

# EXMOUTH HARRIERS

**Club Newsletter – Number 30**

23rd November 2022

(The next edition is due out on Wednesday 7th December)



Many congratulations to Berihu & Atsede

## 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 24 <sup>th</sup> Nov.	Terry M	Four Firs Car Park	Common Off-road Run - Steady / Social, no-one gets left behind. Torches a must
Sunday 27 <sup>th</sup> Nov	Nobody	Nowhere	As it's the club race The Weston Wander we need everyone who can be available to help out – if you haven't volunteered yet please contact Bob Keast or Nathan Sheehy
Tuesday 29 <sup>th</sup> Nov.	Hannah B	LED Tennis Centre or Foxholes – see note regarding the revised start time	<u>Foxholes Hill Efforts</u> – as it's England v Wales at 7pm and that some of you may choose the football over running this session will <b>START at 6pm at FOXHOLES</b> . I will post the session on the WhatsApp Group before Tuesday so if anyone wants to repeat it at 7pm (or over half time) they can.
Thursday 1 <sup>st</sup> Dec.	TBD	TBD	TBD
Sunday 4 <sup>th</sup> Dec.	TBD	TBD	TBD
Tuesday 6 <sup>th</sup> 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

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.

## 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](mailto:des.white@btinternet.com)

It is with sadness that we bring you the news that Maurice Ault, a former Harrier, died last week after a lengthy illness. He did a lot for our club on the Committee and organising races. We believe that his memorial service is likely to be Thursday 24th November at Ottery St Mary.

Thanks to everyone who attended the AGM at The Beach pub on Friday 11th November.

Thanks to everyone who attended the Defib Instruction and Runner First Aid at The Beach pub on Saturday 19th November (thanks to Craig for setting it up) – it was a great session delivered by Stuart Brown (paramedic & Race Support Medic).

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 have the **Westdown Wander on Sunday 27<sup>th</sup> 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 are at the following link <https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576>

It's a challenging 9 mile multi-terrain event starting on the Exmouth Seafront at 11am. The runners will head along to Orcombe Point (on the beach, tide permitting), then follow the South West Coastal Path past the geoneedle towards Budleigh Salterton. It will pass the Westdown Beacon on the way, before turning inland following footpaths, and cycleways back to Exmouth finishing at Exmouth Cricket Club.

A message from **Nathan Sheehy** – Hello Harriers, next up in **the Westward league XC is Exeter**.

We have a lovely short journey to our local venue which always provides us with much fun and a little mud. As always, this event will incorporate the **Devon County Champs**. So, a free number is on offer to all our members. With XC entries up on last year, **Sunday 4th of December** gives us a great opportunity to build on this and showcase our club to the rest of the south west.

The Devon County Championship is your chance to qualify to run XC for the county, but above all, to collect points for the team. All members are more than welcome, new and old.

**The Ladies gun goes @ 12.30 (5000m)**

**The Mens gun goes @ 14.15 (8000m)**

Follow this link to enter the Devon Champs.,

<https://data.opentrack.run/en-gb/x/2022/GBR/devonxc/>

The £8.00 entry fee needs to be paid by the athlete and refunded from the club.

**Don't delay entering as the closing date is Tuesday 29th November.**

See you there

**Nathan Sheehy**

Christmas Party & Club Awards is on Friday 9th Decemer at GWRSA from 7.30pm



Payment by cash to Amanda McCann or pay direct into Harriers bank account



Terry McKie's band The Revision Party will be providing the music ..... Terry says "we have been warming up the amps this weekend in prep of the Harriers Christmas Party ..... looking forward to it!"

It is possible that there could be an **Exmouth SportsHub built at Warren View Sports Ground (off Halsdon Avenue)** 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 months**  
 (The provisional 2023 races listing will be in the next few newsletters)

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.	<b>Westdown Wander</b> We will need loads of volunteers to assist on the day – please help us	Multi-terrain	<a href="https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576">https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576</a>	Harriers replacement for the Bicton Blister <b>Also the last race in the 2022 Devon Instep Champs.</b>
03/12/22	Sat.	Cockington Christmas Caper	Multi-terrain	<a href="https://cockingtonchristmascaper.co.uk/">https://cockingtonchristmascaper.co.uk/</a>	In and around the Cockington Country Park
03/12/22	Sat.	Haldon Night Run – <b>Harriers can get 15% off the entry fee if entering before 22nd November</b>	Multi-terrain	<a href="https://sportivaevents.co.uk/events/haldon-night">https://sportivaevents.co.uk/events/haldon-night</a>	A night-time 10k, 5k, 2k & 1k in Haldon Forest
04/12/22	Sun.	Westward League XC at Exeter – inc. Devon Champs. & 8 <sup>th</sup> in Exmouth Harriers challenge	Multi-terrain	Harriers pay the entry fee - contact Nathan Sheehy for details of the Harriers teams	<b>8<sup>th</sup> Race in the 2022 Exmouth Harriers Challenge plus Devon AA Champs.</b>
11/12/22	Sun.	Age UK Exmouth Santa Run	Road	<a href="https://www.ageuk.org.uk/devon/get-involved/fundraise-for-us/santa-run/">https://www.ageuk.org.uk/devon/get-involved/fundraise-for-us/santa-run/</a>	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	<a href="https://www.tauntonac.org/monument-race">https://www.tauntonac.org/monument-race</a>	Hilly 6.27 miles to the Monument & back
31/12/22	Sat.	Winding Path's Final Countdown	Multi-terrain	<a href="https://race-nation.co.uk/register/winding-paths/final-countdown-2022">https://race-nation.co.uk/register/winding-paths/final-countdown-2022</a>	10km trail run around the Dartington Estate

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

**Westward League Cross Country races are :-**

Sunday 4<sup>th</sup> December 2022

Sunday 15<sup>th</sup> January 2023

Sunday 12<sup>th</sup> February 2023

Sunday 5<sup>th</sup> March 2023

Exeter inc. Devon AA Champs.

Westward Ho!

Plymouth

Redruth

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

The highlight of the weekend of 12th / 13th November for Exmouth Harriers was the wedding of **Atsede Gidey & Berihu Hadera** at Lympstone Parish Church on Saturday 12th and that was followed over the weekend by 24 Harriers racing in 6 races in the Westcountry.

### **Saturday 12th November – 8 & 5 Trigs**

**Alice Kelly, Nicola Kelly & Becky Matthews** competed in Climb South West's 8 & 5 Trigs events that started & finished on Budleigh Salterton seafront with 33 and 21 mile options. They self navigated around some of the spectacular triangulation points in East Devon. It was a double "Kelly Family" celebration with **Alice 2nd overall and 1st Female finisher in the 8 Trigs in 5 hours 24 minutes** and Mum **Nicola equal 8th overall and equal 1st Female in the 5 Trigs in 4 hours 44 minutes. Becky ran in the 5 Trigs and finished in 7 hours 28 minutes.**

### **Sunday 13th November – Remembrance Day Marathon, Walton on Thames, Surrey**

**Chris Murrin** ran in this unique event that was built around a 'race freeze' at 11.00am where at the sound of the horn blast all runners stopped to observe a 2 minute silence and then resumed their race at exactly 11.02am when the organisers sounded 3 blasts of the horns. **Chris ran a personal best time on the off-road towpath route in 3 hours 54 minutes 5 seconds finishing in 29th position** overall. This was **Chris's 104th Marathon**, he's already entered for his 105th in the Plymtrail Marathon in December and has two more planned for January 2023.

### **Sunday 13th November – Drogo 10**

**Nine Harriers** ran in this exciting and challenging 10 mile multi-terrain Fell Race. The race started and finished at Castle Drogo, taking in views of the stunning Teign Valley, with a total climb of 1760 ft (535m).

34th	<b>Chris Dupain</b>	1.20.26
118th	<b>Craig Butler</b>	1.32.51
127th	<b>Louise Hempstead</b>	1.34.06
197th	<b>Kate Baker</b>	1.42.24
200th	<b>Sue Hill</b>	1.42.50
211th	<b>Kelly Mcgurk</b>	1.44.46
244th	<b>Kay Douglas</b>	1.48.34
286th	<b>Amanda McCann</b>	1.53.47
357th	<b>Martin Collins</b>	2.04.36

**Craig said afterwards** "Really enjoyed it. Fabulous weather. I can imagine it being v different in sideways rain and 5°C!

It's like a mini Grizzly. Two punishing and unrunnable (for mortals) hills - one of which made up most of the last mile or so back up to the castle!

I tried to be clever and throw myself down the hills a bit too fast and had nothing left by about mile 8 so that last climb was soul destroying!"

### **Sunday 13th November – Starcross Shuffle**

**Kelly Thomas** ran a marathon in Winding Path's unusual event that started at Starcross and followed the Exe Estuary alongside the grounds of Powderham Castle. The course then headed along the Exe Estuary Trail past the Turf Lock Hotel with a turn around point at 3.3 miles and headed back to the Starcross HQ. The challenge was to run as many laps within 7 hours or to stop when your personal target was achieved. **Kelly's four laps of the course added up to 26.2 miles and she finished in a great time of 4.27.11.**

### **Sunday 13th November - Westward League XC at Newquay**

**Ten Harriers** ran in the 2nd event in the 2022/23 Westward League Cross Country at the Newquay Sports Centre. **Holly Clements, Lisa Boyd, Sarah Baldwin & Alison White ran in the Ladies 5.4km race with Rob Ellis, Oli White, Anthony Hatchard, Hugh Marsden, Jimmy Joy & Des White in the Men's 8.5km race.** The course was very undulating but everyone benefitted from the good weather with dry underfoot conditions.

#### **Ladies - 5.4km**

76th	<b>Holly Clements</b>	23.57
131st	<b>Lisa Boyd</b>	28.25
133rd	<b>Sarah Baldwin</b>	28.50
135th	<b>Alison White</b>	29.14

**After 2 races in the 6 race series Harriers Ladies are lying in 27th position in the team champs. plus the Ladies Vets are lying in 13th position in the Vets team Champs.**

#### **Men - 8.5km**

12th	<b>Rob Ellis</b>	29.46
26th	<b>Oli White</b>	31.01
52nd	<b>Anthony Hatchard</b>	32.47
134th	<b>Hugh Marsden</b>	39.03
136th	<b>Jimmy Joy</b>	39.18
156th	<b>Des White</b>	45.19

**After 2 races in the 6 race series Harriers Men "A" team are lying in 12th position and the "B" team are lying in 37th in the team Champs. plus the Men's Vets are lying in 5th position in the Vets team Champs.**

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

<b>Sunday 4<sup>th</sup> December</b>	<b>Exeter inc. Devon AA Champs.</b>
<b>Sunday 15<sup>th</sup> January</b>	<b>Westward Ho!</b>
<b>Sunday 12<sup>th</sup> February</b>	<b>Plymouth</b>
<b>Sunday 5<sup>th</sup> March</b>	<b>Redruth</b>

## **21 Harriers at various parkruns on 12/11/2022**

(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)

### **Lydiard, near Swindon**

71st	Dan Morley	23.21
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### **Killerton**

1st	Simon Minting	18.30
40th	Bob Keast	25.30

### **Minehead**

15th	Scott Jamieson	20.26
131st	Tom Handley	35.28

### **Exeter Riverside**

38th	Rachel Sanders	22.08
42nd	Andy Johnson	22.25

### **Winchester**

6th	Piers Benton	18.35
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### **Uckfield**

50th	Dawn Teed	31.23
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### **Cranbrook Country Park**

62nd	Lee Russell	28.10
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### **Exmouth**

22nd	Tim Thompson	20.08
28th	Adam Miller	20.32
40th	Steve Morgan	21.47
45th	Terry McKie	22.26
60th	Paula Hawkins	23.31
64th	Jo Weeks	23.53
79th	Darren Powell	24.54
99th	Bob Minting	26.17
157th	Keith Flack	29.28
240th	Nigel Dupain	34.59
287th	Les Turner	58.55

**The following Harriers volunteered at Exmouth parkrun on 12/11/2022**

May Argyle Lander, Sarah Bladwin, Craig Butler, Nigel Dupain, John Garrity, Jimmy Joy, Sam Lander, Joan Mason, Stan Mason, Nathan Sheehy, Les Turner

**Phear Park Junior parkrun on 13/11/2022**

Holly Clements, Nigel Dupain, Joan Mason, Stan Mason, Amy Tew, Les Turner, Emma White

## **31 Harriers at various parkruns on 19/11/2022**

(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 )

### **Brighton & Hove**

16th	Jimmy Joy	20.56
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## Tamar Trails

39th	Dawn Teed	30.13
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## Town Moor, Newcastle Upon Tyne

211th	Piers Benton	27.16
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## Minehead

77th	Tom Handley	48.56
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## Poole

331st	Sarah Baldwin	26.19
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## Exeter Riverside

40th	Rachel Sanders	22.25
46th	Andy Johnson	22.46

## Haldon Forest

3rd	Dave Tomlin	19.47
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## Lands End

2nd & 1st Lady	Hannah Bown	21.17
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## Exmouth

10th	James Kelly	18.25
20th	Craig Butler	19.57
23rd	Chris Dupain	20.19
27th	Jenny Reay	20.32
40th	Steve Morgan	21.35
42nd	Adrian Vanstone	21.43
50th	Sam Lander	22.16
55th	Darren Powell	22.33
86th	Bob Keast	24.17
99th	Nicola Kelly	25.02
100th	Lisa Boyd	25.04
117th	Bob Minting	25.44
136th	Joan Mason	26.44
138th	Lee Russell	26.48
162nd	May Argyle Lander	27.56
171st	Hayley Johns	28.10
202nd	Keith Flack	29.13
229th	Amanda McCann	30.42
258th	Paul Dowling	33.27
280th	Nigel Dupain	34.59
305th	John Goss-Custard	39.37
325th	Les Turner	58.38

### The following Harriers volunteered at Exmouth parkrun on 19/11/2022

May Argyle Lander, Jill Dupain, Nigel Dupain, John Goss-Custard, Stan Mason, Nathan Sheehy, Les Turner

### The following Harriers volunteered at Phear Park Junior parkrun on 20/11/2022

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



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



**Atsede & Berihu on their very special day**



**Kay, Kelly, Craig, Kate, Louise & Sue at the Drogo 10**



**Sarah, Lisa, Holly & Alison at the Westward League XC at Newquay**



**Jimmy, Hugh, Rob, Anthony, Oli & Des at the Westward League XC at Newquay**



Action photos from the Westward League XC in Newquay



**Dawn at Uckfield, Sarah at Poole & Hannah at Lands End parkruns recently**



**Aerial view of the Warren View Sports Ground in Halsdon Avenue, Exmouth where the Exmouth SportsHub could be built in the next few years**



Ray & his "Harriers recovery team" on the seafront recently



Ray's "Harriers recovery cycling team" at Route2 Café in Topsham



Stormy conditions for one of Ray's "recovery runs" on the seafront

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