

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 44

7th June 2023

(The next edition is due out on Wednesday 21st June 2023)



Before the start of the 2023 Run Exe Relays

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 3rd **2023 Harriers Sandy Bay Time Trail** will be on Thursday June 29th starting at 7.15pm at Foxholes Car Park – further details on the Harriers WhatsApp site.

Congratulations to **May, Sam & Amanda** on their Run2Paris that started in Wimbledon at 6am on Thurs. 25th and arrived 240 miles later in Paris at 2pm on Sun. 28th May each running approx. 50 miles each over the 4 days.

What a fantastic turnout from the club in the **Run Exe Relays at Exwick Playing Fields in Exeter on Fri. 26th May**. We had 9 teams with 32 Harriers competing; many thanks to **Oli and Ali White** for organising the teams.

It's only 23 days now until the **Erme Valley Relays at Ivybridge on Fri. 30th June – 1st legs start at 7pm (teams of 4 each doing a 2.5 mile leg)**. We are, as usual, looking to enter a lot of teams in this very popular event so if you haven't replied to the request for runners then please contact **Oli and/or Ali White** ASAP.

Harriers are doing really well in all categories after 8 of the 13 events that make up the 2023 Instep Devon Championship - full details at :- <https://instepdevon.org.uk/> - there is a summary of the Harriers results later on in this newsletter. NB – the next race is the Umborne Ug on Saturday 24th June



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>

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

10th June 2023	Sat.	Buckland Bounder	Road	https://www.bucklandboulder.co.uk/	Dartmoor Fell Race Series
11th June 2023	Sun.	Oke Croak! (approx. 10 miles with 2,000 feet of ascent)	Multi-terrain	https://okehamptonrunningclub.com/summer-series/oke-croak/	Okehampton to Oke Tor and on to Yes Tor before dropping back to Okehampton
14th June 2023	Wed.	Yeovilton 5k, starts at 7.15pm – No. 3 of 6 in series	Road	https://www.fullonsport.com/event/80064/profile?fbclid=IwAR33HiYVVm70GnCcTE-ffmkYze9-5FLHjvhjnf8AmOYTJULCV-5u-vbRS4	Flat, fast & furious
17th June 2023	Sat.	Tavy 5km – starts at 9.15am	Tarmac paths	http://www.tavistockathletics.co.uk/events/tavy-5/	The officially measured course is fast and flat around the Tavistock College grounds and in The Meadows park
21st June 2023	Wed.	Devon 10,000m & Westcountry Mile at the Exeter Arena	Track	https://www.city-runs.co.uk/westcountry-mile	A Mike Feighan memorial trophy will be awarded to the fastest man and lady in the 10,000m
21st June 2023	Wed.	Summer Solstice Fell Race	Multi-terrain	https://www.entrycentral.com/summersolstice23	Dartmoor Fell Race Series
23rd June 2023	Fri.	Land and Sand Run Exmouth 5k	Road and Beach	https://www.greenbow.org/land-and-sand-run-5k	Organised by Greenbow Running Club – should be a bit of fun
24th June 2023	Sat.	Umborne Ug (approx.. 10km)	Multi-terrain	https://www.axevalleyrunners.org.uk/umborne-ug-2023/	2023 Devon Instep Race No. 9
24th June 2023	Sat.	Burrator Horseshoe Fell Race	Multi-terrain	https://www.entrycentral.com/burratorhorseshoe23	Dartmoor Fell Race Series
24th / 25th June 2023	Sat & Sun	Jurassic Coast 100 Weekend (5 races to choose 30km – 120 miles)	Multi-terrain	https://www.climbsouthwest.com/events/jurassic-coast-100/	Various Harriers running various distances on the Jurassic Coast Path
25th June 2023	Sun.	North Devon Marathon & ½ Marathon	Multi-terrain	https://www.northdevonhospice.org.uk/support-us/events/north-devon-marathon/	Arguably UK's toughest and most beautiful marathon
29th June 2023	Thurs	Harriers 3rd Sandy Bay Time Trail – start at Foxholes Car Park at 7.15pm	Multi-terrain	Exmouth Harriers event	Further details from Nigel Dupain & on the Harriers WhatsApp site
30th June	Fri.	Erme Valley Relays	Road / Path	https://www.ernevalleyharriers.co.uk/erne-valley-relays/	A Harriers club favourite event – the club pays for your entry fees

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

Thursday 25th / Sunday 28th May - Run2Paris

Three Harriers; **May and Sam Argyle-Lander and Amanda McCann** along with two friends ran in a team of five from Wimbledon to Paris over 4 days raising funds for SSAFA – The Armed Forces Charity and Parkinson’s UK. The plan was for each team member to run approximately a half marathon each day totalling over 50 miles each in four days. They left Wimbledon at 6am on Thursday 25th and finished 240 miles later in Paris 2pm on Sunday 28th May.



Sam on the start line in Wimbledon



May, Sam & Amanda with their team mates in Paris

Friday 26th May - Run Exe Relays

In one of the most popular events in the local area there were 93 teams of 4 runners that finished the Run Exe Relays on Friday evening around the Exwick “Flowerpot” Playing Fields alongside the River Exe.

Harriers had a fabulous turn-out with 9 teams consisting of 32 runners plus a large number of supporters who were one of the most vocal of the clubs shouting on their encouragement to the runners as they negotiated the 4km course alongside the River Exe.

It was a perfect evening for running with blue sky, sunshine, a steady breeze and a temperature touching 65 degrees for the early stages of the event.

The Harriers teams finished as follows:-

Harriers Senior Men's team 1 of **Rob Ellis, Oli White, James Kelly & Sam Kelly** were 3rd team overall in 50.02.

Harriers M40 team of **Simon Minting, Adam Miller, Tom Packer & Scott Jamieson** were 15th team overall and 3rd in their category in 56.07.

Harriers Senior Men's team 2 of **Craig Butler, David Middlehurst, David Snook & Matt Harrison** were 40th team overall and 18th in their category in 61.51.

Harriers Ladies A team of **Dana Kaelin, Hannah Bown, Cat Goncalves & Alice Kelly** were 41st team overall and 6th team in their category in 61.58.

Harriers Senior Men's team 3 of **Ben White, Eduardo Rosete, Daryl Milford & Nathan Budd** were 57th team overall and 23rd in their category in 66.18.

Harriers M60 team of **Adrian Vanstone, Des White, Bob Minting & Hugh Marsden** were 69th team overall and 2nd in their category in 70.45.

Harriers Mixed team of **Ellis Bown, Robyn Jamieson, Steve Morgan & Hannah Bown** were 72nd team overall and 8th in their category in 73.00.

Harriers W60 team of **Cathy Newman, Joan Mason, Alison White & Jenny Reay** were 74th team overall and 1st in their category in 73.30.

Harriers Ladies B team of **Lisa Boyd, Sue Wilkin, Nicola Kelly & Cathy Newman** were 76th overall and 3rd in their category in 79.50.

Harriers had 3 runners in the top 20 of the fastest individual times with **Sam Kelly** the fastest (and 4th fastest overall) in 11.55.

Alice Kelly was the fastest Lady Harrier (and 9th fastest Lady finisher) in 14.13



Harriers before the start of the Run Exe Relays



Harriers during the Run Exe Relays



Sue & Joan during the Run Exe Relays



Sam, Rob, James & Oli after finishing 3rd in the Run Exe Relays

Saturday 27th May - Polzeath 10km

Jon Mill made a last minute decision to run in the tough multi-terrain Polzeath 10K and finished in 49th place in 57.49. **Jon** said afterwards “What an amazing run....stunning....but quite a scramble”



Jon at the finish of the Polzeath 10km

Saturday 27th & Sunday 28th May - 100 Miler in the Midlands

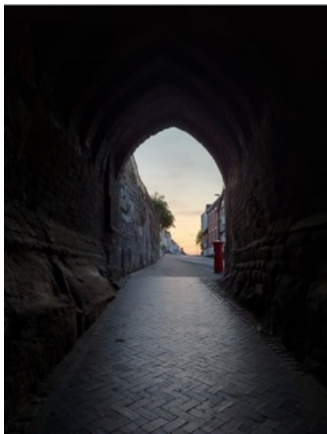
An incredible performance from **Lisa Hatchard** who tackled the LDWA 100 over the weekend. It was a circular self navigation event that started and finished on the southern edge of Birmingham and took in Coventry, Leamington Spa, Stratford-upon-Avon. **Lisa** completed 103 miles in 33 hours non stop and said afterwards “It was brilliant but hot, hard, and painful! I struggled to run in yesterday's heat so after 18 miles I sent my friend Mike Hoskin on. The last 16 hours I was on my own, navigating the course successfully”.



Lisa with friend Mike Hoskin at the LDWA 100



Lisa with William Shakespeare



Route map of the LDWA 100 plus a few contrasting photos

Sat. 27th & Sun. 28th May - Ox Races, Rushmore Estate, Wiltshire

Chris Murrin ran his 116th Marathon on Sunday in Wiltshire when he completed 44 miles of the Ox Ultra finishing in 7th place with just under 4,000ft of elevation gain. **Chris** also ran in the Ox Dark 10km on the Saturday night as a warm-up. The event is far from flat, but it's set in stunning forest and woodland, which provides the canvas for bluebells and wild garlic. **Chris** is now "resting" for 6 days as he next challenge (and his 117th Marathon) in the 32 miler Dartmoor Discovery along with a few other Harriers on Saturday 3rd June.

Saturday 27th May - Langstone Coronation Fell Race

Hugh Marsden ran in this scenic event with 387m of ascent that took in Coombe Tor, Cox Tor and White Tor via the ancient Langstone. The race started and finished in the village of Peter Tavy and had to be extended in distance from the planned 6.2 miles to 7.3 miles due to some farm animals straying onto the course. The race started at 4pm (20 hours after **Hugh** had competed in the Run Exe Relays on Friday evening) on a very hilly race in very hot conditions, **Hugh** was 14th finiser overall in 1.07.28 and he was the 1st M60 to finish.

Monday 29th May - Uplowman 10km

Tom Packer, Langdon Williams, Scott Jamieson, Jenny Reay plus Alison & Des White ran in this undulating 10km race that was a mix of flat & fast roads and rolling Devon lanes. It started and finished at the Uplowman Village Hall and it was the 8th race in the Devon Instep Series of 13 races during 2023.

8th	Scott Jamieson	37.39	
14th	Langdon Williams	39.08	1st M50
16th	Tom Packer	39.45	
31st	Jenny Reay	43.55	3rd Lady finisher & 1st W60
60th	Des White	51.41	
80th	Alison White	55.15	



Harriers before the start of the Uplowman 10k



Scott, Tom, Langdon & Jenny running through the picturesque village of Uplowman



Des & Alison in Uplowman

Saturday 3rd June - Dartmoor Discovery

This superb event is affectionately known as “The DD” and has been organised by Teignbridge Trotters since 2011; not just any ultra marathon, it is the UK's longest single lap road ultra marathon. The race started in Princetown Visitor Centre and finished 32 miles 899 yards later at the Princetown Community Centre after taking in many ups and downs on some of the toughest hills on Dartmoor - amazingly there was over 3,700 feet of elevation gain.

On one of the hottest days of the year five Exmouth Harriers joined 150 runners from around the UK on the start line at 9.30am, congratulations to all five Harriers.

Adrian Vanstone was the first Harrier to finish in 63rd place in a fantastic time of 5.31.14, he was the 2nd M60 to finish and was awarded his trophy by Steve Edwards an Ultra Marathon legend who is aiming by the end of 2023 to complete a world record total of 1,000 Marathons in an amazing average time of 3 hours 30 minutes (he’s currently on 965 marathons). **Adrian** said afterwards “The hills were brutal, it was warm but there was a stiff breeze, I’m really chuffed as at 62 years old it was my first ever running prize”.

Kelly Thomas had a marvellous run and was the next Harrier to finish in 5.32.00, 13 minutes faster than her time in 2022.

Chris Murrin was pleased to finish his 117th Marathon with an overall DD time of 5.49.47, he said “It was a tough day, what with the heat and I’ve raced many miles recently in preparation for my 1st 100 mile race on the Jurassic Coast on 24/25 June”.

Despite a recent injury **Terry McKie’s** time of 6.14.31 was 3 minutes faster than in 2022.

Anthony Lees finished in 6.53.34, running the DD for the first time **Anthony** said “It was my most painful event so far”.

63rd	Adrian Vanstone	5.31.14	2nd M60
76th	Kelly Thomas	5.39.00	8th W45
86th	Chris Murrin	5.49.47	4th M55
112th	Terry McKie	6.14.31	14th M50
145th	Anthony Lees	6.53.34	23rd M45



Anthony, Kelly, Chris, Adrian & Terry before the start of the DD



Harriers taking on the challenge of the DD



Anthony tackling the DD & Adrian presented with his M60 trophy by Steve Edwards

Tuesday 6th June – Run Exe 5km (3rd of 6 in Summer Series)

On what was originally a perfect evening for a race but later was slightly spoilt by the Northwesterly wind picking up during the race 7 Harriers raced and 1 Harrier, **Langdon Williams** was a pace-maker on a record breaking evening as **Shaun Antell** of Bideford AC set a new course record of 14.38 beating the old course record by 13 seconds. As you can see from the results below all the Harriers ran amazing times, got excellent age group positions and incredible age-graded percentages – Cathy’s 101% was the best age-grading in the race.

3rd	Oli White	16.08	2nd M35	83% AG
45th	Mike Musgrove	18.40	3rd M50	82% AG
61st	Cathy Newman	19.10	1st W60	101% AG
90th	Hannah Bown	20.31	2nd W40	77% AG
98th	Jenny Reay	21.10	3rd W60	96% AG
111th	Andy Johnson	22.32	3rd M55	71% AG
141st	Alison White	27.26	1st W65	79% AG



Harriers smiling in the sunshine before the start



Mike, Cathy & Jenny striding out



Alison, Oli & Hannah in action



Pacemaker Langdon and Andy in action

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 (completed)	UPLOWMAN 10K 29 MAY (completed)
UMBORNE UG 24 JUNE	RUN EXE 5K 4 JULY
FOREST FLYER AUG ??	DROGO 10 OCT/NOV ??
WESTDOWN WANDER 26 NOV	

Exmouth Harriers are doing really well in all categories after 8 of the 13 events - full details at :- <https://instepdevon.org.uk/> - the next and ninth race is the Umborne Ug on Saturday 24th June. Below are the current rankings after 8 events for the male & female individuals plus the male & female teams.

2023 INDIVIDUAL RESULTS

MALE:

- 1st – OLIVER WHITE OF EXMOUTH HARRIERS – 494 PTS
- 2nd – SCOTT JAMIESON OF EXMOUTH HARRIERS – 480 PTS
- 3rd – JAMIE HOWARD OF SWRR – 477 PTS

FEMALE:

- 1st – JENNY REAY OF EXMOUTH HARRIERS – 485 PTS
- 2nd – ALISON WHITE OF EXMOUTH HARRIERS – 454 PTS
- 3rd – CAROLINE TAIT OF SWRR- 415 PTS

IF THERE IS A DEAD HEAT THEN THE ATHLETE WHO HAS DONE THE MOST RACES TAKES PRECEDENCE.

FEMALE CLUB TEAMS :

- 1ST – SOUTH WEST ROAD RUNNERS – 2318 PTS
- 2ND – EXMOUTH HARRIERS – 1707 PTS
- 3RD – AXE VALLEY RUNNERS – 1595 PTS
- 4TH – DAWLISH COASTERS – 727 PTS
- 5TH – TIVERTON HARRIERS – 527 PTS
- 6TH – HONITON RUNNING CLUB – 290 PTS
- 7TH – WOMEN ON THE RUN – 221 PTS
- 8TH – CREDITON RUNNING NETWORK – 0 PTS
- 8TH – EXETER HARRIERS – 0 PTS

MALE CLUB TEAMS:

- 1ST – SOUTH WEST ROAD RUNNERS- 2608 PTS
- 2ND – EXMOUTH HARRIERS – 1744 PTS
- 3RD – AXE VALLEY RUNNERS – 1260 PTS
- 4TH – TIVERTON HARRIERS – 769 PTS
- 5TH – DAWLISH COASTERS – 595 PTS
- 6TH – EXETER HARRIERS – 544 PTS
- 7TH – HONITON RUNNING CLUB – 474 PTS
- 8TH – CREDITON RUNNING NETWORK – 0 PTS

In the age categories Harriers are listed if in the top 10 positions :-

Hayley Johns is 5th Senior Female

Emma White is 2nd W35, **Hannah Bown** is 6th

Jenny Reay is 1st W55, **Cathy Newman** is 3rd

Alison White is 1st W65, **Kay Douglas** is 7th

Oli White is the leading Senior Male, **James Kelly** is 5th, **Nathan Budd** 8th & **Josh Sale** 10th

Scott Jamieson is the leading M40, **Tom Packer** is 6th, **Simon Minting** 10th

Craig Butler is 6th M50

Jimmy Joy is 2nd M60

Bob Minting is 7th M70

16 Harriers at various parkruns on 27/05/2023

Anthony Hatchard was the fastest Harrier on the day in 17.55 at Exmouth. **Sarah Baldwin** was the 1st Lady Finisher in 28.06 at Kanata, Ottawa. (Plus a special mention to our training partner **Louise Small** who was 1st overall in Exmouth in 16.17, that puts her just outside the 10 fastest parkruns ever by a Lady).

Kanata, Ottawa

4th & 1st Lady	Sarah Baldwin	28.06
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Horspath

15th	Andy Johnson	22.08
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Exmouth

7th	Anthony Hatchard	17.55
11th	Tom Packer	18.25
29th	Craig Butler	19.50
49th	Darren Powell	21.24
86th	Steve Morgan	22.54
90th	Bob Minting	23.05
123rd	Anthony Lees	24.08
133rd	Paula Hawkins	24.23
244th	Carly Miller	27.36
367th	Nigel Dupain	31.59
384th	Mike Keep	33.33
417th	Jim Comer	34.43
424th	Keith Flack	34.59
468th	Jill Dupain	30.24

The following Harriers volunteered at Exmouth parkrun on 27/05/2023

Nigel Dupain, Keith Flack, Jon Garrity, Jason Hill, Derek Johnson, Joan Mason, Stan Mason, Jenny Reay, Nathan Sheehy

The Phear Park Junior parkrun on 28/05/2023 was cancelled

27 Harriers at various parkruns on 03/06/2023

Langdon Willams was the 1st finisher at Haldon Forest in 19.30 and **Sarah Baldwin** was the 1st Lady Finisher in 27.53 at Kanata, Ottawa. **Craig Butler** (a new pb) & **Simon Minting** were the fastest Harriers on the day finishing in 18.10 at Exmouth, **Cathy Newman** was the fastest Lady Harrier to finish in 18.56 at Exmouth with a new pb and a new best age grading of 102.46%.

Lydiard

77th	Dan Morley	23.45
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Killerton

39th	Jon Garrity	22.43
99th	Darren Powell	27.18

Exeter Riverside

59th	Andy Johnson	23.05
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Penrose

30th	Hugh Marsden	21.26
93rd	Dawn Teed	26.57

Grangemoor

25th	Ben White	23.00
70th	Hannah Bown	26.53
105th	Emma White	32.24
106th	Nigel Dupain	32.24
129th	Jill Dupain	40.49
131st	Aidan Bown	43.54

Kanata, Ottawa

16th & 1st Lady	Sarah Baldwin	27.53
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Haldon Forest

1st	Langdon Williams	19.30
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Exmouth

5th	Craig Butler	18.10
6th	Simon Minting	18.10
14th	Cathy Newman	18.56
50th	Jenny Reay	20.43
84th	Kevin Doyle	22.28
97th	Bob Minting	23.09
98th	Regan Meadowcroft	23.11
103rd	Andy Place	23.21
116th	Tim Thompson	23.59
145th	Jon Mill	24.53
270th	Keith Flack	28.40
284th	Steve Morgan	29.02
291st	Carly Miller	29.09

The following Harriers volunteered at Exmouth parkrun on 03/06/2023

Craig Butler, Lisa Hatchard, Derek Johnson, Joan Mason, Stan Mason, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 04/06/2023

Amanda McCann, Nathan Sheehy, David Snook, Les Turner

Photo Gallery – some recent fun photos



Ray & Alison guiding Des on his RNL Mayday Run on 25th May



Sarah at the Kanata, Ottawa parkrun on 27th May & 3rd June



Recent training sessions

Local events in July 2023

July

Sat 1st	Lundy Island Race (14-ish miles on the Island in the Bristol Channel)
Tue 4th	<u>Run Exe 5k - 4 of 6</u> (3rd Exmouth Harriers Club 2023 Challenge race & 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	<u>Haytor Heller</u> (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/

Up and coming races known so far in the 2023 race series

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](#)

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



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