

# EXMOUTH HARRIERS

**Detailed Review of the 2<sup>nd</sup> half of 2022  
(July, August, September, October, November & December)**



**Haytor Heller**



**Ironman 70.3 Tri  
in Austria**



**Exeter 10km**



**Totnes 10km**

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

**July (20 races)**

World Masters Track & Field Champs. 5000m  
Welsh 1/2 Marathon inc. BMAF 1/2 Marathon  
Champs.  
Sprint Aquathon Goodrington  
Balmy Bicton 10km  
Run Exe 5km  
World Masters Track & Field Champs. 10km Road Race  
Otter Rail & River 10km  
Ultra Lakeland Trails 100km  
Lundy Island Race  
Cosdon Fell Race  
Yeovilton 5km  
Exeter 10km  
Rat Rosalind Trail Race

**Haytor Heller (8)**

Blackdown Beauty  
Erme Valley Relays  
Land & Sea 5km Exmouth  
Argentrail Des Grands Montent  
Helena Tipping Wrexham 10km  
Postbridge Pootle Fell Race

**Best attended by Harriers Erme Valley Relays (29)**

**August (13 races)**

Run Exe 5km  
**Forest Flyer (4)**  
Sticklepath Horseshoe 10 Mile Fell Race  
Thames Meander Marathon  
Totnes 10km  
Ivybridge 3 Tops Fell Race  
Rye 10km  
Race the Train  
Great Links Fell Race  
Ultra Trail Mont Blanc 15km, 50km & 100km  
Battle of Sedgemoor 10km  
Ironman 70.3 Triathlon in Austria

**Best attended by Harriers Totnes 10km (8)**

**September (16 races)**

City to Sea Marathon  
Bridgwater 1/2 Marathon  
Woodbury Common 10km Trail Race

**Run Exe 5km (10)**

Sourton Fell Race  
Michelmores 5km  
Exmouth Triathlon  
Chippenham 1/2 Marathon  
Honiton Hippo  
Lundy Island Race  
Great Bristol 10km  
Berlin Marathon  
Bradleys Exmouth 10km  
Newton Abbot Ladies 10km  
Salmon Relay River Exe  
City Runs Track 3000m

**Best attended by Harriers Run Exe 5km (10)**

**[Exmouth Harriers 2022 Challenge races in red](#)**

**October (9 races)**

London Marathon  
Cardiff 1/2 Marathon  
Exe Estuary 1/2 Marathon  
Bournemouth 10km  
Westward League Cross Country @ Plymouth  
Royal Parks 1/2 Marathon  
Exmouth Marathon  
Eden Project 1/2 Marathon  
Bath 1/2 Marathon

**Best attended by Harriers West. League XC**

**Plymouth (10)**

**November (11 races)**

Exmouth 5 Miles  
Templer 10 Miles  
Bideford 10 Miles  
Sidmouth 10km  
Haldon Forest 10km  
8 & 5 Trigs  
Remembrance Day Marathon  
**Drogo 10 Miles (9)**  
Starcross Shuffle Marathon  
Westward League Cross Country @ Newquay

**Best attended by Harriers Drogo 10 (9)**

**December (12 races)**

Cockington Christmas Caper  
Salisbury Plain Marathon  
**Westward League Cross Country @ Exeter inc.  
Devon Champs. (16)**  
Extremely Jolly Escot Run  
Telford 10km  
Plymtrail Marathon  
Age UK Exmouth Santa 5km  
Wellington Monument 10km  
Torrington Xmas Caper  
Boxing Day Rotary 2.4 Mile Run  
Reds Exmouth Marathon  
Final Countdown 10km

**Best attended by Harriers WL XC @ Exeter (16)**

**Exmouth Harriers 2022 Challenge races in red**

# July (Part 1)

## World Masters Silver for Cathy & another British Masters win for Tom plus the 1<sup>st</sup> Phear Park Junior parkrun

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



Young runners congregate for the start of the inaugural Phear Park junior parkrun

### Monumental day in Harriers' proud history, both home and abroad

**Sunday, July 3, 2022 will go down in the history of Exmouth Harriers as an exceptional day with a World Masters silver medal, gold and bronze British Masters medals, three Harriers representing England Masters and the launch of the Phear Park junior parkrun.**

It all started at 9am with the inaugural running of the Phear Park junior parkrun in Exmouth. The event is up and running thanks to £4k of funding from Exmouth Town Council, the Norman Family Trust and Exmouth Harriers.

A total of 87 children crossed the finish line in the first week. There were 25 volunteers, many of which were from Exmouth Harriers.

The Phear Park Junior parkrun event will be every Sunday at 9am and is 2.5 laps of the park. It is free, over a 2km course and is specifically for 4-14 year olds. Full details at <https://www.parkrun.org.uk/phaerpark-juniors/>

Cathy Newman travelled to compete in the World Masters Athletics Championships in Tampere, Finland and she won a W60 silver medal in the 5,000m in a fantastic time of 19:59.

Cathy will be hoping for another medal in the W60 10km Road Race on Friday.

Tom Merson raced his fourth half marathon in five weeks in the severely undulating Wales Half Marathon from Pembroke to Tenby in 1.11.04.

Tom also won the BMAF gold medal alongside Alison White, who won a BMAF bronze medal as the Masters Half Marathon Championship was held within the

#### Athletics

TIM HERBERT  
[tim.herbert@archant.co.uk](mailto:tim.herbert@archant.co.uk)

#### Tenby race.

In addition, three Harriers (Tom Merson, plus Alison and Des White) represented England Masters in a one-off Challenge within the race against the Welsh Masters in the Inter Country Challenge and helped England to win the Challenge Cup.

Elsewhere, Lisa Hatchard competed in the Sprint Aquathlon at Goodrington (750m swim, plus a very hilly 6km run) and she was the 1st lady to finish.

Chris Murrin ran his 101st marathon in the Summer Challenge Day2 in Exmouth (on the Budleigh Trail) in 3:48.19 for a great 2nd place finish.

Harriers' Dave Stone & Jenny Reay competed in LM Events Balmy Bickon 10km; Dave finished in fourth place overall in 41.17 and was first M40, while Jenny was ninth in 47.13, and was first W55 veteran.



Alison White, Tom Merson and Des White in Tenby. All three represented England Masters in the Inter Country Challenge

exmouthjournal.co.uk OUTSTANDING SPORT



Some of the Exmouth Harriers who were parkrun volunteers last Saturday morning

### Cathy races to a brilliant silver medal at World Masters in Finland

**Congratulations to Cathy Newman for winning her second World Masters Athletics W60 Silver Medal in the WMA 2022 Championships in Tampere, Finland.**

Following on from her second place in the W60 5,000m, she achieved another fine second in the W60 10km Road Race with an amazing time of 42:26.

Meanwhile, six Harriers raced in the fourth Run Exe 6km of the 2022 six race Summer Series at Exwick on Tuesday.

Oli White took the lead at the start of the second lap of the two-lap race and pulled away from the field to finish with a lead of eight seconds over the second finisher.

Results: 1st Oli White 18.40 1st M55; 35th Hannah Bowen 20.29 2nd W40; 48th Andy Johnson 21.39 4th M55; 49th Jenny Reay 21.45 2nd W60; 64th Des White 23.65 3rd M65; 91st Alison White 27.09 1st W55.

On Saturday, Exmouth Harriers not only filled 25 of the volunteer roles but also had 15 runners take part in the popular parkrun starting and finishing at the Ocean.

Run Director Craig Butler said: "A massive thank you to all who came out to volunteer and run at Exmouth parkrun. It was a beautiful morning and I hope everyone enjoyed the experience."

Four Harriers raced in the popular Otter Rail and River 10km on Saturday. It was a scenic off-road 10km that started and finished on the village playing field in Tipton St John. The race took in the delights

#### Athletics

TIM HERBERT  
[tim.herbert@archant.co.uk](mailto:tim.herbert@archant.co.uk)

#### of the Otter Valley.

Results: 5th Dave Stone 43mins 15secs (1st M50); 25th Andy Johnson 47.47 (second M50); 49th Kelly Thomas 51.40 (1st W45); 85th Amy Tew 59.28.

Terry McKie had waited

three years to enter the iconic Ultra Lakeland Trails 100km event in Cumbria. After such a long wait, he was keen to get started so he was ready on the start line at midnight on Saturday.

Unfortunately, due to a shin injury, he picked up days before from hiking, he had to pull out at 78k at Checkpoint 6. The organisers of the event were very good to Terry and, as he had covered so much of the course, they gave him a medal from the 55km event.



Amy Tew, Dave Stone and Kelly Thomas, who took part in the Otter Rail and River 10km race in the colours of Exmouth Harriers



# July (Part 2)

## A great pb for Rob and a tumble in the Alps for James

exmouthjournal.co.uk **OUTSTANDING SPORT**



From left: Susan Hill, Amanda McCann, Lorraine Gilson, Terry Oldham, Amy Tew and Kay Douglas at the Blackdown Beauty run

### Ellis sets personal best and celebrates a victory as Harriers soak up sun

**Rob Ellis was one of the busiest Exmouth Harriers recently when he raced and excelled in two races within four days including setting a new personal best of 15.11 at the Yeovilton 5km and then winning the tough multi-terrain 6-mile Haytor Heller in 40.47.**

Meanwhile, on a superb day for running, three Harriers took the trip on the MS Oldenburg ferry from Ilfracombe to compete in the 13.5-mile multi-terrain event that completed two laps of the Granite Island, just off the coast of North Devon.

Results were as follows:  
70th Susan Hill 2:46.42 (1st W50);  
71st Katie Moore 2:47.58;  
97th Amanda McCann 3:04.09.  
The Coston Run was the fifth race of 10 in the 2022 Dartmoor Fell Race series and Harrier Hugh Marsden is leading the M60 age category. Results: 20th Hugh Marsden 41:07 (1st M60);  
45th Dawn Teed 61:25 (2nd W50).  
Josh Sale was Harriers only representative in the Exeter 10km but he ran one of his fastest 10km times to finish in 35th place in 40:42.  
Sam Kelly took on the challenging 32-mile Rat Roseland Trail Race (including over 6,000 feet of elevation gain) along the stunning South Cornwall Coastal Path and finished in first place overall.  
Harriers had a great turn-out in the popular Haytor Heller moorland race that started below Haytor Rock and followed a hilly,

#### Athletics

single lap route before returning once again to Haytor Rock with a fast downhill sprint to the finish. Results: 1st Rob Ellis 40.47 (1st M55); 18th Anthony Hatchard 48.46 (5th M45); 23rd Alice Kelly 49.47 (2nd Lady); 49th Hugh Marsden 56.52 (2nd M60); 57th David Snook 58.39 (6th M35); 99th Scott Jordan 64.36 (13th M50); 147th Nicola Kelly 71.18 (5th W55); 198th Dawn Teed 79.35 (9th W55).

Exmouth Harriers won the overall men's team prize with Rob, Anthony, Hugh & David the scoring team members. Six Harriers took part in the Blackdown Beauty social run over the wonderful countryside of the Blackdown Hills. It was a self-navigating event but with a twist – a delicious cream tea at Peartree Cottage. Well done Terry Oldham, Lorraine Gilson, Amanda McCann, Susan Hill, Amy Tew and Kay Douglas.



Amanda McCann, Susan Hill and Katie Moore on Lundy Island after competing in a 13.5-mile multi-terrain event  
Pictures: EXMOUTH HARRIERS

**OUTSTANDING SPORT** exmouthjournal.co.uk



Exmouth Harriers ready for the start of the Erme Valley Relays at Ivybridge

Picture: EXMOUTH HARRIERS

### Exmouth Harrier takes a tumble in the French Alps but still finishes

**Last Sunday, July 24, James Kelly lined up with 221 other trail runners to tackle the 27km Argentrail Trail Des Grands Montets.**

Runners travel through the French alpine villages of Argentière and Le Lavancher across the mountain pastures of the Pendant. This stunning race provided an unobstructed view of the magnificent Mont-Blanc before turning back to finish in Argentière. Overall, the race had over 5,200 feet of elevation gain. Unfortunately, James took a tumble and suffered bruised ribs & plenty of scrapes to his elbows and knees, but he picked himself up and managed to finish in 58th position in an incredible time of 3:25:50.

Meanwhile, the Exmouth Harriers travelled to Ivybridge to take part in the Erme Valley Relays, teams of four running legs of approx. 2.5 miles on a very undulating course on the southern edge of Dartmoor.

The women's teams took the honours when the results were announced with the following awards: 2nd Women's team, 1st W55 team and 1st W55 team.

On Friday, Tim Chappell raced along with 96 other runners in Greenhow's innovative Land & Sand 5km on Exmouth Seaford starting and finishing at Orcombe Point.

Tim finished in 22nd place in 25:58 and he said afterwards: "It was very hard work running on the dry soft sand until we could get to the water's edge. It was a well organised event and I'm

#### Athletics

**DES WHITE**  
tim.helvet@schant.co.uk

looking forward to racing it again in 2023".

Steve Morgan raced in the Helena Tipping Wrexham 10k. The race was a qualifying event for those hoping to win an England Masters vest to race for England in the Chester 10km in March.

#### 2023.

Steve finished in 47:12 and was 9th W45, so just missed out on a qualifying place but he is keen to try again as there are more qualifying races later in 2022 in Leeds & Telford.

After the race, Steve said: "It was a fantastic experience, rubbing shoulders with some of the best runners in the country."

To find out more about the Exmouth Harriers, including membership options, please visit <https://exmouthharriers.co.uk/>



James Kelly, before the 27km alpine race in the French Alps



# August (Part 1)

## Harriers enjoying racing in the sunshine

Wednesday,  
August 3, 2022

## EAST DEVON 37

### Athletics



Rob Ellis at the Albert parkrun in Melbourne, Australia

#### On the final Saturday in July a total of 29 Exmouth Harriers ran in various parkruns, mainly within the UK.

Rob Ellis was the exception as he travelled 10,651 miles to the Albert Parkrun in Melbourne, Australia. Not deterred by the long flight, Rob did the club proud by finishing in second place out of 371 finishers in a superb time of 16.21.

Like all parkruns, the Melbourne event is organised by volunteers and this Australian edition of a global running phenomenon has hosted 490 events, with an amazing 29,154 finishers.

The average finish time for the Melbourne run is 28:50, so Rob was well below that figure but a little shy of the male record for this course, an awesome 14.39 set on Christmas Day in 2018, when it was probably very hot down under.

On Wednesday, July 27, four Exmouth Harriers ran in the Postbridge Pootle, which was the seventh race of 10 in the 2022 Dartmoor Fell Race series.

The 10km race started

and finished at the clapper bridge in Postbridge taking in forest tracks and broken ground via Braddon Lake to Braddon Tor.

The runners then climbed over Lower White Tor and Higher White Tor before tackling the steepest climb of 502m to Longaford Tor.

Competitors were rewarded with a long run into the finish via the historic Powder Mills Farm and Bellever Woods.

Hugh Marsden was 29th out of the 98 finishers in 55.59 and finished third in the M60 age category.

Terry Oldham (11th M60) was 72nd in 72.42, Lorraine Gilson (3rd W60) and Dawn Teed (10th W50) crossed the finish line together in equal 80th place in 76.11.

After the results from the seven races in the series had been collated, Hugh is lying first and Terry is 11th in the M60 category.

Dawn is third in the W50 category with Lorraine currently fourth in the W60 category.

A brilliant display so far from the Exmouth Harriers and just three more races to go in the series.

## OUTSTANDING SPORT

exmouthjournal.co.uk



Exmouth Harriers' Andy, Des, Kelly, Cathy, Tom, Scott, Dawn and Alison waiting for the start of the Totnes race

## Tom takes two victories in the space of two days in Harriers colours

### Athletics

On a hot and humid evening, three Exmouth Harriers raced in the penultimate 5km race in City Runs 2022 Summer Series at Exwick, with Oli White second M35, Andy Johnson first M55 and Des White second M65.

After five races in the 2022 series Hannah Kown is the second W40, Alison White is first W65, Oli White is the leading M35, Andy Johnson is the leading M55 and Des White is second M65.

Meanwhile, four Harriers raced in Dawlish Coasters' tough five-mile off-road Forest Flyer race in Haldon Forest.

Despite the superb views across the Exe Estuary to Exmouth, the race has a severe 'kick in the tail', a final mile that climbs 400 feet to the finish line at the Forestry Commission Visitor Centre.

Tom Merson and Oli White were always in contention for the podium positions with Tom pushing ahead in the second half of the race to take the top position, Oli finished third.

Elsewhere, Sam Kelly raced in a 10-mile fell race starting in Sticklepath on the northern edge of Dartmoor taking in Belstone Tor (1,572ft), Knatterborough Tor (1,467ft), Oke Tor (1,335ft), Little Hound Tor (1,640ft) and Cosdon Beacon (1,804ft) before a very steep descent back to the finish at Sticklepath.

Great running from Sam saw him take victory in 70.22.

Chris Murrin finished his 102nd

marathon over two laps of 13.1 miles in 4 hours 2 minutes and 28 seconds on a course that started at Petersham Sea Cadets HQ and followed the Thames Path towards Richmond town centre, past Kew Gardens and all the way along to Barnes before turning back to Petersham.

Nine Harriers started the undulating multi-terrain Totnes race that was extended to 11 km for 2022 due to riverbank erosion problems along the River Dart.

Only eight finished, as, unfortunately Alison White had to drop out just before the second mile with breathing problems in the heat and with all the dust on the trails.

Two-time winner and course record holder Tom Merson was first overall (this was Tom's second local victory within 40 hours).

Cathy Newman was third Woman and first W60, with Kelly Thomas the leading W45.



Andy Johnson, Oli White and Des White at the Run Exe 5km



# Exmouth Harriers Jimmy enjoys age group success at Rye 10k

## Athletics

**Exmouth Harriers enjoyed a relatively quiet week after a busy spell of racing in the recent heatwave.**

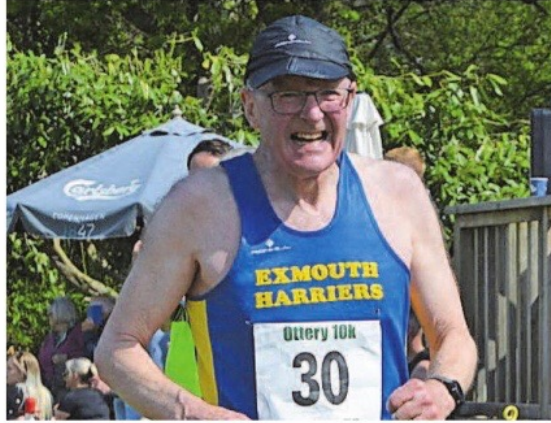
But Jimmy Joy was in action once again as he travelled along the south coast to compete in the Rye 10k in Kent last Friday.

The event took place within the stunning Rye Harbour Nature Reserve, one of Britain's most important conservation sites, and was a chance to see the rare coastal landscape. The route was on a traffic-free circuit on the main concrete road through the reserve, covering a mosaic of interlocking shingle ridges, saltmarsh, inter-tidal grazing, reed beds and saline lagoons.

And Jimmy Joy was really pleased to finish in 41st place overall in a time of 49mins 12secs, which was good enough to see him claim third in the M60 age category.

Meanwhile, a total of 33 Harriers took part in parkrun events in the UK and further afield in Australia on Saturday.

And it was Rob Ellis, in action



Exmouth Harriers' Jimmy Joy, who was in action at the Rye 10k in Kent

Down Under, who proved the quickest of the lot as he finished in first place at the Airlie Beach parkrun in Queensland in 16.57.

Eight Harriers volunteered at the Exmouth parkrun, taking on duties such as timekeeping, results co-ordinating and course

marshalling. Joshua Benford claimed first place in 16.51 ahead of Alex Peyton-Jones (17.17) and Steven Hill (17.19).

Jo Pavey (17.37) was first home for Harriers, with little distance between David Tomlin (18.06), Chris Dupain (18.08) and James

Kelly (18.14). Hannah Bown (19.48) pipped clubmate Lee Salter (19.52), with Scott Jamieson (20.25), Catherine Newman (20.53), Benjamin White (21.04), Darren Powell (21.35), Adrian Vanstone (21.45), Steve Morgan (21.50), Mike Musgrove (21.50), Andrew Place (21.55) and Oliver White (21.58) inside the top 70.

Paula Hawkins (23.49), Lisa Boyd (26.07), Hayley Johns (27.47), Nigel Dupain (30.01), May Argyle-Lander (30.15), Tom Handley (33.32), Jill Duplain (39.21) and John Goss-Custard (39.59) also ran.

Another eight Harriers were back out on volunteering duties at the Phear Park junior parkrun on Sunday.

It is a relatively new event which only started on July 3 but is now becoming an established local favourite with an average of 71 youngsters aged four to 14 tackling the 2k course.

Ellis Bown was first past the post at the weekend in 8.20, as Eliza Turner (9.03) ran a personal best for second and Isaac Stock (9.30) completed the top three.

For more details visit parkrun.org.uk/phearpark-juniors.



Exmouth Harriers' Hugh Marsden, Hayley Johns and Nicola Kelly are tackling various challenges



PICTURES: EXMOUTH HARRIERS

## Exmouth Harriers take on testing challenges at home and abroad

### Athletics

**LEE POWER**  
lee.power@exharr.co.uk

**Exmouth Harriers have been testing themselves in some classic and unique races this month.**

Hugh Marsden and Dawn Teed ran in the Ivybridge 3 Tops Fell 10k race, which included 450 metres of climb with stunning views over the South Hames.

It was the eighth race in a series of 10 in the Dartmoor Fell Race Series and the resurrection of an old classic race by Erme Valley Harriers.

And Marsden came home in 23rd place overall, as third M60, in 1:02.57 as Teed placed 61st overall and fifth W60 in 1:31.10.

Marsden then travelled 220 miles to Tywyn in North Wales to tackle one of the UK's most unique events at the Race the Train.

The 14-mile multi-terrain race takes place alongside the route taken by the Talyllyn Railway - as far as is practical - on its journey to Aberystwyth and back, using a mixture of public roads, lanes,



Exmouth Harriers James Kelly and Sam Kelly are set to compete in a 100k race that starts in Italy and finishes in France



PICTURES: EXMOUTH HARRIERS

unmetalled roads, tracks, agricultural land and rough grazing pastures! The terrain varies all the time and can be very wet and muddy in places, as the route also ascends and descends quite steep terrain.

This year's race was the 37th running of the event but Marsden, who had beaten the train in the 14-mile Rotary Challenge, could not manage it this time after disruptions to his training programme.

But he still finished as fifth M60 in 130th place overall in 2:04.07.

Four Harriers will be travelling further afield to take on three extreme multi-terrain races in the Ultra Trail Mount Blanc Series this week.

Each year almost 10,000 trail runners meet in Chamonix to participate in one of the event's seven races, with Hayley Johns running in the ETC, a 15k race with 1,300m of elevation in the heart of the Italian Alps.

Starting in Courmayeur in the Pays du Mont Blanc, it has a challenging 750m ascent for breathtaking views of Mont Blanc, before its runners then continue on to complete a loop back to finish in the iconic town.

Nicola Kelly is set to run in the 55k OCC race with over 3,500m of elevation that starts in Orsières, Switzerland and finishes in Chamonix.

And James and Sam Kelly will run in the 100k main UTMB race with over 6,000m elevation, which starts in Courmayeur, Italy and finishes in Chamonix. France and covers a mountainous route of amazing ascents and descents.

"Exmouth Harriers wish Hayley, Nicola, James and Sam all the very best in their forthcoming challenge quest," said a club spokesperson.



# August (Part 3)

## Harriers in action World-wide

exmouthjournal.co.uk **OUTSTANDING SPORT**



James and Sam Kelly at the start of the mountainous 100km CCC race

Picture: EXMOUTH HARRIERS

## Harriers in action in Devon, Somerset, Italy, France and Austria

### Athletics

**Dawn Teed and Hugh Marsden ran in the penultimate race in the 10 race 2022 Dartmoor Fell Race series, the Great Links Tor Flyer Fell Race (9.5km with 375m elevation gain) at Lydford. Hugh was 34th (third M60) in 48.57, Dawn was 75th (fifth W50) in 67.32.**

The final race in the series is due to take place at the Sourton Tor Fell Race on September 7. After nine races, Hugh is first M60 and Dawn is third W50 in the series.

Meanwhile, Hayley Johns was the first of four Harriers to run in the 2022 Ultra Trail Mount Blanc series.

The UTMB is a trail-running event that attracts trail-runners from all over the world to run around Mount-Blanc. Each year almost 10,000 runners meet in Chamonix, France to compete.

Hayley ran in the ETC race in Courmayeur, Italy on Tuesday and finished the 15km with 1,462m of elevation gain in 3.36.28 in 552nd position.

Nicola Kelly ran in the OCC race on Thursday in Courmayeur, finishing the 50km with 3,500m of elevation gain in 12.59.25 in 1,061st position.

James and Sam Kelly ran in the 100km CCC race with 6,000m of elevation gain on Friday. The race started in Courmayeur and finished in Chamonix covering a truly mountainous course full of amazing ascents and punishing



Spectacular views of the UTMB trailing running races

descents. They ran and finished together in equal 365th position in 16hrs 33mins 55secs.

Elsewhere, Tom Merson took first place in 31.31 in the Battle of Sedgemoor 10k in Langport, Somerset. It wasn't as fast as previous years but Tom still managed to win by 59 seconds from second-placed Michael Parrott.

Ben White travelled a bit further

and competed in the Ironman 70.3 Zell am See-Kaprun Triathlon in Austria. Ben completed the 1.2 mile swim in the beautiful Zeller See lake in 37.49. He completed the 56-mile bike stage over steep climbs and fast descents in 2.52.30 and finally the 13.1-mile run in 2.00.01 to give a total time of 5.50.33.

This saw him finish in 142nd place in his 35-39 age group.



# Harriers enjoy challenges

Another busy week of racing for Exmouth club

IT has been another busy week of racing for the Exmouth Harriers and some seriously challenging courses, including a City to Sea Marathon in Devon, the Bridgwater Half Marathon and the picturesque Woodbury Common Trail Run.

Simon Minting returned to racing after a short break and was really pleased with his 3:57.53 finishing time in the City to Sea Marathon, which is a challenging 26.60 mile run from Exeter Riverside to Torquay.



Dave Tomlin after the finish

The first 20 miles were mainly flat but, as the course left Shaldon on the South West Coast Path, things got challenging with a number of steep climbs before reaching the finish on Babbecombe Downs overlooking Lyme Bay and Exmouth seafront on the horizon.

It is a stunning course that takes in many of the wonders of Devon and, despite the testing conclusion, the reward is to enjoy a drink and look back over the Bay for one of the best views possible.

Oli White and Hannah Bown travelled to Bridgwater on Sunday as they were both looking for a fast flat Half Marathon race in their build-up to the 2022 TCS London Marathon on Sunday, October 2, along with approximately 40,000 other runners.

In a perfect preparation race, they were both delighted with their performances as White finished in fourth place overall in 1:15.07 and Bown was the second woman to finish (in 47th place

overall) in 1:27.45, which also gave her a qualifying time for the 2023 London Marathon.

In the accompanying Bridgwater 5km Fun Run, Hannah's sons Aidan, 14, and Ellis, 10, finished fourth and sixth – the running bug clearly (excuse the pun) runs in the family!

In the Woodbury Common 10km Trail Run, Harriers Dave Tomlin, David Snook, Neil Collins, Jimmy Joy, Jenny Reay, Kelly Thomas, Doug Dale and Amy Tew raced in an exciting new but tough local event put on by the Budleigh Lions.

The race started and finished at Withycombe Raleigh Football Pitches and covered a challenging hilly course over Woodbury Common.

Everyone really enjoyed the run, which included some testing climbs and a few tricky stream crossings, and Tomlin and Reay were amongst the prize winners at the finish in another great week of racing for Exmouth Harriers.



Oli White at the Bridgwater Half Marathon

## Sport



Alice ran a pb at the Great North



Exmouth Harriers enjoying the sunshine

# Kelly represents at Great North Run

Exmouth member tackles famous half marathon event

ALICE Kelly ran with over 60,000 other runners in the world's biggest Half Marathon, the 41st Great North Run, on Sunday.

The first Great North Run was staged in June 1981, when 12,000 runners participated. The run was devised by former Olympic bronze medalist and BBC Sport commentator Brendan Foster.

Alice ran a fabulous personal best time of 1:21.45, finishing in 356th position overall and fifth Senior Woman in the "open" age/gender category. The time gives Alice a guaranteed Championship place in the TCS London Marathon in April 2023.

Ten Harriers raced in the final 5km race in the Run Exe Summer 5km Series at Exwick, with six of them in with a chance of collecting a series

prize in their respective age groups. All 10 Harriers produced really quick times that included five personal bests.

Results: 3rd Oli White 16.27 (1st M35); 30th Hannah Bown 19.35 (2nd W40); 32nd Craig Butler 19.41 (3rd M50); 42nd Neil Collins 21.00 (4th M45); 46th Steve Morgan 21.25 (1st M65); 49th Jimmy Joy 21.45 (2nd M60); 50th Andy Johnson 21.49 (1st M55); 52nd Jenny Reay 22.05 (2nd W60); 53rd Des White 22.10 (2nd M65); 81st Alison White 26.51 (1st W65).

In the overall series, six Harriers finished in the top two places in their age categories; you had to run in at least four of the six races to count in the series.

Standings: Hannah Bown 2nd W40; Jenny Reay 2nd W60; Alison White 1st

W65; Oli White 1st M35; Andy Johnson 1st M55; Des White 2nd M65.

Hugh Marsden and Dawn Teed raced in the 10th race in the 2022 Dartmoor Fell Race Series in the Sourton Tors Fell Race that started and finished at the Bearslake Inn.

Hugh finished in 20th position (1st M60) in 25.11 and Dawn finished in 40th position (2nd W50) in 33.55. The finishing positions in the overall series are currently being calculated.

On Thursday, May Argyle-Lander raced in the Michelmores 5K Charity Run that turned 21 this year. The event returned in 2022 after a short hiatus with a new and exciting route in the beautiful grounds of Powderham Castle. May was really pleased her time of 27.25 that saw her place 212th out of the 481 finishers.

## Triathlon triumph for Exmouth athletes

LUCY Craven and Nathan Budd raced as individuals in the Exmouth Openwater Triathlon organised by LM Events on Sunday, while Becky Matthews and Simon Minting ran as part of teams.

The Race HQ, start/finish and transition point was located at Otcombe Point. Lucy and Nathan competed in the Olympic Sprint Dis-

Quartet enjoy LM Events Openwater race

tance event, where the competitors swam a single 750m lap that started and finished on the sandy beach. They then rode their bikes

out of Exmouth on an undulating, single 21km lap course with a mix of open and closed roads to East Budleigh and back. Finally,

there was a flat 5km run out and back along the seafont promenade towards the marina with amazing views in both directions.

After finishing the swim, Nathan completed the cycle in 48.01 and the run in 23.48. After her swim, Lucy completed the cycle in 57.06 and

the run in 27.52.

Simon competed in the Olympic Sprint Distance team event, completing the 5km run in 18.22 and helped his team to 1st place in their category.

Becky competed in the Olympic Distance team event, completing the 10km run in 44.45 and also helped her team to 1st place in their category.



#### SPORT IN BRIEF

## Harriers news

ON what is generally considered to be the world's fastest Marathon course, not only did Eliud Kipchoge set a new world best time of 2.01.09, but there was some fabulous fast running from five Exmouth Harriers in the 2022 Berlin Marathon.

Results: 970th Louise Hempstead 3.28.24; 1,727th Susan Hill 3.40.54; 3,896th Kay Douglas 4.05.30; 6,579th Kate Baker 4.35.31; 6,580th Jane Macdonald 4.35.31.

Attention now turns to the 2022 TCS London Marathon being held for the 42nd time through the streets of London from Blackheath Common to The Mall on Sunday, October 2.

Best of luck to the six Harriers who will be wearing their blue and yellow vests. Kelly Thomas, Hannah Bown, Jon Mill, Oli White plus brothers James and Sam Kelly will be racing the 26.2 miles along with up to 50,000 other runners. They will be supported by a number of club members who will be cheering them on at various points around the course.



Nine Exmouth Harriers before the start of the Haldon Forest parkrun

## Harriers warm up for London test

### Exmouth club runners finalising marathon preparations

EXMOUTH Harriers' Tom Packer finished fourth in the Lundy Island Race as clubmate Tom Merson ran in the Chippenham Half Marathon and finished second overall in 68.49. The 13.1 miles was run over a fast, accurately measured and predominantly flat course starting and finishing at the Chippenham Sports Centre.

The route went through the centre of the town and then followed scenic country lanes, visiting local villages and hamlets including Tytherton Lucas, East Tytherton, Avon and Langley Burrell.

It has otherwise been a relatively quiet period of racing for Exmouth Harriers in the past week or so, mainly because 12 members will be competing in three separate Marathons in the next fortnight - Berlin and Barnstaple on Sunday, September 25 and then the iconic London Marathon on Sunday, October 2.

An all-ladies team of Louise Hempstead, Susan Hill, Jane McDonald, Kate Baker and Kay Douglas are travelling to mainland Europe to Berlin to run in what is probably the fastest 26.2-mile course in the world, while Chris Muffin will be running in his 103rd Marathon on the North Devon coast



Tom Packer at the start of the Lundy Island Race

in Barnstaple on the same day. Meanwhile, Kelly Thomas, Hannah Bown, Jon Mill, Oli White and brothers James and Sam Kelly will

be representing the Exmouth Harriers the following day when they tackle the 26.2 miles through the streets of London along with up to 50,000 other runners.

But that didn't stop a couple of Harriers racing last Sunday, as Jimmy Joy competed in the Honiton Hippo, finishing the tough seven-mile multi-terrain event in 31st position and as fourth M60 in 68.08. The race included several very challenging hills through Combe Woods and also took in part of the Landrover Experience where the runners had to pass through several different water features, plus a couple of river crossings.

Packer ran in the Lundy Island race, which included 13.5 miles of pristine, wildlife encrusted tracks and trails and visited all three lighthouses on the granite island in the middle of the Bristol Channel.

And the Harrier was one of the leading finishers in the tough event after clocking a fabulous time of 2:01.43.

Another 20 Harriers ran in five different parkrun events around the UK on Saturday, including Winchester, Queen's in Belfast, Bolberry Down, Exmouth and Haldon Forest.

### Running news

## More Merson magic in the marathons

TOM Merson chalked up another fantastic victory in the Great Bristol 10km Run finishing in a superb time of 30.51, winning by a clear 42 seconds.

Four Harriers, David Snook, Jimmy Joy, Andy Place and Neil Collins, raced locally alongside 190 other runners in the Bradleys Exmouth 10km hosted by LM Events in perfect racing conditions on the seafloor.

Amy Tew, Katie Moore and Amanda McCann took part in Wild Running's Salmon Relay Run. This was a community relay run of 50 miles (80 km) in 8 sections run from the coast at the mouth of the estuary to the high reaches of Exmoor following the migration of Atlantic Salmon from sea through the city of Exeter to the spawning ground.

Runners passed hand to hand a printed salmon 'icon' all the way from the sea at Exmouth to Tarr Steps in Exmoor. It followed the Exe Valley Way and a short section of the Two Moors Way.

Amy and Katie ran in the Exeter legs both running over 5 miles alongside the River Exe from just south of Exeter Quay to Exwick.

Amanda ran in the Tiverton to Exebridge leg running over 10 miles on a scenic route via Bampton.



Tom Merson celebrating



# October (Part 1)

## London Marathon successes & Cathy setting records

exmouthjournal.co.uk

### Running

## Harriers in marathon

SEVEN Exmouth Harriers raced the 26.2 miles through the streets of London in the iconic 2022 TCS London Marathon, along with over 40,000 others on Sunday, October 2.

Another four Harriers ran 26.2 miles virtually in an initiative that was introduced during the Covid-19 lockdowns.

Sam Kelly was first finisher for the Harriers in an outstanding time and his run was even more amazing when you take into consideration that it was his first Road marathon race. Hannah

Bown was the Harriers leading lady.

Race Results: 125th Sam Kelly 2.33.20; 431st Oli White 2.43.03; 547th James Kelly 2.45.36; 220th Lady Hannah Bown 3.07.40; 2,996th Jon Mill 3.14.52; 994th Lady Kelly Thomas 3.30.26; 7,949th Lady Katie Moore 4.48.00.

Virtual Results: Josh Sale 3.25.45; Andy Place 4.14.00; Emily Kelly 5.24.00; Nicola Kelly 5.24.00.

The Harriers also had Tom Merson racing in the Cardiff Half Marathon, finishing 21st in a superb time of 67.32.



exmouthjournal.co.uk

Wednesday October 12, 2022

### Running

## Cathy recording national level times

GREAT running from six Exmouth Harriers who raced in the City Runs 3,000m on the all-weather track at Exeter Arena.

Cathy Newman was the fastest Harrier with an amazing time of 11.14 that was not only the 2nd fastest time by a British W60 during 2022 but Cathy also recorded the 4th fastest British W60 of all-time in the 3,000m.

Cathy said: "I was delighted with my time, the weather conditions were excellent and I was lucky to be in a competitive, mixed race with younger, faster athletes. I love running on the track.

"I had aimed for the World Masters Championships 5000m all year and it was a great and wonderful surprise to end up with a silver medal in Tampere, Finland in July.

"I have been a member of Exmouth Harriers for many years and I cannot remember a year with so many successes from so many different athletes in so many different events. I think this has motivated me and many others."

Results: Cathy Newman 11.14; Jimmy Joy 12.21; Neil Clarke 12.31; Andy Johnson 12.40; Des White 13.06; Alison White 16.09. Plus, 10 year-old Ellis Bown ran in the one mile, finishing in 6.08.



Exmouth Harriers' Cathy Newman



### Running



Hugh, Anthony, Nathan, Jimmy, Terry, Scott, Rob & Andy

## Happy Harriers on the run

MARK Hawkins was Harriers' only representative in the Exe Estuary Half Marathon series of races, with stunning views across the estuary, organised by Winding Paths, finishing in 2.03.05.

Tom Merson continued his recent fantastic competitive series of events with his fourth race in four weeks. Tom travelled east along the south coast to Bournemouth and came away with another victory when he won the 10km along the seafront in 31:32. Tom is now 'rest-

ing up' in preparation for the Bath Half Marathon on Sunday. Ten Harriers competed in the first of six of the 2022 / 2023 Westward League Cross Country events at Newnham Park in Plymouth. The Ladies ran 5.8km and the men ran 9.2km on a challenging grassy course. Results: 55th Hannah Bown; 137th Dawn Teed; 9th Rob Ellis; 34th Anthony Hatchard; 83rd Scott Jamieson; 124th Hugh Marsden; 129th Nathan Sheehy; 139th Jimmy Joy; 147th Andy Place; 149th Terry McKie.

### Exmouth harriers

## Harriers in royal run

TWO Exmouth Harriers travelled to London to compete in the Royal Parks Half Marathon. Craig Butler and David both ran great times (David took 10 minutes off his personal best) and thoroughly enjoyed the race on what Craig described as a "glorious course".

Chris Murrin ran his 103rd marathon in the Autumn Challenge hosted by Running Events Devon on the Budleigh Trail in Exmouth. Chris ran eight laps of the 5.3km out and

back route on the scenic disused railway line, finishing in a time of 4.06.42

In what was her first outing as an Exmouth Harrier, Atsede Gidey not only was the 2nd finisher and first Lady finisher in 16.15 at the Exmouth parkrun on Saturday (breaking Jo Pavey's Ladies record) but she was the fastest Lady finisher out of all the UK parkruns on the day. Atsede's next race is the Bath Half Marathon on Sunday.



Craig ready and waiting at the start

## Sport

### SPORT IN BRIEF

## Harriers news

EXMOUTH Harrier Chris Dupain ran in the Eden Project Half Marathon finishing in 22nd position (out of 624 finishers) in 1.37.08 on a very undulating course.

Five other Harriers ran in the 40th anniversary Bath Half Marathon with Tom Merson the first Harrier to finish in 6th place out of 6,765 finishers in an amazing time 1.07.53.

In her first race for Exmouth Harriers, Atsede Gidey was next to finish in 24th place overall and was the First Lady finisher in an incredible time of 1.11.53.

Craig Butler and Hannah Bown made the decision to run the 13.1 miles together and finished strongly in 308th & 309th positions in 1.30.06 and 1.30.07. Three weeks after competing in the Berlin Marathon Jane MacDonald ran a great time of 2.01.51 finishing in 1,993rd position.

The prize-giving ceremony for the 2022 Devon Fell Running Series saw Hugh Marsden finish 1st M60 and Dawn Teed 3rd W50.

### Athletics

## Second in elite race

FOLLOWING on from her recent superb performance in the Bath Half Marathon, where she was the first Lady finisher in a hugely impressive time of 1.11.53, Exmouth Harrier Atsede Gidey raced in the Leeds Abbey Dash 10km on Sunday.

On a very wet morning, with conditions very tricky for the athletes, more than 3,700 runners raced over a route that took in many of the city's historic landmarks and attracted a number of the leading UK

Lady runners, including Jess Judd, who competed for Great Britain in the 10,000m in the Tokyo Olympics in 2021.

It was a very close race with Atsede challenging for the lead throughout. Eventually Jess had the stronger finish, crossing the line in 32.18 with Atsede 2nd in 32.34, closely followed by Lucy Reid of Tonbridge AC in 3rd in 32.35. A brilliant performance from Atsede in such an elite field.



Atsede with her 2nd place trophy



# Busy time at parkruns

### athletics

EXMOUTH Harrier's flying sexagenarian Jenny Reay is currently in the form of her life as she has recorded three extremely fast 5km parkruns in the Exmouth events during October.

At the beginning of October, Jenny ran a superb 20.38, which gave her a 98.22% age-grading, and the following Saturday, Jenny surpassed that with a 20.19 time and an amazing 99.75% age-grading. On the final Saturday in October, Jenny ran 20.41 with an age-grading of 97.99%.



At the Torbay Velopark parkrun.

Jenny leads the Exmouth parkrun all-time age-graded league with her 99.75%, with two other Exmouth Harriers, Cathy Newman (another sexagenarian), in 3rd place with 99.22% and Atsede Gidey in 8th place with 91.03%.

Age-grading is a way to compare the performance of runners of all ages and both genders with one another on a level playing field. When your time is age-graded, it is calculated as a percentage of the "ideal" time for your age and gender at that distance.

A total of 31 Harriers ran in seven Westcountry parkruns on Saturday, with fifteen runners in the Exmouth event, including octogenarian John Goss-Custard in 339th place in 39.59, and eight in the Torbay Velopark event where Oli White was the first finisher overall in 16.55. Oli was backed up in the Torbay parkrun by seven fellow Harriers; six were sexagenarians and one was a septuagenarian.

On Sunday, October 30, Claire Sorensen ran in the Winding Paths Grand Canal Center. The flat and fast 1/2 Marathon course started at the Tiverton Canal Basin and headed along the canal paths for 6.6 miles to Sampford Peverell for the turnaround point and headed back to the finish line at Tiverton. Claire ran a great race to finish in 17th place overall in 1.58.07.

Also on Sunday, Tom Packer finished in a marvellous 23rd place in 1.46.56 in the 8th running of the Herepath Half. It was a tough trail race that generally followed the Staple Fitzpaine Herepath Trail in the Blackdown Hills and was approximately 13.7 miles long. The trail reached the highest point in the Blackdowns with views across the fabulous countryside.

The race was run in conjunction with Thuribear Primary School. The 2022 race raised £1,000 for Thuribear Primary School PTA, and £700 for Samaritans.



Jenny Reay striding out.

# JournalSport

exmouthjournal.co.uk/sport

Exmouth Journal  
Published in Exeter and  
printed by Newsprinters  
(Brobourn) Ltd, Great  
Cambridge Road,  
Waltham Cross, EN8  
8DY. Registered Office:  
Loudwater Mill, Station  
Road, Loudwater, High  
Wycombe, England,  
HP10 9TY



Harriers at the Sidmouth 10km.

# Harriers take on storm in latest run

STORM Claudio caused a lot of disruption in the Westcountry in the last week but it didn't stop eight Exmouth Harriers, along with 25 other local runners, competing in City Runs Exmouth Seafont Race.

Before the start of the race at 7pm, the heavy rain and strong winds made it very difficult to warm up and it was decided to reduce the race distance from 5 to 2.5 miles. After battling into the westerly wind along the seafont, all 33 runners finished safely with the Harriers featuring prominently in all age groups.

Results: 3rd Oli White 13.32 (1st M35); 9th Josh Sale 15.01 (6th SM); 17th Nathan Budd 15.56 (3rd M35); 19th Hannah Bown 16.51 (2nd W40); 25th Jenny Reay 18.16 (2nd W60); 28th Steve Morgan 19.51 (1st M65); 29th Des White 20.18 (2nd

M65); 30th Alison White 22.27 (1st W65).

On Sunday, with the weather still rotten, 15 Harriers raced at four different events in Devon, amongst heavy showers and strong winds. Five travelled to North Devon to compete in the Bideford 10 Miler on a mainly flat course with long stretches on the stunning Tarka Trail.

Results: 16th Oli White 56.17; 118th Adrian Vanstone 1.13.33 (5th M60); 121st Des White 1.14.09 (1st M65); 137th Steve Morgan 1.15.31 (2nd M65); 279th Alison White 1.27.11 (1st W65). Ten other Harriers stayed more local with two taking part in the Templar 10 Mile multi-terrain race at Stover School that also ran through the picturesque Stover Country Park and the fields at Teigngrace. 5th Simon Minting 1.02.58 and 139th Amanda

McCann 1.45.05. Paula Hawkins tackled the very tough Haldon Forest 10km off-road event with breathtaking scenes and stunning natural surroundings, finishing in 56.03. Seven Harriers travelled east to compete in LM Events Sidmouth 10km that followed the entire length of the Byes down on to the Sidmouth seafont before looping back round to the finish at Sidford Social Hall. It was on a fairly flat course except the loop up Hillside, Beatlands and Cliff Road with two steep climbs.

Results: 3rd Scott Jamieson 40.06; 6th Josh Sale 40.29 (1st M30-49); 13th Dave Stone 42.53 (2nd M50-69); 17th Craig Butler 43.47 (3rd M50-69); 29th Jimmy Joy 45.41 (7th M50-69); 65th Holly Clements 51.27 (13th W30-49); 98th Amy Tew 54.31 (20th W30-49).



## November (Part 2)

### Berihu & Atsede's Big Day



Berihu & Atsede cutting the wedding cake.

# A Wedding and six running races

## Harriers' get married and 23 take on six races

THE highlight of the weekend for Exmouth Harriers was the wedding of Atsede Gidey & Berihu Hadera at Lymstone Parish Church on Saturday and that was followed over the weekend by 23 Harriers running in six races.

Alice Kelly, Nicola Kelly and Becky Matthews competed in Climb South West's 8 & 5 Trigs events that started & finished on Budleigh Salterton seafront with 33 and 21-mile options.

It was a double "Kelly Family" celebration with Alice 2nd overall and 1st Female finisher in the 8 Trigs in 5 hours 24 minutes and Mum Nicola equal 8th overall and equal 1st Female in the 5 Trigs in 4 hours 44 minutes. Becky ran in the 5 Trigs and finished in 7 hours 28 minutes.

Ten Harriers ran in the 2nd event in the 2022/23 Westward League Cross Country at the Newquay Sports Centre. Holly Clements, Lisa Boyd, Sarah Baldwin & Alison White ran in the Ladies 5.4km race with Rob Ellis, Oli White, Anthony Hatchard, Hugh Marsden, Jimmy Joy & Des White in the Men's 8.5km race.

Chris Murrin ran his 104th Marathon in the Remembrance Day Marathon in Walton on Thames in Surrey. Chris ran a personal best time on the off-road towpark route in 3 hours 54 minutes and 5 seconds, finishing in 29th place overall.

Eight Harriers - Craig Butler, Chris Dupain, Louise Yemmington, Kate Baker, Sue Hill, Kay Douglas, Amanda McCann & Kelly Mcgirk - ran in the Drogo 10; an exciting

and challenging 10 mile multi-terrain Fell Race. The race started and finished at Castle Drogo, taking in views of the stunning Teign Valley, with a total climb of 1760 ft (535m).

Kelly Thomas ran a marathon in Winding Path's Starcross Shuffle, a unique event that started at Starcross and followed the Exe Estuary alongside the grounds of Powderham Castle. The course then headed along the Exe Estuary Trail past the Turf Lock Hotel with a turnaround point at 3.3 miles and headed back to the Starcross HQ. The challenge was to run as many laps within seven hours or to stop when your personal target was achieved. Kelly's total time of the course added up to 26.2 miles and she finished in a great time of 4:27:11.

exmouthjournal.co.uk

## Running

# Harriers planning

NO racing for Exmouth Harriers in the past week, as the final planning and preparations were being put in place to stage a new race (to replace the Bicton Blister event) in East Devon.

The Westdown Wander is a challenging 9 mile multi-terrain event starting on the Exmouth Seafront at 11am on Sunday, November 27. The runners will head along to Orcombe Point (on the beach, tide permitting), then follow the South West Coastal Path past the geoneedle towards Budleigh Salterton. It will pass

the Westdown Beacon on the way before turning inland following footpaths, and cycleways back to Exmouth finishing at the Exmouth Cricket Club.

The race has been supported by runners far and wide with the race limit of 175 already hit, so unfortunately there won't be any entries available on the day. Despite the planning, 32 Harriers did manage to squeeze in a quick parkrun on Saturday morning with seven members also volunteering.



Exmouth Harriers.



# November (Part 3)

## A new "Harriers event" – The Westdown Wander

# JournalSport

exmouthjournal.co.uk/sport

Exmouth Journal  
Published in Exeter and  
printed by Newsprinters  
(Brixbourne) Ltd, Great  
Cambridge Road,  
Waltham Cross, EN8  
8DY. Registered Office:  
Loudwater Mill, Station  
Road, Loudwater, High  
Wycombe, England,  
HP10 9TY



Race Director Bob Keast with the runners at the start. Picture: Eloise Hall/Exmouth Harriers.

# Introducing the Westdown Wander

THE Westdown Wander has made its debut in the East Devon running calendar and it turned out to be a supreme success.

Due to logistical problems, Exmouth Harriers could not host the long running and extremely popular Bicton Blister multi-terrain race around Woodbury Common in 2022.

After many exploration runs around the East Devon area, Harriers' race organiser Bob Keast devised a new challenging event - The Westdown Wander - a nine-mile multi-terrain event that offered hills, footpaths, gates, trails and short sections of road, all mixed together with a soft sandy start and a large smattering of mud throughout. Pretty much all the ingredients required for a proper challenge

At 11am on Sunday November 27, a total of 130 runners lined up on the beach at Exmouth and tackled the first mile on the strength-sapping soft sand to Orcombe Point.

The runners then ascended the zig-zag path and followed the hilly South West Coast Path past the Geoncedle towards Budleigh Salterton, passing Westdown Beacon on the way before turning inland following footpaths, cycleways and roads back to Exmouth finishing at the Exmouth Cricket Club.

There was a fantastic turnout with 130 finishers over the challenging multi-terrain course with lots of positive comments afterwards from the runners saying that they really enjoyed the race and thought the new course was excellent.

It was a close race throughout the nine miles with Angus Menter taking first place in 64.20, closely followed by Roger Easterbrook in 64.21 and Lee Moran in 65.26.

The first three ladies to finish were Susanna Goffe in 70.48, Kerry Board in 76.32 and Mandy Wheeler in 77.21.

Many thanks to Race Director Bob Keast and Chief Marshal Nathan Sheehy for organising the event, plus to all the Exmouth Harriers with their family and friends out on the course, who contributed to making it a success.

Further thanks to Exmouth Cricket Club where the race HQ and race finish were sited and to Mark Cowen from City Runs for handling the entries and producing the results.

# December (Part 1)

## Harriers racing in "mud-fests" over the weekend

# Harriers in muddy win

### RUNNING

ON Saturday, three Exmouth Harriers raced in two popular and challenging Westcountry events.

Dave Tomlin and Tom Pack'ler took part in the Cockington Christmas Caper, a very hilly and often muddy run in and around the beautiful Cockington Country Park in Torquay.

It was an off-road race on trails, footpaths and cycle paths. The race is described by the organisers, local Christian Charity The Barnabas Sports Trust, as 7.5 miles of mud, sweat, tears and laughter.



Harriers at the Women's 5km

Dave was first to finish for the Harriers in 8th place overall and 2nd M45 in a time of 58.16, with Tom not far behind, finishing in 15th place and 2nd M40 in 62.20.

David Middlehurst raced in the Salisbury Plain Marathon that started and finished at Ludgershall near Andover. The 26.2 mile race took place over a very challenging course with over 2,000 feet of elevation gain and included a mixture of mud, hills and epic views across the Wiltshire countryside.

Finishing in 58th place in a time of 4:32:39, David described it as "Pretty tough with lots of hills and mixed terrain."

On a cold and windy Sunday afternoon, over 250 Devon runners gathered at the Exeter Arena Fields in Summer Lane on to take part in the 2022 Devon Cross Country Championships.

Amongst them were 14 Exmouth Harriers, who competed in the Women's 5km (Hannah Bown, Jenny Reay, Alice Thomas, Paula Hawkins, Susan Hill, Amy Tew, Kay Douglas, Sarah Baldwin and

Alison White) and Mens 8km (Rob Ellis, Oli White, Anthony Hatchard, Mike Musgrove and Jimmy Joy) races over an undulating and muddy course.

The Devon Championship races were run within the Westward League Cross Country fixture, where three other Exmouth Harriers (Alice Kelly, Nicola Kelly and Dawn Teed) competed.

Everyone ran superbly and between them the Harriers athletes won eight individual Devon medals (4 Gold, 1 Silver and 3 Bronze) plus three team Devon medals (1 Gold, 1 Silver and 1 Bronze).

Women  
Hannah Bown Bronze W40  
Jenny Reay Gold W65  
Alison White Gold W65  
Bronze Women's Overall Team  
Silver Women's Veterans Team  
Men  
Rob Ellis Bronze Overall + Gold M35  
Oli White Bronze M25  
Anthony Hatchard Gold M45  
Jimmy Joy Silver M65  
Gold Men's Veterans Team



Dave Tomlin at the Cockington Christmas Caper



## December (Part 2)

Merry Christmas & A Happy New Year to Everyone

# Festive tests for Harriers

## Runners take on two challenges pre-Christmas

FOLLOWING a week of near Arctic conditions throughout the Westcountry, six Exmouth Harriers were determined to compete in two very challenging events on the weekend before Christmas.

Four Harriers completed the Wellington Monument 10km, which was mostly a road race challenge, with one mile of woodland bridle paths that encircle the iconic Wellington Monument. The monument is normally visible from the M5, but the 175th Obelisk could only be seen at a close dis-



Amy Scott, Tom, Ray & Amanda.

tance during the race due to being engulfed by rain clouds.

The race is described by the organisers Taunton AC as 'quite possibly the hilliest and toughest 10km course on the Blackdown Hills'.

The 250 runners started at The Catherine Wheel Public House in the village square at Hemyock with a gentle half mile through the village before ascending over 600ft in just 2.5 miles. Once around the Monument, they retraced their steps back to the village and finished at Hemyock County Primary School.

The conditions were extremely wet and very tricky underfoot in places, which unfortunately meant the expected amazing views across Devon and Somerset were blocked by the low-lying rain clouds.

Results: 17th Scott Jamieson 39.35 (4th M40); 28th Tom Packer 41.27 (7th M40); 104th Amanda McCann 50.36 (2nd W45); 108th Amy Tew 56.37 (3rd W40).

Octogenarian Harrier Ray Elston, recovering from a recent illness, was on hand to cheer the

Harriers through the village at the start and finish.

Exmouth Harriers Simon Minting and Dawn Teed tackled the Torrington Christmas Caper - nine miles of mud, forest trails, rivers and hills that is generally considered to be one of the most challenging multi-terrain runs in the South West. The race was organised by Torrington AAC and has previously been voted Devon Race of the Year.

Due to the cold, icy and wet conditions, parts of the course had to be changed at the last moment. There was one part that had slabs of broken ice where the runners had to pick their way carefully through the icy water, making their legs completely numb.

The course was well marshalled with warnings of the icy hazards, plus the excellent Christmas pud, cream and mulled wine for all finishers, which meant that the runners survived and recovered quickly afterwards.

Results: 2nd Simon Minting 1.00.58; 148th Dawn Teed 1.49.29.



Dawn before the start.

Sport

## Running

# The last few races of 2022

AFTER a very busy 2022 competing not just locally but nationally and in various races abroad, Exmouth Harriers had a number of runners in some local events over the festive period.

In the Exmouth Rotary Boxing Day Fun Run, 23 Harriers were amongst the 300 runners who tackled the 2.5 miles along the seafront to Orcombe Point, up

the zig zag path to Foxholes and return to the Ocean on 26th December with Oli White the first finisher in 13.46. Many thanks to Exmouth Rotary for putting on such a superb event.

Chris Murrin ran his 106th marathon over 8 laps of 5.3km on the Budleigh Trail starting and finishing at Capel Lane, finishing 4th in 4.25.03

The Winding Paths 10k multi terrain event started and finished at the Dartington Estate on New Years Eve and it offered a mix of riverside paths, woodlands, hills, fields and more hills, all in stunning Devon countryside. Two Harriers braved the tough conditions with Darren Powell just getting the better of Bob Keast. 39th Darren Powell 56.52; 80th Bob Keast 65.41.



Harrier Oli White sprinting off at the start.





**EXMOUTH  
HARRIERS**

**That's it for 2022 folks**

**Well done Everyone**

**85** Harriers competed during the **12** months

in **181** races varying from **400m** to **100km**

