

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 47

19th July 2023

(The next edition is due out on Wednesday 2nd August 2023)



Harriers fantastic “Sports Day” training session at St Peters School 18/07/23

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

Don't forget that the July Harriers parkun Tourism event around Devon is at Sharpham Estate (near Totnes) on Saturday 22nd July – Craig will be putting out more details in the next few days regarding sharing lifts etc..

We are having our 2023 Harriers Summer Members Social from 12.30pm on Saturday 22nd July at the Maer Local Nature Reserve – [click here for the location](#) – bring your own food & drink; watch out for WhatsApp and facebook updates over the next day or so.

Other dates for your diaries

Thursday 31st August - the last day to notify Hannah of interest in 2024 London Marathon place

Monday 9th October – Club announces who has “won” the 2024 London Marathon club place

Sunday 29th October – Tavy 7 this is where we could win the Ross Shield for the 1st team winners

Friday 10th November – Harriers AGM, venue TBD

Sundy 26th November – Westdown Wander

Friday 8th or 15th December – Harriers “Christmas Do” at the Railway Club

Sunday 4th February – Exmouth Express 5 Miles

Thanks to Nigel for organising the **2023 Harriers Sandy Bay Time Trials** the 4th one will be on **Thursday 27th July starting at 7.15pm at Foxholes Car Park** – it's a 5km-ish multi-terrain timed run from Foxholes Car Park to Sandy Bay Caravan Park via the coast path and back, further details will appear on the Harriers WhatsApp site.

As the Forest Flyer has been cancelled the next race in the 2023 Instep Devon Championship is the ColyTEN on Sunday 15th October <https://www.axevalleyrunners.org.uk/colyten-2023/> further details will be available ASAP at :- <https://instepdevon.org.uk/>

Message from Hannah regarding new Harriers Vest & T-Shirts

After a lot of searching around we have found that our existing supplier Scimitar have new reasonably priced light weight vests & T-shirts and an initial order is going in this week; 15 harriers shown interest in buying one so far. If others want a “new style” vest or t-shirt we can do further orders later.

It was great to see so many Harriers taking part in Exmouth parkrun celebrating of 75 years of the NHS on Saturday 8th July; twenty four ran and eight volunteered.

We have organised a social / training run with Budleigh Runners on Sunday 6th August called **RuN for Life**, we are hoping to collect some donations for Exmouth RNLI as the event coincides with the Exmouth RNLI Open Day at the Lifeboat Station; see the flyer below for details. Everyone is welcome to join in and we will also extend the invitation to other local running clubs.



RUN for LIFE

in aid of Exmouth RNLI Lifeboats

Join us for either a long or short run between
Exmouth & Budleigh Salterton
on Sunday 6th August 2023

The long run is 11 miles and starts at 11.00am at the Exmouth Lifeboat Station passes thru' Budleigh Salterton via the Budleigh Trail and finishes 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

This is not a race – it is a social run jointly put on by Budleigh Runners & Exmouth Harriers, there is no entry fee but donations to Exmouth RNLI will be gratefully received on the day

The runs coincide with the Exmouth RNLI Open Day that will commence at midday with a variety of activities during the afternoon at the Lifeboat Station and on the adjoining beach – you will be able to experience a unique tour of the Shannon Lifeboat



Exmouth Harriers Club Challenge 2023

We reduced the number of races this year to just 4 in the hopes of getting as many Harriers members to sign up to these races and come along to 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**
4. **The Haytor Heller was cancelled due to the adverse weather** – this was meant to be the final race in the 2023 Harriers Challenge. After careful consideration we feel that the Woodbury Common Trail Run 10km (organised by the Budleigh Lions) on Sunday 3rd September is a good replacement – full details at <https://www.eventbrite.co.uk/e/lions-10k-trail-run-woodbury-common-03092023-tickets-499588381297>

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

22nd Jul. 2023	Sat.	Sharpham Estate parkrun, near Totnes	Permanent paths and Trail paths	https://www.parkrun.org.uk/sharphamestate/	Harriers latest parkrun "tourism" around Devon
22nd Jul. 2023	Sat. from 12.30pm	Harriers Summer Members Social on The Maer Local Nature Reserve in Exmouth	Bring your own food & drink	Click here for location	Summer social get-together on the Maer from 12.30pm – bring your own food & drink
26th July 2023	Wed.	Postbridge Pootle Fell Race	Multi-terrain	https://www.entrycentral.com/postbridge23	Dartmoor Fell Race Series
1st Aug. 2023	Tue.	Run Exe 5km (5th of 6 in 2023 Summer series)	Tarmac Paths	https://www.city-runs.co.uk/run-exe-5k	A fast / flat 5km – a good chance of a pb
6th Aug. 2023	Sun.	Totnes 10km	Multi-terrain	https://www.teignbridgegetrotters.co.uk/our-races/totnes-10k	A Harriers favourite race; some tricky & hilly off-road sections
6th Aug. 2023	Sun.	City Runs 3 Person / 3 Hour Relay at Exeter Arena	Track & off-road	https://www.city-runs.co.uk/3-hour-relay	3 hour relay, teams running as many laps as they can
6th Aug. 2023	Sun.	RNLI Exmouth / Budleigh Runs 4 or 11 miles social runs	Multi-terrain	See flyer on previous page for details – in aid of Exmouth RNLI	Jointly hosted by Budleigh Runners & Exmouth Harriers
9th Aug. 2023	Wed.	Yeovilton 5k – (5th in the 6 race series)	Road	https://www.fullonsport.com/event/ytrrc-5k-summer-series-2023-race-5/profile	One of the flattest 5km courses around
9th Aug. 2023	Wed.	Ivybridge 3 Tops	Multi-terrain	https://www.ernevallheyharriers.co.uk/ivybridge-3-tops/	Dartmoor Fell Race Series
11th Aug. 2023	Fri.	South Devon AC Relays at Torbay Velopark	Tarmac track	https://www.fullonsport.com/event/south-devon-3k-relays/profile	This is a 4x3 Kilometre (approx) road relay over an out and back lap of the circuit at the Torbay Velopark
12th Aug. 2023	Sat.	Sticklepath Horseshoe Fell Race	Multi-terrain	https://www.fellrunner.org.uk/races/8f5138a0-4305-49a4-87ae-452442a3cad7	Dartmoor Fell Race Series
19&20 Aug 2023	Sat&Sun	REds PlymTrail Ultras	Multi-terrain	https://www.evententry.co.uk/running-events-devon-2023-plym-trail-summer-day-1	Various distances available

23rd Aug. 2023	Wed.	Great Link Tor Fell Race	Multi-terrain	https://swfellrunners.uk/event/great-links-tor-flyer-dartmoor-fell-series-running-hill-race/	Dartmoor Fell Race Series
26th Aug. 2023	Sat.	Dartmouth Regatta Road Race 5.1 Miles	Road	https://www.dartmouthathletics.club/regatta	Great race but very hilly
28th Aug. 2023	Mon.	Lustleigh Show 10km	Multi-terrain	https://www.timeoutdoors.com/events/lustleigh-10k-run	Renowned locally as one of the most challenging multi-terrain courses in the local running calendar.

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

Saturday 8th July - Otter Rail & River 10km at Tipton St John

The sun shone for the 4 Harriers who raced in this tough multi-terrain race superbly hosted by the Tipton St John Playing Field Association. **Tom Merson** stormed through the field finishing over 2 minutes and 30 seconds ahead of the 2nd place finisher. **Jenny Reay** continued her recent splendid racing form and was the 1st W55 finisher. **Alice Thomas & Liz Michaelson** ran excellent times on a very tricky course.

1st	Tom Merson	35.39
42nd	Jenny Reay	48.50 1st W55
55th	Alice Thomas	50.26
102nd	Liz Michaelson	58.55



Alice, Tom & Liz before the start



Tom striding out in the lead of the Otter Rail & River 10km

Saturday 8th July – Lakeland Trails Ultra 100km

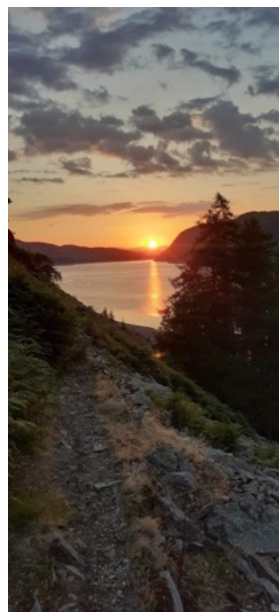
Terry McKie tackled this iconic trail run with a midnight start in Ambleside encompassing the finest trails the Lake District has to offer. The route included 5 mountain passes with 10,500 feet of ascent along with 8 well-stocked feed stations. The challenge is to finish back at Ambleside within the 23 hour time limit.

Terry finished in just under 22 hours and he was really pleased as he had to withdraw from the 2022 event at 70km due to an injury. **Terry** said after finishing the 2023 challenge “I cracked it! 100km 10,500 ft elevation and bags of beautiful scenery! Weather good: a still night, a bit blowy on the tops, some sunshine, some thunder & lightning plus rain to help keep everything interesting. A superb challenging adventure”

Terry McKie 21 hours 52 minutes 17 seconds



Terry with his prized 100km Ultra trophy



Amazing Lakeland scenery

Saturday 9th July – Cosdon Hill Fell Race

Hugh Marsden and **Dawn Teed** ran in tricky underfoot conditions in the latest race in the 2023 Dartmoor Fell Race series. The approximate 5km race started and finished at Belstone on the northern edge of Dartmoor. There was a climb of around 300m to the beacon at the top of Cosdon Hill over rough open terrain.

21st	Hugh Marsden	41.03	2nd M60
42nd	Dawn Teed	66.17	2nd W60

Friday 14th July - Chudleigh Carnival Road Race (5.5 miles)

Tom Packer was the only Harrier in this challenging hilly road race that started & finished outside the Parish Church. It ran through the town before heading out onto the lanes around Chudleigh with approximately 1.5 miles of climb.

12th	Tom Packer	36.07
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Saturday 15th July - REDs Ice Cream Challenge - (5.3km laps on the Budleigh Trail)

After 2 weeks of little running since he completed the Jurassic Coast 100 Miles **Chris Murrin** tackled his 119th Marathon by completing 8 laps of the REDs event on the Budleigh Trail and amazingly he finished in just over 4 hours. **Chris** is now preparing for his 120th marathon in four weeks time.

5th **Chris Murrin** 4.05.18

Saturday 15th July - Blackdown Beauty (11.7 miles)

Four Lady Harriers ran together in this “social” run in the wonderful countryside of the Blackdown Hills. There was a cream tea ½ way, sounds idyllic, hopefully it was cream first!

Sue Hill, Kay Douglas, Amanda McCann & Louise Hempstead 2.45.00

Sunday 16th July - REDs Ice Cream Challenge – Exmouth (5.3km laps on the Budleigh Trail)

In Sunday’s REDs event **Lisa Hatchard** ran eight 5.3km laps of the Budleigh Trail to complete a Marathon whilst **Adrian Vanstone** completed twelve laps and **Hannah Bown** thirteen laps. This was all part of **Adrian & Hannah’s** build-up for next months Gloucester Invitational 24 hour track race.

(8 laps) Marathon **Lisa Hatchard** 4.21.37

(12 laps) 39.8 miles **Adrian Vanstone** 6.44.41

(13 laps) 43.28 miles **Hannah Bown** 6.52.01



Hannah, Lisa & Adrain in the REDs Ice Cream Challenge

Sunday 16th July - Haldon 10 Mile Trail Run

Matt Harrison raced this really tough hilly multi terrain race at Haldon Forest. He said afterwards “this was potentially my hardest race, it was brutal, I don’t think there was one bit of flat”.

3rd **Matt Harrison** 1.25.10



Matt after the Haldon 10 Mile Trail Run

Sunday 16th July - Dalwood Fayre Off-Road 10km

Simon Minting ran in this very hilly multi-terrain run through the Blackdown Hills with a challenging but stunning route through this area of outstanding natural beauty. **Simon** continued his recent cracking form over the hills finishing in 2nd place overall. All runners were rewarded with tea and cake at the finish line.

2nd **Simon Minting** 41.29

Sunday 16th July - Exe Estuary Races

Kelly Thomas & Ben Shaw ran in Winding Paths event around the Exe Estuary with **Ben** opting for the 13.1 mile event and **Kelly** going for the 26.2 mile event. Both ran fantastic races with **Kelly** finishing in 2nd place overall in the marathon and **Ben** was 9th in the 1/2 marathon.

Marathon - Dawlish to Budleigh Salterton

2nd **Kelly Thomas** 3.51.47 (2nd Lady finisher)

1/2 Marathon - Topsham to Budleigh Salterton

9th **Ben Shaw** 1.51.4



Kelly with her Exe Estuary Marathon Troph

Wednesday 19th July – City Runs Exeter 10km

On a very warm but windy evening 6 Harriers started and 5 finished on Exeter Quay (Alison White dropped out due to breathing problems). Fast times for everyone especially on a course with some dodgy underfoot conditions.

3rd	Oli White	34.27	1st M35
20th	Josh Sale	37.27	9th SM
42nd	Craig Butler	39.47	4th M50
76th	Jenny Reay	44.31	2nd W60
95th	Andy Johnson	46.38	2nd M60



Harriers at City Runs Exeter 10km

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)
ColyTEN 15 OCTOBER	DROGO 10 12 NOVEMBER
WESTDOWN WANDER 26 NOVEMBER	

Up-to-date Instep Devon Championship standings 10 races (including the Umborne Ug & Run Exe 5km) – 3 races to complete the 2023 Championship. Exmouth Harriers are doing really well in all categories; full details at :- <https://instepdevon.org.uk/> - the final three races are the **ColyTEN**, the **Drogo 10** and the **Westdown Wander**. Below are the current rankings after 10 events for the male & female individuals plus the male & female teams.

2023 INDIVIDUAL RESULTS

MALE:

- 1st – OLIVER WHITE OF EXMOUTH HARRIERS – 496 PTS
- 2nd – SCOTT JAMIESON OF EXMOUTH HARRIERS – 484 PTS
- 3rd – JAMIE HOWARD OF SWRR – 483 PTS

FEMALE:

- 1st – CATHY NEWMAN OF EXMOUTH HARRIERS – 488 PTS
- 2nd – JENNY REAY OF EXMOUTH HARRIERS – 487 PTS
- 3rd – SUZIE TOSH OF SWRR - 481 PTS

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

MALE CLUB TEAMS:

- 1ST – SOUTH WEST ROAD RUNNERS- 2898 PTS
- 2ND – EXMOUTH HARRIERS – 2001 PTS
- 3RD – AXE VALLEY RUNNERS – 1557 PTS
- 4TH – TIVERTON HARRIERS – 1016 PTS
- 5TH – HONITON RUNNING CLUB – 913 PTS
- 6TH – EXETER HARRIERS – 835 PTS
- 7TH – DAWLISH COASTERS – 595 PTS
- 8TH – CREDITON RUNNING NETWORK – 0 PTS

FEMALE CLUB TEAMS :

- 1ST – SOUTH WEST ROAD RUNNERS – 2613 PTS
- 2ND – EXMOUTH HARRIERS – 1991 PTS
- 3RD – AXE VALLEY RUNNERS – 1888 PTS
- 4TH – HONITON RUNNING CLUB – 843 PTS
- 5TH – DAWLISH COASTERS – 727 PTS
- 6TH – TIVERTON HARRIERS – 527 PTS
- 7TH – WOMEN ON THE RUN – 221 PTS
- 8TH – CREDITON RUNNING NETWORK – 0 PTS
- 8TH – EXETER HARRIERS – 0 PTS

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

Hayley Johns is 8th Senior Female

Emma White is 3rd W35, **Hannah Bown** is 7th

Cathy Newman is 1st W55, **Jenny Reay** is 2nd

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

Oli White is the leading Senior Male, **James Kelly** is 6th

Scott Jamieson is the 2nd M40, **Tom Packer** is 7th

Craig Butler is 8th M50

Jimmy Joy is 2nd M60

Bob Minting is 7th M70

26 Harriers at various parkruns on 08/07/2023

Oli White was the quickest Harrier in 16.55 at Exmouth plus 1st finisher & Cathy Newman was the quickest Lady Harrier in 19.39 at Exmouth plus 1st Lady finisher

Didcot

30th	Andy Johnson	22.09
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Warwick Racecourse

75th	Darren Powell	24.31
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Exmouth

1st	Oli White	16.55
4th	Scott Jamieson	17.44
8th	Josh Sale	18.08
24th	Anthony Hatchard	19.30
27th + 1st Lady	Cathy Newman	19.39
30th	David Snook	19.53
46th	Jon Garitty	21.25
54th	Jon Mill	21.48
69th	Sam Lander	22.35
70th	Emma White	22.48
81st	Ben Ogden	23.22
88th	Bob Minting	23.46
124th	Nicola Kelly	24.56
141st	Kay Douglas	25.35
169th	Sarah Baldwin	26.27
202nd	Amy Tew	27.24
208th	Steve Morgan	27.34
213th	Carly Miller	27.42
259th	May Argyle-Lander	29.22
343rd	Ray Elston	34.10
344th	Des White	34.11
345th	Alison White	34.11
363rd	Nigel Dupain	35.04
404th	Jill Dupain	39.25

The following Harriers volunteered at Exmouth parkrun on 08/07/2023

May Argyle-Lander, Craig Butler, Lucy Craven, Nigel Dupain, Sam Lander, Jane MacDonald, Jon Mill, Kelly Thomas

The following Harriers volunteered at the Phear Park Junior parkrun on 09/07/2023

Sarah Baldwin, Holly Clements, Jill Dupain, Nigeel Dupain, Amanda McCann, Simon Minting, Nathan Sheehy, David Snook, Les Turner

24 Harriers at various parkruns on 15/07/2023

Joah Sale was the quickest Harrier in 17.57 at Exmouth, Jenny Reay was the quickest Lady Harrier in 21.28 at Exmouth.

Minehead

107th	Tom Handley	38.39
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Killerton

25th	Andy Johnson	22.11
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Berkeley Green

11th	Steve Morgan	22.13
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University Parks

156th	Darren Powell	25.35
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Exmouth

4th	Josh Sale	17.57
7th	Tom Packer	18.52
20th	Scott Jamieson	19.58
26th	Jon Mill	20.50
33rd	Mike Musgrove	21.19
35th	Chris Dupain	21.24
38th	Simon Beer	21.27
39th	Jenny Reay	21.28
41st	Dana Kalin	21.38
49th	Jon Garitty	21.55
77th	Graham Gunn	23.40
87th	Paula Hawkins	24.06
90th	Bob Minting	24.14
150th	Sarah Baldwin	26.49
192nd	Joan Mason	28.19
217th	Carly Miller	29.11
258th	May Argyle-Lander	30.48
279th	Keith Flack	31.48
289th	Jason Hill	32.25
318th	Nigel Dupain	35.03

The following Harriers volunteered at Exmouth parkrun on 15/07/2023

Craig Butler, Nigel Dupain, Jason Hill, Scott Jamiesson, Stan Mason, Cathy Newman

The following Harriers volunteered at Phear Park Junior parkrun on 16/07/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Joan Mason, Amanda McCann, Dvid Snook

Photo Gallery – some recent fun photos



A recent Harriers beach & coastal path training session



Hannah & the Harriers “Sports Day” teams at St Peters School



Ray & his recovery team in a recent run on the seafront



Ray & his recovery teams in recent runs & the NHS75 parkrun on the Exmouth seafront

Local events in September 2023

September

Sun 3rd	Bridgwater 1/2M, 10km & 5km
Sun 3rd	Woodbury Common Trail Run (4th in the Harriers 2023 challenge)
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 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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