

EXMOUTH HARRIERS

Club Newsletter – Number 34

18th January 2023

(The next edition is due out on Wednesday 1st February 2023)



Harriers Exmouth Express on Sunday 5th February

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 19th Jan	Scott	Tennis Centre	Cycle Track to Capel Lane, Maer Lane, Seafront (head torches etc. essential)
Tuesday 24th Jan	Hannah	TBD	Hill Reps
Thursday 26th Jan	Terry	Woodbury Castle Car Park	Woodbury Common (head torches etc. essential)
Tuesday 31st Jan	TBD	TBD	TBD

Club Training Sessions

Tuesdays are usually a speed session & Thursdays are usually a social run.

Take a look at the training schedule on our WhatsApp site for details.

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>

We would like as many Harriers as possible to run the race

Craig Butler is our Race Director and he will be assisted by Mark Cowen and his volunteers from City Runs but we will need approx. 6 of our own volunteers on the day. Please get in touch with Craig ASAP to offer your assistance

Oli has taken on the updating of the Harriers website from Kate (many thanks to Kate for setting it up and keeping it updated over the last few years). Take a look at it as it has loads of useful information <https://exmouthharriers.co.uk/> if you have any ideas for improvements etc. please contact Oli

The updating of the Harriers Club Records has been passed from Les Turner (many thanks Les for all the great work you've done on the records over the past few years) to Alison & Des. More about this in the next Newsletter.

The next Harriers parkrun Tourism event is probably in Cranbrook either on 28th January or early February – watch-out for details from Craig.

Harriers possible take-over of the 201st Exmouth parkrun on 11th March.

Some discussions underway about the possibility of a “social event” after training sessions now and again – a drink & a chat possibly, any thoughts?

The review of Harriers during 2022 is almost complete; it should be with you any day now – did you know that 85 Harriers ran in 181 races during the 12 months.

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

FIRST CHANCE 10K 8 JAN (completed)

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

21/01/23	Sat.	Tavy 5k - starts from Tavistock College, start time of 9.15am	Safe tarmac paths	http://www.tavistockathletics.co.uk/events/tavy-5/	Takes place on the 3rd Saturday of the month
25/01/23	Wed.	Run Exe Exmouth 5 Miles (includes a Mob Match) Starting and finishing along Exmouth seafront. Start 7pm	Road	https://www.city-runs.co.uk/run-exe-winter-5m	2nd of the 3 City Runs 5 milers.
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
05/02/23	Sun.	Exmouth Express 5 Miles – Our race on our seafront	Road	https://www.city-runs.co.uk/exmouth-express	Exmouth Harriers hosting this race for the first time since 2019
05/02/23	Sun.	4 Trigs	Multi-terrain	http://www.sidmouthrunningclub.co.uk/four-trigs/	A 'low-key' off-road running event covering a distance of approx. 28km with an obscene amount of climb involved!
11/02/23	Sat.	Exeter Half Marathon Weekend (Day 1) - a traffic free route along the footpath and cycle track of the River Exe and Exeter Canal	Road / Path	https://13milers.com/races/exeter-half-marathon	It is a flat route
12/02/23	Sun.	Exeter Half Marathon Weekend (Day 2) - a traffic free route along the footpath and cycle track of the River Exe and Exeter Canal	Road / Path	https://13milers.com/races/exeter-half-marathon	It is a flat route
12/02/23	Sun.	Westward League XC at Plymouth - 5th in the 6 race series	Multi-terrain	https://www.city-runs.co.uk/westward-league	Nathan Sheehy organising the Harriers team
25/02/23	Sat.	RED's Challenge Day 1 in Exmouth on the Budleigh Trail – 5.3km per lap	Tarmac path	https://www.timeoutdoors.com/events/running-events-devon-day-challenge#route	Pick your distance from 5km through to Marathon & Ultra
26/02/23	Sun.	RED's Challenge Day 2 in Exmouth on the Budleigh Trail – 5.3km per lap	Tarmac path	https://www.timeoutdoors.com/events/running-events-devon-day-challenge#route	Pick your distance from 5km through to Marathon & Ultra

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

Sunday 12th February Plymouth (TBC)
 Sunday 5th March Redruth (inc. awards presentation)
 See **Nathan Sheehy** for details of the Harriers teams

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

Racing early in 2023 Exmouth Harriers had 29 runners competing in 6 different Westcountry locations & 1 Harrier was in Surrey in very changeable weather conditions on Sunday 8th & Sunday 15th January

Sunday 8th January – Running Events Devon's Winter Plym Trail - Day 2

Chris Murrin ran his 107th Marathon with the first half of the race in horrible conditions including hail, thunder & lightning and a strong gusty wind. Chris battled through the tough conditions into the lead at 10 miles and then pushed on during the rest of the race to finish in first position in a fabulous time of 4.07.57.

1st **Chris Murrin** 4.07.57

Sunday 8th January - South West Cross Country Championships at the RNAS Merryfield (near Ilton, Somerset)

Rob Ellis and Jimmy Joy ran in the South West Inter Counties Cross Country Championships in sunshine but it was a proper mud bath for the run over a 4.2 mile slightly undulating course. Jimmy collected an individual bronze medal in the M60 Age Category and Rob was 4th out of 6 counters for the Senior Devon County team who took the team Silver medals.

23rd **Rob Ellis** 24.04
120th **Jimmy Joy** 31.55 3rd M60

Sunday 8th January - Sir Walter Raleigh Round 1/2 Marathon

Six Harriers including three members of the Kelly family ran in the Half Marathon hosted by Climb South West that visited the birthplace of Sir Walter Raleigh and the countryside where he spent time as a child. The route started and finished in Budleigh Salterton and included quiet back lanes, unsurfaced county roads, little known footpaths, the Otter valley, High Peak, the Jurassic Coast and a dismantled railway. In very muddy & challenging conditions Sam Kelly retained his title from 2022 winning in an amazing time of 1.28.11 with Sister Alice only 2 positions behind in 3rd overall and 1st Lady finisher (also retaining her title from 2022) in 1.44.56, Mum Nicola completed the family trio in 69th position in 2.36.55.

1st **Sam Kelly** 1.28.11
3rd **Alice Kelly** 1.44.56
63rd **Becky Matthews** 2.30.51
69th **Nicola Kelly** 2.36.55
83rd **Kay Douglas** 2.47.24
84th **Amanda McCann** 2.47.25

Sunday 8th January - First Chance 10km in Exeter

The race was hosted superbly by South West Road Runners on a very fast, flat 10km route around Exeter Riverside Valley Park. The race set off just as a heavy rainstorm had passed through Exeter and luckily the wind and rain stayed away until after all the 565 runners had finished but they all had to negotiate huge puddles and very slippery conditions underfoot.

9th **Oli White** 33.35 7th SM
29th **Scott Jamieson** 37.04 7th M40
63rd **Cathy Newman** 39.50 1st W60
80th **Hannah Bown** 40.40 2nd W40
147th **Rachel Sanders** 44.46
152nd **Jenny Reay** 44.53 3rd W60
299th **Alison White** 53.18 1st W65

Sunday 15th January – Westward League XC at Westward Ho!

Seven hardy Harriers - Hannah Bown, Sarah Baldwin, Alison White, Rob Ellis, Oli White, Anthony Hatchard and Jimmy Joy raced in the 4th of the Westward League Cross Country events adjacent to the beach at Westward Ho! There was a biting North-westerly wind with a lot of the course under water and some extremely muddy sections to negotiate. The Woman's 5km race set off first with Hannah and Sarah just able to keep upright around the 2 laps finishing in 15th and 63rd positions respectively but unfortunately Alison fell twice (at the same place on both of the laps) picked herself up and ran through to the finish in 64th position.

In the Men's 3 lap race of 8km the heavens opened up and the wind picked up to gale force halfway around which added extra hazards to an already challenging course. Rob was in the chasing pack of 3 runners for the first two laps but just got outpaced on the final lap to finish in a fantastic 8th position. Oli was next in for Harriers in 22nd position followed by Anthony who lost a few places when he fell (sliding along in the mud for what seemed like 30 feet) finishing in 34th position. Jimmy completed the Harriers male quartet with his usual smile as he crossed the line in 55th position.

After 4 of the 6 races Hannah is 3rd in the W40 category, Rob is 2nd in the Senior Men's category, Anthony is leading the M45 category and Jimmy is leading the M60 category.

Senior Women 5km

15th	Hannah Bown	22.36
63rd	Sarah Baldwin	31.56
64th	Alison White	32.03

Senior Men 8km

8th	Rob Ellis	27.10
22nd	Oli White	29.15
34th	Anthony Hatchard	30.34
55th	Jimmy Joy	34.24

Sunday 15th January – Oh My Obelisk!

Five Harriers ran in the gruelling multi terrain Oh My Obelisk! 1/2 Marathon and one ran in the 9 Miler that was hosted by Dawlish Coasters for the 14th time. The event started at the Dawlish Leisure Centre, climbed up to Mamhead forest taking in the Obelisk and then headed downhill back to the finish at the Leisure Centre with an overall elevation gain of 1,600 feet. Martin Collins, Amanda McCann, Amy Tew, Dave Stone, Tom Packer and Anthony Lees battled through some horrific weather and underfoot conditions; Amanda said afterwards "It was a real tough one, I couldn't feel my feet for about 3 miles as they were so cold"

9 Miles

71st	Martin Collins	1.53.17
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1/2 Marathon

27th	Dave Stone	1.45.32
85th	Tom Packer	2.13.21
110th	Amy Tew	2.24.44
120th	Amanda McCann	2.28.08
123rd	Anthony Lees	2.31.48

Sunday 15th January – Winter Tanners 30 Mile in Leatherhead

Bob Keast travelled to Leatherhead to take part in the Winter Tanners 30 mile event hosted by the LDWA (Long Distance Walkers Association). In adverse weather conditions Bob completed the "mudfest" course with over 3,600ft of elevation gain in a superb time of 7 hours 56 minutes

28 Harriers at various parkruns on 07/01/2023

(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	22.24
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Crosby

18th	Andy Johnson	23.59
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Exeter Riverside

14th	Jon Garrity	21.54
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Pegwell Bay

4th	Piers Benton	18.47
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Minehead

63rd	Tom Handley	34.53
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Plymvalley

4th	Langdon Williams	20.46
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Killerton

13th	Chris Dupain	21.41
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Exmouth

1st	James Kelly	17.51
2nd	Anthony Hatchard	18.22
5th	Dave Tomlin	19.08
8th	Tom Packer	19.43
10th	Mike Musgrove	20.00
12th	David Snook	20.19
16th	Jon Mill	21.14
21st	Sam Lander	21.42
48th	Jo Weeks	23.59
49th	Darren Powell	24.00
65th	Emma White	24.44
66th	Anthony Lees	24.44
69th	Bob Minting	24.48
70th	Tim Thompson	24.55
85th	Jim Comer	26.30
102nd	Sarah Baldwin	27.14
118th	Hayley Johns	27.41
145th	May Argyle-Lander	29.16
154th	Lisa Hatchard	29.29
194th	Keith Flack	32.31
222nd	Nigel Dupain	34.57

The following Harriers volunteered at Exmouth parkrun on 07/01/2023

May Argyle-Lander, Craig Butler, Nigel Dupain, John Goss-Custard, Jimmy Joy, Steve Morgan, Mike Musgrove, Cathy Newman, Nathan Sheehy, Tim Thompson

The following Harriers volunteered at Phear Park Junior parkrun on 08/01/2023

Sarah Baldwin, Holly Clements, Jill Dupain, Nigel Dupain, Joan Mason, Stan Mason, Les Turner

27 Harriers at various parkruns on 14/01/2023

(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	22.44
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Minehead

64th	Tom Handley	35.11
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Haldon Forest

17th	Langdon Williams	21.02
64th	Lisa Boyd	28.36

Cranbrook Country Park

6th & 1st Lady	Rachel Sanders	21.25
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Chippenham Playfields, Monmouth

40th	Darren Powell	29.12
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Exmouth

10th	Mike Musgrove	20.01
13th	Tim Thompson	20.49
14th	Lee Salter	20.52
17th	David Snook	21.07
22nd	Jon Garrity	21.39
25th & 1st Lady	Jenny Reay	21.52
32nd	Sam Lander	22.45
35th	Kelly Thomas	22.54
56th	Adam Miller	24.15
66th	Paula Hawkins	24.35
72nd	Bob Minting	24.59
106th	Nicola Kelly	27.09
108th	Kay Douglas	27.15
116th	May Argyle-Lander	27.34
118th	James Kelly	27.40
119th	Hayley Johns	27.40
142nd	Jon Mill	28.34
172nd	Chris Rees	30.04
226th	Keith Flack	33.04
262nd	Nigel Dupain	35.02
286th	Jill Dupain	39.49

The following Harriers volunteered at Exmouth parkrun on 14/01/2023

May Argyle-Lander, Sarah Baldwin, Craig Butler, Nigel Dupain, John Goss-Custard, Jimmy Joy, Mike Musgrove, Amy Tew

The following Harriers volunteered at Phear Park Junior parkrun on 15/01/2023

Nigel Dupain, David Snook, Les Turner, Emma White

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



Rob and Jimmy at the South West Cross Country Championships



Sam, Alice, Amanda, Nicola & Kay before the start of the Walter Raleigh Round 1/2M



Sam & Alice at the finish of the Walter Raleigh Round 1/2M



Oli, Scott & Cathy at the 1/2 way point in the First chance 10km



Hannah, Jenny & Alison at 5km in the First chance 10km



Alison receiving her 2022 Devon Instep 1st W65 award from some "old duffer" after the First Chance 10km



Hannah, Sarah & Alison at the Westward League XC in Westward Ho!



Rob, Oli, Anthony & Jimmy at the Westward League XC in Westward Ho!



We counted them out and counted them back in – all 7 present and correct!



Dave, Amy Tom & Amanda before the start of the Oh My Obelisk! 1/2M



Some of the tricky conditions for Bob at the Winter Tanners 30 Miler in Leatherhead



Ray and Co. on his latest Recovery Run on the seafront

2023 Races & events

Further details & races will be listed in the next few Newsletters

March

Sun 5th	Westward League XC at Redruth (final event in 6 race series)
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	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

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