

# EXMOUTH HARRIERS

[www.exmouthharriers.co.uk](http://www.exmouthharriers.co.uk)

## Club Newsletter – Number 49

16th August 2023

(The next edition is due out on Wednesday 30th August 2023)



Adrian & Hannah before the start of the Gloucester 24 Hour Track Race

### 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

Send any reports, articles or photos for inclusion in future newsletters to [des.white@btinternet.com](mailto:des.white@btinternet.com)

**We are hoping to hold the 2023 Harriers Summer Members Social in early – mid September when the weather improves. Watch this space for details.**

**Due to loads of people being away on holiday we have decided to put the Harriers parkun tourism around Devon on hold for August. There is some talk about the September one being at Teignmouth - Craig will be putting out more details in the near future regarding sharing lifts etc..**

### 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 Exmouth Railway Club**

**Sunday 4th February 2024 – Exmouth Express 5 Miles**

Thanks to Nigel for organising the **2023 Harriers Sandy Bay Time Trials** the 5th one will be on **Thursday 24th August starting at 7.15pm** and the 6th & final one for 2023 will be on **Thursday 14th September probably starting at 7pm or earlier as the evenings start drawing in.**

### **Message from Hannah regarding new Harriers Vest & T-Shirts**

We are hoping to receive the initial order in early September. If anyone else wants a “new style” vest or t-shirt we can do further orders later.

Many thanks to everyone who ran in the 2023 **RuN for LIfe** social / training run with Budleigh Runners and other local runners on Sunday 6th August. It was great fun and we collected just over £500 in donations for the the Exmouth RNLI. We are hoping to have some more joint events with Budleigh Runners in the near future please let us know if you have any ideas for future events.

**Run Exe 5km 2023 Series Standings** - with 1 race to go in the 2023 series there are 7 Harriers in contention for age-group podium places :-

**Cathy Newman 1st W60**

**Jenny Reay 3rd W60**

**Alison White 1st W65**

**Oliver White 1st M35**

**Mike Musgrove 3rd M50**

**Andy Johnson 2nd M55**

**Jimmy Joy 2nd M60**

All the best to everyone who is running in the final race on Tuesday 5th September at Exwick.

We are looking to have a big turn-out (of Ladies) in the **Newton Abbot Ladies 10km on Sunday 24th September**; the scenic course follows undulating rural lanes throughout, with little traffic, and passes through the local hamlets of Ogwell and Denbury. If you are free that day please have a look at the details and enter at <https://www.teignbridgetrotters.co.uk/our-races/ladies-10k>



### **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 inclement 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>

### **Dates and venues for the Westward League Cross Country 2023 – 2024**

**Sunday 8th October – Plymouth (Newnham Park)**

**Sunday 19th November – Newquay**

**Sunday 10th December - Exeter (inc. Devon Cross Country Champs.)**

**Sunday 14th January – Westward Ho!**

**Sunday 11th February – Plymouth (Central Park)**

**Sunday 3rd March – Redruth**

**Harriers will be entering Ladies & Mens teams – further details to follow.**

Traditionally we have always done very well in these races – it would be good to see strong teams out in every race.

**Up & Coming 2023 Races etc. – other later races etc. in 2023 are at the end of this Newsletter**

19&20 Aug 2023	Sat&Sun	REDS PlymTrail Ultras	Multi-terrain	<a href="https://www.evententry.co.uk/running-events-devon-2023-plym-trail-summer-day-1">https://www.evententry.co.uk/running-events-devon-2023-plym-trail-summer-day-1</a>	Various distances available
23rd Aug. 2023	Wed.	Great Link Tor Fell Race	Multi-terrain	<a href="https://swfellrunners.uk/event/great-links-tor-flyer-dartmoor-fell-series-running-hill-race/">https://swfellrunners.uk/event/great-links-tor-flyer-dartmoor-fell-series-running-hill-race/</a>	<b>Dartmoor Fell Race Series</b>
24th Aug. 2023	Thu.	<b>Harriers Sandy Bay Time Trail (approx. 5km)</b>	Multi-terrain	<b>A Harriers event – start at 7.15pm at Foxholes car park</b>	<b>The 5th of our 6 Summer Time Trials</b>
26th Aug. 2023	Sat.	Dartmouth Regatta Road Race 5.1 Miles	Road	<a href="https://www.dartmouthathletics.club/regatta">https://www.dartmouthathletics.club/regatta</a>	Great race but very hilly
3rd Sep. 2023	Sun.	Woodbury Common Trail 10km Run	Multi-terrain	<a href="https://www.eventbrit.co.uk/e/lions-10k-trail-run-woodbury-common-03092023-tickets-499588381297">https://www.eventbrit.co.uk/e/lions-10k-trail-run-woodbury-common-03092023-tickets-499588381297</a>	<b>4th &amp; final race in the Harriers 2023 challenge</b>
3rd Sep. 2023	Sun.	Bridgwater 1/2M, 10km & 5km	Road	<a href="https://www.bridgwaterhalfmarathon.co.uk/">https://www.bridgwaterhalfmarathon.co.uk/</a>	Fast course – good quality field
3rd Sep. 2023	Sun.	Winding Paths City 2 Sea - Marathon (starts at Exeter Quay) & ½ Marathon (starts at Dawlish Warren)	Multi-terrain	<a href="https://www.windingpaths.co.uk/city-to-sea/">https://www.windingpaths.co.uk/city-to-sea/</a>	Both finish on Babbacombe Downs, Torquay
5th Sep. 2023	Tue.	Run Exe 5km (6th & final race in the 6 race series)	Tarmac paths	<a href="https://www.cityruns.co.uk/run-exe-5k">https://www.cityruns.co.uk/run-exe-5k</a>	Flat-ish, fast, local and very friendly event
9th Sep. 2023	Sat.	Dartmoor in a Day	Multi-terrain	<a href="https://www.climbsouthwest.com/events/dartmoor-in-a-day/">https://www.climbsouthwest.com/events/dartmoor-in-a-day/</a>	50km Ultra or 30km Challenge
13th Sep. 2023	Wed.	Yeovilton 5km	Road	<a href="https://www.yeoviltonnrrc.com/events/races/summer-5k-series-6.htm">https://www.yeoviltonnrrc.com/events/races/summer-5k-series-6.htm</a>	6th & final race in the 6 race series – very fast course
13th Sep. 2023	Wed.	Surprise Course Fell Race	Multi-terrain	<a href="https://swfellrunners.uk/event/surprise-course-fell-race/">https://swfellrunners.uk/event/surprise-course-fell-race/</a>	<b>Dartmoor Fell Race Series</b>
14th Sep. 2023	Thu.	<b>Harriers Sandy Bay Time Trail (approx. 5km)</b>	Multi-terrain	<b>A Harriers event – start at 7.00pm at Foxholes car park</b>	<b>The 6th and final of our 6 Summer Time Trials</b>
24th Sep. 2023	Sun.	Newton Abbot Ladies 10km	Road	<a href="https://www.teignbridgetrotters.co.uk/our-races/ladies-10k">https://www.teignbridgetrotters.co.uk/our-races/ladies-10k</a>	Cathy is looking to put out a Harriers team in this great local event
24th Sep. 2023	Sun.	Bradleys Exmouth 10km	Road	<a href="https://www.lmevents.org.uk/e/bradleys-exmouth-10km-spring-and-autumn-2369">https://www.lmevents.org.uk/e/bradleys-exmouth-10km-spring-and-autumn-2369</a>	LM Events race - flat & fast on Exmouth seafront

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

### **Saturday 5th August – The Green Lantern, Exeter**

**Kay, Susan & Louise** ran together in this unique circular 14 mile run which follows the Green Circle clockwise around Exeter through wooded valleys, meadows, bicycle lanes and the banks of the Exe.

54th	<b>Kay Douglas</b>	2.39.59
55th	<b>Susan Hill</b>	2.39.59
56th	<b>Louise Hempstead</b>	2.39.59

### **Sunday 6th August – Totnes 10km**

**Dawn and Hugh** competed in this popular 10km race that is mostly off road and that followed alongside the beautiful River Dart, starting and finishing in Borough Park with Hugh finishing in 1st M60 place.

46th	<b>Hugh Marsden</b>	51.09	1st M60
341st	<b>Dawn Teed</b>	73.04	7th W60

### **Sunday 6th August - Harriers at Exmouth RNLI RuN for Life**

Thirty two runners, including thirteen Harriers ran in a “social” running / walking event jointly hosted by Budleigh Runners & Exmouth Harriers in aid of Exmouth RNLI. There was a choice of 11 mile or 5 mile courses taking in the Budleigh Cycle Trail and the South West Coast path. The event coincided with the Exmouth RNLI Open Day, everyone finished at the Lifeboat station on Exmouth seafront and they were cheered as they crossed the finish line by the RNLI volunteers with over £500 collected in donations for the Exmouth RNLI.

Many thanks to the Harriers who ran for Exmouth RNLI:-

<b>Alison White</b>	<b>Lisa Hatchard</b>	<b>Lisa Boyd</b>	<b>Derek Johnson</b>	<b>Jason Hill</b>
<b>Nigel Dupain</b>	<b>Jill Dupain</b>	<b>Craig Butler</b>	<b>Adrian Barton</b>	<b>Kevin Doyle</b>
<b>Neil Collins</b>	<b>Amy Tew</b>	<b>Harriet Lyons</b>		

We are hoping to have more joint events between Budleigh Runners & Exmouth Harriers in the near future – watch this space for details.



**Harriers & Budleigh Runners plus friends at the two starts of the Run for Life**





Harriers & Budleigh Runners plus friends at the finish of the Run for Life

### Wednesday 9th August - Ivybridge 3 Tops Fell Race

Three Harriers ran in this 10km fell run with 450m of climb taking in Western & Ugborough Beacons that offering stunning views over the South Hams. **Sam Kelly** was the first Harrier to finish in 1st place overall in an amazing time of 42.58; **Hugh Marsden** was the next Harrier to finish in 61.35 and he was the 2nd M60 to finish followed by **Dawn Teed** in 96.03 and she was the 2nd W60 to finish.

1st	<b>Sam Kelly</b>	42.58
33rd	<b>Hugh Marsden</b>	61.35 2nd M60
74th	<b>Dawn Teed</b>	96.03 2nd W60

### Wednesday 9th August - Yeovilton 5km

**Cathy Newman & Ellis Bown** raced in this fast and slightly undulating course through country lanes around the Royal Naval Air Station. **Cathy** produced another superb performance finishing in 35th position overall (and 2nd Lady finisher) in 19.03. **Ellis** just missed his target of a sub 20 minute finishing time in a great 20.13 and he was the 2nd Junior finisher.

35th	<b>Cathy Newman</b>	19.03
52nd	<b>Ellis Bown</b>	20.13

## Saturday & Sunday 12th / 13th August - Gloucester 24 Track Race

Hats off to **Hannah Bown** and **Adrian Vanstone** who ran in this gruelling event at the Blackbridge Athletics Track in Gloucester and both produced truly outstanding performances. Not only did they take on the monumental challenge of a 24 hour track race but they had to endure an eight hour car journey from Exmouth to Gloucester on Friday after the M5 was closed for a number of hours due to a road traffic accident.

**Hannah & Adrian** were among 60 runners who started the race at 10am on Saturday and lapped the 400 metre loop on the all-weather running track for the next 24 hours (changing direction every 4 hours to reduce the wear & tear on the ankles, knees & hips). There was an aid station available with snacks, coffee, tea and soup to keep their spirits and energy reserves going throughout the 24 hours.

Both started well and kept a steady pace going for the first 12 hours, unfortunately **Adrian** had stomach cramps during the race and **Hannah** got really cold as the weather was horrendous overnight. They were both really pleased with their marvellous achievements with **Hannah** the 2nd female finisher after completing 324 laps and **Adrian** was 15th male finisher completing 326 laps - both completed 85 miles.

**Hannah** said afterwards "I'm going to stick to shorter stuff like marathons for a while now".

**Adrian** said afterwards "I'll certainly never forget it!!!!"



Adrian & Hannah just before & just after the start of the Gloucester 24 Hour Track Race



## 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)
<b>ColyTEN 15 OCTOBER</b>	<b>DROGO 10 12 NOVEMBER</b>
<b>WESTDOWN WANDER 26 NOVEMBER</b>	

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



## **27 Harriers at various parkruns on 05/08/2023**

Sam Kelly was the quickest Harrier in 17.34 at Parke and was 1st Finisher, Cathy Newmn was the quickest Lady Harrier in 19.49 at Exmouth.

**If your name doesn't appear in this list please make sure that you have Exmouth Harriers as your club in your parkrun account otherwise we can't pickup your results from the consolidated results each week.**

### **Killerton**

92nd	Bob Keast	29.01
------	-----------	-------

### **Didcot**

32nd	Andy Johnson	23.19
------	--------------	-------

### **East Grinstead**

81st	Dawn Teed	30.08
------	-----------	-------

### **Keswick**

37th	Jenny Reay	20.43
------	------------	-------

### **Parke**

1st	Sam Kelly	17.34
-----	-----------	-------

### **Frogmary Green Farm**

168th	Tom Handley	63.58
169th	Kaz Handley	63.58

### **Exmouth**

2nd	Josh Sale	17.43
3rd	Anthony Hatchard	17.46
5th	Scott Jamieson	17.51
6th	Tom Packer	17.52
22nd	Cathy Newman	19.49
32nd	Dana Kalin	20.52
35th	Adrian Barton	21.15
38th	Andy Place	21.34
39th	Tristan Kelsall-Spurr	21.45
67th	Emma White	23.05
79th	Jon Garrity	23.32
89th	Bob Minting	23.48
142nd	Sarah Baldwin	26.16
199th	Jason Hill	29.08
200th	Darren Layard	29.15
208th	Jim Comer	29.25
226th	Keith Flack	30.21
276th	May Argyle-Lander	32.51
306th	Nigel Dupain	34.30
338th	Jill Dupain	38.51

**The following Harriers volunteered at Exmouth parkrun on 05/08/2023**

May Argyle-Lander, Darren Bradley, Craig Butler, Kay Douglas, Nigel Dupain, Joan Mason, Nathan Sheehy

## **24 Harriers at various parkruns on 12/08/2023**

Piers Benton was the quickest Harrier in 17.47 at Pegwell Bay & Cathy Newman was the quickest Lady Harrier in 20.19 at Haldon Forest plus 1st Lady finisher

**If your name doesn't appear in this list please make sure that you have Exmouth Harriers as your club in your parkrun account otherwise we can't pickup your results from the consolidated results each week.**

### **Minehead**

131st	Tom Handley	51.02
-------	-------------	-------

### **Killerton**

128th	Bob Keast	30.24
-------	-----------	-------

### **Pegwell Bay**

3rd	Piers Benton	17.47
-----	--------------	-------

### **Rushmoor**

55th	Steve Morgan	23.41
------	--------------	-------

### **Exeter Riverside**

54th	Andy Johnson	22.56
------	--------------	-------

### **Haldon Forest**

4th & 1st Lady	Cathy Newman	20.19
----------------	--------------	-------

### **Central, Plymouth**

61st	Andy Place	25.21
------	------------	-------

### **Sharpham Road Playing Fields**

14th	Hugh Marsden	21.58
72nd	Dawn Teed	27.18

### **Pavilion Gardens**

17th	Jenny Reay	20.54
------	------------	-------

### **Exmouth**

3rd	James Kelly	17.48
4th	Langdon Williams	18.26
13th	David Snook	20.19
35th	Tristan Kelsall-Spurr	21.37
38th	Jon Mill	21.54
66th	Graham Gunn	23.42
91st	Bob Minting	24.39
117th	Darren Powell	25.47
167th	Nicola Kelly	27.29
169th	Hayley Kelly	27.30
178th	Jason Hill	27.46
194th	Lisa Boyd	28.14
269th	Keith flack	30.25
309th	May Argyle-Lander	32.03
332nd	Derek Johnson	33.16

**The following Harriers volunteered at Exmouth parkrun on 12/08/2023**

May Argyle-Lander, Sarah Baldwin, Darren Bradley, Derek Johnson, Joan Mason, Jon Mill

**The following Harriers volunteered at the Phear Park Junior parkrun on 13/08/2023**

Joan Mason, Amanda McCann, Jon Mill, Darren Powell, David Snook

## Photo Gallery – some recent fun photos



Harriers & Budleigh Runners plus friends at the Exmouth start of the Run for Life



Ray & his recovery teams in recent runs on the Exmouth seafront – note the Bicton Blister 2016 t-shirts

## Other Local events in September, October & November 2023

### The 2023 Dartmoor Fell Race Series - [www.swfellrunners.uk/events/](http://www.swfellrunners.uk/events/)

Final race in the 2023 race series

SEP 30 [East Mill Tor Loop, Belstone](#)

### September

Fri 29th

Exeter 3k on the track at Exeter Arena

**Sat 30th**

**East Mill Tor Loop - Final race in the 2023 Dartmoor Fell Race Series**

Sat 30th

REDs Toffee Apple Challenge on Budleigh Trail (Day 1)

### October

Sun 1st

Honiton Hippo (approx. 7 miles of mud, sweat and tears)

Sun 1st

Barnstaple Marathon & ½ Marathon

Sun 1st

REDs Toffee Apple Challenge on Budleigh Trail (Day 2)

Sun 1st

Winding Path's Budleigh Half Marathon

**Sat 7th**

**Masters 5000 at Weston-super-Mare - (over 35 year olds only)**

Sat 7th

North Coast 110 Weekend

Sun 8th

Westward League XC in Plymouth (Newnham Park)

Sun 8th

Templer Ten

Sat 14th Power Runs at Haldon (9 and 5 milers)  
**Sun 15th ColyTen – Devon Instep Race No. 11**  
 Sun 15th Bath ½ Marathon  
 Sat 21st REDs Autumn Plym Trail (Day 1)  
 Sun 22nd REDs Autumn Plym Trail (Day 2)  
 Sun 22nd Weymouth 10 Miles  
**Sun 29th Tavy 7 - inc. The Ross Shield Trophy**  
 Sun 29th Halloween 5 and 10 Miles at Exeter Quay  
 Sun 29th Winding Path's Grand Canal Canter

**November**

Wed 1st Run Exe 5 Mile on Exmouth seafront (inc. Mob Match)  
 Sat 4th Sportiva's Devon Trails Multi-distance event on Woodbury Common  
 Sun 5th Bideford 10 Miles  
 Sun 5th Cornish Marathon  
**Sun 12th Drogo 10 – Devon Instep Race No. 12**  
 Sun 19th Starcross Shuffle – 7 Hour Challenge Event  
 Sun 19th Westward League XC in Newquay  
**Sun 26th Westdown Wander – Final race in the 2023 Devon Instep series**

**Further details & more races will be listed in the next few Newsletters**



[www.exmouthharriers.co.uk](http://www.exmouthharriers.co.uk)