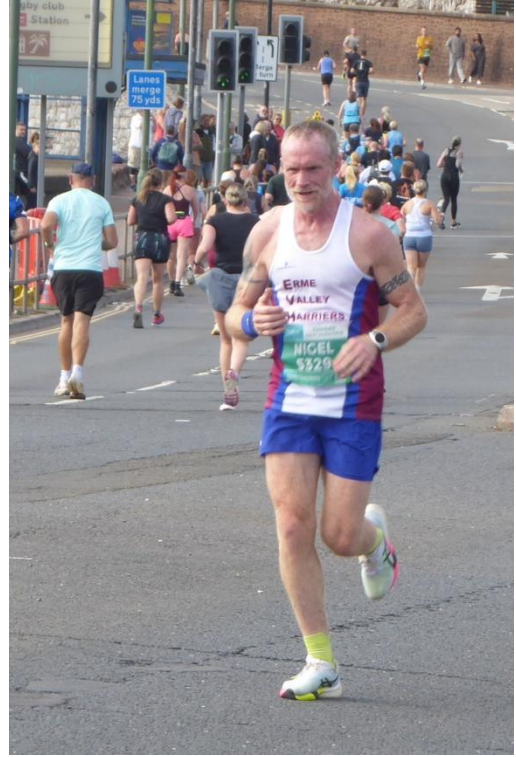


THE HARRIER

(OCTOBER 2026 NEWSLETTER)



OUT ATHLETES WERE IN TOP FORM AT THE TORBAY RACES

It has been a hectic few weeks with races at various locations and today 'closer to home' the start of the **Cross Country** season at **Newnham Park, Plymouth**. Typically, it was wet to start with but got drier in the afternoon. I think everyone enjoyed starting the season with relays races for a change. The biggest decision to make was whether to wear trail shoes or spikes!

We had a fantastic turnout at the **Torbay** races and did well, but there were numerous other races also. Many thanks for reports and great photos, which I have received for this Newsletter. Well done also to **Alison McEwing** and **Simon Fitze**, who set new club records at the **Cardiff Half Marathon**.

Coming up shortly is the **Tavy 7** – enjoy – **Dave Fox – Editor**

From the Chairman:

Hello everyone,

Autumn is well and truly here now which means a couple of things; the nights are drawing in quite fast so please can people start wearing **hi-viz** vests for club nights. It also means the start of the Cross Country season.

September saw club members taking part and help with the organisation and timing of the Flete 10k around the Flete estate, it was like an Erme Valley Harrier take over with the number of vets on show from juniors and seniors! We also had an excellent club trip out to the Torbay Half and 10k with about 30 club members taking part across the 10k and Half Marathon. We're always keen to hear from people about which races we can attend as a club with the potential of putting on transport if we have enough interest. Maybe we can try a different race next year?

The first XC of the season was held today at Newnham Park and we had a great turnout from the club with around 40 members taking part. We also provided a lot of race officials and marshals - thanks to everyone who helped make the event a success. As you will know I am part of the new organising team for the Westward League; we introduced a new format for this season with the first event being a relay of 3 legs. I hope you all enjoyed the course and the format - the next race up in the series is at Newquay on the 15th November. We hope lots of you can join us. If you want to find out more then please speak to myself or Becky Lee.

The Armada Christmas relays have been confirmed as taking place on Sunday 13th December. We'll be sorting out teams for this over the next couple of months - if you're interested then please let me know. The relays consist of 4 legs of 3km each within Central Park. We usually have teams in a number of different age categories, and it would be good to do so again this year.

The date for the club AGM will be held on **Tuesday 3rd November at the Hunting Lodge**. We will look to start and finish a training session from there. We will be putting on a buffet again this year and we hope to see as many people there as possible. If anybody is interested in joining the committee then please let me know.

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

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

SECRETARY'S NOTES

Winter Season is here

The weather may have continued to be summer-like but the cross country and sportshall seasons are well and truly with us.

This weekend is the first of the Westward League season under the new team. Our

own club chair Tom is very much the main man and we wish him all the best with the relay at Newnham. He has really struggled to get help with marshalling which is a shame but hopefully all will be

OK on the day. We have a number of senior and junior teams taking part and we wish them well.

The latest Club Championship standings will be posted in this Harrier and on the website. The final Summer Handicap takes place this Tuesday. The clubs AGM will be held at the Hunting Lodge on Tuesday 3rd November. We will meet there on the night for a run as well before the meeting. There will be food as usual. The first Winter Handicap will be now held on Tuesday 10th.

Training and Competition update

Junior training has now moved indoors and has been incredibly popular with a host of new recruits.

We hope to get them all along to the Devon Sportshall League fixture on Oct 18th

The age groups have now come into force for the winter season. They are still U10, U12, U14 and U16 but it is the age on 31st Aug 2027. This is different from the track season. This means we have a lot of new U12's who we have to register with EA for the first time.

Senior training continues to go well. The planned routes have been published for the next few months.

The routes will change to more local road or speed sessions with the occasional headtorch run. There will always be a route or session to suit all abilities. Please make sure you wear light or fluorescent tops if out running. We do have spare ones to borrow.

As I said last time we have decided to suspend Friday training from now until the Spring. However, if anyone would like to meet on a Friday they can post on the WhatsApp group or the EVH members page to arrange. We are still sorting the

training session for seniors on a Thursday at ICC. We will let everyone know when we start.

Road (and off Road) Running

September was a good month with some great results at the Flete 10K held on Sat 12th September. Both the clubs' seniors and juniors did well.

There were also some good results at the Torbay 10K and Half Marathon on Sunday 20th. The trip went well and will hopefully be repeated. Upcoming is the Tavy 7 on Sunday 25th. We always get a good turn out and it includes the Ross Shield which is the Devon Road Race Champs. We hope to do well as usual. Simon Fitze and Ali McEwing did well in the Cardiff Half.

Good luck to those running in the Autumn marathons.

The Armada relays are taking place on Sunday 13th Dec which is the day after the clubs Christmas do. We will be putting together teams. The Armada Grand Prix awards will also be given out after the race.

Athletes of the Month (September)

The athletes of the month for September have yet to be sorted.

Forthcoming Events

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 22nd – Budleigh Blister

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

Dec 20th – Torrington's Christmas Caper

- Start Fitness 5km - Torbay

Finally – Armada have decided to hold the usual Burrator Boxing Day run this year on Monday 28th December because Boxing Day falls on a Saturday which clashes with Parkruns.

Keith - 07934373943
reedy41c@googlemail.com

EVH Club Championship 2026 – September 2026 Update

This month, 45 club members took part in at least one of the Club Championship events. There's been little change to the leaderboard, but Alison Engledeu is climbing her way to the top due to her recent performances – still plenty to play for over the 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 October is Sharpham.

Pos	Name		TOTAL	Marathon	Age record bonus	parkrun (x 12 max)	EVH team win bonus	Ultra event	Cosdon Fell Race	Summer Handicap 04 - July	July Armada 5k	Tavistock Relays	Cornwood 10k	Totnes 10k	Summer Handicap 05 - August	South Devon Relays - Torbay	Devon Open - Track	August Armada 5k	Volunteering at Ivybridge 3 Tops Fell Race	Great Links Tor Flyer Fell Race	Summer Handicap 06 - Sept	Haytor Heller Fell Race	Exeter Athletics League - Exeter	September Armada 5k	Flete 10k	Storm the Fort 10k	Torbay Half Marathon	Torbay 10k	Templar 10
1	HELEN	CHAPELL	619	69	150	50	20	50						30	10	15					10					35			
2	ALISON	ENGLEDEW	596			20	20						37	34	10	15			20		10				30	39		42	30
3	BEN	BRISTOW	551			10	20					15	34		10	15	30		20		10		30	30					
4	NIGEL	GROTTICK	534				40						35		10	15			20		10		30	30		56		30	
5	EMMA	LAKE	489	64		50		50	10						10	15					10	30		10		56			
6	STUART	WITTY	489			70	20					15	34	31		15					10				30	54		30	
7	SIMON	FITZE	466	83	250		20					15																	
8	PETER	ALLEN	396						10			15			10	15	30				10						52		
9	ANDREA	MITCHELL	372	59		30	20		10						10	15					10				30			34	
10	NEIL	SQUIRES	372				20		10	10		32						10	20					10	30				
11	JENNIFER	HAYES	350	64				50																			54		
12	DAVID	RAYFIELD	346	72	50		20		10						10	15					10							37	
13	ANDREW	CHAPELL	345			60	20							30	10	15					10					33			
14	BARRY	NEAL	330			70						15				15					30			30					
15	DAVID	ENGLEDEW	308			20	20						37	33		15			20		10				30	36			

Octobers events include:

Date	Event	Available points
04-Oct	Templar 10	30
06-Oct	Summer Handicap 07	10
18-Oct	Acronyms Tamar 10k	Age% * 0.5
25-Oct	Tavy 7	30
tbc	Westward League XC	30

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

PERRANPORTH TRIATHLON - Sunday 6th September

Marc Rinagl and **Andy Banfield** successfully completed the popular triathlon. **Andy** came 12th and **Marc** 16th, out of about 120. They faced 3 feet of surf, lumpy bike ride and a pretty gruelling run up and down sand dunes.





FLETE 10K - Saturday 12th September



Ronnie Haynes and **Simon Fitze** were in terrific form at the Worcester Half Marathon. **Ronnie** finished 5th overall in a time of 1.13.07. He was just outside the long-standing male vet 40 record (held by **Neil Holmes** at Plymouth in 2005 – 1.12.55). **Ronnie** and others were sent the wrong way by a couple of marshals and had to retrace their steps, so might have been even closer to breaking the record. **Ronnie** was also in the top three vet 40's, which means he qualifies for an England age group vest.



Simon Fitze ran 1.16.36 and was just outside his own male vet 50 record (1.16.29 in Swansea at the time of this race but since broken at Cardiff with a time their of 1.15.33.

Simon was 4th male vet 50. He may also have qualified for an England age group vest.

Ronnie squeezed the race in before competing in the **Ironman Barcelona** on Sunday 4th October (see below). His girls told him he can run faster, but they did manage to push him to a pb. His thanks go to Ken Holder for the coaching, GTR and Graeme Riley for all those grim sessions in the last year and **Erme Valley Harriers** for the club that always supports and pushes you on.

IRONMAN Calella-Barcelona was cancelled less than 24 hours before more than 3,000 athletes were due to race, with severe weather prompting authorities to suspend outdoor activities and sporting events. The age-group-only event had been based in Calella on Catalonia's Maresme coast, around 50km north-east of Barcelona.

Organisers confirmed the cancellation on Saturday, warning that the forecast conditions posed a genuine risk to athletes, volunteers, spectators, staff and the wider community.

Ronnie was raising funds for three charities (MND, Cancer Research and Breast Cancer) for three friends and family members. He decided the best thing to do was book the only other Ironman with slots left this year. He is now racing the Oman Ironman on 5th December. He would very much welcome tips from anyone with knowledge of cheap accommodation or flights to Oman – contact **Ronnie** at ronnie.haynes@hotmail.co.uk

ATHLETICS ROUND-UP: Westlake takes second in his club's Storm the Fort 10k race

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



STORM Plymouth held the second running of their Storm the Fort 10k on Sunday morning.

The multi-terrain race around Budshead Woods and finishing at Woodland Fort made its debut last year and is set to become an annual event on the circuit.

This year Teignbridge Trotters dominated the event, taking the top three women's placings and having two men in the top three.

The race was won by Teignbridge's Benj Akyol, who finished in a time of 38 minutes and 45 seconds.

Host club runner Daniel Westlake took the runners-up spot for the second year running in 40.27 minutes, with Teignbridge's M50 athlete Roger Easterbrook third in 40.50 minutes.

Fourth was Plymouth Harriers' James Bird, while Tamar Trotters' Pete Waumsley was sixth and second M50.

Erme Valley Harriers' David and Alison Engledew won the male and female over-60 categories, while Tamar Trotters' Linda Tout was first F70.

At the Truro Half Marathon also on Sunday, Tavistock AC's Carole Walter won the F60 age category.

Some 163 runners finished the race.

The day before, **Erme Valley Harriers' Chris and Becky Prall** won prizes at the Sourton Tor Fell Race. **Chris was third overall and Becky** was second woman and first F40.



STORM THE FORT 10K - Sunday 13th September





STORM THE FORT 10K



TORBAY HALF MARATHON AND 10K

Sunday 20th September



There were some excellent results from the Torbay Half and 10K.
The club put on a trip there in conjunction with the Plymouth Musketeers

Luke Hayes had a great run to finish 2nd overall in the 10K in a time of 35.14
We also had a number of age group winners in this race.

In the Half Marathon Allister Bristow had a great run to finish 16th overall and 2nd Male 50.
Allister was just behind Simon Fitze (who wasn't listed as a EVH runner in the results).
Simon was 6th overall. This gave us a clean sweep in the M50 category.
Peter Allen was just behind Ali in 22nd place. Emma Lake had a good run to take the FV50 title.

The full results are listed below. Well done to all those won an age group prize.

Simon Fitze	6th and 1st MV50	1:18:02
Allister Bristow	16th and 2nd MV50	1:22:32
Peter Allen	22nd overall	1:23:34
Nicholas Bristow	40th and 3 rd MV50	1:26:29
Nigel Grottick	67th and 6th MV50	1:29:07
Stuart Witty	151st and 3 rd MV55	1:36:33
Emma Lake	156th and 1st FV50	1:36:41
Jessica Ashworth	167th and 3 rd FV35	1:37:17
Jennifer Hayes	220th and 3rd FV50	1:40:05
George Benton	245th 7th MU20	1:41:09
Paul Hayes	511th and 31 st MV50	1:52:22
Helen Pearce	530th, 11th FV50	1:52:57
Andrew Mitchell	813th 28 MV55	2:01:08
Matthew Hoey	1596th 96 MV45	2:36:01

10K

2nd Luke Hayes 1st U23		35.14
33rd Dave Rayfield 3rd MV60		43.45
45th Tom Davies 4th MV40	(PACE)	45.42
65th Becky Lee 2nd FV45		47.42
75th Alison Engledew 1st FV65		48.50
92nd Jeremy Westmore	(PACE)	49.45
136th Andrea Mitchell		52.20
145th Liz Bristow 1st FV50		52.48
170th Richard Lane		54.14
171st Lindsay Lane		54.16
537 Louise Creber		66.09



Also on Sunday **Alan Gatlin** was 42nd in the Olbury 19 miler in 1.11.04

Sally Erith took part in the British Masters 1500 at Derby
She ran a new club record time of 4.55.09



TORBAY 10K





TORBAY 10K





TORBAY RACES





TORBAY HALF MARATHON





TORBAY HALF MARATHON



On 27th September I ran the inaugural **"Dartmoor Beast"** run, organised by the charity hospice that I work for - Hospiscare.

Beginning at Okehampton, there was a choice of the 20 mile 'The Dartmoor Beast', or a shorter 14 mile run 'The Wee Beastie'. Both climbed the highest tors on Dartmoor, High Willhays and Yes Tor, with almost 4000feet of elevation and 6 tors for the 20 mile race, and over 2000feet elevation with 4 tors for the Wee Beastie.

In the midst of a lovely sunny week, it was the only day forecast to rain, so I was pleasantly surprised to arrive at the start to only cloud and occasional light drizzle. Dilemma of what to wear and take, too hot for a jacket, too cold for a vest, so I took everything - and used none of it!

Following a short but enthusiastic briefing, around 500 runners set off on time at 9am under the balloon arch to drummers, music and cheers. The first few miles were steadily uphill through woodland, before onto the open moor where the Dartmoor wind, rain and mist really set in to hamper our efforts. Up tor and down tor, it was regularly and clearly marshalled and pink ribbons showed the way, although we did have to carry a gpx file too in case, but I didn't need it and there were runners near enough for me to see at all times.

Around mile 8 my right knee decided it really wasn't happy with the steep uneven and rocky downhill, and it became challenging to keep any pace hobbling on the downs - I was still loving the uphill sections! After completing 5 of the tors we headed down towards Meldon Reservoir, a route familiar to those who have done the annual fell race there. It was a relief to see more friendly marshals, toilets and a well-stocked aid station with homemade cake and flapjack!

Only about 5 miles to go and I was finding it hard with a very painful knee and probably should have stopped but having raised almost £700 for Hospiscare I was determined to finish. Just when I thought we were nearly there, a surprise final tor was incredibly steep and everyone walked or even crawled up, but after that it was all downhill (the worst for my knee) to the finish. I was hoping to beat 4 hours by a couple of minutes, until a leg cramp on a final set of steep steps down meant I had to stop for a few minutes to stretch. I crossed the line in just over 4 hours, and just as it stopped raining!

A fab 3D tor-shaped medal and free cream teas for finishers were a perfect treat at the end. There were also hot showers, massage chairs and a mobile sauna with plunge pools for those who wished! The announcer was also excellent, and the sun came out as we cheered the finishers across the line.

All in all it was a fantastic route, well organised, well marshalled and supported and raised over £90k for charity too. I'll be signing up again next year, hope some of you might consider joining me. And hoping that one day I'll be lucky enough to race on Dartmoor in the sunshine!



Lindsay and **Richard Lane** took part in the **Robin Hood Half Marathon**. **Lindsay** was pleased to get under the hour with a time of 1.58.54, whilst **Richard** achieved a time of 2.05.45.



Meanwhile **Alison Engledew** ran the Barnstaple Half Marathon, which included a lovely riverside route. The race was well organised. **Alison** had a great day as she was 1st Female Vet 60 in overall 159th place in a time of 1.49.01 and received a Dartington Glass paperweight.

Ruth Busby did the Plymouth Harbour 10K. This is largely a charity event and no results are taken.

We had three athletes at the Templer Ten, with some 225 taking part. **Nigel Grotick** did well and was 20th in 1.09.55 and 2nd male vet 50. **Stuart Witty** was 58th in 1.19.38, whilst **Alison Engledew** again ran well and was 94th in 1.26.15 and 2nd female vet 65. Tom Hansen (son of Carol and Mike) was running for Winchester Running Club and was 8th in 1.03.24.



The Chapell's at Cannes - 2026 ÖTILLÖ Swimrun World Series

It was not without some trepidation that Helen and I boarded the ferry to the start of the Cannes 2026 ÖTILLÖ Swimrun. It now didn't seem such a good idea that as first timers we had decided to literally jump in at the deep end with the 'World Series' distance - 33km in total of running and almost 8km of swimming. Not only had we forsaken the shorter 'Experience' and 'Sprint' options, but we had also decided to go solo, in other words not to run the entire event tethered by a bungee as a pair. The first Swimrun was held in the Stockholm archipelago 20 years ago and all competitors were paired, so it's true to say that the focus is still on the team event (men, women and mixed) but we valued our marriage too much to go down that route!



The warm sun soothed our nerves and we quickly got into the groove as we headed out of the 17th century Fort Royale on the bigger of two islands in the Bay of Cannes for the first 3km run and our first swim of 800m around the island's northerly headland. What we hadn't noticed by the time we clambered over rocks towards our next swims to and from the smaller island of Saint-Honorat with its peaceful beaches and beautiful woodland paths, was the building

breeze which made these 800m crossings a little lumpy and the 1.6km swim back to the mainland a tad exciting. This is where practicing at Goodrington in Torbay paid dividends as others who had perhaps only swim-trained in the local pool struggled and a good number DNF'd.



At this point I should explain the format in a little more detail. Whilst there are feed stations, the Swimrun ethos is that you are largely self-sufficient. So, you run in specially designed shorty wetsuits that have a big pocket at the back to carry your nutrition and a silicon cup or flask, although as the water temperature was in the low 20s Helen and quite a few others had decided on tri-suits. You swim of course in your trainers and so to help maintain speed through the water pretty much everyone opts for paddles on the hands and large pull-buoys, all of which have to be stowed somewhere around your body on the run. There are various techniques for this but whichever one we used, you couldn't avoid getting some pretty odd looks from the throng of tourists and locals as you ran along the Cannes promenade and through the crowded old town.



It's not called the Cote d'Azur for nothing, as the water was not only warm but crystal clear so that even the longest swims passed relatively quickly as you were distracted by the sea life and, in one place, some seabed stone sculptures. The runs were well marked. You couldn't get lost - although Helen did and cracked an extra 4km just for good measure. They were a blend of technical trails, compacted gravel, tarmac, and a 'jungle' section that involved descending a small stream gully and crouching through a drainage tunnel.

Remarkably, after 7 hours and 15 minutes, and having decided not to pair up, Helen and I came over the line together with only 3 hours separating us from the solo winning time! We had a great time and will definitely give Swimrun another shot, although it will have to be in warm water. If you can crack an Olympic or Middle-distance triathlon then Swimrun is a fun alternative event that will be well within your capabilities.



At the **Cardiff Half Marathon** **Simon Fitze** and **Alison McEwing** were both in superb form. **Simon** achieved a time of 1.15.33 and broke his own club male vet 50 record by nearly a minute (set at Swansea earlier in the year). **Alison** achieved a pb with a time of 1.17.20 and broke her own club records. **Alison** set a new ladies club record as well as a club vet ladies 35 record.

Anna Lake also ran in the race and achieved a time of 1.53.46.

FELL RUNNING

Last weekend was the awards from the Fell Run series, which our Ivybridge 3 Tops is part of.

Chris Prall came away with First MV40 in the series, and 3rd Overall. **Angus Wilson** got First MU18. And **Esme Prall** got First FU12.

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	Ben Holmes	2.23.43	London 26

LADIES

10k	Alison McEwing	35.46	Exeter 26
10 miles	Alison McEwing	60.47	Bideford 22
Half Marathon	Alison McEwing	1.17.20	Cardiff 26
Marathon	Alison McEwing	2.46.21	Valencia 25

TRAINING ROUTES

October

- 13th Final Summer Handicap
- 20th Penquit Loop (headtorch} or Speed Session
@ Woolcombe Road
- 27th Hill session @ viaduct

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	S Fitze 34.41 Langley B 26	M Hansen 58.49 Plymouth 09	S Fitze 1.15.33 Cardiff 26	S Fitze 2.41.52 London 26
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 Rayfield 3.26.14 Paris 26
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 1.17.20 Cardiff 26	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	H Chapell 1.39.20 Zurich 26	H Chapell 3.42.29 London 26
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

Quintet of athletes from the region named on England performance programmes

Posted on [October 8, 2026](#) by [Plymouth Sports Gazette](#)



FIVE talented athletes from the region have been named on England Athletics performance programmes this week.

Great Britain international distance runners Poppy Tank and **Will Battershill** have been selected on the main performance programme for 2026-27.



City of Plymouth's Tank has enjoyed a memorable 12 months and represented Great Britain at the European Cross Country Championships, the World Cross Country Championships and the European Track & Field Championships. She also represented England in the women's 10,000m at the Commonwealth Games and is ranked top of the UK rankings in that distance this year.

Erme Valley Harriers product **Battershill**, who also represents Bristol & West AC, made his major track championship debut at the European Championships in Birmingham, where he reached the final of the men's 3,000m steeplechase.



City of Plymouth discus thrower Nubia Evans-Shields has been named on England Athletics' talent development programme for 2026-27.

Evans-Shields, who has just turned 20, set a new personal best of 51.56m this season which ranked her fifth overall in the UK and second under-23.

She finished sixth at the UK Championships in Birmingham while still a teenager and qualified for NCAA Division I Outdoor Track & Field Championships First Round in America for Delaware University.

Meanwhile, Tavistock AC young hammer throwers Hazel Stead and Isabelle Doney have been selected for the England's youth talent programme for 2026-28.



Stead won a silver medal at this year's English Schools' Championship and picked up the same colour competing for England at the SIAB International in Belfast.

The Tavistock College pupil also won the under-17 England title at Bedford in July and was silver medallist in the under-18 event, just behind her club and school colleague Tegan Brown.



Doney finished the season strongly and threw 50.61m in August which also ranked her among the UK's top under-17 hammer throwers.

England Athletics' head of talent programmes Alan Richardson said: "Autumn is always an exciting time as we welcome our brand new cohorts of athletes on to the England Athletics Talent Pathway. Off the back of a busy summer season of competition which saw Talent Pathway athletes compete on the world stage, we're excited to open our doors to the future superstars of our sport.

"We are proud of each and every athlete and their personal coach who has made it on to the four Talent Pathway programmes.

"Myself and the team look forward to welcoming all to our fantastic network of talent hubs across the next 12-24 months. Our outstanding team of dedicated staff and coaches are vital in supporting athlete development, health and wellbeing and the state-of-the-art facilities of our four talent hubs are excellent environments to thrive."

Sporting practitioners based at the talent hubs deliver support for athletes across the four programmes in specialisms from physiotherapy to sports nutrition, medical insurance to clean sport and psychology.



Tank was recently invited to attend the South West Regional Volunteer Awards and she spoke about her experience of representing England at the Commonwealth Games.

She said: “One of the best parts for me was that they had the para-athletes alongside the able-bodied athletes and that was a really special experience because I wouldn’t otherwise have met a lot of those athletes.

“It was really inspiring to hear their stories, get to know them and just hear more about para-athletics.”

Tank competed against strong 10,000m fields at both the Commonwealth Games and European Championships.

She said: “You can be disappointed in the moment, but I think there’s lots to take away from it, positives to look at and it’s a great building block for the future.

“You only learn how to do those sorts of things and run those sorts of races by being in them, so it’s very invaluable experience for me to take forwards in my career. I’m really grateful that I got to represent England at the highest level possible.”



**Will Battershill becomes British Steeplechase Champion
Manchester 2023**



NEWNHAM CROSS COUNTRY - Sunday 11th October





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NEWNHAM CROSS COUNTRY - Sunday 11th October

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Sunday 25th October 2026, 11:00 am (including the Ross Shield)



