

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 48

2nd August 2023

(The next edition is due out on Wednesday 16th August 2023)



Harriers doing a bit of Devon parkrun tourism at Sharpham Estate recently

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 good turnout for the July Harriers parkun tourism event at Sharpham Estate (near Totnes) on Saturday 22nd July – there is some talk about the August one being at Teignmouth - Craig will be putting out more details in the near future regarding sharing lifts etc..

Unfortunately we had to postpone our 2023 Harriers Summer Members Social on Saturday 22nd July at the Maer Local Nature Reserve due to the awful weather conditions. We are looking to re-arrange it for a date in early – mid September when the kids are back at school as that's usually when the weather improves.

Other important 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 was on **Thursday 27th July results are listed later in this Newsletter**– the final two Time Trials will be on **Thursday 24th August starting at 7.15pm and Thursday 14th September probably starting at 7pm or earlier as the evening start drawing in.** For those who haven't experienced it yet 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 over the next few weeks.

Message from Hannah regarding new Harriers Vest & T-Shirts

The initial order for the new Scimitar “reasonably priced” light weight vests & T-shirts has gone in; we are hoping to receive them in early September. If others want a “new style” vest or t-shirt we can do further orders later.

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

The RNLI is the charity that saves lives at sea
The Royal National Lifeboat Institution (RNLI) is a charity registered in Scotland (SC01855) and in England (1042917). Its headquarters are at Burnley, Lancashire, UK. It also has offices in Exmouth, Devon, UK. It is a member of the RNLI Group of Charities, which also includes the RNLI Lifeboat Museum, Exmouth, Devon, UK.

Photo: Stephen Quince

Registered with FUNDRAISING REGULATOR



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. **Woodbury Common Trail Run 10km organised by the Budleigh Lions - Sunday 3rd September** (this is a replacement for the Haytor Heller that was postponed due to the incement weather) it is the final race in the 2023 Harriers Challenge – 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

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
6th Aug. 2023	Sun.	Totnes 10km	Multi-terrain	https://www.teignbridgetrotters.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.ernevall eyharriers.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	
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
24th Aug. 2023	Thu.	Harriers Sandy Bay Time Trail (approx. 5km)	Multi-terrain	A Harriers event – start at 7.15pm at Foxholes car park	The 5th of our 6 Summer Time Trials
26th Aug. 2023	Sat.	Dartmouth Regatta Road Race 5.1 Miles	Road	https://www.dartmouthathletics.club/regatta	Great race but very hilly

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

Saturday 15th July - Race for Life 5km & 10km at Westpoint, Exeter

Well done to the Dupain/White/Bown family who were out in force running for the life-saving Cancer Research UK charity over a route that followed paths and fields around the Exeter showground. The terrain was a mix of road, tarmac pathways and grass, Lyla was the star on the day as she ran all the way around the 5km course.

5km

Emma & Lyla White	37.54
Jill Dupain	39.30

10km

Hannah & Ellis Bown	47.57
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Saturday 22nd July – Harriers Devon parkrun Tourism at Sharpham Estate

Eight Harriers decided to take a trip to Totnes to take part in a relatively new parkrun at Sharpham Estate running on a very undulating footpath alongside the beautiful River Dart. Afterwards they thoroughly enjoyed a delicious parkrun breakfast at The Steam Packet Inn just a 5 minute walk from the finish.

1st	Oli White	17.11
7th	Craig Butler	20.46
18th	Jon Garitty	22.37
23rd	Terry McKie	23.43
31st	Scott Jordan	24.52
51st	Sarah Baldwin	28.13
52nd	Alison White	28.29
57th	Des White	29.15



Harriers ready for some tourism in Totnes followed by a parkrun breakfast

Sunday 23rd July - Helena Tipping 10km

Steve Morgan travelled a few hundred miles north to compete in a super quick 10km on the outskirts of Wrexham towards the rural border with Cheshire. Luckily the rain held off for the race, **Steve** was really pleased to record his fastest 10km time for 11 years finishing in 299th overall and 4th M65 in 45.48

299th **Steve Morgan** 45.48 4th M65



Steve flying in Wrexham

Wednesday 26th July – Postbridge Pootle

Dawn Teed and Hugh Marsden continued their participation in the 2023 Dartmoor Fell Race Series in this self-navigating 10.5km Moorland run with 270m of climb that started and finished next to the famous clapper bridge.

The 73 runners took a forest track onto broken ground to Braddon Lake then a sharp but runnable incline to Braddon Tor followed by a circuit with a few small valleys for Lower White Tor, Higher White Tor and Longaford Tor. The run to the finish passed the historic Powder Mills farm into Bellever Woods with a straight forest track to the finish.

35th **Hugh Marsden** 61.15 3rd M60
69th **Dawn Teed** 88.40 4th W50

Scoring in the 2023 series is the best 9 events out of 12. With 4 races left in the series **Dawn and Hugh** are in contention for age-group trophies (W50 for Dawn & M60 for Hugh).

The final races are :-

9th August - **Ivybridge 3 Top**

23rd August - **Great Links Tor Flyer**

13th September - **“Surprise Course” Fell Race**

30th September - **East Mill Tor Loop**

Tuesday 1st August – Run Exe 5km (5th race in the 6 race series)

On yet another extremely wet evening a number of Harriers raced their socks off around the 2 laps of this challenging course alongside the River Exe and around the Exwick Playing Fields. It is incredible how many fast times were run in such awful conditions, well done all of you.

7th	Oli White	15.50	1st M35
66th	Craig Butler	19.36	3rd M50
75th	Hannah Bown	20.06	1st W40
76th	Ellis Bown	20.07	2nd MU13
86th	Jimmy Joy	20.55	2nd M60
102nd	Steve Morgan	22.17	1st M65
103rd	Andy Johnson	22.25	6th M55
109th	Scott Jordan	23.32	6th M50
128th	Alison White	27.18	1st W65



Ready for the start



Coming to the end of the 1st lap



Flying finishes from everyone – it's only a bit of water!



2023 Instep Devon Championship

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

38 Harriers at various parkruns on 22/07/2023

Oli White was the quickest Harrier in 17.11 at Sharpham Estate and was 1st Finisher, Jenny Reay was the quickest Lady Harrier in 23.31 at Wendover Woods.

Forest of Dean

70th	Emma White	33.04
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Minehead

88th	Tom Handley	34.59
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Eden Project

105th	James Kelly	24.50
177th	Emily Kelly	30.24
178th	Nicola Kelly	30.25
179th	Alice Kelly	30.25

Winchester

10th	Piers Benton	18.35
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Seaton

3rd	Dave Stone	19.09
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Fountains Abbey

141st	Steve Morgan	24.30
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Hartlands

14th	Hugh Marsden	21.51
63rd	Dawn Teed	27.43

Wendover Woods

21st	Jenny Reay	23.31
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Teignmouth Promenade

222nd	Ray Lewis	41.16
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Sharpham Estate

1st	Oli White	17.11
7th	Craig Butler	20.46
18th	Jon Garitty	22.37
23rd	Terry McKie	23.43
51st	Sarah Baldwin	28.13
52nd	Alison White	28.29
57th	Des White	29.15

Exmouth

7th	Simon Minting	17.37
8th	Langdon Williams	17.47
11th	Josh Sale	18.00
18th	Adam Miller	19.10
42nd	David Snook	20.43
62nd	Andy Johnson	22.26
67th	Tim Thompson	22.38
83rd	Graham Gunn	23.09
96th	Bob Minting	23.49
121st	Jon Mill	24.50
132nd	Kevin Doyle	25.20
169th	Darren Layard	26.34
198th	Amanda McCann	27.15
259th	Carly Miller	29.20
289th	May Argyle-Lander	30.29
343rd	Keith Flack	33.28
358th	Mike Keep	34.34
361st	Nigel Dupain	34.59

The following Harriers volunteered at Exmouth parkrun on 22/07/2023

Darren Bradley, Nigel Dupain, Joan Mason, Stan Mason, Jon Mill, Nathan Sheehy

The following Harriers volunteered at Phear Park Junior parkrun on 23/07/2023

Sarah Baldwin, Holly clenets, Jill Dupain, Nigel Dupain, Joan Mason, Amanda McCann, David Snook

29 Harriers at various parkruns on 29/07/2023

Josh Sale was the quickest Harrier in 17.45 at Exmouth & Cathy Newman was the quickest Lady Harrier in 20.07 at Killerton plus 1st Lady finisher

Didcot

30th	Andy Johnson	22.59
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Killerton

2nd	Anthony Hatchard	18.06
11th & 1st Lady	Cathy Newman	20.07
87th	Lisa Hatchard	26.14

Seaton

3rd	Dave Stone	18.58
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Birkenhead

50th	Jenny Reay	21.00
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Rutland Water

7th	Tom Packer	18.54
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Teignmouth Promenade

245th	Ray Lewis	39.54
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St Mary's, Bridport

9th	Hugh Marsden	21.51
58th	Dawn Teed	28.21

Cranbrook Country Park

16th	Hannah Bown	21.22
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Edenbrook Country

86th	Bob Minting	24.50
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Exmouth

4th	Josh Sale	17.45
8th	Chris Dupain	19.09
34th	Adam Miller	20.58
47th	Steve Morgan	21.55
51st	Andy Place	22.10
67th	Graham Gunn	22.40
91st	Paula Hawkins	23.41
94th	Anthony Lees	23.43
97th	Kevin Doyle	23.49
134th	Kay Douglas	25.27
137th	Darren Powell	25.29
192nd	Sarah Baldwin	27.09
267th	Keith Flack	29.47
319th	May Argyle-Lander	32.10
361st	Mike Keep	34.23
377th	Nigel Dupain	35.08
418th	Jill Dupain	39.49

The following Harriers volunteered at Exmouth parkrun on 29/07/2023

Craig Butler, Nigel Dupain, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 30/07/2023

Sarah Baldwin, Hannah Bown, Jill Dupain, Nigel Dupain, Joan Mason, Amanda McCann, Nathan Sheehy

Photo Gallery – some recent fun photos



Ray & his recovery teams in recent runs 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)
Thu 14th	Harriers Sandy Bay Time Trial (last in the 2023 Summer 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

AUG 9 Ivybridge 3 top, Ivybridge rugby club

AUG 23 Great Links Tor – flyer, Fox and Hounds, Bridestow

SEP 13 Surprise Course Fell Race - ?????

SEP 30 East Mill Tor Loop, Belstone



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