

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 52

27th September 2023

(The next edition is due out on Wednesday 11th October 2023)



Jenny Reay European W65 10,000m Champion

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

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>

Thanks to **Hannah & Axe Valley Runners** we had 25 priority places for the **2024 Grizzly / Cub on Sunday 17th March**. (General entries open on 1st October on a first come first serve basis). We had 35 Harriers showing an interest so we had to have a ballot with 10 unlucky members put on the Reserve List. **If any of the lucky 25 find that they can't compete then please offer your place to the person at the top of the Reserve List to see if they would like your place.**

Congratulations to the following 25 people who were successful in getting one of our places.

1. Sam Kelly
2. Mike Musgrove
3. Anthony Lees
4. Steve Toomy
5. Kate Baker
6. Jenny Reay
7. Terry Mckie
8. Craig Butler
9. Hannah Bown
10. Sue Hill
11. Anthony Hatchard
12. Emma White
13. Jon Mill
14. Nick Ramm
15. Mark Hawkins
16. Scott Jamieson
17. Alison White
18. Alice Kelly
19. Nicki Kelly
20. James Kelly
21. Jimmy Joy
22. Des White
23. Katie Moore
24. Paula Hawkins
25. Ben Shaw

Harriers 2024 Grizzly / Cub Reserve List

1. Tim Thompson
2. Hayley Kelly
3. Josh Sale
4. Scott Jordan
5. Ben White
6. Louise Hempstead
7. Dana Kalin
8. Adrian Barton
9. Matt Harrison
10. Harriet Lyons
11. Rob Ellis

Many thanks to Nigel for organising the 6 events in the 2023 Sandy Bay Time Trial, you can see the results later on in this newsletter; there is a rumour about a “Winter” Time Trail being considered – watch this space for details.

The next Harriers parkun tourism around Devon is probably in late October and possibly at Woolacombe Dunes in North Devon, Craig will be putting a message on WhatsApp soon.

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 – please contact Nathan Sheehy for details.

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) <https://www.city-runs.co.uk/westdownwander>

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

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

Exmouth Harriers Club Challenge 2023

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 near future

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.

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

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.	Principality Cardiff ½ Marathon	Road	https://www.cardiffhalfmarathon.co.uk/	Starts at Cardiff Castle, down to the Bay and through Roath Park & finishes at the Civic Centre
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



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 (this is a Harriers Race)**.

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

Thursday 14th September – Harriers Sandy Bay Time Trial

Eight Harriers took on the final SBTT of the year accompanied by three dogs and five supporters (Amy, Des, Alison, Hannah and Ellis).

Thank you to all who have taken part this year - there have been some great times on this undulating and challenging course. Same again next year?

This year's full results are below - you will see from the results that 30 Harriers took part in the 2023 event, **Scott Jordan** was the most ever-present running 5 of the 6 events. **Sam Kelly** was the quickest overall in 18.16 with **Alice Kelly** the fastest Woman in 21.53. The most popular of the six events was the May event with 17 participants.

I am happy to set up a winter time trial over a different course if anyone is interested. Any suggestions? – **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	-	29.03
Nicki Kelly	32.58	29.57	-	-	32.16	29.26
Alison White	37.04	-	-	-	-	-
Sam Kelly	-	18.16	-	-	-	19.13
Rob Ellis	-	19.34	-	-	-	-
James Kelly	-	20.16	-	-	-	-
Anthony Hatchard	-	20.58	-	-	-	-
Alice Kelly	-	21.53	-	-	-	29.31
Dana Kaelin	-	22.34	-	22.49	-	23.46
David Snook	-	22.35	-	-	22.51	-
Matt Harrison	-	23.16	23.27	21.58	-	23.35
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	-	24.45
Cathy Newman	-	-	-	22.45	32.16	-
Lisa Boyd	-	-	-	-	33.05	31.16

Sunday 17th September – Weymouth Ironman 70.3 Triathlon

Ben Shaw competed in the Ironman 70.3 triathlon in Weymouth that had its swimming leg cancelled due to unsafe weather conditions. The 1.2-mile (1.9km) swim leg of the Ironman triathlon in Weymouth bay was scrapped but the 56-mile (90km) cycle and 13.1-mile (21.1km) run of the event went ahead.

The organisers said: "Our priority was the safety of all of our athletes. Everything was exactly the same, just without the swim."

Ben said afterwards "It was horrible conditions, but the spectators and volunteers were amazing. Thank you!"

The cycling course set off in "waves" from Lodmoor Country Park, went through Kings Stag then back to Weymouth via Dorchester. The seafront roads in Weymouth were closed for the 13.1 mile running stage.

Congratulations to **Ben** who battled through the incredibly tough conditions finishing the 56 mile cycle in 3.11.56 and the 13.1 mile run in 2.03.31.

Thursday 21st September – European Masters T&F Champs., Pescara, Italy

Jenny Reay raced for Great Britain in the 10,000m in the European Masters Track & Field Championships in Pescara, Italy. Keeping an even stride throughout the 25 laps **Jenny** steadily pulled away from the opposition to cross the finishing line in a superb time of 46.05. Congratulations to **Jenny** who was awarded the W65 Gold Medal and the title of European 2023 W65 10,000m Champion.

1st **Jenny Reay** 46.05



Jenny in her GB kit after winning the European W65 10,000m

Sunday 24th September – Berlin Marathon

Oli White took on the challenge of 26.2 miles around the streets of Berlin in the BMW Berlin Marathon. He was aiming to improve his pb (personal best) time of 2.37.05 set in the 2023 TCS London in April. After taking the first 13.1 miles steadily in 1.17.12 **Oli** gradually increased his pace mile by mile to finish in 2.32.52 with a rarely achieved negative split of 1.15.40 in the 2nd 13.1 miles. **Oli** was pleased to finish 297th out of the 45,000 finishers.

297th **Oli White** 2.32.52



Oli at 11km and 37km



Oli pleased to finish in a new pb

Sunday 24th September – Newton Abbot Ladies 10km

Ten Lady Harriers ran in the Newton Abbot Ladies' 10km that started and finished at the Dornafield Caravan & Camping Site. The course followed the undulating rural lanes passing through the local hamlets of Ogwell and Denbury. All ten ran great races - see the results below; with **Hannah Bown**, **Cat Goncalves** and **Dana Kalin** achieving top ten positions overall. **Cathy Newman** ran for the first time since suffering a number of painful injuries after a recent cycle accident and amazingly still came 3rd in the W60 age-group. In the other age-groups **Hannah** was 1st W45, **Nicola Kelly** was 2nd W55 and **Kay Douglas** was 2nd W65. To top it all the Exmouth Harriers Ladies team were 2nd overall with 48 points not far behind the organisers Teignbridge Trotters team who were 1st with 36 points.

5th	Hannah Bown	43.30	1st W45
6th	Cat Goncalves	43.46	
9th	Dana Kalin	44.38	
28th	Cathy Newman	50.43	3rd W60
37th	Nicola Kelly	52.52	2nd W55
38th	Emily Kelly	52.53	
44th	Kay Douglas	53.46	2nd W65
54th	Liz Michaelson	55.17	
64th	Lisa Boyd	56.56	
92nd	Dawn Teed	59.43	



Before and After the Newton Abbot Ladies 10km



Harriers Prize Winners

Sunday 24th September – Bradleys Exmouth 10km

Matt Harrison, Craig Butler & Adrian Barton raced in the Bradley's Exmouth 10km hosted by LM Events over 2 laps of the seafront in wild and windy conditions. Congratulations to the 3 Harriers who battled the tough conditions and finished in the top 30 of the 255 overall finishers.

19th	Matt Harrison	41.23
24th	Craig Butler	42.28
29th	Adrian Barton	43.30 2nd M55



Matt, Craig and Adrian Prize Winners enjoying the seafront 10km

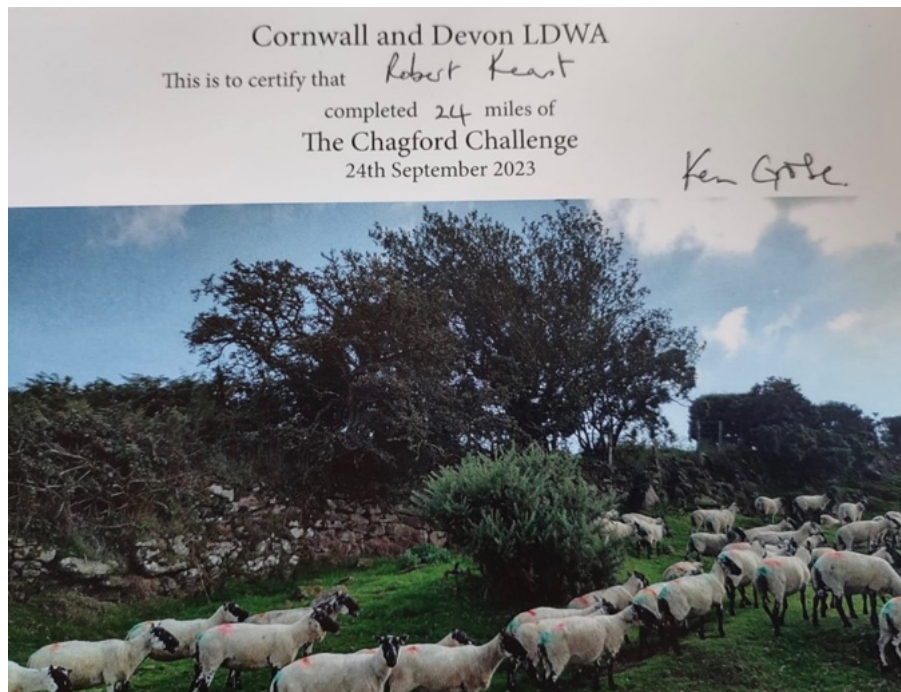
Sunday 24th September – Windsor Half Marathon

Jimmy Joy took part in the Windsor Half Marathon that started and finished in Windsor Great Park with Windsor Castle as the backdrop. There were plenty of hills spread around the route but it was on scenic traffic free roads.

573rd	Jimmy Joy	1.47.25
-------	------------------	---------

Sunday 24th September – The Chagford Challenge

Bob Keast did his furthest run since January when he tackled 24 miles of the Chagford Challenge that started & finished at the Jubilee Hall. The event was put on by the LDWA on a mixture of footpaths, lanes and open moorland around the Dartmoor town.



31 Harriers at various parkruns on 16/09/2023

Oli White was the quickest Harrier in 17.01 at Teignmouth Promenade and was 1st Finisher, Hayley Kelly was the quickest Lady Harrier in 23.37 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.

Bushy

1,149th	May Argyle-Lander	34.10
---------	-------------------	-------

Minehead

61st	Tom Handley	37.12
------	-------------	-------

Didcot

32nd	Andy Johnson	22.41
------	--------------	-------

Haldon Forest

71st	Jim Cromer	32.53
------	------------	-------

Teignmouth Promenade

1st	Oli White	17.01
10th	Craig Butler	20.20
30th	Jon Garrity	22.27
36th	Steve Morgan	22.57
52nd	Anthony Lees	24.27
63rd	Des White	25.19
69th	Kay Douglas	25.37
77th	Darren Layard	26.15
83rd	Sarah Baldwin	26.46
109th	Alison White	28.10

Exmouth

6th	Scott Jamieson	17.44
7th	Josh Sale	18.14
8th	Tom Packer	18.20
13th	Lee Salter	18.54
64th	Darren Powell	22.26
88th	Bob Minting	23.27
94th	James Kelly	23.35
95th	Hayley Kelly	23.37
118th	Jon Mill	24.48
119th	Liz Michaelson	24.52
186th	Carly Miller	26.59
214th	Jane MacDonald	28.10
215th	Louise Hempstead	28.10
226th	Jason Hill	28.36
278th	Keith Flack	30.07
281st	Amanda McCann	30.12
352nd	Nigel Dupain	34.57

The following Harriers volunteered at Exmouth parkrun on 16/09/2023

Darren Bradley, Jill Dupain, Nigel Dupain, Jon Mill

The following Harriers volunteered at the Phear Park Junior parkrun on 17/09/2023

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

25 Harriers at various parkruns on 23/09/2023

Mike Musgrove was the quickest Harrier in 18.06 at Exmouth, Kelly Thomas was the quickest Lady Harrier in 22.09 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

64th	Amy Tew	29.58
104th	Tom Handley	38.11

Killerton

15th	Jon Garrity	19.22
------	-------------	-------

Exeter Riverside

75th	Andy Johnson	23.35
------	--------------	-------

Teignmouth Promenade

198th	Ray Lewis	33.47
-------	-----------	-------

Exmouth

7th	Mike Musgrove	18.06
32nd	Chris Dupain	19.50
43rd	Ben Shaw	21.03
46th	David Middlehurst	21.22
55th	Jon Mill	21.52
63rd	Kelly Thomas	22.09
65th	Anthony Lees	22.17
73rd	Paula Hawkins	22.36
76th	Kevin Doyle	22.40
79th	Darren Powell	22.42
89th	Bob Minting	23.19
110th	Nicola Kelly	24.12
142nd	James Kelly	25.42
143rd	Hayley Kelly	25.43
164th	Sarah Baldwin	26.06
165th	Joan Mason	26.08
191st	Nathan Sheehy	26.56
287th	Keith Flack	29.52
361st	Nigel Dupain	35.07
369th	May Argyle-Lander	35.55

The following Harriers volunteered at Exmouth parkrun on 23/09/2023

Adrian Barton, Darren Bradley, Craig Butler, Nigel Dupain, Derek Johnson, Jon Mill, Cathy Newman, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 24/09/2023

Sarah Baldwin, Nathan Sheehy, David Snook

Photo Gallery – some recent fun photos



Harriers with a few Jog On friends “parkrun Touring” at the Teignmouth Promenade event

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**
<https://www.city-runs.co.uk/westdownwander>

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**
This could be a good Harriers “Club” event, the route heads up the South West Coast path, before heading inland to Mutters Moor, here you will do a big loop of Mutters Moors and nearby woodland trails then the final down hill to the finish, yes this year it is a downhill finish. There is a bespoke “Final Countdown” medal for all finishers. The race starts at 10am giving you plenty of time to recover before enjoying your own New Year’s Eve celebrations.

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



www.exmouthharriers.co.uk