

THE HARRIER

(JULY 2026 NEWSLETTER)



Paul with his England Athletics South West Regional Volunteer award

This Newsletter pays tribute to our former Chairman **Paul Ross**, who sadly passed away in recent weeks. **Paul** was well liked and did much for **Erme Valley Harriers** and the athletics community in general. There was a large turnout at the funeral, with several former **Harriers** attending. There are over 100 comments on our Facebook page, with many 'touching' moments. At this difficult time our thoughts go out to **Paul's** wife Jenny and the family.

I have taken a look back in this Harrier at **Paul's** time with **EVH**. There were several memorable moments

Paul would have been delighted with the fantastic performances by our athletes at our own Relays (more about this in the Harrier) and shortly afterwards how well our ladies did at the Newton Abbot 10K.

Many thanks to Helen Chapell for her fantastic report on tackling the Scilly 60.

Dave Fox - Editor

From the Chairman:

Hello everyone,

I hope you are all well and enjoying the summer months - there's a few more track and field events coming up before the end of September. If anyone is interested but unsure about competing then please do let me know.

As you all will be aware, our former Chairman Paul Ross passed away last month. For those of you who were at the presentations at the EVH relays you will have heard me mention that Paul was instrumental in getting the race set up over 20 years ago (this was one of many local races which Paul was involved with). The winning EVH team of Will Battershill, Nathan Brown, Matt Gilvear and Ben Holmes included 3 athletes who originally joined the club as juniors. Paul would have been absolutely delighted and proud to see them not only win the race but also decimate the previous course record as well as Will taking a huge chunk off the men's individual leg time. In recognition of Paul's contribution to the club we are arranging for two perpetual shields in his name to be presented to the winning ladies and men's teams at the relays each year.

A huge thank you to everyone who helped make the Erme Valley Relays another successful event and making my job as Race Director easy and enjoyable. We had a good number of entries and everyone got round the course safely. We've had positive feedback from some of the runners and lots of comments about the atmosphere of the event which is only possible thanks to your efforts.

As well as the senior men's team winning the race there were also successes for the V40 men (1st), V60 men (1st), senior women (2nd) and V55 women (1st). Thanks, and well done to everyone who ran a leg for the various teams - it's always great to see so many EVH vests out on the course!

Next up we have the Tavistock Town relays on 16th July - each leg is 1.1 miles long and is round a flat loop in Tavistock town centre / park. There are separate races for juniors, women and men and it should be a great atmosphere. We had a few teams over the last few years, and it made for a good club event with both the junior and senior teams there. Additionally, we are putting teams together for the Torbay relays hosted by South Devon AC at Torbay Velopark (same location as the parkrun) on Friday 7th August; these are slightly longer at 3km per leg. This is a great event with all teams competing in the same race. If you are interested in either of these then please let me know.

We have the second running of our fell race on Saturday 15th August. This will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge. The race will be part of the Dartmoor Fell series. Chris and Neil are looking for volunteers to help marshal out on the course, if you can lend a hand then please let them know. Chris is also very keen that anybody who wants to run the race does so - it would be good to have some club members take part.

As a reminder, we are looking at organising a club trip, including transport to the Torbay Half Marathon and 10k race on 20th September. In order to secure the transport I do need to know if people are interested in joining us for this trip. We have chosen this event as there are the two distances so should hopefully cater for a range of people. I am hoping that we have enough people join us on the minibus and that people will be interested in staying for a drink and a club catch up after the race.

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

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

SECRETARY'S NOTES

Relay season

The relays went very well on 26th June and it was just fantastic to see the EVH men's team smash the course record and also to see Will Battershill run so fast.

Thanks for everyone's help with the event. We need your help again with the 3 Tops on Saturday 15th August. Please let Chris or Neil know if you can help. Although this isn't a big race it does need a lot of organisation, so please volunteer if you can.

We are putting teams in the Tavi Relays and the S Devon ones and possibly also the South Hams Relay on 19th. See Pete or Emma if you want to get involved.

We have had the sad news this past month about Paul. His funeral was a real celebration of the life of a great man. This Harrier is a tribute to him.

The latest Club Championship standings will be posted in this Harrier and on the website.

Training and Competition update

Junior training has been hit by both wet weather and the heatwave causing us to cancel. We will be moving to a single session from 23rd July and this week we are off to Tavistock for the relays where we are putting in junior and senior teams

Numbers taking part in the Track and Field season have been very poor despite our best efforts. We would welcome feedback on the reasons why people don't support the club. Please speak to me at training or send me an email.

Senior training continues to go well, although the hot weather has affected the numbers attending. The planned routes have been published for the next few months. Friday training is continuing for now so please support it.

The fun relays held at Filham were a massive success and we will do this again.

It was great to see juniors and seniors all training together and with such team spirit.

There is now a new team heading up the Westward League led by our own Tom Davies.

The first fixture in Newnham will include a relay event. More details to follow.

Road (and off Road) Running

There were some great results at the EVH relays. Well done to all who ran.

The Armada 5K has gone well on the second Wednesday of each month. It uses the new Dell path route. Current standings in the Armada Grand Prix have been posted on the Armada website. The next race in this series is on Saturday 18th with the Plymouth Harriers 5 Miler.

We also have the popular Cornwood race coming up. We have five free places in this for club members. These are available on a first come basis. Please contact Keith.

Well done to the Prall's who have done well in the recent Fell races held locally.

Please note the Flete 10K is on again this year on Sat 12th September. We are again supporting them. If anyone can help, please let me know.

Athletes of the Month (June)

The athletes of the month for June were the Men's Relay team and Jack Squires for his EVH relays effort.

Forthcoming Events

July 17th – Chudleigh 6

July 18th – Plymouth Harriers 5 Miler

July 19th – SW Championships – Exeter

July 23rd - Kingsbridge 10K

July 25th – Cornwood 10K

July 29th - Exeter Evening Open & BMC

Aug 2nd – Totnes 10K

Aug 7th – South Devon Relays - Torbay

Aug 9th – Devon Open at Plymouth

Aug 12th – Armada 5K

Aug 15th – Ivybridge 3 Tops

Aug 25th - Exeter Evening Open & BMC

Sep 2nd – Armada 5K

Sat 5th – Haytor Heller

Sep 6th – SWAL – Exeter

Sep 12th - Flete 10K (& 5k/1k)

Sep 13th – Storm the Fort 10K (Armada GP)

Finally – It has been a very hot spell and let's hope it continues for the school holidays. Enjoy your holidays whenever you take them. Keep cool.

Keith - 07934373943
reedy41c@googlemail.com

TRIBUTE TO PAUL - by KEITH REED

As I said in my report we were all saddened to hear of the passing of Paul. I remember when he first joined us as part of the Dockyard intake. We soon got to know and understand his sense of fun and at times a lot of mickey taking.

I became great friends with Paul and although he was a bit slower than me I remember running with him in training and races. I can remember one Dartmoor Marathon where I ran with him for 12 miles, as it greatly helped my pace judgement. I then left him and did a negative split.

Paul was a excellent race organiser and took on the role of Club Chair after Richards sad passing. It was a difficult time for the club and he guided through this very well.

This was the tribute I put together for our website which was reproduced by England Athletics in their article about Paul.

Paul has been a member since the early days of the club and was a good runner competing in many races. He was our club Chair for many years. He was also the race director of the Hoe 10 and the EVH relays.

He was the Chair of the Armada Athletics Network, which he was instrumental in setting up.

He was also involved nationally in the sport as a member of the UKA Endurance Education group and also as a National Level Road Official which culminated in his appointment to officiate at the 2012 Olympic Games in London where he worked on all the road events.

Paul was awarded a SW Regional award in 2023 for his Services to Athletics. He served on the inaugural SW Regional Council representing Road Running.

Paul will be fondly remembered for his sense of humour and overall popularity among all of his fellow runners and officials.

He was the voice of so many races including the Plymouth Marathon, Hoe 10 and the Ivybridge 10K.

So many people have spoke fondly of Paul since the news broke and everyone says he was a great man which is so true. Also, everyone remembers him as the voice of running which is a true legacy. He will also be remembered by me and everyone who knew him long into the future.

It was with great sadness that our former Chair/Chairman **Paul Ross** recently passed away. **Paul** was a friendly, cheerful and helpful person to have around. He played a 'big role' in the development of Erme Valley Harriers and I therefore take the opportunity of looking back at a few things over the years by using **Paul's** own words where possible. I will always think of **Paul** as the 'voice of athletics in the area' and will never forget the Plymouth Half Marathon of 2002 when our legendary athlete Ed Perks (see photo below), aged 80 took a fall at the finish line and knocked his head on the gantry of the official time clock and ended up in hospital needing five stitches for a gash in the head. Ed had put in a sprint finish to try and beat his previous year's time but tripped in the process. Paul was on the Mike at the time and his comments were somewhat interesting to say the least! - Editor



Paul took over as Chairman of the club in November 2003. Former Chairman Richard Bristow, who started the club in 1984 passed away the year previously, but the club decided to have a period of reflection before appointing a new Chairman. Paul introduced himself to the members with the following comments:

'As the new Club Chairman, I feel I should introduce myself to those that may not know me. I have been a member of Erme Valley Harriers since 1987 and have served on the Club Committee for the last ten years or so as a General Committee Member and for some years as the Road Running Secretary. I am also the Devon County AA Road Running/Permit Secretary, Secretary of East Cornwall and West Devon Athletic Forum, Deputy Race Director and Chief Marshall of the Plymouth Half Marathon and Race Director of the Plymouth Hoe 10. My interest in athletics lies across all aspects of the sport and I am keen to see athletics in the area and the club develop'.

The cover photo of Paul in November 2023 shows him with his England Athletics South West Regional Volunteer Awards for his 'Services to Athletics and Running' but in December 2004 Paul joined the list of 'Evening Herald Sports Personalities of the Year' by becoming 'Administrator of the Year'.

Paul and Nigel Rowe became involved in a link with the Royal Navy/Royal Marines and at the Plymouth Half Marathon an event known as the 'Warriors across the Sea' Trophy was formed where athletes from the United States Marine Corp competed against our own services. Following on from this the comradery grew and some of the Plymouth Organising Team were invited to the 27th Marine Corps Marathon in Washington in October 2002. This race starts and finishes alongside the Iwo Jima Monument in Arlington.

The photo below shows Paul with Jenny and Nigel with Khalid Kannouchi who was the guest of Honour, who at that time was the Marathon World Record Holder having broken the record at the 2002 London Marathon.



..... In November 2006 following the ongoing success of the Plymouth Half Marathon Nigel Rowe and Paul were approached to Race Direct the Cardiff Marathon and Half. They accepted the challenge, with their prime role to sort out the start and finish areas. They did well.







THE GRAND NATIONAL

(or marathon mania!)

On Sunday 18th April 1993 the Club had 14 athletes competing in races at London and Rotterdam. As this was something of a special occasion it was decided to add a bit of fun by producing a 'form guide' and treating the races as if everyone was running in the Grand National. Athletes chose names, indicated their age and weight.

This is the entry made by Paul:

NAME: Paul Ross

AGE: 43 (ish)

WEIGHT: 11 stone 12 lbs.
(too heavy)

BEST MARATHON TIME: 3.14.28 - London - 1989

PREDICTED MARATHON TIME: 3 hours 30 minutes

CHOSEN RUNNING NAME: Bald Eagle

TRAINING REPORT: Training over short courses going well. Last two races close to p.b.'s. Doubts over ability to last the distance. Have I done enough long-distance training!

FORM GUIDE: Good solid performances on the Plymouth and Bath circuits. Ran very well on the recent Nos Mayo training run. Could run well on the day providing stamina holds up.

POST RACE: Poor start – 1.45 through the start. 9 plus minutes for the first mile. Settled into steady pace and through halfway in approx. 1.37. Felt warm so discarded t-shirt, then had a toilet stop at 14 miles. Continued at a steady pace to approx. 18 miles then felt myself beginning to slow but kept going despite the strong winds, particularly in the Docklands area and around Canary Wharf. Run became a shuffle by the Mall, but managed to summon up energies for run in up Birdcage Walk and the Plymouth spectators gathered some 400 metres from the finish. Ran back for 12 miles to try and find discarded t-shirt but to no avail!

FINISHING TIME: 3.26.38





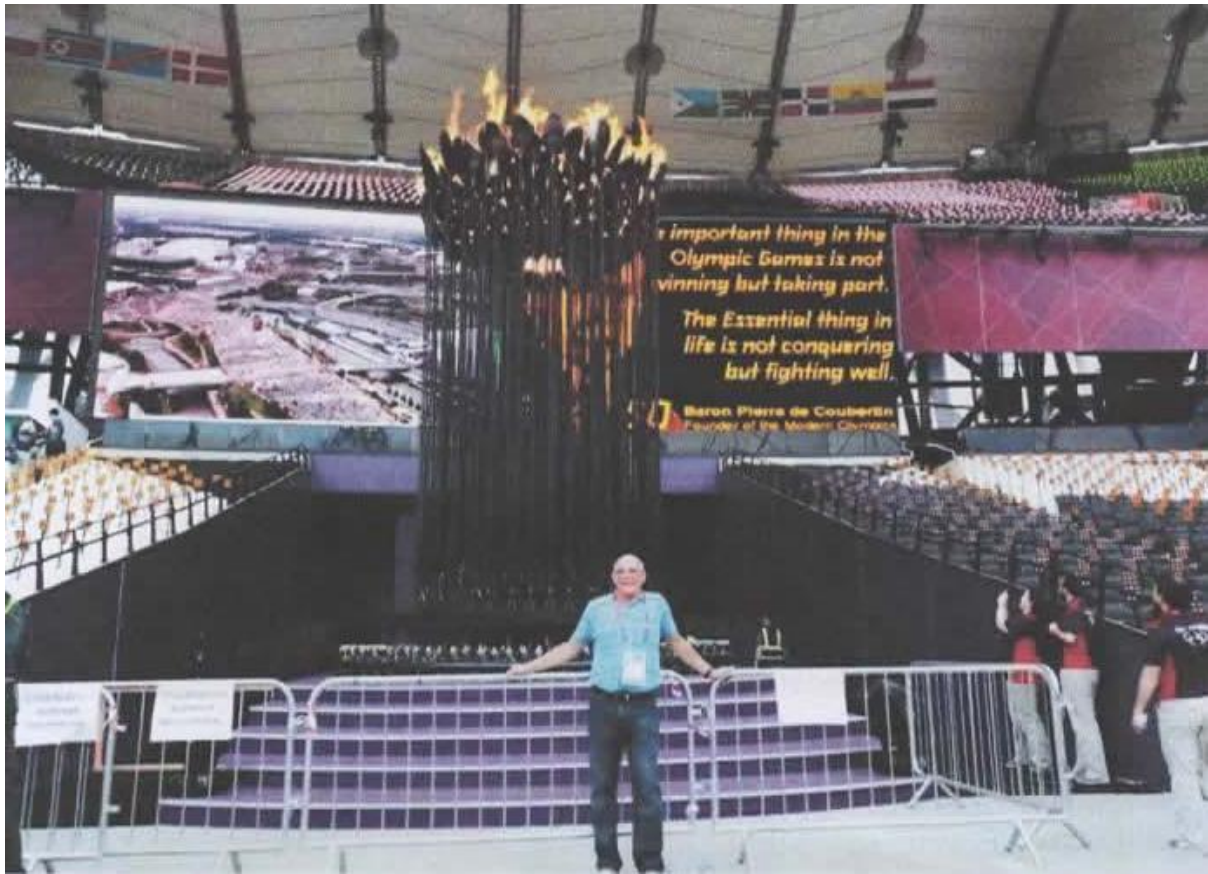
The London 2012 Olympic experience:

'My events were all held from the Mall with the Race Walks held over a 2K lap course and the Marathon ran over a 3 lap course, passing numerous London landmarks. My role was managing the Athletes Personal Drinks Stations and for the Marathons a water and sponge station in addition.

The officials were given complimentary tickets for the Closing Ceremony – what an experience this was. We were sat above the Royal Box and you needed 3 pairs of eyes to see everything that was happening in the Stadium.

It was good to meet up with Allister, Sharon and Ruth along with my daughter who travelled with them. I also met up with Keith, Jayne and Dave on another occasion a few others from the Plymouth area within the Park and at the Marathons.

The Memories of 2012 will live with me forever. I could write enough to fill the Harrier myself and I haven't even mentioned the journey home with Monica, Wenlock and Pride – but that's another story!



Paul by the Olympic flame and with your Editor, Keith and Jayne at the London 2012 Olympics



..... an interesting story – ‘Does it pay to keep records? (April 2014 Harrier article)

For some obscure reason Paul decided to keep a Running Log from the time he started running. He recorded every training run and all the races since Day 1 (Ron Hill did this as well!) and at the time of writing had logged his 4000th run!!!

During his time as a runner Paul ran 46 marathons, including 7 London's (his pb was at one of them) and countless shorter distance events. He ran in the second Grizzly race (there were only about 100 runners and it was 12 miles) and everyone after that until his heart attack in 2000. Paul's longest training run was the infamous 'Tour of Devon' where a whole group took a wrong turning and ran about 24 miles! Paul recalls the Children in Need run (some 46 miles) from the BBC studios in Exeter to Plymouth. His greatest achievement was probably winning an over 40 1st prize and the Woodbury Wobler. He was also pleased to be part of the Erme Valley Harriers team that took 3rd place in a Plymouth Half Marathon in the 80's – the winner that year was former Harrier Dr Colin Campbell who held the Club Marathon record until it was broken this year by Ben Holmes.

Paul's training took a knock following his heart attack and he had to lay off running for more than 18 months, whilst he recovered his fitness. He only ran one race since then because his daughter was running it – I suspect this was the Tavy 7 of 2003 where Paul recorded a time of 63.30.

Some race times: Torbay 10K (27.8.90) - 40.07
 Plymouth Hoe 10 (19.2.89) - 64.40
 Bath Half (21.3.93) - 1.26.09
 Marathons:
 Dartmoor (10.9.89) - 3.37.29
 Snowdonia (Dec 89) - 4.00.57
 Plymouth (28.5.90) - 3.39.41
 Robin Hood (23.9.91) - 3.28.33
 Torbay (1993) - 3.24.18
 London (1994) - 3.23.25

and a day Paul obviously never forgot – some of his words:

‘Saturday 14th May, 2016 – the day my family's lives changed forever. Who could have foreseen the events that followed. I'm sure it goes without saying how difficult it has been for the family, colleagues and friends.

The whole episode was exasperated with me being admitted to hospital with a suspected stroke eight hours after Kirsten was admitted. I have subsequently been discharged with no one knowing what the problem is what caused it. It was very frustrating for me that I could not be with and support my family through this tragedy. I did however receive numerous visitors and take this opportunity to thank the club members who came to see me. I have decided to step down as Chair of EVH with immediate effect as I feel unable to give the role the time and effort I have in the past and I believe it needs’.

Thanks for the memories Paul – RIP – Editor

and finally just a few of the many kind comments on the **Erme Valley Harriers facebook** page:

Nigel Rowe

Very sad news.

Paul helped reestablish the Plymouth Half Marathon in 1993, being recognised in the top ten half marathons in the UK by Runners World.

Paul played an active role when England Athletics was formed and was a member of the SW Regional Panel.

Paul helped with the development of DML Sports and Social Club where he played an active role.

On both fronts his knowledge and guidance were invaluable.

My thoughts are with Jenny and the family RIP

Geoffrey Honey

So sad to hear this news. I have known Paul since 1963 when I was at Tamar School with him, he was always a great chap. When I took up running in the late 80s and subsequently through the 90s > 2026 as a Plymouth Harrier, I frequently saw Paul at races as a competitor and in later years as a Race Organiser and Official and member of EVH. Paul always found time to speak and was always friendly and cheerful. He will be greatly missed. RIP my friend Paul.

Monica Bristow

RIP Paul. I have such good memories of our days at the Olympics. Of Richard and Paul at committee meetings when Paul suggested to Richard he stopped mumbling. I think Richard was presented with an award for mumbling by Paul. Or was that the 'the prat in the hat' award. Good times...good memories. Thinking of Jenny and the family at this sad time.

Sarah Marnock (Ken Summers daughter)

I remember when I joined Erme Valley Harriers when I was 10, my Dad came to support me and Paul and Al egged him on to join in and the rest is history for Ken Summers.

Paul and his family were an integral part of my childhood memories. I know he has contributed so much to the local athletics scene in Plymouth too.

Condolences to Jenny and his family.

May you rest in peace Paul.

Sharon Daw

Omg this is such sad news

Known Paul from day one of my running he was amazing and supportive.. caught up with him a few years ago - such a great guy...

Never forget the day he organised the run from Ivybridge Leisure Centre. As I went to collect my number my two toddlers were left in the play park with daddy....umm they both escaped and Paul rounded them both up and made sure they were safe and came and found me.....Never forgot this

A true legend.

EVH Club Championship 2026 – June 2026 Update

40 club members took part in at least one of the Club Championship events during June. There's been little change to the top of the table but there is plenty to play for over the next couple of months. Note: recent results do not include for the County Championship. Nominated Parkrun for July is Torbay Velopark.

Top 15 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	Fast Friday 10k - Exeter	Summer Handicap - 01 April	April Armada 5k	The Beastly Half - Bodmin	SW Athletics League - Exeter	Summer Handicap 02 - May	County Championship (track) - Awaiting results	May Armada 5k	Meldon Madness Fell Race	Plymouth Half Marathon	Plymouth 10k	Volunteering at Ivybridge 10k	Burrator 10k	Muskie Madness 10k	Summer Handicap 03 - June	SW Athletics League - Exeter (Awaiting Results)	June Armada 5k	Burrator Horseshoe	County Championship (track) - Awaiting Results
1	HELEN	CHAPELL	484	69	150	20	20	50	39											20							
2	SIMON	FITZE	346	83	150		20												20								
3	EMMA	LAKE	332	64		40		50		10				10									10				
4	ALISON	ENGLEDEW	314			10	20							10				60	20		33	10					
5	JENNIFER	HAYES	291	64				50	37										20								
6	NIGEL	GROTTICK	273				20		38	10								55					10				
7	DAVID	RAYFIELD	259	72	50		20			10				10													
8	ANDREA	MITCHELL	258	59		30	20							10					34	20			10				
9	PETER	ALLEN	250							10	10					10											
10	STUART	WITTY	246			50	20			10				10					35	20			10				
11	BARRY	NEAL	230			60			33	10	10														10		
12	NEIL	SQUIRES	229						36	10	10			10		10		54	20				10		10		
13	BEN	HOLMES	224	84	50		20																				
14	BEN	BRISTOW	213			10			35	10			30	10					35				10				
15	ANDREW	CHAPELL	213			30	20		35										20								

July's events include:

Date	Event	Available Points
05-Jul	SW Athletics League - Exeter	30
05-Jul	Cosdon Fell Race	30
07-Jul	Summer Handicap 04	10
08-Jul	Armada 5k	10
16-Jul	Tavistock Relays	15
25-Jul	Cornwood 10k	Age% * 0.5

Full details of the Club Championship including all the events are on the Club website. Feedback and suggestions are welcome. Please let me know if you spot an error or an omission!

Helen Chapell

RACE NEWS



Matthew Gilvear on his half marathon debut won the **Leamington Spa Half Marathon** in a time of 1.10.16. This is the second time this year that an EVH athlete has run 1.10 following **Ben Holmes** time of 1.10.01 at the **Bath Half Marathon**. The club record is 1.08.44 achieved by **Neil Holmes** at **Burnham** in 1995.



Start Fitness Fast 5000 (5K) - Saturday 13th June

This team event was held at Torbay Velopark, with our three athletes representing Devon in a contest against Cornwall for the Peninsula Trophy. There were both male and female teams as well as Masters team.

Results:	15	Ronnie Haynes	16.11 (4 th mv40)
	30	Simon Fitze	17.02 (1 st mv50)
	34	Alison McEwing	17.22 (3 rd female and 1 st fv35)

Champions:

Senior Mens – Devon

Senior Ladies – Cornwall

M40+ – Devon

F40+ – Devon

M50+ – Devon

F50+ – Devon

M60+ – Cornwall

F60+ – Devon



Luke Hayes and **Angus Wilson** competed for **Devon** in the **National Junior Fell Race** champs in Edale, Derbyshire. Luke was 17th and Angus 28th in the 7.6km u18 men's race which Luke described as 'brutal'. Devon were 7th County.

THE SUMMER SOLSTICE FELL RACE

A good number of our athletes braved the weather, which was not held in summer weather! The race is over 9.5km, starting and finishing at Merrivale and taking in stunning countryside, including Staple Tor, Roos Tor and White Tor.

Chris Prall says it was the foggiest race he has ever run in, but it was still great fun.

Results:	7	Chris Prall	43.45 (1st mv40)
	10	Peter Allen	45.00
	21	Angus Wilson	49.00 (1st U18)
	23	Nigel Grotick	49.39
	40	Mark Rinagl	53.28
	45	Becky Prall	53.57 (1st fv40)
	50	Luke Hayes	59.08
		Esme Prall	11.22 (1st U12 in that route)

Luke unfortunately was ill so ended up walking much of the race – shame for him



The Scilly60 - An island-hopping ultra adventure

The Scilly60 is a 60 km multi-island trail challenge, taking runners across all five inhabited islands of the Isles of Scilly. Competitors complete every inch of coast path on St Mary's, St Agnes, Treco, Bryer and St Martin's before returning to St Mary's for the final 5km push to the finish. This event is strictly limited to 150 participants to protect the environment and maintain the runner experience. It is challenging and unforgettable — the perfect race for those seeking something truly different.

The locals are warm and welcoming. None more so than Wez Swain (the race director) and his team of volunteers who put in an enormous amount of effort into building a great race.

This was my 2nd time at this event and I would absolutely recommend it to anyone who wants a unique challenge in a magical place.

The build up:

My friends Flick, Sarah and I booked the helicopter but unfortunately it was cancelled the day before the flight due to the weather so after a stomach-churning cruise on the Scillonion III, we spent a grey, mizzly Friday exploring St Mary's Garrison walls and Hugh Town. On Saturday the sun appeared and we headed to the Gig Shed for race registration and the Rhino Run, an animal charity event with the famous 'Rhino Boy Chris' who you may have seen at the London Marathon. The race "goodies" included branded number fasteners, buffs, stickers and the event T-Shirt.

St. Mary's (part 1): the start line

Wez called the crowd to a hush and gave a rousing pre-race briefing before counting us down. Then we were off along the quay, past the cheering crowds and up Garrison Hill to the defensive walls and past the many batteries. We agreed to take the early islands easy and quickly fell towards the middle of the pack, whilst keeping a close eye on our watches' average pace.



The first few miles had some wider sections but it's mostly single file, including a fun loop back on itself down the steps of Sally Port. We soon passed more crowds at the beautiful Porthcressa beach and hugged the coast path around Peninnis Lighthouse before we hit more cheering spectators at Old Town. Here we had a few miles of rugged, beautiful coast path as we circumnavigated the airstrip and continued onto the east coast. Runners were still quite bunched here but we slotted into our steady pace until we shuffled across the sands of Pelistry Beach. In previous years runners have run around Toll's Island but nesting plovers prevented us this year, much to our relief — it's a rocky-looking outcrop.

Around the north arc of the island we chatted with fellow runners until we emerged at Hugh Town to more cheers and finished back at the quay. With plenty of spare time before the cutoff we refilled empty water bottles and refueled before boarding the small inter-island ferry Seahorse to St Agnes.

	Distance	Finishers	My time
St Mary's - Leg 1	17km	139/142 (98%)	1:46:14 15 th / 40 women

St. Agnes: rugged coast and a chain of runners

The choppy journey south didn't last long before we disembarked onto the steep quay at St. Agnes. We dropped our bags alongside the path, received Wez's customary welcome to the island and cheered Gav who had re-laid some markings late the night before after some overly-helpful humans had removed them thinking the race had already finished! After the countdown we were off up the hill and funnelled onto the narrow coast path, which is where I took my first tumble - in exactly the same place as I did 2 years before!

St. Agnes is rugged and sparse, with quiet sandy beaches and rocky coves. It feels relatively flat and runnable, except for the sand bar connecting St. Agnes to Gugh. Once we'd run around Gugh and up the island's highest point of Kittern Hill, a hefty 40m, we hit the short road section past the Turks Head, cheered on by punters in the pretty garden overlooking the harbour, and through the downhill finish at the quay.

	Distance	Finishers	Time
St Agnes – Leg 2	9km	134/139 (96%)	58:43 18 th / 38 women



Tresco: subtropical flora and testing the speed

After a quick toilet stop (so grateful for the loos at each quay!), we were back on the Seahorse bumping along to Tresco. This is probably the most runnable island so I was looking forward to it especially for its medieval castles, subtropical flora and the possibility of seeing one of its red squirrels. It didn't disappoint, though we didn't see any squirrels.

It was fast road running from the off. Some curious, brown cows joined us for bit until we left them to their grazing and ran off towards Abbey Gardens. Around the south and east of the island we passed a succession of empty, white-sand beaches before hitting Old Grimsby, encouraged by yet more supporters and onto the secluded north, featuring King Charles's and Cromwell's Castles. After the final, fast descent, we emerged into a tunnel of cheers at the quay. Plenty of time before the cut off before we hopped back onto the boat

	Distance	Finishers	Time
Tresco – Leg 3	10k	130/134 (97%)	1:06:38 21 st / 36 women



Bryer: the “place of hills”



Despite being the shortest island, it had the highest dropout rate and I suspect its technical terrain took some people by surprise. However, we continued to be moved by the supportive groups of local and holidaying spectators in these remote islands. I didn't really enjoy the ups and downs and rocky underfoot of Bryer but before I knew it I was heading towards the finish on the quay.

	Distance	Finishers	Time
Bryer – Leg 43	8k	116/130 (89%)	53:10 20 th / 31 women

St. Martin's: technical trails and the final push

We had another long boat ride to chat about the dreaded St. Martins! We'd been warned of its technicality and hills. In Wez's welcome-to-the-island brief, he told us to enjoy the first runnable 7km and hold some energy back for the tough 3km into the finish. Despite the warnings I loved it. I actually enjoyed this one the most with its short, sharp ups-and-downs, rocky underfoot and the half-kilometer sand sections at the end. Or did I enjoy it because it was the last timed island!

We all cheered the final runners through the finish, including the nail-biting final moments when Wez blew his cutoff bugle as long as he could to allow the final runner to cross the line!



	Distance	Finishers	Time
St Martins	10k	111/116 (96%)	1:07:06 15 th / 28 women

St. Mary's: the closing miles

After the short transfer, we landed back on St. Mary's. We listened to a final speech from Wez who then allowed everyone to run this island, even if they had missed the previous island cut offs.

We ran back along Porthcressa Beach, up a gentle road to Peninnis Lighthouse, along the south coast to Old Town, through the centre of the island along a lovely nature boardwalk, then, finally, our last bit of coast path to the beach crossing finish at Porth Mellon. We all collected our beautiful race prints, personalised with our finish times and enjoyed the spectacular sunset with our burrito, chips and cake provided to runners by the Gig Shed. What better way to finish off a superb day! We had to buy our own beer!

	Distance	Finishers	Time
St Mary's	5.5k	111/111 (100%)	34:58 13 th / 28 women)



And for those who love a good strava map – this is definitely one for you



Distance	Finishers	Time
60k	111/142 (78%)	06:26:51 66 th /142 Overall 15 th / 28 Women

THE BURRATOR HORSESHOE

This famous race is a 6-mile moorland run from Meavy out over Dartmoor, via Burrator Reservoir, Steepstor Dam, Sheepstor summit (369m), Gutter Tor summit (357m) and Ringmore Down.

It has a spectacular finish, with a nice cooling dip in the ford and an awesome reception on the village green.

This year there was a shorter course – the Sheepstor Challenge, over 4 miles, which started 5 minutes after the standard race.

Results:	12th Chris Prall	51.39 (3rd mv40)
	76th Ewan Lake	65.23



GALLERY: Battershill returns to help Erme Valley Harriers produce a record-breaking performance at relay event

Posted on [June 27, 2026](#) by [Plymouth Sports Gazette](#)



GREAT Britain international **Will Battershill** was back in an **Erme Valley Harriers** vest on Friday night as he helped the club to a record-breaking performance in their annual road relays.

Just five days earlier, steeplechase specialist **Battershill** had won a silver medal in front of the TV cameras at the UK Championships in Birmingham. But while making a visit back to his native Devon, the 28-year-old was keen to show his support for the club that nurtured his athletic ability.

He teamed up with **Nathan Brown, Ben Holmes and Matt Gilvear** to help **Erme Valley Harriers** totally smash the course record and claim a third successive victory in the popular event, which this year attracted 84 teams of four.



The **Erme Valley** quartet clocked a stunning overall time of 49 minutes and 22 seconds, which was nearly two minutes quicker than the previous record. They finished more than four minutes ahead of the second placed team, which was Exmouth Harriers, who clocked 53.51 minutes. South West Road Runners were third in 54.37 minutes, with the City of Plymouth AC team of David Weir, Daniel Newman, Matthew Bradley and Joshua Blake fourth in 55.00 minutes.

Battershill, as expected, also smashed the individual leg record, clocking 11.35 minutes for the two-and-a-half-mile lap on country lanes around Ivybridge Rugby Club. Club team-mate **Holmes** clocked the second fastest time of the night, finishing in 12.13 minutes.



City of Plymouth's Annabel Arnold was also a record breaker at Friday's **Erme Valley Relays** as she broke her own female course record, clocking 13.55 minutes to help her team claim third place in the women's event.

Tavistock AC convincingly secured the women's team victory with their quartet of Jasmine Gray, Emma Ryder, Hannah Smith and Charlotte Walker. They clocked an overall time of 59.18 minutes, with all their team running under 15.18 minutes. Ryder was second fastest female overall with a split of 14.21 minutes.

Erme Valley Harriers claimed second place in the women's event in 65.42 minutes. Their quartet was made up of **Sophie Gilvear, Emma Lake, Jess Ashworth and Ali McEwing**, who clocked the third fastest individual leg by a woman with a time of 14.30 seconds.

City of Plymouth AC had the first female under-18 team, which was made up of Margot Goodspeed, Beth Kelly, Daisy Elliot and Elsie Goodspeed.

Torbay AC pipped City of Plymouth to the under-18 boys' title, but Lucas Sweeney did clock the fastest time by a junior.

Host club **Erme Valley Harriers** did have a good night as their M40, M60 and F55 teams also claimed victories.

Tamar Trotters won the F45 category, while Teignbridge Trotters took the mixed, M50 and F35 titles.

EVH results:

1	EVH Men A	(Will Battershill – 11.35, Nathan Brown – 12.56, Ben Holmes – 12.13 and Matthew Gilvear – 12.38)
9	EVH MV40	(Nigel Grotick – 15.09, Simon Fitze – 13.59, Stuart Witty – 16.45 and Ronnie Haynes – 13.16)
14	EVH Men B	(Russell Gibson – 15.30, Peter Allen – 14.28, Adam Griffiths – 15.46 and Ben Britow – 14.57)
21	EVH SW	(Sophie Gilvear – 16.48, Emma Lake – 17.27, Jess Ashworth – 16.57 and Alison McEwing – 14.30)
27	EVH Men C	(George Benton – 15.25, Chris Rickard – 20.22, Scott Smith – 16.28 and Peter Allen – 15.25)
29	EVH MU18	(William Rogers – 15.47, Jack Squires – 17.11, Oliver Edie – 19.18 and Jude Brown 16.00)
37	EVH MV60	(Andy Trigg – 17.50, Dave Engledew – 17.31, Andy Chappell – 17.57 and Dave Rayfield – 17.03)
48	EVH FV45	(Becky Lee – 19.04, Liz Bristow – 19.58, Jenny Hayes – 17.44 and Helen Pearse – 19.15)
56	EVH FU18	(Harriet Rogers – 18.54, Maisie Squies – 22.55, Blubell McBride – 20.13 and Freya Norris – 18.07)
64	EVH FV55	(Carol Hansen – 23.42, Andrea Mitchell – 20.33, Alison Engledew – 20.02 and Helen Chapell – 17.45)
65	EVH Dads	(Wayne Mollison – 26.18, Jonathan Carroll – 17.20, Keith McBride – 19.21 and Marc Hoskins – 19.41)





The Men's MV40 team and the Senior Women's team





The Men's MV60 team and the Women's FV55 team





The Ladies FV45 team and a general group photo





Helen Chapell and Helen Pearse at the Relays





We had ten of our ladies at the **Newton Abbot Ladies 10k**

The race put on by Teignbridge Trotters attracted a large field and was won by Lauren Knox of Storm. We won a number of age category prizes and also were 2nd team behind the hosts. Well done to all:

6	Sophie GILVEAR	46:19	(1st U18)
8	Jenny HAYES	47:12	(1st FV50)
11	Helen CHAPELL	48:06	(1st FV55)
25	Becky LEE	51:22	
31	Francesca WALKER	53:14	
34	Alison ENGLEDEW	53:43	(1 st FV65)
60	Andrea MITCHELL	57:29	(2 nd FV55)
91	Christine TOUT	62:49	
125	Carol HANSEN	66:42	
172	Trudi ROWE	72:48	





NEWTON ABBOT LADIES 10K





NEWTON ABBOT LADIES 10K



Dave Engledew (39.16), **Alison Engledew** (44.35) and **Carol Hansen** (55.14) all enjoyed 'The Forest Flyer' evening race. **Alison** was also 1st FV60.



Esme, Becky and Chris Prall raced the Cosdon Fell.

It was pretty hot, but Chris managed to do ok, finishing 2nd and 1st V40.

Becky was 9th female and 3rd FV40.

In the junior race, Esme was 2nd in her FU12 category.



Photo of Chris labouring up the final hill to the finish

Barry Neal achieved a time of 21.52 at the Run Exe 5K on 7th July. It was very hot!

Also in very hot conditions at the Armada Summer 5K Series in Saltram on 8th July our survivors were: 7th **Neil Squires** (20.45), 11th **Alan Gatling** (21.52) and 68th **Carol Hansen** (31.33). The race was won by Tom Hansen (Carol and Mike's son) in a time of 18.24. Tom runs for Wincheser RC.

TRAINING ROUTES

July

14th - Harford out and back or speed session @ Woolcombe Rd
21st - 'Spirit of the Moor'
28th - Ermington mast loop

August

4th - Summer Handicap 5
11th - Longtimber Woods loop or speed session @ Julian Rd
18th - 'Spirit of the Moor'
25th - Speed session @ Filham Lake

September

1st - Summer Handicap 6
8th - 3K Team Relays @ Filham
15th - 'Spirit of the Moor'
22nd - Bittaford, Wrangaton Cross, Ugborough loop or Speed Session @ Woolcombe Rd
29th - Hill Session

October

6th - Final Summer Handicap
13th - 'Spirit of the Moor' (weather dependent)
20th - Penquit loop (headtorch) or Speed Session @ Woolcombe Rd
27th - Hill session @ viaduct

JULY SUMMER HANDICAP SERIES

Position	Runner	Clock Time	Handicap	Time	Points
1	Ewan Lake	35:43	08:30	27:13	50
2	Andrea Mitchell	36:01	04:00	32:01	49
3	Richard Simpson	36:06	00:00	36:06	48
4	Luke Hayes	36:27	16:30	19:57	47
5	Dave Rayfield	36:31	12:30	24:01	46
6	Chris Prall	36:52	14:00	22:52	45
7	Jude Brown	36:53	04:30	32:23	44
8	Fynn Grundy	36:53	04:30	32:23	43
9	Neil Squires	36:56	13:30	23:26	42
10	Jason Waterfield	37:10	04:30	32:40	41
11	Alan Gatling	37:16	12:30	24:46	40
12	Peter Allen	37:23	15:30	21:53	39
13	Richard De Salis	38:08	10:30	27:38	38
14	Russell Gibson	38:44	14:00	24:44	37
15	Mary Grose	39:48	04:30	35:18	36
16	Trudi Rowe	40:00	00:00	40:00	35
17	Adabelle Davey	40:04	00:00	40:04	34

LEADING POSITIONS AFTER 4 RACES

Runner	Apr	May	Jun	Jul	Total (Best 5 out of 7)
Alan Gatling	47	45	40	40	172
Neil Squires	42	40	36	42	160
Andrea Mitchell		33	47	49	129
Dave Rayfield	35	42		46	123
Ben Bristow	38	46	37		121
Stuart Witty	39	47	34		120
Mary Grose		50	31	36	117
Russell Gibson	46		33	37	116
Harriet Rogers	50	48			98
Jessica Ashworth		49	42		91
Luke Hayes		43		47	90
David Engledew		44	45		89
Peter Allen	49			39	88
Alison Engledew		38	46		84
Steph Rogers	41	41			82
Andrew Mitchell		34	48		82
Nigel Grottick	33		49		82
Angus Wilson	37		43		80
Ewan Lake			30	50	80
Richard De Salis			32	38	70
Helen Pearse		35	29		64

