

EXMOUTH HARRIERS

Club Newsletter – Number 35

1st February 2023

(The next edition is due out on Wednesday 15th February 2023)



Harriers at the Blackdown Beast

Exmouth Harriers - February 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 2 nd Feb	Jimmy	Tennis Centre	Easy 5-6 mile run via Rockfish, Seafront, Foxholes, Douglas Avenue
Tuesday 7 th Feb	Lisa	TBD	TBD
Thursday 9 th Feb	Scott Jordan	Woodbury Common	Route TBD (head torches etc. essential)
Tuesday 14 th Feb	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

Exmouth Express 5 Mile Race on Sunday 5th February

<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 plus we have a team of our own volunteers on the day.

We would like as many Harriers as possible to run the race but be aware that entries are closing online on Saturday 4th February



Exmouth Harriers Club Challenge 2023

We are reducing down the number of races this year to just 4 in the hopes of getting as many Harriers members to sign up to these and come along represent the club and support each other. For any new members this will be a great way to get into racing for the club. Details of the races below

Exmouth Express 5 miles - Sunday 5th February 2023

The club are actually hosting this event so if you are not already volunteering, this is nice and local and on a familiar route. Entries are just £10
<https://exmouthharriers.co.uk/exmouth-express-5-mile-race>

Ottery 10k - Sunday 7th May 2023

This one proved to be popular last year with over 20 Harriers turning out. Another local race with a great setting. Also there is a kids race. Entries not yet open
<http://www.honitonrc.com/ottery-10k-may.html>

Haytor Heller - Saturday 15th July

Another popular race with club members, a short but challenging route covering approximately 6 miles around Haytor rock. Entries usually fill up fast once open
<https://www.teignbridgetrotters.co.uk/our-races/haytor-heller>

Run Exe 5k - Tuesday 4th July

A fast competitive course prime to get a PB on, part is the city runs summer 5k series there is always a good contingent of Harriers racing at this one. Races can be entered in the series or individually once entries are open
<https://www.city-runs.co.uk/run-exe-5k>

As always we will be entering the Run Exe relays (26 May) and Erme valley relays(tbc) as a team so look out for the team captains asking for runners closer to the time.

Need to know something about Exmouth Harriers - take a look at our refreshed website <https://exmouthharriers.co.uk/> and 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 during 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 has taken longer than anticipated; it should be with you in the next week.

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)

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
 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

Wednesday 25th January – Run Exe 5 Miles, Exmouth

The 2nd in City Runs 5 Mile Series of 3 races on the Exmouth seafront and also included a “mob match” with the results based on the total of the age-grading percentages for each clubs top four age-gradings; Harriers teams finished in 3rd with a total % of 316 & 7th with a total % of 265.

4th	Oli White	26.09	84%
31st	Josh Sale	31.50	67%
39th	Hannah Bown	33.25	77%
42nd	Nathan Budd	33.40	65%
47th	David Middlehurst	34.01	64%
59th	Paula Hawkins	39.10	67%
60th	Bob Minting	39.30	76%
63rd	Des White	43.20	66%
65th	Alison White	43.43	79%

After 2 races in the 3 race series 6 Harriers appear in the Age Graded Series Standings, the final race in the series is on Wednesday 15th March

3rd	Oli	161%
5th	Ali	155%
8th	Hannah	150%
12th	Josh	134%
14th	Des	131%
15th	NathanB	129%

Saturday 28th January – Race the Light, River Erme Estuary

Katie Moore ran in the Race the Light - a 8.5 miles of shadowy estuarine trails, meandering through the privately owned Flete Estate with a double crossing of the River Erme estuary.

84th	Katie Moore	1.33.06.
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Saturday 28th January – Blackdown Beast

A 16 mile social run (there was also a shorter 10 mile option) with lots of beautiful countryside, splendid company and mud.

19 Harriers took part - **Terry Oldham, Lorraine Gilson, Dawn Teed, Nick Ramm, Scott Jordan, Jimmy Joy, Lisa Hatchard, Amy Tew, Amanda McCann, Nicola Kelly, Louise Hempstead, Kate Baker, Jane Macdonald, Hayley Johns, James Kelly, May Argyle-Lander, Kay Douglas, Claire Sorensen & Becky Parry.**

The run was in four legs:-

Leg 1 ~ Airfield, Dunkeswell 7.25 miles to Smeatharpe Village Hall (Pasties and Mulled Wine available as part of entry fee)

Leg 2 ~ Smeatharpe 2.8 miles to Sidmouth Arms, Upottery (finish for shorter 10 miles)

Leg 3 ~ Upottery 3.3 miles to Luppitt Inn or Village Hall

Leg 4 ~ Luppitt 2.7 miles to Airfield, Dunkeswell

Sunday 29th January – Hawker Challenge Charity Marathon

Chris Murrin ran his 108th Marathon on the footpath beside the River Thames at Walton-on-Thames (8 laps of 3.28 mile). Chris' is resting for the next 4 weeks before he tackles two 26.2 mile Marathons over the weekend of 25th / 26th February in REDs Exmouth Challenge on the Budleigh Trail.

3rd	Chris Murrin	4.01.57
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30 Harriers at various parkruns on 21/01/2023

(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)

Jamie Pearson was the fastest Harrier on the day with **18.06** at Exmouth

Jimmy Joy recorded the best age-graded performance with **80.11%** at Exmouth

Rachel Sanders was **1st Lady** finisher at Cranbrook Country Park

Killerton

6th	Dave Stone	19.58
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Winchester

2nd	Piers Benton	19.26
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Lydney

58th	Chris Lees	29.52
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Cranbrook Country Park

10th & 1st Lady	Rachel Sanders	21.04
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Exmouth

3rd	Jamie Pearson	18.06
8th	Chris Dupain	18.49
13th	Josh Sale	19.17
17th	Tom Packer	19.36
21st	David Snook	19.54
22nd	Mike Musgrove	20.00
27th	Jimmy Joy	20.22
29th	David Middlehurst	20.36
36th	Tim Thompson	21.34
39th	Sam Lander	21.45
43rd	Kelly Thomas	22.01
46th	Graham Gunn	22.20
63rd	Paula Hawkins	23.32
67th	Tristan Kelsall-Spurr	23.41
77th	Anthony Lees	24.02
86th	James Kelly	24.20
87th	Hayley Johns	24.22
95th	May Argyle-Lander	24.42
119th	Nicola Kelly	26.11
126th	Sarah Baldwin	26.29
147th	Alison White	27.23
180th	Joan Mason	28.44
222nd	Jon Mill	30.57
269th	Keith Flack	34.03
278th	Nigel Dupain	34.59
303rd	Jill Dupain	37.48

The following Harriers volunteered at Exmouth parkrun on 21/01/2023

May Argyle-Lander, Craig Butler, Nigel Dupain, John Goss-Custard, Stan Mason

29 Harriers at various parkruns on 28/01/2023

(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)

Jenny Reay was 1st female finisher at Exmouth in **20.28** with an age-graded percentage of **99.02%** that was the **4th highest score in the UK** on 28th January.

Rachel Sanders was 1st female finisher at Cranbrook Country Park in 20.56.

Sarah Baldwin ran her 200th parkrun and her 78th volunteering duty at Exmouth.

Minehead

29th	Jim Comer	25.09
69th	Tom Handley	33.14

Killerton

49th	Bob Keast	26.13
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Cranbrook Country Park

8th & 1st Lady	Rachel Sanders	20.56
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Haldon Forest

6th	Dave Tomlin	19.19
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Bideford

65th	Hugh Marsden	29.56
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Exeter Riverside

15th	Dave Stone	19.50
53rd	Andy Johnson	22.49

Winchester

7th	Piers Benton	18.48
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Exmouth

2nd	Anthony Hatchard	17.30
7th	Mike Musgrove	18.15
10th	Josh Sale	18.41
18th	Tim Thompson	19.55
20th	Jon Garrity	19.58
22nd	David Snook	20.26
24th & 1st Lady	Jenny Reay	20.28
27th	Nathan Budd	20.45
35th	Kelly Thomas	21.14
61st	Darren Powell	22.50
62nd	Anthony Lees	22.52
63rd	Regan Meadowcroft	22.53
66th	Paula Hawkins	23.00
79th	Bob Minting	23.49
109th	Sarah Baldwin	25.28
140th	Joan Mason	26.58
189th	Chris Rees	28.47
247th	Keith Flack	31.22

292nd	Nigel Dupain	34.59
309th	Jill Dupain	37.05

The following Harriers volunteered at Exmouth parkrun on 28/01/2023

Craig Butler, Nigel Dupain, Stan Mason, Mike Musgrove

The following Harriers volunteered at Phear Park Junior parkrun on 29/01/2023

Sarah Baldwin, Hannah Bown, Holly clements, Scott Jamieson, Joan Mason, Stan Mason, Amanda McCann, David Snook, Les Turner

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



Start of the Run Exe 5 Miles on Exmouth seafront



James, Hayley & Nicola at the Blackdown Beast



Many of the 19 Harriers at the start of the Blackdown Beast



Mud & Fences at the Blackdown Beast



Fun on the run at the Blackdown Beast



Amy & Nick with their Mulled Wine & Pasties



Lisa, Kay, Amanda, Scott & Amy



James with the famed Pasty & Mulled Wine



Ray and Co. on his latest Recovery Cycle at Exeter Quay



Les, Ray, Alison, Des & Mike on Ray's Recovery Run at Bumble & Sea at Orcombe Point

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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