

# EXMOUTH HARRIERS

[www.exmouthharriers.co.uk](http://www.exmouthharriers.co.uk)

**Club Newsletter – Number 40**

12th April 2023

(The next edition is due out on Wednesday 26th April 2023)



Harriers basking in the sunshine at the Fast Friday 10km in Exeter

## 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](mailto:des.white@btinternet.com)

**The renewal of Exmouth Harriers membership subs were due on 1st April 2023**  
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

Best wishes for a speedy recovery to **Andy Place** after his recent incident, we all look forward to seeing you soon Andy.

All the best to all the Harriers who are running in the 2023 TCS London Marathon on Sunday 23rd April, we know of the following 12, let us know if we have missed anyone :-

<b>May Argyle-Lander</b>	<b>Sam Kelly</b>
<b>Hannah Bown</b>	<b>Adam Miller</b>
<b>Kay Douglas</b>	<b>Clare Sorensen</b>
<b>Rob Ellis</b>	<b>Kelly Thomas</b>
<b>Alice Kelly</b>	<b>Adrian Vanstone</b>
<b>James Kelly</b>	<b>Oli White</b>

The next Harriers **Committee Meeting is on Monday 24th April** 7.30pm at the Tennis Centre

The 1st 2023 Harriers **Sandy Bay Time Trail** will probably be on Tues. 25th look out for details



### **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 :-

- 1. Exmouth Express 5 miles - Sunday 5th February (completed)**
- 2. 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>
- 3. 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 open <https://www.city-runs.co.uk/run-exe-5k>
- 4. 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>

As always we will be entering the **Run Exe Relays on Fri. 26th May (teams of 4 each doing a 4km leg) & Erme Valley Relays on Fri. 30th June (teams of 4 each doing 2.5 mile legs)** as a team so look out for the team captains asking for runners closer to the time.

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

12/04/23	Wed.	Yeovilton 5K – <b>race 1 of 6 race series</b> at the RNAS Yeovilton	Road	<a href="https://www.yeoviltownrrc.com/events/tag/5k%20series%20%26%2010k%20easter%20bunny">https://www.yeoviltownrrc.com/events/tag/5k%20series%20%26%2010k%20easter%20bunny</a>	A fast slightly undulating course with definite PB potential.
18/04/23	Tues.	Run Exe 5k – <b>race 1 of 6 in the Summer series</b>	Footpath	<a href="https://cityruns.eventrac.co.uk/e/run-exe-5k-2023-9345">https://cityruns.eventrac.co.uk/e/run-exe-5k-2023-9345</a>	A flat 5km run on footpaths around Exwick Playing Fields & River Exe Flood Relief
23/04/23	Sun.	TCS London Marathon	Road	<a href="https://www.tcslondonmarathon.com/">https://www.tcslondonmarathon.com/</a>	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	<a href="https://www.lmevents.org.uk/e/the-maer-10km-and-half-marathon-2364">https://www.lmevents.org.uk/e/the-maer-10km-and-half-marathon-2364</a>	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	<a href="https://www.eastdevonround.com/">https://www.eastdevonround.com/</a>	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	<a href="https://www.climbsouthwest.com/sid-valley-ring-half-marathon/">https://www.climbsouthwest.com/sid-valley-ring-half-marathon/</a>	Back for a third year, the route follows the newly created Sid Valley Walking Route.
02/05/23	Tue.	Run Exe 5k – <b>race 2 of 6 in the Summer series</b>	Footpath	<a href="https://cityruns.eventrac.co.uk/e/run-exe-5k-2023-9345">https://cityruns.eventrac.co.uk/e/run-exe-5k-2023-9345</a>	A flat 5km run on footpaths around Exwick Playing Fields & River Exe Flood Relief
07/05/23	Sun.	Ottery 10k	Road	<a href="http://www.honitonrc.com/ottery-10k-may.html">http://www.honitonrc.com/ottery-10k-may.html</a>	A great local race - <b>Harriers Challenge Race No. 2 plus Instep Race No. 5</b>
07/05/23	Sun.	Bideford 10km	Road	<a href="https://bidefordaac.co.uk/bideford-10k/">https://bidefordaac.co.uk/bideford-10k/</a>	A fast & flat road race with views of the Taw & Torridge estuary

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

### **Saturday 1st April March - Power Runs at Powderham**

Four Harriers battled through the mud and tackled the hilly terrain around the grounds of the beautiful Powderham Castle in the 5 and 10 Mile Power Runs hosted by City Runs.

Both races started and finished in the castle's courtyard; the 5 mile event was one lap of the undulating course and the 10 mile event was two laps.

**Scott Jamieson** was 2nd overall in the 10 mile event, **Jenny Reay** was 5th Lady finisher in the 10 mile event and **Jon Mill** was 7th in the 5 mile event plus all four Harriers were 1st in their respective age groups.

#### 5 Miles

7th	<b>Jon Mill</b>	40.33	1st M45
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#### 10 Miles

2nd	<b>Scott Jamieson</b>	1.11.18	1st M40
24th	<b>Jenny Reay</b>	1.26.40	1st W60
94th	<b>Alison White</b>	1.49.30	1st W65

### **Saturday 1st April – Shropshire Way 80km**

**Lisa Hatchard** took part in this tough event and described it as:-

*“Absolutely fantastic, if there was a hill insight, we were going up it including: Wenlock Edge, the Long Mynd - Pole Point (highest point in Shropshire), the Stiperstones and Ragleth Hill which was up to clip at a checkpoint and straight down the way we'd just come the list goes on - 8200ft+.*

*Self-navigation with aid stations and clip points. One aid station was a farmer's barn with horses, dogs and chickens, where we were fed stew and in turn, we fed the chickens! Endless mud, bogs but worth it for views.*

*Running into the night, we were rewarded with a glorious sunset, although there was an owl warning for the wooded section.*

*Whilst it's a challenge event and no results as such, the total time was 16:20hrs (there was a problem with the accuracy of the trackers)”.*

### **Sunday 2nd April - JP's Exe to Axe & Sweetcombe Scramble Marathon**

**Alice Kelly, Tom Packer, Terry McKie and Amanda McCann** took part in local trail events to celebrate 50 years of the South West Coast Path Association.

**Alice and Tom** opted for the 22 mile JP's Exe to Axe; it was the 19th year of the race. In 2004 the race started from Seaton and finished in Exmouth, but since 2005 it has started from Exmouth. The race has recently been renamed JP's Exe to Axe in memory of John Perratt a huge contributor to the sport of running throughout East Devon.

**Terry and Amanda** opted for the 26.2 mile Sweetcombe Marathon that was introduced this year for those who preferred the longer distance.

Both races started at the Foxholes Car Park on the Exmouth Sea Front and followed the South West Coast Path finishing on the Esplanade at Seaton. The Marathon included an additional loop inland along the River Otter to make up the extra 4.2 miles.

In the 22 mile race **Alice** was the first Harrier to finish in 5th overall and she was the First Lady finisher in 3.22.52 followed by **Tom Packer** in 40th position in 4.13.13.

In the 26.2 mile race **Terry McKie** was 29th in 6.05.32 and **Amanda McCann** 31st in 6.17.38.

After the wettest March for 40 years the course was extremely muddy and very demanding. Commenting on the race **Amanda** said “it was very muddy in places which made running tricky but we managed to stay on our feet all the way round. At least it didn’t rain on the day as that would have been soul destroying.”

#### **Friday 7th April Fast Friday, Exeter**

15 Harriers ran in this traffic free race on footpaths around the River Exe and Exeter Quay and were all rewarded with a Cadburys Crème Egg at the finish

5th	<b>Oli White</b>	33.54	2nd M35
12th	<b>James Kelly</b>	34.59	
31st	<b>Scott Jamieson</b>	37.50	5th M40
34th	<b>Mike Musgrove</b>	38.20	2nd M50
57th	<b>Cathy Newman</b>	40.23	1st W60
77th	<b>Craig Butler</b>	42.17	7th M50
95th	<b>Jimmy Joy</b>	43.36	2nd M60
103rd	<b>Jenny Reay</b>	4.16	2nd W60
105th	<b>Nathan Budd</b>	44.26	
106th	<b>Rachel Sanders</b>	44.30	
112th	<b>Langdon Williams</b>	(45 min. Pacer)	
123rd	<b>Andy Johnson</b>	45.41	8th M55
146th	<b>Emma White</b>	48.39	5th W35
180th	<b>Alison White</b>	53.20	1st W65
199th	<b>Liz Michaelson</b>	55.03	8th W55

#### **Sunday 9th April Torbay Spring Triathlon**

After running in the Fast Friday 10km in Exeter on Good Friday **Emma White** also competed in the Sprint Tri at the Torbay Spring Triathlon on Easter Sunday. It was held on a totally traffic-free course at the Leisure Centre in Clennon Valley with a 400m pool based swim followed by a 19.5km cycle on the Velopark and a flat parkland 5km run. **Emma** finished in 58th position over with a total time of 1.15.16. It was a great day out for the family too as Emma’s children took part in the junior events with **Scott** finishing in 11th in the Novice 9-10 Kids Tri (50m swim, 1500m cycle, 650m run) in 15.33 & **Lyla** finishing in 10th in the Mini Tri (25m swim, 1500m cycle, 650m run) in 13.37.



In the 2023 Instep Devon Championship Exmouth Harriers are performing really well after the first 4 (First Chance 10km, Run Exe 5 Miles, Power Run 10 Miles & Fast Friday 10km) planned 13 events.

Apart from the individual & team current standings listed below, Jenny Reay is currently 1st & Cathy Newman is 2nd W55-64 plus Alison White is 1st W65-74. Also Oli White is 1st Senior Man, Scott Jamieson is 1st M40-49 and Jimmy Joy is 5th M60-69.

You only have to compete in 5 of the 13 events to score in the championships plus we need at least 3 females and 3 males in each of the events to get team points.

Individual Female as at 12/04/23

- 1st – **JENNY REAY** EXMOUTH HARRIERS – 386 PTS
- 2nd – **ALISON WHITE** EXMOUTH HARRIERS – 362 PTS
- 3rd – **CATHERINE NEWMAN** EXMOUTH HARRIERS - 295 PTS

Individual Male as at 12/04/23

- 1st – **SCOTT JAMIESON** EXMOUTH HARRIERS – 379 PTS
- 2nd – **OLIVER WHITE** EXMOUTH HARRIERS – 298 PTS
- 3rd – **STEPHEN COLLIER** SWRR – 256 PTS

Female Club Teams as at 12/04/23

- 1ST – SOUTH WEST ROAD RUNNERS – 875 PTS
- 2ND – **EXMOUTH HARRIERS** – 870 PTS

Male Club Teams as at 12/04/23

- 1ST – SOUTH WEST ROAD RUNNERS - 1160 PTS
- 2ND – **EXMOUTH HARRIERS** – 579 PTS

There is plenty of scope for other Harriers to get on the leaderboard and help out with the team positions in the remaining 9 events – have a look at the forthcoming events below.

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 (completed)	FAST FRIDAY 10K 7 APRIL (completed)
<b>OTTERY 10K</b> 7 MAY	<b>CREDITON CRUNCH</b> 14 MAY
<b>RUN EXE RELAYS</b> 26 MAY	<b>UPLOWMAN 10K</b> 29 MAY
<b>UMBORNE UG</b> 24 JUNE	<b>RUN EXE 5K</b> 4 JULY
<b>FOREST FLYER</b> AUG ??	<b>DROGO 10</b> OCT/NOV ??
<b>WESTDOWN WANDER</b> NOV ??	

Full details at :- <https://instepdevon.org.uk/>

## **27 Harriers at various parkruns on 01/04/2023**

Simon Minting was our fastest Harrier finisher on the day in 18.00 at Exmouth.

### **Plymvalley**

16th	Craig Butler	24.36
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### **Eden Project**

29th	Hugh Marsden	21.20
108th	Dawn Teed	28.16

### **Exeter Riverside**

13th	Rachel Sanders	20.22
35th	Andy Johnson	21.47

### **Haldon Forest**

40th	April Snow	31.45
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### **Seaton**

8th	Dave Stone	19.09
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### **Sharpham Estate**

5th	Dave Tomlin	19.42
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### **Exmouth**

7th	Simon Minting	18.00
16th	James Kelly	18.37
24th	Nathan Sheehy	19.29
29th	Tim Thompson	19.50
31st	Mike Musgrove	20.01
35th	David Snook	20.28
54th	Kelly Thomas	22.00
107th	Graham Gunn	24.06
119th	Bob Minting	24.25
124th	Nicola Kelly	24.28
165th	Amy Tew	26.15
186th	Hayley Johns	26.56
201st	Joan Mason	27.31
270th	Lee Russell	29.47
304th	Chris Rees	31.55
318th	Keith Flack	32.29
356th	Nigel Dupain	35.09
375th	Jill Dupain	37.22
387th	Jim Comer	39.54

**The following Harriers volunteered at Exmouth parkrun on 01/04/2023**

Nigel Dupain, Stan Mason, Nathan Sheehy

**The following Harriers volunteered at Phear Park Junior parkrun on 02/04/2023**

David Snook, Les Turner

## **31 Harriers at various parkruns on 08/04/2023**

2 first finishers; **Piers Benton** in 19.15 in Guernsey, **Dave Tomlin** in 19.04 at Haldon Forest. **James Kelly** was the fastest Harrier on the day in 16.59 at Exmouth.

### **Preston**

57th	<b>Sam Lander</b>	22.45
224th	<b>May Argyle-Lander</b>	28.50

### **Lydiard**

65th	<b>Dan Morley</b>	23.22
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### **Moors Valley**

134th	<b>Steve Morgan</b>	24.44
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### **Minehead**

22nd	<b>Hugh Marsden</b>	21.07
89th	<b>Dawn Teed</b>	27.18

### **Killerton**

113th	<b>April Snow</b>	27.47
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### **Lanhydrock**

25th	<b>Jon Mill</b>	24.23
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### **Exeter Riverside**

36th	<b>Andy Johnson</b>	23.14
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### **Guernsey**

1st	<b>Piers Benton</b>	19.15
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### **Coldham's Common**

27th	<b>Jon Garrity</b>	21.21
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### **Myrtle**

8th	<b>David Snook</b>	20.15
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### **Haldon Forest**

1st	<b>Dave Tomlin</b>	19.04
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### **Cranbrook Country Park**

8th	<b>Rachel Sanders</b>	20.59
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### **Trentham Gardens**

10th	<b>Tim Thompson</b>	20.01
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## Exmouth

2nd	James Kelly	16.59
9th	Adam Miller	18.30
11th	Nathan Sheehy	18.58
20th	Mike Musgrove	20.02
22nd	Hannah Bown	20.10
76th	Darren Powell	22.29
94th	Paula Hawkins	23.09
157th	Nicola Kelly	25.41
168th	Sarah Baldwin	26.08
192nd	Joan Mason	26.44
194th	Hayley Johns	26.48
383rd	Keith Flack	32.31
411th	Graham Gunn	33.41
430th	Nigel Dupain	34.49
448th	Jim Comer	36.22
475th	Chris Dupain	43.29

The following Harriers volunteered at Exmouth parkrun on 08/04/2023

Craig Butler, Jill Dupain, Nigel Dupain, Stan Mason, Mike Musgrove, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 09/04/2023

Sarah Baldwin, Joan Mason, Amanda McCann, Les Turner

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



Jenny Reay representing England Masters in the Chester 10km on 12th March



Jenny, Scott, Alison & Jon at the Power Runs at Powderham



Jenny and Alison on the run



Scott and Jon after the race with medals etc.



**Lisa and friends feeding the chickens at the Shropshire Way 80km**



**Amazing views on the Shropshire Way 80km**



Ready for the off at the Fast Friday 10km



Harriers on the run at the Fast Friday 10k



Harriers in the finishing straight at the Fast Friday 10k



Emma with Lyla and Scott at the Torbay Spring Triathlon



Ray and his recovery team on Easter Sunday

## 2023 Races & events

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

### Local events mid May - mid July 2023

#### May

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	Ivybridge 10km
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 – 4 of 6
Sat 15th	Haytor Heller (Harriers Challenge Race No. 3)

## **The 2023 Dartmoor Fell Race Series - [www.swfellrunners.uk/events/](http://www.swfellrunners.uk/events/)**

### **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.

**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**

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](mailto:des.white@btinternet.com)



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