THE HARRIER

(NOVEMBER 2026 NEWSLETTER)



Ronnie Haynes was in fine form at the Tavy 7

We again had a fantastic turnout at the **Tavy 7**, with many outstanding performances in the windy conditions. Fortunately, the conditions were better than the previous day with torrential rain everywhere – **Marc Rinagl** and **Chris Prall** deserve medals for managing to complete the demanding **Exmoor Mountain Marathon**.

Last weekend **Alison McEwing** and **Helen Chapell** did very well as they set new Senior (Alison) and vet records (both) at the **Bideford 10** and **Cornish Marathon** respectively.

The Cross Country League moves onto **Newquay next Sunday (15th November)** where hopefully we will have a good turnout. Fingers crossed for good weather!

Dave Fox - Editor

Erme Valley Harriers

Chair's Annual Report 2026

Hello Erme Valley Harrier members. Thank you for taking the time to read my annual report.

Firstly, I'd like to thank the Committee for all of their efforts over the last year. A lot of work goes on unseen which allows the club to run smoothly, and I'm grateful to every one of them.

Some particular thanks: to Sharon and Ruth for organising the Christmas party and awards evenings (both senior and junior); Helen Chappell for running the Club Championship, which returned again in 2026 and continues to provide some friendly competition within the club; to Peter Allen, Ruth Terry and Emma Lake for finding runners and building teams for our relays; to Becky Lee for her help with cross country; and to Chris Prall and Neil Moffatt for organising our fell race. Outside the committee, thank you to Dave Fox for producing the Harrier every month, to Ken Summers for kit sales, and to Keith and Jayne for all the help with club membership, affiliations and everything else.

Finally, thank you all for coming along on club nights, for representing the club at races near and far, and for helping out at the three events we host. We are very grateful for your support every time we put one on.

Remembering Paul Ross

It was very sad to lose our former chairman Paul Ross in June. Paul was instrumental in setting up the Erme Valley Relays over 20 years ago, and was involved with many other local races. In recognition of his contribution to the club we are arranging for two perpetual shields in his name to be presented each year to the winning women's and men's teams at the next EVH relays.

Cross Country

The 2025/26 season began with some great turnouts, including an unbelievably muddy Exeter, which doubled up as the County Championships and where we picked up a number of individual and team awards. The winter then took us to the SW Championships near Yeovil, a bracing Westward Ho!, a very wet Redruth and a very muddy Central Park (where we also provided plenty of marshals and officials).
The new season has started well. The first Westward League race at Newnham Park on 11th October was a new three-leg relay format, and we had around 40 members taking part along with a lot of officials and marshals. As I am now part of the Westward League organising team I hope you enjoyed it. Cross country is great training and a chance to try something different, and I would encourage everyone to give it a go.

Relays, Track and Field

Last December's Armada Christmas Relays saw 11 teams representing the club including a couple of junior teams, and our senior men retained their title. The summer

relay season started with some great team and individual performances at our own relays, then continued with junior and senior teams at the Tavistock Town Relays and five full senior teams at the Torbay Relays. There were no prizes this time, but both were good club trips, and relays bring different groups from across the club together.
We have seen more people trying track and field. Our juniors turned out well at the Plymouth AC Mile Races and Spring Warm Up at Brickfields, with some excellent performances, as did several seniors trying the track for the first time. A strong junior group at the Devon County Track and Field Championships brought home lots of medals. The final South West Athletics League of the season at Exeter Arena saw us do well as part of the Armada composite team, with some members representing the team on the track for the first time. Do come along next season if you are interested; it is a very friendly atmosphere.

Our events

The Ivybridge 10k on 23rd May was a great evening with some great performances from our own members, including Luke winning the race overall. The feedback was very positive and we were able to donate to two local charities. As ever the 10k remains the foundation of our stable financial position.

The Erme Valley Relays on 26th June were another success. The senior men's team of Will Battershill, Nathan Brown, Matt Gilvear and Ben Holmes (three of whom joined the club as juniors) won the race and decimated the course record, with Will also taking a big chunk off the men's individual leg record. There were further wins for the V40 men, V60 men and V55 women, and the senior women finished second. Our fell race, the Ivybridge Three Tops, was held again in August as part of the Dartmoor Fell Series, thanks to Chris, Neil and our marshals. Chris is stepping down as Race Director after successfully establishing the race as a favourite amongst the local fell and off-road running community. Neil has stepped forward to take over the role which the committee are supporting him with, and we hope the wider club continue to get behind the race.

Club trips and socials

We supported the organisers of the Flete 10k in September, and it was like an Erme Valley Harrier take over, with a huge number of juniors and seniors taking part and helping with organisation and timing. We also had an excellent club trip to the Torbay Half Marathon and 10k, sharing a coach with Plymouth Musketeers, with about 30 members running. I am always keen to hear which races you would like us to attend as a club, so please do get in touch.

In April we held our junior presentation evening, which senior members were also welcome to join, and the Plymouth AC Mile Races counted towards this year's Club Championship.

We also have introduced two intra club 3k relays at Filham Park, thanks to Peter Allen for bringing this addition, both events were really successful and was great to see people across the club joining in for some friendly racing on a Tuesday night. If anybody has ideas for club sessions or events then please do get in touch with anybody on the committee, we're open to ideas!

Finances and club developments

Lynne has covered the finances in her report, so I won't go into detail but in summary we maintain nour strong financial position and we are pleased that we won't be putting up membership fees this year (despite the increase in affiliation costs to England Athletics).

This time last year, we introduced a couple of new things; firstly Spond which has generally been a success but only for the people who have downloaded it and engaged with it which isn't everybody! I would encourage people to use it as it is a very effective way for us to communicate with people and a good source of information. Secondly, we introduced team captains, I'd like to thank them again for their efforts and the support they have given me and the wider committee.

Looking ahead

The committee remains focused on ensuring that every decision reflects the club's mission to provide a friendly running community here in Ivybridge. We are an inclusive, member-led club, and if you have an idea for training sessions, social events, volunteering or ways we can give back to the local running community, please let us know.

In the coming months we have the rest of the cross country season, including Newquay on 15th November, and the Armada Christmas Relays on Sunday 13th December.

More widely, we are very keen that more people to lead or help lead club runs, we still need more people to come forward, particularly in the winter when it is important that nobody is left behind. We have lots of people who know our club routes well, we are not expecting people to become qualified leaders, we're just looking for a bit of support on club night. Please also remember hi-viz on Tuesday nights, and to stop on the pavement before negotiating the entrance to the rugby club.

As mentioned last year, we are also looking for a couple of people to come forward and help with the organisation of the 10k and relays to take the load off myself and Keith a little bit. Anybody who is interested, please get in touch.

It has been good to see juniors out at track and field, cross country, the relays and the Flete 10k, and I would like to thank our junior coaches and parents for the great training environment they provide.

Thank you again for reading and I look forward to a successful year with the club in 2027.

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

SECRETARY'S NOTES

Dark nights of Autumn

Apart from the first winter storm, the weather has been kind. The Westward League got off to a great start with the relays at Newnham, where 40 seniors and juniors took part. Next up is **Newquay on 15th November**.

Thanks to all who came to the AGM at the Hunting Lodge on 3rd November - the notes are on the website and below. The first Winter Handicap is next **Tuesday, 10th November** - we may have to change the route because of the roadworks in St Peters Way. We are still awaiting our London Marathon club allocation and hope to make the draw at the December Handicap – please forward me your ballot rejection email. Don't forget the **Christmas Party** on **Saturday 12th December at the Conservative Club** – see **Sharon** if you would like to go.

As always, we have donated to the **Royal British Legion for Remembrance Sunday**, and **Chris Rickard** will lay a wreath on behalf of the club at the Ivybridge service this Sunday – thank you, **Chris**.

Training and Competition update

Junior training had to move to the Peverall Hall and outside, and the weather cost us one session, but we got through. We return to the sports hall next week.

We did very well at the first Devon Sportshall League fixture on 18th October, where 29 athletes helped us take an early lead over Plymouth. Many of our new U12s took part in the Sportshall and cross country, and we hope to see plenty of them at the next Westward League and Sportshall fixtures.

Senior training is going well and the routes for the next few months have been published. We need more volunteers to help lead groups, especially now it is dark. Please wear a light or fluorescent top – we have spares to borrow.

We are still arranging a Thursday senior session at ICC and will let you know when it starts. Friday sessions are paused until the spring.

Road (and Off-Road) Running

Good results at the **Tavy 7 on 25th October**: our men's team were 2nd in both the race and the Ross Shield, and we won several age-group awards. **Ali McEwing** set club records at the Bideford 10, and **Helen Chapell** set an age-group club record on a tough Cornish Marathon course. **Chris Prall** and **Marc Rinagl** braved the storms in the **Exmoor Pairs Ultra** – see their report.

We will be entering teams for the **Armada Christmas Relays on Sunday 13th December**, the day after our party; the Grand Prix awards (now on the Armada website) will be presented after the relays.

Athletes of the Month (September)

Congratulations to September's athletes of the month: **Joe Allmark** and **Liz and Ali Bristow**. October's will be chosen in December.

Forthcoming Events

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
Dec 28th – Burrator Run (TBC)
Jan 3rd – SW XC Championships – RNAS Merryfield
Jan 10th – Westward League – Westward Ho!
– First Chance 10K – Exeter
Jan 17th – Oh my Obelisk – Dawlish
Jan 23rd – Devon Schools XC – N Devon
Jan 24th – Devon Sportshall League

Finally – take care on dark, wet nights when it can be slippery, and make sure you can be seen.

Keith - 07934373943
reedy41c@googlemail.com

EVH AGM 2026 – Summary Minutes
Nov 4, 2026

Meeting details
The 2026 Annual General Meeting of Erme Valley Harriers was held at the Hunting Lodge on Tuesday 3rd November 2026, chaired by Tom Davies. 35 members attended and 12 sent apologies. All officers were re-elected, the committee was adopted en bloc with Trudi Rowe joining, and 2027 subscriptions were agreed. The meeting closed at 8.35pm.

Attendance
Present (35): Peter Allen, Allister Bristow, Ben Bristow, Liz Bristow, Monica Bristow, Nick Bristow, Ross Busby, Andrew Chapell, Helen Chapell, Adabelle Davey, Tom Davies, Justin Frost, Jenny Hayes, Luke Hayes, Alasdair James, Emma Lake, Richard Lane, Becky Lee, Andrea Mitchell, Andrew Mitchell, Neil Moffatt, Barry Neal, Gillian Paull, Kevin Paull, Chris Prall, Dave Rayfield, Jayne Reed, Keith Reed, Chris Rickard, Trudi Rowe, Ken Summers, Ruth Terry, Sharon Terry, Phil Warren, Stuart Witty.
Apologies (12): Dave Engledew, Alison Engledew, Dave Fox, Carol Hansen, Ronnie Haynes, Lindsay Lane, Nick McMahon, Charlie Milward, Steve Watson, Shirley Watson, Lynne Whitfield, Val Wookey.

Formal business
Every motion was carried; the officer elections and subscriptions were unanimous.

Item	Decision	Proposed nominated by	Seconded by
Minutes of 2025 AGM	Adopted as a true record	Jenny Hayes	Monica Bristow
Matters arising	None		
Officers' / Newsletter reports	Accepted as a true record	Peter Allen	Richard Lane
Chair	Tom Davies elected	Phil Warren	Andrea Mitchell
Secretary	Keith Reed elected	Monica Bristow	Ken Summers
Treasurer	Lynne Whitfield elected	Andrew Mitchell	Emma Lake
Volunteer Coordinator	Sharon Terry elected	Ross Busby	Jenny Hayes
Welfare Officers	Sharon and Ruth Terry continue		

Item	Decision	Proposed nominated by	Seconded by

Committee	Adopted en bloc - Trudi Rowe joins	None – elected en bloc	
Subscriptions 2027	£40 seniors, £25 juniors (U12s up from £12), £10 U10s – otherwise unchanged; carried unanimously	Richard Lane	Barry Neal

At Monica Bristow's request, Tom Davies also chaired the elections. Phil Warren stood down from the committee and was thanked for his service. The committee for 2027 is the four officers plus Dave Rayfield, Chris Rickard, Emma Lake, Barry Neal, Ruth Terry, Chris Prall, Charlie Milward and Trudi Rowe.

Officers' reports in brief

Chair (Tom Davies). Thanked the committee and volunteers. The club lost former chairman Paul Ross in June; two perpetual shields in his name will be presented to the winning women's and men's teams at the next EVH Relays. Highlights included strong cross country turnouts, the senior men retaining the Armada Christmas Relays title, and a course record at the Erme Valley Relays. Chris Prall steps down as Three Tops Race Director and Neil Moffatt takes over. Appeals: more run leaders, especially in winter; help organising the 10k and Relays; hi-viz on Tuesdays.
Treasurer (Lynne Whitfield, in absence). Income £26,665 and expenditure £23,902 gave a surplus of £2,763. Balances at 31st October: £14,259 current, £32,677 deposit, £20 cash, a total of £46,956 – about two years of outgoings. The 10k made £3,761, the Relays £513 and the Fell Race £146.71. About £1,400 was donated, mostly to local charities. An independent check of the accounts is planned for December 2026.
Secretary (Keith Reed). Membership is 236 (137 seniors including 8 volunteers, 99 juniors), against 238 last year. Junior numbers are thin at U10 (8) and U18 (5). Five new assistant coaches qualified. The juniors won the Devon Sportshall League on the final day, but junior track and field numbers were poor. Friday training is suspended until spring; a Thursday session at ICC is being considered. Records fell to Simon Fitze, Alison McEwing and Ben Holmes in the marathon. Priorities for 2027: coaches and volunteers, juniors in competition, recruitment at both ends, and supporting the Westward League.
Newsletter (Dave Fox, in absence). Twelve editions of the Harrier were issued, from 15 to 43 pages. Members are asked to keep sending race reports and photos.

Open forum and actions

- Ken Summers asked about the independent review of the accounts. It will be done in December; last year's was done by Ross Busby at the end of 2025.
- Issues with the Rugby Club were discussed.
- Becky Lee raised the Boxing Day run, scheduled for 29th December this year because of Parkrun clashes.
- Members said the Filham Relays had been good.
- Chris Prall suggested a Thursday AGM might attract more parents.
- The new Thursday sessions were discussed, as Fridays have stopped.

Actions

- ☐ Keith Reed – discuss the Boxing Day run date with the Armada clubs
- ☐ Treasurer – arrange the independent check of the accounts in December
- ☐ Committee – consider a Thursday date for the 2027 AGM

EVH Club Championship 2026 – October 2026 Update

This month, 37 club members took part in at least one of the Club Championship events. There's been little change to the leaderboard but 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. The nominated Parkrun for November is Central Park Plymouth.

Pos	Name		TOTAL	Marathon	Age record bonus	parkrun (x 12 max)	EVH team win bonus	Ultra event	Summer Handicap 06 - Sept	Haytor Heller Fell Race	EW Athletics League - Exeter	September Armada 5k	Flete 10k	Storm the Fort 10k	Torbay Half Marathon	Torbay 10k	Templar 10	Summer Handicap 07 - Oct	Acronyms Tamar 10k	Tavy 7	Westward League XC
1	HELEN	CHAPELL	741	71	200	60	20	50	10					35						30	30
2	ALISON	ENGLEDEW	626			20	20		10				30	39		42	30			30	
3	BEN	BRISTOW	621			10	20		10		30		30					10		30	30
4	NIGEL	GROTTICK	604				40		10		30		30		56		30	10		30	30
5	STUART	WITTY	593			80	20		10				30		54		30		34	30	30
6	EMMA	LAKE	529	65		50		50	10	30		10			56			10			30
7	NEIL	SQUIRES	468				20					10	30						37	30	30
8	SIMON	FITZE	466	83	250		20														
9	PETER	ALLEN	436						10						52			10			30
10	ANDREA	MITCHELL	392	59		40	20		10				30			34		10			
11	JENNIFER	HAYES	390	64				50							54			10			30
12	DAVID	RAYFIELD	386	72	50		20		10							37		10		30	
13	BARRY	NEAL	370			70				30			30					10			30
14	ANDREW	CHAPELL	365			70	20		10					33				10			
15	CHRIS	PRALL	335															10			30

Novembers events include:

Date	Event	Points
10-Nov	Winter Handicap 01	10
08-Nov	Drogo 10	30
15-Nov	Westward League XC	30
21-Nov	Dark Dart Dash 10k	Age% * 0.5
21-Nov	Dark Dart Dash 5k	10

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

VIDEO & GALLERY: Blake and Walker overcome windy conditions on Dartmoor to take Tavy 7 titles

Posted on October 26, 2026 *by* Plymouth Sports Gazette





CITY of Plymouth's Josh Blake and Tavistock AC's Charlotte Walker claimed victories at the popular Tavy 7 race held on Dartmoor on Sunday morning.

The pair had both been runners-up last year but went one better this time around in windy conditions on Plaster Down.

Organisers managed to beat Storm Austen and Storm Boelo to get the seven-mile event on, which saw 310 finishers.

Blake made light of the conditions to take overall victory by more than a minute.

He clocked 38 minutes and 39 seconds for the race that takes competitors on country roads around Pew Tor and Sampford Spiney.



Second home was **Erme Valley Harriers' Ronnie Haynes**, who was also first M40. He came home in a time of 39.46 minutes.

South West Road Runners' Sam Rowell was third (40.31), with Eton Manor's Ethan Reeves fourth (40.56) and Barry Miles fifth and second M40 (41.22).

Charlotte Walker, of host club Tavistock AC, took the women's title by one minute and 13 seconds.



She clocked an impressive 43.10 minutes, which was a quicker time than she ran last year on her way to second.

Second woman on Sunday was South West Road Runners' Laura Macro, who clocked 44.23 minutes, with Tavistock AC's Hannah Smith third in 45.35, South West Road Runners' Victoria Hill fourth in 45.52 and fifth place went to Tavistock's Hannah Walker in 47.36 minutes.

As in previous years, the race incorporated the Ross Shield – Devon's oldest running championship – which is a team event.



In the men's Ross Shield, six athletes count, and three count in the women's event, while in the Tavy 7 team event it is four runners for both categories. Tavistock AC retained the women's Ross Shield trophy with the Walker sisters and Smith, but they had to settle for second in the race team prize, with South West Road Runners taking that honour. **Erme Valley Harriers** finished second in both the race and the Ross Shield men's team events.



The Ivybridge-based club did pick up a number of age category prizes.

As well as **Haynes** winning the M40 section, **Nick Bristow** took top honours in the M50 category, team-mate **Stuart Witty** won the M55 prize ahead of Tavistock's Marc Curtis, while **Alison Engledew** was first F65 and fellow **Erme Valley** athlete **David Rayfield** was third M60.

Plymouth Harriers' Steve Hale took first place in the M65 age group, with Instinctive Sports' Andrew Whitby second.



Tamar Trotters' Barry Olver and Richard Morton were second and third in the M70 category, while Storm Plymouth's Sarah Phillips was second F40, ahead of Tavistock's Hannah Gethrin.

Jane Bremner (Tamar Trotters) was second F65, while Instinctive Sports' Brenda Thorne was second F70 and Tavistock's Jenny Jeeves was third F55.

Erme Valley Results:

2	Ronnie Haynes	39.48	(1st M40)
21	Ben Bristow	44.31	Senior
22	Nick Bristow	45.14	(1st M50)
28	Nigel Grottick	46.30	(2nd M50)
29	Neil Squires	46.48	(2nd M45)
46	Stuart Witty	49.29	(1st M55)
55	Dave Rayfield	50.05	(3rd M60)
81	Helen Chapell	52.54	F55
130	Alison Engledew	58.00	(1st F65)
146	Dan Adderley	60.32	Senior
174	Phil Adderley	63.39	M50
270	Trudi Rowe	78.57	F55
297	Adabelle Davey	84.16	Senior


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GTR


Tavistock
1822
TOM BROGDEN
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ERME
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69


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100


ERME
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HARRIERS
209


56
239
314
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HARRIERS
220


65

TAVY 7


ERME
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ERME
VALLEY
HARRIERS
132
186


252
143


121
ERME
VALLEY
HARRIERS
82

TAVY 7


128
ERME
VALLEY
HARRIERS
127


159
ERME
VALLEY
HARRIERS
190

RACE NEWS

Nick Bristow had a terrific run at the **Chicago Marathon** with a time of 3.11.11. He went through half way at 1.35.14, so a well-paced race.

We had just three runners in the **Tamar Bridge 10K**. This was the last running of the event, which has taken place over the past few years.

Neil Squires was 26th in 40.06, **Stuart Witty** was 67th in 43.53 (3rd MV45) and Mark Workman was 454th in 61.06.

Alison Engledew ran the **Cardiff Taff Trail Half Marathon** in a time of 1.49.14. Alison was 26th and 1st female vet 45+

Alison McEwing had a brilliant run at the **Bideford 10** as she was 15th overall, 1st fv35 and 2nd Senior Lady. **Alison** also broke her own Senior and Vet records with a time of 58.27 – this is the first time a lady from Erme Valley has got under 60 minutes for a 10 mile race.



THE CORNISH MARATHON

5 EVHs took part in this tough race, with **Helen Chapell** doing particularly well as she broke her own vet record by some 5 minutes, which was achieved at the London Marathon. Her time was also a marathon pb (also 2nd F55) – the Cornish air and hills were clearly to **Helen's** liking! **Emma Lake** also ran well as she was 1st F50.

Erme Valley times:	**Helen Chapell**	**3.37.46**
	Emma Lake	**3.45.52**
	Scott Smith	**4.01.40**
	Liz Bristow	**4.12.10**
	Allister Bristow	**4.12.05**







Region's athletes make their mark at over the 10-mile distance at Bideford
Posted on November 4, 2026 *by* Plymouth Sports Gazette

ATHLETES from Armada clubs made their mark at the popular **Bideford 10** on Sunday. The north Devon 10-mile race is well known for attracting strong fields and this year was no exception.

Tamar Trotters' Jacob Landers came third overall in 53.25 minutes. He was only beaten by Tiverton's Christian Hewitt and Olympic steeplechaser Phil Norman.

Great Britain marathon runner Louise Small won the women's race by smashing the course record by two minutes. Small clocked an impressive 55.17 minutes which saw her win the 10-mile race by more than three minutes.





Second place went **to Erme Valley's F35 athlete Alison McEwing**, who produced an eye-catching personal best time of 58.28 minutes. City of Plymouth's Annie Arnold was third in 59.18 minutes on her 10-mile debut, with Storm Plymouth's Lauren Knox fourth in 60.21 minutes.
Stuart Hall was first M60, while Tavistock AC's Carole Walters was second F65 and club colleague Jenny Jeeves was third F55.

Also at the weekend, East Cornwall Harriers hosted the Cornish Marathon, which saw Hayle athletes Daniel Costello and Emma Paull take victories.

Erme Valley Harriers' Emma Lake won the F50 category, while Plymouth Harriers' Andrew Mitchell took victory in the M65 age group ahead of Bere Alston's Keith Willcock and **Erme Valley's Helen Chapell** was second F55.

EXMOOR MOUNTAIN MARATHON

Before you read **Marc Rinagl's** excellent article it is worthwhile explaining about the format:

A **mountain marathon** is a tough two-day running and navigation challenge held across rugged and wild country – in this case Exmoor.

Instead of following a marked trail, you use a map and compass to find hidden checkpoints provided at the start of the race.

You must be self-sufficient and carry all your gear on your back while you run.

Everyone sleeps at a remote and basic wilderness campsite.

It is very much endurance and a team-based event, rather than flat out speed running.

It was with some trepidation that we drove to the fixed campsite at the edge of Exmoor on Friday night with storm Austen still in full effect. The wind was pretty sustained, but we were reassured that the campsite was in a sheltered valley so we were optimistic. We checked in and saw the last people arriving. As the light faded, we readied ourselves ahead of tomorrow, the rain was expected to start overnight.

We awoke to light drizzle and lots of excited runners getting ready, shovelled some breakfast in and headed for the start line. The wind was definitely still there and the rain was picking up as we were given the first map to plot our route. We were told that some alterations were made to the check points high up as they were blown away, so we had a sign of things to come.

It took us a while to find the first few check points, but by that point the weather was setting in so we hunkered into our waterproofs, hoods and woolly hats firmly in place. In all the excitement we actually checked off some of the short course check-points in error, but not before Chris came to the rescue of an upside-down sheep which he spotted in the far distance, just to add to the extra miles for the day. About halfway through the day we found a relatively sheltered spot hear a river where we both agreed it was time to put all the spare clothes on as the shivering was getting very real and we did contemplate what a plan-B might be. We both agreed to carry on and try and get warm as quick as possible so headed off at a decent pace for the next few checkpoints.

After many more miles of challenging terrain, 50mph winds and driving rain we ticked off the last remaining few checkpoints and headed back to the fixed campsite after 7:30 hours of running/torture. We had some warm food and hot showers (not hot) and settled in for the night hoping for the weather gods to be on our side tomorrow.

The Sunday we awoke to more rain, but this time the sky seemed clearer although still with the icy cold wind. We got all the clothes on from the previous day (sort of dry, not really) and headed off for Day 2. Within 2 minutes we were ankle deep in a stream so dreams of dry feet dissipated very quickly.

The day ended much more smoothly than the first, with pretty much perfect navigation and passing people all day long, which was very satisfying. Legs were tired, feet sore but moral was high for a good finish at midday. We crossed the finish line that day in about 4:30 hours pretty happy to secure 2nd in the long course over the 2 day event.

Will we be back next year...well it can't get much harder than this year can it?!





Marc and Chris at the Exmoor Mountain Marathon





Ivybridge War Memorial – wreath laid by Chris Rickard on behalf of the club on Rememberance Sunday

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	58.27	Bideford 26
Half Marathon	Alison McEwing	1.17.20	Cardiff 26
Marathon	Alison McEwing	2.46.21	Valencia 25

TRAINING ROUTES

November

10th Winter Handicap 1
17th Hill session @ viaduct
24th Mile reps @ Woolcombe Rd or Easy/steady run in lanes (headtorch)

December

1st Winter Handicap 2
8th Short interval session or Easy/steady run in Ivybridge
15th Speed session @ Cross Park
22nd Christmas Lights run round Ivybridge
29th No club night

VET MENS ROAD RECORDS

AGE GROUP	10K	10 Miles	Half Marathon	Marathon
40 – 44	**N Holmes**	**N Holmes**	**N Holmes**	**R Haynes**
	33.11	55.14	1.12.55	2.45.32
	Clevedon 05	Teignbridge 05	Plymouth 05	Manc 25
45 – 49	**S Fitze**	**A Ryder**	**S Fitze**	**S Fitze**
	34.48	57.00	1.14.55	2.39.26
	Cardiff 25	Teignbridge 09	Cambridge 26	Valencia 25
50 – 54	**S Fitze**	**M Hansen**	**S Fitze**	**S Fitze**
	34.41	58.49	1.15.33	2.41.52
	Langley B 26	Plymouth 09	Cardiff 26	London 26
55 – 59	**M Hansen**	**M Hansen**	**A Trigg**	**A Trigg**
	37.44	64.07	1.24.07	3.03.20
	Clevedon 14	Bideford 14	Bridgwater 17	Chester 18
60 – 64	**D Engledew**	**D Engledew**	**D Engledew**	**D Rayfield**
	41.15	70.24	1.31.20	3.26.14
	Exeter 2024	Bideford 19	Bideford 24	Paris 26
65 – 69	**D Engledew**	**D Engledew**	**D Engledew**	**D Engledew**
	43.18	69.05	1.33.08	3.32.51
	Exeter 25	Bideford 24	Cardiff 24	Newport 25
70 – 74	**K Summers**	**K Summers**	**K Summers**	
	49.06	1.18.50	1.46.03	
	Exeter 24	Great South 23	Kew 23	
75 – 79	**E Perks**	**E Perks**	**E Perks**	**E Perks**
	66.15	103.51	2.27.15	5.56.55
	Plympton 99	Guy Fawkes 98	Plymouth 98	London 00
80 – 84	**E Perks**	**E Perks**	**E Perks**	
	70.50	127.02	2.47.07	
	Ivybridge 03	Plymouth 03	Plymouth 03	
85 – 89	**E Perks**		**E Perks**	
	80.19		3.10.48	
	Ivybridge 07		Plymouth 07	

VET LADIES ROAD RECORDS

AGE GROUP	10K	10 Miles	Half Marathon	Marathon
35 – 39	**A McEwing**	**A McEwing**	**A McEwing**	**A McEwing**
	35.46	58.27	1.17.20	2.46.21
	Exeter 26	Bideford 26	Cardiff 26	Valencia 25
40 – 44	**A Thorn**	**J Swift**	**J Swift**	**C Perry**
	37.47	62.02	1.22.15	2.58.53
	Exeter 16	Bideford 12	Cardiff 12	London 17
45 – 49	**A Thorn**	**A Thorn**	**A Thorn**	**A Thorn**
	37.14	63.45	1.20.34	2.50.58
	Glastonbury 22	Granite 21	Farnborough 23	Chester 22
50 – 54	**A Thorn**	**A Thorn**	**A Thorn**	**A Thorn**
	38.29	63.00	1.22.59	3.00.05
	Langley Bur 24	Chippenham 24	Bath 24	Newport 24
55 – 59	**H Chapell**	**H Chapell**	**H Chapell**	**H Chapell**
	44.43	76.38	1.39.20	3.37.46
	Exeter 26	Portsmouth 25	Zurich 26	Cornish 26
60 – 64	**A Engledew**	**A Engledew**	**A Engledew**	**A Engledew**
	46.16	79.36	1.43.06	3.52.33
	Telford 19	Bideford 19	Helsby 20	London 19
65 – 69	**A Engledew**	**M McKay**	**A Engledew**	**A Engledew**
	47.44	88.56	1.45.40	3.57.37
	Exeter 24	Bideford 12	Bideford 24	Newport 24