

EXMOUTH HARRIERS

Club Newsletter – Number 29

9th November 2022

(The next edition is due out on Wednesday 23rd November)



Harriers after the Sidmouth 10km

November/December 2022 Training Schedule

| Exmouth Harriers Training November/December 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 10 th Nov. | Scott Jamieson | Meet at the Tennis Centre | Road and trail run. Head torch or torch required |
| Tuesday 15 th Nov. | Scott Jamieson | Meet at the Tennis Centre | Short interval training |
| Thursday 17 th Nov. | Scott Jamieson | Meet at the Tennis Centre | Fun road run – Dark alleys/tunnels and some navigation guesswork |
| Tuesday 22 nd Nov. | TBD | TBD | TBD |
| Thursday 24 th Nov. | TBD | TBD | TBD |
| Tuesday 29 th Nov. | TBD | TBD | TBD |
| Thursday 1 st Dec. | TBD | TBD | TBD |
| Tuesday 6 th Dec. | TBD | TBD | TBD |
| Thursday 8 th Dec. | 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 – 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



Congratulations to Atsede & Berihu who are getting married on 12th November



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 Fri. 9th December at GWRSA – full details soon

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

The date & venue for the 4th in our **2022 Harriers parkrun Tourism** are **Saturday 26th November at Killerton** – details will be available ASAP from **Craig**.

Don't forget that we now have the **Westdown Wander on Sunday 27th November**. We need club members to help on the day, if you are able to assist please contact **Bob Keast** or **Nathan Sheehy**. 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>

If anyone is able to lead a training session please add the details in the spare slots on the training schedule on our WhatsApp site – thank you.

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

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

| | | | | | |
|----------|------|--|---------------|---|---|
| 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 |
| 13/11/22 | Sun. | Starcross Shuffle (Marathon, ½ Marathon, 10km, Ultra or something inbetween) | Multi-terrain | https://www.windingpaths.uk/starcross/#:~:text=Starcross%20Shuffle%20Extra%20Information,after%204pm%20(7%20Hours) | Winding Paths event; run / walk / jog as many 6.6 mile laps as you like / can in 7 hours! |
| 26/11/22 | Sat. | Killerton parkrun – this one could be a bit of a mud-fest but great run | Multi-terrain | Look-out for full details from Craig Butler in the near future | The 4th 2022 Harriers parkrun Tourism event |
| 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 |
| 03/12/22 | Sat. | Haldon Night Run – Harriers can get 15% off the entry fee if entering before 22nd November | Multi-terrain | https://sportivaevents.co.uk/events/haldon-night | A night-time 10k, 5k, 2k & 1k in Haldon Forest |
| 04/12/22 | Sun. | Westward League XC at Exeter – inc. Devon Champs. & 8 th 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.cityruns.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 |

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

Exmouth Harrier's flying sexagenarian **Jenny Reay** is currently in the form of her life as she has recorded three extremely fast 5km parkruns in the Exmouth events during October.

On Saturday 1st October Jenny ran 20.38 which gave her a 98.22% age-grading, the following Saturday Jenny surpassed that with a **20.19 time and an amazing 99.75% age-grading**. On the final Saturday in October Jenny ran 20.41 with an age-grading of 97.99%.

Jenny leads the Exmouth all-time age-graded league with her 99.75% with two other Exmouth Harriers; Cathy Newman (another sexagenarian) in 3rd place with 99.22% and Atsede Gidey in 8th place with 91.03%.

Age-grading is a way to compare the performance of runners of all ages and both genders with one another on a level playing field. When your time is "age-graded" it is calculated as a percentage of the "ideal" time for your age and gender at that distance.

Saturday 29th October – Torbay Velopark parkrun

In the 3rd of Harriers 2022 parkrun Tourism eight Harriers ran in the Torbay Velopark parkrun where Oli White was the first finisher overall in 16.55. Oli was backed up by seven "super-veteran" Harriers (Sarah Baldwin, Nigel Dupain, Jill Dupain, Steve Morgan, Jimmy Joy, Alison White & Des White) - six were sexagenarians and one was a septuagenarian.

Sunday 30th October – Grand Canal Canter, Tiverton

Claire Sorensen ran a great race finishing in 17th place in 1.58.07 in the Winding Paths Grand Canal Canter. The flat and fast 1/2 Marathon course started at the Tiverton Canal Basin and headed along the canal paths for 6.6 miles to Sampford Peverell for the turn around point and headed back to the finish line at Tiverton.

17th **Claire Sorensen** 1.58.07

Sunday 30th October – Herepath Half, Staple Fitzpaine

Tom Packer finished in a marvellous 23rd place in 1.46.56 in the 8th running of the Herepath Half. It was a tough trail race that generally followed the Staple Fitzpaine Herepath Trail in the Blackdown Hills and was approximately 13.7 miles long. The trail reached the highest point in the Blackdowns with views across the fabulous countryside.

23rd **Tom Packer** 1.46.56

Wednesday 2nd November – Exmouth 5 Miles (reduced to 2.5 miles due to bad weather)

Storm Claudio caused a lot of disruption in the Westcountry but it didn't stop eight Exmouth Harriers along with 25 other local runners competing in City Runs Exmouth Seafront Race.

Before the start of the race at 7pm the heavy rain and strong winds made it very difficult to warm up and it was decided to reduce the race distance from 5 to 2.5 miles.

| | | | |
|------|---------------------|-------|-----------|
| 3rd | Oli White | 13.32 | (1st M35) |
| 9th | Josh Sale | 15.01 | (6th SM) |
| 17th | Nathan Budd | 15.56 | (3rd M35) |
| 19th | Hannah Bown | 16.51 | (2nd W40) |
| 25th | Jenny Reay | 18.16 | (2nd W60) |
| 28th | Steve Morgan | 19.51 | (1st M65) |
| 29th | Des White | 20.18 | (2nd M65) |
| 30th | Alison White | 22.27 | (1st W65) |

Sunday 6th November –Templer 10 M

Two Harriers took part in this multi-terrain race at Stover School that also ran through the picturesque Stover Country Park and the fields at Teigngrace.

5th **Simon Minting** 1.02.58
139th **Amanda McCann** 1.45.05

Sunday 6th November – Bideford 10 Miler

Five Harriers travelled to North Devon to compete in the Bideford 10 Miler on a mainly flat course with long stretches on the stunning Tarka Trail.

16th **Oli White** 56.17
118th **Adrian Vanstone** 1.13.33 (5th M60)
121st **Des White** 1.14.09 (1st M65)
137th **Steve Morgan** 1.15.31 (2nd M65)
279th **Alison White** 1.27.11 (1st W65)

Sunday 6th November – LM Events Sidmouth 10km

Seven Harriers travelled east to compete in LM Events Sidmouth 10km that followed the entire length of the Byes down onto the Sidmouth sea front before looping back round to the finish at Sidford Social Hall. It was on a fairly flat course except the loop up Hillside, Beatlands and Cliff Road with two steep climbs.

3rd **Scott Jamieson** 40.06
6th **Josh Sale** 40.29 (1st M30-49)
13th **Dave Stone** 42.55 (2nd M50-69)
17th **Craig Butler** 43.47 (3rd M50-69)
29th **Jimmy Joy** 45.41 (7th M50-69)
65th **Holly Clements** 51.27 (13th W30-49)
98th **Amy Tew** 54.31 (20th W30-49)

Sunday 6th November – Haldon Forest 10km

Paula Hawkins tackled the very tough Haldon Forest 10km off-road event with breathtaking scenes and stunning natural surroundings.

26th **Paula Hawkins** 56.03

32 Harriers at various parkruns on 29/10/2022

(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)

Teignmouth Promenade

| | | |
|------|---------------------|-------|
| 19th | Hugh Marsden | 21.40 |
| 84th | Dawn Teed | 28.23 |

Killerton

| | | |
|-------|---------------------|-------|
| 6th | Jon Garrity | 20.29 |
| 61st | Nicola Kelly | 25.55 |
| 126th | Hayley Johns | 29.45 |

Minehead

| | | |
|------|-------------|-------|
| 87th | Tom Handley | 33.35 |
|------|-------------|-------|

Exeter Riverside

| | | |
|-------|---------------|-------|
| 134th | Rebecca Parry | 27.42 |
|-------|---------------|-------|

Parke

| | | |
|------|------------|-------|
| 10th | Dave Stone | 21.37 |
|------|------------|-------|

Exeter Riverside

| | | |
|------|--------------|-------|
| 42nd | Andy Johnson | 22.50 |
|------|--------------|-------|

Torbay Velopark

| | | |
|-------|---------------|-------|
| 1st | Oliver White | 16.55 |
| 20th | Jimmy Joy | 21.05 |
| 36th | Steve Morgan | 22.27 |
| 44th | Des White | 23.11 |
| 92nd | Sarah Baldwin | 26.53 |
| 95th | Alison White | 26.59 |
| 111th | Nigel Dupain | 28.23 |
| 205th | Jill Dupain | 39.58 |

Exmouth

| | | |
|-----------------|-------------------|-------|
| 6th | Simon Minting | 17.35 |
| 8th | Anthony Hatchard | 17.48 |
| 31st & 3rd Lady | Jenny Reay | 20.41 |
| 34th | Tim Thompson | 20.53 |
| 42nd | Andrew Johnson | 21.41 |
| 46th | Graham Gunn | 21.58 |
| 61st | Bob Minting | 22.57 |
| 92nd | Emma White | 24.11 |
| 110th | Darren Powell | 25.04 |
| 154th | Lee Russell | 27.23 |
| 159th | Joan Mason | 27.34 |
| 203rd | Lisa Hatchard | 29.06 |
| 266th | Keith Flack | 31.08 |
| 305th | Ian Harvey | 33.51 |
| 339th | John Goss-Custard | 39.59 |

The following Harriers volunteered at Exmouth parkrun on 29/10/2022

John Goss-Custard, Stan Mason, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 30/10/2022

Holly Clements, Nigel Dupain, Joan Mason, Stan Mason, Amanda McCann, Amy Tew, Emma White

24 Harriers at various parkruns on 05/11/2022

(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)

Hampstead Heath

| | | |
|-----|--------------|-------|
| 5th | Piers Benton | 18.56 |
|-----|--------------|-------|

Lanhydrock

| | | |
|------|--------------|-------|
| 13th | Hugh Marsden | 24.32 |
| 46th | Dawn Teed | 31.51 |

Exeter Riverside

| | | |
|------|----------------|-------|
| 48th | Andy Johnson | 22.26 |
| 56th | Rachel Sanders | 23.01 |

Haldon Forest

| | | |
|-----|-------------|-------|
| 4th | Dave Tomlin | 19.17 |
|-----|-------------|-------|

Cranbrook Country Park

| | | |
|-----|--------------|-------|
| 9th | John Garrity | 20.23 |
|-----|--------------|-------|

Exmouth

| | | |
|-------|-------------------|-------|
| 4th | Anthony Hatchard | 17.34 |
| 9th | Lee Salter | 19.00 |
| 29th | Tim Thompson | 20.49 |
| 30th | Jenny Reay | 20.56 |
| 32nd | Chris Dupain | 20.58 |
| 71st | Darren Powell | 23.36 |
| 75th | Bob Minting | 23.43 |
| 85th | Emma White | 24.12 |
| 88th | Lisa Hatchard | 24.54 |
| 118th | Sarah Baldwin | 26.27 |
| 122nd | Chris Rees | 26.33 |
| 157th | Joan Mason | 27.29 |
| 179th | May Argyle-Lander | 28.32 |
| 185th | Nigel Dupain | 28.43 |
| 203rd | Keith Flack | 29.35 |
| 305th | Jim Comer | 36.35 |
| 319th | John Goss-Custard | 29.59 |

The following Harriers volunteered at Exmouth parkrun on 05/11/2022

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

The following Harriers volunteered at Phear Park Junior parkrun on 06/11/2022

Sarah Baldwin, Hannah Bown, Holly Clements, Nigel Dupain, Joan Mason, Stan Mason, Les Turner, Emma White

Photo Gallery – a few action & fun photos

(Many thanks to everyone who took photos at the events)



Oli, Des, Nigel, Sarah, Steve, Alison, Jimmy & Jill at Torbay



City Runs volunteers at the Exmouth "Seafront 2.5 Miles"



Adrian, Steve, Des, Oli & Ali after the Bideford 10 Miler



Holly, Josh, Craig, Jimmy, Dave, Amy & Scott after the Sidmouth 10km



Josh & Scott with their Sidmouth 10km trophies



Warming up at the Sidmouth 10km



A few action photos from the Sidmouth 10km



Some more action photos from the Sidmouth 10k



Ray & his “Harriers recovery team” running, walking & socialising recently

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

