

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 46

5th July 2023

(The next edition is due out on Wednesday 19th July 2023)



Ready for the start of the Erme Valley 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

Discussions are ongoing regarding the 2023 Harriers Summer Members Social - further details to follow – watch out for WhatsApp and facebook updates in the next week or so

A message from **Craig** "It's the **parkrun celebrates 75 years of the NHS** event on **Saturday 8th July**. It would be amazing to have a celebratory Harriers turn out in your club colours to make a splash - and blue is the colour theme for the weekend"

Thanks to Nigel for organising the **2023 Harriers Sandy Bay Time Trials** – the results for the 3rd one on 29th June are later in this newsletter, the 4th one will be on at the end of July starting at 7.15pm at Foxholes Car Park – further details will appear on the Harriers WhatsApp site.

Well done to everyone who ran in the **Erme Valley Relays at Ivybridge on Fri. 30th June**. It was a bit of a chilly, windy & damp evening but that didn't seem to effect the runners, results later in this newsletter. Many thanks to **Oli and Ali White** for organising the 5 Harriers teams and it was really good to have **Ray Elston** along supporting during the evening.

As we haven't had one for a while **Craig** has suggested that the next **Harriers parkrun Tourism event around Devon is at Sharpham Estate (near Totnes) on Saturday 22nd July**.

The next race in the 2023 Instep Devon Championship is the Forest Flyer the date, and full details will be available ASAP at :- <https://instepdevon.org.uk/>

Message from Hannah regarding new Harriers Vest & T-Shirts

After some feedback and discussions about our vests the committee have been working on finding some new lighter weight, but affordable options for us.

We have settled on a light weight option from Scimitar, who currently supply our thicker vests and t shirts. Pictures attached so you (hopefully) can see these are a lot lighter/thinner and therefore cooler than our current ones. We are looking to get an order in over the next few week so if you are interested please can you reply to this email or message me directly (Hannah not Nigel) with your size and t shirt or vest option.

We will ask for payment once the order has been placed and received so it is easier to keep track.

They are identical sizing to our current vests/t shirts (including the length - sorry, I did try for shorter ones but it's not an option I'm afraid). The cost will be £30 (vest or t shirt) which is significantly cheaper than some we were looking at (£60 for an almost identical vest from SOAR for example).

We have to bulk order, we hope to order some spare ones, but please be as accurate as you can with your order.

Please put your request in by Friday 14th July.

Hannah



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 (completed) – amazing performances from the 14 Harriers who braved the strong winds and torrential downpours at Exwick (full results later in the newsletter)**
4. **Haytor Heller - Saturday 15th July start at 5.30pm** – the final race in the 2023 Harriers Challenge, it's 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>

The poster features logos for Lifeboats, Budleigh Runners, and Exmouth Harriers at the top. The main title is 'RUN for LIFE' in large letters, with 'in aid of Exmouth RNLi Lifeboats' underneath. It invites participants to join a long or short run between Exmouth and Budleigh Salterton on Sunday 6th August 2023. The long run is 11 miles, starting at 11.00am at the Exmouth Lifeboat Station, passing through Budleigh Salterton via the Budleigh Trail, and finishing back at the Exmouth Lifeboat Station via the coast path. The short run starts at 11.30am in the Lime Kiln car park in Budleigh Salterton and finishes at Exmouth Lifeboat Station via the coast path. It emphasizes that this is a social run, not a race, with no entry fee but donations to Exmouth RNLi will be gratefully received. The runs coincide with the Exmouth RNLi Open Day, which includes a variety of activities during the afternoon at the Lifeboat Station and on the adjoining beach, offering a unique tour of the Shannon Lifeboat. A map shows the route between Exmouth and Budleigh Salterton. At the bottom, there is a photo of an orange lifeboat on the water. The footer contains the RNLi logo, a small text block about the charity, the FR logo (Registered with Fundraising Regulator), and the photo credit 'Photo: Stephen Duncombe'.

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

8th July 2023	Sat.	Exmouth parkrun celebrating of 75 years of the NHS	Road	You know where it is – don't be late as it starts promptly at 9am	Don't forget to wear your Harriers kit
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.co.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.cityruns.co.uk/exeter-10k	A great 2 lap traffic free pancake flat 10km run
22nd July 2023	Sat.	Sharpham Estate parkrun, near Totnes	Permanent paths and Trail paths	https://www.parkrun.org.uk/sharphamestate/	Harriers latest parkrun "tourism" around Devon
26th July 2023	Wed.	Postbridge Pootle Fell Race	Multi-terrain	https://www.entrycentral.com/postbridge23	Dartmoor Fell Race Series

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

Friday 23rd June - Land & Sand 5km

Four Harriers raced in Greenbow AC's tough and unique 5km event in Exmouth that started & finished on the sand at Orcombe Point. As you can see from the photo of the course it took the 150 starters to the far end of the seafront and back with approx. 3.5km on the beach and 1.5km on the promenade. **Oli White** was first overall in 20.30, **Alice Thomas** running in her Harriers vest for the second time was the next Harrier to finish in 26.42 followed by **Des White** in 28.33 and **Alison White** in 35.52.

1st	Oli White	20.30
34th	Alice Thomas	26.42
48th	Des White	28.33
76th	Alison White	34.52



Des, Alice, Alison & Oli after the Land & Sand 5km plus a view of the course



Oli ensuring that SWRR didn't get a 1,2,3 in the Land & Sand 5km

Saturday 24th June - Burrator Horseshoe Fell Race

On a very hot afternoon **Hugh Marsden & Dawn Teed** raced in the latest event in the 2023 Dartmoor Fell Race series. It was a 6-mile moorland run from Meavy out over Dartmoor, via Burrator Reservoir, Sheepstor Dam, Sheepstor summit (369m), Gutter Tor summit (357m) and Ringmoor Down. It had a spectacular finish with a nice cooling ford dip and a reception on the village green outside the welcoming Royal Oak. **Hugh** finished in 29th place in 56.34 and he was 1st M60. **Dawn** was 95th in 1.21.04 she was 2nd W60.

29th	Hugh Marsden	56.34	1st M60
95th	Dawn Teed	26.42	2nd W60

Saturday 24th June - Umborne Ug 10km

Scott Jamieson raced in this tough multi-terrain event with 600ft of ascent for 3 miles after the start. It was run on challenging ground in the beautiful hills in the Colyton area. **Scott** finished 8th place overall in 43.58 and he was 5th M40.

8th	Scott Jamieson	43.58	5th M40
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Scott striding out at the Umborne Ug

Saturday 24th & Sunday 25th June - Jurassic Coast 100

This is one of the toughest challenges in the Westcountry; the Jurassic Coast is a World Heritage site that spans from Old Harry Rocks, near Studland to Orcombe Point at Exmouth. The hills are severe in places with the downhills just as tricky and strength sapping as the uphills. Runners could choose one of the 5 distances from 30km up to 120 miles - one Harrier ran in the 100 mile event and four Harriers opted for the 100km event.

100 Miles (Poole to Exmouth)

This was **Chris Murrin's** first time in a 100 mile race; he had planned & trained relentlessly for the challenge over the past 12 months. **Chris** started from Poole at 9am on Saturday on his 118th Marathon and despite falling during the night and suffering from heatstroke he finished on Exmouth seafront almost 34 hours later on Sunday evening.

5th **Chris Murrin** 33 hours 41 minutes 29 seconds



Chris at 97 miles with a few miles to the finish Straight Point in the background

100km (Weymouth to Exmouth)

Three members of the **Kelly** family tackled the 100km event with **James, Alice and Nicola** joined by **Becky Parry** starting in Weymouth at 9pm on Saturday. **James** led the family across the finishing line just under 12 hours later in 2nd place overall followed closely by Sister **Alice** who was the first Lady finisher in a new Ladies course record and 4th overall and Mum **Nicola**. Sadly **Becky** had to drop out after 41 miles due to a knee injury.

2nd	James Kelly	11 hours 47 minutes 26 seconds
4th & 1st Lady finisher	Alice Kelly	12 hours 33 minutes 5 seconds
39th	Nicola Kelly	21 hours 53 minutes 5 seconds



Before the big start of the 100km at Weymouth



James & Alice at the finish on Exmouth seafront

Thursday 29th June - Harriers 3rd Sandy Bay Time Trail

Well done to the 9 runners who all said they enjoyed it despite the head wind on the return leg. I am sure you are all looking forward to the July Time Trial (details to follow) - 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	20.39			
Jim Comer	26.34	-	-			
Kevin Doyle	28.50	-	-			
Scott Jordan	29.05	28.19	27.59			
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	23.27			
Ben Shaw	-	24.18	23.35			
Hannah Bown	-	25.37	-			
Jon Garrity	-	26.15	25.38			
Harriet Lyons	-	28.48	-			
Amy Tew	-	30.56	-			
Derek Johnson	-	DNF	-			
Zach Powell	-	-	22.57			
Mark Hawkins	-	-	25.09			
Adrian Barton	-	-	25.15			
Terry McKie	-	-	27.29			

Friday 30th June - Erme Valley Relays

The 2023 Erme Valley relays took place over a hilly 2.4 mile course starting and finishing at the Ivybridge Rugby Club. 89 teams of 4 runners from all over Devon and Cornwall took part on an unusually damp and windy June evening.

Exmouth Harriers had 19 runners competing in 5 teams with **Oli White** running twice.

The Harriers Mens A-team (**Oli White 13.02, James Kelly 13.43, Matt Harrison 15.58, Tom Merson 12.33**) were 2nd fastest team overall with a superb team time of 55.16.

The Harriers Mens B-team (**Nathan Budd 15.55, Jon Mill 17.02, Daryl Milford 19.13, Oli White 13.40**) were 22nd team overall in a team time of 65.57.

The Harriers M60 team (**Jimmy Joy 16.50, Steve Morgan 17.29, Mac McNaughten 17.13, Hugh Marsden 17.11**) were 36th team overall and 2nd M60 team in a team time of 68.43.

The Harriers Mixed team (**Andy Place 17.13, Kelly Thomas 17.25, Hayley Kelly 19.49, Scott Jordan 19.04**) were 48th team overall and 7th Mixed team in a team time of 73.31.

The Harriers W55 team (**Sarah Baldwin 21.08, Alison White 22.48, Nicola Kelly 20.05, Dawn Teed 21.52**) were 78th team overall and 3rd W55 team in a team time of 85.53.

Tom Merson was the fastest Harrier on the night with 12.33 that was the 2nd fastest time overall out of the 356 times recorded from the 89 teams. **Kelly Thomas** was the fastest Lady Harrier on the night with 17.25.



All smiles from the Harriers before the start of the relays



More smiles from the Mens team after the relays with their 2nd place “trophy”



Kelly, James & Jon finishing their legs in the relays

Friday 30th June - Exeter River Run 10km

Kevin Doyle was the only Harrier competing in the Exeter City Community Trust event that was run over a picturesque route along the River Exe and benefitted from being traffic-free and flat.

56th **Kevin Doyle** 46.24

Saturday 1st July - Bude Beast

Lisa Hatchard was the sole Harrier in this event that was hosted by the Cornwall & Devon LDWA (Long Distance Walking Association). The 30 mile route is the original route (starting and finishing at the Bude Rugby Club) with 5,700 ft of ascent incorporating footpaths through farmland, wooded valleys, the Bude canal and coast.

Lisa Hatchard 7.50.49

Sunday 2nd July – Magnificent 7, Saltash

Langdon Williams raced in this challenging road run through the country lanes that surround Saltash in Cornwall with good views over the Tamar and Lynher estuaries. The race started and finished after a very hilly 7 miles at Saltash Rugby Club.

20th **Langdon Williams** 46.00 3rd M55

Sunday 2nd July - Balmy Bicton 10km

Three Harriers (**Simon Minting, Matt Harrison & Harriet Lyons**) ran in LM Events multi-terrain 10km that started and finished at Millwater School in the grounds of Bicton college. The course took the runners on the undulating lanes of tarmac, unmetalled roads and even a ford surrounding the college grounds. Simon had a battle up front with James Hughes of Fareham Running Club but managed to shake him off and win by 13 seconds. Matt raced for the second time in 36 hours after running in the Erme Valley Relays on Friday evening and Harriet was running for Harriers for the first time, great running all three of you.

1st	Simon Minting	38.15
6th	Matt Harrison	43.20
20th	Harriet Lyons	52.45



Simon, Matt & Harriet at the Balmy Bicton 10km

Sunday 2nd July - Croyde Ocean Triathlon

Holly Clements opted for a trip to North Devon and competed in Croyde's Ocean Tri that was based at the beautiful, award-winning Putsborough Sands.

The 1.5km sea swim was cancelled due to the rough condition of the sea and was replaced by a beach run. **Holly** finished in 233rd place overall in 3.04.47 and 7th in the W40-49 category.

2km beach run	10.05
38km cycle	1.37.20
12km off-road run	1.11.42



Holly at the Croyde Ocean Tri

Tuesday 4th July – Run Exe 5km

On a very blustery evening with spells of torrential rain 14 Harriers turned out at Exwick for the 4th race in City Runs 5km Summer Series & the 3rd in the 2023 Exmouth Harriers Club Challenge. It was a difficult evening to warm up and prepare for the race due to the weather conditions and most runners took it relatively steady for the 1st half mile trying to avoid some of the massive puddles. It was great to see so many Harriers recording amazing times in such adverse conditions. Hopefully the weather will be better for the 5th race in the series on Tuesday 1st August; put the date in your diary as you could set a pb there.

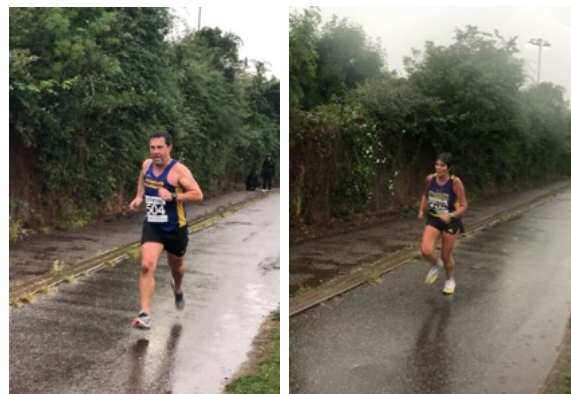
6th	Oli White	16.16	1st M35
39th	Mike Musgrove	18.43	3rd M50
56th	Cathy Newman	19.37	1st W60
60th	David Snook	19.40	4th M40
68th	David Middlehurst	20.09	19th SM
88th	Jimmy Joy	21.12	4th M60
90th	Neil Collins	21.31	10th M45
95th	Jenny Reay	21.45	3rd W60
98th	Steve Morgan	21.58	1st M65
100th	Kevin Doyle	22.09	12th M35
109th	Andy Johnson	22.52	5th M55
113th	Holly Clements	23.14	2nd W40
118th	Scott Jordan	23.58	11th M50
134th	Alison White	27.04	1st W65



Most of the Harriers smiling before the start of the Run Exe 5km



.... and looking a bit bedraggled after the finish but still smiling!



Tremendous running by everyone it looks like they're finishing in a river

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 (completed)	RUN EXE 5K 4 JULY (completed)
FOREST FLYER AUG ??	DROGO 10 OCT/NOV ??
WESTDOWN WANDER 26 NOV	

Awaiting updates for the Instep Championship after the Umborne Ug & Run Exe 5km – they will be published on facebook in the near future

But Exmouth Harriers are doing really well in all categories after the first 8 of the 13 events - full details at :- <https://instepdevon.org.uk/> - the final three races are the Forest Flyer, the Drogo 10 and the Westdown Wander. 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

34 Harriers at various parkruns on 24/06/2023

Simon Minting was the quickest Harrier in 17.17 at Exmouth & Cathy Newman was the quickest Lady Harrier in 20.11 at Penrose

Minehead

96th	Tom Handley	40.45
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Didcot

19th	Andy Johnson	22.15
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Penrose

11th	Cathy Newman	20.11
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Woolacombe Dunes

8th	Adam Miller	22.22
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Cranbrook Country Park

10th	Steve Morgan	23.23
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Sharpham Estate

2nd	Langdon Williams	18.15
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Exmouth

5th	Simon Minting	17.17
8th	Josh Sale	17.30
11th	Anthony Hatchard	17.53
12th	Jamie Pearson	17.55
14th	Mike Musgrove	18.13
16th	Tom Packer	18.27
23rd	Lee Salter	19.09
36th	Jon Mill	19.45
38th	David Snook	19.47
40th	Craig Butler	19.56
47th	Jenny Reay	20.42
73rd	Tim Thompson	22.24
76th	Jim Comer	22.28
97th	Emma White	23.14
104th	Bob Minting	23.25
124th	Paula Hawkins	24.18
158th	Liz Michaelson	25.41
166th	Sarah Baldwin	25.58
175th	Amanda McCann	26.14
185th	Jason Hill	26.33
205th	Darren Layard	27.09
223rd	Joan Mason	27.46
304th	May Argyle-Lander	30.58
337th	Nigel Dupain	32.57
357th	Graham Gunn	34.40
375th	Keith Flack	36.01
405th	Jill Dupain	39.52
422nd	Darren Powell	49.47

The following Harriers volunteered at Exmouth parkrun on 24/06/2023

Craig Butler, Nigel Dupain, Stan Mason, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 25/06/2023

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

22 Harriers at various parkruns on 01/07/2023

Tom Packer was the quickest Harrier in 18.45 at Exmouth, Jenny Reay was the quickest Lady Harrier in 20.46 at Worcester Pitchcroft and Hannah Bown was 1st Lady finisher in 22.22 at Penryn Campus.

Worcester Pitchcroft

31st	Jenny Reay	20.46
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Killerton

50th	Daryl Milford	25.21
235th	Darren Powell	52.39

Exeter Riverside

42nd	Andy Johnson	23.02
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Lytham Hall

10th	Mike Musgrove	19.59
37th	Paula Hawkins	24.32

Penryn Campus

5th & 1st Lady	Hannah Bown	22.22
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Frogmary Green Farm

21st	Hugh Marsden	22.09
110th	Dawn Teed	29.22

Exmouth

9th	Tom Packer	18.45
45th	Nathan Sheehy	21.58
67th	Grant Lee	22.59
70th	Emma White	23.21
80th	Sam Lander	23.54
81st	Tim Thompson	23.56
88th	Bob Minting	24.14
182nd	Darren Layard	27.36
231st	May Argyle-Lander	29.08
280th	Steve Morgan	31.29
305th	Keith Flack	33.21
325th	Nigel Dupain	34.59
351st	Jill Dupain	39.08

The following Harriers volunteered at Exmouth parkrun on 01/07/2023

May Argyle-Lander, Sarah Baldwin, Craig Butler, Nigel Dupain, Steve Morgan, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 02/07/2023

Kate Baker, Nigel Dupain, Amanda McCann, Nathan Sheehy, Les Turner

Photo Gallery – some recent fun photos



Ray with Hannah, Nigel, Sue, Alison and Des on a couple of his recent sunny recovery runs

Local events in late August & September 2023

August

Tue 1st	Run Exe 5km (5th in the 6 race series)
Sun 6th	Totnes 10km
Sun 6th	RNLI Exmouth / Budleigh Run (see flyer on page 3 of this newsletter)
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

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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