

EXMOUTH HARRIERS

Club Newsletter – Number 27

12th October 2022

(The next edition is due out on Wednesday 26th October)



Harriers at the 2022 TCS London Marathon

October 2022 Training Schedule

Exmouth Harriers Training – October Training Program. Tuesday and Thursday meet at 18:50 for 19:00 step off. Session leaders will communicate details on the day via the Harriers WhatsApp Group			
Date	Leader	Start	Event
Tuesday 4th	Hannah	Tennis Centre	Intervals / Hills
Thursday 6th	Jimmy	Tennis Centre	Leader to decide route
Tuesday 11th	Lisa	Tennis Centre	Intervals
Thursday 13th	Scott Jamieson	Tennis Centre	Leader to decide route
Tuesday 18th	Hannah	Tennis centre	Hills
Thursday 20th	Terry	Tennis Centre	Leader to decide route
Tuesday 25 th	Scott Jamieson	Tennis centre	Intervals
Thursday 27th	Mike	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 Harriers Annual General Meeting is on Friday 11th November

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

In the City Runs **3000m** at Exeter Arena on Friday 29th September **Cathy Newman** not only set the **2nd fastest time by a British W60 during 2022** but she also recorded **the 4th fastest British W60 3000m of all-time**.

New Harrier Breaks Exmouth parkrun record - in what was her 1st outing as an Exmouth Harrier **Atsede Gidey** was the 2nd finisher and 1st Lady finisher in **16.15** at the Exmouth parkrun on Saturday 8th October (breaking Jo Pavey's Ladies record) plus she was the fastest Lady finisher out of all the UK parkruns on the day. **Atsede's** next race is the Bath 1/2 Marathon on Sunday 16th October.

Jenny Reay set a new Exmouth parkrun age-graded record of **99.75%** in the Saturday 8th October event.

The date & venue for the 3rd in our **2022 Harriers parkrun Tourism** are **Saturday 29th 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.

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>

Exmouth Harriers Women's & Men's teams are both currently in 2nd place in the **2022 Instep Devon Championship** team events (full details are at <http://www.instepdevon.org.uk/>)

There is only 1 race left in the 2022 series, it's our own Westdown Wander on 27th November

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

The dates & venues for the **2022/2023 Westward League Cross Country** races are :-

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 December races listing is at end of this Newsletter)

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
29/10/22	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.teignbridgetrotters.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
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/	7th 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

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

Friday 30th September – City Runs 3000m at Exeter Arena

Great running from six Harriers who raced 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 3000m**. Cathy said after the race

“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.”

Cathy Newman	11.14
Jimmy Joy	12.21
Neil Clarke	12.31
Andy Johnson	12.40
Des White	13.06
Alison White	16.09

Sunday 25th October – TCS London Marathon

Seven Harriers magnificently raced 26.2 miles through the streets of London in the iconic 2022 TCS London Marathon along with over 40,000 others.

Another four Harriers ran 26.2 miles virtually in an initiative that was introduced during the Covid-19 lockdowns. Josh & Andy ran in Devon whereas Emily & Nicola ran in London.

Sam was the fastest Harrier on the day in an incredible **2.33.20** and his run was even more amazing when you take into consideration that it was his first 26.2 mile marathon road race. **Hannah** was the Harriers leading lady in a new pb plus **Oli, James, Jon & Katie** set new pbs.

The Race

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

The Virtual

Josh Sale	3.25.45
Andy Place	4.14.00
Emily Kelly	5.24.00
Nicola Kelly	5.24.00

Sunday 2nd October – Cardiff ½ Marathon

Tom Merson raced in the extremely high-quality Cardiff 1/2 Marathon coming **21st in a superb time of 67.32.**

Sunday 2nd October – Exe Estuary ½ Marathon

Mark Hawkins was Harriers only representative in the Winding Paths series of races, with stunning views across the estuary. **Mark** ran strongly to finish in **12th** place in a great time of **2.03.05.**

Sunday 9th October – Bournemouth 10km

Tom Merson continued his recent fantastic competitive series of events with his 4th race in 4 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 a great time of **31.32.**

Sunday 9th October – Westward League Cross Country Series

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.

Ladies

38th	Hannah Bown	24.34	3rd FV40
117th	Dawn Teed	32.54	6th FV55

The Harriers Ladies are in 33rd team position & are in 17th Veterans team position

Men

9th	Rob Ellis	30.18	
34th	Anthony Hatchard	32.57	2nd MV45
83rd	Scott Jamieson	36.10	11th MV40
124th	Hugh Marsden	39.21	3rd MV60
129th	Nathan Sheehy	40.12	19th MV45
139th	Jimmy Joy	41.15	6th MV60
147th	Andy Place	43.20	
149th	Terry McKie	43.33	12th MV50

The Harriers Men are in 13th team position & are in 7th Veterans team position

The dates & venues for the next 5 races in the Westward League XC Series are:-

Sunday 13th November	Newquay
Sunday 4th December	Exeter (including the Devon Champs.)
Sunday 15th January	Westward Ho!
Sunday 12th February	Plymouth
Sunday 5th March	Redruth

Sunday 9th October – Royal Parks ½ Marathon

Two Harriers travelled to London to compete in the Royal Parks Half Marathon. **Craig & David** both ran great times and thoroughly enjoyed the race on what Craig described as a “glorious course”.

311th	Craig Butler	1.28.50
716th	David Middlehurst	1.35.00

Sunday 9th October – Autumn Challenge Marathon, Exmouth

Chris Murrin ran his 103rd marathon in the Autumn Challenge hosted by Running Events Devon on the Budleigh Trail in Exmouth. Chris ran 8 laps of the 5.3km out and back route on the scenic disused railway line finishing in a great time of **4.06.42.**

29 Harriers at various parkruns on 01/10/2022

(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)

Basingstoke

115th	Nigel Dupain	28.39
116th	Hannah Bown	28.59

Minehead

63rd	Tom Handley	37.56
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Killerton

74th	Bob Keast	27.35
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Winchester

4th	Piers Benton	18.38
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Barnstaple

12th	Hugh Marsden	22.03
50th	Dawn Teed	28.40

Exeter Riverside

50th	Andy Johnson	22.30
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Exmouth

8th	Anthony Hatchard	17.44
23rd	David Middlehurst	19.52
29th	Adam Miller	20.30
31st	Tim Thompson	20.31
35th	Jimmy Joy	20.36
36th	Jenny Reay	20.38
41st	Neil Clarke	21.34
46th	Lee Salter	21.46
49th	Anthony Lees	22.12
51st	Bob Minting	22.40
89th	Nathan Budd	24.53
91st	Darren Powell	24.59
116th	Amy Tew	26.16
123rd	Sarah Baldwin	26.26
125th	May Argyle-Lander	26.34
131st	Joan Mason	26.57
147th	Lee Russell	28.08
166th	Lisa Hatchard	28.49
173rd	Keith Flack	29.24
246th	John Goss-Custard	34.51
274th	Jill Dupain	37.24

The following Harriers volunteered at Exmouth parkrun on 01/10/2022

Craig Butler, John Goss-Custard, Stan Mason, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 02/10/2022

Sarah Baldwin, Craig Butler Holly Clements, Scott Jamieson, Joan Mason, Stan Mason, Amanda McCann, Les Turner

29 Harriers at various parkruns on 08/10/2022

(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)

Bournemouth

71st	Andy Johnson	23.30
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Exeter Riverside

30th	Cat Goncalves	21.32
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Thornbury

23rd	Jonathan Croome	24.13
48th	Lorraine Croome	27.19

Chipping Sodbury

129th	Steve Morgan	28.44
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Colby

31st	Dan Morley	24.34
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Guernsey

2nd	Piers Benton	18.43
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Henstridge Airfield

24th	Bob Keast	26.55
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Exmouth

2nd & 1st Lady	Atsede Gidey	16.15 – broke Jo Pavey's Exmouth Women's record
20th	Tom Packer	19.30
22nd	Craig Butler	19.42
32nd	Jenny Reay	20.19 – new Exmouth age-graded record of 99.75%
35th	David Snook	20.27
56th	Hannah Bown	21.54
63rd	Bob Minting	22.28
66th	Des White	22.35
76th	Louise Hempstead	23.10
119th	Sarah Baldwin	25.26
125th	Darren Powell	25.42
137th	Alison White	26.03
138th	Kay Douglas	26.07
143rd	Jane MacDonald	26.19
156th	Joan Mason	26.59
162nd	Lee Russell	27.20
292nd	Keith Flack	35.00
293rd	Tom Handley	35.02
301st	Jim Cromer	35.56
279th	Keith Flack	34.19
292nd	Jim Comer	35.36

The following Harriers volunteered at Exmouth parkrun on 08/10/2022

Keith Flack, Stan Mason, Nathan Sheehy, Les Turner

The following Harriers volunteered at Phear Park Junior parkrun on 09/10/2022

Sarah Baldwin, Craig Butler, Holly Clements, Scott Jamieson, Joan Mason, Stan Mason, Hannah Bown, Nigel Dupain, Amanda McCann, Les Turner

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



Cathy during the 3000m at Exeter Arena



Oli, Hannah & Sam striding out in the TCS London Marathon



James, Jon & Sam in the TCS London Marathon



Katie at the start of the TCS London Marathon



Andy finishing his virtual London Marathon at Orcombe Point



Jon, Oli, Sam, James & Hannah after the TCS London Marathon



Kelly & Katie after the TCS London Marathon





Hannah at the Westward League XC in Plymouth



Dawn at the Westward League XC in Plymouth



Hugh, Anthony, Nathan, Jimmy, Terry, Scott, Rob & Andy at the Westward League XC



Action shots of Rob, Andy, Terry, Nathan, Scott, Hugh, Jimmy & Anthony at the Westward League XC



Craig at the start of the Royal Parks ½ Marathon & with Deb outside their Airbnb



Tom on top of the podium at the Bournemouth 10km



Ray & the Rehab team on recent walks

Race & Events Calendar - this is a selection of races that you may be interested in December 2022

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	8th 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.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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