

EXMOUTH HARRIERS

Club Newsletter – Number 28

26th October 2022

(The next edition is due out on Wednesday 9th November)



Atsede at the Bath Half Marathon

October/November 2022 Training Schedule

Exmouth Harriers Training October / November 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 27 th Oct.	Mike	Tennis Centre	Leader to decide route
Tuesday 1 st Nov.	Lisa	Tennis Centre	Intervals
Thursday 3 rd Nov.	TBD	TBD	TBD
Tuesday 8 th Nov.	Scott Jamieson	Tennis Centre	Seafront Intervals
Thursday 10 th Nov.	Tim Chappell	Tennis centre	Trail, mixed terrain (head torch required)
Tuesday 15 th Nov.	Craig	Tennis Centre	Halsdon Loops
Thursday 17 th Nov.	Terry	Tennis centre	Fun road run. Dark alleys/tunnels and some navigation guesswork (hi-viz & head torch required)
Tuesday 22 nd Nov.	TBD	TBD	TBD
Thursday 24 th Nov.	TBD	TBD	TBD
Tuesday 29 th Nov.	TBD	TBD	TBD

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 **Please make every effort to attend the Exmouth Harriers AGM as it's your club**

EXMOUTH HARRIERS AGM
For Year Ending 30th September 2022

Friday 11th November 2022, 7.30pm start
In the Function Room at The Beach Pub, Victoria Road,
Exmouth, EX8 1DR

AGENDA

1. Apologies for absence
2. Minutes of AGM November 2021
3. Matters arising
4. Chairman's report
5. Treasurer's report
6. Secretary's report
7. Membership Officer's report
8. Ladies team Manager report
9. Men's team Manager report
10. Publicity Officer's report
11. Instep report
12. Devon-Wukro update
13. Election of Officers
 - Chairman
 - Treasurer
 - Secretary
 - Membership Officer
 - Ladies' Team Captain
 - Men's Team Captain
 - Publicity Officer
 - Club Coach
 - Website Administrator
 - Committee members – minimum of five
14. Any other business
Awards
15. Date of next AGM – Friday 10th November 2023?

The Harriers Christmas Party & Club Awards is on Friday 9th December **(full details to be published in the very near future)**

The date & venue for the 3rd in our **2022 Harriers parkrun Tourism** are **Saturday 29th October at Torbay Velopark** – details will be available ASAP from **Craig**.

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

Don't forget that we now have the **Westdown Wander on Sunday 27th November**. We need club members to help on the day so please either speak to Race Director **Bob Keast** or Marshalls Co-Ordinator **Nathan Sheehy** (see his request for helpers below) if you can assist.

Hi Harriers - we are less than 6 weeks away from our one and only Harriers event in 2022. The inaugural Westdown Wander debuts on Sunday 27th November with a start time of 11am. With the Bicton Blister assigned to run event heaven, the club will be looking to our team of members to donate a few hours on event day, to ensure a smooth operation. If you have a blank on your calendar on the 27th and want to be involved, you can contact me through WhatsApp, messenger or the circulated email. Thanks in advance. **Nathan**

Also it's the last race in the 2022 Devon Instep Champs., details including entry are at the following link <https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576>

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

(The provisional 2023 races listing will be in the next few newsletters)

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 Close date for entries extended to 04/11/22	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 for the Bicton Blister Also the last race in the 2022 Devon Instep Champs.
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	Handicap 5km on the River Exe course
18/12/22	Sun.	Wellington Monument Race	Multi-terrain	https://www.tauntonac.org/monument-race	Hilly 6.27 miles to the Monument & 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

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

Sunday 13 th November	Newquay
Sunday 4 th December	Exeter inc. Devon AA Champs.
Sunday 15 th January	Westward Ho!
Sunday 12 th February	Plymouth
Sunday 5 th March	Redruth

Please contact [Nathan Sheehy](#) for details of all Westward League XC events.

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

Saturday 15th October – Dartmoor Fell Race – East Mill Tor at Belstone

This was the final race in the 2022 Dartmoor Fell Race Series (11 races over a 6 month period throughout the Spring & Summer of 2022) and it was also the presentation of awards for the overall series winners and the leading age category winners. **Hugh Marsden & Dawn Teed** did not run in the Belstone race but helped with the marshalling and were pleased to be the **1st M60** and **3rd W50** in the series.

Sunday 16th October – Eden Project Half Marathon

Chris Dupain ran in this unique half marathon finishing in **22nd position** (out of 624 finishers) in **1.37.08** on a very undulating course that took in all aspects of the world-renowned former Cornish clay mine near St Austell.

Sunday 16th October – Bath Half Marathon

Five Harriers ran in the 40th anniversary Bath Half Marathon with **Tom Merson**, competing in his 5th race in 5 weeks, the first Harrier to finish in **6th place overall** out of over 6,700 finishers in an amazing time **1.07.53**.

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

After busy racing schedules **Craig Butler & 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.

Sunday 23rd October – Leeds Abbey Dash 10km

Following on from her superb performance in the Bath Half Marathon **Atsede Gidey** travelled to Leeds to take part in this high quality 10km.

On a very wet morning over 3,700 runners raced over a route that took in many of the city's historic landmarks and attracted a number of 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. **Atsede was 2nd in 32.34** closely followed by Lucy Reid of Tonbridge AC in 3rd in 32.35.

33 Harriers at various parkruns on 15/10/2022

(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)

Lydiard

32nd	Dan Morley	23.03
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Minehead

64th	Tom Handley	33.56
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Winchester

4th	Piers Benton	18.18
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Parke

57th	Bob Keast	29.30
66th	Dawn Teed	30.41

Exeter Riverside

42nd	Andy Johnson	22.50
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Exmouth

3rd	James Kelly	17.05
5th	Sam Kelly	17.35
6th & 1st Lady	Alice Kelly	17.37
7th	Simon Minting	17.57
8th	Anthony Hatchard	18.00
11th	Tom Packer	18.42
13th	Scott Jamieson	19.02
16th	Mike Musgrove	19.22
19th	Cathy Newman	19.47
20th	Nathan Budd	19.47
23rd	Jon Garrity	20.05
32nd	Jimmy Joy	20.58
49th	Ian Harvey	22.13
58th	Bob Minting	23.05
60th	Graham Gunn	23.10
121st	Sarah Baldwin	25.44
127th	Lisa Boyd	25.53
136th	Nicola Kelly	26.13
138th	Hayley Johns	26.15
140th	Liz Michaelson	26.17
162nd	Joan Mason	27.12
169th	Lee Russell	27.23
193rd	Tim Thompson	28.25
264th	Keith Flack	33.08
282nd	James Comer	34.30
286th	Nigel Dupain	34.51
313th	John Goss-Custard	39.56

The following Harriers volunteered at Exmouth parkrun on 15/10/2022

Craig Butler, Nigel Dupain, John Goss-Custard, Stan Mason, Nathan Sheehy, Amy Tew, Les Turner

The following Harriers volunteered at Phear Park Junior parkrun on 16/10/2022

Holly Clements, Nigel Dupain, Scott Jamieson, Joan Mason, Stan Mason, Amanda McCann, David Snook, Les Turner

35 Harriers at various parkruns on 22/10/2022

(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)

Lydiard

51st	Dan Morley	22.42
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Exeter Riverside

46th	Rachel Sanders	22.35
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Torbay Velopark

30th	Ellis Bown	21.42
31st	Hannah Bown	21.43

Killerton

63rd	Jon Garrity	24.18
102nd	Bob Keast	26.29

Didcot

13th	Andy Johnson	22.15
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Hampstead Heath

21st	Piers Benton	20.40
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Grangemoor

39th	Emma White	25.34
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Haldon forest

10th	Dave Tomlin	20.34
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Bolberry Down

15th	Hugh Marsden	21.49
47th	Dawn Teed	28.27

Trentham Gardens

171st	Tim Thompson	29.17
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Bideford

29th	Steve Morgan	22.58
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Exmouth

1st	Sam Kelly	15.33
5th	Oliver White	16.53
10th	Simon Minting	17.57
11th	James Kelly	18.01
12th & 1st Lady	Alice Kelly	18.03
17th	Josh Sale	18.27
18th	Mike Musgrove	18.31
34th	Jon Mill	19.42
45th	Scott Jamieson	20.26

53rd	Adam Miller	20.59
64th	Darren Powell	21.39
71st	Graham Gunn	22.09
76th	Chris Dupain	22.23
77th	Paula Hawkins	22.30
109th	Nicola Kelly	24.14
147th	Hayley Johns	25.45
161st	Chris Rees	26.20
190th	Lee Russell	27.50
239th	Keith Flack	29.49
312th	Nigel Dupain	35.02
328th	John Goss-Custard	40.05

The following Harriers volunteered at Exmouth parkrun on 22/10/2022

Jill Dupain, Nigel Dupain, John Goss-Custard, Nathan Sheehy, Les Turner

The following Harriers volunteered at Phear Park Junior parkrun on 23/10/2022

Sarah Baldwin, Hannah Bown, Jill Dupain, 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)



Tom burning some rubber at the Bath Half Marathon



Atsede with her trophies from the Bath Half Marathon & the Leeds Abbey Dash 10km



Ray on the "Road to Recovery" with Amanda & Alison

Race & Events Calendar - the provisional 2023 races listing will be in the next few newsletters

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