

# EXMOUTH HARRIERS

## Detailed Review of the 1<sup>st</sup> half of 2022 (January, February, March, April, May & June)



**Blackdown Beast**



**Oh My Obelisk!**



**Exmouth 5 Miles**



**Ottery 10km**



**Run Exe Relays**

The overall achievements are too big to list but they are documented in the list of races, photos and the Press Reports on the following pages



## Congratulations to everyone for a fantastic 2022

### **January (12 races)**

City Runs Exmouth 5 Miles

Westward League Cross Country @ Westward Ho!

Plympton 10km

Plymtrail Marathon

Battle of Woodbury Common 5km, 10km & 1/2 Marathon

Walter Raleigh Round 1/2 Marathon

Oh My Obelisk!

Speedway 10km, Chepstow

Stormforce 10 Miles

Blackdown Beast

Stonehenge Stomp

**Best attended by Harriers The Blackdown Beast (10)**

### **February (12 races)**

City Runs Exmouth 5 Miles

Surrey Marathon

South Devon Coastal Trail 1/2 Marathon

Axmouth challenge

SWVAC Cross Country Champs. Sidford

Newquay 10km

Westward League Cross Country @ Redruth

4 Trigs

Al Gordon 4 Miles in New York City

Exeter 10km

Wokingham 1/2 Marathon

Westward League Cross Country @ Plymouth

**Best attended by Harriers City Runs Exmouth 5 Miles (13)**

### **March (12 races)**

**City Runs Exmouth 5 Miles (16)**

Larmer Marathon - Dorset

Sidmouth Aquathon

Bideford 1/2 Marathon

The Grizzly & The Cub

Pure Trail Deep River 10km

Granite Way 10 Miles

New Forest Trail 12km

Winding Paths Total Coastal Ultra 30km

Cardiff 1/2 Marathon

Weston-super-Mare 1/2 Marathon

**Best attended by Harriers City Runs Exmouth 5 Miles (16)**

**Exmouth Harriers 2022 Challenge races in red**

**April (25 races)**

Shropshire Way 80km  
Power Run 10 Miles & 5 Miles  
First Chance 10km  
Manchester Marathon  
JPs Exe to Axe  
Taunton Marathon & 1/2 Marathon  
London Landmarks 1/2 Marathon  
10km Dartmoor Fell Race  
Credition Aquathon  
Run Exe 5km  
Brighton Marathon  
Rhodes Marathon  
New York 1/2 Marathon  
Tough Runner Sprint Duathlon  
Fast Friday 10km  
Boston Marathon  
Sid Valley Ring 1/2 Marathon  
Bristol Track Club 5km @ Bath  
Maer Clinic 1/2 Marathon & 10km  
Southampton 10km  
Devonshire Dumpling 52km & 32Km  
East Devon 1/2 Round Ultra Trail Marathon  
**Best attended by Harriers Fast Friday 10km (9)**

**May (18 races)**

Dubrovnik 1/2 Marathon  
Uplowman 10km  
Run Exe 5km  
Plymtrail Marathon  
Bideford 10km  
**Ottery 10km (20)**  
Devon Coast Challenge (3 x 26.2 miles)  
Run Exe Relays  
Marilyns Marldon Fell Race  
Chester 1/2 Marathon  
Exeter Marathon  
Beer Blazer  
Devon Track & Field champs. 5000m  
SWVAC Track & Field champs. 5000m  
Exeter University Equation  
Dubai 10km  
Great West Run  
Dubai Harbour 10km  
Jubilee Fell Race  
Brecon Beacons Ultra Trail Challenge  
**Best attended by Harriers The Run Exe Relays (44)**

**June (21 races)**

Cranbrook 5km  
Moreton Marathon  
Run Exe 5km  
Dartmoor Discovery  
BMAF Track & Field Champs. 400m & 800m  
Umbourne Ug  
Jurassic Coast 50km  
Woodland Relays  
Burrator Horseshoe Fell Race  
Race for Life 10km & 5km  
Plymouth 1/2 Marathon  
Green Lantern 32 Miles  
Devon Track Champs. 10,000m  
City Runs Track 1 Mile  
Summer Solstice Fell Race  
Burrator 10km  
**Ocean Healthcare Torbay 1/2 Marathon & 10km (6)**  
Wild Dart Aquathon  
**Best attended by Harriers The Woodland Relays (29)**  
**Exmouth Harriers 2022 Challenge races in red**

# January (Part 1)

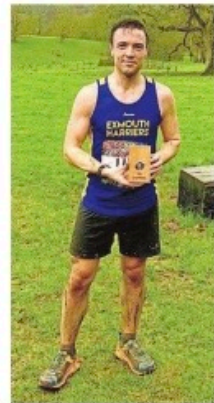
A great start to 2022 with Harriers competing on various surfaces and including Tom & Oli's 1<sup>st</sup> victories of the year

OUTSTANDING SPORT

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Wednesday  
January 12, 2022

EAST DEVON 37



Jimmy Joy, Rob Ellis, Nathan Sheehy, Dawn Teed and Holly Clements (left) and Tom Merson at the Plympton 10k, as Oli White and Scott Jamieson celebrate with City Run and Final Countdown 10k prizes

## Exmouth Harriers show some sparkling form during New Year period

**In one of last races of 2021, the Winding Paths Final Countdown Trail 10km, Exmouth Harriers' Scott Jamieson finished third in 46.47 on New Year's Eve.**

It was a 10k race around the Dartington Hall estate that included hills, fields, river bank and woodland trails.

Seven Harriers raced in the City Runs Exmouth 5 Miles at 7pm on Tuesday, January 4 in near arctic conditions on the seafront.

All seven battled against very strong winds and rain, with Oli White recording his second victory in the six-race series in a great time of 27.27. Everyone is now looking forward to the final two races on February 1 and March 1.

Results: 1st Oli White 27.27 (1st M35); 16th Cathy Newmann 32.28 (1st W55); 23rd Hannah Bown 34.10

### Athletics

(1st W40); 30th Jenny Reay 36.19 (2nd W60); 31st Des White 37.26 (1st M65); 35th Andy Place 38.33 (8th SenM); 42nd Alison White 46.54 (1st W65).

Five Harriers raced in the Westward League Cross Country at Westward Ho! on Sunday.

It was a very challenging course on an extremely cold and blustery afternoon. The final two races in the league are in Redruth on February 13 and Stover on February 27.

Results, Ladies (5,000m): 41st Holly Clements; 82nd Dawn Teed. Men (7,500m): 5th Rob Ellis; 39th Nathan Sheehy; 92nd Jimmy Joy.

Three Harriers raced in Plymouth on Sunday, with Tom Merson and Andy Place competing in the popular multi-

terra in Plympton 10km January Jaunt that took the runners from Marsh Mills into the Saltram estate, and back.

Tom chalked up his opening victory of 2022, finishing first in the race in 32.20 with Andy clocking another solid finishing time of 50.41 on a very hilly course.

After running in 12 marathons and two virtual marathons during 2021, Chris Murrin raced in his first 26.2-mile event of 2022 in the Plym Trail Marathon on Sunday, making it 94 Marathons overall.

Chris finished in a superb time of three hours 57 minutes and 37 seconds – only six more to complete his "Big 100!"

# January (Part 2)

## Sam wins the Walter Raleigh Round ½ Marathon

Wednesday,  
January 19, 2022

# EAST DEVON 37

### Athletics



Ready, Steady, Go

Picture: EXMOUTH HARRIERS

**Over the weekend, 18 Exmouth Harriers raced locally in three very tough but enjoyable multi terrain events**

First up was a tough off-road nighttime run over Woodbury Common that started and finished at Bicton College. There were a variety of races available with distances from 1km up to 13 miles.

Results: 5km - 6th Katie Moore 30.27 (3rd Female); 10km - 4th Nathan Budd 49.47; 15th Louise Hempstead 57.34 (3rd Female); 51st Amanda McCann 69.33; 1/2 Marathon - 20th Chris Murrin 2.04.07; 23rd Ben White 2.06.10; 42nd Rob Parker 2.23.14; 43rd Emma White 2.23.14.

The Walter Raleigh Round Half Marathon is a 13-mile multi-terrain race visited the birthplace of Sir Walter Raleigh and the countryside where he spent time as a child. The route included quiet back lanes, unsurfaced county roads, little known footpaths, the Otter valley, High Peak, the Jurassic Coast and a dismantled railway. The race started and finished in Budleigh Salterton.

Six Harriers battled it out for the honours with four members of the Kelly family (Sam, James, Alice

& Mum Nicola) featuring prominently throughout, accompanied by Rob Ellis and Simon Minting.

Sam Kelly produced another superb performance, winning the race in an amazing time of 1.20.14. Next was Rob Ellis in 2nd place in 1.22.42, Simon Minting 3rd in 1.28.20, James Kelly 4th in 1.28.57. Alice Kelly ran an inspired race to finish in 7th overall and first female in 1.38.59. Nicola Kelly was 61st in 2.24.49.

Four harriers competed in the tough mixed-terrain 'Oh My Obelisk 1/2 Marathon' 13 mile, starting and finishing at Dawlish Warren Lesiure Centre. It was mostly ascending for eight miles, and returning downhill for the remainder.

The choice of footwear was a quandary, sometimes full off-road trail shoes were required, however there were large sections of road and hard bridle paths. Scott Jamieson was first home for the Harriers in 12th place in 1.35.33, followed by Craig Butler in 36th in 1.47.04, Kelly Thomas in 89th in 2.01.51 with Anthony Lees in 91st place in 2.02.12.

The runners commented that the course was a challenge in both directions but a great race with stunning views.



Sam, James, Simon & Rob

Picture: EXMOUTH HARRIERS

## OUTSTANDING SPORT

### sport

#### Athletics

**Exmouth Harriers Tom Merson, Hannah Bown and Tom Parker showed their class last weekend, with Merson recording his fastest time in two years at the Speedway 10km in Chepstow.**

Merson clocked a superb time of 29 minutes 52 seconds and he achieved it with a relatively unique negative split after running 15.06 for the first 5k and then speeding up to clock 14.47 for the second 5k.

Hannah's fitness is returning after a period of illness at the end of 2021. She tested herself over 13.1 miles on the roads around Chepstow Racecourse and finished in 1:32.49 in 28th position overall and the second woman to finish.

Parker, meanwhile, chose the popular Storm Force 10-mile road race that started and finished in Camborne as his first race of 2022.

The course was on undulating mainly quiet country roads and Tom finished in a marvellous personal best time of 64.54.



Tom Merson flying in the Speedway 10km  
Picture: EXMOUTH HARRIERS

**OUTSTANDING SPORT** [exmouthjournal.co.uk](http://exmouthjournal.co.uk)

# Veterans Cross-Country title for Oli during busy Exmouth Harriers week

### Athletics

**Oli White won the South West Veterans 2022 Cross Country Championships at Sidford on Sunday, raced over a muddy course at Sidford Playing fields.**

Oli led the 6km race, that included runners over the age of 35 from all over the Westcountry, from 'gun to tape', finishing in 20.30. Mike Musgrove had a great run on his return to racing and after a tussle in the first two laps, he broke away to finish in third place in 22.33 and was first in the M50-54 age category.

During the evening of Tuesday, 1st February, thirteen Harriers raced in the dark on Exmouth Seafront in the penultimate race in City Runs Exmouth 5 Mile Winter Series. Tom Merson appeared to be in a hurry as he raced away from the rest of the field on the first of two laps of the seafront and won the race in great style. Merson then won the Newquay 10km in 31.42 in horrible conditions on Sunday.

As a result of her performance in the Exmouth race, Cathy Newman is now in 1st place in the UK 5 Mile W55-59 age category rankings with Tom Merson (M35-39), Jenny Reay (W60-64) & Alison White (W65-69) in 2nd places in their respective UK rankings.

Chris Murrin continued his quest to race in 100 Marathons with his 95th in Surrey and a solid time of 4.11.13. Chris hasn't got much time to rest his legs, as he has scheduled his 96th marathon for 5th March in Dorset.

Jim Comer tackled the tricky South Devon Coastal Trail Half-Marathon on Saturday, which started and finished at Beesands. Jim finished in 255th place in 2.53.59 on a course that was contained within an Area of Outstanding Natural Beauty (AONB) and was both picturesque



Oli White and Mike Musgrove at the SWVAC event

Picture: EXMOUTH HARRIERS

and punishing - a blend of jagged rocks interspersed with idyllic sandy coves.

Katie Moore raced in the Axmouth Challenge that started and finished at the famous phone

box in the village on Sunday. Katie completed the 5 miles in just over 55 minutes on an extremely hilly course with a strong gusty wind making it a very challenging race.

# February (Part 2)

## Cross Country in Redruth & 4 Trigs in Sidmouth

Wednesday,  
February 23, 2022

# EAST DEVON 37

# OUTSTANDI

### sport

#### Running



The venue for the Exmouth parkrun.

Picture: SUPPLIED

**Exmouth Harriers had a rare race-free weekend because a number of races were cancelled due to the impact of Storms Dudley and Eunice, which played havoc with the sporting weekend for many across the country.**

The Harriers also have quite a few runners in heavy training for The Grizzly on 6th March and a few Spring Marathons (Manchester & Brighton) in April.

The Grizzly is a multi-terrain race across the glorious East Devon coastline and countryside and the major event in the calendar of Axe Valley Runners.

The Grizzly started in the village of Beer in Devon in 1988 with just 27 runners and over a much shorter six-mile course than the current 20-mile iteration.

Within a few years the race had ballooned in size – both distance and runners – and the start was moved to the nearby town of Seaton, which provides more space and also better facilities.

Despite the weather and training, on Saturday 26 Harriers ran in various parkruns that survived the storms around the West Country.

Not only did 23 of them run

in the excellent Exmouth parkrun, battling into the wind along the seafront, but seven also volunteered to help out in duties such as marshalling and the results production/publication.

Nathan Sheehy was the first finisher overall in Exmouth, completing the blustery 5km in 18.04, and Cathy Newman was the first female finisher in 12th place overall 20.11.

They were joined in Exmouth by: 3rd Anthony Hatchard 18.30, 8th James Kelly 19.34, 10th Craig Butler 19.45, 11th Mike Musgrove 19.57, 13th David Snook 20.27, 15th Jon Garrity 20.34, 20th Jon Mill 20.49, 21st Adam Miller 20.57, 25th Chris Dupain 21.52, 38th Steve Morgan 23.11.

Also: 43rd Paula Hawkins 23.33, 48th Bob Minting 24.00, 103rd Sarah Baldwin 27.46, 106th Alice Kelly 27.56, 107th Hayley Johns 27.56, 108th Nicola Kelly 27.57, 110th Joan Mason 28.07, 133rd May Argyle 29.06, 150th Nigel Dupain 30.00, 190th Chris Rees 33.26, 229th Jill Dupain 39.56.

Andy Johnson ran in the Great Field parkrun in Dorchester and finished in 27th position in 22.30.

At the Cranbrook Country Park parkrun, Tom Packer was 13th in 19.44 and Langdon Williams was 17th in 20.16.



Runners and walkers congregate before the start of the Exmouth parkrun

### sport

#### Running



Exmouth Harriers team members Jimmy Joy, Hugh Marsden, Dawn Teed, Rob Ellis and Nathan Sheehy go off-road

**Twelve members of Exmouth Harriers raced in extreme conditions last weekend, as seven Harriers took part in the 20th Sidmouth 4 Trigs Challenge, an off-road event covering a distance of approximately 28km with an obscene amount of climb involved (over 4,000 feet).**

The aim was to visit each of the four Triangulation Pillars around the Sid Valley.

The Kelly boys were first home for the Harriers with Sam recording an incredible time of 2hrs 16mins 35secs to win the race.

James wasn't far behind in 2.29.40 and took third in the standings.

The five other Harriers, comprising Nicola Kelly, Amanda McCann, Lisa Hatchard, Terry Oldham and Lorraine Gilson, all finished in just over four hours.

Meanwhile, the remaining five Harriers, composed of Dawn Teed, Hugh Marsden, Jimmy Joy, Rob Ellis and Nathan Sheehy, competed in the penultimate race of the Westward League Cross Country series, held in Redruth. The races were staged in conditions that were described as "super muddy and really tough" and also "pure filth".



Smiles all round for Exmouth Harriers' Nicola Kelly, Amanda McCann, Lisa Hatchard, Terry Oldham and Lorraine Gilson.

Picture: EXMOUTH HARRIERS

# March (Part 1)

## Harriers showing off the club colours far and wide

exmouthjournal.co.uk **OUTSTANDING SPORT**

### From New York to Exeter Quay: Exmouth Harriers are out in force



Left, Holly Johns and James Kelly, in New York. Right, Rob Ellis, who was second in Plymouth. Picture: EXMOUTH HARRIERS

**In another busy weekend for the Exmouth Harriers, the famous blue shirt was seen out racing in a few local and further afield races, including one adventure to the Big Apple.**

James Kelly & Hayley Johns ran in the Al Gordon four-mile race in Prospect Park, Brooklyn, which was held in honour of the New York Road Runner who continued running until he was 107.

James and Hayley finished in 34mins 17secs and they were rewarded with a Cinnamon Bagel at the finish.

It was a brilliant experience for James and Hayley, and an opportunity to spend time in the iconic New York City.

Meanwhile, Scott Jamieson was fifth in 37.40 in the Exeter 10km that started and finished at Exeter Quay.

#### Athletics

The course headed out along the River Exe to Countess Weir for two laps of 5km.

A total of six Harriers raced in the Wokingham Half-Marathon. Tom Merson was second in 1:07.05, a season's best time, while Oli White was 85th in 1:14.59, which was a new personal best time.

Mike Musgrove was 239th in 1:21.13, Hannah Bown was 558th in 1:30.05, Des White was 837th in 1:37.54 and Alison White was 1,611th in 1:55.29.

The race was also a selection event for the England Masters Half-Marathon to be run in Chester on Sunday, May 15.

The age-category teams for this event will be announced in the next fortnight.

Elsewhere, a further eight Harriers raced in the final Westward League Cross Country of the season in Plymouth.

In the ladies' race, Holly Clements was 48th in 28.11 and Dawn Teed was 69th in 32.25.

Rob Ellis was second in 30.59 in the men's race, followed by Anthony Hatchard in 28th in 35.06, Hugh Marsden in 81st in 42.21, Andy Place was 92nd in 44.14, Nathan Sheehy finished 93rd in 44.15 and Jimmy Joy was 97th in 45.45.

In the overall series, Dawn Teed was second in the W55 category, Holly Clements was third in the W55 category, and Rob Ellis was third Senior Man.

Hugh Marsden was third in the M60 category, Nathan Sheehy was sixth in the M45 category and Jimmy Joy was sixth in the M60 category.

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A Grizzly experience: Amanda McCann gets to grips with the boggly conditions. Picture: EXMOUTH HARRIERS

### In-form trio of Exmouth Harriers selected to run for England Masters

**After their marvellous performances in the recent Half-Marathon selection races, Tom Merson, Oliver White and Alison White have been selected to run for England Masters in the 2022 Celtic Challenge event within the Chester Half-Marathon on Sunday, 15th May.**

Meanwhile, 16 Harriers ran in the final race in the City Runs Winter Exmouth 5 Mile Series. It was a very cold and windy evening racing along two laps of the seafront, but the Harriers all delivered great performances, with Rob Ellis first for the men and Cathy Newman securing top spot in the ladies' competition.

Just when you thought Harriers can't get any busier, then they have another "manic" weekend with 40 competing and 10 volunteering, and many more supporting at the various events.

Fourteen Harriers ran in three different parkruns on Saturday and 10 Harriers Ladies volunteered at Exmouth for the International Women's Day.

Chris Murrin ran his 97th Marathon in the Larmer Marathon in Tollyard Royal in Dorset (27 miles & 2,499 elevation gain) in 4:37:20. Chris said it was a tough event but was his favourite marathon on the calendar.

Chris now has the Taunton

#### Running

Marathon on April 3rd, the Plym Trail Marathon on May 8th and then his 100th in the "big one" - The Dartmoor Discovery on June 11th, where he will be joined by a number of his fellow Harriers over the 32 miles.

Lisa Hatchard was second in her age category at Sidmouth Aquathlon (600m swim & 8km) on Sunday morning.

Also on Sunday, Oli White, Mike Musgrove, Des White, Steve Morgan and Alison White

travelled to North Devon to tackle the popular Bideford Half-Marathon. Oli finished in 29th place in 1:17.05, Mike was 61st & second M50 in 1:20.37, Des was 203rd & first M65 in 1:39.55, Steve was 305th and fourth M65 in 1:44.55 and Alison was 488th & second W65 in 1:58.04.

On Sunday, there was the infamous Grizzly (approx. 20 miles) and the Cub (approx. nine miles) of beach, hills, mud, rivers, hills, mud, hills, mud and more mud. Fourteen Harriers ran in the Grizzly, plus five Harriers in the Cub.



Des and Alison White with their trophies at the Bideford Half-Marathon



# March (Part 2)

## Nigel's 2 Year Running Streak

### Athletics



Left, Kelly Thomas preparing for the Boston Marathon. Right, Katie Moore at the Deep River 10km race

**After the recent spate of races, the majority of Exmouth Harriers were having a week or so off racing in preparation for some major challenges in the next four or five weeks.**

One of the exceptions was Kelly Thomas, who raced in the Grand Canal Canter Half-Marathon in Tiverton last Sunday

Kelly ran a marvellous race to finish fifth overall and she was also the first lady in a fantastic time of 1.36.42.

Kelly has been training really hard recently, as on Patriots' Day in the USA (Monday, April 18) she will race in the Boston Marathon and, in doing so, she will have completed the six World Major Marathons (New York, Boston, Chicago, Berlin, Tokyo & London). Kelly will be joined in the race by fellow Exmouth Harrier Susan Hill, who will be tackling her first marathon for a few years after a break due to injury.

The Boston Marathon is the longest running Marathon in the world and it will be the 126th staging of the race. The first race was on Monday, April 19,

1897 with only 10 finishers, whereas the 2022 race is expected to have around 40,000 finishers.

The Boston Marathon is hosted by several cities and towns in greater Boston in eastern Massachusetts, United States. It is traditionally held on Patriots' Day, the third Monday of April. The event was inspired by the success of the first marathon competition in the 1896 Summer Olympics.

Good luck to Kelly and Susan.

Another Harrier to race over the weekend was Katie Moore, who ran in the Pure Trail Deep River Trail 10km on Saturday, finishing in 34th place in 1.10.11.

The race started and finished at Piddledown Common, on the approach to the iconic Castle Drogo. It was an extremely tough course that went deep and steep down to the depths of the Teign River Valley, then rose high above the Fingle treeline.

■ Find out more about the Exmouth Harriers, including membership options, training ideas and race schedules, by visiting [www.exmouthharriers.co.uk](http://www.exmouthharriers.co.uk)

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Nigel Dupain clocking up the miles in the Exmouth parkrun Picture: EXMOUTH HARRIERS

## Chairman Nigel setting an amazing running example for Harriers

### Athletics

**Exmouth Harriers Chairman Nigel Dupain has been leading the club by example over the past two years with his inspirational 'running streak'.**

Nigel has run every single day for two years since the start of the first Covid-19 lockdown in March 2020 and has now clocked up a total of 3,131 miles in 730 days of running.

Inspired by Nigel's example, Steve Morgan and Amanda McCann kicked off the Harriers weekend racing programme on Saturday with Steve racing in a 12k New Forest trail race in Hampshire.

Amanda's race was more local but the distance was an eye-watering 30 challenging, scenic, multi-terrain miles all on the South West Coast Path from Kingswear to Shaldon with over 6000 ft of ascent.

Steve is currently in great form and finished in a superb 18th place out of the 185 finishers in 61.31 for the 12km and was first in the over 60 age category. The race ran through parts of the forest that have never been open to the public before over spectacular tree-lined paths and hard-packed gravel pathways.

Amanda's race was the Winding Paths Total Coastal Ultra Run and she finished in an incredible 4 hours 55 minutes, in 93rd place. The route was multi-terrain with around 75% on trails, but all on



Steve Morgan in full flow in the New Forest Trail. Right, Rob Ellis before the Cardiff Half-Marathon Picture: EXMOUTH HARRIERS

the South West Coast Path, the majority of tarmac was on the flatter middle section from Goodrington Beach to Torquay Harbour.

Rob Ellis, Louise Hempstead & Kate Baker all ran in half-marathons on Sunday. Rob travelled across the River Severn to compete in the prestigious Cardiff Half-Marathon and ran a personal best time of 69.40, finishing an amazing 21st place out of 11,731 runners and 1st in the M35 age category.

The route was predominately

flat and fast and took the runners past the capital's most iconic landmarks with beautiful scenery and historic buildings, including Cardiff Castle and the Principality Stadium.

Sisters Louise and Kate raced in the Weston-super-Mare Half-Marathon along the stunning Somerset coastline. Louise finished in 1:38:42 in 190th position overall and was first in the W45 age category. Kate finished in 1:53:42 in 501st overall position and was 32nd in the W35 age category.

# April (Part 1)

## Hannah wins Rhodes Marathon

### Harriers also in New York, Manchester & Powderham etc.

Wednesday,  
April 6, 2022

**EAST DEVON 37**

#### Athletics



Liz Michaelson, Alison White, Jon Mill, Amanda McCann & Steve Morgan at the Power Runs at Powderham

**Six Harriers turned out in the Power Run at the fabulous Powderham Estate in an extremely hilly 5 or 10-mile multi-terrain race. Steve Morgan was in great form again in the 5-mile race, finishing in a superb 9th place overall and 1st in the Men's 65 age category in a time of 40.23.**

In the 10-miler, Jon Mill was the first Harrier to finish in 15th place in 1.17.12 and he was 3rd in the Men's 45 age category. Kelly Thomas was 42nd in 1.25.48 and was 2nd in the Women's 45 age category with Amanda McCann not far behind in 69th position in 1.36.12 and 5th in Women's 45 age category. Liz Michaelson was 8th in 1.39.41 and was 4th in the Women's 55 age category with Alison White 104th in 1.45.35 and 1st in the Women's 65 age category.

Tom Merson continued his recent excellent form by winning the Taunton Half-Marathon in an amazing time of 1.07.06, over 90 seconds ahead of the 2nd place runner.

Chris Murrin & Terry



Jimmy Joy in the Manchester Marathon

McKie ran in the full 26.2 Mile Taunton Marathon, this was Chris' 97th marathon and he was in good form to finish in 60th position, 1st in the Men's 50 age category in 3.54.22. Terry chased Chris and finished in 69th position in 5th in the M50 category in 3.58.49.

Alice Kelly finished 8th in the Exe to Axe race and was 2nd lady to finish in 3.16.00, while Jimmy Joy ran 4.23.13 in the Manchester Marathon and raised over £500 for the Shannon Trust.

Craig Butler raced in the London Landmarks Half-Marathon and was rewarded with a really fast time of 1.27.08. Des White raced in the First Chance 10km at Exeter Quay and was 1st M65 in 44.04.

Tony Hatchard and Hugh Marsden ran in a 10km Fell Race on Dartmoor, with Tony in 7th position and 2nd M40 in 46.25. Hugh finished in 15th position and 1st M60 in 56.53.

Lisa Hatchard competed in the Crediton Aquathon that included a 5km run and was 1st in the W40 age category with an overall time of 38.02.

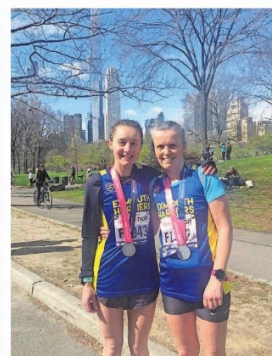


Des White in the First Chance 10km

#### OUTSTANDING SPORT exmouthjournal.co.uk



Left, Hannah Bown with her trophy, medals and certificate from the Rhodes Marathon. Right, Alice and Nicola in Central Park, New York, where they took part in a half-marathon.



## Harriers in action in Rhodes, New York and also closer to home

**April started with Exmouth Harrier Bob Keast running in the Shropshire Way 80k, a tough 50 miles with a total ascent of 2,570 metres.**

Five Harriers (Hannah Bown, Jos Jones, Des White, Jenny Reay & Alison White) raced in the first of six races in the Run Exe 5km Summer series at Exwick.

Hannah was 59th in 20.44, Jos 60th in 21.58, Des 71st in 22.21, Jenny 74th with 23.06, and Alison 97th in a time of 26.22.

#### Athletics

Hannah Bown raced for the second time in five days when she competed in the Rhodes Marathon.

The race started in the centre of the medieval city of Rhodes in Eleftherias Square.

Hannah ran really strongly throughout the 26.2 miles and finished in a superb ninth position overall. She was also the first lady finisher in 3.23.

Hannah said after the race: "This was my first marathon abroad. I'm really pleased with my run today, especially in the heat."

May Argyle raced in the Brighton Marathon and did really well to finish in 4.33.41 in 4,891st position (1,560th lady) after suffering a recurrence of a calf injury at seven miles.

Elsewhere, Jenny Reay competed in the Exeter Tough Runner Sprint Duathlon. The event consisted of a 5km run, a 20km cycle and another 5km run through the picturesque surroundings of the Escot Estate in Ottery St Mary.

Jenny's times were 24.43, 49.14 and 26.27 for a total of 1.43.14. She finished in 70th position and she was first in the W60 age category.

Travelling slightly further afield, Alice, Nicola and Sam Kelly, and Jon Mill raced in New York on Sunday, April 10.

Alice and Nicola ran in the SHAPE = Health Women's Half-Marathon in Central Park, running the 13.1 miles around the undulating park together to finish in 2.03.58.

Last but certainly not least, Sam and Jon raced in the Queens Half-Marathon in New York. The race was on a traffic-free course within Flushing Meadows Park.

Sam ran a fantastic race, finishing in second position overall in a personal best time of 1.13.52. Jon finished in 24th position and was third in the M40-49 age category in one of his quickest times in 1.32.50.



Jon Mill and Sam Kelly, pictured at the Queens Half-Marathon in New York

# April (Part 2)

## Kelly & Sue sparkle in the iconic Boston Marathon and Tom wins Fast Friday 10km

### OUTSTANDING SPORT exmouthjournal.co.uk



Harriers Fast Friday Racers - Steve, Emma, Rob, Craig, Tom, Cathy, Nathan, Des and James Picture: EXMOUTH HARRIERS

## Fabulous performances from Harriers at the Fast Friday 10km race

### Athletics

TIM HERBERT  
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**Exmouth Harriers have enjoyed a superb start to the 2022 racing season and it continued over Easter with some top results in the Fast Friday event.**

Tom Merson left work at 8am on Good Friday and was in his racing gear by 8am warming up at the Exwick Playing Fields in Exeter for the 9.30am start of the City Runs Fast Friday 10km.

Leading from the start, Tom produced another quality performance, winning the race with a dominant time of 31.15. Rob Ellis chased Tom on the first of the two laps but just couldn't quite maintain the fast pace on the second lap, although he still finished third in a superb new personal best time of 32.01.

There were three other personal best times set by the next three Harriers to cross the finishing line with James Kelly placed 14th in 35.05, Nathan Sheehy 21st in 35.38 and Craig Butler 22nd in 35.27.

Even amongst these great performances and times, probably the run of the day was from Cathy Newman, who had celebrated her 60th birthday a few days before the race. Not only did she win the W60-64 age category in an amazing time of 41.23 but Cathy was also 66th overall in the race and she was the third lady to finish. This currently ranks her as the third fastest W60 over 10km in the UK.



Harriers' Tom Merson (1st) & Rob Ellis (3rd) in the Fast Friday 10km



Harriers' Cathy Newman (3rd lady) at Fast Friday 10km Picture: EXMOUTH HARRIERS

There were four further fast finishing times from Des White 43.35, Andy Johnson 44.05, Steve Morgan 47.03 and Emma White 48.30.

All in all, a very successful Good Friday morning for the Exmouth Harriers. Results:  
1st Tom Merson 31.15 1st MS;  
2nd Rob Ellis 32.01 (pb) 2nd MS;  
3rd James Kelly 35.05 (pb) 7th

Men: 31st Nathan Sheehy 36.58 (pb) 2nd M45; 32nd Craig Butler 38.27 (pb) 3rd M50; 96th Cathy Newman 41.23 (3rd Lady) 1st W60 97th Des White 43.55 2nd M65; 88th Andy Johnson 44.05 4th M55 116th Steve Morgan 47.03 2nd M60 120th Emma White 48.30 4th W55. All the signs are pointing to an amazing summer ahead for the Exmouth Harriers.

### Athletics



Kelly Thomas and Susan Hill at the Boston Marathon

**Exmouth Harriers Kelly Thomas and Susan Hill, along with 30,000 runners, started the 126th edition of the Boston Marathon in Hopkinton, Massachusetts on Easter Monday in ideal weather conditions of blue sky and sunshine.**

Boston is one of the most prestigious marathons in the world. It was first staged in April 1897 and to run in it you have to run a qualifying time. It is also part of the World Marathon Majors that

includes London, New York, Chicago, Tokyo and Berlin with a special medal presented to runners who complete all six races.

Both Kelly and Susan ran strongly throughout the undulating 26.2 miles from Hopkinton into downtown Boston.

Kelly finished in a marvellous 3.49.11 and Susan in a superb 3.54.51.

Kelly has now run all six of the World Major Marathons and now has the special medal. Susan is hoping to complete the set in the next couple of years.

## April (Part 3)

### Another victory for Sam at Sid Valley Ring 1/2M

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OUTSTANDING SPORT



Sam Kelly

Picture: EXMOUTH HARRIERS

# Exmouth Harriers take on the tough Sid Valley Ring Half Marathon

## Athletics

DES WHITE

**Two Exmouth Harriers tackled the tough Sid Valley Ring Half Marathon on Saturday - and came back with some excellent results.**

Sam Kelly and Rachel Sanders set off from the Sidmouth seafront at 9am and took the hilly multi-terrain circular route of the newly created Sid Valley Ring walking stretch via Sidbury and Salcombe Regis to finish the 13.6 miles back on the seafront at Sidmouth, a run set in stunning local scenery.

Sam continued his recent excellent form to win the race in one hour 28 minutes and 32 seconds, and Rachel finished strongly in 63rd place in 2:47.53.

LM Events put on the Clinic Maer races in Exmouth on Sunday.

The 10km was a road race that took in the seafront and a loop around Littleham and Maer Lane, whereas the half marathon was over a multi-terrain route taking in the Budleigh Cycle Trail and the undulating Jurassic Coast Path from Budleigh back to Exmouth.

Harriers Craig Butler and Nathan Sheehy both finished in second place in the races. Craig completed the 13.1-mile half marathon in 1:42.55 and Nathan finished the 10km in 36.46.

James Storey was eighth in the half marathon in 1:55.27 and Des White was 12th in 48.30 in the 10km.

Steve Morgan travelled east along the south coast and ran in



Nathan Sheehy & Craig Butler

Picture: EXMOUTH HARRIERS

the Southampton 10km finishing in 47.26 and was second M65.

The Devonshire Dumpling 32km and 52km events were also on Sunday.

The challenges are either a beautiful 32km route with 1,175m of ascent from Budleigh Salterton to Peak Hill on the SW Coast path and then inland to Harpford, Otterton, East Budleigh and back to Budleigh Salterton Town Hall.

Or a really challenging 52km route

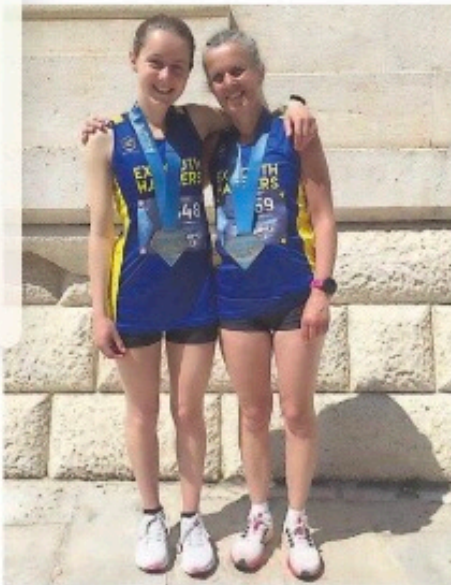
with 2,165m of ascent from Budleigh Salterton to Littlecombe Shoot on the SW Coast path and then inland to Street, Sidbury, Harpford, Otterton, East Budleigh and back to Budleigh Salterton Town Hall.

Amanda McCann and Terry McKie completed the 52km, whilst Lisa Hatchard, Dawn Teed, Alice and Nicola Kelly finished the 32km. A great racing week for Exmouth Harriers.

# May (Part 1)

Variety is the “name of the game”

## OUTSTANDING SPORT exmouthjournal.co.uk



Alice and Nicola Kelly at the Dubrovnik Half-Marathon



Ultra runner James Kelly after completing 35.5 miles

# Exmouth Harrier Cathy setting new records in 'run of the weekend'

**Compared with recent weekends, it was a relatively low-key weekend of running for Exmouth Harriers to begin May, but there were still some great times, especially from Cathy Newman.**

James Kelly kicked off the club's running at Offwell Village Hall in the East Devon 1/2 Round Ultra Trail Marathon at 5.30am. After completing 35.5 miles via Axminster, Lyme Regis and Seaton with over 5,000 feet of elevation gain, James finished at Blackbury Camp (north west of Seaton) in 5 hours 53 minutes.

A further 33 Harriers started in eight different parkruns around the UK with 25 of them running in the Exmouth event and nine volunteering for roles at Exmouth, including marshalling, time recording and results compilation, as it is only the work of volunteers that makes the parkrun possible.

### Athletics

**DES WHITE**

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It was a perfect day for running 5km and a number of Harriers set personal best times but, once again, Cathy Newman's performance was the 'run of the weekend', finishing in 20th position overall in a new Exmouth W60 record time of 19.17, giving her an age-graded percentage of 99.22%.

Cathy now leads the 2022 UK W60 parkrun rankings and is only 13 seconds off being the fastest all-time UK W60 parkrunner – a magnificent achievement.

Mum Nicola and daughter Alice Kelly ran together to complete the Dubrovnik Half-Marathon in

2.08.19.

The route took the runners along the historic main street 'Stradun' in the heart of Dubrovnik old town before they then explored the scenic Croatian waterfront, finishing this most picturesque of races back on the 'Stradun'.

Three Harriers travelled to take part in a new 10km race in Uplowman, near Tiverton.

The route was a single 10k road loop with approximately 100m elevation on a mix of fast roads and rolling Devon lanes, passing through the fabulous little hamlet of Craze Lowman.

Nathan Sheehy was first Harrier to finish in third position overall and in a new personal best time of 36.28.

Jenny Reay was next to finish in 38th position in 46.42 and Jimmy Joy took 59th position in a time of 51.15.

# EXMOUTH

Wednesday  
May 18, 2022 **SPORT**

Published in Exeter and printed by  
Gordon & Breach, Exeter, Devon, UK  
ISSN 0950-4230 Registered Office: Exmouth  
Exmouth, Devon, UK. Tel: 01392 819171  
www.exmouthjournal.co.uk

## Chris on the brink of 'Marathon 100 Club'

**Athletics**

**TIM HERBERT**  
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**Chris Murrin ran his 98th Marathon in the Plymtrail Marathon and he was joined by Terry McKie.**

Chris now has two more marathons in the next five weeks with the Morton Marathon in Dorset and his 100th at the Dartmoor Discovery on June 11. Harriers will be out in force to support Chris when he joins the '100 Club'.

Twenty Harriers raced in the Ottery 10km over one undulating lap on the country lanes around Ottery St Mary. The race was also the second in the 2022 Exmouth Harriers Challenge and the sixth race in the Instep Devon Championship.



Harriers out in force at the Ottery 10km

Picture: EXMOUTH HARRIERS

Results: 3rd James Kelly 36.11; 4th Nathan Sheehy 36.30 1st M40; 5th Oli White; 36.44; 7th Tony Hatchard 37.14; 17th Tom Packer 39.36; 20th Craig Butler 40.01 1st M50; 26th Josh Sale 41.01; 31st Jon

Mill 42.50; 43rd Des White 44.36 1st M60; 51st James Sterling 45.46; 52nd Jenny Reay 46.15 1st W55+; 62nd Jimmy Joy 47.16; 78th Emma White 48.58; 82nd Bob Minting 49.28; 130th Katie Moore

54.23; 139th Alison White 55.03; 140th Amy Tew 55.09; 155th Kay Douglas 55.28; 165th Hayley Johns 57.54; 243rd Ray Lewis 67.07  
Cathy Newman continued her marvellous racing form in the

Bideford 10km that started and finished close to Bideford AC's clubhouse. The route had magnificent views of the Taw and Torridge estuary and Cathy finished first W60 in 40.49.

Four Harriers donned their England Masters Kit last weekend, when they raced in the Celtic Challenge within the Chester 1/2 Marathon. News from Tom Merson, Oli White, Des White and Alison White will be featured next week.

In the Run Exe 5km (second race in the six race 2022 Summer series), there was great running from the eight Harriers at Exwick Playing Fields and the River Exe.

The results were as follows:  
10th Oli White 17.10 1st M35; 26th Craig Butler 18.45 3rd M50; 36th Cathy Newman 19.26 1st W60; 45th Hannah Bown 20.24 2nd W40; 54th Andy Johnson 21.39 2nd M55; 55th Des White 22.04 2nd M65; 57th Jenny Reay 22.16 3rd W60; 82nd Alison White 26.24 1st W55.

## OUTSTANDING SPORT [exmouthjournal.co.uk](http://exmouthjournal.co.uk)



From left, David Middlehurst, Emma White, Hannah Bown, Steve Morgan, Rachel Sanders and Liz Michaelson, pictured before the start of the Great West Run (GWR).  
Picture Exmouth Harriers

# Exmouth Harriers shine in parkruns, home and away, and at the GWR

**A total of 28 Exmouth Harriers ran in various parkruns last Saturday, May 21, with Dawn Teed travelling the furthest (over 11,900 miles from Exmouth), when she ran in the Fosters parkrun in Christchurch, New Zealand, in a marvellous time of 27.55.**

There was some superb running from 11 Exmouth Harriers in Exeter's Great West Run on Sunday, May 22.

Over 2,800 runners completed the exciting 13.1 mile route through the heart of Exeter that started at the Exeter Arena, passed through the city centre, followed by pretty country lanes and stunning views across Exeter, before finishing on the stadium track back at the Exeter Arena.

Following on from his success in

**Athletics**

the England Masters Half-Marathon in Chester on May 15, Tom Merson continued his recent blistering racing form by winning the GWR for the seventh time (out of his 13 starts since 2006).

It was a very warm day and the 13.1 miles were run over a testing undulating course that challenged the runners throughout, and especially with a particularly difficult final 5km, which proved a test of legs, lungs and mind.

Despite the difficult conditions, Tom won by over a minute in a time of 68.13, which was his second fastest in his 14 finishes in the GWR.

Tom had great support from the ten Harriers within the race and from friends and family along the

13.1 mile route – it was another superb performance in the famous blue jersey.

A number of Harriers were competing in their first Great West Run with some of them racing in a half-marathon for the first time and they all produced fantastic results and thoroughly enjoyed the event.

**GWR Results: 1st Tom Merson 1.08.13 1st M35; 82nd Chris Dupain 1.29.43 26th M35; 111th Hannah Bown 1.33.32 3rd W36; 276th Andy Johnson 1.43.30 17th M55; 279th David Middlehurst 1.43.38 95th SM; 288th James Storey 1.44.01 98th SM; 410th Steve Morgan 1.48.41 3rd M65; 446th Emma White 1.49.48 23rd W35; 458th Rachel Sanders 1.50.19 30th SW; 679th Jim Comer 1.57.01 176th M35; 777th Liz Michaelson 1.59.13 9th W55.**

# June (Part 1)

## More Harriers globe-trotting in Wales & Dubai

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Nick Ramm and Jim Comer, with fellow runners at the finish of the Brecon Beacons Ultra Trail Running Challenge.

### Exmouth Harriers hit the hills, including a tough South Wales classic

The majority of Exmouth Harriers this week were either recovering from a number of recent challenging races during May or preparing for some forthcoming events, such as the tough 32-mile Dartmoor Discovery on June 11 and the Woodland Relays at Escot on June 15.

But that didn't stop 30 of them running in seven parkruns in the UK and New Zealand or four of them tackling a couple of demanding off-road events on Dartmoor and the Brecon Beacons.

Anthony Hatchard and Hugh Marsden ran in the Jubilee Fell Race at Peter Tavy near Tavistock on Saturday, May 28.

The 10km race was the second in the 2022 Dartmoor Fell Race Series.

On a very hot afternoon, the runners set off from Peter Tavy

#### Athletics

DES WHITE

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and climbed up to Cox Tor (443m) for some magnificent views, followed by a steep descent and a climb to the Langstone and beyond towards White Tor (460m), eventually dropping back on a very fast 3km to the finish in Peter Tavy.

Anthony and Hugh thoroughly enjoyed the race and both performed really well. They are now looking forward to the third race in the 10 Race Series, the Burrator Horseshoe on Saturday, June 18.

Results: 8th Anthony Hatchard 47.56 (2nd M40) and 20th Hugh

Marsden 57.43 (1st M50).

Meanwhile, Nick Ramm and Jim Comer ran in the Brecon Beacons Ultra Trail Running Challenge (52km with over 6,600 feet of elevation) on Sunday, May 29.

The event was based at Gilestone Farm in Talyboon-on-Usk (15 miles west of Abergweny) and is one of the most popular and scenic events on the trail running calendar in Wales.

The ultra route took the 'Taff Trail' and included running alongside the picturesque Talyboon reservoir and forestry, as well as taking in Pen y Fan, the highest peak in South Wales at 2,907 feet and Cribyn 2,688 feet.

Nick and Jim started at 7.30am and finished in 10 hours 44 minutes and they were still smiling at the end.

They said it was the hardest event they had tackled but loved it.



Nick Ramm on Pen y Fan.



Jim Comer, taking a well earned rest.



Hugh Marsden with his M50 Trophy

exmouthjournal.co.uk **OUTSTANDING SPORT**



Piers Benton, left, with the Dubai skyline behind after a 10k race

### Exmouth Harrier Piers raced through the shining lights of Dubai

Exmouth Harrier Piers Benton is currently working in the United Arab Emirates and has recently enjoyed racing in a couple of 10km races in Dubai.

The first was a night run on Tuesday, May 17 with views of an unbelievable lit-up skyline of Sheikh Zayed Road and Business Bay, with the Burj Khalifa as the centre piece. It was an incredible sight and great inspiration for the runners.

The second race was the Dubai Harbour night run on Friday, May 27, running past the waterfront, superyachts and local dhows, a flat course with only 167ft elevation.

Not anticipating competing for a podium place due to the heat and humidity (29 degrees) and with his Harriers vest completely dripping with sweat throughout, Piers did much better than expected in both races.

Results: Dubai 10km - 4th overall 36:27 (1st M19-29); Dubai Harbour 10km - 2nd overall in 38:50.

Meanwhile, closer to home on Friday, June 3, Chris Murrin ran in his 99th marathon at the Moreton Marathon near Dorchester.

It was a very hot day, so Chris decided to take it relatively easy over the tough two lap off-road course on a private estate.

#### Athletics

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There were various terrains to navigate, including tracks, fields, sandy paths and woodland areas plus a few river crossings and some heathland. After suffering from heatstroke at 24 miles, Chris managed to recover for the final 2.2 miles and he finished in a very creditable 4:53.20.

Chris is now resting and preparing for his 100th marathon



Chris Murrin has completed his 99th marathon and is now eyeing up No. 100

in the 32-mile Dartmoor Discovery (starting and finishing at Princetown) on Saturday, June 11, where he will be joined by a number of fellow Exmouth Harriers.

Exmouth Harriers wish Chris all the best in his quest to become a Marathon Centurion - go for it Chris!

Not only did Andrew Place race in the sunshine in the Cranbrook Jubilee Celebration 5km at the Country Park on Thursday, June 2 and finish in 20th place in 22:06, but he also ran with his partner Saeie and their daughter in the 1.5 mile Family Fun Run 30 minutes before the 5km.



Andrew Place and family after the Fun Run at the Cranbrook Jubilee event



Harriers Magnificent 7 - Jimmy, Terry, Scott, Chris, Kelly, Hannah & Craig

Picture: EXMOUTH HARRIERS

# Chris joins an elite club of 100 marathons completed

### Athletics

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**Exmouth Harriers "Magnificent 7" took part in the 23rd running of the legendary Dartmoor Discovery race, organised since 1998 by Teignbridge Trotters.**

The Discovery covers 32 miles on the undulating roads of Dartmoor with over 4,000ft of elevation. It is the longest single lap road ultra-marathon in the UK and it takes in some of the toughest hills that Dartmoor has to offer. Starting and finishing in Princetown, the course goes via Dartmeet, Ashburton, Buckland in the Moor, Widecombe and Postbridge.

Four of the Harriers were first-timers in the DD, as it's affectionately known, Hannah Bown was defending her title of First Lady finisher in the 2021 race. Chris Murrin was competing in his 7th Dartmoor Discovery and it was his 100th Marathon.

Chris ran his first marathon in the Dartmoor Vale event in Newton Abbot in 3.33.50 on 21st October 2012. The most marathons Chris has run in one calendar year is 16 during 2016 and his fastest time for the classic 26.2 miles is 3.11.30 in the London Marathon in 2015.

Chris broke his leg in January 2020, then Covid hit, so he didn't do any that year until August and then he still managed to finish seven marathons before the end of the year.



Chris wearing his special tribute t-shirt

Picture: EXMOUTH HARRIERS

Chris dedicated his 100th marathon to Bridget Dohoo, who encouraged him to start running. Sadly, Bridget passed away in 2013 and Chris wore a special "100 t-shirt" in the last half-mile to honour her.

Chris has now joined the 100 Marathon Club - an elite group of runners in the UK.

All seven Harriers finished in great shape to roaring applause from spectators and fellow runners. They all thoroughly enjoyed the event and expressed their thanks to Teignbridge Trotters for the superb organisation of the event and to all the family and friends for the

support around the course.

The results for the Harriers: 27th Hannah Bown 4.48.17 (3rd Lady & 1st W40); 76th Craig Butler 5.33.38 (12th M50); 104th Kelly Thomas 5.52.00 (6th W45); 117th Chris Murrin 5.58.41 (20th M50); 121st Scott Jordan 6.03.25 (18th M45); 143rd Terry McKie 6.17.41 (27th M50); 157th Jimmy Joy 6.36.00 (8th M60)

Eight members from the Exmouth Harriers raced in the Run Exe 5km at Exwick in cold, wet and windy conditions.

This was the third event in the six race summer series and, once again, the Harriers achieved some terrific results, with Oli White

finishing first in his age category and the same for Craig Butler.

Results: 4th Oli White 16.39 (1st M35); 27th Craig Butler 18.45 (1st M50); 52nd Hannah Bown 20.31 (2nd W40); 69th Andy Johnson 21.59 (2nd M55); 70th Jenny Reay 22.11 (2nd W60); 75th Steve Morgan 22.28 (2nd M65); 82nd Des White 23.09 (4th M65); 98th Alison White 26.25 (1st W65).

Ray Lewis competed in the 2022 British Masters Track & Field Championships at Moorways Athletics Stadium, Derby and won a British Masters Gold medal in the M75 900m in 3.56.90 plus he was 4th in the M75 400m in 1.36.61.

The British Masters is a Federation of geographically located clubs covering the whole of Britain & N. Ireland with over 5,000 active athletes from aged 35 upwards. The remit is to encourage, organise and regulate athletics in 5-year age groups for the 'Master Athlete'.

The BMAF promotes many national championships annually including track and field (both indoor and outdoor), road running, race walking and cross country. The area clubs are involved in local leagues and in organising other races suitable for all standards. The BMAF was a leading member country in the formation of World Masters Athletics and later European Masters Athletics.

Becky Matthews was 2nd lady in 5.55.38 in Climb South West's 50km race with over 5,000ft of elevation that started in Lyme Regis and finished on Exmouth Seaford with many severe ascents and descents on the magnificent South West Coast Path.





Exmouth Harriers basking in the sunshine at Escot.

Picture: EXMOUTH HARRIERS

### Trio of Exmouth Harriers to represent the England Masters in Wales Half-Marathon

**Three Exmouth Harriers have been selected to race for England Masters against the Welsh Masters in the Wales Half-Marathon on Sunday, July 3.**

Tom Merson will be racing in the Men's 35 age category team with husband and wife Alison and Des White in the Women's 85 and Men's 85 category. The British Masters Half-Marathon Championships will also be held within the same race so there is also an opportunity for the three Harriers to win a British Masters medal whilst covering the 13.1 miles from Pembroke to Tenby. Tom will be running his third half-marathon in 14 days after winning the Plymouth Half-Marathon in 86:08 on Sunday and being a leading contender for the Torbay Half-Marathon this weekend. Tom will be wearing an England Masters vest for the second time after running in the England Masters Half-Marathon Challenge in Wokingham in May where he was the overall winner in 67:08. He will

**Athletics**  
also be defending his title of British Masters Half-Marathon champion which he won in Caterham in 70:21 in July 2021. Alison and Des will both be running for the fourth time for England Masters, having run in the 2019 Half-Marathon and the 10km Celtic Challenges, plus the England Masters Half-Marathon Challenge in Wokingham. Meanwhile, Jenny Reay and Terry Oldham raced in the tough Umbernoe Ug multi-terrain 10km. The official description of the course is 'mostly multi-terrain with a couple of hills'. Terry said afterwards: "It really should have been classified as a Fell Race as the hills were brutal." Jenny was 38th in 55:51 (1st W80), Terry Oldham 38th in 63:18 (1st M65). The event was superbly organised by Honiton Running Club with over 60 teams of three runners from 15 East Devon running clubs (Axe Valley Runners,

Exmouth Harriers, Honiton RC, Sidmouth Running Club and The Met Office Runners) over a 2.4 hilly multi-terrain course in the lovely Escot Park. A total of 29 Harriers took part in this challenging event and two of the Harriers' teams were the winners in their category - the Senior Women's team of Alice Kelly, Paula Hawkins and Hannah Bown, plus the Women's Over 60 team of Jenny Reay, Alison White and Sue Hill. The third race of 10 in the 2022 Dartmoor Fell Race Series was a six mile moorland run from Meavy out over Dartmoor, via Burrator Reservoir, Sheepstor Dam, Sheepstor summit (368m), Gutter Tor summit (357m), Ringmoor Down and the cooling Meavy river ford. It has a spectacular finish with a nice ford dip and a reception on the village green. Hugh Marsden was first home for the Harriers in 44th position in 51:35 and he was first in the M60 age category. Terry Oldham was next finisher in 90th position in 1:10:49 followed closely by Lorraine

Gilson in 93rd position in 1:13:47 and Dawn Teed in 94th in 1:13:47. Dawn said: "The heavens opened for the start of the race and it was windy too, but it stopped during the race and warmed up. We then had lovely Dartmoor views." Tom Merson once again won the prestigious Plymouth Half-Marathon in 1:08:08. This is the fourth time that Tom has been the first finisher overall in the Plymouth Half, breaking the tape on The Hoe in front of Smeaton's Tower. Andrew Place was running in his first half-marathon for a while after suffering a knee injury earlier in the year and did really well in the circumstances to finish in 1:45:16. A week after completing the 32-mile Dartmoor Discovery, Kelly Thomas ran the 14.5-mile Exeter Green Lantern race in 2:14:29. The route followed the Green Circle clockwise around Exeter, through wooded valleys, meadows, bicycle lanes and the banks of the River Exe.

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Oli White

Picture: EXMOUTH HARRIERS

### Harriers racing on all surfaces, from the road to river and conditions

**Athletics**  
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A few Harriers raced at the Exeter Arena in very hot and humid conditions. Aidan Bown and Steve Morgan ran the one-mile event, finishing in 5:45.02 and 6:48.04 respectively.

Rob Ellis, Oli White and Des White ran in the Devon AA 10,000m Championships. Rob was 2nd overall and 1st M35 (gold Devon AA medal) in 32:32.06, Oli was 6th and 3rd M35 (bronze Devon AA medal) in 36:05.27 with Des 8th and 1st M65 (gold Devon AA medal) in the "B" race in 45:40.46. Hugh Marsden was the only Harrier Summer Solstice Fell Race, just under six miles of running and 37m of height gain over fabulous hills set in the magnificent Merrivale valley. The route took Hugh through ridges, Tors, streams and fords, and he finished an excellent 37th in 48:26 (2nd M60). David Middlehurst raced over a fast, flat 10km route at Burrator Reservoir, Netherton. The course started on the Dam bridge, 1/2 mile from the visitor centre and did one complete loop of the reservoir and then 2/3rds of a second loop before finishing about 300 metres from the visitor centre. David Middlehurst finished 38th in 44:37. Eight Harriers joined 1,000 other



Andy Place Picture: EXMOUTH HARRIERS



David Middlehurst Picture: EXMOUTH HARRIERS

runners in the Ocean Healthcare Turbay 10km and Half-Marathon on Sunday over a traffic-free course between Paignton and Torquay seafronts that gave the runners the chance to enjoy the stunning coastal scenery along the way. The course was very hilly and there was a strong gusting Westerly wind blowing throughout the races, making it particularly challenging on the infamous Gasworks Hill on the way back from Torquay.

**White 55.55 (1st W60), Half results: 2nd Tom Merson 1:11:52 (2nd M30); 7th Oli White 1:18:31 (6th M30); 85th Cat Goncalves 1:37:46 (3rd W20); 97th Des White 1:39:33 (3rd M60); 220th Rachel Sanders 1:52:59 (10th W20); 221st Ben White 1:53:09 (55th M30).**  
■ Lisa Hatchard competed in a multi-event 7km race on the River Dart, swimming for 2.5km from Totnes to Sharpsham followed by a hilly 4.8km run back along the riverside to finish on the quay in Totnes.

**10km results: 44th Andy Place 46:35 (11th M30); 144th Alison**



# EXMOUTH HARRIERS



**Westward League XC Awards in Plymouth**



**Wokingham 1/2M**



**The Grizzly**

**That's it for the 1<sup>st</sup> half of 2022 folks, well done Everyone**

**Look out for the next report with details of the 2<sup>nd</sup> half of 2022**

