

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 37

1st March 2023

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



Piers Benton at the Alicante ½ Marathon

Exmouth Harriers - March 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 Mar	Jimmy	Tennis Centre	Easy 5-6 mile run via Rockfish, Seafront, Foxholes, Douglas Ave.
Tuesday 7 th Mar	Lisa	TBD	TBD
Thursday 9 th Mar	Scott Jordan	TBD	A Common Run – details to follow
Tuesday 14 th Mar	Oli	Tennis Centre	Seafront Intervals
Thursday 16 th Mar	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

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.

Good luck to everyone who is racing this coming weekend; especially those in the Grizzly & Cub, the Bideford ½ Marathon and Sue Hill in the Tokyo Marathon.

More from Des & Alison about the Harriers Club Records in the near future.

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

February Harriers parkrun tourism was at Cranbrook Country Park on 18th with only 4 Harriers running (Anthony Hatchard, Jon Garrity, Craig Butler & Anthony Lees), any suggestions for the next Harriers parkrun tourism event in 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 few weeks.

Up & Coming 2022 Races & events over the next few weeks

(Final part of March plus the April – May 2023 races listing is at the end of this newsletter)

05/03/23	Sun.	The Grizzly & The Cub (entries closed)	Multi-terrain	https://www.axevalleyrunners.org.uk/Grizzly/	One of the most popular races in the UK – plenty of Harriers entered
05/03/23	Sun.	Westward League XC at Redruth (last race in the 2022/2023 season)	Multi-terrain	https://www.city-runs.co.uk/westward-league	Nathan Sheehy 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.	Grand Canal Canter (50km, Marathon & ½ Marathon on the canal at Tiverton)	Footpath	https://race-nation.co.uk/register/winding-paths/grand-canal-canter-spring-2023	Chris Murrin's 111th Marathon
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
18/03/23	Sat.	RED's Pasty and Pie challenge weekend - Day 1	Footpath	https://www.evententry.co.uk/running-events-devon-2023-pasty-pie-challenge-day-1#overview	On the Exmouth / Budleigh Trail near Capel Lane
19/03/23	Sun.	RED's Pasty and Pie challenge weekend - Day 2	Footpath	https://www.evententry.co.uk/running-events-devon-2023-pasty-pie-challenge-day-2#overview	On the Exmouth / Budleigh Trail near Capel Lane
25/03/23	Sat.	Winding Paths Total Coastal (50km, 1/2 Marathon or 10k on the South West Coast Path)	Multi-terrain	https://www.windingpaths.uk/total-coastal/	Entries closed but there is a waiting list
26/03/23	Sun.	Feighan Fury (10 miles)	Trail	https://www.swrr.co.uk/feighan-fury/	To celebrate the life of local running legend Mike Feighan

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 ??

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

Sunday 19th February – Southampton ½ Marathon

As part of her London Marathon preparation **Hannah Bown** travelled 110 miles east along the South Coast to Southampton to take part in their Half Marathon on Sunday 19th February.

The 13.1 miles consisted of 6 laps of an undulating 2.2 mile course on the footpaths around Southampton Common.

Hannah excelled throughout the race finishing in **19th place in 1.31.55** out of the 280 finishers overall and was **1st in the W40 age category**.

Sunday 19th February – Alicante ½ Marathon

Piers Benton and Tom Packer travelled a bit further for their race on the same day both taking part in the Alicante Half Marathon.

It was a hilly route on a scenic course along the waterfront from Alicante to Albufereta and back with a loop around Alicante town to the finish beside the marina.

Piers finished in **48th place overall in 1.26.46** and **Tom** wasn't far behind in **70th place in 1.28.51** there were 980 finishers overall.

Sat. 25th & Sun. 26th February – REDs Exmouth Marathon

Chris Murrin ran his 109th and 110th marathon when he took on the challenge of two 26.2 mile marathons with 24 hours on the Exmouth / Budleigh Trail. Starting and finishing near Capel Lane each of the 8 laps making the full marathon distance was 5.3k out and back on the disused railway line.

Chris was **4th overall in a surprisingly quick time of 3.50.48 in the Saturday event** and then not only ran a great time of **4.28.30 in the Sunday event** but he won the race after a sprint finish with club colleague **Kelly Thomas** who finished **2nd overall and 1st Lady finisher in 4.28.34**.

Sunday 26th February – Exeter 10km

Dave Stone and Lisa Boyd raced on the flat course that started and finished on Exeter Quay with two laps out to Countess Weir on the footpaths of the Riverside Valley Park. **Dave finished in 18th place in 39.19 and Lisa finished in 138th in 53.24**.

31 Harriers at various parkruns on 18/02/2023

Tamar Trails

9th	Hugh Marsden	23.02
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Killerton

1st	Dave Tomlin	18.23
61st	Darren Powell	25.35

Seaton

8th	Dave Stone	19.40
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Exeter Riverside

27th	Rachel Sanders	21.23
36th	Andy Johnson	22.04

East End, New Plymouth, New Zealand

49th	Dawn Teed	38.04
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Haldon Forest

135th	April Snow	51.27
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Cranbrook Country Park

2nd	Anthony Hatchard	17.56
9th	Jon Garrity	20.55
13th	Craig Butler	21.41
19th	Anthony Lees	22.46

Exmouth

14th	Jamie Pearson	17.47
17th	Langdon Williams	18.02
22nd	James Kelly	18.41
30th	Nathan Sheehy	20.00
31st	Mike Musgrove	20.00
41st	Kelly Thomas	21.00
44th	Neville King	21.15
52nd	Regan Meadowcroft	21.52
53rd	Sam Lander	21.58
83rd	Daryl Milford	23.28
85th	Bob Minting	23.32
101st	Jo Weeks	24.05
141st	Joab Mason	26.06
145th	Sarah Baldwin	26.14
156th	Nicola Kelly	26.43
206th	Hayley Johns	28.15
213th	May Argyle-Lander	28.21
382nd	Keith Flack	59.35
359th	Jim Comer	38.37

The following Harriers volunteered at Exmouth parkrun on 18/02/2023

May Argyle-Lander, Stan Mason, Mike Musgrove

The following Harriers volunteered at Phear Park Junior parkrun on 19/02/2023

Sarah Baldwin, Holly Clements, Joan Mason, Amanda McCann, David Snook, Les Turner, Emma White

28 Harriers at various parkruns on 25/02/2023

Bushy

588th	May Argyle-Lander	26.59
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Killerton

2nd	Anthony Hatchard	18.08
7th	Adam Miller	19.32

Broadpark, New Zealand

99th	Dawn Teed	28.45
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Queenstown, New Zealand

19th	Steve Morgan	24.34
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Winchester

5th	Piers Benton	18.32
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Southwick Country Park

7th	David Snook	20.45
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Parke

20th	Hugh Marsden	24.20
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Exeter Riverside

38th	Jenny Reay	21.41
48th	Andy Johnson	22.10

Cranbrook Country Park

6th & 1st Lady	Rachel Sanders	20.59
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Exmouth

13th	Mike Musgrove	19.01
17th & 1st Lady	Cathy Newman	19.24
22nd	Tim Thompson	19.40
27th	Jon Mill	20.08
29th	Jimmy Joy	20.13
39th	Neville King	21.16
86th	Jo Weeks	23.36
95th	Bob Minting	24.09
152nd	Tom Packer	27.00
259th	Keith Flack	31.49
283rd	Jon Garrity	33.57
300th	Nathan Sheehy	34.58
315th	Graham Gunn	36.33
327th	Jill Dupain	39.11
336th	Nigel Dupain	40.02
317th	Keith Flack	34.01
320th	Nigel Dupain	34.51

The following Harriers volunteered at Exmouth parkrun on 25/02/2023

Nigel Dupain, Nathan Sheehy, Tim Thompson

The following Harriers volunteered at Phear Park Junior parkrun on 26/02/2023

Sarah Baldwin, Holly Clements, Scott Jamieson, Amanda McCann, Les Turner, Emma White

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



Piers at the Alicante ½ Marathon



Down at the East End, New Plymouth, New Zealand parkrun



Steve Morgan at the Queenstown parkrun, New Zealand



Dawn & her Son Danny at the Broadpark, New Zealand parkrun



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

2023 Races & events

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

March

Sun26th Salisbury 10mile race.
Sun26th Tavy 13 Half Marathon
Sun26th Yeovil Half Marathon and Fun Run

April

Sat1st Power Run 5 and 10 mile runs.
Sun2nd JP's Exe to Axe
Fri7th Fast Friday 10km
Tue18th Run Exe 5k - 1 of 6
Sun23rd Exmouth Clinic Maer 10km and Half Marathon.
Sat29th East Devon Round
Sat29th Sid Valley Ring Half Marathon

May

Tue2nd Run Exe 5k - 2 of 6
Sat6th Ivybridge 10km
Sat6th Run Exe Relays
Sun7th Bideford 10km
Sun7th Ottery 10km and Fun Run
Sat 13th Devon Coast to Coast ultra weekend.
Sun14th Beer Blazer, 10mile, 5km and 1km.
Sun14th Crediton Crunch
Sun14th Plymouth's Ocean City Half Marathon, 10km and 5km.
Sun14th Weston Super Half
Sat 20th Tavy 5k
Sun21st The Great West Run - Half Marathon and 10k
Sat 27th Conquer 24hour event in Castle Hill, North Devon
Mon29th Uplowman 10k

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