

THE HARRIER

(APRIL 2026 NEWSLETTER)



Our athletes ran well at the Fast Friday 10K in Exeter

There were contrasting conditions at the **Plymouth mile track races** and the **Fast Friday 10K**, but we were well represented in both. At the **Fast Friday Alison McEwing** and **Helen Chapell** set new club records.

We are now moving into the spring marathon season with several races including London coming up shortly. It has been a difficult winter for training, with all the rain but hopefully the weather is now improving, and conditions will be someone better on race day. **Emma Lake** had a great run at today's return of the Dartmoor Marathon as she was 1st fv50 and 9th lady overall in a time of 3.48.15.

It's some 30 years since I and **Ken Summers** ran in the 100th running of the iconic **Boston Marathon**. In this Harrier I look back at that memorable day.

All the best with your running - **Dave Fox** - Editor

From the Chairman:

Hello everyone,

Spring is here, which hopefully means we can enjoy some of our summer training routes around the lanes and off-road runs in relatively dry weather. This also means the start of track and field season, with the first local events happening, including the Plymouth AC mile races as well as their Spring Warm Up event - both held at Brickfields. Weather conditions on both days were somewhat different but we had some excellent performances from some of our junior athletes as well as some seniors giving track and field a try for the first time. If anybody else fancies coming along then there's plenty of events coming up for both junior and senior members to come along to one of these events and give it a try.

The Ivybridge 10k on Saturday 23rd May 2026, is fast approaching. Thank you to all those who have volunteered but we could do with a few more to help fill the key locations. Entries are still open and coming in so if you know anyone at work, local gym or elsewhere who is interested in running please encourage them to do so!

Planning is well underway for the **Erme Valley Relays** to be held in late **June**. Once the 10k is sorted I'll be asking for volunteers to help host this event too as well as organising teams for the race.

Chris has been busy with the organisation of our off-road race which we will be hosting again this year. The race will be held on **Saturday 15th August** and will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge and will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>). Again, we will be looking for volunteers to help us put this race on.

They are a few months off yet but we are again hoping to have teams in the Tavistock Town relays in July along with the South Devon relays which are usually held in early August at Torbay Velopark. The races have a great atmosphere and we had good club representation at both events last year. It would be good to have a repeat of that this year - please keep an eye out for more details on this over the next few weeks.

We have our junior presentation evening at the **Conservative Club in Ivybridge on 23rd April** again. If any senior members would like to join the celebrations you'd be more than welcome.

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

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

SECRETARY'S NOTES

Summer season is here

The weather has been much improved of late with some glimpses of Summer.

The new Track and Field season has begun with the new age groups for junior athletes coming into force on April 1st. These are U10, U12, U14, U16 and U18. We hope that our athletes and parents are well aware of the changes.

Entries have reached 200 for our **10K on Saturday 23rd May.**

That's for those who have said they can assist. If you haven't yet told me that you are available, please can you do so as we are a bit down on the usual numbers. The Club Championships continues to go well - details are in the Harrier and on the website.

We have started registering everyone with England Athletics for the new season. You should be getting an email from EA after this has been done.

Training and Competition update

Junior training is still going well with new recruits turning up each week. We have now moved outside in preparation for the Track and Field season.

We have five new coaches attending the Assistant Coach course in Plymouth this weekend. Good luck to all of them.

We have had a number of juniors and seniors taking part in the events held so far including the Mile Races on 24th March.

Because of the new age groups the performances in those new even ones will be club records. The old ones will be retained but frozen. There are a number of Track and Field fixtures coming up which are listed on the Track and Field page of the website. This includes the

Devon County Championships at Exeter on May 10th. The club will pay your entry fees.

We also have the **SWAL** season starting on **Sunday May 3rd.**

Senior training also continues to go well despite more wet weather. The summer handicap has begun with a competitive race. We are planning to introduce the 10 minute warm up to our sessions from next Tuesday. Could we please ask everyone to be there for a sharp 6pm update on results and other notices. We are holding a **junior presentation**

evening at the Conservative Club on Thursday 23rd April. All welcome including seniors.

Road (and off Road) Running

There were some good results in the Fast Friday 10K in Exeter with a number of pb's and also club age group records. We also had athletes in Berlin for the Half Marathon. The Armada 5K series began last Wednesday on the new course using the new Dell path. There was a great turnout in this event which was part of the Armada Grand Prix. Please see the Armada website for results and future dates. Good luck to all those taking part in Marathons this month.

Athletes of the Month (Mar)

The athlete of the month for March were Mark Rinagl and Alicia Ferrero-Lewis.

Forthcoming Events

April 14th - Run Exe Series - Exeter (5km)
April 18th - Tavy 5K
April 18th - Ken Trickey Open - Exeter SAT
April 25th - Total Coastal 50k or Marathon
April 26th - Devon Open 1 - Exeter
- London Marathon
April 28th - Exeter Evening Open & BMC
May 3rd - South West League - Exeter
- Saltash Half Marathon & 5K
- Exeter Marathon
May 10th - Devon County Championship
- Bideford 10K
- Briston Half & 10K
- Ottery 10K
May 13th - Armada 5K
May 15th - Run Exe Series - Exeter (5km)
May 16th - BMC Classic - Millfield
- Tavy 5K
May 17th - Plymouth Half and 10K
May 23rd - Ivybridge 10K
- Great West Half and 10K
May 24th - Devon Open 2 at Braunton
May 26th - Exeter Evening Open & BMC
May 30th - Burrator 10K
May 31st - Muskies Madness

Finally - Enjoy running in the lanes now the evenings are lighter but take care to hydrate on the warmer evenings.

Keith - 07934373943
reedy41c@googlemail.com

EVH Club Championship 2026 – March 2026 Update

32 club members took part in at least one of the Club Championship events in March. There's been no change at the top with Pete Allen having completed 2 of the 5 events this month. However, the Fast Friday's great conditions saw members move up the table picking up valuable points.

The Top 10 are listed below. If you want to know where you are on the points table, then head over to the EVH Club website.

Pos	Name	TOTAL	Marathon	Age record bonus	parkrun (x 12 max)	EVH team win bonus	Ultra event	Handicap 03 - January	Oh My Obelisk	WL XC - Westward Ho!	Handicap 04 - February	WL XC - Central Park	Exeter Half	First Chance - Exeter	WL XC - Redruth	Looe 10 miler	Handicap 05 - March	Bideford Half Marathon	COPAC 1 Mile Time Trial	Exeter Trail Half Marathon	Exeter Trail 10k	
1	PETER ALLEN	210						10		30	10	30	36	30			10	54				
2	HELEN CHAPELL	165		50	10						10		57	38								
3	BARRY NEAL	137			30			10	30		10		47				10					
4	NIGEL GROTTICK	131						10		30	10	30					10		10		31	
5	EMMA LAKE	148			20			10			10	30	38	30					10			
6	JENNIFER HAYES	110						10	30		10	30		30								
7	ANDREW CHAPELL	107			10						10		53	34								
8	ALISON ENGLEDEW	141						10	30		10		61			30						
9	SIMON FITZE	112		50									62									
10	STUART WITTY	110			30			10								30			10		30	

April's events include a mix of trail, road running. The nominated Park run is at Sharpham Estate. Upcoming events include:

03-Apr	Fast Friday 10k - Exeter	Age% * 0.5
07-Apr	Summer Handicap 01	10
08-Apr	Armada 5k	10
19-Apr	The Beastly Half (Bodmin)	Age% * 0.75
03-May	SW Athletics League - Exeter	30
05-May	Summer Handicap 02	10
10-May	County Championship (track)	30
14-May	Armada 5k	10
16-May	Meldon Madness Fell Race	30
17-May	Plymouth Half Marathon	Age% * 0.75
17-May	Plymouth 10k	Age% * 0.5
23-May	Volunteering at Ivybridge 10k	20
30-May	Burrator 10k	Age% * 0.5
31-05-2026 th	Muskie Madness 10k	Age% * 0.5

Full details of the Club Championship including all the events are on the Club website. Feedback and suggestions are welcome. Let me know if you spot an error or an omission! - **Helen Chapell**

RACE NEWS

DEVON CHAMPIONSHIP FELL RACE

The first race in the Fell Race series took place in spring like weather. The race included the Devon Championships.

We had two EVH U12 juniors – Esme Prall and Joseph Allmark did really well but ended up running a longer route than they should have done (they did the U14 route). Esme took gold in 23.34. Joseph was 4th in 24.11.

Angus Wilson did well in the U18 route, taking bronze in a time of 36.13 (8th overall).

Chris, Pete, Mark and Becky made it round in the Senior race, which was very tough, being longer than normal. It included some bruising hills, plus it was the first warm weather run many had done for half a year or so!

Results:	6	Chris Prall	1.20.47	(1 st mv40)
	19	Pete Allen	1.28.46	
	33	Marc Rinagl	1.45.13	
	39	Becky Prall	1.48.38	(2 nd fv40)



Graham Reed and **Sally Erith** ran the **Gloucester Half Marathon**. **Graham** was 25th in a pb time of 1.15.06 and **Sally** was 12th female and 2nd fv40 in 1.29.09.

Jess Newman ran in the **Canal Canter Half Marathon in Tiverton** – Jess was 34th in 2.12.19 (3rd fv50). **Helen Pearse** ran in the Marathon version in 4.24.20 (2nd fv45).

Graham Reed continued his fine form with a new pb over 10 miles at Chippenham. **Graham** was 13th in a time of 57.17.

At the **Granite Way** we had three runners in the 20 miler. **Faith Taylor-Tippett** was 2nd female and 1st fv35 in 2.21.10. **Dave Rayfield** was 22nd in 2.29.38 and was 1st mv55. **Hannah Clayton** was 27th in 2.31.21.

In the Cardiff 20 mile trail race **Alison Engledew** finished in 3.04.54 and **Andrea Mitchell** ran a time of 3.05.54.



GRIZZLY Results:

Main race	(some 20 miles)	
330	Emma Lake	3.39.23
	(3 rd fv50)	
331	Tom Davies	3.39.29
Cub race	(some 9 miles)	
77	Francesca Walker	1.36.41
82	Lynne Whitfield	1.37.52
	(1 st fv55)	
210	Alan Makeham	1.52.08
249	Richard Lane	1.56.05
250	Lindsay Lane	1.56.05

Photos of the Grizzly appeared in the March Harrier

Three of our athletes in the Devon teams travelled to **Nottingham** for the **CAU Inter Counties Cross Country**. **Luke Hayes** had a great run in the U17 Men's race, finishing 96th overall and 4th Devon scorer. His time for the 6K course was 20.47. We had two athletes in the U13 Girls, over a 3K course. **Freya Norris** was 253rd in 14.21 (6th Devon scorer) and **Harrier Rogers**, who was a late call up, was 290th in 14.55 (8th Devon scorer).



BATH HALF MARATHON

Our three athletes had great runs in this 'high quality' race with **Ben Holmes** doing particularly well, as he was 40th in a fantastic time of 1.10.01. **Nick Bristow** (495th in 1.25.02) and **Helen Chapell** (2220th in 1.40.53) also ran very well.

BERLIN HALF MARATHON

Our four athletes enjoyed their trip to this popular race. Jeremy Westmore (1.39.50) was the first Harrier home. He was followed by Lindsay Lane (1.59.14), Richard Lane (2.05.43) and Lynne Whitfield (2.48.45). Unfortunately Lynne got a foot injury at half way and had to walk the second half of the race.



GALLERY: Athletes brave wet and windy conditions at City of Plymouth AC's one-mile races

Posted on [March 26, 2026](#) by [Plymouth Sports Gazette](#)

NEARLY 80 athletes braved miserable weather on Tuesday evening to take part in City of Plymouth AC's one-mile time trial races at Brickfields.

It is the second year the club have held the mile races – and the second time it has been wet and windy.

The rain did ease for the final couple of heats, but, just like last year, conditions were not conducive for fast times. However, City of Plymouth's Joshua Blake did improve massively on his time from 12 months ago to once again win the final – and fastest – heat of the night. Blake won in a time of 4:28.00, with Tavistock AC youngster Thomas Hennessey second in 4:45.06 and his club colleague Connor Duffin third in 4:47.00.



There were eight heats in total and in the sixth race, Tavistock's Ben Neale produced a solo run to win in 4:49.08, with City of Plymouth juniors Finley Eales and Lucas Sweeney second and third in that heat in 5:20.06 and 5:24.00. Leading junior female runners Elsie Goodspeed and Zoe Bigham also ran in that heat and clocked the top two fastest times by any women or girl athletes on the night. Goodspeed clocked 5:36.06, with Bigham finishing in 5:45.50.



The penultimate heat was an all-female race and proved a cracker with most of the field tactically staying together until the final lap when there was a bit of a burn up.

Evie Welsh came through to win that heat in 6:04.05, with her City of Plymouth team-mate Evie Bolt second in 6:06.07 and Olivia Walkerdine third in 6:11.03. Heat five was mainly a senior men's race, with David Goodspeed winning in 5:14.04, with **Erme Valley's Peter Allen** second in 5:18.50.



Jim Scott won heat four in 5:19.06, while City of Plymouth youngster Shara Ingelby took the honours in heat three in 6:44.07, with Harper Linney-Goodall second in 6:47.60.

Seth Gibbs won heat two, while Lochlan Burns just edged out Erin Burns to take victory in the opening heat.

Organiser Jamie Ingleby was pleased with how the night went, despite the bad weather. He said: "The race of the evening for me was the second to last one, which was pretty much all the teenage girls. Whether they realised it or not, they slowed the pace and it was a real race. It tactically looked like a race, with the move being made shortly after the bell."

Erme Valley times:

Luke Hayes	4.55.07
Peter Allen	5.18.50
Neil Squires	5.23.02
Ben Bristow	5.26.08
Russell Gibson	5.35.70
Angus Wilson	5.36.02
Adam Griffiths	5.41.05
Nigel Grotick	5.45.05
Tom Davies	5.47.09
Freya Norris	6.15.00
Emma Lake	6.23.05
Stuart Witty	6.26.50
Becky Lee	7.11.00
Ruby Ferrero-Lewis	7.18.10



Plymouth – mile races





Plymouth – mile races



THE EMSLEY CARR MILE

With several of our athletes running a mile race at the Plymouth track for the first time I thought I would take a look back at this famous race:

The Emsley Carr Mile is an annual invitational [athletics running](#) event held in the United Kingdom over [one mile](#) for men.

History

The race was inaugurated in 1953 by Sir William Carr in memory of his father [Sir Emsley Carr](#), a former editor of the [News of the World](#). The event was created to encourage athletes to break the [four-minute mile](#). By the second time the race was run, [Roger Bannister](#) had already broken the [world record](#) on 6 May 1954 at the annual athletics event between the [Amateur Athletics Association](#) (AAA) and the [University of Oxford](#) at the [Iffley Road Track](#) in [Oxford](#). Bannister never did run in the Emsley Carr Mile.

The winners of the race sign the Emsley Carr Trophy, a red Moroccan leather-bound book, now running into a second volume since 1980. It contains a history of mile running since 1868 from around the world and also includes signatures of many of the world's leading milers, including [Paavo Nurmi](#), [Sydney Wooderson](#), [John Landy](#), [Gordon Pirie](#), and Roger Bannister. The race has been won by eleven Olympic champions, [Kip Keino](#), [Steve Ovett](#), [Murray Halberg](#), [John Walker](#), [Geoff Smith](#), [Sebastian Coe](#), [Saïd Aouita](#), [William Tanui](#), [Vénuste Niyongabo](#), [Haile Gebrselassie](#), [Asbel Kiprop](#), and [Hicham El Guerrouj](#). It has also been won by seven athletes who have held the world record for the mile: Walker, Ovett, Coe, El Guerrouj, [Filbert Bayi](#), [Derek Ibbotson](#) and [Jim Ryun](#).

[Ken Wood](#), a former Sheffield athlete, won the Emsley Carr Mile a record four times. The fastest time recorded for the event stands at 3:45.96 by El Guerrouj in 2000. It is the ninth fastest time ever recorded for the mile, and the fastest time recorded on British soil. El Guerrouj won the Emsley Carr Mile in 2000, 2001 and 2002.

In 1969 Sir William Carr decided not to continue sponsoring the race and the AAA took it over and continued until he died in 1977. Since 1977, Emsley Carr's grandson, William, has continued with the tradition and has kept the book up to date and has provided a glass piece, presented to the winner by a member of the Carr family.

The next running of the Emsley Carr Mile takes place in London on 18th July at the Diamond League meeting.

Dave Fox (Editor)

Out two athletes did well at the **Exeter Trail 10K**. **Nigel Grottick** was 6th in 48.15 and 1st mv50, whilst **Stuart Witty** was 14th in 51.52 and 3rd mv50.

FAST FRIDAY 10K - Friday 3rd April - Exeter

It proved to be a Fast Friday indeed at the popular 10K.

There were some great times and also club records.

12	Luke Hayes	1st MU18	33:45
32	Alison McEwing	2nd female and 1 st fv35 (new senior and club fv35 records)	35:46
52	Nick Bristow	2nd M50	37:16
67	Ben Bristow		37:55
89	Russell Gibson		39:37
92	Nigel Grottick		39:46
113	Neil Squires		41:11
154	Barry Neal		44:03
168	Jennifer Hayes	2nd fv50	44:26
170	Helen Chapell	2nd fv55 (new club fv55 record)	44.46
185	Andrew Chapell		45:43



GALLERY: Attwood and Knox shine as the Armada Summer 5k Series returns to Saltram House

Posted on [April 9, 2026](#) by [Plymouth Sports Gazette](#)



A FIELD of 160 runners took part in the opening Armada Summer 5k Series at Saltram House on Wednesday evening.

This year's series is taking place on a new-look course which follows the newly-resurfaced Dell paths around the National Trust estate.

The new course certainly appeared to suit Tamar Trotters' Luke Attwood, who was first home in 17.38 minutes.

Second was St Austell Athletes' Garth McColville, who clocked 18.09 minutes, while City of Plymouth youngster Lucas Sweeney was third home in 18.15 minutes.



Storm Plymouth's Lauren Knox was fourth overall and first woman in a quick time of 18.19 minutes, with **Erme Valley Harriers' Peter Allen** fifth in 18.40 minutes.

Second female was City of Plymouth junior Elsie Goodspeed, who finished in 20.13 minutes, with her club colleague Phoebe Timson third in 20.45 minutes.

Tavistock AC's Nicola Noble was fourth woman in 22.08 minutes, with Jessica Bird fifth in 22.36 minutes.



EVH Results:	5	Peter Allen	18.40	42	Neal Squires	24.44
	22	Alan Gatling	21.42	73	Dave Lloyd	27.53
	26	Barry Neal	22.15	114	Ruth Terry	31.41
	31	Simon Swift	23.39	115	Ross Busby	31.41

(160 finishers)



ARMADA 5K



Emma at the Dartmoor Marathon - Sunday 12th April

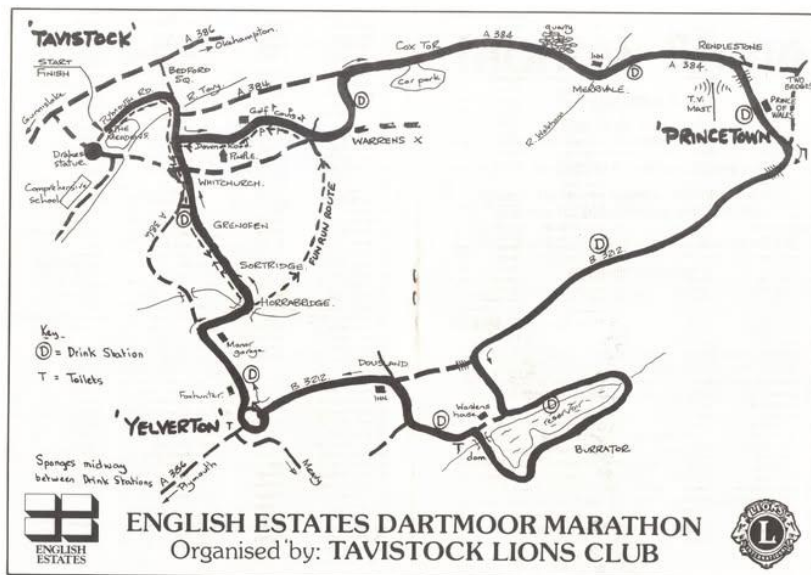


Your Secretary Keith Reed recalls the Dartmoor Marathon:

'The race was first held in 1983 and was won by Trevor Judd from Taunton in 2.27 !!

I ran in 1984 when the race was won by Frank Elford in 2.41.38.

I was 17th in 3.06.07. We also had Richard Bristow (3.33.49) and Henry Parnell (3.36.05) running for the club. Former member Dave Brett ran in the first race before he joined EVH. The route then took in Yelverton Roundabout and the main road and was far from traffic free. It is a tough race but very scenic.' Old route below:



THE 100TH BOSTON MARATHON (A HISTORY OF BLOOD, SWEAT AND CHEERS)

On Patriot's Day, Monday, 19th April 1987 15 runners got the first Boston Marathon underway – 100 years later on Monday, 15th April 1996 over 40,000 runners tackled the same course – myself and Ken Summers took part in this historic race

Normally the Boston Marathon is restricted to around 10,000 athletes who have to achieve a qualifying time but as 1996 was a special occasion the race was made 'open' with 38,500 official runners, plus thousands of 'bandits'.

Although the race started at noon an extremely early start was necessary to get to the New England town of Hopkinton. The organisers had laid on 800 buses to get the athletes to the start and we got on our bus at 5.30 a.m.! – arriving at around 6.15 a.m.

A few days before the marathon there had been a heavy snowfall in New England and this was causing problems as everyone was assembling at an 'Athletes Village' and it was covered with mud, water etc. However, with a lot of help and a good day forecast for the race the area was reasonably dry.

As we entered the 'Athletes Village' we were given a wrist band which would place us in a certain area, known as a 'coral' for the 'open division'. Some 15,000 'qualified' athletes would go to a different area and start before the 'non qualifiers'.

Now, how do you manage to pass away 6 hours! A dunkin donut and coffee seemed a good start so we were to join the first of many queues during the day.

Two large marquees had been erected and there was entertainment laid on in the form of a very witty comedian and an excellent band to keep us amused. However, we wanted to put something on the ground to sit on and found that some people had obtained cardboard boxes. Ken hit on the brilliant idea of obtaining an empty box from the donuts and spied someone just having the last few donuts from a box. Ken rushed over to get the box but was quickly admonished by some athletes and told to join the queue! So we joined a queue for a **BOX!!!** Never before have I queued for a box but there is always a first time and it helped pass away some of the time as we spoke to a young man from New Zealand and someone from Bristol. Unfortunately after half an hour we were told that no more boxes were being given out, so we never got our box after all!



Eventually at around 10.30 a.m. it was time to move to the baggage area to deposit our belongings. This was really the first problem area of the day as our baggage bus had failed to turn up and we ended up putting our gear on the nearest numbered bus, which was of course now twice as full as it should have been. We hoped this would be resolved by the time we had finished.

We then moved to the 'corals' and were in the first area for the 'non qualifiers'. It was a nice pleasant day – the sun was shining and everyone was in good spirits.

Finally, after the playing of the American National Anthem the race got underway. The 15,000 runners in the 'open division' set off before us and after 17 minutes we crossed the start line. We had been given a computerised chip, which you tied to your shoe lace, so we were allowed to record our actual running time.

The crowds were enormous and the pace was extremely slow – barely reaching 10 minutes a mile pace for the first mile and thereafter 9 minute miles for several miles and gradually improving, although you never really got going due to the mass of runners and the narrow roads.

Befitting the occasion I took an early stumble but managed to get up without being trampled on. I learnt back in England that someone else had not been so fortunate as he had fallen twice and broke his leg!

This occasion was America at it's best as every man, woman, child, dog, cat, etc. turned out to cheer you on. There was thousands of people going balmly and keeping up a relentless barrier of sound for the whole distance.

The race goes through the New England towns of Ashland, Framingham, Natick and Wellesley before reaching Newton at 21 miles. There is a girl's school at Wellesley and the decibel level at this point needed to be heard to be appreciated.

Newton is the home of 'Heartbreak Hill'. This name belongs to the Boston Marathons history and mystique – many people believing 'Heartbreak Hill' was named for the runners who weakened on the inclines of the Newton Hills but infact the name comes from an event in the 1936 marathon when the Boston legend Johnny Kelly (who completed the race 58 times out of 61 starts and last ran in 1992 at the age of 84) raced the Newton Hills at a furious pace to catch up lead runner 'Tarzan' Brown. Kelly gave a friendly tap to Brown's shoulder as he passed him. At this Brown quickly picked up the pace, going on to win the contest while Kelly faded to fifth place. The Boston Globe reporter saw what had happened, noting the gaze in Kelly's eyes and promptly named that hill 'Heartbreak Hill'.

I ran with Ken for a few miles but we eventually got separated and a half way time of 1.50 meant that if I ran 3.45 I hadn't done too badly. I got through 'Heartbreak Hill' ok but thereafter struggled.

The long finish down Boylston Street to the John Hancock Tower at Copley Square was something else and it was great to finish and be part of history.



The walk to the baggage buses at Boston Common – about half a mile was just too far and then to follow was the real aggravation of the day. Another baggage bus had not arrived so I eventually found the bus where I had originally left my gear. It was chaos – one young lady was trying to find peoples bags, with minimal success and after about half an hour I discovered that various bags had been flung off the bus and were lying on the ground outside. Runners started looking for their own bags, with no success and eventually other help arrived from the organisers. Ken fortunately had found his bag fairly quickly but I had no such luck so Ken returned to help me look and also to find another ladies bag as she was in a bad way. After a very long time I eventually found my bag only to discover that my glasses with case were missing. I had a look on the bus and around the area but without any luck. I decided to return to

the Hotel with Ken and to make enquires with the organisers the next day. We had been back at the Hotel for about half an hour when I had a stroke of great fortune as Hotel Security came to our room with the glasses and case. I queried how this piece of good fortune had come about – apparently my glasses case had fallen out of my bag and was found with someone else's belongings. Inside the glasses case by sheer luck I had left a card with details of my Hotel and room number. The glasses case had been handed to the race organisers who put 'two and two' together and delivered the glasses to the Hotel!

The weather was warmer than it had seemed as I discovered along with many others that I had burnt my shoulder, neck and back of my legs. I was told that this was wind burn rather than sunburn.

For the record the race was won by Moses Tanui (2.19.16), whilst Uta Pippig (2.27.12) won the ladies race. I finished in 4.03.33 – my slowest time since my first marathon in 1984 – however, this was not a race for times – it was a unique occasion. Ken finished with a time of 3 hours and 39 minutes – a good run considering Ken had been ill during the few weeks prior to the race.

The trip was great and I really enjoyed meeting up with friends I had met at various parts of the world over the previous few years.

Dave Fox

The 130th Boston Marathon will take place on Monday 20th April.

The race is likely to be covered by a TV channel.

Numerous clips of the Marathon can be found on You Tube.

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	35.46	Exeter 26
10 miles	Alison McEwing	60.47	Bideford 22
Half Marathon	Alison McEwing	1.19.00	Farnborough 23
Marathon	Alison McEwing	2.46.21	Valencia 25

TRAINING ROUTES

April

14th – Speed session at Filham Lake
21st – Spirit of the Moor or Ermington Loop
28th – Hill Reps at Palace Lane

May

5th – Summer Handicap #2
12th – Penquit Loop
19th – Spirit of the Moor or Speed session at Julian Road
26th – Out and Back towards South Brent

VET MENS ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
40 – 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	R Haynes 2.45.32 Manc 25
45 – 49	S Fitze 34.48 Cardiff 25	A Ryder 57.00 Teignbridge 09	S Fitze 1.14.55 Cambridge 26	S Fitze 2.39.26 Valencia 25
50 – 54	M Hansen 36.22 Bideford 09	M Hansen 58.49 Plymouth 09	M Hansen 1.19.14 Taunton 09	A Trigg 2.53.16 Abingdon 12
55 – 59	M Hansen 37.44 Clevedon 14	M Hansen 64.07 Bideford 14	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.03.20 Chester 18
60 – 64	D Engledew 41.15 Exeter 2024	D Engledew 70.24 Bideford 19	D Engledew 1.31.20 Bideford 24	D Engledew 3.35.44 Manc 23
65 – 69	D Engledew 43.18 Exeter 25	D Engledew 69.05 Bideford 24	D Engledew 1.33.08 Cardiff 24	D Engledew 3.32.51 Newport 25
70 – 74	K Summers 49.06 Exeter 24	K Summers 1.18.50 Great South 23	K Summers 1.46.03 Kew 23	
75 – 79	E Perks 66.15 Plympton 99	E Perks 103.51 Guy Fawkes 98	E Perks 2.27.15 Plymouth 98	E Perks 5.56.55 London 00
80 – 84	E Perks 70.50 Ivybridge 03	E Perks 127.02 Plymouth 03	E Perks 2.47.07 Plymouth 03	
85 – 89	E Perks 80.19 Ivybridge 07		E Perks 3.10.48 Plymouth 07	

VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
35 – 39	A McEwing 35.46 Exeter 26	A McEwing 60.09 Exeter 25	A McEwing 1.19.00 Farnborough 23	A McEwing 2.46.21 Valencia 25
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 44.43 Exeter 26	H Chapell 76.38 Portsmouth 25	A Engledew 1.40.12 Taunton 18	H Chapell 3.46.21 Warsaw 25
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

APRIL SUMMER HANDICAP SERIES

Position	Runner	Clock Time	Handicap	Time	Points
1	Harriet Rogers	34:37	05:00	29:37	50
2	Peter Allen	35:53	15:00	20:53	49
3	Jamie Frost	35:54	15:00	20:54	48
4	Alan Gatling	36:03	12:00	24:03	47
5	Russell Gibson	36:25	14:00	22:25	46
6	Ben Doonan	36:31	16:00	20:31	45
7	Will Rogers	36:35	14:00	22:35	44
8	Vicky Masters	36:42	09:00	27:42	43
9	Neil Squires	36:49	14:00	22:49	42
10	Steph Rogers	36:54	03:00	33:54	41
11	Dan Francis	37:00	13:00	24:00	40
12	Stuart Witty	37:05	13:00	24:05	39
13	Ben Bristow	37:18	16:00	21:18	38
14	Angus Wilson	37:33	14:00	23:33	37
15	Barry Neal	37:37	13:00	24:37	36
16	Dave Rayfield	37:44	14:00	23:44	35
17	Becky Lee	38:15	09:00	29:15	34
18	Nigel Grottick	38:40	14:30	24:10	33

Armada Network 5K Summer Series

(UKA license # 31079)

The Armada Network are once again organising a 5K (3.1 mile) series of timed runs on the second Wednesday of each month. This event is for runners of all abilities from the beginner up to the performance athlete looking for a fast time. Juniors are most welcome provided they are at least 11 on the day.

The venue will again be Saltram Park by kind permission of the National Trust.

Race dates:

- Wednesday 8th April 2026
- Wednesday 13th May 2026
- Wednesday 10th June 2026
- Wednesday 8th July 2026
- Wednesday 12th August 2026
- Wednesday 2nd September 2026

