

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 36

15th February 2023

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



The leading three finishers in the 2023 Exmouth Express

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 16th Feb	TBD	TBD	TBD
Tuesday 21st Feb	Hannah	TBD	Hill intervals
Thursday 23rd Feb	Terry	Tennis Centre	Steady run; <u>Marpool</u> , <u>Avenues</u> , <u>Seafront</u> , <u>Halsdon</u>
Tuesday 28th Feb	Lisa	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

Need to know something about Exmouth Harriers - take a look at our refreshed website

<https://exmouthharriers.co.uk/>

if you have any ideas for improvements etc. please contact Oli White



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.

Many thanks to everyone who helped make our recent Exmouth Express 5 Mile race such a resounding success; especially to our Race Director Craig Butler plus Mark Cowen and his volunteers from City Runs. Let's build on this and make the 2024 event even better.

The updating of the Harriers Club Records has been passed from Les Turner (many thanks to Les for all the great work he has done on the records over the past few years) to Alison & Des, more about this in the near future.

A suggestion for the next Harriers parkrun tourism event is Cranbrook on Saturday 18th February - watch-out for more details from Craig.

Awaiting confirmation about the 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 or so.

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

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
05/03/23	Sun.	Westward League XC at Redruth	Multi-terrain	https://www.city-runs.co.uk/westward-league	See Nathan Sheehy who is organising the Harriers team
05/03/23	Sun.	Bideford 1/2 Marathon	Road	https://bidefordaac.co.uk/topics/half-marathon/	An excellent race organised by the fantastic Bideford AAC
12/03/23	Sun.	Granite Way 10 & 20 miles	Footpath & cycleway	https://exetercct.org/courses-events/granite-way-run-2023/	Fantastic views of Dartmoor and the surrounding countryside.
15/03/23	Wed.	Run Exe 5 miles in Exmouth – start at 7pm	Road	https://www.city-runs.co.uk/run-exe-winter-5m	Final race in the series plus the 2nd race in the 2023 Instep Devon Championship

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

Sunday 5th February – Exmouth Express

On a really beautiful morning with wall-to-wall blue sky and sunshine Exmouth Harriers hosted the Exmouth Express 5 Mile Race on Sunday 5th February over two laps of the Exmouth seafront starting & finishing adjacent to the Foxholes Car Park.

The popular race was held for the first time since 2019 due the seafront flood prevention works and the Covid-19 restrictions.

Harrier's Tom Merson and Oli White led the race from gun to tape with Tom pushing ahead on the 2nd lap of the seafront to take the top spot in 25.51 with Oli 2nd in 27.13. The podium places were completed with South West Road Runners Gwylm Gibson finishing 3rd in 27.25.

The first female finisher was Victoria Hill of South West Road Runners in 11th position overall in a superb time of 30.09. Okehampton AC's Claudine Benstead was 2nd in 33.09 with Dani Water of South Devon AC 3rd in 35.06.

There were 87 finishers with lots of very positive comments about the race from the runners; everyone was pleased that the race has been resurrected in 2023 and they were looking forward to the 2024 event.

Harriers Chairman Nigel Dupain said after the race "Well done to all of the runners and thanks to everyone who helped make it such a great event, with special thanks to Race Director Craig Butler. A great event with a really good atmosphere all round".

Harriers had thirteen finishers

1st	Tom Merson	25.51
2nd	Oli White	27.13
10th	Dave Tomlin	30.06
13th	Mike Musgrove	30.54
19th	Josh Sale	31.39
24th	Nathan Budd	33.19
25th	David Snook	33.44
33rd	Darren Powell	35.32
39th	Anthony Lees	37.22
42nd	Jimmy Joy	37.45
47th	Bob Minting	39.12
57th	Sarah Baldwin	42.59
61st	Joan Mason	43.41

We were ably assisted with the race logistics by City Runs, full results of the race are at:-

<https://www.city-runs.co.uk/exmouth-express>

Sunday 5th February – 4 Trigs

Six Harriers (**Sam Kelly, James Kelly, Amanda McCann, Nicola Kelly, Lisa Hatchard & Bob Keast**) tackled the 4 Trigs - a tough off-road fell run of 17 miles in stunning conditions with fantastic scenery around East Devon's Sid Valley starting and finishing on Sidmouth seafront.

Sam was first finisher in 2.09.11 and brother James was 3rd in 2.22.38.

Sunday 12th February – Westward League Cross Country at Central Park Plymouth

This was the penultimate race in the six race Winter series. The final race in the series is at Redruth on Sunday 5th March.

Harriers leading Cross Country runner Rob Ellis wasn't fazed by his car breaking down on the way to the event. Rob did his 2 mile warm-up run in Ivybridge whilst waiting for a lift to the event in Plymouth cutting it fine to get to the start in time for the race. After recovering his composure Rob ran superbly to finish in third place which puts him in a very strong position to finish in the top three in the overall series. After the current dry spell the course was much less muddy than in previous years. Harriers Anthony Hatchard who finished in the top 30 for the first time in this years series said after the race "The dry conditions made it super fast and it hurt but in a good way, great running from everyone"

3rd	Rob Ellis	30.45
29th	Anthony Hatchard	34.37
80th	Jimmy Joy	41.28
83rd	Hugh Marsden	41.56

Sunday 12th February – The Exeter 1/2 Marathon

This race was hosted by City Community Trust who organise events to support a range of sports participation and wellbeing activities for people of all ages across the community. It was run over a great flat, traffic free course run on the footpaths and cycle tracks around the River Exe and Exeter Canal. Racing in his first 1/2 Marathon in a Harriers vest Eduardo Rosete finished in 55th position in a marvellous time of 1.41.57 with Rachel Sanders consolidating her recent excellent form in local 5km parkruns by finishing in 108th position in 1.50.41

55th	Eduardo Rosete	1.41.57
108th	Rachel Sanders	1.50.41

Sunday 12th February – Bradleys 10km in Exmouth

This race was hosted by LM Events and took in two laps of the seafront. Harriers runners secured three positions in the top twelve finishers with Jamie Pearson recording a fantastic time of 37.17 in 3rd position, chased home by Dave Tomlin in 7th in 38.21 and Josh Sale 12th in 39.22.

3rd	Jamie Pearson	37.17
7th	Dave Tomlin	38.21
12th	Josh Sale	39.22
26th	Ben Shaw	44.02
42nd	Anthony Lees	47.52
65th	Lisa Boyd	54.37

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 ??

WESTDOWN WANDER NOV ??

34 Harriers at various parkruns on 04/02/2023

(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)

Tamar Trails

12th	Hugh Marsden	23.25
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Killerton

56th	Paula Hawkins	25.48
57th	Mike Musgrove	25.50

Parke

2nd	Dave Tomlin	19.46
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Blandford

76th	Lisa Boyd	26.20
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Exeter Riverside

42nd	Andy Johnson	22.21
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Kedron, Australia

150th	Dawn Teed	30.50
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Anderson, New Zealand

27th	Steve Morgan	24.18
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Haldon Forest

4th	Langdon Williams	20.36
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Exmouth

5th	Tom Packer	18.41
9th	Adam Miller	19.39
13th	Jon Garrity	19.48
14th	Jon Mill	19.49
20th	Jimmy Joy	20.05
22nd	Rachel Sanders	20.25
44th	Regan Meadowcroft	22.09
51st	Neville King	22.45
57th	Sam Lander	23.06
73rd	Bob Minting	23.57
93rd	Daryl Milford	24.32
106th	Darren Powell	25.10
166th	Chris Rees	26.58
175th	Hayley Johns	27.17
177th	James Kelly	27.19
178th	Sam Kelly	27.20
179th	Nicola Kelly	27.20
180th	Alice Kelly	27.20
230th	May Argyle-Lander	29.00
254th	Anthony Lees	29.56
256th	Craig Butler	29.58

333rd	Keith Flack	34.19
338th	Nigel Dupain	35.00
353rd	Jill Dupain	37.08
359th	Jim Comer	38.37

The following Harriers volunteered at Exmouth parkrun on 04/02/2023

May Argyle-Lander, Sarah Baldwin, Craig Butler, Nigel Dupain, Joan Mason, Stan Mason

The following Harriers volunteered at Phear Park Junior parkrun on 05/02/2023

Jill Dupain, Les Turner

25 Harriers at various parkruns on 11/02/2023

(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)

Didcot

27th	Andy Johnson	22.35
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Parke

16th	Hugh Marsden	23.57
55th	Bob Keast	29.44

Pegasus, New Zealand

39th	Dawn Teed	27.19
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Haldon Forest

118th	April Snow	53.48
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Exmouth

10tj	Tom Packer	18.04
12th	Langdon Williams	18.32
19th	Nathan Budd	19.27
21st	David Middlehurst	19.38
23rd & 1st Lady	Cathy Newman	19.42
24th & 2nd Lady	Rachel Sanders	19.43
29th	Mike Musgrove	19.59
45th	Kelly Thomas	21.25
50th	Darren Powell	21.40
51st	Regan Meadowcroft	21.43
61st	Anthony Lees	22.25
88th	May Argyle-Lander	23.58
89th	Sam Lander	23.59
93rd	Bob Minting	24.15
143rd	Joan Mason	26.20
148th	Lisa Hatchard	26.27
223rd	Amanda McCann	28.55
317th	Keith Flack	34.01
320th	Nigel Dupain	34.51
343rd	Jill Dupain	37.22

The following Harriers volunteered at Exmouth parkrun on 11/02/2023

Craig Butler, Nigel Dupain, Jon Garrity, Stan Mason, Mike Musgrove

The following Harriers volunteered at Phear Park Junior parkrun on 12/02/2023

Sarah Baldwin, Holly Clements, Jill Dupain, Amanda McCann, David Snook, Les Turner, Emma White

Harriers recent parkrunning abroad

Dawn Teed & Steve Morgan ran in Southern Hemisphere parkruns on 4th & 11th February.

Enroute to see the family in New Zealand Dawn managed to squeeze in a parkrun in Brisbane on 4th February during a short stop-over. Amazingly in 33 degrees of heat she ran in the Kedron parkrun at 7am (an early start) and was 150th in 30.50. Dawn is planning on doing 4 more parkruns whilst she is away, she started with the Pegasus parkrun in Canterbury on 11th February coming 39th in 27.19. Dawn said "It was such a lovely park run, twice around the lake, over the suspension bridge".



Dawn at the Kedron & Pegasus parkruns

Steve is in New Zealand and he ran in the Anderson parkrun in Napier on the North Island on 4th February and was 27th in 24.18. He is aiming to run in the Queenstown parkrun on the South Island in 3 weeks time.



Steve at the Anderson parkrun

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



Tom, Oli & DaveT in the Exmouth Express



Mike, Josh & Nathan in the Exmouth Express



DavidS, Anthony & Jimmy in the Exmouth Express



Bob, Sarah & Joan in the Exmouth Express



Nigel with the 1st three Lady Finishers (Victoria Hill, Claudine Benstead, Dani Water)



Amanda, Lisa, Nicola, James, Sam & Bob at the 4 Trigs



Eduardo at the finish of the Exeter 1/2M



Rob, Anthony, Jimmy & Hugh at the Westward League XC in Plymouth



Bradleys 10km - on your marks ... get set



Jamie & DaveT



Josh & Ben



Anthony & Lisa



Jamie, Anthony, Lisa, Josh & Ben after the finish



Jamie with his 3rd place trophy



Ray and Co. on his latest recovery runs on the seafrost

2023 Races & events

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

March

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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