

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 51

13th September 2023

(The next edition is due out on Wednesday 27th September 2023)



Harriers before the start of the Woodbury Common 10km Trail 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

The 6th & final Harriers Sandy Bay Time Trial for 2023 is on Thursday 14th September starting at at Foxholes Car Park at 7pm. Let's see if we can can a "record" number of Harriers running it.

The next Harriers parkun tourism around Devon is on Saturday 16th September at Teignmouth Promenade - meet at the Exmouth Tennis Centre at 7.45am; Craig has put a message on WhatsApp regarding sharing lifts etc..

Axe Valley Runners have kindly given us 25 priority places at the **2024 Grizzly / Cub**.

The race is on **Sunday 17th March 2024**

General entries open on 1st October on a first come first serve basis.

If you are interested in one of our places please can you send an **email to Hannah** by **Sunday 17th September** with the following information which if you are successful will be passed onto Axe Valley Runners

- 1. Grizzly or Cub**
- 2. your full name**
- 3. your Date of Birth**
- 4. your address (incl postcode)**
- 5. your email**
- 6. your phone number**
- 7. emergency contact name and phone number**
- 8. any medical conditions**

Places initially open to those who have been a member of our club for over 12 months and who have represented Exmouth harriers in races over the last year (not including parkrun)

However, if you are a newer member and keen to run please reply with the relevant information in case all places are not filled.

Once names have been confirmed we will need payment into the club account asap to secure your place - NOT YET THOUGH!

Please let Hannah know by Sunday 17th September

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 Oggwell 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>

Other important dates for your diaries

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 (this is our race and is now open for entry)

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

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

Entries for 2nd Edition of our Westdown Wander race on Sunday 26th November are now open with a limited number of 200 – please let all your running friends know. <https://www.city-runs.co.uk/westdownwander>



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.

1. Exmouth Express 5 miles - Sunday 5th February – a good start to the year with 13 Harriers running
2. Ottery 10k - Sunday 7th May – well done to the 18 Harriers who ran
3. Run Exe 5k - Tuesday 4th July – amazing performances from the 14 Harriers who braved the strong winds and torrential downpours at Exwick
4. Woodbury Common Trail Run 10km - Sunday 3rd September – our best turn-out in 2023 with 20 Harriers running; well done everyone as it was a tough undulating course

It was a very successful series; we will publish the full results in the next Newsletter

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. Please contact Nathan Sheehy if you are interested.

A few updates from our Club Secretary Hannah:

Training - we no longer have use of the track so all sessions will now start from the tennis centre please. (Unless an away day is planned outside of Exmouth).

Running Library - we have started adding a few books to the bottom of our display cabinet in the Tennis Centre. Please add any if you have any running based books that you are happy to donate. Help yourself to a book but please return it once read.

Vests - the “new style” vests should be with us in the next week or 2.

Training Nights - the nights are drawing in. It won't be long before we are running in the dark. Please add high vis clothing/head torches to any birthday or shopping lists over the coming weeks. These will be mandatory for training soon.

Kit - a reminder that training kit - long sleeve t-shirts, hoodies etc. can all be purchased through Proserve

London Marathon Club Place - thanks to the 7 people who showed interest in the club place. We will announce the lucky winner after our Committee Meeting on 9th October.

It doesn't look like we have enough time now to hold the 2023 Harriers Summer Members Social – if anyone has any ideas of an “informal” get-together in the next few weeks, please put them on our WhatsApp or our facebook sites.

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

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.teignbridgetrotters.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 in this event or tomorrow's
1st Oct. 2023	Sun.	REds Toffee Apple Challenge on Budleigh Trail (Day 2)	Tarmac / Footpath	https://www.evententry.co.uk/	Chris Murrin doing his 121st Marathon in this event or yesterday's
1st Oct. 2023	Sun.	Honiton Hippo	Multi-terrain	http://www.honitonrc.com/honiton-hippo.html	Approx. 7 miles of mud, sweat and tears
1st Oct. 2023	Sun.	Barnstaple Marathon & ½ Marathon	Road	https://www.chsw.org.uk/event/barnstaple-marathon-2023	A flat, fast course and loads of support.
6th Oct. 2023	Fri.	North Coast 110 Mile Ultra	Multi-terrain	https://www.timeoutdoors.com/events/north-coast-110-mile-ultra	Takes on the true North Coast of the South West peninsula
7th Oct. 2023	Sat.	Masters 5000m at Weston-super-Mare - (over 35 year olds only)	Road	https://www.city-runs.co.uk/masters-5000	City Runs Masters event on the Weston SM seafront promenade starting at 7pm
8th Oct. 2023	Sun.	Westward League XC in Plymouth (Newnham Park)	Multi-terrain	https://www.city-runs.co.uk/westward-league	1st XC race in the 2023 / 2024 series – Harriers will have teams racing – contact Nathan Sheehy
8th Oct. 2023	Sun.	Templer Ten	Multi-terrain	https://www.teignbridgetrotters.co.uk/our-races/templer-ten	A 10-mile course starting and finishing in the grounds of Stover School, Newton Abbot



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**.**

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

Sunday 3rd September – Woodbury Common Trail 10km Run

It was the 2nd Budleigh Lions Club Woodbury Common 10k. 20 Harriers competed in a field of 141 runners. The race was the final race in the Clubs Inter Race Challenge. Full results to be announced later in the year.

It was hot conditions that made for spectacular views across the common. The route started at Withycombe Football Pitches, skirted Dalditch Plantation, Squabmore Reservoir, Bystock Nature reserve, heading north on the East Devon Way before penetrating Hayes Wood to loop back to the start.

A challenging route that had it all. Hills, river crossings, livestock, boggy patches, trips, falls and some navigation irregularities. Some faired the conditions better than others. **Alice Kelly** and **Scott Jamieson** managed to stick one foot into a clay puddle up to the knee. Leaving both with a clay boot to take around three miles of the course. **Scott** stuck his other foot in another hole to try and evenly cover mud around his body with a measure of success.

The top four were very fast indeed. However they didn't have to temporarily halt during the race as two horse riders directed the race to stop to avoid spooking thier horses. Don't think they would have been caught, and luckily the horses were fine and in quick time the race got back under way.

The elevation over the six miles was over 800ft. **Dana Kaelin**, normally used to conquering the Swiss Alps nonchalantly said "only 250m" before the start, however even she admitted it was a tough six miles at the end.

Harry Lyons and Kay Douglas were seen cheerfully chatting throughout the course. This running friendship appeared to have ceased in the last 100m, which they both completed in about 9.99seconds. The photo finish had **Harry** as the winner of that battle although **Kay** is still mulling over asking for a stewards enquiry.

The mutual support from the club made it a special morning. And it was good to see the chairman on the course cheering us all on. Some were asking why **Nigel** was not racing, he informed me that he had already done 20 miles that morning by 9am and therefore couldn't run. **Scott Jordan**, came along to support, he was due to race but unfortunately has suffered the well know medical condition "UBI" (Unintended Beer Injury). We hope you get better soon **Scott**.

The only prizes were for the top three male and female. The Harriers scooped first and second in both. Well done to **Sam Kelly, Alice Kelly, Simon Minting** and **Dana Kaelin**.

A great event with an old school running event feel to it. One for the calendar next year. Well done all. **Scott Jamieson**

1st	Sam Kelly	38.27
2nd	Simon Minting	42.21
5th	Scott Jamieson	46.36
7th	Matt Harrison	46.48
8th	Alice Kelly (1st Woman)	46.49
11th	Mike Musgrove	50.03
12th	Jimmy Joy	50.38
14th	Craig Butler	52.13
15th	Adrian Barton	52.40
18th	David Snook	53.06
19th	Dana Kaelin (2nd Woman)	54.12
32nd	Terry Mckie	59.10
41st	Alice Thomas	61.22
43rd	Paula Hawkins	62.29
53rd	Emily Kelly	66.48
54th	Nicky Kelly	66.48
62nd	Harriet Lyons	68.33
63rd	Kay Douglas	68.33
65th	Kevin Lingard	69.17
72nd	Liz Michaelson	70.06



Harriers before the start of the Woodbury Common Trail 10km



Harriers prize winners – Simon, Sam, Alice & Dana



Sam, Simon & Scott in action (Sam was too quick for the photographer)



Alice, Matt & Mike striding out



Jimmy, Craig & David smiling enroute



Adrian, Dana & Terry concentrating



More smiles from Alice & Paula



Emily & Nicola



Yet more smiles from Kay, Harriet, Kevin & Liz

Sunday 3rd September – Bridgwater ½ Marathon

Oli White raced around the undulating country lanes in Somerset on one of the hottest days of the year and the race didn't start until 11am. After leading for most of the race Oli was caught in the final mile by Zak Hurrell of Wells City Harriers.

2nd **Oli White** 1.14.26



Oli striding out at the finish

Tuesday 5th September – City Runs Run Exe 5km

Ten Harriers gave their all in the 6th and final race in City Runs 2023 Run Exe 5km Summer Series over a 2 lap flat course alongside the River Exe and around footpaths in the Exwick Playing Fields. There was some great times set by everyone with **Oli** following up on his 2nd place at the Bridgwater 1/2 Marathon two days before with a victory in his last race before tackling the Berlin Marathon on Sunday 24th September.

1st	Oli White	16.13	1st M35
32nd	Scott Jamieson	18.16	7th M40
63rd	Craig Butler	19.45	3rd M50
71st	Jon Mill	20.23	10th M45
74th	Hannah Bown	20.33	3rd W40
79th	Jenny Reay	20.49	1st W60
80th	Cat Concalves	20.51	5th SW
87th	Jimmy Joy	21.02	2nd M60
109th	Andy Johnson	22.54	3rd M55
121st	Des White	25.17	3rd M65

After the final race on Tuesday Mark Cowen and his volunteers at City Runs “crunched” the series numbers and 8 Harriers qualified for a placing in the 2023 series (you had to compete in at least 4 of the 6 races to qualify) – see list below of Harriers in the placings.

W40	2nd	Hannah Bown
W60	1st	Cathy Newman
	3rd	Jenny Reay
W65	1st	Alison White
M35	1st	Oli White
M50	3rd	Mike Musgrove
M55	4th	Andy Johnson
M60	2nd	Jimmy Joy



Harriers at the final race in the 2023 Run Exe Summer 5km Series



Scott alongside the River Exe



Harriers running on the footpath beside the River Exe



Jon and Oli in control

Wednesday 6th September – Souton Tor 4.5km Fell Race

Hugh Marsden & Dawn Teed ran in the penultimate race in the Dartmoor 2023 Fell Race Series that started and finished at the Bearslake Inn on Dartmoor. Great running again, only 1 more race in the series **Hugh & Dawn**.

12th	Hugh Marsden	25.46	1st M60
28th	Dawn Teed	35.29	1st W60

Sunday 10th September – Something Wild Trail Marathon

Dana Kalin raced in this off-road undulating marathon on the South West Coast Path in South Devon and she was 1st finisher overall. **Dana** said afterwards “My first time for a 1st place overall - even after getting lost and adding almost 2km”, that is great running **Dana**.

1st	Dana Kalin	4.56.51
-----	-------------------	---------



Dana with her Winner’s medal

Sunday 10th September – New Forest Marathon

Kelly Thomas travelled to Brockenhurst in Hampshire and raced 26.2 miles in what recently was described as “The most stunning running event in the UK”. Another excellent run **Kelly**.
77th **Kelly Thomas** 3.39.16 (1st W40)



Kelly with Julie Hedges before the start

Sunday 10th September – Great North Run

Sam Lander travelled a bit further from Exmouth to run alongside 60,000 other runners in the World’s biggest 1/2 marathon in the A J Bell Great North Run starting in Newcastle upon Tyne, finishing in South Shields. A great run in a great event **Sam**, some Harriers fancy trying the GNR in 2024, anyone fancy organising a Harriers weekend away in the North East?
9,909th **Sam Lander** 1.59.57



Sam with his GNR medal at South Shields

Sunday 10th September – Dinosaur Valley Half Marathon in Drumheller, Alberta, Canada
Adrian Barton travelled even further from Exmouth when he raced in what he described as “The most beautiful run along the banks of the Red Deer River and into the forest, starting and finishing in Drumheller”. A great run that also saw **Adrian** finish as 1st M50. Drumheller has the world’s largest dinosaur, a fibreglass & steel Tyrannosaurus Rex that is 26 metres high and features a viewing area in its mouth.

8th **Adrian Barton** 1.39.26 (1st M50)



Adrian ready for the start with the Drumheller Dinosaur giving some encouragement



Adrian finished with no sign of the Drumheller Dinosaur

Wednesday 13th September – Yeovilton 5km

On a balmy evening **Cathy Newman** plus **Ellis** and **Hannah Bown** travelled to Somerset and ran in the final race of the 2023 Yeovilton 5km Summer Series at the Royal Naval Air Station on what is described as “A fast slightly undulating course with pb potential through country lanes”. All three ran superbly with **Cathy** running her fastest 5km for 10 years, **Hannah** has got her speed back after competing in the Gloucester 24 Hour Track race on the 12th August but she said after the 5km this evening that “**Ellis** has finally beaten me fair and square”, he ran an amazing time that broke the 20 minute barrier for the first time. Well done all three of you; you are an inspiration to all of the Exmouth Harriers.

Cathy Newman	18.33
Ellis Bown	19.37
Hannah Bown	19.53



Hannah, Ellis & Cathy after the finish of the Yeovilton 5km

29 Harriers at various parkruns on 02/09/2023

Anthony Hatchard was the quickest Harrier in 17.51 at Exmouth, Alice Kelly was the quickest Lady Harrier in 18.44 at Exmouth. Cathy Newman was 1st Lady finisher at Mote Park in 20.49

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.

Shepton Mallet

12th	Hugh Marsden	21.27
66th	Dawn Teed	26.48

Minehead

106th	Tom Handley	37.01
-------	-------------	-------

Killerton

27th	Jon Garrity	22.59
80th	Darren Powell	26.32

Didcot

30th	Andy Johnson	22.41
------	--------------	-------

Guernsey

119th	Piers Benton	31.48
-------	--------------	-------

Mote Park

4th & 1st Lady	Cathy Newman	20.49
----------------	--------------	-------

Exmouth

5th	Anthony Hatchard	17.51
12th	Alice Kelly	18.44
13th	James Kelly	18.45
30th	Chris Dupain	19.58
38th	Jenny Reay	20.20
52nd	Hannah Bown	21.25
78th	Kelly Thomas	22.44
102nd	Bob Minting	24.00
107th	Ben White	24.09
112th	Hayley Kelly	24.18
120th	Des White	24.37
128th	Emma White	24.52
147th	Steve Morgan	25.42
154th	Darren Layard	25.56
165th	Sarah Baldwin	26.15
173rd	Joan Mason	26.33
188th	Tim Thompson	26.58
241st	Alison White	29.20
343rd	Nigel Dupain	33.05
411th	Jill Dupain	38.33
447th	Jason Hill	54.40

The following Harriers volunteered at Exmouth parkrun on 02/09/2023

Darren Bradley, Craig Butler, Chris Dupain, Nigel Dupain, Jason Hill

The following Harriers volunteered at the Phear Park Junior parkrun on 03/09/2023

Sarah Baldwin, Joan Mason, Amanda McCann

33 Harriers at various parkruns on 09/09/2023

Simon Minting was the quickest Harrier in 17.36 at Exmouth, Cathy Newman was the quickest Lady Harrier in 19.55 at Cranbrook Country Park 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.

Tamar Trails

9th	Hugh Marsden	22.31
-----	--------------	-------

Lydiard

43rd	Dan Morley	23.05
------	------------	-------

Winchester

14th	Piers Benton	18.35
93rd	Steve Morgan	23.32

Exeter Riverside

284th	Julia Jolly	33.39
-------	-------------	-------

Bicester

25th	Andy Johnson	22.27
------	--------------	-------

Teignmouth Promenade

195th	Ray Lewis	35.01
-------	-----------	-------

Cranbrook Country Park

3rd & 1st Lady	Cathy Newman	19.55
8th	Jon Garrity	22.31

Exmouth

5th	Simon Minting	17.36
7th	Adam Miller	17.51
10th	Mike Musgrove	18.21
14th	Tom Packer	18.32
18th	Scott Jamieson	18.53
31st	David Snook	19.51
32nd	Craig Butler	19.58
33rd	Chris Dupain	19.58
41st	Jenny Reay	20.32
58th	David Middlehurst	21.38
59th	Darren Powell	21.42
63rd	Hannah Bown	22.00
77th	Jon Mill	23.02
79th	Emma White	23.04
83rd	Paula Hawkins	23.13
104th	Bob Minting	24.22
144th	Hayley Kelly	26.07
161st	Sarah Baldwin	26.37
173rd	Joan Mason	27.02
242nd	Carly Miller	29.08
275th	Amy Tew	30.25
305th	Keith Flack	31.56

307th	Nigel Dupain	31.58
382nd	Jill Dupain	40.01

The following Harriers volunteered at Exmouth parkrun on 09/09/2023

Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill, Derek Johnson, Jon Mill

The following Harriers volunteered at the Phear Park Junior parkrun on 10/09/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Loise Hempstead, Joan Mason, Darren Powell, David Snook

Photo Gallery – some recent fun photos



Harriers during Terry's steady evening training session on Thursday 7th September

Other Local events in October, November & December 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

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 & 1km Fun Run on the seafront
Tue 26th	Exmouth Rotary Club Boxing Day Fun Run on the 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