

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 38

15th March 2023

(The next edition is due out on Wednesday 29th March 2023)



Hannah & Rob representing Devon at the Inter Counties XC

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

Don't forget that your Exmouth Harriers membership subs need to be renewed in the next 2 weeks as they are due on 1st April

There is a discount if you renew early before 1st April

There is a link to the renewal application form on our website

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

If you need any help please get in touch with May Argyle-Lander



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.

Craig is planning to have the next Harriers parkrun tourism event at Parke National Trust in Bovey Tracey, near Haytor on Saturday 25th March. It's a 35 minute drive from Exmouth, so he suggests we meet for car sharing at the Exmouth Tennis Centre at 8am.

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 should be with you in the next week and more from Des & Alison about the Harriers Club Records in the very near future.

Don't forget the Up & Coming 2022 Races & events over the next few weeks

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	This will be Chris Murrin's 112th Marathon. 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)	Multi-terrain	https://www.windingpaths.co.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
26/03/23	Sun.	Tavy 13 Half Marathon	Road	https://www.entrycentral.co.uk/Tavy13	A road course of scenic, sometimes undulating lanes, around Tavistock
26/03/23	Sun.	Yeovil Half Marathon and Fun Run	Road	https://www.yeovilhalf.co.uk/events/yeovil-half-marathon/	Start & finish in Yeovil Town Centre also takes in Yeovil Country Park.

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

FIRST CHANCE 10K 8 JAN (completed)
 RUN EXE 5 MILE (EXMOUTH) 15 MARCH (completed)
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

Fri. 10th March - Ray's 5km Recovery Run/Walk on the Exmouth parkrun course

A small group did a time of 40.57 on a cold and very breezy morning negotiating a wicked northwesterly wind all the way back from Orcombe Point. There were a few stops for a chat with some Harriers enroute finishing off with a coffee and biscuits in the Ocean.



Ray with his Harriers team mates on the Exmouth seafront

Sat. 11th March – Deep River Trails (10km & 1/2M) at Castle Drogo

Holly Clements and Ben Shaw tackled this extremely tough woodland trail event that went deep and steep down into the depths of the Teign River Valley then climbed high above the Fingle treeline. Holly ran in the 10km with a total of 289m ascent. Ben ran the 1/2 Marathon with a total ascent of 850m.

10km Trail Race

14th **Holly Clements** 1.01.07 (1st W40)

1/2 Marathon Trail Race

13th **Ben Shaw** 2.21.02

Sat. 11th March – National Inter Counties XC Champs., Prestwold Hall, Loughborough
Hannah Bown & Rob Ellis represented Devon in this high quality cross country race that included the top runners from the 46 Counties, Regions and Districts throughout the UK. Due to the recent inclement weather the course was at best described as a mud-fest with the conditions the muddiest for the Senior Men’s race that took place at the end of the day after the 9 earlier races.

Women’s 8km

205th **Hannah Bown** 40.04

Men’s 10km

95th **Rob Ellis** 41.36 (1st Devon finisher)



Hannah, the mud-fest and Rob at Prestwold Hall

Sun. 12th March - Chester 10km (inc. England Athletics Age Group Masters 10K Champs.)

Jenny Reay represented England Masters In this prestigious event that started & finished in the centre of Chester and passed many of Chester's iconic landmarks. The course headed north-west out of the City, through the picturesque village of Mollington before returning to the heart of Chester for a spectacular finish under a backdrop of the Eastgate Clock.

398th **Jenny Reay** 44.09 (4th W60)

Sun. 12th March - Winding Paths Grand Canal Canter Marathon, Tiverton

Chris Murrin ran in his 111th Marathon in a totalling flat event on the paths alongside the Grand Western Canal at Tiverton. The course started at Tiverton Canal Basin and headed along the canal paths for 6.6 miles to Sampford Peverell to a turn around point where it headed back to Tiverton and then the marathon runners repeated the course a second time.

5th= **Chris Murrin** 3.58.02

Sun. 12th March - Humdinger 1/2 Marathon Sedgemoor, Somerset

Tom Packer raced in this testing & hilly 1/2 marathon run over the Quantock Hills. With a total ascent of over 1100ft it is probably one of the toughest road races in Somerset. It’s tough but on a clear day there are rewarding views of the County one way and the Bristol Channel and South Wales the other!

9th **Tom Packer** 1.40.06 (3rd M40)

Sun. 12th March - Paphos, Cyprus 1/2 Marathon

A number of Harriers joined the Exmouth Belles for a trip to the Cyprus sunshine taking in the Paphos 1/2 Marathon on an almost flat, fast course along the Mediterranean sea. The start and finish was in front of the historic Pafos Castle.

Louise Hempstead	1.48.02
Amanda McCann	2.02.04
Kay Douglas	2.02.10
Susan Hill	2.02.11
Jane MacDonald	2.20.51



Harriers & Belles in Cyprus for the Paphos ½ Marathon

Sun. 12th March - Exeter City Community Trust's Granite Way 10 & 20 Miles

Hayley Johns & James Kelly ran in this popular event along the Granite Way footpath and cycleway with fantastic views of Dartmoor and the surrounding countryside. There were 2 races (10 & 20 miles); it was one out and back lap for the 10 miler and 2 laps for the 20 miler with the start & finish for both races in Okehampton.

Granite Way 10 Miles

6th **James Kelly** 57.35

Granite Way 20 Miles

70th **Hayley Johns** 3.08.14

Wednesday 15th March – Run Exe 5 Miles Exmouth

Seven Harriers raced in the 3rd and final race in the 2022/23 Run Exe 5 Mile Series on the Exmouth seafront in the “usual” brutal wet & windy conditions. It was a very successful evening of racing with all seven Harriers recording amazing times whilst battling against the elements with **Oli 1st overall & 1st M35**, **Cathy was 1st W60** and scored the overall top age graded percentage of 96%, **Jenny was 3rd W60** & scored the 3rd highest age graded percentage overall with 90%, **Scott was 1st M40** and **Alison was 1st W65**.

1st	Oli White	26.51	82% AG	1st W35
10th	Scott Jamieson	30.07	77% AG	1st W40
16th	Josh Sale	31.13	69% AG	
22nd	Cathy Newman	32.34	96% AG	1st W60
25th	Nathan Budd	33.45	65% AG	
39th	Jenny Reay	36.41	90% AG	3rd W60
51st	Alison White	43.57	79% AG	1st W65

To score in the 3 race series you had to do at least 2 of the 3 races. Going into this race a few Harriers were in contention for a place in the series top 10 age grading percentages. After the race the numbers were crunched and **Jenny finished 2nd overall with an average from her 2 races of 89.5%**, **Oli was 5th with 83.5%** and **Alison was 10th with 79.0%**. **Cathy's** time of 32.34 in this race now gives her top UK W60 placings in four distances; parkrun, 5 Miles, 10km and ½ Marathon - absolutely amazing. It was also the **2nd race in the 2023 Instep Devon Champs**. updated Instep results ASAP.



James & Hayley on the Granite Way



Start of the Run Exe 5 Miles on Exmouth Seafront

25 Harriers at various parkruns on 11/03/2023

Two first finishers this week with **Simon Minting** running 18.22 at Killerton (Simon was also our quickest Harrier of the day) and **Dave Tomlin** 19.18 at Haldon Forest. Our highest Lady finisher was **Kelly Thomas** coming 8th Lady in 22.55 at Exmouth.

Killerton

1st	Simon Minting	18.22
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Forest Rec, Nottingham

79th	Terry Oldham	27.55
120th	Lorriane Gilson	32.08

Exeter Riverside

47th	Andy Johnson	23.31
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Haldon Forest

1st	Dave Tomlin	19.18
51st	April Snow	31.01

Central Park, Plymouth

35th	Hugh Marsden	22.18
171st	Dawn Teed	29.20

Exmouth

8th	Jamie Pearson	18.43
12th	Chris Dupain	19.16
13th	Nathan Sheehy	19.23
19th	Mike Musgrove	19.59
21st	David Snook	20.14
24th	Jimmy Joy	20.38
47th	Sam Lander	22.10
48th	Regan Meadowcroft	22.15
55th	Kelly Thomas	22.55
75th	Jo Weeks	23.47
81st	Steve Morgan	24.00
89th	Bob Minting	24.33
98th	Tim Thompson	24.56
113th	Sarah Baldwin	25.57
139th	Joan Mason	27.13
206th	May Argyle-Lander	30.38
265th	Nigel Dupain	34.50

The following Harriers volunteered at Exmouth parkrun on 11/03/2023

Craig Butler, Jill Dupain, Nigel Dupain, Stan Mason, Mike Musgrove, Tim Thompson

The following Harriers volunteered at Phear Park Junior parkrun on 12/03/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Joan Mason, Stan Mason, Nathan Sheehy, David Snook, Les Turner

2023 Races & events

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

April

Sat 1st	Power Run 5 and 10 mile runs (2023 Devon Instep Race No. 3)
Sun 2nd	JP's Exe to Axe
Fri 7th	Fast Friday 10km (2023 Devon Instep Race No. 4)
Tue 18th	Run Exe 5k - 1 of 6
Sun 23rd	TCS London Marathon
Sun 23rd	Exmouth Clinic Maer 10k & 1/2M
Sat 29th	East Devon Round
Sat 29th	Sid Valley Ring Half Marathon

May

Tue 2nd	Run Exe 5k - 2 of 6
Sat 6th	Ivybridge 10km
Sun 7th	Bideford 10km
Sun 7th	Ottery 10km and Fun Run (2023 Devon Instep Race No. 5)
Sat 13th	Devon Coast to Coast ultra weekend
Sun 14th	Beer Blazer, 10mile, 5km and 1km
Sun 14th	Crediton Crunch (2023 Devon Instep Race No. 6)
Sun 14th	Plymouth's Ocean City Half Marathon, 10km and 5km
Sun 14th	Weston Super Half
Sat 20th	Tavy 5k
Sun 21st	Great West Run - 1/2M and 10k
Fri 26th	Run Exe Relays (2023 Devon Instep Race No. 7)
Sat 27th	Conquer 24hour event in Castle Hill, North Devon
Mon 29th	Uplowman 10k (2023 Devon Instep Race No. 8)

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