

# THE HARRIER

## (NOVEMBER 2025 NEWSLETTER)



An enjoyable day was had at the Tavy 7

It was a chilly and windy day at the Tavy 7 but we again turned out in force. There were many great performances and numerous prize winners, including 2<sup>nd</sup> place for the Men's team in the Ross Shield.

**Barry Neal** admits that he rarely wins anything so it was great to see him win his first ever age category in the **Devon Trails 10K**. Hopefully more success to come!

The next **Westward League Cross Country** fixture is at **Newquay** on **Sunday 16<sup>th</sup> November** but before then is our **AGM** at the **Hunting Lodge** on **Tuesday 11<sup>th</sup> November**. We are looking for a good attendance.

All the best - **Dave Fox** - Editor

## **From the Chairman:**

**Hello Erme Valley Harrier members. Thank you for taking the time to read my annual report.**

Firstly, I'd like to thank the Committee for all of their efforts over the last year - a lot of work goes on unseen by every member of the committee which allows the club to run smoothly.

There's a couple of people I would like to thank in particular; Lynne Whitfield who joined the committee last year and was instrumental in getting the internal Club Championship back up and running. This has been a great success and provides some friendly competition within the club. I'd also like to thank Emma Lake who supported Lynne with getting the Club Championship going and she has also taken on the organisation of the summer and winter handicaps, including designing a new summer handicap route (twice!). Thanks also to Charlie Milward who along with Emma organise the weekly training routes including the popular speedwork sessions which Emma often leads

Also whilst not committee members I'd like to thank Dave Fox for his great work in producing the Harrier every month, Ken Summers for everything he does with kit sales and Monica, Ali and Liz Bristow for their ongoing support to the club with the supply of kit, race t-shirts etc.

Finally, I'd like to thank all of you for coming along on a club night. It's great to see so many people turning up regularly on a Tuesday night, representing the club at local (and not so local races), parkun, meet-ups etc. As has been said many times before but it is worth reiterating; thank you to all our members who helped with marshalling etc for the three club events which we host. Your efforts are very much appreciated. We are very grateful to you supporting us when we host these events.

## **Looking back on my aims for 2025 we had three targets:**

- 1. Increase senior membership level to greater than 150.**
- 2. Encourage more people to lead / help lead club runs.**
- 3. Support the junior coaches and parents both at training nights and competitions (track and field and cross country)**

We have increased our senior membership compared to 2024 but we haven't achieved our stretch target of 150. We have ongoing ambitions to reach this number and we are keen to develop strategies for increasing both our senior and junior membership numbers and would welcome ideas from the wider membership as to how we achieve this.

We have a couple of additional people leading and supporting on club runs but we really could do with more people to come forward to support us on this part. Especially when we are running in the winter evenings it's important that we know people are sticking together and looping back as required and that nobody is left behind. We will be bringing this up regularly so please do get in touch if you are able to support on this.

We have seen an increase in juniors representing the club at track and field and cross country events over the last year. However, we hope that these numbers increase this winter for XC and into next years T&F season. The junior coaches provide a great training environment and it would be fantastic to see a larger number of juniors at local events.

## **My own personal highlights for the last year:**

Hearing about the personal achievements for so many of our members; this ranges from people taking part in a race distance or event for the first time, people achieving PB's, representing Devon County at the inter-county championships, England Age group representation alongside team

successes at several local races including Torbay relays, Tavy 7, our own relays, First Chance 10k, etc

Greater involvement from both our junior and senior membership at local track and field events. We had a great turnout of juniors at some local meetings and several of them came away with medals from the County Championships. We also had some of our senior members returning to race on the track including Sally Erith, Jeremy Westmore and Peter Allen (who's 'swim' as part of the steeplechase was a particular highpoint).

Keith receiving his England Athletics lifetime achievement award for his long service to athletics and running. I'm sure everyone will agree that it's well deserved and it's a wonderful way for his contribution to be recognised.

Chris has covered the finances, so I won't go into detail, but we have effectively broken even this year which given the increased number of events we have paid for members to enter, the additional club funded trips, social occasions, charitable donations alongside general inflationary costs I think is a good outcome. The Ivybridge 10k remains the foundation of our stable financial position, which does help us to keep our membership fees down to one of the lowest in the local area. As has been reported elsewhere, the England Athletics affiliation fee has risen by £3 per year and with other items of our expenditure forecast to increase it is necessary for us to propose to increase our membership fees accordingly. I would encourage everyone to make the most of your membership fee by taking part in the local league races for cross country, track and field etc, use the club funded minibus for the various events we attend, weekly training sessions, subsidised social events etc

As a reminder, the EVH committee is focused on ensuring that every decision we make reflects the club's mission to provide a friendly running community here in Ivybridge.

We're proud to be an inclusive club that welcomes runners of all abilities from those competing at the sharp end to those who are relatively new to running and looking to progress and those who prefer a steadier social run. We're also a member-led club, and that means you help shape what EVH becomes next. We always welcome new ideas and suggestions for how we can improve what we offer whether it's training sessions, social events, volunteering, or ways we can give back to the local running community. If you've got an idea, please let us know.

This year we are looking to introduce a couple of new roles to help support both the committee and the wider club membership and this is through the introduction of a male and female club captain. The remit of these roles is not constrained and will be flexible to allow the individuals to make the role their own. In general terms, the club captains will be a link between the committee and the wider membership, encourage participation at local league races and other events, co-ordinate teams etc.

We will also be rolling out an additional way of communicating with members as well as hosting information such as upcoming training sessions and races through the use of Spond; the sports team management app. Full details and joining instructions to follow and I will provide a brief demonstration at the AGM. I would encourage everyone to engage with using Spond as the more people who use it the more effective it will be. This won't be a replacement for other sources of information such as the club website or announcements on club nights but helps us deliver information without the use of emails or social media posts.

**Thank you again for reading and 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

### AGM time

We are holding the clubs **AGM** on **Tuesday 11<sup>th</sup> November**. We have booked the **Hunting Lodge** this year and have a free buffet. We are holding training from there and the meeting starts at **7.30pm**.

We hope to get a good turnout of members and parents. It is a chance to see what the club is planning for the year ahead and put forward your thoughts and ideas.

A reminder that the club Christmas Party is on **Saturday 13<sup>th</sup> Dec**. It will be held at the Conservative club in Ivybridge and it costs £12.50 per person. More details and tickets from Sharon.

We have a busy time in the run up to Christmas with two Westward League races, a Sportshall and the Armada relays.

Now the clocks have gone back everyone needs to take care when running in the evenings and ensure you are visible. We always have a fluorescent vest you can borrow.

### Training and Competition update

Junior training has been affected by the non-availability of the sports hall due to exams. We also have to hold our last session on Thursday 11<sup>th</sup> December because of an event in the sportshall the following week. We began the Sportshall season quite well but are only second behind Plymouth. We struggled for U11's in particular. Numbers have been down at the training sessions recently and we are planning a recruiting drive in the New Year. It proved to be a good trip to the Tavy 7 on 27<sup>th</sup> Oct. The men's team were second overall in the Ross Shield which is the Devon County Team Championships. It was the clubs best showing in the race which has been going for over 100 years.

Maybe we can target it again next year.

Numbers at senior sessions have been good despite the weather and we have a number of new faces coming along to the

Tuesday sessions. We held the first Winter Handicap last Tuesday and results are now posted. We still need to sort out

Fridays as they are still very quiet.

The routes for the rest of the year are on the website although there may be

some changes made. Please stay safe when training.

### Road (and off Road) Running

Helen Chapell continued her recent good form with a good run in the Cornish Marathon alongside Alison Engledew. They both won their age categories. In the recent Exeter 10 miler we had a one - two with Simon Fitze winning and Ali McEwing taking second place. Ali also set a new age group club record. There were also some good performances in the Tamar Bridge 10K, Devon Trail 10K and of course the Tavy 7.

Lynne Whitfield has updated the Club Championships table which is posted on the website. Congratulations to Helen Pearce on winning a very competitive Summer handicap. Finally, the club has been allocated one place in the 2026 London Marathon and we have 17 athletes entered into the ballot taking place at the AGM.

### Athletes of the Month (Sep/Oct)

The athletes of the month for September and October were Rubi Ferrero-Lewis and Stuart Witty.

### Forthcoming Events

**Nov 16<sup>th</sup> - Drogo 10**

**- Westward League XC -**

**Newquay**

**Nov 30<sup>th</sup> - Devon Sportshall - Plymouth**

**Dec 6<sup>th</sup> - Race the Light -Holbeton**

**- Cockington Christmas Caper (cancelled)**

**Dec 7<sup>th</sup> - Westward League XC - Exeter and Devon Championships**

**- Welsh Athletics Junior Open**

**Dec 14<sup>th</sup> Armada Christmas Relays**

**Cardiff Met Christmas Classic**

**Dec 21<sup>st</sup> - Fast 5k at Torbay (City Runs)**

**Dec 26<sup>th</sup> - Boxing Day Run at Burrator**

**Jan 3<sup>rd</sup> - South West Cross Country**

**Championships - RNAS Merryfield**

**Jan 4<sup>th</sup> - First Chance 10K - Exeter**

**Finally - Please try and support the AGM it is a very important date in the club's year.**

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

## Secretary's AGM Report 2025

It has been another positive year for the club and most things have continued to go well. The senior training sessions have been well attended and we have also had a steady influx of new members. The junior numbers at sessions have not been as good and we are looking at ways to recruit. There has again been no real change with the facilities at the Rugby Club, which is still down to finance, but we have continued to have an overall good working relationship with them. We are really keen to improve the member experience and would welcome any views that anyone has.

Our membership currently stands at 238 which is pretty much the same as 2024. The breakdown is 136 seniors (of which 8 are volunteers) and 94 juniors of which only 38 are under 11. This is down on the previous year when we had a large influx in September. This has not occurred this year for some reason.

Tom has continued to do a great job as Chair. Also thanks to Emma for taking on the Handicap which has gone well. Chris Prall has continued as treasurer keeping us on a sound financial footing but is now standing down.

The 10K went very well after a slow start and numbers were good in the end. We will have to look at the route for 2026 in view of the building developments near the start, but hopefully all will be OK. We staged the ever popular relays again (which also went well). We also put on the 3 Tops Fell Race again - there were a few issues but on the whole it went well. These events require a lot of help from our members who do a fantastic job. We are very fortunate indeed to have such a great bunch of experienced volunteers. We are always looking for people to take on roles for our races. If anyone is keen to get involved then please speak to one of us.

I would like to thank all the committee for all their hard work once again this year. Particular thanks to Sharon for all she does for the club. Also well done to Lynne Whitfield for her work with the Club Championship. I would also like to thank the coaches who have again done a great job. I would also like to thank my wife Jayne (as always) who does such a valuable job helping the club and me. We are still struggling with just a small band of coaches despite the return of Matt Hoey and it is still a major area of concern going forward.

A huge thank you to Dave Fox for producing more fantastic Harrier magazines. Ken and Sharon have done an excellent job with the kit. We continue to try and keep in contact via Facebook, Twitter, emails and the website. We hope to look at the use of the Spond App for seniors. Looking ahead to 2026 we face challenges as always but I'm sure if we all work together, we can overcome.

The main ones are as follows:-

- Facilities as both the Rugby Club and Ivybridge College are still not ideal despite some improvements. We need to offer our members a good experience in every way.
- Encouraging the juniors to take part in club competitions particularly track and field. Improve communication and understanding of parents.
- Recruit and train more coaches (particularly junior ones) and volunteers in general. We need to have a succession plan to replace our older volunteers whilst maintaining continuity. This is a particular priority for us.

I hope you all enjoy the AGM and that you gain a lot of understanding of how the club works. It is an opportunity for you to put your views forward. The club will continue to go forward in a safe, sustainable way in line with the requirements of the governing bodies and our members.

**Keith Reed November 2025**

## EVH Club Championship 2025

There are 6 events left in the Club Championship this year after the cancellation of the Cockington Caper in December with 2<sup>nd</sup> and 3<sup>rd</sup> positions still up for grabs. Events for January and February 2026 are shown below - the First Chance 10k in Exeter on January 4<sup>th</sup> 2026 sold out this year, so do get your entries in!

Pos	Name		TOTAL	Marathon	Age record bonus	parkrun (x 12 max)	EVH team win bonus	Track event	Ultra event	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	Cornwood 10k	South Devon Relays	Totnes 10k	Summer Handicap 05 August	August Armada 5k	Summer Handicap 06 Sept	September Armada 5k	Haytor Hellier	Sourton Fell Race	Torbay 10k	Torbay Half Marathon	Great Links Tor Flyer Fell Race	Templar 10	Summer Handicap 07 Oct	Westward League XC - Newnham	Tavy 7	
1	HELEN	CHAPELL	868.12	67	150	40	60			10	10			10		10	15	36	15	32	10		10		30						30	10		30	
2	PETER	ALLEN	583.03				20	20		10	10	30		10			15		15		10							51			30	10	30	30	
3	CHRIS	PRALL	566.86	72			40		50				30	30	10	30				15		10				30	30			30				30	
4	LYNNE	WHITFIELD	484.57			15	40									30		15	33	15	30	10				30			51			10			
5	ANDREA	MITCHELL	478.49			35	40			10				10			15		15	15	28	10					36					10	30	30	
6	JENNIFER	HAYES	471.36	61			20		50				30			30										30			54			10	30		
7	TOM	DAVIES	467.23		200	5		20									15		15								32					10	30	30	
8	RONNIE	HAYNES	410.43	77	50		60									10	15	39	15	35	10														
9	ANDREW	MITCHELL	393.24			40				10				10					29	15	26	10	10				33					10		30	
10	BECKY	PRALL	365.38				20			10			30			30	15								30	30			30						
11	SIMON	FITZE	363.64	84	50				50								15												62						
12	NICHOLAS	BRISTOW	345.78	70		10	20							10					35	15													10		
13	CHARLIE	MILWARD	324.54				80						30		30		15	35	15				10		30						30				30
14	ANDREW	CHAPELL	312.32			40					10			10		10	15	31	15	27	10		10								30	10			30
15	BARRY	NEAL	311.08	59	10									10								10	10				31					10	30	30	

December – February events are as follows:

02-Dec	Winter Handicap 02	10
07-Dec	Westward League XC - Exeter	30
14-Dec	Armada Christmas Relays	15
04-Jan	First Chance 10k - Exeter	Age% * 0.5
06-Jan	Winter Handicap 03	10
11-Jan	Oh My Obelisk	30
11-Jan	Westward League XC - North Devon	30
01-Feb	Newquay 10k	Age% * 0.5
03-Feb	Winter Handicap 04	10
08-Feb	Westward League XC - Central Park	30
07/08-Feb	Exeter Half	Age% * 0.75
28-Feb	Westward League XC - Redruth	30

December  
parkrun: Parke

January parkrun:  
Torbay Velopark

February  
parkrun: Plym  
Valley

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

### VIDEO & GALLERY: Goodspeed and Whybrow claim victories as the Westward Cross Country League returns

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



CITY of Plymouth's Elsie Goodspeed and Tavistock AC's Freddie Whybrow were among the winners as the Westward Cross Country League season got underway at Plympton's Newnham Park on Sunday.

There were also top three finishes for City of Plymouth's Annabel Arnold, Lucas Sweeney, Jack Penney, Evie Bolt, Theia Jones and Olivia Walkerdine, **Erme Valley Harriers' Ben Holmes** and **Luke Hayes** and Tavistock AC's Thomas Hennessey. After last season's event at Newnham Park was hit by torrential rain, this year's took place in glorious sunshine and nearly 500 athletes took part.

Goodspeed and Whybrow's success came in the under-15 age group, which was the last race of the day.

Whybrow claimed victory by 17 seconds ahead of his Tavistock club team-mate Thomas Hennessey.

Tavistock AC were the dominant team in that category with four finishers in the top nine. Eldon Young was fifth and Arthur Norton ninth, while City of Plymouth's Finley Eales was fourth.

Elsie Goodspeed took the under-15 girls' honours by nine seconds, with her new club colleague Zoe Bigham finishing fourth.



**Ben Holmes** enjoyed an impressive debut for **Erme Valley Harriers** in the senior men's race, finishing second behind Cornwall AC's Jacob Harrison. **Holmes** had previously run in the Westward League between 2015-19 while at Exeter University. More recently the 2:24 marathon runner has been competing for Solihull & Small Heath.

There was a top 10 finish in the senior men's race for Tamar Trotters' Jacob Landers, who came eighth, while Tavistock Run Project's Jim Cole was first M40 and City of Plymouth Kairn Stone first M45.

There was a strong run by City of Plymouth's Annabel Arnold in the senior women's event. She came second behind Taunton's Alice Murray-Gourlay. Tavistock AC's Charlotte Walker was eighth senior, while **Erme Valley's Sally Erith** (F40) and **Emma Lake** (F50) and Tavistock AC's Sam Lake (F45) and Jenny Jeaves (F55) were first in their age groups.

**Erme Valley's Luke Hayes** finished strongly to take second place in the under-17 boys' race, which was run with the senior women and under-17 girls. In the same category, Tavistock's Connor Duffin was fifth and City of Plymouth's Freddie Blight 10<sup>th</sup>.





City of Plymouth's Lucas Sweeney was another athlete to claim a second place finish. His came in the under-13 boys' race, where his team-mate Tristan Bigham was seventh and East Cornwall Harriers' Rafe Jackson was 10<sup>th</sup>. In the under-13 girls' event, City of Plymouth's Olivia Walkerdine took third place, with **Erme Valley's Freya Norris** sixth and City of Plymouth Margot Goodspeed seventh.

City of Plymouth totally dominated the under-11 girls' race with seven athletes finishing in the top 10.

Evie Bolt led them home with a second place finish, with Theia Jones third, Genevieve Stone fourth, Serena Bigham fifth, Millie O'Brien seventh, Ivy Ling ninth and Shara Ingleby 10<sup>th</sup>.

City of Plymouth's Jack Penney claimed second place in the under-11 boys' category. There were also top 10 finishes in that section for his team-mate Jacob Sweeney and **Erme Valley's William Rogers**.

There were 470 finishers across the six different races and 10 main age groups.





**PLYMOUTH CROSS COUNTRY**



**Meanwhile Harriers were racing at various venues:**

**Liz** and **Allister Bristow** travelled to **Bournemouth**. **Allister** ran the **Half** in a time of 1.32.56, whilst **Liz** finished the **10K** in 49.36.

In the **Eden Half Marathon**, which is a tough off road race **Alison Engledew** had a great run to finish 2<sup>nd</sup> fv60 in 2.03.18

At the **Great South Run** (10 miles) in **Portsmouth Helen Chapel** set a new club fv55 record with a time of 1.16.38. Husband **Andrew** was not far behind (1.17.17). **Matt Hoey** (1.22.21) and **Lynne Whitfield** (1.22.21) also made the trip.

In the **Tamar Bridge 10K Sue Blacksell** ran a time of 1.23.43. In the same race **Tom Hansen** (son of Carol and Mike) was 6<sup>th</sup> in 38.04. **Tom** was running for **Winchester RC**.

**Graham Reed** had a great run at the **Lightning Bolt 10K**, with a time of 35.21. **Graham** was 15<sup>th</sup>.

At the **Halloween 10** in **Exeter** it was a great day for the club as **Simon Fitze** (58.08) was 1<sup>st</sup> and **Alison McEwing** (60.09) 2<sup>nd</sup> in the race. **Alison** also broke her own fv35 record.

In the **5 mile** race **Georgina** and **Simon Chapman** achieved a time of 44.23.

## TAVY 7 - Sunday 26<sup>th</sup> October

We had our usual great turnout at this race, which this year was run in cool conditions and windy in parts.

We had several prize winners with **Neil Squires** 1<sup>st</sup> mv45, **Stuart Witty** 3<sup>rd</sup> mv55 and **Alison Engledew** 2<sup>nd</sup> fv65.

We were 3<sup>rd</sup> Men's team (**Peter Allen, Charlie Milward, Ben Bristow and Neil Squires**) and with additional athletes **Stuart Witty and Tom Davies** were 2<sup>nd</sup> in the Ross Shield.

Our Ladies team (**Helen Chapell, Andrea Mitchell, Alison Engledew and Charlotte Kendrick**) were 3<sup>rd</sup> in their category.

<b>Results:</b>	11	Peter Allen	42.40
	12	Charlie Milward	43.06
	21	Ben Bristow	44.40
	31	Neil Squires	46.33
	47	Stuart Witty	48.26
	52	Tom Davies	49.34
	85	Barry Neal	52.35
	100	Helen Chapell	53.48
	114	Andrew Mitchell	55.10
	140	Alison Engledew	57.39
	141	Andrew Chapell	57.44
	155	Andrea Mitchell	58.38
	165	Phil Adderley	59.19
	183	Charlotte Kendrick	61.19
	185	Ken Summers	62.02
	212	Dave Lloyd	65.37
	297	Trudi Rowe	89.25





TAVY 7





TAVY 7





TAVY 7





TAVY 7





TAVY 7





TAVY 7



## VIDEO & GALLERY: Kelly sets new course record on her way to victory at the Tavy 7 race

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



TAVISTOCK AC's Nikki Kelly broke the women's course record at the popular Tavy 7 race on Dartmoor on Sunday.

Kelly stormed to victory in the women's event in a time of 42 minutes and 34 seconds.

She was 10<sup>th</sup> overall and was 51 seconds ahead of her young club colleague Charlotte Walker, who was second woman in 43.25 minutes.

The Tavistock women dominated their own club's race, that once again incorporated the Ross Shield – Devon's oldest running championship.



The host club had the first five women home to not only win the race team event but easily claim the female Ross Shield title.

Hannah Smith was third woman home in 44.16 minutes, with 2008 Olympic modern pentathlete medallist Heather Fell fourth and first F40 in 45.56 minutes. Fifth woman, and second F40, was Hannah Worth.

The men's race was won by North Devon's T20 para-athlete James McKibbin, who came home in an impressive time of 38.19 minutes.

Second man was City of Plymouth's Josh Blake, who clocked 38.27 minutes in windy and cold conditions.



Tavistock AC's Adam Holland was third in 40.10 minutes, with Royal Marine/Royal Navy AC athlete James Locker fourth (40.19) and Jack Ross fifth (41.36).

South West Road Runners claimed both the Tavy 7 top men's team award and the Ross Shield,



Many congratulations to **Barry Neal** who won his first ever age category prize at the **Devon Trail 10K**. Barry was 1<sup>st</sup> mv40 and 14<sup>th</sup> out of 91 finishers. **Barry** achieved a chip time of 52.28 on a muddy course, described by **Barry** as fun.



## CORNISH MARATHON

Our two ladies who made the trip to Cornwall did very well as **Helen Chapell** was 1<sup>st</sup> fv55 in 3.50.26, whilst **Alison Engledew** was 1<sup>st</sup> fv65 in 4.23.50.

**Marc Rinagl** completed the **Black Beacon 80km Ultra**, which goes from one side of the Brecon Beacons to the other. There was over 4km of climbing, so a tough race, with some challenging weather. Marc's total time was 15 hours 35 minutes. 24<sup>th</sup> out of 60 overall and 7<sup>th</sup> mv40.

## TRAINING ROUTES

### November

November 11th - AGM - Training from Hunting Lodge (reps at Julian Road)

November 18th - Ivybridge Loop or speed session: short reps @ Woolacombe Rd

November 25th - Harford Loop (Headtorch Run) or Speed session @ Julian Road

### December

December 2nd - Winter Handicap

December 9th - Penquit Loop (Headtorch Run) or Hills session @ Ivybridge Train Station

December 16th - Speed session @ The Viaduct -> Crescent Road -> Beacon Road (Loops)

December 23rd - Silly Hat Xmas Run - Ivybridge Loop

December 30th - No Club Run

## OCTOBER SUMMER HANDICAP SERIES

Position	Runner	Clock Time	Handicap	Time	Points
1	Will Rogers	34:28	10:30	23:58	50
2	Charley Kendrick	35:03	05:30	29:33	49
3	Nick Bristow	35:04	13:30	21:34	48
4	Jason Waterfield	35:17	05:30	29:47	47
5	Adam Griffiths	35:21	12:30	22:51	46
6	Andrew Mitchell	35:22	08:30	26:52	45
7	George Benton	35:27	13:30	21:57	44
8	Angus Wilson	35:35	13:00	22:35	43
9	Barry Neal	35:51	10:00	25:51	42
10	Russell Gibson	35:56	13:00	22:56	41
11	Mark Rinagl	35:59	12:30	23:29	40
12	Alan Gatling	36:01	11:30	24:31	39
13	Helen Pearce	36:07	07:00	29:07	38
14	Stuart Witty	36:08	13:00	23:08	37
15	Tom Davies	36:27	12:30	23:57	36
16	Neil Squires	36:29	13:30	22:59	35
17	Jess Ashworth	36:33	12:00	24:33	34
18	Jenny Hayes	36:49	10:30	26:19	33
19	Lynne Whitfield	36:51	08:30	28:21	32
20	Dave Rayfield	36:52	13:30	23:22	31
21	Andrea Mitchell	36:59	06:30	30:29	30
22	Andrew Chappell	37:08	10:30	26:38	29
23	Peter Allen	37:10	15:30	21:40	28
24	Richard De Salis	37:46	12:30	25:16	27
25	Steph Rogers	37:46	03:00	34:46	26
26	Luke Hayes	38:01	18:15	19:46	25
27	Matt Rankin	38:11	00:00	38:11	24
28	Helen Chapell	39:42	10:00	29:42	23
29	Harriet Rogers	42:06	09:00	33:06	22

### Final Top Ten places:

Runner	April	May	June	July	August	Sept	Oct	Total (Best 5 out of 7)
Helen Pearce	49		0	47	47	40	38	221
Andrew Mitchell		0	38	49	39	44	45	215
Ewan Lake	41	46	34	42		47		210
Barry Neal	29			48	50	41	42	210
Stuart Witty			46	43	36	45	37	207
Russell Gibson	43		40	34		48	41	206
Alan Gatling	35	0	44	41	0	46	39	205
Lynne Whitfield	46	36		44	45		32	203
Jason Waterfield	33	42		0	42	35	47	199
Helen Chapell	50	45	32	33	0	37	0	197

**Congratulations go to Helen Pearce for winning the series.**

## NOVEMBER WINTER HANDICAP SERIES:

Position	Runner	Clock Time	Handicap	Time	Points
1	Ben Bristow	32:31	11:30	21:01	50
2	Russell Gibson	33:08	11:30	21:38	49
3	Will Rogers	33:49	10:00	23:49	48
4	Stuart Witty	34:03	11:30	22:33	47
5	Josh Burke	34:06	11:30	22:36	46
6	Nigel Grottick	34:26	10:00	24:26	45
7	Neil Squires	34:37	11:30	23:07	44
8	Adam Griffiths	34:40	12:00	22:40	43
9	Alison Engledew	34:52	05:00	29:52	42
10	Jess Ashworth	34:54	10:30	24:24	41
11	Lindsay Lane	35:17	05:00	30:17	40
12	Harriet Rogers	35:19	02:30	32:49	39
13	Helen Chappell	35:20	05:00	30:20	38
14	Angus Wilson	35:21	13:00	22:21	37
15	Andrew Chappell	35:33	10:00	25:33	36
16	Barry Neal	35:38	11:00	24:38	35
17	Steh Rogers	35:39	02:30	33:09	34
18	Luke Hayes	35:48	17:00	18:48	33
19	Alan Gatling	35:50	12:00	23:50	32
20	Peter Allen	36:01	15:00	21:01	31
21	John Griffiths	36:27	10:00	26:27	30
22	Helen Pearse	36:43	07:00	29:43	29
23	Andrew Mitchell	36:46	10:00	26:46	28
24	Andrea Mitchell	37:33	08:00	29:33	27

### MALAGA HALF MARATHON

**Ken Summers** place in the **Malaga Half Marathon** on **15<sup>th</sup> March 2026** is available. If anyone is interested they should email Ken on [summersken906@gmail.com](mailto:summersken906@gmail.com)

Further news from Ken – he his looking to rent a dry garage or barn. If anyone has any information then then should contact Ken on the above email.

Meanwhile your **Chairman Tom Davies** and **Charlie Milward**, with his University Athletics Club were able to complete a lap at the Brickfields as part of the **BBC Children in Need** three-legged challenge. A bit different than running!

## THE IVYBRIDGE MAGAZINE (or IMAG)

Unfortunately, the monthly magazine, which is distributed around Ivybridge, will no longer continue. A combination of ever-rising costs and other demands on the Editor Steven Vincent's time mean it is no longer feasible for him to produce the magazine.

The magazine was started in February 2011 and we have featured regularly from the beginning with monthly updates on the club's athletes and races. Many of you will have featured either in an article or photographs. The magazine has continued to advertise club races etc.

The magazine has been a great advertisement for the club and I'm sure as a result has increased membership. We won an award at some point for our participation.

I have written to Steven thanking him for the great job he has done for the club and the Ivybridge community over the years and will be much missed – Editor



### FITNESS AND FUN WITH A RUN

**DO YOU** want to get fit for the new year? Then why not join your local running club, Erme Valley Harriers, and enjoy running with friendly, like-minded people.

The Ivybridge-based athletics club, formed in September 1983, provides opportunities for athletes of all abilities to receive coaching and compete in a wide range of athletic disciplines, such as road running, cross country, track and field and sportshall.

A beginners/improvers' group meets on Wednesdays from 5.30-6.30pm at the community sport reception at Ivybridge Community College. There are three groups, based on ability, which are suitable for a range of runners, from complete novices to those who have already done some running. Everyone is welcome. If you need a goal for the year, perhaps build up your training for the club's popular 10k road race in Ivybridge in May.

On Thursdays there is training from 6pm for juniors (over 8) at Ivybridge Community College.

If you are already in training and have set your goals for 2011 the club's senior athletes meet at 6pm on Tuesday and Friday nights at South Dartmoor Leisure Centre.

**FIND OUT MORE:** [www.ernevalleyharriers.co.uk](http://www.ernevalleyharriers.co.uk)



Twins Nick (left) and Allister Bristow at the Cornwood Challenge 10K

## HARRIERS TRAVEL NEAR AND FAR IN BUSY PERIOD

### ■ running

Athletes of Erme Valley Harriers have had a hectic few weeks, taking part in races at various locations.

Very popular was the local Cornwood Challenge 10K, where the Harriers had 16 athletes in the 10K and several youngsters in the fun run. Allister Bristow was the first Harrier home (40.04) in 9th place and 3rd vet. Just behind Bristow was Chirs Prall (40.11) in 10th place, with Nick Bristow 16th in 41.48. Kate Medicott had a good run in a time of 50.58 and was 3rd female vet.

Mike Hoskin completed the Snowdonia Trail Ultra Marathon, finishing 77th in 8.50.09, while in the marathon Allister Bristow was 38th in 4.24.36 and was 4th

vet 40.

In the half marathon Liz Bowden was 472nd in 3.30.37.

In the Magnificent 7, Sarah Hirons had a good run to finish in 98th place in 52.57 and 2nd fv35. Dave Church was 137th in 56.48, Andrew Lane 184th in 59.59 and Lindsay Lane 236th in 64.46.

The Exeter 10K took place over two days. On the Wednesday, Alison Thom was 36th in 39.54, while Emma Lake was 50th in 41.38. On the Thursday, Alison Engledew secured a time of 50.17. All the ladies won their age categories.

Craig MacAlpine was the Harriers only entry in the Chudleigh 6. MacAlpine completed the course in a time of 45.38.

At the Kingsbridge 10K, Joe Burt was 30th in 47.16 and Craig

MacAlpine 64th in 52.36.

Ewan Lake and Sarah Salt travelled to the Lake District for the very demanding Lakeland 100, which is considered to be the UK's premier ultra ace. The race started on a Friday evening in Consiston and finished on Sunday morning with a 40-hour time limit. Lake (37.02.16) and Salt (37.49.53) both had outstanding runs and were well within the time limit.

Ten athletes travelled to Looe to support a fun run, which was organised by Looe Pioneers Running Club for Cancer Research. Sam Swift did exceptionally well and was second (28.49) over the 4.5 multi-terrain course.

Richard Lander Stow completed the Frome Half Marathon and won the male vet 40 'King of the

Mountain' prize. Sam Lander Stow completed the Frome 10K in a new personal best time of 1.06.12 – some two minutes quicker than at the previous year's Plymouth 10K.

The following weekend, Lander Stow was 2nd at the 12-hour Cider Frolic with 17 laps (102K). Sam Lander Stow completed the Piggy Plod 10K, while daughter Evie completed the 2.5 mile Piggy Plod.

Five athletes completed the 'off road' Totnes 10K, with Allister Bristow again running well to finish 11th overall in 41:22 and 2nd male vet 45. Kevin Paul ran 41:22, Alison Engledew 53:35, Liz Bowden 58:34 and Vicki Wilde 67:26. Engledew was also 2nd female vet 60.

■ [ermevalleyharriers.co.uk](http://ermevalleyharriers.co.uk)

The photograph of Nick and Allister Bristow at the Cornwood 10K of 2019 was featured in an A4 article in the IMAG.

The above photo is also the main cover photo in the 40<sup>th</sup> Anniversary Harrier, issued two years back. The Harrier, containing 100 pages is still available to view. If you would like a copy then sent me an email – [ivybridge51@gmail.com](mailto:ivybridge51@gmail.com) - Editor



The photos were taken at the Newquay Cross Country of 2019. Can you recognise the EVH youngster in front of his teammate! The other photo is of course of your Team Manager – Becky Lee. This year's event is on **Sunday 16<sup>th</sup> November**



## VET MENS ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
40 – 44	<b>N Holmes</b> 33.11 Clevedon 05	<b>N Holmes</b> 55.14 Teignbridge 05	<b>N Holmes</b> 1.12.55 Plymouth 05	<b>R Haynes</b> 2.45.32 Manc 25
45 – 49	<b>S Fitze</b> 34.48 Cardiff 25	<b>A Ryde r</b> 57.00 Teignbridge 09	<b>S Fitze</b> 1.16.18 Exeter 21	<b>A Ryder</b> 2.39.58 Taunton 09
50 – 54	<b>M Hansen</b> 36.22 Bideford 09	<b>M Hansen</b> 58.49 Plymouth 09	<b>M Hansen</b> 1.19.14 Taunton 09	<b>A Trigg</b> 2.53.16 Abingdon 12
55 – 59	<b>M Hansen</b> 37.44 Clevedon 14	<b>M Hansen</b> 64.07 Bideford 14	<b>A Trigg</b> 1.24.07 Bridgwater 17	<b>A Trigg</b> 3.03.20 Chester 18
60 – 64	<b>D Engledew</b> 41.15 Exeter 2024	<b>D Engledew</b> 70.24 Bideford 19	<b>D Engledew</b> 1.31.20 Bideford 24	<b>D Engledew</b> 3.35.44 Manc 23
65 – 69	<b>D Engledew</b> 43.18 Exeter 25	<b>D Engledew</b> 69.05 Bideford 24	<b>D Engledew</b> 1.33.08 Cardiff 24	<b>D Engledew</b> 3.32.51 Newport 25
70 – 74	<b>K Summers</b> 49.06 Exeter 24	<b>K Summers</b> 1.18.50 Great South 23	<b>K Summers</b> 1.46.03 Kew 23	
75 – 79	<b>E Perks</b> 66.15 Plympton 99	<b>E Perks</b> 103.51 Guy Fawkes 98	<b>E Perks</b> 2.27.15 Plymouth 98	<b>E Perks</b> 5.56.55 London 00
80 – 84	<b>E Perks</b> 70.50 Ivybridge 03	<b>E Perks</b> 127.02 Plymouth 03	<b>E Perks</b> 2.47.07 Plymouth 03	
85 – 89	<b>E Perks</b> 80.19 Ivybridge 07		<b>E Perks</b> 3.10.48 Plymouth 07	

## VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
35 – 39	<b>A McEwing</b> 35.56 Langley B. 25	<b>A McEwing</b> 60.09 Exeter 25	<b>A McEwing</b> 1.19.00 Farnborough 23	<b>A McEwing</b> 2.49.29 Berlin 24
40 – 44	<b>A Thorn</b> 37.47 Exeter 16	<b>J Swift</b> 62.02 Bideford 12	<b>J Swift</b> 1.22.15 Cardiff 12	<b>C Perry</b> 2.58.53 London 17
45 – 49	<b>A Thorn</b> 37.14 Glastonbury 22	<b>A Thorn</b> 63.45 Granite 21	<b>A Thorn</b> 1.20.34 Farnborough 23	<b>A Thorn</b> 2.50.58 Chester 22
50 – 54	<b>A Thorn</b> 38.29 Langley Bur 24	<b>A Thorn</b> 63.00 Chippenham 24	<b>A Thorn</b> 1.22.59 Bath 24	<b>A Thorn</b> 3.00.05 Newport 24
55 – 59	<b>H Chapell</b> 45.41 Exeter 25	<b>H Chapell</b> 76.38 Portsmouth 25	<b>A Engledew</b> 1.40.12 Taunton 18	<b>H Chapell</b> 3.46.21 Warsaw 25
60 – 64	<b>A Engledew</b> 46.16 Telford 19	<b>A Engledew</b> 79.36 Bideford 19	<b>A Engledew</b> 1.43.06 Helsby 20	<b>A Engledew</b> 3.52.33 London 19
65 – 69	<b>A Engledew</b> 47.44 Exeter 24	<b>M McKay</b> 88.56 Bideford 12	<b>A Engledew</b> 1.45.40 Bideford 24	<b>A Engledew</b> 3.57.37 Newport 24

