



DO YOU LIKE TO RUN? ARE YOU KEEN TO RUN ON HOLIDAY? DO YOU LIKE RUNNING IN THE COUNTRY SIDE AND EXPLORE PLACES YOU MAY NOT OTHERWISE EXPLORE?

The Ivy Barn is set in a small village of just over 600 people and there are a number of organisations in the village, one of which is the Holbeton Harriers. The Holbeton Harriers was set up in January 2018 by three local runners. The Holbeton Harriers has grown to a membership of around 70 people of all differing experience of running. The Harriers has a regular Couch to 5k group and three other groups that run at a different paces. The Harriers are a welcoming bunch, enthusiastic and very friendly and as a guest at The Ivy Barn you are welcome to join the runs.

The Harriers run on a Wednesday evening at 7pm, Thursday morning at 9.15am and on a Sunday morning at 9am. The routes are varied and you may find yourself running along country lanes to small hamlets, or along the South West Coast Path or through the Flete Estate along the carriage ways to either Flete House or to the beach. As a runner with the Harriers you get to see parts of the Flete Estate which you would normally not be able to see. The Harriers always start off and end with a thorough warm up .

On a Wednesday night run during the darker nights a head torch and fluorescent clothing is required. After a 3-6 mile run don't be surprised if some of the runners end up in the pub for a small half a pint.

Future runs that may be of interest:

Race the Tide on Sunday 19th May 2019.

In the glorious private setting of the Flete Estate, Mothecombe, Devon (PL81LB) Pure Trail Running are hosting 3 races, a Woodland Trail 8.5 mile race, a 15.5 Long half-Marathon and a Long marathon distance race of 28.5 miles.

The marathon involves 2 estuary crossings, one at Burgh Island and the final one racing The Tide at 19.9 miles. over the Erme Estuary before finishing with a seaview at picturesque Mothecombe. Provisional Start time 9:45am

The 15.5 mile half-marathon involves racing the tide at the Erme Estuary 8 miles into the race. Provisional Start time 12:30pm.

The 8.5 mile race is within the private Estate on beautiful woodland trails but still races The Tide at mile 8. Provisional Start time 12:30pm.



When you stay we will be happy to provide you with more information on the Holbeton Harriers.

If you are looking for Trail running shoes why not visit Dragonfly in Tavistock whilst you are here. It is a popular cafe but also a running shop. Colin who runs the shop is extremely knowledgeable about the running/trail shoes he sells. Quite a few of the Holbeton Harriers have bought their shoes there. It's a win, win – good food and someone who knows what they are talking about with running shoes which you don't generally find in the High Street stores.

<https://www.facebook.com/pg/dragonflyartcafe>

Written by Nicky Cole
15th March 2019

An advertisement for a trail run. The background is a close-up of a pair of white sneakers with red accents, resting on a bed of dry, brown autumn leaves. The text is centered and reads: "DO YOU LIKE TRAIL RUNNING?" in grey, "We have one room left if you want to do the trail run - Race The Tide on Sunday 19th May" in orange, and "RING US NOW ON 01752 830484" in black at the bottom.

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want to do the trail run - Race
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Written by Nicky Cole February 2019