

EXMOUTH HARRIERS

Club Newsletter – Number 33

4th January 2023

(The next edition is due out on Wednesday 18th January 2023)



Ready for the 2022 Christmas Lights Training Session

January 2023 Training Schedule

Exmouth Harriers - January 2023 Training Programme			
Tues and Thurs meet at 18:50 for 19:00 step off (see Harriers WhatsApp for event updates) -			
Date	Leader	Start	Event
Thursday 5 th Jan	TBD	TBD	TBD
Tuesday 10 th Jan	Lisa B	TBD	Intervals
Thursday 12 th Jan	TBD	TBD	TBD
Tuesday 17 th Jan	TBD	TBD	TBD
Thursday 19 th 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

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

We are hosting the **Exmouth Express 5 Mile Race** on **Sunday 5th February** the race is two laps of the Exmouth seafront full details at <https://www.city-runs.co.uk/exmouth-express>. **Craig Butler is our Race Director** and he will be assisted by **Mark Cowen and his volunteers from City Runs** but we will need our own "army" of volunteers on the day. **Please get in touch with Craig ASAP to offer your assistance**

The next Committee Meeting is at the Tennis Centre at 7.30pm on Monday 9th January

Thanks to **Scott Jamieson** for organising the 2022 Christmas Lights Training Run on Thursday 22nd December – we had great fun around Exmouth including carol singing at the RNLI Lifeboat Station on the seafront

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 February – May 2023 races listing is at the end of this newsletter)

07/01/23	Sat.	Running Events Devon's Winter Plym Trail - Day 1	Trail	https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-1-series	A 10km, Half and Marathon. All based in Clearbrook and run on cyclepaths
08/01/23	Sun.	First Chance 10km (1st Devon Instep Race in 2023)	Road / Path	https://www.sientries.co.uk/event.php?elid=Y&event_id=10287	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	https://www.evententry.co.uk/running-events-devon-2023-plym-trail-day-2-series	A 10km, Half and Marathon. All based in Clearbrook and run on cyclepaths
08/01/23	Sun.	Axmouth Challenge Races	Road	https://www.axevalleyrunners.org.uk/axmouth-challenge-2023/	Axe Valley Runners' 9ish, 5, 3 and 1 mile options.
08/01/23	Sun.	The Sir Walter Raleigh Round - Winter.	Multi-terrain	https://www.climbsouthwest.com/walter-raleigh-round-half-marathon/	Climb South West's challenging Winter Half Marathon.
08/01/23	Sun.	South West Cross Country Championships at the RNAS Merryfield (near Ilton, Somerset)	Multi-terrain	http://s250914043.websitehome.co.uk/SouthWest/Championships.html	Inter-Club and Inter-County Cross Country Championships
15/01/23	Sun.	Westward League XC at Westward Ho! (4th race in 6 race series)	Multi-terrain	https://www.city-runs.co.uk/westward-league	Nathan Sheehy is organising the Exmouth Harriers team
15/01/23	Sun.	Oh My Obelisk!	Multi-terrain	https://www.dawlishcoasters.com/oh-my-obelisk	Dawlish Coasters; 9 mile and 13 mile multi-terrain races
21/01/23	Sat.	Tavy 5k	Safe tarmac paths	http://www.tavistockathletics.co.uk/events/tavy-5/	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 (includes a Mob Match)	Road	https://www.city-runs.co.uk/run-exe-winter-5m	2nd of the 3 City Runs 5 milers. Starting and finishing along Exmouth seafront. Start 7pm
28/01/23	Sat.	Blackdown Beast	Multi-terrain	https://www.fullonsport.com/event/blackdown-beast-2023/profile	16 or 10 mile Multi Terrain "Social Run" a hot pasty & mulled wine at Smeatharpe Village Hall

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

Sunday 15th January	Westward Ho!	
Sunday 12th February	Plymouth	(TBC)
Sunday 5th March	Redruth	(inc. awards presentations)

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

The last few races of 2022 for Exmouth Harriers

After a very busy 2022 competing not just locally but nationally and in various races abroad **Exmouth Harriers** had a number of runners in some local events over the festive period.

Monday 26th December – Exmouth Rotary Family Run Run

23 Harriers were amongst the 300 runners who tackled the 2.5 miles along the seafront to Orcombe Point, up the zig zag path to Foxholes and return to the Ocean on 26th December with **Oli White** the first finisher in 13.46. Many thanks to Exmouth Rotary for putting on such a superb event

Friday 30th December – RED's (Running Events Devon) Exmouth Marathon

Chris Murrin ran his 106th marathon over 8 laps of 5.3km on the Budleigh Trail starting and finishing at Capel Lane.

4th **Chris Murrin** 4.25.03

Saturday 31st December - Winding Path's Final Countdown

The Winding Paths 10k multi terrain event started and finished at the Dartington Estate, it offered a mix of riverside paths, woodlands, hills, fields and more hills, all in stunning Devon countryside. Two Harriers braved the tough conditions with **Darren Powell** just getting the better of **Bob Keast**.

39th **Darren Powell** 56.52

80th **Bob Keast** 65.41

As many of you will have noticed **Hugh Marsden** has been doing the **Cape Pembroke Lighthouse Parkrun in the Falkland Islands**. On 10th December he was **1st overall in 24.00** (in very old trainers that he had left in the Falklands, as his luggage hadn't followed him to the Falklands and was stuck in Chile). On the 17th December probably in his lucky shorts and with his proper trainers he came **2nd in 23.51**. On 24th December he was **1st in 23.06** and on 31st December he was **3rd in 23.38** – but we don't have a report on his kit in his latest two runs, watch this space for more updates from the Falkland Islands.

35 Harriers at various parkruns on 24/12/2022

(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	23.06
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Loch Neaton, Watton

4th	Lee Salter	20.26
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Crewe

9th	Jimmy Joy	21.04
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Exeter Riverside

24th	Cat Concalves	21.39
60th	Rachel Sanders	24.21

Guernsey

6th	Piers Benton	19.58
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Parke

101st	Dawn Teed	31.22
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Huntingdon

188th	Tom Handley	37.33
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Killerton

13th	Chris Dupain	21.41
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Exmouth – this was the 5th anniversary run

5th	Oli White	16.26
12th	James Kelly	17.34
33rd	Cathy Newman	19.12
57th	David Snook	21.02
68th	Adam Miller	21.20
79th	Hannah Bown	21.41
84th	Ian Harvey	21.52
94th	Tim Thompson	22.11
99th	Steve Morgan	22.17
132nd	Bob Minting	23.35
139th	Ben White	23.52
151st	Jo Weeks	24.07
191st	Jon Garrity	25.25
196th	Alison White	25.40
219th	Sarah Baldwin	26.26
232nd	Joan Mason	26.45
248th	Liz Michaelson	27.11
282nd	May Argyle-Lander	28.13
334th	Nicola Kelly	29.28
346th	Hayley Johns	29.59
444th	Keith Flack	32.56
470th	Emma White	34.27
482nd	Nigel Dupain	35.03
497th	John Goss-Custard	36.22
507th	Aidan Bown	37.31
523rd	Jill Dupain	39.11

The following Harriers volunteered at Exmouth parkrun on 24/12/2022

Craig Butler, Nigel Dupain, Stan Mason, Andrew Place, Nathan Sheehy

34 Harriers at various parkruns on 31/12/2022

(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

3rd	Hugh Marsden	23.38
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Minehead

136th	Tom Handley	35.52
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Killerton

3rd	Simon Minting	18.07
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Torbay Velopark

20th	Cathy Newman	20.11
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Wotton

2nd	Dave Tomlin	20.18
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Cranbrook Country Park

7th	Jon Garrity	21.45
52nd	Dawn Teed	27.33

Exmouth

1st	Oli White	16.27
6th	James Kelly	17.56
8th	Anthony Hatchard	18.09
14th	Scott Jamieson	19.00
18th	Chris Dupain	19.05
24th	Tim Thompson	19.53
25th	Mike Musgrove	20.02
32nd	David Snook	20.38
33rd	Jenny Reay	20.42
40th	Lee Salter	21.13
49th	Hannah Bown	21.21
53rd	Rachel Sanders	21.58
66th	Tim Chappell	22.42
67th	Andy Johnson	22.44
83rd	Emma White	24.07
84th	Bob Minting	24.07
85th	Des White	24.13
136th	Lisa Hatchard	26.38
140th	Amy Tew	26.50
146th	Sarah Baldwin	26.55
161st	Kay Douglas	27.23
168th	Joan Mason	27.32
201st	Hayley Johns	28.53
288th	Alison White	32.45
297th	Keith Flack	33.01
334th	Nigel Dupain	34.59
369th	Jill Dupain	39.20

The following Harriers volunteered at Exmouth parkrun on 31/12/2022

May Argyle-Lander, Craig Butler, Nigel Dupain, Stan Mason, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 01/01/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Rob Ellis, Joan Mason, Stan Mason, Amanda McCann, David Snook, Emma White

I'm aware that there were a number of parkruns on Christmas Day & New Year's Day but parkrun haven't provided a consolidated club view of the results so it's difficult to see who has run and in what locations.

Progress Report on Ray's Road to Recovery

On 11am on Monday 26th September four Harriers (Ray, Amanda, Alison & Des) met at Foxholes Hill and strolled the 1 mile to Orcombe Point and back, with a short break at Bumble & Sea for a coffee. This started what has been subsequently called Ray's Recovery Sessions – if you aren't aware Ray had a "mini stroke" earlier in the year and after his initial treatment and rest period a few Harriers offered to assist him on his "Road to Recovery".



Since that day in late September Ray has completed over 20 Recovery Sessions mainly on the seafront with 20 or so Harriers (and 2 dogs) joining him on one or more session and he has completed a (not) Exmouth parkrun walk/jog plus he has run a continuous mile in 10.31.



The conditions have not been ideal - at times it's rained cats & dogs, it's blown a gale and it's been freezing cold (sometimes all three at the same time) but nothing has been able to stop Ray in his determination to progress along the "Road to Recovery".

If anyone would like to join in one (or more) of Ray's Recovery Sessions they are usually on the seafront starting at the Lifeboat Station at 9.45am on Tuesdays and Thursdays – let us know if you'd like to come along and we'll confirm the date/time & venue.



The aim is to get Ray ready for an Exmouth parkrun in the first few months of 2023, we will let you know the date and hopefully we can get a really good bunch of Harriers along to support him.

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



Harriers 2022 Christmas Lights Training Session



Harriers at the Exmouth 2022 Christmas Eve parkrun



Harriers at the Exmouth 2022 Christmas Eve parkrun



Harriers at the Exmouth 2022 Christmas Eve parkrun



Great support from Harriers at the 2022 Christmas Eve Exmouth parkrun



Striding out at the start of the Exmouth Rotary Boxing Day Fun R



Bob before the start of the 2022 Final Countdown 10km

“Why run is a question often asked. Why go out there every afternoon and beat out your brains? What does it prove? Running in itself, probably won’t count for much a hundred years from now or maybe even tomorrow. What is the logic of punishing yourself each day, of striving to become better, more efficient, tougher? The value in it is what you learn about yourself. In this sort of situation all kinds of qualities come out — things that you may not have seen in yourself before.”

STEVE PREFONTAINE

“Involvement in Distance Running”
By Steve Prefontaine
May 11, 1969

Thought provoking words from one of the “Running Greats”

2023 Races & events - further details & races will be listed in the next few Newsletters

February

Sun 5th	Exmouth Express https://www.city-runs.co.uk/exmouth-express
Sun 5th	Blackmore Vale Half Marathon
Sun 5th	Newquay 10km
Sun 5th	The 4 Trigs
Sat 11th	Exeter Half Marathon Weekend Day 1
Sun 12th	Exeter Half Marathon Weekend Day 2
Sun 19th	Back to Black
Sat 25th	ClimbSouthWest's Dartmoor Winter Traverse
Sat 25th	RED's Challenge day
Sun 26th	Looe 10 miler
Sun 26th	RED's Challenge - Day 2

March

Sun 5th	The Grizzly and Cub
Sun 5th	Bideford Half Marathon
Sat 11th	Deep River Trail Races
Sun 12th	Granite Way 10 and 20 miles
Sun 12th	Humdinger Half Marathon and Hurtle.
Sun 12th	Run Falmouth Half Marathon
Sun 12th	Winding Paths' Grand Canal Canter
Mon 13th	Winding Paths' Grand Canal Canter
Wed 15th	Run Exe - Exmouth 5 miles.
Sat 18th	Norm's Helium loops - 36 hour event.
Sat 18th	RED's Pasty and Pie challenge weekend - Day 1
Sun 19th	RED's Past and Pie challenge weekend - Day 2.
Sat 25th	Pound the Pound
Sat 25th	Winding Path's Total Coastal
Sun 26th	Feighan Fury
Sun 26th	Salisbury 10mile race.
Sun 26th	Tavy 13 Half Marathon
Sun 26th	The Big Cheese
Sun 26th	Yeovil Half Marathon and Fun Run

April

Sat 1st	Power Run 5 and 10 mile runs.
Sun 2nd	JP's Exe to Axe
Fri 7th	Fast Friday 10km
Tue 11th	Run Exe 5k - 1 of 6
Sun 16th	An Res Hellys
Sun 16th	Dorset Ooser Marathon and Half Marathon.

Sat 22nd	The Smugglers' Way
Sun 23rd	Exmouth Clinic Maer 10km and Half Marathon.
Sat 29th	Butcombe Trail Ultras
Sat 29th	East Devon Round
Sat 29th	Sid Valley Ring Half Marathon
Sun 30th	Hartland Hartbreaker.
Sun 30th	North Dorset Villages Marathon and Relay
Sun 30th	The Womple

May

Tue 2nd	Run Exe 5k - 2 of 6
Sat 6th	Brecon Beacons trail races.
Sat 6th	Ivybridge 10km
Sat 6th	Ivybridge 10km
Sat 6th	Run Exe Relays
Sun 7th	Saltash Half Marathon, 5km and Fun Run
Sun 7th	Bideford 10km
Sun 7th	Ottery 10km and Fun Run
Sat 13th	Devon Coast to Coast ultra weekend.
Sun 14th	IMERYS trails Cornish Marathon and Half.
Sun 14th	Beer Blazer, 10mile, 5km and 1km.
Sun 14th	Crediton Crunch
Sun 14th	Dorchester Lions Hardy Half Marathon
Sun 14th	Plymouth's Ocean City Half Marathon, 10km and 5km.
Sun 14th	Weston Super Half
Sat 20th	Endurance Life's Classic Quarter
Sat 20th	Muskie's Madness
Sat 20th	Race the tide
Sat 20th	Tavy 5k
Sun 21st	The Great West Run - Half Marathon and 10k
Sat 27th	Conquer 24hour event in Castle Hill, North Devon
Mon 29th	Buckland Brewer 10km
Mon 29th	Uplowman 10k

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

