

THE HARRIER

(FEBRUARY 2026 NEWSLETTER)



**I think it can be said that it was somewhat muddy
at the Plymouth Cross Country races!**

After a period of little race activity, it has been a busy weekend with two days racing at Exeter and other good performances elsewhere.

The weather has of course played a major part in training as well as racing and today at the Plymouth Cross Country races it was hard going with a very muddy course and rain at times. Well done to everyone who ran and managed to finish. There were a few fallers, as well as dropouts and shoes falling apart! It was a day for wearing spikes and not trainers!

The race schedule picks up again next weekend with the re-arranged First Chance 10K in Exeter, where we should have a good turnout. - **Dave Fox - Editor**

From the Chairman:

Hello everyone,

I'm just back from the most recent cross-country race at a very wet and muddy Central Park. We had a decent turnout of both senior and junior athletes as well as providing a lot of marshals and officials for the event. Thank you to everyone who showed up in whatever capacity. It was a great showing for the club.

Earlier on in January we had a couple of other XC events - the SW champs near Yeovil and the Westward League race in Westward Ho! If you haven't taken part in XC this year, then the final league race of the season is in Redruth on **Saturday 28th February** if you would like to come along. We will hopefully be putting on a minibus.

As a reminder we are hoping to put in a team or two for the **SW relays at Exeter on Sunday 15th February**, if you are interested then please let me know ASAP. Also, a bit further ahead, on **Tuesday 24th March Plymouth AC** are once again hosting an evening of mile races. The races are graded so everyone should be in races with people running a similar pace. The event is part of the club championship this year and we are planning on organising an informal social after the event - possibly in Royal William Yard. It would be great to have a good turnout, so please do consider it.

Plans are well under way for our **Ivybridge 10k on Saturday 23rd May 2026**. As ever, we will be requesting some help from you to put on the event. More details to follow later in the year but if you could save the date it would be appreciated.

We have also started making preliminary plans for the **Ivybridge Relays and Fell Race**, for which we will also need volunteers to help host these events too - more details to follow.

Tuesday night club runs seem to be going well. A gentle reminder to please wear hi-viz and on returning from your run please try and stop on the pavement before negotiating your way through the entrance to the rugby club - it's still very dark there with a lot of cars exiting the car park.

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

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

SECRETARY'S NOTES

A very wet January !!

It has been a very wet start to 2026 with a number of cancellations this time for heavy rain and high winds. We do have the Westward League this weekend in Central Park, Plymouth and the SW Schools Cross Country in Exeter. There is just one more Westward League to go after that in Redruth on Saturday 28th February. We will be hopefully taking a minibus.

Entries have opened for our 10K on Saturday 23rd May. Please save the date as we need everyone's help as always. We are keeping the entry fee the same as last year which is very good value indeed.

Spread the word wherever you go. We are also putting on the Relays again on Friday June 26th and the Ivybridge 3 Tops on Saturday 15th August. The Club Championships have resumed. Details are in the Harrier and on the website.

Just a reminder that your 2026 club memberships is now overdue. Thanks to those who have already paid. Details and the link to the forms are on our website.

Training and Competition update

Junior training is going well and numbers have remained good. We have lost the use of the sports hall for two weeks due to exams We had the last Sportshall fixture on 25th January and slipped back to second place behind Plymouth.

We held a successful School Sportshall recently and we hope this will mean new members ahead of the next Sportshall fixture on 22 February.

Senior training also continued to go well despite the wet weather. We are reviewing Friday training over the next few weeks and hoping to encourage more to come along

The results of the Winter Handicap are now posted. We are resuming Friday training sessions and hope to increase numbers. We will review this in early March.

The routes for first three months of 2026 are now on the website. The track and field season will commence in April and it will be the start of the new even age groups. We will be trying to explain this

further to our juniors and parents over the next few weeks. Please ask if you need to know anything.

Road (and off Road) Running

The First Chance 10K has been rearranged, which is now the same day as the Mini Marathon Trials and Relays. We had a few athletes in the Oh my Obelisk race which went well. It is not too long now until the Spring Marathons in various locations. Let's hope everyone's training is going well. There are also several half marathons and 10K races coming up during the next few months.

Athletes of the Month (Dec)

The athlete of the month for January were Nigel Grottick and Noah Neal.

Forthcoming Events

- Feb 15th – Mini Marathon Trials and Relays – Westpoint
- Feb 22nd - Devon Sportshall – Plymouth
- Feb 28th - Westward League at Redruth
- Hameldown Hammer
- March 1st – Looe 10
- Taunton Half Marathon
- March 7th – National Inter Counties XC Loughborough
- March 8th – Granite Way 10 or 20
- Bideford Half
- Grizzly
- Regional Sportshall – Taunton
- March 15th - The Flapjack 5k – Torbay Velopark
- Devon Sportshall – Plymouth
- March 22nd- Winding Paths' Grand Canal Canter - Tiverton
- March 24th – Open Miles – Brickfields (all age groups welcome)
- March 28th – Exeter Trail Races - Roadford
- March 29th - Come and Try Officials Day and SW Academy Open – Exeter
Feighan Fury - Exmouth
- April 3rd Fast Friday 10K – Exeter
- April 5th – Spring Warm Up – Plymouth
- April 6th – Easter Bunny 10K Yeovilton

Finally –Please take special care when running in the very wet weather. There are all sorts of hazards to be aware of.

Keith - 07934373943
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EVH Club Championship 2026 – January 2026

36 members scored points in the Club Championship in January with Lindsay Lane and Barry Neal leading having achieved 50 points by participating in the club Winter Handicap, Oh My Obelisk and January's nominated Parkrun at Torbay Velopark.

Pos	Name		TOTAL	Marathon	Age record bonus	parkrun (x 12 max)	EVH team win bonus	Ultra event	Winter Handicap 03 - January	Oh My Obelisk	WL XC - Westward Ho!
1	LINDSAY	LANE	50.00			10			10	30	
2	BARRY	NEAL	50.00			10			10	30	
3	PETER	ALLEN	40.00						10		30
4	ALISON	ENGLEDEW	40.00						10	30	
5	JENNIFER	HAYES	40.00						10	30	
6	LYNNE	WHITFIELD	40.00						10	30	
7	NIGEL	GROTTICK	40.00						10		30
8	BEN	HOLMES	30.00								30
9	REBECCA	LEE	30.00								30
10	CHRIS	PRALL	30.00								30

If you want to know where you are on the points table, then head over to the EVH Club website. February's events include a mix of Cross Country and Road running, not forgetting additional points are available for taking part (running or volunteering) in February's nominated Parkrun (Plymvalley). Details available below:

Date	Event	Points available
Feb	Parkrun - Plymvalley	10
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
15-Feb	First Chance 10k - Exeter (rearranged)	Age% * 0.5
28-Feb	Westward League XC - Redruth	30

Full 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! - **Helen Chapell**

RACE NEWS

Exeter Half Marathon Saturday/Sunday 7th/8th February

The races were held over two days, with our athletes doing well, despite the inclement weather.

Results:	Saturday	Simon Fitze	1.17.17	7 th male and 1 st in age category
		Sally Eritih	1.28.32	4 th female and 1 st in age age at Category
		Dave Rayfield	1.32.46	3 rd in age category
		Barry Neale	1.38.50	
	Sunday	Jess Ashcroft	1.34.12	1 st female overall
		Andy Chapell	1.41.23	2 nd in age group
		Helen Chapell	1.41.53	1 st in age group
		Alison Engledew	1.50.31	1 st in age group





Matthew Gilvear (Warwick), **Charlie Milward** (Plymouth) and **Jamie Frost** (Loughborough) all ran for different Universities at the BUCS Cross Country Championships held at Loughborough.

Matthew can be seen in action and with his fellow University team mates.

Meanwhile Alison McEwing had a great run at the Farnborough Half Marathon and finished 5th female in a time of 1.20.16. The course is familiar to Alison as she holds Senior and Vet records on the course in 2023 (1.19.00). Andrew Reed had a good run in the Valentines 10K in Norwich, 37th overall in 37.00.



Lynne and Lindsay enjoyed the tough Doynton Hard Half Marathon finishing together in a time of 3.03.46



Well done to everyone at the Plymouth Cross Country races - the toughest yet
Fantastic running, with great help and support from the EVH marshals.

MEMORY LANE

(The final running of the Plymouth Hoe 10 on 17th February 2013)

We had many good performances in this popular race.

Neil Holmes was the first Harrier home and was 3rd male vet 45.

Alison Thorn was 2nd female vet 35 and broke her own vet club record. Emma Lake was 3rd female vet 35, whilst Ken Summers was 3rd male vet 60 and broke his own vet club record.

Congratulations to our ladies who were 2nd female team.

Sarah Owen, Simon Powell, Ken Summers and Phil Lord had a great contest between themselves for places!

Results:	17	Neil Holmes	58.22
	30	Richard Wallace	60.41
	47	Christian Cutcliffe	62.42
	54	Alison Thorn	63.41
	57	Ewan Lake	64.05
	64	Alison McEwing	64.24
	87	Emma Lake	66.51
	89	Paddy Trinder	67.24
	101	Sarah Hirons	68.31
	151	Sarah Owen	72.19
	152	Simon Powell	72.21
	153	Ken Summers	72.26
	163	Phil Lord	72.48
	170	Craig MacAlpine	73.41
	244	Kevin Paull	79.13
	256	Mark Livermore	80.12
	283	Mike Woodland	82.07
	381	Dave Hawke	88.21
	412	Carol Hansen	91.58
	513	Mike Lee	103.48

(556 finishers)



PLYMOUTH HOE 10 2011





PLYMOUTH HOE 10 2011





FIRST CHANCE 10K - EXETER - 2020





FIRST CHANCE 10K - EXETER 2020





Our athletes had a great day out at the First Chance 10K in Exeter in January 2023

TRAINING ROUTES

February

- 10th - Headtorch Harford Loop or Speed session (short intervals) @ Woolcombe Road
- 17th - Ivybridge Loop or Mile reps @ Woolcombe Road (flag pole)
- 24th - Headtorch Penquit Loop or Hill reps @ Viaduct

March

- 3rd - Winter Handicap
- 10th – Headtorch run out to Bittaford and back or Speed session (short intervals) @ Woolcombe Road
- 17th – Ivybridge Loop or Speed session @ Cross Park
- 24th – Harford Loop or Speed session @ Julian Road
- 31st – Summer Handicap Acclimatisation or Mile reps @ Woolcombe Road (flag pole)

April

- 7th – Summer Handicap #1
- 14th – Speed session at Filham Lake
- 21st – Spirit of the Moor or Ermington Loop
- 28th – Hill Reps at Palace Lane

**2025 CLUB HALF MARATHON RANKINGS
(2024 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1 (1)	1.15.25	Graham Reed	Bideford
2 (2)	1.16.21	Ronnie Haynes	Plymouth
3 (10)	1.16.23	Simon Fitze	Cardiff
4 (8)	1.20.04	Alison McEwing	Cardiff
5 (4)	1.22.01	Peter Allen	Bideford
6	1.22.16	Faith Taylor – Tippett	Bideford
7 (5)	1.24.45	Allister Bristow	Southampton
8 (9)	1.28.24	Dave Rayfield	Exeter
9	1.28.45	Holly Jones	Edinburgh
10	1.28.46	Nick Bristow	Plymouth

A couple of amendments to the rankings shown in the January Harrier. They relate to Dave Rayfield in the Half and Marathon.

Apologies to George Benton (Half) and Helen Chapell (Marathon) as they both now drop out of the rankings.

**2025 CLUB MARATHON RANKINGS
(2024 RANKINGS IN BRACKETS)**

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Event</u>
1 (1)	2.39.26	Simon Fitze	Valencia
2	2.45.32	Ronnie Haynes	Manchester
3 (2)	2.46.21	Alison McEwing	Valencia
4	3.00.19	Chris Prall	London
5 (6)	3.16.23	Dave Rayfield	Milton Keynes
6 (7)	3.18.38	Sally Erith	London
7	3.18.48	Nick Bristow	Newport
8	3.32.51	Dave Engledew	Newport
9	3.40.39	Barry Neal	Newport
10	3.43.43	Scott Smith	Loch Ness

FEBRUARY WINTER HANDICAP SERIES

Position	Runner	Clock Time	Handicap	Time	Points
1	Helen Pearse	32:41	05:30	27:11	50
2	Mary Grose	33:24	00:00	33:24	49
3	Nigel Grottick	33:53	11:30	22:23	48
4	Becky Lee	34:19	07:00	27:19	47
5	Neil Squires	34:52	12:00	22:52	46
6	Tom Davies	35:10	12:30	22:40	45
7	Dave Rayfield	35:10	12:30	22:40	44
8	Helen Chappell	35:13	09:30	25:43	43
9	Barry Neal	35:25	12:00	23:25	42
10	Andrea Mitchell	35:32	07:00	28:32	41
11	Andrew Chappell	35:35	09:30	26:05	40
12	Ben Bristow	35:39	15:00	20:39	39
13	Russell Gibson	35:40	13:30	22:10	38
14	Peter Allen	35:42	15:30	20:12	37
15	Jenny Hayes	35:58	10:00	25:58	36
16	Alan Gatling	36:02	11:30	24:32	35
17	Adam Griffiths	36:11	13:00	23:11	34
18	Andrew Mitchell	36:21	09:30	26:51	33
19	Chris Prall	36:50	14:00	22:50	32
20	Alison Engledew	36:51	07:00	29:51	31
21	Lynne Whitfield	36:57	07:00	29:57	30
22	Ruth Terry	39:15	06:30	32:45	29
23	Lindsay Lane	39:15	06:30	32:45	28

Points to date (leading positions)

Runner	Nov	Dec	Jan	Feb	Mar	Total (Best 4 out of 5)
Nigel Grottick	45	37	48	48		178
Ben Bristow	50	45	37	39		171
Andrea Mitchell	27	44	49	41		161
Russell Gibson	49	39	34	38		160
Barry Neal	35	32	50	42		159
Lindsay Lane	40	48	41	28		157
Peter Allen	31	50	36	37		154
Alison Engledew	42	47	33	31		153
Andrew Mitchell	28	43	35	33		139
Tom Davies		49	44	45		138
Neil Squires	44		45	46		135
Adam Griffiths	43		46	34		123
Dave Rayfield		31	47	44		122
Stuart Witty	47	36	38			121
Luke Hayes	33	40	32			105
John Griffiths	30	33	40			103
Alan Gatling	32	34		35		101

