

EXMOUTH HARRIERS

Club Newsletter – Number 31

7th December 2022

(The next edition is due out on Wednesday 21st December)



It's Harriers Party & Awards Night on Friday 9th December

December 2022 Training Schedule

Exmouth Harriers December Training Programme			
Tues and Thurs meet at 18:50 for 19:00 step off (see Facebook page and web page for event updates)			
Date	Leader	Start	Event
Thursday 8 th Dec.	TBD	TBD	TBD
Sunday 11 th Dec	TBD	TBD	TBD
Tuesday 13 th Dec.	Lisa B	LED Tennis Centre	Intervals
Thursday 15 th Dec.	TBD	TBD	TBD
Sunday 18 th Dec.	TBD	TBD	TBD
Tuesday 20 th Dec.	TBD	TBD	TBD
Thursday 22 nd Dec.	Scott Ja	LED Tennis Centre	Xmas Lights Runaround Exmouth
Tuesday 27 th Dec.	Scott Ja	TBD	Pyramid Session

Club Training Sessions – Tuesdays are usually a speed session & Thursdays are usually a social run. Many thanks to all the run-leaders who take the training sessions – anyone who is able to lead a session please add the details to the spare slots on the club WhatsApp site

Latest News

If you have any reports, articles or photos that you'd like to be included in future newsletters please send them to me at des.white@btinternet.com

Don't forget it's the Harriers Christmas Party & Club Awards on Friday 9th December at GWRSA from 7.30pm

Harriers parkrun Tourism for 2022 concluded on Saturday 26th November at Killerton as we have decided that there are too many other things going on in December. Please watch this space for the date & venue of the **1st of the 2023 Harriers parkrun Tourism events in January.**

What a great inaugural **Westdown Wander** we held on **Sunday 27th November**. Many thanks to Race Director / Organiser **Bob Keast** and Chief Marsal **Nathan Sheehy** for getting the event off the ground plus thank you to all the Club members, family & friends who helped to make it a great success.

The **Westdown Wander** was the last race in the **2022 Devon Instep Champs.**, we are waiting for the official results of the **Instep Champs.** to be verified, full details in the next Newsletter.

A great turnout (17 in their Harriers kit) from the club at the **Westward League XC in Exeter on Sunday 4th December**, this was not only the 3rd race in the 6 race series but it also included the **Devon Cross Country Championships.** Full results later in this Newsletter – but it was surprising to see that the Harriers Ladies (12 runners) easily out-numbered the Men (5 runners) on the day.

Just a quick reminder about the proposed **Exmouth SportsHub at Warren View Sports Ground (off Halsdon Avenue)** that could be built in the next few years. Exmouth Boxing Club have put a proposal together and are aiming to seek planning permission in the near future. Details are available at the following links:-

<https://newspacearchitecture.com/our-projects/warren-view-sports-ground/>

<https://newspacearchitecture.com/wp-content/uploads/2022/11/2223.005-EABC-Public-Consultation-Letter-September-2022.pdf>

We have expressed an interest in Harriers being involved – watch this space for further details & updates.

Up & Coming 2022 Races & events over the next few weeks

(The January 2023 races listing is at the end of this newsletter)

11/12/22	Sun.	Age UK Exmouth Santa Run	Road	https://www.ageuk.org.uk/devon/get-involved/fundraise-for-us/santa-run/	Run along the Exmouth seafront in a Santa outfit in either a 2.5k or 5k
18/12/22	Sun.	Wellington Monument Race	Multi-terrain	https://www.tauntonac.org/monument-race	Hilly 6.27 miles to the Monument & back
24/12/22	Sat.	Exmouth parkrun's 5th Birthday	Road	https://www.parkrun.org.uk/exmouth/news/	It's also Christmas Eve and festive fancy dress optional
31/12/22	Sat.	Winding Path's Final Countdown	Multi-terrain	https://race-nation.co.uk/register/winding-paths/final-countdown-2022	10km trail run around the Dartington Estate
31/12/22	Sat.	Exmouth New Years Eve parkrun	Road	https://www.parkrun.org.uk/exmouth/news/	Festive fancy dress optional

Don't forget the dates & venues for the remaining 2022/2023

Westward League Cross Country races are :-

Sunday 15th January 2023

Westward Ho!

Sunday 12th February 2023

Plymouth

Sunday 5th March 2023

Redruth

LATEST RESULTS – Congratulations to all who took part in the following events

Some interesting snippets regarding **Exmouth Harriers parkrunning on Saturday 26th November**

39 Harriers ran in parkruns in 7 different locations on Saturday 26th November - Torbay Velopark (2), Canterbury (1), Harrogate (2), Killerton (17), Exeter Riverside (1), Exmouth (15) and Haldon Forest (1)

We had one overall 1st finisher - **Piers Benton at Canterbury in 19.18**

We had one 1st Lady Finisher - **Cathy Newman at Exmouth in 19.50**

plus the 2nd & 3rd Lady finishers at Exmouth with **Hannah Bown in 20.44 and Jenny Reay in 21.00**

The quickest Harrier on the day was **Oli White at Killerton in 17.28** & the quickest Harrier Lady was **Cathy at Exmouth in 19.50**

The best age-graded performances were:-

Jenny Reay 96.51% - this was the 4th best age-graded performance in the UK on 26/11/22

Cathy Newman 96.47% - this was the 5th best age-graded performance in the UK on 26/11/22

Full results later in this Newsletter.

Sunday 27th November – Exmouth Harriers Westdown Wander

Due to logistical problems we 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 **Exmouth Cricket Club** where the race HQ and race finish were sited and **Mark Cowen** from City Runs for handling the entries and producing the results.

Photographs were taken of the runners by **Eloise Hill** (Jon's Daughter) and Exmouth Harriers at the start on the beach at Exmouth and out on the course. **Eloise's** photos can be viewed at :-
<https://www.amazon.co.uk/photos/share/D7MHB2NdmWAUPKJ0rzn4ZDuM10IVqhK9YAjt7YOAIQA>

Saturday 3rd December – Cockington Christmas Caper

Dave Tomlin and **Tom Packer** took part in this festive event around a very hilly and often muddy but 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 & laughter. **Dave was first to finish for the Harriers in 8th place overall and 2nd M45 in a superb time of 58.16 with Tom not far behind finishing in 15th place and 2nd M40 in 62.20.**

Saturday 3rd December – Salisbury Plain Marathon

David Middlehurst raced in this 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".

Sunday 4th December - Westward League XC & Devon XC Champs. at Exeter

On a cold and windy Sunday afternoon over 250 Devon runners gathered at the Exeter Arena Fields in Summer Lane on 4th December to take part in the 2022 Devon Cross Country Championships. Amongst them were 14 Exmouth Harriers who competed in the Womens 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. Unfortunately Mike Musgrove was injured on the course and had to withdraw from the Men's 8km race.

Women's 5km Race

9th	Alice Kelly	20.25
47th	Hannah Bown	22.39
61st	Jenny Reay	23.18
69th	Alice Thomas	24.00
98th	Paula Hawkins	26.04
109th	Susan Hill	27.11
120th	Nicola Kelly	27.50
124th	Amy Tew	28.24
128th	Kay Douglas	28.42
135th	Sarah Baldwin	29.17
138th	Dawn Teed	30.17
140th	Alison White	30.53

Men's 8km Race

6th	Rob Ellis	25.15
29th	Oli White	26.56
51st	Anthony Hatchard	28.35
136th	Jimmy Joy	33.31

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 & 1 Bronze) in the County Championship event.**

Women's Devon XC Champs.

Hannah Bown Bronze W40

Jenny Reay Gold W60

Alison White Gold W65

Bronze Womens Overall Team

Silver Womens Veterans Team

Men's Devon XC Champs.

Rob Ellis Bronze Overall + Gold M35

Oli White Bronze M35

Anthony Hatchard Gold M45

Jimmy Joy Silver M65

Gold Mens Veterans Team

39 Harriers at various parkruns on 26/11/2022

(If you don't appear on these lists of Harriers at parkruns please can you update your parkrun profile to include Exmouth Harriers, we will then be notified of your result when we do a club search wherever you run worldwide)

Torbay Velopark

17th	Hugh Marsden	21.43
101st	Dawn Teed	27.03

Canterbury

1st	Piers Benton	19.18
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Harrogate

57th	Jonathan Croome	24.23
119th	Lorraine Croome	27.27

Exeter Riverside

42nd	Andy Johnson	22.52
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Haldon Forest

14th	Jon Garrity	22.03
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Killerton

2nd	Oliver White	17.28
3rd	Anthony Hatchard	18.21
8th	Craig Butler	21.09
10th	Jimmy Joy	21.18
28th	Terry McKie	23.31
31st	Des White	23.47
43rd	Anthony Lees	24.44
46th	Lisa Hatchard	24.49
59th	Nicola Kelly	26.00
66th	Lisa Boyd	27.19
69th	Kay Douglas	27.36
71st	Amy Tew	27.45
73rd	Alison White	27.54
77th	James Kelly	28.15
78th	Hayley Johns	28.17
86th	Nigel Dupain	29.04
162nd	Jill Dupain	41.11

Exmouth

15th & 1st Lady	Cathy Newman	19.50
17th	Mike Musgrove	20.00
19th	Hannah Bown	20.44
20th	Jenny Reay	21.00
51st	Jo Weeks	23.40
63rd	Bob Minting	24.16
103rd	Phil Bater	26.53
105th	Joan Mason	27.00
108th	Sarah Baldwin	27.10
126th	Tim Thompson	28.02
127th	Kelly Thomas	28.09
128th	May Argyle-Lander	28.11
161st	Keith Flack	29.59
197th	Chris Rees	32.03
266th	Les Turner	56.39

The following Harriers volunteered at Exmouth parkrun on 26/11/2022

May Argyle Lander, Chris Dupain, Stan Mason, Les Turner

Phear Park Junior parkrun on 27/11/2022

Sarah Baldwin, Holly Clements, Joan Mason, Stan Mason, Amanda McCann, Amy Tew, Les Turner

17 Harriers at various parkruns on 03/12/2022

(If you don't appear on these lists of Harriers at parkruns please can you update your parkrun profile to include Exmouth Harriers, we will then be notified of your result when we do a club search wherever you run worldwide)

Cranbrook Country Park

7th	Jon Garrity	20.27
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Minehead

85th	Tom Handley	36.30
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Exeter Riverside

41st	Cat Goncalves	22.18
48th	Andy Johnson	22.46
56th	Rachel Sanders	23.39

Exmouth

14th	Cathy Newman	19.38
15th	Mike Musgrove	20.01
24th	Tim Thompson	20.42
28th	Adam Miller	21.04
38th	Darren Powell	22.15
66th	Bob Minting	23.45
123rd	Lee Russell	26.41
144th	Nigel Dupain	27.36
167th	May Argyle-Lander	28.41
254th	Keith Flack	35.00
267th	Jill Dupain	38.16
272nd	John Goss-Custard	39.47

The following Harriers volunteered at Exmouth parkrun on 03/12/2022

May Argyle Lander, Sarah Baldwin, Keith Flack, John Goss-Custard, Mike Musgrove

The following Harriers volunteered at Phear Park Junior parkrun on 04/12/2022

Sarah Baldwin, Holly Clements, Nigel Dupain, Amanda McCann, David Snook, Les Turner

Photo Gallery – a few action & fun photos
(Many thanks to everyone who took photos at the events)



Almost all of the 17 Harriers before the start at Killerton parkrun



Bob briefing the runners at the start of the Westdown Wander on Exmouth beach



And they're off towards Orcombe Point



Angus Menter, Roger Easterbrook & Lee Moran – the top 3 finishers in the Westdown Wander



Susanna Goffe, Kerry Board & Mandy Wheeler – the top 3 Lady finishers in the Westdown Wander



Hayley & Nicola "tail-running" at the Westdown Wander



Dave Tomlin at the Cockington Christmas Caper



Ready for action at the Westward League & Devon XC Champs. at Exeter



All finished and didn't they do well



Harriers in action at Exeter XC



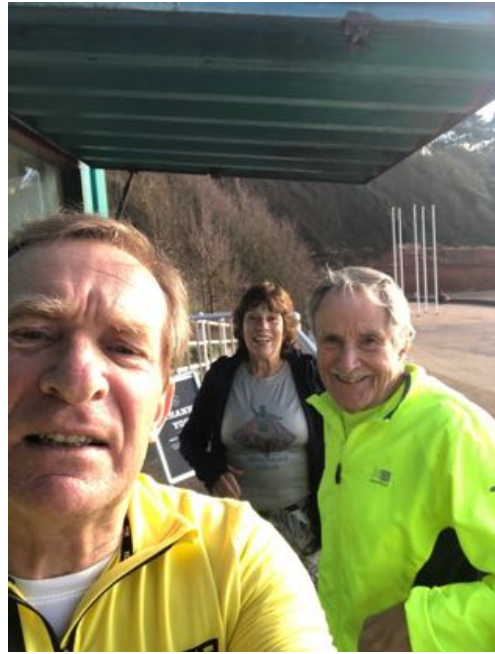
All present & correct before the XC at Exeter Arena



Who's that photo-bombing the Harriers Men's team after the race



Harriers pushing through the field



Ray's latest "Harriers recovery running teams"

2023 Races & events - further 2023 races will be listed in the next newsletter

07/01/23	Sat.	Running Events Devon's Winter Plym Trail - Day 1	Trail	https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-1-series	A 10km, Half and Marathon. All based in Clearbrook and run on cyclepaths
08/01/23	Sun.	First Chance 10km (1st Devon Instep Race in 2023)	Road / Path	https://www.sientries.co.uk/event.php?elid=Y&event_id=10287	Fast, flat 10k with PB potential 10:30 start at Haven Banks, Exeter
08/01/23	Sun.	Running Events Devon's Winter Plym Trail - Day 2	Trail	https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-2-series	A 10km, Half and Marathon. All based in Clearbrook and run on cyclepaths
08/01/23	Sun.	Axmouth Challenge Races	Road	https://www.axevalleyrunners.org.uk/axmouth-challenge-2023/	Axe Valley Runners' 9ish, 5, 3 and 1 mile options. Entry fee includes soup and rolls for all runners
08/01/23	Sun.	The Sir Walter Raleigh Round - Winter.	Multi-terrain	https://www.climbsouthwest.com/walter-raleigh-round-half-marathon/	Climb South West's challenging Winter Half Marathon. Start and Finish in Budleigh Salterton
15/01/23	Sun.	Westward League XC at Westward Ho! (4th race in 6 race series)	Multi-terrain	https://www.city-runs.co.uk/westward-league	Nathan Sheehy is organising the Exmouth Harriers team
15/01/23	Sun.	Oh My Obelisk!	Multi-terrain	https://www.dawlishcoasters.com/oh-my-obelisk	Dawlish Coasters; 9 mile and 13 mile multi-terrain races
21/01/23	Sat.	Tavy 5k	Safe tarmac paths	http://www.tavistockathletics.co.uk/events/tavy-5/	Takes place on the 3rd Saturday of the month, starts from Tavistock College, start time of 9.15am
25/01/23	Wed.	Run Exe Exmouth 5 Miles (includes a Mob Match)	Road	https://www.city-runs.co.uk/run-exe-winter-5m	2nd of the 3 City Runs 5 milers. Starting and finishing along Exmouth seafront. Start 7pm
28/01/23	Sat.	Blackdown Beast	Multi-terrain	https://www.fullonsport.com/event/blackdown-beast-2023/profile	16 or 10 mile Multi Terrain "Social Run" a hot pasty & mulled wine at Smeatharpe Village Hall

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