

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 43

24th May 2023

(The next edition is due out on Wednesday 7th June 2023)



Before the start of the “joint club” Exmouth Fundraiser 5km Handicap run on 18th May

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 2nd **2023 Harriers Sandy Bay Time Trail** will be on Tuesday May 30th starting at 7.15pm at Foxholes Car Park – further details on the Harriers WhatsApp site.

We had a great “joint club” Exmouth Fundraiser Handicap 5km on Thursday 18th May on the seafront in conjunction with the Belles, the Tri-hards & Exmouth Running Club. It was to raise funds for May, Sam & Amanda’s forthcoming Run2Paris and was finished off with a fantastic cake sale that raised £277.50. Everyone thoroughly enjoyed the evening; we are now going to get the four Exmouth Clubs together regularly in the future – watch out for details on our WhatsApp site.

Good luck and Bon Voyage to May, Sam & Amanda on their Run2Paris that starts in Wimbledon on Thurs. 25th and arrives in Paris on Sun. 28th May each running a 1/2M every day for 4 days.



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>

It's only 2 days now until the **Run Exe Relays at Exwick Playing Fields in Exeter on Fri. 26th May – 1st legs start at 7pm (teams of 4 each doing a 4km leg)**. The 10 Harriers teams have already been selected, if you need any further details about travel etc. then please contact Oli and/or Ali White.

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 (completed)	CREDITON CRUNCH 14 MAY (completed)
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 26 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

25 - 28 May 2023	Thur. thru Sun.	Run2Paris – a relay run carrying a baton from Wimbledon to Paris raising money for Parkinson's UK & SSAFA – The Armed Forces Charity	Road	https://run2paris.com/	May, Sam & Amanda are taking part in this team event – each with a 1/2M every day for 4 days
26/05/23	Fri.	Run Exe Relays at Exwick (teams of 4 running legs of 4km each) (2023 Devon Instep Race No. 7)	Tarmac paths	https://www.city-runs.co.uk/run-exe-relays	Exmouth Harriers Club pays the entry fees – 1st legs start at 7pm
27/05/23	Sat.	Ivybridge 10km	Road	https://www.ernevalleyharriers.co.uk/ivybridge-10k/	The course is relatively fast, despite the steep hill from Bittaford to Moorhaven. The last 6km of the route is almost all downhill.
27/05/23	Sat.	Langstone Coronation Fell Race	Multi-terrain	https://swfellrunners.uk/event/langstone-fell-race-dartmoor-fell-series/	Dartmoor Fell Race Series
27th & 28th May	Sat & Sun	Conquer 24hour event in Castle Hill, North Devon	Multi-terrain	https://www.timeoutdoors.com/events/conquer24-castle-hill	The Ultimate 24-hour race, enter as a solo or a team of up to 12 and race against the clock for 24 hour
27th & 28th May	Sat & Sun	Ox Races, Wiltshire	Multi-terrain	https://whitestarrunning.co.uk/wsr-events/ox-races-2023/	Chris Murrin is doing his 116th Marathon on the Sunday plus running the Dark 10km on the Saturday night
29th May	Mon.	Uplowman 10k (2023 Devon Instep Race No. 8)	Road	http://www.tiverton-harriers.co.uk/uplowman-10k-race	A mix of flat & fast roads and rolling Devon lanes
30th May	Tues.	Harriers 2nd Sandy Bay Time Trail – start at Foxholes Car Park at 7.15pm	Multi-terrain	Exmouth Harriers event	Further details from Nigel Dupain
3rd June	Sat.	Dartmoor Discovery	Road	https://www.teignbridgetrotters.co.uk/our-races/dartmoor-discovery	The Dartmoor Discovery, or DD as it's affectionately known, is the UK's longest single lap road ultra marathon
3rd June	Sat.	Burrator 10k	Road	https://sportivaevents.co.uk/events/burrator-10k/	All on closed roads
6th June	Tues.	Run Exe 5k – (no. 3 of 6 in Summers Series)	Tarmac-paths	https://www.city-runs.co.uk/run-exe-5k	Fast, flat and a good chance of a pb

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

Saturday 13th May – Westcountry Flat 50

Lisa Hatchard competed in this 52 mile ultra race from Taunton to Minehead the long way! The first 27 miles were flat, but this didn't make it necessarily any easier. A quick first 11 miles along the canal path to Bridgwater followed by the next 7 miles along the River Parrett with a tough, deeply rutted concrete hard surface made from tractor wheels. The second hilly half of the race included 2,000 feet of ascent was made all the harder by hot sunshine, pebbled then sandy sections, steep climbs and a feisty bucking donkey to contend with! **Lisa** finished superbly in 11 hours 55 minutes and she was the 2nd Lady finisher overall.



Lisa with race organizer Dave Urwin

Saturday 13th May – Jurassic Coast Challenge, Dorset

Kate Baker completed this trail 28.17 mile “marathon” with work colleagues along the Jurassic Coast starting at the iconic Corfe Castle and finishing in Weymouth. This is a particularly spectacular part of the World Heritage coastline offering marvellous views at Lulworth Cove and Durdle Door with plenty of ups & downs including over 4,500 feet of elevation gain. **Kate** finished in 8 hours and 10 minutes.

Saturday 13th & Sunday 14th May – REDs May Challenge, Exmouth

Chris Murrin completed his 114th & 115th Marathons in the REDs (Running Events Devon) May Challenge on the Exmouth to Budleigh Trail over the weekend. **Chris** not only finished the 33 mile event in 5 hours 11 minutes on Saturday but he did the 33 mile event again on Sunday finishing in 5 hours 17 minutes; an amazing 66 miles in just under 10 hours 30 minutes. **Chris** said afterwards “I think the training I’m putting in for the 100 miler later in the year is paying off”. **Chris** will be running his 116th marathon in the White Star running event in Wiltshire in two weeks time and just to add something extra he’ll be running in their Dark 10km the night before.



Chris at the finish of the REDs May Challenge

Sunday 14th May - Britain's Ocean City Festival of Running in Plymouth

Scott Jamieson was 10th overall out of 866 finishers and he was 3rd M40 to finish in the undulating 10km race that started and finished on the Hoe. **Scott** was also 3rd finisher in the Royal Navy champs. held within the event.

Andy Place opted for the longer distance in Plymouth tackling the 13.1 miles of the 1/2 Marathon. **Andy** was pleased to finish 430th out of over 2,150 finishers in 1.48.36 after recovering from a recent illness.



Scott & Andy at the finish of the Plymouth 10km & 1/2M

Sunday 14th May – Weston Super ½

Claire Sorensen was the only Harrier to run in the 1/2 Marathon in Weston-super-Mare. The race started from Marine Parade at the entrance to The Grand Pier. The course took in many areas of Weston-super-Mare, the surrounding picturesque Somerset villages and countryside in a single lap. The pièce de résistance was a totally unique opportunity to finish a quarter of a mile out to sea on Weston's Grand Pier. **Claire** said at the finish “I really enjoyed the course although the last 4 miles were a bit bumpy, but I did manage to get a personal best time by a minute or so in 1:57:32 which was a nice surprise”



Claire at the finish of the Weston Super 1/2

Sunday 14th May - Crediton Crunch

Simon Minting and Jimmy Joy raced in this multi-terrain event that was approximately 10km long and is 90% off road with footpaths, mowed grassland, private parkland and some quiet country roads. Most of the first half of the run was on the Devonshire Heartland Way. Following on from his recent victory in the Exmouth LME 1/2 Marathon **Simon** ran a superb race to finish in 2nd place overall and was 1st M40 finisher in 39.28 with **Jimmy** continuing his recent marvellous form finishing in 45.56 and he was 19th overall and 2nd M60.



Simon with his 2nd place trophy & Jimmy after the Crediton Crunch

Saturday 20th May – Marilyn’s Meldon Madness 5 Mile Fell Race

On Saturday **Dawn Teed and Hugh Marsden** ran in Marilyn’s Meldon Madness; a 5 mile Fell Race near Okehampton that required the runners to self navigate over some very demanding terrain.

The course took in High Willhays the highest point on Dartmoor and the highest point above sea level in the South of England at 621 metres. The route provided stunning views over the county from Yes Tor and High Willhays before a welcome descent to Black Tor and down Homerton Hill to the finish at Meldon reservoir.

Hugh was 8th overall in 49.43 and was the 1st M60 to finish, **Dawn** was 26th overall in 1.12.39 and the 1st W60 finisher; they were presented with their prizes by Olympian **Jo Pavey**.



Hugh & Dawn with Jo Pavy at Marilyn’s Meldon Madness

Sunday 21st May – Exeter’s Great West Run

In glorious sunshine on Sunday morning eleven Harriers raced alongside 2,000 runners in Exeter’s Great West Run. Runners could choose from a 10km or a half marathon; all the Harriers opted for the longer of the two distances.

The start and finish was at the Exeter Arena with the route initially passing through the heart of Exeter followed by some flat country lanes. There were some stunning views across Exeter and a bit of a “kick in the tail” as the runners tackled the hilliest part of the course at the 10 mile mark on Prince of Wales Road through the University grounds.

All the Harriers thoroughly enjoyed the event, **Emma White** said after the finish “This run has been part of our family calendar ever since I can remember. From watching Mum and Dad do it, running the fun run and then onto running it nearly every year since I was old enough to be able to do it.”

Everyone ran superbly with **Josh Sale** the first Harrier to finish in a fantastic 18th place overall out of 1,722 finishers in 1.20.42.

18th	Josh Sale	1.20.42	
125th	Jon Mill	1.32.38	13th M45
183rd	James Storey	1.36.48	
184th	Jimmy Joy	1.36.57	3rd M60
233rd	Eduardo Rosete	1.39.28	
234th	Cat Goncalves	1.39.28	
256th	Adrian Vanstone	1.40.45	4th M60
389th	Emma White	1.45.28	8th W35
455th	Holly Clements	1.47.52	13th W40
659th	Rob Parker	1.53.51	
730th	Craig Butler	1.55.32	



Josh striding out at the GWR



Jon, Cat & Eduardo at the GWR



James & Jimmy at the GWR



Adrian, Emma & Hannah at the GWR



Holly & Craig at the GWR

27 Harriers at various parkruns on 13/05/2023

Oli White was the fastest Harrier on the day in 16.21 at Exmouth and he was 1st finisher. **Jenny Reay** was the fastest Lady Harrier to finish in 20.35 at Exmouth.

Hampstead Heath

5th	Piers Benton	18.50
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Killerton

36th	Terry McKie	23.51
46th	Steve Morgan	24.24

Seaton

6th	Dave Stone	18.54
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Parke

2nd	Dave Tomlin	20.01
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Exeter Riverside

35th	Andy Johnson	22.42
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Minehead

79th	Tom Handley	35.40
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Burnham and Highbridge

19th	Hugh Marsden	21.17
93rd	Dawn Teed	27.04

Exmouth

1st	Oli White	16.21
10th	Chris Dupain	18.22
16th	Mike Musgrove	19.07
38th	Jenny Reay	20.35
52nd	Kevin Doyle	21.27
67th	Sam Lander	22.25
74th	Regan Meadowcroft	22.33
104th	Darren Powell	23.51
132nd	Tim Thompson	25.03
205th	Jon Mill	28.01
211th	Amanda McCann	28.19
215th	May Argyle-Lander	28.23
300th	Nicola Kelly	31.49
301st	Hayley Johns	31.50
335th	Sue Wilkin	32.56
354th	Mike Keep	34.14
359th	Nigel Dupain	34.33
364th	Jim Comer	35.18

The following Harriers volunteered at Exmouth parkrun on 13/05/2023

Sarah Baldwin, Craig Butler, Nigel Dupain, Jon Garrity, Jimmy Joy, Joan Mason, Stan Mason, Nathan Sheehy, Tim Thompson

The following Harriers volunteered at Phear Park Junior parkrun on 14/05/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Amanda McCann, Nathan Sheehy, Les Turner

30 Harriers at various parkruns on 20/05/2023

Sam Kelly was the fastest Harrier on the day finishing in 15.30 at Exmouth, **Alice Kelly** was the fastest Lady Harrier to finish in 18.09 at Exmouth & **Ray Elston** completed his first parkrun for a number of years.

Gloucester North

11th	Andy Johnson	22.18
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Winchester

24th	Piers Benton	19.44
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Central Park, Plymouth

46th	Andy Place	22.55
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Parke

76th	Sue Wilkin	38.58
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Exmouth

1st	Sam Kelly	15.30
9th	Alice Kelly	18.09
17th	Tim Thompson	19.20
24th	David Snook	19.44
25th	Adam Miller	19.50
26th	James Kelly	19.52
33rd	Hannah Bown	20.23
36th	Jenny Reay	20.40
45th	Darren Powell	21.38
50th	Daryl Milford	21.57
64th	Steve Morgan	22.29
83rd	Bob Minting	23.15
122nd	Nicola Kelly	25.33
123rd	Kay Douglas	25.35
136th	Sarah Baldwin	26.05
143rd	Amanda McCann	26.13
144th	Hayley Johns	26.14
173rd	Joan Mason	27.10
310th	Chris Rees	32.25
317th	Nigel Dupain	32.48
342nd	Keith Flack	34.56
343rd	Ray Elson	35.13
344th	Mike Keep	35.13
345th	Alison White	35.15
346th	Des White	35.15
348th	Jim Comer	35.20

The following Harriers volunteered at Exmouth parkrun on 20/05/2023

Craig Butler, Nigel Dupain, Keith Flack, Stan Mason

The following Harriers volunteered at Phear Park Junior parkrun on 21/05/2023

Sarah Baldwin, Joan Mason, Amanda McCann, Nathan Sheehy, Les Turner

Photo Gallery – a few action & fun photos



Ray and his recovery teams on recent Recovery Runs on the seafront



Ray before the start and at the finish of his 1st parkrun in ages at Exmouth on Saturday 20th May

2023 Races & events

Local events end of early June - end July 2023

June

- Sat 10th Buckland Bounder (**Dartmoor 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 (**Dartmoor 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 (**Dartmoor Fell Race Series**)
- Sat 24/Sun 25 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 (Dartmoor Fell Race Series)
Wed 12th	Yeovilton 5k – 4 of 6
Sat 15th	Haytor Heller (Dartmoor Fell Race & 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 (Dartmoor Fell Race Series)

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

The 2023 Dartmoor Fell Race Series - 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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