

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 41

26th April 2023

(The next edition is due out on Wednesday 10th May 2023)



May, Sam & Rob at the finish of the 2023 TCS London Marathon

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

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

1st 2023 Harriers **Sandy Bay Time Trail** is on Thu. 27th April at 7pm starting at Foxholes Car Park



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.

Please be aware that we can only enter runners in the Harriers relay teams if they are fully paid-up members of Exmouth Harriers; if in doubt please contact our Membership Secretary May Argyle-Lander to see if you have already paid.

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) |
| 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 ?? | |

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

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

| | | | | | |
|----------|-------------|--|---------------|---|--|
| 27/04/23 | Thu. | Harriers 1st 2023 Sandy Bay Time Trial | Multi-terrain | You may need some off-road / trail shoes as the coastal path can be a bit muddy at this time of the year | Start at 7pm at Foxholes Car Park – approx.. 5km finishing at the bottom of Foxholes Hill |
| 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. |
| 02/05/23 | Tue. | Run Exe 5k – race 2 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 |
| 07/05/23 | Sun. | Ottery 10k – have you entered yet? There's not much time left to sign-up | Road | http://www.honitonrc.com/ottery-10k-may.html | A great local race - Harriers Challenge Race No. 2 plus Instep Race No. 5 |
| 07/05/23 | Sun. | Bideford 10km | Road | https://bidefordaac.co.uk/bideford-10k/ | A fast & flat road race with views of the Taw & Torridge estuary |
| 10/05/23 | Wed. | Yeovilton 5K – race 2 of 6 race series at the RNAS Yeovilton | Road | https://www.yeoviltonrrc.com/events/tag/5k%20series%20%26%2010k%20easter%20bunny | A fast slightly undulating course with definite PB potential. |
| 13&14/05 | Sat. & Sun. | Devon Coast to Coast Ultra Weekend | Multi-terrain | https://www.climbsouthwest.com/events/devon-coast-coast/ | Climb South West Ultra events |
| 14/05/23 | Sun. | Crediton Crunch (2023 Devon Instep Race No. 6) | Multi-terrain | https://www.swrr.co.uk/crediton-crunch/ | Approx. 10K with 90% off road, a lot will be on the Devonshire Heartland Way |
| 14/05/23 | Sun. | Plymouth's Ocean City Half Marathon, 10km and 5km | Road | https://runplymouth.co.uk/ | Incredibly scenic Plymouth Half, 10k and 5k routes as part of Britain's Ocean City Running Festival |
| 14/05/23 | Sun. | Weston Super Half | Road | https://www.westonsuperhalf.co.uk/ | Starts from Marine Parade at the entrance to The Grand Pier. A single lap, on closed roads, fast ½ marathon event with a unique opportunity to finish quarter of a mile out to sea on Weston's Grand Pier. |

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

Saturday 16th April – Adidas Manchester Marathon

With the Spring Marathon season in full flow on Sunday 16th April two Harriers travelled 200 miles north to take part in the Adidas Manchester Marathon along with over 18,500 other runners. After months of winter training and preparation **Hayley Johns** and **Ali Willox** finished in superb times of 4.10.43 and 4.26.49 respectively. Out of over 5,000 Ladies in the race Hayley was 1,759th and Ali was 2,476th.



Hayley and Ali with their medals after completing the 26.2 miles

Tuesday 18th April – Run Exe 5km (1st of 6 races in the Summer Series)

Eight Harriers ran in the first of City Runs Summer 5km Series on a flat and fast course around the footpaths adjoining Exwick Playing Fields and the River Exe.

Great running from everyone especially Cathy who achieved an amazing age-graded percentage of 100% that further consolidated her position as the top W60 road runner in Great Britain.

| | | | |
|-------|----------------------|-------|---------|
| 6th | Oli White | 16.59 | 1st M35 |
| 23rd | Mike Musgrove | 18.13 | 2nd M50 |
| 40th | Cathy Newman | 19.26 | 1st W60 |
| 46th | Hannah Bown | 19.46 | 2nd W40 |
| 59th | Jimmy Joy | 20.27 | 2nd M60 |
| 66th | Jenny Reay | 21.03 | 2nd W60 |
| 80th | Andy Johnson | 21.46 | 3rd M55 |
| 112th | Alison White | 26.43 | 1st W65 |



A quick start at Exwick



Some serious racing going on in the finishing straight



Some serious racing in the finishing straight at Exwick

Saturday 22nd April – Maverick Adidas Terrex X-Series - Mendips

Four Harriers ran in this challenging multi-terrain event that had three optional distances available. The route followed the West Mendip Way with the Long Route offering breathtaking views from the top of Cheddar Gorge stretching out towards Glastonbury and with glimpses of the Severn Bridge.

Long Route - 13.79 miles

| | | |
|-------|-------------------------|---------|
| 172nd | Louise Hempstead | 2.58.29 |
| 173rd | Susan Hill | 2.58.30 |

Middle Route - 8.23 miles

| | | |
|-------|-----------------------|---------|
| 139th | Kate Baker | 1.54.49 |
| 140th | Jane Macdonald | 1.54.49 |



Louise, Kate, Jane and Sue on the Mendip Hills

Sunday 23rd April – The Maer 10km and Half – Exmouth

Five Harriers competed in the two LM Events races that started and finished on Exmouth seafront. The course also took in some spectacular terrain through the East Devon countryside and on the coastal paths. Amazingly the Harriers had the 1st placed runners in both events.

10km

| | | | |
|-----|------------------|-------|------------|
| 1st | Josh Sale | 38.09 | |
| 9th | Jimmy Joy | 43.39 | 1st M55-69 |

1/2 Marathon

| | | | |
|------|-----------------------|---------|------------|
| 1st | Simon Minting | 1.26.01 | 1st M40-54 |
| 2nd | Scott Jamieson | 1.27.20 | 2nd M40-54 |
| 10th | Craig Butler | 1.43.24 | 6th M40-54 |



The 10km Harriers Josh & Jimmy in the Maer 10km



The Half Marathon Harriers Scott, Simon & Craig

Sunday 23rd April – TCS London Marathon

Thirteen Exmouth Harriers joined over 45,000 runners covering 26.2 miles through the streets of London from Greenwich to The Mall in the 43rd running of one of the classic British sporting events. Two Harriers also took part in the Virtual London Marathon.

Amazing running from everyone including the setting of 5 new Harriers club records.

| | | | |
|---------------------|--------------------------|---------|-------------------------|
| 72nd | Sam Kelly | 2.27.28 | Senior Men Club Record |
| 92nd | Rob Ellis | 2.28.28 | M35 Club Record |
| 392nd | Oli White | 2.37.05 | |
| 702nd | James Kelly | 2.41.45 | |
| 60th Lady | Alice Kelly | 2.51.43 | Senior Lady Club Record |
| 2,615th | Adam Miller | 2.58.58 | |
| 1,549th Lady | Kelly Thomas | 3.30.03 | |
| 8,486th | Adrian Vanstone | 3.38.14 | M60 Club Record |
| 3,352nd Lady | Becky Matthews | 3.48.18 | |
| 5,638th Lady | Kay Douglas | 4.06.47 | W65 Club Record |
| 6,944th Lady | Claire Sorensen | 4.18.07 | |
| 8,576th Lady | May Argyle-Lander | 4.25.12 | |
| 20,657th | Daryl Milford | 4.43.21 | |

Virtual London Marathon

| | |
|---------------------|---------|
| Nicola Kelly | 6.34.20 |
| Emily Kelly | 6.34.20 |



Adrian & Kelly on the TV



James and Oli at 10km at the Cutty Sark



Sam, Rob & Oli at 12 miles



James & Alice at 12 miles



Rob enjoying the experience of a debut marathon



Rob and Oli at 24 miles



Sam, Rob, Kelly and May at the finish



Rob, Sam, Oli, James and Alice at the runners reunion area after the finish

26 Harriers at various parkruns on 15/04/2023

Rob Ellis was the 1st finisher & the fastest Harrier on the day in 16.01 at Exmouth.

Trelissick

| | | |
|------|--------------|-------|
| 11th | Hugh Marsden | 22.32 |
| 96th | Dawn Teed | 31.37 |

Longrun Meadow

| | | |
|------|--------------|-------|
| 24th | Andy Johnson | 22.27 |
|------|--------------|-------|

Stretford

| | | |
|-------|--------------|-------|
| 311th | James Kelly | 26.48 |
| 313th | Hayley Johns | 26.49 |

Haldon Forest

| | | |
|------|-------------|-------|
| 2nd | Dave Tomlin | 19.14 |
| 94th | April Snow | 34.01 |

Central Plymouth

| | | |
|------|------------|-------|
| 55th | Andy Place | 23.22 |
|------|------------|-------|

Holyrood, Edinburgh

| | | |
|------|--------------|-------|
| 15th | Piers Benton | 19.24 |
|------|--------------|-------|

Exmouth

| | | |
|-------|-------------------|-------|
| 1st | Rob Ellis | 16.01 |
| 6th | Anthony Hatchard | 17.48 |
| 7th | Langdon Williams | 17.54 |
| 14th | Mike Musgrove | 18.43 |
| 19th | David Snook | 19.43 |
| 22nd | Jimmy Joy | 19.55 |
| 29th | Jenny Reay | 20.42 |
| 74th | Paula Hawkins | 22.40 |
| 75th | Ian Harvey | 22.41 |
| 77th | Jon Garrity | 22.44 |
| 94th | Emma White | 23.25 |
| 96th | Darren Powell | 23.31 |
| 277th | May Argyle-Lander | 29.57 |
| 332nd | Keith Flack | 32.52 |
| 367th | Nigel Dupain | 35.00 |
| 385th | Jim Comer | 36.59 |
| 395th | Jill Dupain | 38.14 |

The following Harriers volunteered at Exmouth parkrun on 15/04/2023

Sarah Baldwin, Nigel Dupain, Joan Mason, Stan Mason

The following Harriers volunteered at Phear Park Junior parkrun on 16/04/2023

Hannah Bown, Nigel Dupain, Joan Mason, Amanda McCann, David Snook, Les Turner

27 Harriers at various parkruns on 22/04/2023

Chris Dupain was the fastest Harrier on the day in 18.29 at Exmouth.

Killerton

| | | |
|-------|-------------|-------|
| 156th | Terry McKie | 32.54 |
|-------|-------------|-------|

Winchester

| | | |
|-------|--------------|-------|
| 181st | Piers Benton | 26.37 |
| 221st | Dawn Teed | 27.48 |

Exeter Riverside

| | | |
|------|--------------|-------|
| 32nd | Andy Johnson | 22.14 |
|------|--------------|-------|

Harlow

| | | |
|-------|--------------|-------|
| 17th | Adam Miller | 22.36 |
| 100th | Carly Miller | 29.27 |

Woolacombe Dunes

| | | |
|------|------------|-------|
| 25th | Emma White | 28.02 |
| 27th | Ben White | 28.14 |

Haldon Forest

| | | |
|------|------------|-------|
| 58th | April Snow | 32.25 |
|------|------------|-------|

Exmouth

| | | |
|-------|-------------------|-------|
| 6th | Chris Dupain | 18.29 |
| 18th | Mike Musgrove | 19.13 |
| 19th | Nathan Budd | 19.24 |
| 20th | David Middlehurst | 19.31 |
| 24th | David Snook | 19.46 |
| 43rd | Tim Thompson | 21.31 |
| 58th | Graham Gunn | 22.26 |
| 61st | Darren Powell | 22.32 |
| 78th | Bob Minting | 23.27 |
| 122nd | Sarah Baldwin | 25.48 |
| 140th | Steve Morgan | 26.09 |
| 145th | Joan Mason | 26.19 |
| 151st | Jon Mill | 26.28 |
| 222nd | Lee Russell | 29.07 |
| 260th | Paul Dowling | 30.16 |
| 291st | Keith Flack | 32.08 |
| 325th | Nigel Dupain | 34.58 |
| 374th | Jim Comer | 61.58 |

The following Harriers volunteered at Exmouth parkrun on 22/04/2023

Craig Butler, Jim Comer, Nigel Dupain, Stan Mason

The following Harriers volunteered at Phear Park Junior parkrun on 23/04/2023

Sarah Baldwin, Joan Mason, David Snook, Les Turner

Photo Gallery – a few action & fun photos



Ray and his recovery team on a recent seafront (not) parkrun

2023 Races & events

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

Local events end of May - mid July 2023

May

| | |
|----------|---|
| 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/

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

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