

EXMOUTH HARRIERS

Review of 2022

The next few pages are a summary of the year – followed by a more in-depth look at the 12 months via the Press cuttings in 2 further reports



44 Harriers turned out in the Run Exe Relays



Harriers turned out in a total of 181 races in 2022

5 x track (400m, 800m, Mile, 3 x 5000m, 10,000m)

14 x 5km road

7 x 5 mile road

43 x 10km road

9 x 10 mile road

29 x 1/2 Marathon

25 x Marathon

4 X Road Relays

20 X Ultra / Trail

7 x Cross Country

10 x Fell Races

5 x Aquathon + 2 x Triathlon + 1 X Duathlon

- 85 Harriers raced throughout 2022 (50 Men & 35 Women)
- Harriers were 1st Man or 1st Woman in 27 races
- Tom Merson won the most races with an incredible 12 victories
- Wide variety of distances raced from 400m to 100km
- Most races for Harriers in one month was 25 in April
- Most Harriers in a team event was 44 in Run Exe Relays in May
- Most Harriers in a race was 20 in the Ottery 10km in May
- Apart from the Home Nations Harriers raced in 7 countries (France, USA, Finland, Dubai, Greece, Austria & Germany)

2021/ 2022 Westward League Cross Country (6 races in 5 months) - Harriers overall series finishing positions

Holly Clements was 3rd W35

Dawn Teed was 2nd W55

Rob Ellis was 3rd Senior Man

Nathan Sheehy was 6th M45

Hugh Marsden was 3rd M60 & Jimmy Joy was 6th M60

2022 Devon Instep Championship (13 races in 12 months)

Harriers were 2nd in both the Women's & Men's Team Champs.

Jenny Reay was 1st FV55

Alison White was 1st FV65

Nathan Sheehy was 1st MV40



2022 Dartmoor Fell Race Series

11 tough fell races over a 6 month period throughout the Spring & Summer, it was the best 7 out of 11 races to count for the series. Hugh Marsden ran 10 of the races and was 1st in the M60 category, Dawn Teed ran 8 of the races and was 3rd in the W50 category.



Hugh & Dawn at the Great Links Tor Flyer Fell Race

Harriers 2022 Club Challenge Races

New for 2022 we decided to target 8 races of differing distances and terrains to have as the inaugural Exmouth Harriers Club Challenge. The races were open to all runners but as a club we used them as highlight events for the year, with the aim to get as many club members attending at the same races.

As you can see from the list below (with the number of Harriers at each race in brackets) we had mixed success with loads at the Ottery 10km and only a few at the Forest Flyer, so we will review things and make a decision on what to do for 2023.

1 st March	City Runs Exmouth 5 Miles (16)
8 th May	Ottery 10km (20)
26 th June	Ocean Healthcare Torbay 1/2 Marathon (6)
16 th July	Haytor Heller (8)
5 th Aug.	Forest Flyer (4)
6 th Sept.	Run Exe 5km (10)
13 th Nov.	Drogo 10 Miles (9)
4 th Dec.	Westward League Cross Country inc. Devon Champs. (16)

Harriers 2022 Club Training Sessions

As you know we have club training sessions on Tuesday (usually a “speed” session) and Thursday (usually a “social” session) evenings. Throughout 2022 we have had many great sessions that have undoubtedly helped our club members to improve in their races. Many thanks to all the run-leaders who have taken the sessions during the past 12 months.



Harriers Christmas Lights Training Run 2022



Harriers 2022 Sandy Bay Time Trials

40 Harriers took part in the 6 Sandy Bay Time Trials throughout the Summer, many thanks to Nigel for organising them

The fastest was Sam Kelly in 17.35 in April

The fastest Woman was Alice Kelly in 21.12 in April

Ray's Recovery Sessions during 2022

At 11am on Monday 26th September four Harriers (Ray, Amanda, Alison & Des) met at Foxholes Hill and strolled the 1 mile to Orcombe Point and back, with a short break at Bumble & Sea for a coffee. This started what has been subsequently called Ray's Recovery Sessions – if you aren't aware Ray had a "mini stroke" earlier in the year and after his initial treatment and rest period a few Harriers offered to assist him on his "Road to Recovery".

Since that day in late September Ray completed over 20 Recovery Sessions mainly on the seafront with 20 or so Harriers (and 2 dogs) joining him on one or more sessions and he has completed a (not) Exmouth parkrun walk/jog plus he has run a continuous mile in 10.31. The conditions have not been ideal - at times it's rained cats & dogs, it's blown a gale and it's been freezing cold (sometimes all three at the same time) but nothing has been able to stop Ray in his determination to progress along the "Road to Recovery".





Harriers parkrunning during 2022

Harriers clocked up 1,381 parkruns between them in 2022

39 was the most Harriers parkrunning in a week on 01/01/22 & 26/11/22

14 was the least Harriers parkrunning in a week on 05/03/22

An average of 26 Harriers ran in parkruns each week in 2022

Jenny Reay's age-grading of 99.75% was the highest by a Harrier in 2022

Cathy Newman's age-grading of 99.65% was the 2nd highest by a Harrier in 2022

Harriers ran at 96 different worldwide parkrun locations during 2022

Apart from the Home Nations Harriers ran in parkruns in 5 countries – Falkland Islands, Australia, Finland, New Zealand, Canada

Harriers did a bit of Club Tourism around some of the Devon parkruns in 2022

No. 1	Seaton	20 th August	15 Harriers
No. 2	Haldon Forest	17 th September	9 Harriers
No. 3	Torbay Velopark	29 th October	8 Harriers
No. 4	Killerton	26 th November	17 Harriers



Harriers Devonian parkrun Tourism 2022

Harriers parkrun volunteering in 2022

Harriers undertook 339 volunteer roles at the Exmouth parkrun during 2022

Amanda McCann was the driving force behind getting the Phear Park junior parkrun off the ground on Sunday 3rd July and Harriers undertook 199 volunteer roles there during 2022.



Harriers hosted a new race in 2022 – The Westdown Wander

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 9 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.

At 11am on Sunday 27th November 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 Geoneedle 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 9 miles with Angus Menter taking 1st 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 & Chief Marshal Nathan Sheehy for organising the event plus to all the Harriers with their family & friends out on the course who contributed to making it a success. Further thanks to Mark Cowen from City Runs for handling the entries and producing the results.



Ready, Steady - Go!



Encouragement from John Goss-Custard



Harriers Socials Events - 2022

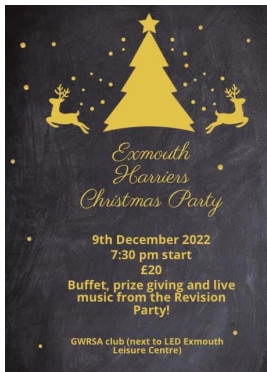
We had fun in the sun at the Summer Social at the Exmouth Football Club on 30th July – thanks to Scott Jamieson for organising & the Royal Marines for the barbeque



Heave Ho!

Christmas Party & Awards Evening at the GWRSA on 9th December

– thanks to Amanda McCann for organising & Terry Mckie for providing the music



- Lisa Boyd (Newcomer)
- Alice Kelly (Senior Lady)
- Cathy Newman (Veteran Lady)
- Sam Kelly (Senior Man)
- Jimmy Joy (Veteran Man)
- The White Family (Chairman's Award)



On 17th December 2022 Nigel and Jill Dupain recorded 1,000 consecutive days of sporting activities. Nigel actually ran every one of the 1,000 days completing 4,100.3 miles of running and also mixed it in with other sporting activities such as Hockey. Jill started running every day in the 1st Lockdown in March 2020 then when she started playing walking football etc. again she counted that as her exercise for the day and didn't run. Well done both of you – what an amazing achievement



That's it for 2022 folks

Well done EVERYONE it was a fantastic year – now look at the month-by-month details in the following two reports

