

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 45

21st June 2023

(The next edition is due out on Wednesday 5th July 2023)



Emma and Lisa with their recent medals

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

A date for your diaries – Harriers Summer Members Social on Sat. 22nd July from 12.00 – 18.00 further details to follow

Thanks to Nigel for organising the 2023 Harriers Sandy Bay Time Trials – the results for the 2nd one on 30th May are later in this newsletter, the 3rd one will be on Thursday June 29th starting at 7.15pm at Foxholes Car Park – further details on the Harriers WhatsApp site.

It's only 9 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 have entered 5 teams in this very popular event if you need any further details please contact **Oli and/or Ali White**.

The next race in the 2023 Instep Devon Championship is the Umborne Ug on Saturday 24th June - full details at :- <https://instepdevon.org.uk/>



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

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 – Foxholes Car Park start at 7.15pm	Multi-terrain	Exmouth Harriers event	Further details from Nigel Dupain & on the Harriers WhatsApp site
30th June 2023	Fri.	Erme Valley Relays – 7pm start	Road / Path	https://www.ernevalleyharriers.co.uk/erne-valley-relays/	A Harriers club favourite event – five teams of 4 have been entered
4th July 2023	Tue.	Run Exe 5km (4th of 6 in 2023 Summer Series)	Tarmac paths	https://www.city-runs.co.uk/run-exe-5k	Harriers Challenge Race No. 3 & 2023 Devon Instep Race No. 10
8th July 2023	Sat.	Ottery Rail and River Run 10km at Tipton St John	Multi-terrain	https://www.evententry.co.uk/otter-rail-and-river-run-2023	Really great local run with some Otter Ale at the finish
9th July 2023	Sun.	Cosdon Fell Race	Multi-terrain	https://okehamptonrunningclub.com/summer-series/cosdon-hill-race/	Dartmoor Fell Race Series
12th July 2023	Wed.	Yeovilton 5k – 4th of 6 in the series	Road	https://www.facebook.com/groups/417526655331590/?locale=en_GB	Slightly undulating but very fast course
15th July 2023	Sat.	Haytor Heller – start at 5.30pm	Multi-terrain	https://www.teignbridgetrotters.co.uk/our-races/haytor-heller	Harriers Challenge Race No. 3 – very popular local 6 mile race
15th & 16th July 2023	Sat. & Sun.	REDs Ice Cream Challenge (multiple distances on Budleigh Trail)	Tarmac path	https://www.timeoutdoors.com/events/running-events-devon-ice-cream-challenge	Chris Murrin will be running his 117th marathon (and possibly his 118th as well) and Adrian Vanstone running too
16th July 2023	Sun.	Purple Gecko's Haldon 5 & 10 Milers	Multi-terrain	https://www.purplegeckoevents.co.uk/haldon-summer-series-10-mile	A timed trail run through the beautiful Haldon Forest
16th July 2023	Sun.	Winding Paths Exe Estuary Runs (multiple distances available)	Multi-terrain	https://www.windingpaths.uk/exeestuary/	50km, 26.2 or 13.1 Miles Multi-Terrain route on the Exe Estuary Trail then join the Coast Path to Budleigh Salterton
19th July 2023	Wed.	City Runs Exeter 10km	Tarmac path	https://www.city-runs.co.uk/exeter-10k	A great 2 lap traffic free pancake flat 10km run

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

Tuesday 30th May - Harriers 2nd Sandy Bay Time Trail

Well done to the 17 runners that took on the SBTT, please see the results below.

Next month's time trial will be on Thursday 29 June - hope to see you there.

Nigel

SANDY BAY TIME TRIAL 2023

Name	April	May	June	July	Aug	Sept
Scott Jamieson	22.32	-				
Oli White	23.34	19.00				
Jim Comer	26.34	-				
Kevin Doyle	28.50	-				
Scott Jordan	29.05	28.19				
Nicki Kelly	32.58	29.57				
Alison White	37.04	-				
Sam Kelly	-	18.16				
Rob Ellis	-	19.34				
James Kelly	-	20.16				
Anthony Hatchard	-	20.58				
Alice Kelly	-	21.53				
Dana Kaelin	-	22.34				
David Snook	-	22.35				
Matt Harrison	-	23.16				
Ben Shaw	-	24.18				
Hannah Bown	-	25.37				
Jon Garrity	-	26.15				
Harriet Lyons	-	28.48				
Amy Tew	-	30.56				
Derek Johnson	-	DNF				

Saturday 10th June – Buckland Bounder

Hugh Marsden and **Dawn Teed** took part in this scenic multi-terrain run of just over 6 miles, starting and finishing in Buckland Monachorum. The hilly route leads up from Buckland Monachorum onto Roborough Common at Alston crossing the Maristow Estate. The views from here are amazing. The route then drops down over the open moor, through the woods to Lower Grenofen, crossing the river Walkham via a small bridge and turning left onto the bridlepath that follows the river, then a steep climb back up to the top of the open moorland and bears right across the top of the open moor towards Berrator and follows the road to Buckland Monachorum, going up Tor Hill and turning left for the run down the village hill to the finish line. **Hugh** finished in 26th place in 50.46 and **Dawn** finished in place in 100th place in 70.28

Sunday 11th June – Staffordshire ½ Ironman

Emma White tackled the tough 1/2 Ironman event that included a 1.2 mile open water swim in Chasewater, a 56 mile bike ride around the Staffordshire countryside including Cannock Chase and a 13.1 mile run alongside the River Sow, into the Stafford town centre and towards Stafford Castle.

Emma said afterwards “It was amazing and I’ve finally got an Ironman medal”.

17th W35-39	Emma White	6.34.54
	1.2 mile Swim	41.17
	56 mile Bike	3.24.00
	13.1 mile Run	2.15.09



Emma at the Staffordshire ½ Ironman

Sunday 11th June – Shiver Me Timbers

Claire Sorensen & Amanda McCann competed in Winding Paths 10 mile trail run in Torbay that started and finished at the Bay of Goodrington. It headed out across coastal trails, through woodlands, across bays and coves to the Golden Hind at Brixham Harbour and then trailed back to the finish at Goodrington.

37th	Clare Sorensen	2.01.33
85th	Amanda McCann	2.24.31



Sunday 11th June – Dartmouth Triathlon

Ben Shaw took part in this popular event that returned for its 8th year with a stunning setting of Blackpool Sands (near Dartmouth). There was a 1500m sea swim, a 40k stunning coastal bike route plus an out and back run that included stretches on Devon's flattest road.

14th	Ben Shaw	3.04.29
	1500m Swim	28.29
	40k Bike	1.40.09
	10k Run	51.18



Sunday 11th June – BigSea 50km

Nick Ramm & Jim Comer took on the amazing challenging trail run on Dorset's Isle of Purbeck that started and finished on the beautiful sand of Knoll Beach at Studland. The 50km course with over 3,800 feet of elevation gain included the Purbeck Hills, Corfe Castle, Chapmans Pool, Dancing Ledge, Durlston Castle and Old Harry Rocks.

Jim Comer 7.52.29

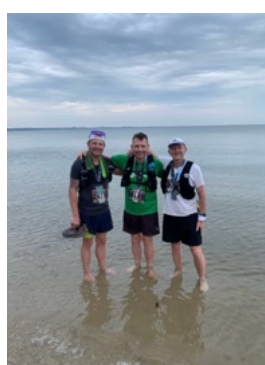
Nick Ramm 8.07.41



Jim & Nick looking forward to a jaunt over the Purbecks



Nick & Jim with Corfe Castle & Old Harry Rocks in the background



Nick & Jim enjoying the sand and sea at Knoll Beach & The BigSea medal

Saturday 17th June – Sydling Hill 11km Race

Lisa Boyd ran in this tough race that ran through the scenic Sydling and Cerne valleys in Dorset on a very hot Saturday morning. It was not for the faint hearted as it had some steep climbs and sharp descents but it did have the most amazing views including the Cerne Abbas Giant to make it worthwhile. **Lisa** ran a fantastic time of 1.23.54 finishing in 76th position overall and she was 5th in the W50-54 category.

76th	Lisa Boyd	1.23.54	5th W50
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Lisa all smiles after finishing the Sydling Hill Race

Wednesday 21st June – Summer Solstice

The evening of longest daylight hours offered spectacular views across the Dartmoor landscape. The 9.5km event started and finished at Merrivale and took in stunning countryside including Staple Tor, Roos Tor and White Tor. **Sam Kelly** was the overall winner in 34.43 – by the time of publication we hadn't seen any official results for the event, further details will be published in the next newsletter.

1st	Sam Kelly	34.43
	James Kelly	43.25
1st M60	Hugh Marsden	TBA
	Dawn Teed	TBA

Wednesday 21st June – Devon 10,000m and Westcountry Mile at Exeter Arena

On a warm and humid night three Harriers took to the track at Exeter Arena; **Cathy Newman** ran in the Westcountry Mile and with her time of 5.45 she is now ranked 2nd GB W60. **Jenny Reay & Oli White** ran in the Devon County AA Championships and both won Devon AA Gold Medals.

Westcountry Mile

Cathy Newman 5.45 1st W60 2nd GB ranked W60



Cathy in the Westcountry Mile

Devon 10,000m

Oli White 34.40 1st M35

Jenny Reay 45.56 1st W60



Jenny & Oli in the Devon County AA 10,000m Champs.

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 two races are the Umborne Ug (the 9th in the series) on Saturday 24th June and the Run Exe 5km on Tuesday 4th July (the 10th in the series). 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

26 Harriers at various parkruns on 10/06/2023

Sam Kelly was the fastest Harrier on the day in 15.53 at Exmouth.

Lydiard

50th	Dan Morley	23.23
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Killerton

3rd	Chris Dupain	19.10
27th	Hannah Bown	22.13

Didcot

30th	Andy Johnson	22.27
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Worthing

291st	Alison Milborrow	28.02
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Frédéric Back, Monreal, Canada

10th	David Middlehurst	21.33
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Cranbrook Country Park

19th	John Garrity	22.36
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Exmouth

1st	Sam Kelly	15.53
3rd	James Kelly	17.18
6th	Josh Sale	17.50
7th	Scott Jamieson	18.05
12th	Adam Miller	18.25
13th	Tom Packer	18.28
24th	Lee Salter	19.38
32nd	Tim Thompson	19.53
35th	Craig Butler	19.56
43rd	Jenny Reay	20.39
90th	Nicola Kelly	23.25
92nd	Bob Minting	23.32
110th	Jon Mill	24.35
124th	Darren Powell	25.20
132nd	Kay Douglas	25.32
157th	Sarah Baldwin	26.12
171st	Steve Morgan	26.49
209th	Lisa Boyd	28.10
254th	Darren Layard	29.26
343rd	Keith Flack	35.03

The following Harriers volunteered at Exmouth parkrun on 10/06/2023

Craig Butler, Nathan Sheehy

The Phear Park Junior parkrun on 11/06/2023 was cancelled

32 Harriers at various parkruns on 17/06/2023

Oli White was the the fastest Harrier on the day finishing in 16.46 at Richmond in London.

Richmond, London

2nd	Oli White	16.46
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Tamar Trails

8th	Hugh Marsden	22.07
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Minehead

95th	Tom Handley	37.12
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Winchester

10th	Piers Benton	18.46
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Bevendean Down

18th	Dawn Teed	30.44
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Sizewell

10th	Andy Johnson	22.37
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Exmouth

8th	Anthony Hatchard	17.25
9th	Simon Minting	17.32
12th	Josh Sale	17.46
14th	Adam Miller	17.57
15th	Chris Dupain	18.19
40th	Jenny Reay	20.30
53rd	Kevin Doyle	21.27
54th	Jon Garrity	21.29
55th	Steve Morgan	21.43
75th	Simon Beer	22.21
79th	Darren Powell	22.46
89th	Daryl Milford	22.58
98th	Graham Gunn	23.12
103rd	Des White	23.19
112th	Bob Minting	23.42
128th	Nicola Kelly	24.26
146th	Paula Hawkins	25.07
147th	Mike Musgrove	25.09
153rd	Liz Michaelson	25.24
220th	Alison White	27.29
274th	Darren Layard	29.48
280th	Hayley Kelly	29.58
281st	May Argyle-Lander	29.58
289th	Jason Hill	30.07
322nd	Nigel Dupain	31.59
400th	Keith Flack	38.24

The following Harriers volunteered at Exmouth parkrun on 17/06/2023

Sarah Baldwin, Craig Butler, Nigel Dupain, Jason Hill, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 18/06/2023

Sarah Baldwin, Amanda McCann, Nathan Sheehy, Les Turner

Photo Gallery – some recent fun photos



Recent training sessions at St Peters School track



Ray with Ed Shutt, Sue, Alison and Des on a couple of his recent recovery runs

Local events in late July, August & September 2023

July

Wed 26th Postbridge Pootle Fell Race ([Dartmoor Fell Race Series](#))

August

Tue 1st Run Exe 5km (5th in the 6 race series)
Sun 6th Totnes 10km
Sun 6th RNLI Exmouth / Budleigh Run (further details to follow)
Sun 6th City Runs 3 Person / 3 Hour Relay at Exeter Arena
Wed 9th Yeovilton 5k (5th in the 6 race series)
Wed 9th Ivybridge 3 Tops ([Dartmoor Fell Race Series](#))
Fri 11th South Devon AC Relays at Torbay Velopark
Sat 12th Sticklepath Horseshoe Fell Race ([Dartmoor Fell Race Series](#))
Sat 19th & Sun 20th REDs PlymTrail Ultras
Wed 23rd Great Links Tor Fell Race ([Dartmoor Fell Race Series](#))
Sat 26th Dartmouth Regatta Road Race 5.1 miles start at 2pm
Mon 28th Lustleigh Show 10km

September

Sun 3rd Bridgwater 1/2M, 10km & 5km
Sun 3rd Woodbury 10km Trail Run
Sun 3rd Winding Paths City 2 Sea
Tue 5th Run Exe 5km (6th & final race in the 6 race series)
Sat 9th Dartmoor in a Day
Wed 13th Yeovilton 5k (6th & final race in the 6 race series)
Wed 13th Surprise Course Fell Race ([Dartmoor Fell Race Series](#))
Sun 24th Bradleys 10km in Exmouth (LM Events)
Sun 24th Newton Abbot Ladies 10km
Sat 30th East Mill Tor Loop ([Dartmoor Fell Race Series](#))
Sat 30th REDs Toffee Apple Challenge on Budleigh Trail (Day 1)

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 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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