

EXMOUTH HARRIERS

Club Newsletter – Number 25

28th September 2022

(The next edition is due out on Wednesday 12th October)



2022 Harriers parkrun Tourism venue 2 – Haldon Forest

September 2022 Training Schedule

| Exmouth Harriers Training – September Training Program. 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 1st | Mike | Tennis Centre | Lymstone circular route |
| Tuesday 6th | Run Exe 5k | Flowerpots Exeter | |
| Thursday 8th | Scott Jordan | Four Firs | intervals |
| Tuesday 13th | Sandybay TT | Foxholes | Please be ready to set off at 19:00 as we are losing the light in the evenings. |
| Thursday 15th | Jimmy | Tennis centre | Leader to decide route |
| Tuesday 20th | Hannah | Tennis Centre | intervals |
| Thursday 22nd | Steve | Tennis centre | Leader to decide route |
| Tuesday 27th | Lisa | Tennis centre | intervals |
| Thursday 29th | Scott Jamieson | Tennis Centre | Leader to decide route |

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

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

The next Committee Meeting is on Monday 3rd October at 7.30pm in the Tennis Centre

The Harriers Annual General Meeting is on Friday 11th November

The Christmas Party & Club Awards is on Friday 9th December

We all wish our "Running Buddy" **Ray Elston** a speedy recovery after he spent a few days in Hospital recently. A few of us joined Ray on his first "Rehab" walk on the seafront on Monday 26th September – see photo at the end of this Newsletter.

All the best to **Hannah, Kelly, Katie, Jon, Oli, James & Sam** in the **TCS London Marathon 02/10/22**

We have been allocated **20 Grizzly/Cub places this year** thanks to Axe valley. A number of you have already shown interest in this, therefore I feel it would only be fair to put it out as a first come, first served basis. Once I have details of prices etc for the event I will advertise via WhatsApp Facebook and email. **First 20 harriers to pay into the club bank account will receive the places.** If we have more interest they may allocate us some extra places. Watch this space for more info – **Hannah.**

A very busy few weeks recently with **16 of our members** involved in races from as local as **Exmouth Seafront** to as far away as **Berlin & Lundy Island** – great performances all round, full details and some photos later on in this Newsletter

Due to Bicton College withdrawal the Bicton Blister is no more. But we now have the **Westdown Wander on Sunday 27th November**, the race HQ will be Exmouth Cricket Club. We will need club members to help on the day, (Sunday 27th November) so please speak to a committee member. Thanks **Bob Keast**. Full details including entry are at the following link :-

<https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576>

Nine Harriers turned out at the 2nd venue in our **2022 Harriers parkrun Tourism at Haldon Forest** on Saturday 17th September. It sounds like everyone thoroughly enjoyed it. The next one is planned for **Saturday 22nd October at Torbay Velopark** – **Craig** will be sorting out the details closer to the date.

The next race in the **Exmouth Harriers 2022 Challenge** is the **Drogo 10** on Sunday 13th November, see entry details later in this Newsletter.

With **Exmouth Harriers Women's & Men's teams** currently lying in 2nd place in the **2022 Instep Devon Championship** team events (full details are at <http://www.instepdevon.org.uk/>) and now only 2 races left in the 2022 series please get your entries in for them as soon as possible :-

30 SEPT CITY RUNS 3000M [HTTPS://WWW.CITY-RUNS.CO.UK/EXETER-3K](https://www.city-runs.co.uk/exeter-3k)

27 NOV WESTDOWN WANDER <https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576>

The dates & venues for the **2022/2023 Westward League Cross Country** have changed slightly:-

| | |
|--|---------------------|
| Sunday 9th October | Plymouth |
| Sunday 13th November | Newquay |
| Sunday 4th December | Exeter |
| Sunday 15th January | Westward Ho! |
| Sunday 12th February | Plymouth |
| Sunday 5th March | Redruth |

Up & Coming Races & events over the next few months
(the rest of November & the December races listing is at end of this Newsletter)

| | | | | | |
|----------|------|---|-------------------|---|--|
| 30/09/22 | Fri. | City Runs Track 3,000m (Exeter Arena) | All-weather track | https://www.city-runs.co.uk/exeter-3k | 12 th race in the Devon Instep Champs. 7.5 laps at Exeter track |
| 02/10/22 | Sun. | TCS London Marathon – seven Harriers running in it this year! | Road | https://www.tcs-london-marathon.com | Good luck to Hannah, Kelly, Katie, Jon, Oli, James & Sam |
| 02/10/22 | Sun. | Cardiff ½ Marathon | Road | https://www.cardiff-half-marathon.co.uk/ | Tom Merson is racing this one |
| 02/10/22 | Sun. | Winding Paths Exe Estuary Races | Road | https://www.windingpaths.co.uk/exe-estuary-summer/ | 50km Ultra, Marathon & ½ Marathon |
| 09/10/22 | Sun. | Westward League Cross Country at Plymouth | Multi-terrain | Contact Nathan Sheehy for details of the Harriers teams | 1 st race in the 2022 / 2023 six race series |
| 15/10/22 | Sat. | Power Run Half & Quarter Marathon | Multi-terrain | https://www.city-runs.co.uk/power-run | Start & finish at Haldon Racecourse |
| 15/10/22 | Sat. | East Mill Tor Loop | Multi-terrain | https://www.entrycentral.com/EastMillTor | Final race in the 2022 Dartmoor Fell Race series & presentation of awards |
| 16/10/22 | Sun. | Eden Project Marathon and 1/2 Marathon | Multi-terrain | https://www.edenproject.com/visit/whats-on/eden-marathon-and-half-marathon | |
| 16/10/22 | Sun. | Bath ½ Marathon | Road | Re-scheduled twice within 2022 - entries full | Tom Merson is racing and a few other Harriers |
| 22/10/22 | Sat. | Torbay Velopark parkrun | Tarmac & grass | Lookout for full details from Craig Butler in the near future | The 3rd 2022 Harriers parkrun Tourism event |
| 02/11/22 | Wed. | Run Exe 5 Miles - Exmouth | Road | https://www.city-runs.co.uk/run-exe-winter-5m | 1 st of City Runs Winter 5 milers |
| 06/11/22 | Sun. | Sidmouth 10k (Harriers discount of 25% on the entry fee) | Road | https://www.lmevents.org.uk/e/sidmouth-10km-2367 | Use Harriers25 discount code |
| 06/11/22 | Sun. | Templer Ten | Multi-terrain | https://www.teignbridgetrouters.co.uk/our-races/templer-ten | Approx. 10 Miles, mostly off-road |
| 06/11/22 | Sun. | Bideford 10 Miles | Road | https://bidefordaac.co.uk/bideford-10-miler/ | Very flat & fast 10 miler – highly recommended |

LATEST RESULTS – Congratulations to all who competed in the following events

Sunday 18th September – Chippenham ½ Marathon

Tom Merson ran for Devon in a South West Inter Counties match within the Chippenham 1/2 Marathon and finished in **2nd place 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.

Sunday 18th September – Honiton Hippo

Jimmy Joy ran in this tough multi-terrain event and finished in **31st position (4th M60) in 68.08**. It 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.

Sunday 18th September – Lundy Island Race

Tom Packer ran in the Lundy Island race, 13.5 miles of pristine, wildlife encrusted tracks & trails including visiting all 3 lighthouses on the granite island in the middle of the Bristol Channel. **Tom was 4th overall in this really tough event in a fabulous time of 2.01.43.**

Sunday 25th September – Great Bristol 10km Run

Tom Merson chalked up a fantastic victory in this prestigious event finishing in a superb time of **30.51**. Tom won by a clear 42 seconds from runner-up Matthew Rees of Swansea Harriers AC and he was 44 seconds ahead of 3rd placed Simon Fox of Exeter Harriers. Tom is now preparing for his next couple of races; the Cardiff 1/2 Marathon on Sunday 2nd October & the Bath 1/2 Marathon on Sunday 15th October.

Sunday 25th September – Berlin Marathon

On what is generally considered to be the worlds 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 Lady Harriers**.

| | | |
|---------|-------------------------|---------|
| 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 |

Sunday 25th September - Bradleys Exmouth 10km

Four Harriers raced locally alongside 180 other runners in this race hosted by LM Events in perfect racing conditions on the seafront.

| | | |
|------|---------------------|-------|
| 15th | David Snook | 43.28 |
| 26th | Jimmy Joy | 45.27 |
| 29th | Andy Place | 45.39 |
| 30th | Neil Collins | 46.05 |

Sunday 25th September – Newton Abbot Ladies’ 10km

Jenny Reay ran in the this Ladies-only 10km at Dornafield and was **12th overall (1st W60) in 44.54**. The scenic course followed undulating rural lanes throughout and passed through the local hamlets of Ogwell and Denbury.

Sunday 25th September – Salmon Relay Run

Amy Tew, Katie Moore & Amanda McCann took part in Wild Running’s unique relay run. This was a community relay run of 50 miles (80 km) in 8 sections run over the course of one day 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. During the run, 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 & 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.

26 Harriers at various parkruns on 17/09/2022

(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)

Winchester

| | | |
|-----|--------------|-------|
| 8th | Piers Benton | 18.55 |
|-----|--------------|-------|

Queen's, Belfast

| | | |
|------|---------------|-------|
| 34th | Darren Powell | 25.41 |
|------|---------------|-------|

Woolacombe Dunes

| | | |
|------|--------------|-------|
| 28th | Hugh Marsden | 25.44 |
| 88th | Dawn Teed | 33.11 |

Bolberry Down

| | | |
|-----|--------------|-------|
| 5th | Andy Johnson | 22.13 |
|-----|--------------|-------|

Haldon Forest – Harriers 2nd Tourism event

| | | |
|-----------------|------------------|-------|
| 3rd | Anthony Hatchard | 18.49 |
| 9th | Scott Jamieson | 20.14 |
| 14th | Craig Butler | 20.47 |
| 15th & 1st Lady | Cathy Newman | 21.02 |
| 16th | Nathan Budd | 21.35 |
| 58th | Paula Hawkins | 26.58 |
| 97th | Matilda Hatchard | 31.03 |
| 98th | Lisa Hatchard | 31.04 |

Exmouth

| | | |
|-------|------------------|-------|
| 8th | Lee Salter | 19.19 |
| 30th | Rachel Sanders | 21.18 |
| 37th | Tim Thompson | 21.56 |
| 38th | Jenny Reay | 21.58 |
| 88th | Nicola Kelly | 24.44 |
| 111th | Chris Rees | 25.54 |
| 160th | Louise Hempstead | 27.58 |
| 161st | Jane Macdonald | 27.58 |
| 170th | Hayley Johns | 28.33 |
| 180th | Kelly Thomas | 28.57 |
| 262nd | Bob Minting | 33.15 |
| 283rd | Nigel Dupain | 35.02 |
| 310th | Jill Dupain | 38.19 |

The following Harriers volunteered at Exmouth parkrun on 17/09/2022

Nigel Dupain, Keith Flack, Jimmy Joy, Les Turner

The following Harriers volunteered at Phear Park Junior parkrun on 18/09/2022

Sarah Baldwin, Craig Butler, Nigel Dupain, Amanda McCann, David Snook, Les Turner, Emma White

30 Harriers at various parkruns on 24/09/2022

(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)

Minehead

| | | |
|------|-------------|-------|
| 79th | Tom Handley | 33.47 |
|------|-------------|-------|

Exeter Riverside

| | | |
|------|---------------|-------|
| 20th | Cat Goncalves | 21.05 |
| 42nd | Andy Johnson | 22.47 |

Plymvalley

| | | |
|------|--------------|-------|
| 24th | Hugh Marsden | 22.55 |
| 72nd | Dawn Teed | 28.33 |

Exmouth

| | | |
|----------------|-------------------|-------|
| 6th & 1st Lady | Alice Kelly | 17.34 |
| 8th | Oliver White | 18.43 |
| 9th | Simon Minting | 18.44 |
| 10th | James Kelly | 18.44 |
| 12th | Lee Salter | 18.56 |
| 24th | Craig Butler | 20.05 |
| 30th | Tim Thompson | 20.29 |
| 37th | Jimmy Joy | 21.09 |
| 47th | Des White | 21.47 |
| 56th | Anthony Lees | 22.17 |
| 64th | Bob Minting | 22.57 |
| 78th | Nicola Kelly | 23.47 |
| 84th | Paula Hawkins | 23.59 |
| 87th | Mike Musgrove | 24.06 |
| 98th | Hayley Johns | 24.35 |
| 122nd | Sarah Baldwin | 25.34 |
| 123rd | Lisa Boyd | 25.36 |
| 131st | Alison White | 26.21 |
| 166th | May Argyle-Lander | 28.14 |
| 279th | Keith Flack | 34.19 |
| 292nd | Jim Comer | 35.36 |
| 296th | Jill Dupain | 37.34 |
| 301st | Tom Packer | 38.02 |
| 309th | Nigel Dupain | 40.06 |
| 310th | John Goss-Custard | 40.07 |

The following Harriers volunteered at Exmouth parkrun on 24/09/2022

Nigel Dupain, Nathan Sheehy, Amy Tew, Les Turner

The following Harriers volunteered at Phear Park Junior parkrun on 25/09/2022

Sarah Baldwin, Hannah Bown, Nigel Dupain, Amanda McCann

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



Cathy, Lisa, Matilda, Paula, Anthony, Craig, Scott, Neil & Nathan at Haldon Forest parkrun



All smiles before the Haldon Forest parkrun



Tom Packer at the Lundy Island Race



Tom Merson at the Great Bristol 10km Run



Super-Sisters Kate & Louise after the Berlin Marathon



Neil, David, Andy & Jimmy after the Bradleys Exmouth 10km



David, Jimmy, Andy & Neil on Exmouth seafront



Jenny at the Newton Abbot Ladies' 10km



Katie, Amy & Amanda at the Salmon Relay Run



Ray & his Rehab team at Orcombe Point

Race & Events Calendar - this is a selection of races that you may be interested in from Nov. – Dec. 2022

| | | | | | |
|----------|------|--|---------------|---|---|
| 12/11/22 | Sat. | 8 Trigs. 33 and 21 miles. Sidmouth | Multi-terrain | https://www.climbsouthwest.com/east-devon-8-trigs/ | |
| 13/11/22 | Sun. | Westward League Cross Country at Newquay | Multi-terrain | Contact Nathan Sheehy for details of the Harriers teams | 2 nd race in the 2022 / 2023 six race series |
| 13/11/22 | Sun. | Drogo 10 | Multi-terrain | https://www.swrr.co.uk/the-drogo/ | 7 th Race in the 2022 Exmouth Harriers Challenge |
| 27/11/22 | Sun. | Westdown Wander We will need loads of volunteers to assist on the day – please help us | Multi-terrain | https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576 | Harriers replacement race for the Bicton Blister |
| 03/12/22 | Sat. | Cockington Christmas Caper | Multi-terrain | https://cockingtonchristmascaper.co.uk/ | In and around the Cockington Country Park |
| 04/12/22 | Sun. | Westward League Cross Country at Exeter – inc. Devon AA Champs. & 8 th race in Exmouth Harriers challenge | Multi-terrain | Harriers pay the entry fee - contact Nathan Sheehy for details of the Harriers teams | 8 th Race in the 2022 Exmouth Harriers Challenge plus Devon AA Champs. |
| 11/12/22 | Sun. | City Runs Christmas Handicap | Road | https://www.city-runs.co.uk/christmas-5k-handicap | Traditional Xmas Handicap 5km on the River Exe “Turn & Burn” course |
| 18/12/22 | Sun. | Wellington Monument Race | Multi-terrain | https://www.tauntona.c.org/monument-race | 6.27 miles overall with steep ascent to Monument & steep descent back |
| 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 |

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