ham, Ollie Oldfield, Luke Atwood and Landers, finished in a total time of 20.45 minutes, with the GTR Men quartet of Eddy Hillyer, Jack Dee, Sebastian Broomfield and Ronnie Hayes, clocking 20.52 minutes.

Third place, in a time of 21.25 minutes, went to City of Plymouth AC's track team of Daniel Newman (who ran two legs), Fraser Holman and Dean Smith.



Tavistock AC won the M40 title with their team of Ben Neale, Thomas Brogden, Ian Collacott and Grant Harvey, while Tamar Trotters' quartet of Kevin Edwards, Steve Baker, Crispin Brabner and Shaun Rundle were first in the M50 category. Okehampton RC won the M60 title.

The women's race saw host club Tavistock AC take victory in 23.28 minutes with their team of Jasmine Gray, Nikki Kelly, Hannah Smith and Charlotte Walker.

City of Plymouth AC, made up of Annabel Arnold, Isabella May, Molly Shorey and Hayley Smith, were second in 24.40 minutes, while South West Road Runners were third in 25.25 minutes.

The Tavistock AC side of Sam Lake, Hannah Worth, Jenny Jeeves and Holly Fitzgerald won the F35 title, while Okehampton RC took the F45 top prize **and Erme Valley Harriers were first F55 with their team of Lynne Whitfield, Andrea Mitchell, Helen Chapell and Carol Hansen.**

Tavistock AC and City of Plymouth AC dominated the junior races.

The Tavistock AC 'Kerr' Year 9/10 team of Freddie Whybrow, Alistair Graham, Eldon Young and Thomas Hennessey came first overall in a quick time of 21.27 minutes.

Their Year 11/12 club colleagues of Oliver Houlberg, Sebastian White, Noah Reid and Connor Duffin were second overall and first in their category in 23.01 minutes, while Tavistock's 'Wightman' Year 9/10 side of Luke Scott-Tucker, Ben Lentaigne, Tristan Biggam and Freddie Whybrow were third overall and second in their age group in 23.09.

City of Plymouth AC won both the Year 7/8 and Year 5/6 titles. Their Year 7/8 side team was made up of Lucas Sweeney, Seb Travers, Matthew Pavey and Finley Eales, while their younger side featured Micah Martin, Jacob Sweeney, Edward George and Jack Penny.



Both City of Plymouth and Tavistock AC won two girls' titles each.

Plymouth took victory in the Year 5/6 and 7/8 categories. Evie Bolt, Ivy Ling, Theia Jones and Margot Goodspeed featured in their Year 5/6 side, while Daisy Elliot, Ava Buxton, Darcey Bacon and Sadie Black made up their Year 7/8 team.

Tavistock AC won the Year 9/10 and Year 11/12 girls' races, with their teams of Suzie Woodrow, Grace Gokhale, Lamorna Cox and Zoe Bigham (Year 9/10) and Lara Dix, Tamsyn Reid, Claudia Jones and Lara Dix (Year 11/12).

An impressive 146 teams took part overall in three different races – juniors, women and men's/mixed. There was also a family fun run beforehand.

The annual event forms part of the Tavistock Carnival and sees each runner in a four-person team complete a 1.1-mile lap around The Meadows.



Gallery from the women's race



Gallery from the men's/mixed race



CORNWOOD 10K - Saturday 26th July

Erme Valley Harriers were out in force at the annual Cornwood 10K.

Ronnie Haynes was in great form and won the race in an excellent time of 35.54 on an undulating course. **Charlie Milward** did well to take 4th place and with **Nick Bristow** in 18th we were able to take home the Men's Team prize. **Helen Chapell** also had a good run to win the overall Female Veteran award (045).

We also had a number of juniors in the 4K Fun Run. Well done to **Bluebell** who was first girl home.

10K	1	Ronnie Haynes	35.54
	4	Charlie Milward	38.13
	18	Nick Bristow	43.12
	27	Stuart Witty	45.12
	28	Adam Griffiths	45.20
	29	Dan Francis	45.23
	50	Helen Chapell	49.54
	57	John Griffiths	50.49
	67	Andrew Chapell	51.59
	74	Andrew Mitchell	52.53
	84	Lynne Whitfield	54.00
	97	David Lloyd	55.41
	126	Kevin Paull	58.50
	135	Carol Hansen	60.04
	190	Nick McMahon	72.03
4K Fun Run	7	Jack Squires	18.47
	10	Bluebell McBride	19.10
	18	George Francis	20.53
	19	Fran Pickstone	21.09
	26	Maise Squires	22.34
	27	Jenny Francis	22.50

Meanwhile Andrew Reed ran the Worst 5 mile race in Norfolk and finished 51st overall in a time of 31.01.

In the Exeter 10K on Wednesday 9th July Peter Allen was 15th in 36.47 and Sally Erith 64th in 40.59. There were 290 finishers. In the Armada 5K on the same evening Ronnie Haynes (17.03) finished 2nd and was followed by Dan Adderley (20.40), Andrew Chapell (23.16), Phil Adderley (25.27), Helen Chapell (25.28), Ken Summers (26.23) and Dave Lloyd (26.26).

In the Run Exe 5K Ken Summers recorded a time of 24.54 and Carol Hansen (26.06)

GALLERY: Pictures and video from the annual Cornwood 10k and fun run

Posted on [July 27, 2025](#) by [Plymouth Sports Gazette](#)



ERME Valley Harriers' Ronnie Haynes was a dominant winner of the annual Cornwood 10k on Saturday night.

Home runner **Haynes** took victory in a bumper field in a time of 35 minutes and 54 seconds, with Plymstock Road Runners' veteran Brett Jones second in 37.19 minutes.

Tamar Trotters' Luke Attwood was third (38.05), with **Erme Valley's Charlie Milward** fourth as the Ivybridge-based club took the men's team prize.



After finishing as runner-up for the past two years, Les Croupiers' Louise Flynn won the women's race in 39.46, ahead of Tavistock AC's Hannah Smith and Hannah Worth, who were second and third.

Erme Valley's Helen Chapell won the women's top veteran prize, with Felecity Knell second and Storm Plymouth's Catherine Brown third. Storm did win the women's team title.

The multi-terrain race takes athletes around the villages of Cornwood and Lutton.





CORNWOOD 10K





CORNWOOD 10K





CORNWOOD 10K



SOUTH DEVON RELAYS Friday 1st August

Well done to our mixed team of **Sally Erith, Sophie Gilvear, Charlie Milward** and **Ronnie Haynes** as they won their category (4th overall). Many thanks to **Sally Erith** for running twice.

Results:	4	Mixed team:		
		Sally Erith	10.38	
		Sophie Gilvear	11.26	
		Charlie Milward	9.40	
		Ronnie Haynes	9.19	41.03
	7	Senior Men:		
		Scott Smith	10.27	
		Dan Francis	10.58	
		Peter Allen	9.54	
		Chris Prall	10.23	41.42
	18	Male 50:		
		Alistair Bristow	10.26	
		Jeremy Westmore	12.00	
		Dave Rayfield	11.28	
		Nick Bristow	11.00	45.14
	27	Mixed:		
		Helen Pearse	13.22	
		Tim Steere	11.04	
		Tom Davies	11.28	
		Sally Erith	11.03	46.57
	29	Male 50:		
		Andrew Mitchell	12.54	
		Justin Frost	11.31	
		Stuart Witty	11.31	
		Andrew Chapell	12.29	48.25
	45	Female 50:		
		Lynne Whitfield	13.18	
		Andrea Mitchell	13.39	
		Liz Bristow	13.37	
		Helen Chapell	12.37	53.11

Matthew Gilvear still holds the fastest leg time on the course, which he set last year. **Matthew** is in good form as he finally broke the 4 minute barrier for 1500m at a BMC meeting in Loughborough with a time of 3.57.88. This is of course a pb.



SOUTH DEVON RELAYS





SOUTH DEVON RELAYS WINNING MIXED TEAM





SOUTH DEVON RELAYS





SOUTH DEVON RELAYS



TOTNES 10K - Sunday 3rd August

This was a fantastic day for the club, with a good turnout and several winners.

Teignbridge Trotters again put on a great event (cakes excellent as usual) on a day when 9 course records, including Ronnie Haynes breaking the male vet 40 record.

Ronnie was 3rd in the race and along with **Allister Bristow, Russell Gibson, Adam Griffiths, Stuart Witty and John Griffiths** won the Men's team prize.

Our ladies, who have been in terrific form of late, were not to be outdone as the team of **Jessica Ashworth, Sophie Gilvear, Helen Chapell and Lynne Whitfield** won the Ladies team prize.

Congratulations also go to **Helen Chapell**, who won the FV55 category, whilst **Lynne Whitfield** was 2nd in the same category. **Liz Bristow** was 2nd FV50 and **Ken Summers** 2nd MV70. **Sophie Gilvear** was 2nd Female Junior.

Results:	3	Ronnie Haynes	39.48
	19	Allister Bristow	45.41
	48	Russell Gibson	49.34
	53	Adam Griffiths	50.04
	72	Jessica Ashworth	52.11
	74	Stuart Witty	52.21
	80	Sophie Gilvear	53.13
	114	Helen Chapell	56.25
	124	John Griffiths	56.57
	144	Andrew Chapell	58.51
	147	Andrew Mitchell	59.15
	161	Lynne Whitfield	59.58
	167	Ken Summers	60.14
	212	Liz Bristow	62.37
	257	Andrea Mitchell	65.25
	376	Christine Tout	74.36
	460	Trudi Rowe	81.30



GALLERY: Ezra-Ham claims victory in Totnes 10k, while Erme Valley Harriers win both team titles

Posted on [August 4, 2025](#) by [Plymouth Sports Gazette](#)



TAMAR Trotters' Bex Ezra-Ham claimed a convincing victory in the Totnes 10k on Sunday.

Ezra-Ham secured the women's title in the off-road race along the River Dart, which is actually nearer to 11k than 10k, by one minute and 21 seconds.

She won in 42.59 minutes, with Windsor & Slough junior Tara Ferguson second in 44.20 minutes and Torbay Tri Club's Naomi Flanagan third in 45.33.

Storm Plymouth's Lauren Knox was fourth, with South West Road Runners' Amy Jones fifth.



The men's race was won by Chichester's M45 athlete James Baker, who came home in 39.22 minutes. He had previously won the event a number of times before, including four years in a row between 2007 and 2010.

Last year's winner Ceri Rees, a M50 runner, was second, just eight seconds behind, with **Erme Valley Harriers' Ronnie Haynes** taking third after his win at the Cornwood 10k the previous week.

Dorking's Daniel Evans was fourth and Tamar Trotters' Oliver Oldfield was fifth.

Plymstock Road Runners' Graham Bale won the M60 top prize by edging out Pete Monaghan, while **Erme Valley's Ken Summers** was second M70.



Erme Valley's Liz Bristow was second F50, while team-mates **Helen Chapell and Lynne Whitfield** were first and second F55, respectively.

It was a good day for **Erme Valley, who won both the men's and women's team prizes.**

The race saw 550 finishers.



TOTNES 10K





TOTNES 10K





TOTNES 10K





TOTNES 10K



IVYBRIDGE 3 TOPS FELL RACE

'I would like to say a particularly big **THANK YOU** to everyone who helped or participated at the race this year.

As many of you will know, one unfortunate lady suffered an injury out on the moor, about as far away from the moorgates as possible. She was well looked after by 3 of our marshals (a massive thanks to **Mike Hoskin, Dave Gilvear and Andrew Mitchell**) and a fellow runner, until the arrival of Dartmoor Search & Rescue, who took her by landrover back down the puffing billy, transferring her to a waiting ambulance and taken to hospital. She had suffered a bad "ATFL Ligament Sprain" but was in good spirits when I spoke to her and was very complimentary of the help she received from the kind marshals. Thanks all of you, you did an amazing job.

All of this is not to lessen the efforts of the rest of you helpers, who all did a great job too. I have heard many positive comments on how well the race was marshalled and organised and this is down to you all for your time and energy, the race couldn't have been put on without you all.

We had a good overall turnout, and did well as a club, with 9 of you racing for EVH in the main race (plus a couple of other "familiar faces").

Especially well done to the ladies who came away with the well deserved team prize and a couple of category wins as well.

And we had 5 EVH juniors taking part in the shorter races, 3 of whom took home category prizes.'

Chris Prall - Race Director

Results:	12	Peter Allen	53.35
	28	Sophie Gilvear	61.16
	29	Marc Rinagl	61.37
	31	Richard de Salis	62.12
	35	Dave Engledew	63.42
	37	Becky Prall	64.05
	39	John Riley	65.37
	51	Jessica Ashworth	72.07
	65	Alison Engledew	82.18

The ladies winning team:

Sophie Gilvear, Becky Prall and Jessica Ashworth

[Dartmoor Search and Rescue Team - Ashburton](#)



Callout #22 – Wednesday 6th August. At 20:32 Dartmoor Search and Rescue Team - Ashburton were contacted by Devon & Cornwall Police to assist an injured fell runner with a suspected fractured ankle. The injured fell runner had fallen badly and was about half way between Glasscombe Ball Hill and Owley Corner, which is just north of Ugborough Beacon. When the message was received, the rescue team were mid-way through a normal Wednesday evening training exercise and only 6 miles away and so could respond quickly. Two 4*4 vehicles and 12 team members were rapidly deployed to the scene. The team liaised with South Western Ambulance Service NHS Foundation Trust and then drove to Spurrel Cross via the Puffin Billy Tramway. After being located, the runner was assessed, pain relief and splinting provided. They were first evacuated by stretcher 500m up hill to a 4*4 vehicle then by taken to the land ambulance at the roadhead. An understanding of the incident and flexible planning meant that the original exercise could continue to its conclusion. The recent introduction of STARLINK internet connection and Zello technology in the rescue team Control Vehicle meant that vital communication could be maintained with the two 4*4 vehicles and hill parties engaged in this callout. This incident involved 14 of our volunteers and 2 vehicles and was concluded by 22:35



GALLERY: Youngster Perry holds off Rees to win the Ivybridge 3 Tops fell race

Posted on [August 7, 2025](#) by [Plymouth Sports Gazette](#) [Leave a comment](#)



EXETER Harriers' teenager Ben Perry held off the challenge of veteran Ceri Rees to win the Ivybridge 3 Tops fell race on Wednesday night.

Perry claimed victory in the **Erme Valley Harriers'** organised event by nearly two minutes, clocking 43 minutes and 44 seconds for the tough race, which is

approximately 10k but not only includes steep Dartmoor hills but also a couple of stream crossings.



The event, which is part of the Dartmoor Fell Series, starts with athletes running up Western Beacon, which towers above Ivybridge, before then heading up to Weatherdon and Glasscombe Ball and then up Ugborough Beacon before heading back to Ivybridge Rugby Club.

Over-50 athlete Rees, who had come second at the Totnes 10k on Sunday, came home on Wednesday in a time of 45.41 minutes.

Third place went to home athlete Jamie Frost, who clocked 46.32 minutes, with Exeter Harriers' Stephen Hughes fourth (48.00) and Dartmoor Runners' Simon Evans fifth and first M40 (49.42).



Westbury's Hannah Large won the women's race in 56.22 minutes, with Cornwall AC's teenager Chloe Clarke second and first under-19 in 56.52 minutes. Fellow under-19 athletes Sophie Gilvear (Erme Valley Harriers) and Bella May (City of Plymouth) were third and fourth, with **Erme Valley's Becky Prall** fifth and first F40.

Erme Valley did win the women's team event, while Okehampton claimed the men's honours.



Some 70 athletes finished the main race, but there was one casualty. “One female runner suffered a leg injury and had to be taken off the moor by Dartmoor Rescue,” said organising club **Erme Valley Harriers**. “We are extremely grateful to them and the ambulance team who took her to hospital. “She is recovering well at home. We would also like to thank our marshals who stayed with her until help came. Also, her friend who sacrificed her race to stay with her. We all wish her a speedy recovery.”





There were also junior races before the main event.

City of Plymouth's Lucas Sweeney was first in the under-13 race, with **Erme Valley's Bluebell McBride** first girl.

Jacob Sweeney looked on course to win the under-11 race, but towards the end he went the wrong way. **Erme Valley's Esme Prall** ended up as first under-11 runner home, while Francesca Pickstone was first under-nine girl.





IVYBRIDGE 3 TOPS FELL RACE





IVYBRIDGE 3 TOPS FELL RACE



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 McEwing	35.56	Langley Burrell 25
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

TRAINING ROUTES - AUGUST and SEPTEMBER

August

August 12th - Speedwork @ Gorse Way (1k Reps)
August 19th - Spirit of the Moor Run
August 26th - Penquit Loop

September

September 2nd - Summer Handicap
September 9th - Hills session @ Viaduct
September 16th - Spirit of the Moor Run
September 23rd - Speed session @ Cross Park
September 30th - Out and Back (towards South Brent)

VET MENS ROAD RECORDS

<u>AGE GROUP</u>	<u>10K</u>	<u>10 Miles</u>	<u>Half Marathon</u>	<u>Marathon</u>
40 - 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	R Haynes 2.45.32 Manc 25
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>	<u>10K</u>	<u>10 Miles</u>	<u>Half Marathon</u>	<u>Marathon</u>
35 - 39	A McEwing 35.56 Langley B. 25	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

News from Moor Trees:

🌳❤️ A huge thank you to the @Erme Valley Harriers who presented Moor Trees with a donation of £500 following the Ivybridge 10k running race 🏃🏃🏃 This donation can buy enough compost for around 7000 trees to give them the best start in life! 🌱 Fantastic job! ❤️

🌳 If you'd like to support us we'd love you to get involved in our '25' themed fundraising challenge, 25 for 25, to celebrate our 25th anniversary year 🐣🍪 You could hike 25 miles, bake 25 cakes 🍰 sell 25 seedlings 🌱 the choice is yours! ❤️ Big or small, every '25' makes a HUGE difference to our vital work! Download your fundraising pack here: www.moortrees.org/25for25challenge/

#moortrees #25thanniversary #woodlands #nativetrees #charity #fundraising #25for25 #running #nature #climate #Devon #Dartmoor



SPORT

LOCAL WIN AT CORNWOOD 10K

It was perhaps fitting that in the 20th year of the Cornwood 10K a local resident should win the race, and Erme Valley Harrier Ronnie Haynes duly obliged, writes Dave Fox.

Haynes, who has been in great recent form, led the race from start to finish. Charlie Milward also ran well to take fourth place, whilst Helen Chapell won the overall female veteran award. Haynes, Milward and Nick Bristow brought home the men's team prize.



Ronnie Haynes on the way to winning the Cornwood 10k

the fastest in the South West. The Tavistock Town



Erme Valley Harriers who took part in the Cornwood races

Sally Erith (40.59) ran in the Exeter 10K. Allen also ran in the Plymouth 5 and finished fifth in 31.06.

At the Run Exe 5K July race, Luke Hayes was 15th in 16.33, Ken Summers ran 24.56 and Liz Bristow 25.18. Further afield, Andrew Reed

Run race, with Lindsay Lane particularly impressive as she was first lady. Youngster William Rogers also ran well. Offroad, the Harriers did well at the Cosdon Fell race. Chris Prall was fourth overall and first male 40. Becky Prall was second female 40, whilst Jenny Hayes was

Each month I endeavour to submit an article to the IMAG (Ivybridge Magazine) giving a summary of the last month's club activity. The IMAG is issued to Ivybridge residents but is available for those outside the area to view online at <https://theivybridgemagazine.co.uk> - Editor

