

# EXMOUTH HARRIERS

Club Newsletter – Number 32

21st December 2022

(The next edition is due out on Wednesday 4th January 2023)

**Merry Christmas  
and  
A Happy New Year**

## December 2022 / January 2023 Training Schedule

Exmouth Harriers December / January Training Programme			
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 22 <sup>nd</sup> Dec.	<a href="#">Scott Ja</a>	LED Tennis Centre	Xmas Lights <a href="#">Runaround</a> Exmouth
Tuesday 27 <sup>th</sup> Dec.	<a href="#">Scott Ja</a>	TBD	Pyramid Session
Thursday 29 <sup>th</sup> Dec	TBD	TBD	TBD
Sunday 1 <sup>st</sup> Jan	TBD	TBD	TBD
Tuesday 3 <sup>rd</sup> Jan	TBD	TBD	TBD
Thursday 5 <sup>th</sup> Jan	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)

### We wish everyone and their families A Very Merry Christmas and A Happy New Year

A special mention for **Nigel and Jill Dupain** who on the 17th December 2022 recorded 1,000 consecutive days of sporting activities. **Nigel** actually ran every one of the 1,000 days completing **4,100.3 miles** of running and also mixed it in with other sporting activities such as Hockey. **Jill** started running every day in the 1st Lockdown in March 2020 then when she started playing walking football etc. again she counted that as her exercise for the day and didn't run. Well done both of you – what an amazing achievement.

A great night out at Harriers Christmas Party & Club Awards evening at GWRSA this on Friday 9th December. Many thanks to **Amanda** for organising it, thanks to **Nigel & Hannah** for sorting out the Club Awards and to **Terry Mckie** and his band The Revision Party for giving us great music throughout the evening; it was marvellous to see everyone enjoying themselves.

### **2022 Exmouth Harriers Club Awards Winners**

Newcomer - **Lisa Boyd**

Veteran Lady - **Cathy Newman**

Veteran Man - **Jimmy Joy**

Senior Lady - **Alice Kelly**

Senior Man - **Sam Kelly**

Chairman's Award - **The White Family** (Oli, Ali & Des)



Oli, Ali, Des, Lisa, Nigel, Cathy, Nicola & Jimmy

The results for the **2022 Instep Devon Championship** have been verified and after 13 races throughout the 12 months here are the leading positions :-

### **Female Club Teams**

1st	South West Road Runners	3724 points
2nd	Axe Valley Runners	2035 points
3rd	<b>Exmouth Harriers</b>	2002 points

### Male Club Teams

1st	South West Road Runners	3683 points
2nd	<b>Exmouth Harriers</b>	3538 points
3rd	Axe Valley Runners	1930 points

### Female Individual

1st	Kerry Board	Axe Valley Runners	495 points
2nd	Jenny Debenham	South West Road Runners	476 points
3rd	<b>Jenny Reay</b>	Exmouth Harriers	475 points

### Male Individual

1st	Callum Crawford	Exeter Harriers	495 points
2nd	<b>Oli White</b>	Exmouth Harriers	491 points
3rd	<b>Nathan Sheehy</b>	Exmouth Harriers	474 points

### Women 55-64

1st	<b>Jenny Reay</b>	Exmouth Harriers
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### Women 65-74

1st	<b>Alison White</b>	Exmouth Harriers
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### Men 40-49

1st	<b>Nathan Sheehy</b>	Exmouth Harriers
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The 1st race in the **2023 Instep Devon Championship** is the **First Chance 10km in Exeter on Sunday 8th January** – see the race details (including entries) later in this Newsletter.

List of Qualifying Races for the **2023 Instep Devon Championship** are:-

FIRST CHANCE 10K 8 JAN

RUN EXE 5 MILE (EXMOUTH) 15 MARCH

POWER RUN POWDERHAM CASTLE 1 APRIL

FAST FRIDAY 10K 7 APRIL

OTTERY 10K 7 MAY

CREDITON CRUNCH 14 MAY

RUN EXE RELAYS 26 MAY

UPLOWMAN 10K 29 MAY

UMBORNE UG 24 JUNE

RUN EXE 5K 4 JULY

FOREST FLYER AUG ??

DROGO 10 OCT/NOV ??

BICTON BLISTER/WESTDOWN WANDER NOV ??

**Up & Coming 2022 Races & events over the next few weeks**  
 (The January 2023 races listing is at the end of this newsletter)

24/12/22	Sat.	Exmouth parkrun's 5th Birthday	Road	<a href="https://www.parkrun.org.uk/exmouth/news/">https://www.parkrun.org.uk/exmouth/news/</a>	It's also Christmas Eve and festive fancy dress optional
26/12/22	Mon.	Exmouth Rotary Family Fun Run (2.5 Miles on the Seafront)	Road	<a href="https://www.rotary-ribi.org/clubs/page.php?PgID=861648&amp;ClubID=1034">https://www.rotary-ribi.org/clubs/page.php?PgID=861648&amp;ClubID=1034</a>	Registration from 10.15am in the Pavilion – race starts at 11am
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
31/12/22	Sat.	Exmouth New Years Eve parkrun	Road	<a href="https://www.parkrun.org.uk/exmouth/news/">https://www.parkrun.org.uk/exmouth/news/</a>	Festive fancy dress optional

**Don't forget the dates & venues for the remaining 2023 Westward League Cross Country races are :-**

<b>Sunday 15<sup>th</sup> January 2023</b>	<b>Westward Ho!</b>
<b>Sunday 12<sup>th</sup> February 2023</b>	<b>Plymouth (TBC)</b>
<b>Sunday 5<sup>th</sup> March 2023</b>	<b>Redruth</b>

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

**Saturday 10th December – Extremely Jolly 7.5 mile Run at Escot Park**

**Claire Sorensen** ran in fancy dress with 300 runners in this race in the beautiful location that offered a variety of trails, mud, woodland tracks, paths, streams, quaint bridges, fields and water crossings with a unique 30 metre waterslide enroute. Claire thoroughly enjoyed the slippy & slidey event finishing in **1.36.37**.

**Sunday 11th December – Telford 10km (inc. England Masters qualifying event)**

**Jenny Reay** travelled 200 miles north to take part in the Telford 10km that included the selection race for the England Masters 10km team. Racing in sub zero temperatures Jenny continued her superb recent racing form finishing **2nd in her age category** in an excellent time of **42.10**. This means that Jenny has qualified for the England Masters team to race in the Chester 10km in March 2023. Jenny becomes the 14th Exmouth Harrier to represent England Masters in the past few years.

638th **Jenny Reay**                      42.10 (2nd W60)

### **Sunday 11th December – Plymtrail Marathon**

**Chris Murrin** ran his 105th Marathon but the start of the race was delayed by 60 minutes due to the frosty & slippery conditions. Chris said afterwards “It was the worst conditions under foot I’ve ever run with sheet ice in several stretches that meant we were only just able to walk in places”. Despite the tricky conditions Chris managed to finish the 26.2 miles in an amazing time of **4.28.08**.

### **Sunday 11th December – Age UK Exmouth Santa Claus 5km**

**Craig Butler** donned a Santa Claus suit to take part in this event that started and finished in the gardens opposite Exmouth pavilion. Craig pushed into the lead along the seafront to Orcombe Point and stretched it out back to the finish winning in an impressive time of **20.54**.

### **Sunday 18th December – Wellington Monument 10km Race**

Four Harriers completed this mostly road race challenge with one mile of woodland bridle paths that encircle the iconic Wellington Monument. The monument is normally visible from the M5, but the 175ft Obelisk could only be seen once up close at arms distance due to being engulfed by rain clouds.

The race is described by the organisers Taunton AC as “Quite possibly the hilliest and toughest 10km course on the Blackdown Hills”. The 250 runners started at The Catherine Wheel Public House in the village square at Hemyock with a gentle half mile through the village before ascending over 600ft in just 2.5 miles. Once around the Monument they retraced their steps back to the village and finished at Hemyock County Primary School.

The conditions were extremely wet and very tricky underfoot in places which unfortunately meant the expected amazing views across Devon and Somerset were blocked by the low lying rain clouds.

**Ray Elston** (recovering from a recent illness) was on hand to cheer the Harriers through the village at the start and finish.

17th	<b>Scott Jamieson</b>	39.35	(4th M40)
28th	<b>Tom Packer</b>	41.27	(7th M40)
104th	<b>Amanda McCann</b>	50.36	(2nd W45)
108th	<b>Amy Tew</b>	56.37	(3rd W40)

### **Sunday 18th December – Torrington Christmas Caper**

**Simon Minting** and **Dawn Teed** tackled this 9 miles of mud, forest trails, rivers and hills that is generally considered to be one of the most challenging multi-terrain runs in the South West. The race was organised by Torrington AAC and has previously been voted Devon Race of the Year.

Due to the cold, icy & wet conditions parts of the course had to be changed at the last moment. There was one part that had slabs of broken ice where the runners had to pick their way carefully through the icy water making their legs completely numb. The course was well marshalled with warnings of the icy hazards plus the excellent Christmas pud, cream and mulled wine for all finishers meant that the runners survived and recovered quickly afterwards.

2nd	<b>Simon Minting</b>	1.00.58
148th	<b>Dawn Teed</b>	1.49.29

## **22 Harriers at various parkruns on 10/12/2022**

(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)

### **Cape Pembroke Lighthouse, Falklands Islands**

1st	Hugh Marsden	24.00
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### **Southwark**

58th	Jonathan Croome	23.28
156th	Lorraine Croome	27.44

### **Pegwell Bay**

2nd	Piers Benton	17.38
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### **Exeter Riverside**

43rd	Andy Johnson	23.01
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### **Bicester**

51st	Darren Powell	28.05
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### **Exmouth**

15th	Jon Garrity	19.29
16th	Cathy Newman	19.31
21st	Tom Packer	20.00
23rd	Jimmy Joy	20.20
26th	Lee Salter	20.30
43rd	Sam Lander	22.43
58th	Jo Weeks	23.30
64th	Jim Comer	23.55
86th	Hayley Johns	25.25
87th	James Kelly	25.26
90th	Sarah Baldwin	25.40
110th	Keith Flack	26.55
119th	Bob Minting	27.35
151st	May Argyle-Lander	29.45
195th	Nigel Dupain	34.58
208th	Jill Dupain	38.19

#### **The following Harriers volunteered at Exmouth parkrun on 10/12/2022**

May Argyle Lander, Nigel Dupain, Tom Packer, Nathan Sheehy, Tim Thompson, Les Turner

#### **Phear Park Junior parkrun on 11/12/2022**

Sarah Baldwin, Hannah Bown, Jill Dupain, Nigel Dupain, Amanda McCann, Emma White

## 20 Harriers at various parkruns on 17/12/2022

(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 )

### Cape Pembroke Lighthouse, Falklands Islands

2nd	Hugh Marsden	23.51
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### Minehead

54th	Tom Handley	34.03
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### Exeter Riverside

44th	Rachel Sanders	22.56
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### Witney

28th	Andy Johnson	22.56
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### Trentham Gardens

23rd	Tim Thompson	21.39
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### Exmouth

9th	James Kelly	18.29
17th	Cathy Newman	19.34
24th	Mike Musgrove	20.00
25th	Nathan Sheehy	20.19
28th	Jenny Reay	20.51
59th	Steve Morgan	23.15
68th	Bob Minting	24.08
74th	Emma White	24.34
75th	Nicola Kelly	24.34
97th	May Argyle-Lander	25.56
104th	Sarah Baldwin	26.17
114th	Keith Flack	27.03
120th	Joan Mason	27.47
165th	Chris Rees	30.34
194th	Nigel Dupain	35.56

#### The following Harriers volunteered at Exmouth parkrun on 17/12/2022

Craig Butler, Jill Dupain, Nigel Dupain, Stan Mason, Mike Musgrove

#### The following Harriers volunteered at Phear Park Junior parkrun on 18/12/2022

Sarah Baldwin, Craig Butler, Holly Clements, Nigel Dupain, Joan Mason, Stan Mason, Lee Salter, Emma White

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



All smiles for Claire after the Extremely Jolly 7.5 mile Run at Escot Park



Craig – the “leading” Santa





Amy, Scott, Tom, Ray & Amanda at the Wellington Monument Race



Dawn before the start of the "icy" Torrington Christmas Caper



**Jill & Nigel a few days before their 1,000th consecutive day of sporting activities**



**A very cold & misty day for one of Ray's Recovery Runs on the seafront**





**Ray and his Recovery Team**

**2023 Races & events - further 2023 races will be listed in the next newsletter**

07/01/23	Sat.	Running Events Devon's Winter Plym Trail - Day 1	Trail	<a href="https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-1-series">https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-1-series</a>	A 10km, Half and Marathon. All based in Clearbrook and run on cyclepaths
08/01/23	Sun.	First Chance 10km <b>(1st Devon Instep Race in 2023)</b>	Road / Path	<a href="https://www.sientries.co.uk/event.php?elid=Y&amp;event_id=10287">https://www.sientries.co.uk/event.php?elid=Y&amp;event_id=10287</a>	Fast, flat 10k with PB potential 10:30 start at Haven Banks, Exeter
08/01/23	Sun.	Running Events Devon's Winter Plym Trail - Day 2	Trail	<a href="https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-2-series">https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-2-series</a>	A 10km, Half and Marathon. All based in Clearbrook and run on cyclepaths
08/01/23	Sun.	Axmouth Challenge Races	Road	<a href="https://www.axevalleyrunners.org.uk/axmouth-challenge-2023/">https://www.axevalleyrunners.org.uk/axmouth-challenge-2023/</a>	Axe Valley Runners' 9ish, 5, 3 and 1 mile options. Entry fee includes soup and rolls for all runners
08/01/23	Sun.	The Sir Walter Raleigh Round - Winter.	Multi-terrain	<a href="https://www.climbsouthwest.com/walter-raleigh-round-half-marathon/">https://www.climbsouthwest.com/walter-raleigh-round-half-marathon/</a>	Climb South West's challenging Winter Half Marathon. Start and Finish in Budleigh Salterton
15/01/23	Sun.	Westward League XC at Westward Ho! <b>(4th race in 6 race series)</b>	Multi-terrain	<a href="https://www.city-runs.co.uk/westward-league">https://www.city-runs.co.uk/westward-league</a>	Nathan Sheehy is organising the Exmouth Harriers team
15/01/23	Sun.	Oh My Obelisk!	Multi-terrain	<a href="https://www.dawlishcoasters.com/oh-my-obelisk">https://www.dawlishcoasters.com/oh-my-obelisk</a>	Dawlish Coasters; 9 mile and 13 mile multi-terrain races
21/01/23	Sat.	Tavy 5k	Safe tarmac paths	<a href="http://www.tavistockathletics.co.uk/events/tavy-5/">http://www.tavistockathletics.co.uk/events/tavy-5/</a>	Takes place on the 3rd Saturday of the month, starts from Tavistock College, start time of 9.15am
25/01/23	Wed.	Run Exe Exmouth 5 Miles <b>(includes a Mob Match)</b>	Road	<a href="https://www.city-runs.co.uk/run-exe-winter-5m">https://www.city-runs.co.uk/run-exe-winter-5m</a>	2nd of the 3 City Runs 5 milers. Starting and finishing along Exmouth seafront. Start 7pm
28/01/23	Sat.	Blackdown Beast	Multi-terrain	<a href="https://www.fullonsport.com/event/blackdown-beast-2023/profile">https://www.fullonsport.com/event/blackdown-beast-2023/profile</a>	16 or 10 mile Multi Terrain "Social Run" a hot pasty & mulled wine at Smeatharpe Village Hall

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