

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 39

29th March 2023

(The next edition is due out on Wednesday 12th April 2023)



Simon, Anthony, Dave, Jenny & Jimmy with their prizes from the Feighan Fury

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.

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

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

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

**There is a discount if you renew early before Friday 30th March
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 :-

Exmouth Express 5 miles - Sunday 5th February (completed)

Ottery 10k - Sunday 7th May

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 are now 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 are now 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 of 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 - entries are now 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 (30 June)** as a team so look out for the team captains asking for runners closer to the time.

Well done to Craig for organising the March Harriers parkrun tourism event at Parke National Trust in Bovey Tracey, near Haytor on Saturday 25th March (see results later in the Newsletter). Please pass on any ideas for the April Tourism event to Craig.

The review of Harriers activities during 2022 was completed and distributed via email, on the Harriers website, our facebook pages and our WhatsApp group last week if you've not seen a copy yet have a look in your email inbox or on our website <https://exmouthharriers.co.uk/>

Des & Alison are now working on updating the Harriers Club Records – watch this space for news of publication.

Don't forget the Up & Coming 2022 Races & events over the next few weeks – events from other later months in 2023 at the end of this Newsletter

01/04/23	Sat.	Power Run - 5 and 10 miles in the grounds of Powderham Castle	Multi-terrain	https://www.city-runs.co.uk/power-run-powderham	2023 Devon Instep Race No. 3
02/04/23	Sun.	JP's Exe to Axe	Multi-terrain	http://www.sidmouthrunningclub.co.uk/jps-exe-to-axe-2023/#:~:text=The%20race%20starts%20at%20the,at%20the%20Esplanade%20at%20Seaton.	The route follows the South West Coast Path for 20 miles or so from Foxholes Car Park in Exmouth and finishes at the Esplanade at Seaton
07/04/23	Fri.	Fast Friday 10km	Footpath	https://cityruns.eventrac.co.uk/e/fast-friday-10k-2023-9106	2023 Devon Instep Race No. 4 - a fast traffic free 10km around the River Exe and Exeter Quay
12/04/23	Wed.	Yeovilton 5K – race 1 of 6 race series at the RNAS Yeovilton	Road	https://www.yeoviltownrrc.com/events/tag/5k%20series%20%26%2010k%20easter%20bunny	A fast slightly undulating course with definite PB potential.
18/04/23	Tues.	Run Exe 5k – race 1 of 6 in the Summer series	Footpath	https://cityruns.eventrac.co.uk/e/run-exe-5k-2023-9345	A flat 5km run on footpaths around Exwick Playing Fields & River Exe Flood Relief
23/04/23	Sun.	TCS London Marathon	Road	https://www.tcslondonmarathon.com/	At least 12 Harriers racing on the streets of London plus a few doing the “virtual” event
23/04/23	Sun.	Exmouth Clinic Maer 10k & 1/2M	10km on Road 1/2M is Multi-terrain	https://www.lmevents.org.uk/e/the-maer-10km-and-half-marathon-2364	Starts & finishes on the Exmouth Esplanade & takes in the east coast of Devon with & great hill top views
29/04/23	Sat.	East Devon Round - Event HQ - the Village Hall, Offwell, Honiton	Multi-terrain	https://www.eastdevonround.com/	65 miles, 10,000 feet of elevation, 2 AONB, 1 World Heritage Site
29/04/23	Sat.	Sid Valley Ring ½ Marathon – start & finish on Sidmouth seafront	Multi-terrain	https://www.climbsouthwest.com/sid-valley-ring-half-marathon/	Back for a third year, the route follows the newly created Sid Valley Walking Route.

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

Saturday 18th March - REDs Pasty & Pie Marathon, Exmouth

Chris Murrin finished his 4th Marathon in 3 weeks in 9th position in 4.00.55, it was his 112th Marathon overall. This Red (Running Events Devon) Marathon was 8 laps of 5.3km on the Exmouth / Budleigh Trail starting & finishing near the Capel Lane entrance.

Chris is now taking a short break to plan his next few Marathons in preparation for his major target for 2023; The Jurassic Coast 100 Miles (from Poole to Exmouth) over the weekend of 24th / 25th June.

9th **Chris Murrin** 4.00.55

Sunday 19th March - The Cerne Giant, Dorset

Lisa Hatchard finished this LDWA 30 mile self navigation challenge with over 4,200 feet of elevation gain in 29th position in 7 hours and 55 minutes. It started and finished in the village of Cerne Abbas, site of the famous Cerne Giant, the route took in some of the best downland and river valleys of Dorset.

Lisa described it afterwards as “A bit hilly with very few flat sections”. The event is hosted by the Long Distance Walkers Association but welcomes runners. Lisa was really pleased to have finished after a year away from the ultra distances plus only recovering from Covid-19 five days before the event and she had not run for two weeks.

29th **Lisa Hatchard** 7.55.00

Sunday 19th March - Portscatho 10km

Jenny Reay was 18th overall and First Lady finisher in 50.21 in this stunning mixed terrain 10km race. It started and finished at the Plume of Feathers Pub in beautiful Portscatho, on Cornwall’s Roseland Peninsula. The course took in some incredible coastal scenery, including the south west coastal path and ran past the famous Hidden Hut and across Porthcurnick beach.

18th **Jenny Reay** 50.21

Saturday 25th March - Total Coastal Ultra (50km)

James Storey took on this challenging, scenic multi-terrain route all on the South West Coast Path with over 6,000 ft of ascent. It started in Kingswear ran through Torbay and finished at the picturesque Ness at Shaldon, with views across the River Teign.

39th **James Storey** 7.37.39

Sunday 26th March - Tavy 13

Dave Tomlin was the sole Harrier in this race that ran to the south-west of Dartmoor and took in some spectacular scenery. The start was on the Tavistock Athletic Club running track and the first half of the course was undulating with the last 5 miles mainly flat and downhill. Coming back into the town of Tavistock through the beautiful Meadows Park the runners finished back on the running track.

5th **Dave Tomlin** 1.27.20 1st M50

Sunday 26th March - Feighan Fury (10 Miles)

5 Harriers ran in this event hosted by South West Road Runners and the Exe Valley Rotary Club at Templeton to celebrate the life of local running legend Mike Feighan. It was a challenging 10 mile multi-terrain race around private land in the rolling hills of mid Devon.

Winner **Simon Minting** said afterwards "It was an honour to have come 1st in the Feighan Fury 10 mile multi terrain race today and to win his memorial trophy in its first year. Lots of mud, river crossings and plenty of hills - Perfect"

1st	Simon Minting	1.11.34
3rd	Anthony Hatchard	1.14.09 2nd M40
13th	Dave Stone	1.20.54 2nd M50
43rd	Jimmy Joy	1.29.08 3rd M60
63rd	Jenny Reay	1.34.52 1st W60

The Men (**Simon, Anthony, Dave & Jimmy**) were 1st Team

Cardiff Bay 10km

Catarina & Eduardo ran in this friendly 10km in the heart of Cardiff's historic Bay, it was a flat, fast event.

375th	Catarina Goncalves	42.59
392nd	Eduardo Rosete	43.19

31 Harriers at various parkruns on 18/03/2023

Two fast female finishers this week with **Cathy Newman** 1st Lady in 20.50 and **Catarina Goncalves** 2nd Lady in 21.56 at Haldon Forest. **Anthony Hatchard** was our fastest Harrier finisher on the day in 17.53 at Exmouth.

Parke

6th	Dave Stone	21.29
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Bideford

18th	Hugh Marsden	21.20
64th	Dawn Teed	27.20

Exeter Riverside

29th	Rachel Sanders	20.44
77th	Andy Johnson	23.45

Haldon Forest

8th & 1st Lady	Cathy Newman	20.50
11th & 2nd Lady	Catarina Goncalves	21.26
70th	April Snow	30.51

Land's End

40th	May Argyle-Lander	29.30
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Exmouth

3rd	Anthony Hatchard	17.53
4th	Mike Musgrove	18.00
9th	Simon Minting	18.23
15th	Adam Miller	19.03
18th	Nathan Sheehy	19.20
35th	Neville King	21.25
63rd	Tim Thompson	22.56
71st	Bob Minting	23.37
72nd	Darren Powell	23.39
73rd	Jo Weeks	23.46
76th	Paula Hawkins	23.48
84th	Sam Lander	24.14
97th	Anthony Lees	24.54
98th	Craig Butler	24.55
112th	Sarah Baldwin	25.27
120th	Jon Mill	25.47
123rd	Liz Michaelson	25.56
145th	Steve Morgan	27.05
196th	Hayley Johns	28.48
279th	Keith Flack	32.45
320th	Nigel Dupain	34.55
346th	Jill Dupain	38.19

The following Harriers volunteered at Exmouth parkrun on 18/03/2023

Craig Butler, Nigel Dupain, Lisa Hatchard, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 19/03/2023

Sarah Baldwin, Nigel Dupain, Amanda McCann, Nathan Sheehy, David Snook

37 Harriers at various parkruns on 25/03/2023

3 first finishers; **Cathy Newman** 1st Lady in 21.08 at Land's End, **Dave Tomlin** in 19.16 at Bolberry Down, **Scott Jamieson** in 19.03 at Cranbrook Country Park. **Oli White** was fastest Harrier on the day in 18.34 at Parke.

Parke – this was the latest Harriers parkrun Tourism event

2nd	Oli White	18.34
10th	Tim Thompson	22.02
16th	Craig Butler	23.21
27th	Anthony Lees	25.37
32nd	Jo Dale	26.44
54th	Sarah Baldwin	30.17
58th	Alison White	31.11
63rd	Nigel Dupain	32.43
88th	Jill Dupain	44.08

Exeter Riverside

36th	Andy Johnson	23.08
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Land's End

2nd & 1st Lady	Cathy Newman	21.08
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Bolberry Down

1st	Dave Tomlin	19.16
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Cranbrook Country Park

1st	Scott Jamieson	19.03
7th	Rachel Sanders	20.28

Haldon Forest

4th	Langdon Williams	20.19
61st	April Snow	29.50

Exmouth

16th	Mike Musgrove	19.00
26th	Nathan Sheehy	19.31
31st	David Snook	19.47
32nd	Lee Salter	19.50
35th	Simon Minting	19.59
48th	Paul Dowling	21.13
50th	Chris Dupain	21.19
60th	Kelly Thomas	21.55
70th	Neville King	22.14
83rd	Ian Harvey	23.07
103rd	Jim Comer	23.51
117th	Bob Minting	24.31
127th	Darren Powell	25.06
207th	Joan Mason	27.57
219th	Dawn Teed	28.09
230th	May Argyle-Lander	29.00
290th	Nicola Kelly	29.37
291st	Amanda McCann	30.39
311th	Lee Russell	31.09
351st	Keith Flack	33.14
404th	Chris Rees	37.30

The following Harriers volunteered at Exmouth parkrun on 25/03/2023

Lisa Hatchard, Stan Mason, Simon Minting, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 26/03/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Scott Jamieson, David Snook, Les Turner

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



Lisa Hatchard at the Cerne Giant



Dave Tomlin at the Tavy 13



Anthony in action at the Feighan Fury



Harriers with their prizes after the Feighan Fury



Prizes & trophies galore for Harriers at the Feighan Fury



Catarina & Eduardo at the Cardiff 10km



Harriers on tourism duty at Parke parkrun



Harriers in action at Parke parkrun



Craig, Oli, Anthony, Jo, Tim, Jill, alison, Nigel & Sarah after the finish of Parke parkrun



Ray's Recovery Run with Nigel – Thursday 23rd March



Ray's Recovery Run with Sue – Wednesday 29th March

2023 Races & events

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

2023 Dartmoor Fell Series – news from the Organisers

We hope to build on the brilliant success of 2022, with 12 series races in the 2023 Series. This year we are working with race organisers to make sure that entries can take 100 or more runners and a few races have moved around to keep the series fresh. We hope you enjoy the great courses, camaraderie and friendliness of our Dartmoor Fell Series. Remember we are trying to provide safe, fun and low cost events. If you can arrive early enough, to watch the juniors and cheer them on – they are the future of the sport and we have some class runners.

The events are fell runs, so on some events you will have to think about navigation (although most courses are very clear) and you will have to think about personal kit (in poor weather organisers are quite in the right to mandate safety kit is taken – it's for your safety. Please see kit & safety section. Footwear can also be key – I have seen many people chance a race in road shoes to find they are sliding down grass and mud. Good 'lugged' shoes, of which there are lots of brands, are worthwhile investing in.

Most race finish lines are near a stream where you can cool off or wash off the mud – it seems to be the recognised way (...tough these fell runner folk) and most races have a source of refreshment.

Any race part of Dartmoor Fell Series is the responsibility of each race organiser. The series is trying to support a league to generate interest, as well as junior events to build the sport.

Series scoring in 2023 is the best 9 events out of 12. So seniors first male/ female 100 pts, second 99 etc. The same scoring for veteran age groups which start from age of 40 in 10yr blocks. Note that veteran age groups on the first event date are then set for the whole series (to avoid swapping age groups). Junior age groups score 10 pts for first, 9 for second etc in age categories. There is a series team prize for the best scoring 4 male and 4 female runners.

The overall series prizes will be awarded after the last race of the series.

Series helpers – we always want willing helpers to register, marshal, support timekeeping, be first aiders – if you can help please let the race organiser know. It's great fun and enjoyable, but remember to dress for the hills.

Kit list – do check out our [kit and safety page](#), however the kit list per race is at the discretion of the organiser.

Full details at :-

www.swfellrunners.uk/events/

The 2023 Dartmoor Fell Race Series

MAY 21 10:30 AM – 12:00 PM

Princetown Fell Race, Princetown Car Park Organiser: **Colin Kirk-Potter**

MAY 27 4:00 PM – 6:00 PM

Langstone Coronation Fell Race, Peter Tavy Organiser: **Dave Chanter**

JUN 17 @ 2:30 PM

Burrator Horseshoe, Meavy Organiser: **Richard Best**

JUN 21 5:30 PM – 7:30 PM

Summer Solstice Fell Race, Dartmoor Inn Merrivale Organiser: **Colin Kirk-Potter**

JUN 24 @ 5:30 PM

Burrator Horseshoe, Meavy Organiser: **Richard Best**

JUL 9 1:30 PM – 3:30 PM

Cosdon Fell Race, Belstone Village Green Organiser: **Okehampton Running Club**

JUL 15 All day

Haytor Heller, Haytor Vale Organiser: **Teignbridge Trotters**

JUL 26 6:00 PM – 8:30 PM

Postbridge Pootle, Postbridge Organiser: **Colin Kirk-Potter**

AUG 9 5:45 PM – 8:00 PM

Ivybridge 3 top, Ivybridge rugby club Organiser: **Erme Valley Harriers**

AUG 23 5:30 PM – 8:00 PM

Great Links Tor – flyer, Fox and Hounds, Bridestow Organiser: **Rees Jenkins**

SEP 13 7:00 PM – 8:30 PM

Surprise Course fell race

SEP 30 9:30 AM – 11:30 AM

East Mill Tor Loop, Belstone Village Green

Other local events May - mid July 2023

May

Tue 2nd	Run Exe 5k - 2 of 6
Sat 6th	Ivybridge 10km
Sun 7th	Bideford 10km
Sun 7th	Ottery 10km (Harriers Challenge Race No. 2 plus Instep Race No. 5)
Wed 10th	Yeovilton 5k - 2 of 6
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
Sun 21st	Princetown Fell Race (No. 1 in Devon Fell Race Series)
Fri 26th	Run Exe Relays (Harriers club favourite event plus Instep Race No. 7)
Sat 27th	Langstone Coronation Fell Race (No. 2 in Devon Fell Race Series)
Sat 27th	Conquer 24hour event in Castle Hill, North Devon
Mon 29th	Uplowman 10k (2023 Devon Instep Race No. 8)

June

Sat 3rd	Burrator 10k (all on closed roads)
Sat 3rd	Dartmoor Discovery (32+ challenging Dartmoor miles)
Tue 6th	Run Exe 5k - 3 of 6
Sun 11th	Oke Croak (approx. 10 miles with 2,000 feet of ascent)
Wed 14th	Yeovilton 5k – 3 of 6
Sat 17th	Burrator Horseshoe (No. 3 in Devon Fell Race Series)
Wed 21st	Summer Solstice Fell Race (No. 4 in Devon Fell Race Series)
Fri 23rd	Exeter 10k River Run (Exeter City Community Trust event)
Sat 24th	Umborne Ug (approx. 10km) (2023 Devon Instep Race No. 9)
Sat 24/Sun25	Jurassic Coast 100 Weekend (5 races to choose 30km – 120 miles)
Sun 25th	North Devon Marathon & ½ Marathon Race HQ in Woolacombe)
Fri 30th	Erme Valley Relays (a Harriers club favourite event)

July

Sat 1st	Lundy Island Race (14-ish miles on the Island in the Bristol Channel)
Tue 4th	Run Exe 5k - 4 of 6 (2023 Devon Instep Race No. 10)
Sat 8th	Ottery Rail and River Run (10km multi-terrain at Tipton St John)
Sun 9th	Cosdon Fell Race (No. 5 in Devon Fell Race Series)
Wed 12th	Yeovilton 5k – 3 of 6
Sat 15th	Haytor Heller (Harriers Challenge Race No. 3)

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