

THE HARRIER

(SEPTEMBER 2026 NEWSLETTER)



Our athletes relax prior to the start of the Haytor Heller

It has been a quiet few weeks after a hectic period, but the race scene came back to life at the tough and demanding but scenic **Haytor Heller**. Organises **Teignbridge Trotters** were celebrating their 40th running of the event and as usual put on a great race, with the excellent refreshment to purchase afterwards.

We were well represented at **Haytor**, with **Emma Lake** having a particularly fine race to finish 1st female vet 50.

The race scene picks up again with races coming up this month at the **Flete 10K**, **'Storm the Fort'**, **Torbay 10K and Half Marathon** and the **Templer 10** before we move on to the **Cross Country** season.

This hot summer is probably (!!!) coming to end but what's the betting that the first **Cross Country** at **Newnham on Sunday 11th October** race is a scorcher!

Dave Fox - Editor

From the Chairman:

Hello everyone,

I hope you are all well and have had an enjoyable summer.

This weekend saw the end of the traditional summer race season with the final South West Athletics League at Exeter Arena. As part of the Armada composite club we did well in the overall team competition and we had some people representing the team for the first time on the track, which was great to see. It would be fantastic if we could get a few more people along next season. As mentioned before it's a very friendly atmosphere and I'm sure everyone would enjoy the event and trying something new / a bit different.

The club are supporting the organisers of the **Flete 10k on Saturday 12th September**, there are still spaces in the 5k and 10k if you are interested. Next up is a trip to the **Torbay 10k and Half Marathon on 20th September** where we are putting on transport. We are sharing a coach with Plymouth Musketeers, there will be pickups in Plympton (Marsh Mills) and Ivybridge - timings to be confirmed shortly. There are still late entries available for the 10k and the Half has a waiting list if you are interested in running. There are a couple of spaces on the bus if you do get an entry or even if you would like to come and spectate / support.

As we head towards autumn our thoughts now start to turn towards the return of the XC season. The dates for the 2026/27 season have been released - it all kicks off close to home at **Newnham Park (Plymouth) on 11th October** with a new style of event – a cross country relay. This is a very runnable course and the hills aren't too steep. I would encourage everyone to have a go at cross country as not only is it great training it's also an opportunity to meet up with club mates and maybe try a form of running you haven't done before. It also forms part of the club championship so more points up for grabs. I am part of the new organising group and would appreciate seeing a lot of Erme Valley vests! If anyone doesn't want to run but is free for a couple of hours, then we will need some course marshals.

Finally, looking ahead once more, then we will be looking to have a club trip to the **Tavy 7 on the 25th October** - for those new to the club this is a great event hosted by Tavistock AC over the classic distance of 7 miles on an undulating course through the lanes on the edge of Dartmoor. It also doubles up as the Devon Road Race Championship with individual and team county medals up for grabs. We usually have a great turnout for this race and have put on a minibus for the last couple of years. To make things as easy as possible for me and the minibus company, can you please let me know ASAP if you'd like a seat on the bus. If there is enough interest and people confirm in good time I will try to arrange for a stop off at a local pub for a meal on the way back.

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

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

SECRETARY'S NOTES

Signs of Autumn

The long hot summer is coming to an end with some signs of Autumn. September is the transition month between the track and field and the beginning of the cross country and sportshall seasons, as well as a number of road races.

We held the 3 Tops Fell race on Saturday 15th August which went off fine. Thanks to everyone who helped out. We are reviewing the event next month so any feedback is welcomed.

The latest Club Championship standings will be posted in this Harrier and on the website as well as the September Handicap results. There is just one more Summer Handicap to go.

Training and Competition update

Junior training will move indoor this coming week and return to the two sessions.

There are just a few Track and Field events left including the final SWAL match at Exeter.

We have had to amend the final date of the Devon Sportshall League because it clashed with Easter.

The dates are as follows (all Sundays except the last one)

Oct 18th, Nov 29th, Jan 24th, Feb 21st, and March 20th.

The age groups will be U10,U12,U14 and U16 (on 31st Aug 2027)

Senior training continues to go well with more coming along and a few new faces. The planned routes have been published for the next few months. We have decided to suspend Friday training after October as numbers have dwindled. We are looking at holding a training session for seniors on a Thursday at ICC. Details to be finalised.

The new team heading up the Westward League led by our own Tom Davies are making excellent progress. The first fixture in Newnham on Sunday October 11th will be a relay event. We hope to get a number of teams across all the age groups.

The dates for the whole season are now confirmed. There is a new Facebook page which will give all the up-to-date info.

The details are here

<https://www.facebook.com/share/1DV4T4EwrP/?mibextid=wwXlfr>

Road (and off Road) Running

It has been a bit quieter during August but well done to Ben Bristow who set a new pb at the Torbay Twilight 10K. We held the final Armada 5K last Wednesday. Current standings in the Armada Grand Prix have been posted on the Armada website. There are just two races left in the Grand Prix.

The Flete 10K is on again this year on Sat 12th September. We are again supporting them. There is also a 5K and IK fun run.

There is still time to enter. We have a number of athletes going to the Torbay 10K and Half Marathon on Sunday 20th.

Athletes of the Month (August)

The athletes of the month for August are Ben Bristow and Rubi Ferrero-Lewis

Forthcoming Events

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

Sep 12th - Sourton Fell race

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

Sep 19th - Great Links Fell Race

Sep 20th - Torbay Half Marathon and 10K

- RunFit RunFast 5 Miler

Sep 25th - Exeter 3000m Track Races (Cancelled)

Sep 29th - Exeter Open and Devon 10000m

Oct 4th - Templar 10

Oct 11th - Westward League Relays

Oct 18th - Devon Sportshall League

Oct 25th - Exeter Halloween 5 and 10 mile
- Tavi 7 (including Ross Shield)

Nov 1st - Bideford 10

- Cornish Marathon

Nov 15th - Drogo 10

- Westward League - Newquay

Nov 28th - Race the Light - Mothecombe

Nov 29th - Devon Sportshall League

Dec 6th - Westward League - Exeter (includes Devon Championships)

- Cockington Caper

Dec 13th - Armada Christmas Relays

Finally - The darker evening are not that far away, especially if the weather is not so good. Please wear a light or fluorescent top if out running.

Keith - 07934373943
reedy41c@googlemail.com

EVH Club Championship 2026 – August 2026 Update

38 club members took part in at least one of the Club Championship events during August. There's been a no significant changes to the leaderboard but there's plenty to play for over the next coming months.

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. Nominated Parkrun for July is Haldon Forest.

Pos	Name		TOTAL	Marathon	Age record bonus	parkrun (x12 max)	EVH team win bonus	Ultra event	SW Athletics League - Exeter	Summer Handicap 02 - May	County Championship (track)	May Armada 5k	Maldon 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 7th June	June Armada 5k	Burrator Horseshoe	County Championship (track)	Ivybridge Relays	Ivybridge Relay Volunteer	SW Athletics League - Exeter	Cosdon Fell Race	Summer Handicap 04 - July	July Armada 5k	Tavistock Relays	Cornwood 10k	Torres 10k	Summer Handicap 05 - August	South Devon Relays - Torbay	Devon Open - Track	August Armada 5k	Volunteering at Ivybridge 3	Great Lakes Tor-Ever Fell Race
1	HELEN	CHAPELL	564	69	150	40	20	50							20				10	30			15								30	10	15					
2	BEN	BRISTOW	481			10	20	30	10	30				35					10	30			30	15		30				15	34		10	15	30		20	
3	ALISON	ENGLEDEW	435			10	20			10			60	20	33	10							15								37	34	10	15			20	
4	SIMON	FITZE	416	83	200		20							20									15							15								
5	NIGEL	GROTTICK	378				40						55						10				15								35		10	15			20	
6	EMMA	LAKE	372	64		40	50		10										10				15					10										
7	STUART	WITTY	365			70	20			10				35	20				10				15							15	34	31		15				
8	PETER	ALLEN	335									10											15					10		15			10	15	30			
9	NEIL	SQUIRES	332				20		10		10	54	20					10	10									10	10		32					10	20	
10	DAVID	RAYFIELD	299	72	50		20		10														15					10					10	15				
11	ANDREA	MITCHELL	298	59		30	20		10					34	20				10				15					10					10	15				
12	JENNIFER	HAYES	296	64				50							20								15															
13	CHRIS	PRALL	295									30			20						30						30	10		15					10	20	30	
14	ANDREW	CHAPELL	292			50	20							20									15									30	10	15				
15	BARRY	NEAL	270			70														10										15				15				

September's events include:

Date	Event	Available points
01-Sep	Summer Handicap 06	10
05-Sep	Haytor Heller Fell Race	30
06-Sep	SW Athletics League - Exeter	30
09-Sep	Armada 5k	10
12-Sep	Flete 10k	Age% * 0.5
13-Sep	Storm the Fort 10k	Age% * 0.5
20-Sep	Torbay Half Marathon	Age% * 0.75
20-Sep	Torbay Half 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

SOUTH DEVON RELAYS - Friday 7th August

We were able to enter five teams. Unfortunately, we didn't win anything apart from a couple of people who won spot prizes (items of fruit!).

Many thanks to Nigel Grotick for running twice.

Plymouth Harriers won the relay with an overall time of 37.23. Their last leg runner Jack Dee ran the quickest leg of the night with a time of 8.33. **Matthew Gilvear** (9.01) broke the course record in 2024. **Jamie Frost** (9.13) had broken the course record the previous year.

Results:	Senior Men	10.26 Nigel Grotick
	6th	9.49 Peter Allen
		10.16 Adam Griffiths
		9.54 Ben Bristow
		40.25 overall time
	Male 40	11.46 Barry Neal
	22nd	11.32 Stuart Witty
		11.37 Tom Davies
		10.49 Nigel Grotick
		45.44 overall time
	Male 50	12.25 Andy Chapell
	28th	11.43 Dave Rayfield
		11.41 Dave Engledew
		12.50 Andrew Mitchell
		48.39 overall time
	Senior Female	11.39 Sophie Gilvear
	33rd	13.23 Becky Lee
		12.22 Emma Lake
		11.53 Jess Ashworth
		49.17 overall time
	Female 50	13.11 Liz Bristow
	48th	13.41 Andrea Mitchell
		13.29 Alison Engledew
		12.24 Helen Chapell
		52.45 overall time

(71 teams completed the 3K lap course)

Matthew Gilvear continues to 'fly the flag for EVH' and ran in the colours of the club in London recently.

Matthew achieved a pb of 14.46 for 5000m at Wimbledon and then 9.22 by coming 1st at the Tonbridge AC 3000m.



ARMADA SUMMER 5K - Wednesday 12th August

Results:	3	Chris Prall	19.31
	7	Neil Squires	21.06
	11	Alan Gatling	21.56
	20	Simon Swift	24.08
	30	Becky Prall	25.31
	37	Becky Lee	26.54

The race was won by **Tom Hansen** (19.06) of Winchester AC
Tom is the son of Carol and Mike



GALLERY: Rees and Large claim victories in the Ivybridge 3 Tops fell race

Posted on [August 16, 2026](#) by [Plymouth Sports Gazette](#)



WILD Running veteran Ceri Rees showed everyone a clean pair of heels to take victory in the Ivybridge 3 Tops fell race on Saturday evening.

Rees, who competes in the M50 category, had finished second last year, but in hotter conditions he went one better this time around, holding off a late challenge from Westbury Harriers' Iain Large.

Rees came home in 48.11 minutes for the tough race, which is approximately 10k but not only includes steep Dartmoor hills but also a couple of stream crossings.

Large finished in 48.26 minutes to take second place, with Oliver Mitchell third in 49.51 minutes.



Falmouth's Tom Carthey was fourth and first M40 in 49.58 minutes and Okehampton's Luke Stannus was fifth and first under-20 in 50.38 minutes.

Westbury's ultra star Hannah Large convincingly won the women's race and also set a new course record.

She clocked 53.20 seconds, which was just three seconds inside Jo Meek's course record that had stood since 2022.

Cornwall youngster Chloe Clarke was second woman in 61.18 minutes, with **Erme Valley Harriers teenager Sophie Gilvear** capping a memorable week by taking third in 63.46 minutes.



Just two days before **Gilvear** had achieved four A* grades in her A-levels at Ivybridge Community College to secure a place at Cambridge University to study veterinary science.

Fourth woman and first F40 was Okehampton's Emma Brook, with Katy Ross finishing fifth.

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

Our two athletes in the main race were **Andy Norris and Sophie Gilvear**.

Andy was 19th in 60.15 and **Sophie** 26th in 63.46



Before the main race there were also junior events.

Tavistock's Dan Browne won the under-14 race, with City of Plymouth's Beth Kelly first girl in that age category.



Oscar Norton (Tavistock) took top honours in the under-12 race, with Erme Valley's Ruby Ferrero-Lewis winning the girls' event.

Westbury's Jude Large was first under-10, with Cornwall's Senara Beevar finishing as first under-16 girl and South Devon's Thomas Hillyard was first under-18.



TORBAY TWILIGHT 10K - Friday 21st August

We had three athletes in the race, with the **Bristow's** doing well.

Ben was 6th in 35.58, whilst **Alister** was 12th in 37.27 and 1st male vet 50. **Liz** was 98th in 47.36

Meanwhile in the **South West Fell Race** series, held at Great Links Tor the **Prall** family did well. **Chris** was 4th in 39.29 and 1st male vet 40, whilst wife **Becky** was 29th in 53.18 and 2nd female vet 40. Young **Esme** was 1st U11 girl in the 2.1km race in a time of 16.27.

The spectacular route of 4.5 miles had some breathtaking view. The race started and finished at the Fox and Hounds Hotel near Bridestow/Lyford.

THE RUN EXE 5K SERIES

Barry Neal completed all six races in the series with his best run coming in the opening race in April.

Results:	April	20.24
	May	20.52
	June	20.52
	July	21.52
	August	21.22
	September	21.36



GALLERY: McDaid and Walker take victories at the annual Peter Tavy Plod race

Posted on [September 1, 2026](#) by [Plymouth Sports Gazette](#)



EIRIN McDaid and Charlotte Walker were victorious at the Peter Tavy Plod on Bank Holiday Monday.

Ranelagh Harriers' McDaid was a convincing winner of the race which takes competitors out of Peter Tavy village and up tracks to White Tor on Dartmoor before returning home.



He finished the multi-terrain run in 28 minutes and 48 seconds, which was nearly three minutes quicker than anyone else.



There was an impressive run by Tavistock AC's 14-year-old Jack Anthony, who took second place overall and first under-18. He came home in 31.45 minutes, with David Friskin (Maverick) finishing third in 31.53 minutes.

Tavistock AC's Walker was sixth overall and first woman in 34.02 minutes.

Second female was Hayley Barratt, who finished in 35.11 minutes, with Okehampton's Joanne Page, who won the race in 2024, third and first F40 in 36.12 minutes.



Simon Swift (149) finished 15th in 37.55, whilst **Linda Bracher-Swift** was 37th in 48.42

GALLERY: Tamar Trotters' Oldfield leads the way as the Armada Summer 5k Series concludes at Saltram House

Posted on [September 3, 2026](#) by [Plymouth Sports Gazette](#)



TAMAR Trotters' Oliver Oldfield was first home as the Armada Summer 5k Series concluded at Saltram House on Wednesday evening.

Oldfield finished nearly a minute ahead of everyone else in the final run of the series, which started back in April.

He clocked 17 minutes and 56 seconds for the multi-terrain run around the National Trust estate.

Second home was Alan Irvine, who clocked 18.51 minutes, with Chris Casey third in 19.06 minutes.

Rosie Hellings was first woman in 21.52 minutes, with City of Plymouth's Phoebe Timson second in 22.11 minutes and her club team-mate Isabella May was third in 22.41 minutes.



Erme Valley Results:

9	Russell Gibson	20.12
12	Neil Squires	20.59
13	Adam Griffiths	21.05
26	Emma Lake	22.47
52	Becky Lee	26.11
82	Linda Bracher-Swift	30.44

TRAINING ROUTES

September

8th - 3K Team Relays @ Filham

15th - 'Spirit of the Moor'

22nd - Bittaford, Wrangaton Cross, Ugborough loop or Speed Session

@ Woolcombe Rd

29th - Hill Session



HAYTOR HELLER





HAYTOR HELLER

Results:	52	Emma Lake	57.40	(1 st fv50)
	65	Richard de Salis	59.35	
	76	Sophie Gilvear	61.07	
	109	Barry Neal	66.02	
	126	Ewan Lake	67.09	
	258	Carol Hansen	92.55	





Above - Allister Bristow and Liz Bowden (now Bristow)
Below - Sharon Terry and Linda Bracher (now Bracher – Swift)
at the Frome races in the summer of 2016





Congratulations to **Will Battershill** for making the final of the 3000m at the **European Athletics Championships in Birmingham**. **Erme Valley** even got a mention on the television coverage!



Some sad news to report that former member **Dick Andrews** (pictured at the October Autumn Trail run of 2004) has passed away recently. Our thoughts go to his wife Doreen and family. **Dick** was a good runner for many years having run actively in Kent before moving to Ivybridge and then back to Kent. He will be remembered for his sense of humour!

SEPTEMBER SUMMER HANDICAP SERIES

Position	Runner	Clock Time	Handicap	Time	Points
1	Heidi Stanley	32:12	00:00	32:12	50
2	Elena Golder	33:15	05:30	27:45	49
3	Christine Tout	33:51	00:00	33:51	48
4	Ruth Brennan	34:15	04:00	30:15	47
5	Jack Squires	34:20	08:30	25:50	46
6	Richard Simpson	34:21	05:30	28:51	45
7	Andrea Mitchell	34:31	05:00	29:31	44
8	Tim Allmark	35:00	12:30	22:30	43
9	Richard De Salis	35:05	10:30	24:35	42
10	Helen Chapell	35:16	07:00	28:16	41
11	Andy Chapell	35:16	07:00	28:16	40
12	David Engledew	35:27	11:00	24:27	39
13	Carol Hansen	35:30	00:00	35:30	38
14	Alison Engledew	35:36	08:00	27:36	37
15	Ben Bristow	35:49	15:30	20:19	36
16	Louise Creber	36:04	00:00	36:04	35
17	Andrew Mitchell	36:07	08:30	27:37	34
18	Nigel Grottick	36:08	14:00	22:08	33
19	Dave Rayfield	36:13	12:30	23:43	32
20	Adam Griffiths	36:26	13:30	22:56	31
21	Alan Gatling	36:39	12:30	24:09	30
22	Lynn Davies	36:43	00:00	36:43	29
23	Trudi Rowe	36:44	00:00	36:44	28
24	Stuart Witty	36:53	12:00	24:53	27
25	Peter Allen	36:55	15:30	21:25	26

LEADING POSITION AFTER 6 RACES

Runner	Apr	May	Jun	Jul	Aug	Sept	Oct	Total (Best 5 out of 7)
Andrea Mitchell		33	47	49	47	44		220
Alan Gatling	47	45	40	40		30		202
Ben Bristow	38	46	37		44	36		201
Alison Engledew		38	46		49	37		170
David Engledew		44	45		36	39		164
Neil Squires	42	40	36	42				160
Nigel Grottick	33		49		42	33		157
Dave Rayfield	35	42		46		32		155
Richard De Salis			32	38	43	42		155
Mary Grose		50	31	36	37			154
Peter Allen	49			39	38	26		152
Andrew Mitchell		34	48		34	34		150
Stuart Witty	39	47	34			27		147
Russell Gibson	46		33	37	30			146
Richard Simpson				48	50	45		143
Adam Griffiths			39		39	31		109
Harriet Rogers	50	48						98
Trudi Rowe				35	33	28		96
Jessica Ashworth		49	42					91
Luke Hayes		43		47				90
Helen Chappell					46	41		87

