

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 50

30th August 2023

(The next edition is due out on Wednesday 13th September 2023)



Nicola at the Courmayeur 15km race in the Alps

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

[This is the 50th Edition of the Harriers Newsletter](#) [any ideas for changes in the future?](#)

We are hoping to hold the [2023 Harriers Summer Members Social](#) in mid September when the weather improves - watch this space for details.

The next Harriers parkun tourism around Devon is in September and probably going to be at Teignmouth - Craig will be putting out more details in the near future regarding sharing lifts etc..

Other important dates for your diaries

Thurs. 31st Aug. - the last day to notify Hannah of interest in 2024 London Marathon place

Mon. 9th Oct. – Club announces who has “won” the 2024 London Marathon club place

Sun. 29th Oct. – Tavy 7 this is where we could win the Ross Shield for the 1st team winners

Fri. 10th Nov. – Harriers AGM, venue TBD

Sun. 26th Nov. – Westdown Wander

Fri. 8th or 15th Dec. – Harriers “Christmas Do” at the Exmouth Railway Club

Sun. 4th Feb. 2024 – Exmouth Express 5 Miles

Thanks to Nigel for organising the **2023 Harriers Sandy Bay Time Trials** the 5th one was on Thursday 24th August 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.

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>

Congratulations to **Chris Murrin** for completing his **120th Marathon** at The Running Events Devon PlymTrail Marathon Challenge on Sunday 20th August in 4.28.37, he’s now got 6 or 7 more Marathons lined up for the rest of 2023



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

3rd Sep. 2023	Sun.	Woodbury Common Trail 10km Run	Multi-terrain	https://www.eventbrite.co.uk/e/lions-10k-trail-run-woodbury-common-03092023-tickets-499588381297	4th & final race in the Harriers 2023 challenge
3rd Sep. 2023	Sun.	Bridgwater 1/2M, 10km & 5km	Road	https://www.bridgwaterhalfmarathon.co.uk/	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	https://www.windingpaths.co.uk/city-to-sea/	Both finish on Babbacombe Downs, Torquay
5th Sep. 2023	Tue.	Run Exe 5km (6th & final race in the 6 race series)	Tarmac paths	https://www.city-runs.co.uk/run-exe-5k	Flat-ish, fast, local and very friendly event
9th Sep. 2023	Sat.	Dartmoor in a Day	Multi-terrain	https://www.climbsouthwest.com/events/dartmoor-in-a-day/	50km Ultra or 30km Challenge
13th Sep. 2023	Wed.	Yeovilton 5km	Road	https://www.yeoviltownrrc.com/events/races/summer-5k-series-6.htm	6th & final race in the 6 race series – very fast course
13th Sep. 2023	Wed.	Surprise Course Fell Race	Multi-terrain	https://swfellrunners.uk/event/surprise-course-fell-race/	Dartmoor Fell Race Series
14th Sep. 2023	Thu.	Harriers Sandy Bay Time Trail (approx. 5km)	Multi-terrain	A Harriers event – start at 7.00pm at Foxholes car park	The 6th and final of our 6 Summer Time Trials
24th Sep. 2023	Sun.	Newton Abbot Ladies 10km	Road	https://www.teignbridgegetrotters.co.uk/our-races/ladies-10k	Cathy is looking to put out a Harriers team in this great local event
24th Sep. 2023	Sun.	Bradleys Exmouth 10km	Road	https://www.lmevents.org.uk/e/bradleys-exmouth-10km-spring-and-autumn-2369	LM Events race - flat & fast on Exmouth seafront
24th Sep. 2023	Sun.	Berlin Marathon	Road	https://www.bmw-berlin-marathon.com/en/	Oli pounding the roads of Berlin
29th Sep. 2023	Fri.	Exeter 3k on the track at Exeter Arena	Track	https://www.city-runs.co.uk/exeter-3k	City Runs event (7.5 laps of the Exeter Arena)
30th Sep. 2023	Sat.	East Mill Tor Loop -	Multi-terrain	https://swfellrunners.uk/event/east-mill-tor-loop-series-finale-running-fellrace-uphill-fun/	Final race in the 2023 Dartmoor Fell Race Series
30th Sep. 2023	Sat.	REDs Toffee Apple Challenge on Budleigh Trail (Day 1)	Tarmac / Footpath	https://www.evententry.co.uk/	Chris Murrin doing his 121st Marathon

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

Sunday 20th August – REDs PlymTrail Ultras

Congratulations to **Chris Murrin** who completed his 120th marathon in 4.28.37 finishing in 7th place on Sunday in Running Events Devon’s Summer Plymtrail Marathon Challenge.

7th **Chris Murrin** 4.28.37

Chris has a few Marathons lined up for the rest of 2023; they are:-

30th Sept.	REDs Toffee Apple Challenge (Exmouth/Budleigh Trail)
20th Oct.	REDs PlymTrail Autumn Marathon Challenge (Yelverton)
29th Oct.	Winding Path’s Grand Canal Canter
5th Nov.	Cornish Marathon (Liskeard)
11th Nov.	Armistice Marathon (London)
12th Nov.	Remembrance Marathon (London)
9th Dec.	REDs PlymTrail Christmas Marathon Challenge (Yelverton)

Sunday 20th August – Dorset Duddle

Well done to Lisa Hatchard who took part in the Dorset Duddle; a LDWA (Long Distance Walkers Association) event on the coastal path from Weymouth to Swanage. It was 32 miles that passed over some of the most beautiful coastal scenery in England, but including some tough climbs on the way. Lisa finished in just over 9 hours and she said after finishing “The section around Durdle Door and Lulworth Cove wasn’t a duddle, I’ve never climbed so many consecutive steep hills”.



Lisa with her running buddy Mike Hoskin

Wednesday 23rd August – Great Links Fell Race

Congratulations to **Hugh Marsden** who continued his racing in the 2023 Dartmoor Fell Race series in the Great Links 6 mile race on Wednesday 23rd August. It was an evening race based around the Fox and Hounds at Bridestowe. The route had some very challenging ascents starting up Great Nodden or the Pudding Hill as it is known due to its shape the runners turned around both summit cairns and then immediately dropped into the valley followed by a straight line to Little Links Tor across very undulating ground. They then tackled a very sustained incline to Great Links Tor. With most of the ascent done there was a lovely fast track down to Arms Tor and then some contouring across to Brat Tor before a very steep flying descent back to stepping stones by the river and onto the finish at Bridestowe. **Hugh** finished in 40th position in 49.12 and he was 3rd M60. With 2 races left in the 2023 series **Hugh** is still in contention to achieve an overall series M60 podium position. 40th **Hugh Marsden** 49.12 3rd M60

The final races in the 2023 series are:-

Surprise Fell Race on Wednesday 13th September

East Mill Tor Loop on Saturday 30th September.



Great Links Tor

Thursday 24th August – Harriers Sandy Bay Time Trial

Well done to the four Harriers that took on this month's Time Trial and thank you to **Amy** for her support, the results of this year's TTs are below.

The final round of the TT is on Thurs. 14 September starting at 7pm at Foxholes to make the most of the darker evenings, hopefully a few more will take on the challenge next month.

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	28.51	-	-
Nicki Kelly	32.58	29.57	-	-	32.16	-
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	-	22.49	-	-
David Snook	-	22.35	-	-	22.51	-
Matt Harrison	-	23.16	23.27	21.58	-	-
Ben Shaw	-	24.18	23.35	-	-	-
Hannah Bown	-	25.37	-	-	-	-
Jon Garrity	-	26.15	25.38	-	-	-
Harriet Lyons	-	28.48	-	28.51	-	-
Amy Tew	-	30.56	-	-	-	-
Derek Johnson	-	DNF	-	-	-	-
Zach Powell	-	-	22.57	-	-	-
Mark Hawkins	-	-	25.09	-	-	-
Adrian Barton	-	-	25.15	24.19	-	-
Terry McKie	-	-	27.29	27.20	-	-
Kay Douglas	-	-	-	31.38	-	-
Kevin Lingard	-	-	-	31.03	-	-
Jimmy Joy	-	-	-	24.45	-	-
Cathy Newman	-	-	-	22.45	32.16	-
Lisa Boyd	-	-	-	-	33.05	-

Tuesday 29th August – ETC (Experience Trail Courmayeur) 15km race in the Alps
Nicola Kelly completed a 15km with 1,200m of height gain in the Italian Alps. She said afterwards “Thank goodness for my poles”.



Nicola in the Italian Alps



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

35 Harriers at various parkruns on 19/08/2023

James Kelly was the quickest Harrier in 17.28 at Exmouth, Jenny Reay was the quickest Lady Harrier in 20.43 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.

Minehead

95th	Tom Handley	37.36
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Didcot

29th	Andy Johnson	22.45
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Seaton

87th	Jon Garrity	24.55
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Shrewsbury

246th	Dawn Teed	28.00
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Hove

38th	Craig Butler	20.02
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Guernsey

4th	Piers Benton	19.27
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Teignmouth Promenade

211th	Ray Lewis	36.10
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Haldon Forest

3rd	Simon Minting	18.47
64th	Bob Keast	29.30

Exmouth

2nd	James Kelly	17.28
6th	Josh Sale	18.25
7th	Jamie Pearson	18.34
12th	Tristan Kelsall-Spurr	19.50
20th	Jimmy Joy	20.30
24th	Jenny Reay	20.43
29th	Dana Kalin	21.09
30th	Andy Place	21.09
32nd	Oli White	21.12
68th	Jon Mill	22.57
72nd	Graham Gunn	23.02
74th	Darren Powell	23.12
78th	Emma White	23.21
96th	Sam Lander	24.08
110th	Bob Minting	24.36
168th	Darren Layard	26.34
215th	Amanda McCann	27.59
220th	Sarah Baldwin	28.09

225th	Hayley Kelly	28.19
274th	Carly Miller	30.19
329th	Keith Flack	32.06
337th	May Argyle-Lander	32.47
345th	Nigel Dupain	33.06
371st	Ray Elston	34.49
372nd	Des White	34.49
373rd	Alison White	34.50

The following Harriers volunteered at Exmouth parkrun on 19/08/2023

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

The following Harriers volunteered at the Phear Park Junior parkrun on 20/08/2023

Sarah Baldwin, Holly Clements, Joan Mason, Amanda McCann, Jon Mill, Darren Powell, David Snook, Emma White

30 Harriers at various parkruns on 26/08/2023

Oli White was the quickest Harrier in 16.36 and was 1st finisher at Exmouth, Adam Miller was 1st finisher at Frogmary Green Far & Cathy Newman was the quickest Lady Harrier in 20.31 at Sharpham Estate 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.

Exeter Riverside

52nd	Andy Johnson	22.44
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Teignmouth Promenade

232nd	Ray Lewis	35.05
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Frogmary Green Farm

1st	Adam Miller	19.06
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Sharpham Estate

5th & 1st Lady	Cathy Newman	20.31
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Exmouth

1st	Oli White	16.36
3rd	James Kelly	16.54
10th	Simon Minting	17.39
14th	Dave Stone	18.24
22nd	Tom Packer	18.49
37th	Tristan Kelsall-Spurr	19.56
40th	Scott Jamieson	20.02
42nd	Jon Mill	20.08
49th	Jenny Reay	20.49
51st	Hannah Bown	21.14
68th	Chris Dupain	22.05
82nd	Jon Garrity	22.50
85th	Kevin Doyle	22.54
93rd	Sam Lander	23.08
121st	Des White	24.21
162nd	Bob Minting	26.15
169th	Hayley Kelly	26.25

177th	Joan Mason	26.43
186th	Sarah Baldwin	26.55
200th	Tim Thompson	27.11
221st	Lisa Boyd	27.40
257th	Darren Layard	28.28
311th	Amanda McCann	30.23
365th	May Argyle-Lander	32.10
377th	Nigel Dupain	32.47
445th	Richard Pyle	37.49

The following Harriers volunteered at Exmouth parkrun on 26/08/2023

Darren Bradley, Craig Butler, Chris Dupain, Nigel Dupain, Keith Flack, Scott Jamieson, Alison White

The following Harriers volunteered at the Phear Park Junior parkrun on 27/08/2023

Sarah Baldwin, Nigel Dupain, Jane MacDonald, Joan Mason, Amanda McCann, Emma White

Photo Gallery – some recent fun photos



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

Other Local events in September, October & November 2023

The 2023 Dartmoor Fell Race Series - www.swfellrunners.uk/events/

Final race in the 2023 race series - SEP 30 [East Mill Tor Loop, Belstone](#)

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 England Masters Cross contry Team Selection Race in Derby
- 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 (Liskeard)
Sat 11th	British & Irish Masters Cross Country International in Glasgow
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

December

Sat 2nd	Cockington Christmas Caper (approx. 8.5 miles multi-terrain)
Sun 3rd	Exeter Santa Run
Sat 9th	Haldon Night Races
Sat 9th	REDs PlymTrail Christmas Challenge (Yelverton) Day1
Sun 10th	REDs PlymTrail Christmas Challenge (Yelverton) Day2
Sun 10th	Westward League XC at Exeter (inc. Devon County AA Champs.)
Sun 17th	Exmouth RNLI Reindeer 5km Run on Exmouth seafront
Tue 26th	Exmouth Rotary Club Boxing Day Fun Run on Exmouth seafront
Sun 31st	Winding Paths Final Countdown at Sidmouth

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



www.exmouthharriers.co.uk