

# EXMOUTH HARRIERS

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

**Club Newsletter – Number 42**

10th May 2023

(The next edition is due out on Wednesday 24th May 2023)



**Harriers before the start of the 2023 Ottery 10km**

## 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

The 2nd **2023 Harriers Sandy Bay Time Trail** will be on an evening towards the end of May starting at 7.15pm at Foxholes Car Park – date to be advised ASAP



### **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) – 13 Harriers ran**
2. **Ottery 10k - Sunday 7th May (completed) – well done to the 18 Harriers who ran**
3. **Run Exe 5k - Tuesday 4th July start at 7.30pm** – 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 start at 5.30pm** - 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**, the team captains are already asking for runners for the Run Exe Relays – if you haven't replied yet please contact Oli and/or Ali White as soon as possible as they will be entering the teams soon.

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:-**

<b>FIRST CHANCE 10K 8 JAN (completed)</b>	<b>RUN EXE 5 MILE (EXMOUTH) 15 MARCH (completed)</b>
<b>POWER RUN POWDERHAM CASTLE 1 APRIL (completed)</b>	<b>FAST FRIDAY 10K 7 APRIL (completed)</b>
<b>OTTERY 10K 7 MAY (completed)</b>	<b>CREDITON CRUNCH 14 MAY</b>
<b>RUN EXE RELAYS 26 MAY</b>	<b>UPLOWMAN 10K 29 MAY</b>
<b>UMBORNE UG 24 JUNE</b>	<b>RUN EXE 5K 4 JULY</b>
<b>FOREST FLYER AUG ??</b>	<b>DROGO 10 OCT/NOV ??</b>
<b>WESTDOWN WANDER 26 NOV</b>	

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**

10/05/23	Wed.	<b>Yeovilton 5K – race 2 of 6 race series at the RNAS Yeovilton</b>	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.
13/05/23	Sat.	<b>REDS 2023 May Challenge</b> Variety of distances from 5.3km up the Ultra (approx. 32 miles)	Road / Path	<a href="https://www.evententry.co.uk/running-events-devon-2023-may-we-challenge-you">https://www.evententry.co.uk/running-events-devon-2023-may-we-challenge-you</a>	Chris Murrin doing his 114th Marathon in this one
13&14/05	Sat. & Sun.	<b>Devon Coast to Coast Ultra Weekend</b>	Multi-terrain	<a href="https://www.climbsouthwest.com/events/devon-coast-coast/">https://www.climbsouthwest.com/events/devon-coast-coast/</a>	Climb South West Ultra events
14/05/23	Sun.	<b>Crediton Crunch (2023 Devon Instep Race No. 6)</b>	Multi-terrain	<a href="https://www.swrr.co.uk/crediton-crunch/">https://www.swrr.co.uk/crediton-crunch/</a>	Approx. 10K with 90% off road, a lot will be on the Devonshire Heartland Way
14/05/23	Sun.	<b>Plymouth's Ocean City Half Marathon, 10km and 5km</b>	Road	<a href="https://runplymouth.co.uk/">https://runplymouth.co.uk/</a>	Incredibly scenic Plymouth Half, 10k and 5k routes as part of Britain's Ocean City Running Festival
14/05/23	Sun.	<b>Weston Super Half</b>	Road	<a href="https://www.westonsuperhalf.co.uk/">https://www.westonsuperhalf.co.uk/</a>	Starts from Marine Parade at the entrance to The Grand Pier.
14/05/23	Sun.	<b>Exeter Live Better Marathon and 5 Mile</b>	Road	<a href="https://exetercct.org/courses-events/exeter-marathon/">https://exetercct.org/courses-events/exeter-marathon/</a>	Organised by Exeter City Community Trust start finish on Exeter Quay
14/05/23	Sun.	<b>REDS 2023 May Challenge</b> Variety of distances from 5.3km up the Ultra (approx. 32 miles)	Road / Path	<a href="https://www.evententry.co.uk/running-events-devon-2023-may-we-challenge-you-again">https://www.evententry.co.uk/running-events-devon-2023-may-we-challenge-you-again</a>	Chris Murrin doing his 115th Marathon in this one
<b>Date to be confirmed</b>	???	<b>Harriers 2nd Sandy Bay Time Trail</b> – start at Foxholes Car Park at 7.15pm	Multi-terrain	Exmouth Harriers event	<b>Date to be confirmed</b>
20/05/23	Sat.	<b>Tavy 5k</b> – in Tavistock start at 9.15am	Tarmac paths	<a href="http://www.tavistockathletics.co.uk/events/tavy-5/">http://www.tavistockathletics.co.uk/events/tavy-5/</a>	Series held monthly on 3rd Saturday during the Spring / Summer
21/05/23	Sun.	<b>Great West Run</b> – 1/2 Marathon starting at 9am at Exeter Arena	Road	<a href="https://www.thegreatwestrun.co.uk/">https://www.thegreatwestrun.co.uk/</a>	Very popular local race with plenty of history
21/05/23	Sun.	<b>Princetown Fell Race</b>	Off-road	<a href="https://swfellrunners.uk/venue/princetown-car-park/">https://swfellrunners.uk/venue/princetown-car-park/</a>	
26/05/23	Fri.	<b>Run Exe Relays at Exwick (teams of 4 running legs of 4km each) (2023 Devon Instep Race No. 7)</b>	Tarmac paths	<a href="https://www.city-runs.co.uk/run-exe-relays">https://www.city-runs.co.uk/run-exe-relays</a>	Exmouth Harriers Club pays the entry fees – event starts at 7pm

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

### **Thursday 27th April – Harriers 1st 2023 Sandy Bay Time Trial**

Well done to the 7 Harriers and 1 dog that completed the first of this year's Sandy Bay Time Trials in the muddiest of conditions, please see the results below. The next one will be on an evening towards the end of May - date to be confirmed - when the conditions should be a little drier. Hopefully a few more of you will take up the challenge – Nigel.

### **SANDY BAY TIME TRIAL 2023**

Name	April	May	June	July	Aug	Sept
Scott Jamieson	22.32					
Oli White	23.34					
Jim Comer	26.34					
Kevin Doyle	28.50					
Scott Jordan	29.05					
Nicki Kelly	32.58					
Alison White	37.04					

### **Saturday 29th April – Sid Valley Ring ½ Marathon**

**Dana Kalin** took on this challenging event that was hosted for the 3rd year by Climb South West; the 13.1 mile course followed the Sid Valley Ring Walking Route starting and finishing on Sidmouth's Esplanade. It was an undulating course that visited Sidbury and Salcombe Regis with stunning views across Lyme Bay, stretching as far as Portland and Berry Head before a welcome downhill finish back to the seafront at Sidmouth. **Dana** excelled in the race coming 13th overall and she was the 1st lady finisher in 1.54.00.



**Dana at the finish of the Sid Valley Ring 1/2M**

### **Sunday 30th April – North Dorset Village Marathon**

**Chris Murrin** raced 26.2 miles in the North Dorset Village Marathon and finished in 3.57.59; it was his 113th marathon. **Chris** described it as “a picturesque but quite hilly run along country lanes through 10 of the villages of North Dorset”.

**Chris** has 2 marathons (his 114th & 115th) planned on consecutive days over the weekend of 13th & 14th May on the Exmouth / Budleigh Trail starting and finishing at Capel Lane.

### **Sunday 30th April – Plym Trail**

**Terry Mckie** competed in the Plymtrail Marathon that started and finished in the village of Clearbrook. The 26.2 mile route used Cycle Route 27 which formerly was a railway line; with two out and backs laps to Coypool. The route was in an Area of Outstanding Natural Beauty with scenic views and glimpses of wildlife including the the possibility of the occasional Peregrine Falcon. **Terry** was really pleased to finish in 4.27.00; he said afterwards “it was a very enjoyable first half followed by a trying last few miles”.



**Terry at the finish of the Plym Trail Marathon**

### **Tuesday 2nd May Run Exe 5km (2nd of 6 races in the Summer Series)**

Seven Harriers competed in the 2nd of City Runs Summer Series 5km races at Exwick on Tuesday evening. **Cathy Newman's** time of 19.03 was the performance of the event that not only gave her an amazing 102% age grading but she also recorded the 2nd fastest British all-time W60 5km time, **Jenny Reay's** age-grading wasn't far behind with 97%.

3rd	<b>Oli White</b>	16.04	2nd M35	83%
32nd	<b>Mike Musgrove</b>	18.19	2nd M50	83%
40th	<b>Cathy Newman</b>	19.03	1st W60	102%
70th	<b>Jimmy Joy</b>	20.38	2nd M60	79%
81st	<b>Jenny Reay</b>	20.59	3rd W60	97%
99th	<b>Andy Johnson</b>	22.14	4th M55	72%
128th	<b>Alison White</b>	26.50	1st W65	80%



Oli, Mike, Cathy, Jimmy & Jenny in action in the Run Exe 5km



Andy & Alison in action during the Run Exe 5km

### **Bideford 10km 07/05/23**

On Sunday morning **Langdon Williams** travelled to North Devon to compete in the mainly flat Bideford 10km that took in views of the Taw and Torridge estuary between Bideford and Instow. The course headed out from the town centre on the road to Instow and returned on the Tarka Trail. Another great run from Langdon.

36th                      **Langdon Williams**                      37.07    4th M55

### **Sunday 7th May – Ottery 10km**

Also on Sunday eighteen Harriers took part in the undulating Ottery 10km that started and finished at the Ottery St Mary Cricket Club in Strawberry Lane. It was a very successful day for the Harriers with 6 finishing in the top 20.

It was great to see a few new faces in Harriers vests and some who we haven't seen for a while. **Oli White and James Kelly** set the pace from the start with **Oli** pushing on over the hills in the 2nd half to cross the finish line in 1st place in 33.58 with **James** finishing strongly in 3rd place in 35.51.

Even though it was a tough course everyone ran really fast times and we believe that there were a number of new personal best 10km times set – great running everyone.

**Oli and James** were presented with their trophies later in the day by Devon's greatest Olympian Jo Pavey who also took part in the 10km event.

1st	<b>Oli White</b>	33.58
3rd	<b>James Kelly</b>	35.51
7th	<b>Josh Sale</b>	37.08
8th=	<b>Scott Jamieson</b>	37.25
11th	<b>Tom Packer</b>	38.34
18th	<b>Craig Butler</b>	39.51
29th	<b>Tim Thompson</b>	41.56
30th	<b>Jon Mill</b>	42.28
32nd	<b>Jimmy Joy</b>	42.50
40th	<b>Kevin Doyle</b>	44.20
50th	<b>Jim Comer</b>	45.37
55th	<b>James Storey</b>	45.52
60th	<b>Daryl Milford</b>	46.07
82nd	<b>Emma White</b>	49.28
102nd	<b>Hayley Johns</b>	51.59
107th	<b>Kay Douglas</b>	52.33
130th	<b>Alison White</b>	55.13
145th	<b>Nick Ramm</b>	56.20



**All 18 Harriers ready and in action at the start of the Ottery 10km**





We counted 18 Harriers out at the start and 18 back at the finish



The great Jo Pavey presenting Oli & James with their trophies

### **6 Harriers at various parkruns on 29/04/2023**

**Craig Butler** was the fastest Harrier on the day finishing in 20.03 at Southwark (Exmouth parkrun was cancelled due to a medical emergency before the start)

#### **Sharpham Estate**

17th	<b>Hugh Marsden</b>	22.31
60th	<b>Dawn Teed</b>	30.04

#### **Minehead**

113th	<b>Tom Handley</b>	48.14
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#### **Southwark**

21st	<b>Craig Butler</b>	20.03
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#### **Haldon Forest**

67th	<b>April Snow</b>	33.13
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#### **Parke**

3rd	<b>Dave Tomlin</b>	20.19
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**The following Harriers volunteered at Phear Park Junior parkrun on 30/04/2023**

Sarah Baldwin, Nigel Dupain, Joan Mason, Stan Mason, Amanda McCann, Les Turner

## **25 Harriers at various parkruns on 06/05/2023**

**Sam Kelly** was the fastest Harrier on the day in 16.03 at Exmouth and **Cathy Newman** was 1st Lady finisher at Berkeley Green in 20.02

### **Hampstead Heath**

6th	<b>Piers Benton</b>	19.07
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### **Killerton**

2nd	<b>Anthony Hatchard</b>	18.42
56th	<b>Lisa Hatchard</b>	22.44

### **Teignmouth Promenade**

28th	<b>Andy Johnson</b>	22.13
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### **Berkeley Green**

8th & 1st Lady	<b>Cathy Newman</b>	20.02
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### **Lanhydrock**

27th	<b>Hugh Marsden</b>	24.52
90th	<b>Dawn Teed</b>	31.50

### **Exmouth**

2nd	<b>Sam Kelly</b>	16.03
6th	<b>Adam Miller</b>	18.28
12th	<b>James Kelly</b>	19.06
20th	<b>Nathan Sheehy</b>	19.51
28th	<b>Mike Musgrove</b>	20.01
35th	<b>Jenny Reay</b>	20.40
65th	<b>Darren Powell</b>	23.04
81st	<b>Tim Thompson</b>	24.04
87th	<b>Bob Minting</b>	24.19
90th	<b>Paula Hawkins</b>	24.22
100th	<b>Jon Mill</b>	24.48
105th	<b>Nicola Kelly</b>	25.03
112th	<b>Hayley Johns</b>	25.12
131st	<b>Sarah Baldwin</b>	26.08
228th	<b>Chris Rees</b>	31.44
245th	<b>Keith Flack</b>	32.50
264th	<b>Mike Keep</b>	34.51
282nd	<b>Craig Butler</b>	39.59

**The following Harriers volunteered at Exmouth parkrun on 06/04/2023**

Craig Butler, Jon Garrity, Jon Mill, Emma White

**The following Harriers volunteered at Phear Park Junior parkrun on 07/04/2023**

Sarah Baldwin, Amanda McCann, Nathan Sheehy, David Snook, Les Turner

## Photo Gallery – a few action & fun photos



Ray and his recovery team on a breezy 5km run / walk on Thursday 4th May

## 2023 Races & events

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

### Local events end of May - end July 2023

#### May

- Sat 27th Ivybridge 10km
- Sat 27th Langstone Coronation Fell Race (**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
- Sat 10th Buckland Bounder (**Devon Fell Race Series**)
- Sun 11th Oke Croak (approx. 10 miles with 2,000 feet of ascent)
- Wed 14th Yeovilton 5k – 3 of 6
- Sat 17th Tavy 5km
- Wed 21st Summer Solstice Fell Race (**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 24th Burrator Horseshoe Fell Race (**Devon Fell Race Series**)
- 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 (Devon Fell Race Series)
Wed 12th	Yeovilton 5k – 4 of 6
Sat 15th	Haytor Heller (Devon Fell Race Series & Harriers Challenge Race No. 3)
Sat 15th	Tavy 5km
Sat 15th & Sun 16th	REDs Ice Cream Challenge (multiple distances on Budleigh Trail)
Sun 16th	Purple Gecko's Haldon 5 & 10 Milers
Sun 16th	Winding Paths Exe Estuary Runs (multiple distances available)
Wed 19th	City Runs Exeter 10km
Wed 26th	Postbridge Pootle Fell Race (Devon Fell Race Series)

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

Races known so far in the 2023 race series

**MAY 27**

[Langstone Coronation Fell Race, Peter Tavy](#)

**JUN 10**

[Buckland Bounder](#)

**JUN 21st**

[Summer Solstice Fell Race, Dartmoor Inn Merrivale](#)

**JUN 24**

[Burrator Horseshoe, Meavy](#)

**JUL 9**

[Cosdon Fell Race, Belstone Village Green](#)

**JUL 15**

[Haytor Heller, Haytor Vale](#)

**JUL 26**

[Postbridge Pootle, Postbridge](#)

**AUG 9**

[Ivybridge 3 top, Ivybridge rugby club](#)

**AUG 23**

[Great Links Tor – flyer, Fox and Hounds, Bridestow](#)

**SEP 13**

[Surprise Course Fell Race](#)

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