

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 53

11th October 2023

(The next edition is due out on Wednesday 25th October 2023)



Jenny Reay European W65 10km Road 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 the 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>

Nathan Sheehy is looking for volunteers to help with marshalling etc. for our Westdown Wander on 26th November, please contact him if you can help out.

Watch out as Craig will be putting a message on WhatsApp soon about the next Harriers parkun tourism around Devon.

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

Sunday 19th November – Newquay

Sunday 3rd 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 in all these races – please contact Nathan Sheehy for details.

Other important dates for your diaries

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

Fri. 10th Nov. – Harriers AGM at 7pm at the Manor Hotel, Exmouth

Sun. 26th Nov. – Westdown Wander (this is our race and is now open for entry) <https://www.city-runs.co.uk/westdownwander>

Sat. 2nd December – Harriers “Christmas Do” at the Exmouth Football Club – further details available in the next newsletter

Sun. 4th Feb. 2024 – Exmouth Express 5 Miles (this is another of our races)

A few updates from our Club Secretary Hannah:

Training - don't forget that all sessions will now start from the tennis centre unless an “away day” session is planned outside of Exmouth.

Running Library - a number of books are now in 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 first batch of the “new style” vests (and some t-shirts) have arrived; contact Hannah for details.

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 – contact Hannah for details

London Marathon Club Place - congratulations to Craig Butler who is the lucky winner of the Exmouth Harriers club place in the 2024 TCS London Marathon on Sunday 21st April.

2024 Grizzly / Cub on Sunday 17th March - as you know **Hannah** arranged for the Harriers to have 25 priority places for this iconic event. We had 36 Harriers showing an interest so we had to have a ballot with 11 unlucky members put on the Reserve List.

General entries open **at noon on Saturday 28th October** on a first come first serve basis.

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

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

14th Oct. 2023	Sat.	Power Runs at Haldon (9 and 5 Miles)	Multi-terrain	https://www.city-runs.co.uk/power-run-exeter-racecourse	The route takes the runners through Exeter Racecourse and into Harcombe Woods and back to the Racecourse for a grandstand finish.
15th Oct. 2023	Sun.	ColyTen	Multi-terrain	https://www.axevalleyrunners.org.uk/colyten-2023/	A new 10 mile multi terrain race - Devon Instep Race No. 11
15th Oct. 2023	Sun.	Great South Run	Road	https://www.greatrun.org/events/great-south-run/	A great 10 mile race in Southsea on one of the flattest courses around
15th Oct. 2023	Sun.	Bath ½ Marathon	Road	https://bathhalf.co.uk/	A big City race, very flat and fast course with potential for pbs
21st & 22nd Oct. 2023	Sat. & Sun.	REds Autumn Plym Trail (Day 1 & Day 2)	Cycle Route 27	https://www.evententry.co.uk/running-events-devon-2023-plym-trail-autumn-day-1	This route is in an Area of Outstanding Natural Beauty with nature & wildlife also the occasional Peregrine Falcon
29th Oct. 2023	Sun.	Tavy 7	Multi-terrain	http://www.tavistockathletics.co.uk/events/tavy-7/	The infamous Ross Shield trophy awaits the winning team
29th Oct. 2023	Sun.	Winding Path's Grand Canal Canter	Canal path	https://race-nation.co.uk/register/winding-paths/grand-canal-canter-marathon	Chris Murrin is doing his 122nd Marathon along hard packed gravel canal paths in Tiverton



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 28th September – European Masters 10km Road Race in Pescara, Italy

In scorching temperatures close to 30 degrees celsius on Thursday afternoon **Jenny Reay** won the W65 European 10km Road Race in Pescara in 43.51. So **Jenny** is now the double 2023 W65 European Champion (10,000m on the track plus 10km on the road) with Gold European W65 medals in both testing events.

1st	Jenny Reay	43.51
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Jenny Reay our double European W65 2023 Champion

Saturday 30th September – East Mill Tor Loop Fell Race, Belstone

Sam Kelly was 1st overall in 43.10 (a new course record time), **Alice Kelly** was 12th overall and 3rd Lady finisher in 52.34 and **Hugh Marsden** was 27th overall and 2nd M60 in 62.21 in this fell race on a spectacular route of just under 6 miles of fantastic and in parts technical running but always with breathtaking moorland views. This was the final race in 2023 Dartmoor Fell Race series, **Hugh** finished 2nd M60 and **Dawn Teed** was 3rd W50 in the series.

1st	Sam Kelly	43.10
12th	Alice Kelly	52.34 (3rd Lady)
27th	Hugh Marsden	62.21 (2nd M60)

Saturday 30th September – REDs Toffee Apple Challenge, Budleigh Trail, Exmouth

Lisa Hatchard ran in the Run Events Devon Toffee Apple Marathon Challenge (Day 1) in Exmouth on the Budleigh Trail and finished in 7th position overall (3rd Lady finisher) recording a great time of 4.38.12. Uniquely each finisher was awarded with a toffee apple for reward them for their efforts.

7th **Lisa Hatchard** 4.38.12 (3rd Lady)



Lisa with her toffee apple & medal

Sunday 1st October – REDs Toffee Apple Challenge, Budleigh Trail, Exmouth

Chris Murrin ran his 121st Marathon in the REDs Toffee Apple Marathon Challenge (Day 2) in Exmouth on the Budleigh Trail. **Chris** finished 2nd overall in 4.29.41 and is planning to run his 122nd marathon in Winding Path's Grand Canal Canter in Tiverton on 29th October.

2nd **Chris Murrin** 4.29.41

Sunday 1st October – Honiton Hippo

Tom Packer was 10th in 62.06 (4th M40-49) in the Honiton Hippo which is described by the organisers as approximately 7 miles of mud, sweat and tears.

10th **Tom Packer** 62.06 (4th M40-49)

Sunday 1st October – Principality Cardiff Half Marathon

Three Harriers travelled into Wales to take part in one of the most prestigious 1/2 Marathons in the UK. On a warm and sticky day Craig Butler's finishing time was 1.30.17 in 799th position, Hannah Bown's time was 1.37.31 in 1,362nd and Andy Place's time was 1.47.42 in 2,924th position.

799th	Craig Butler	1.30.17
1,362nd	Hannah Bown	1.37.31
2,924th	Andy Place	1.47.42



Craig, Hannah & Andy outside Cardiff Castle

Saturday 7th October – Masters 5000m Road Race, Weston-super-Mare

Hannah Bown ran in this new race from City Runs for runners over the age of 35 on a traffic-free and pancake flat 5km run 'under the lights' on Weston's seafront Promenade.

24th	Hannah Bown	20.39 (3rd W45)
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Sunday 8th October – Chicago Marathon

Sue Hill ran magnificently in this prestigious 26.2 mile event to complete her participation in all six of the World Majors Marathons (London, New York, Tokyo, Berlin, Boston & Chicago). **Sue** ran negative splits with her 1st 13.1 miles in 1.52.22 and the 2nd 13.1 miles in 1.52.00 giving her a fantastic overall time of 3.44.22.

It was a historic race where Kenyan Kelvin Kiptum broke the marathon world record to win in 2 hours and 35 seconds, nearly breaking the two-hour barrier.

Also Dutchwoman Sifan Hassan ran the second-fastest women's time in history in 2:13:44 to win the women's race.

14,965th **Sue Hill** 3.44.22



Sue after collecting her race number



Sue with her medals at the finish

Sunday 8th October – Templer 10

Hugh Marsden, Lisa Hatchard and Dawn Teed ran in this multi terrain 10 mile organised by Teignbridge Trotters on a course that started and finished in the wonderful grounds of Stover School, Newton Abbot. The course was 90% off-road and runners had the pleasure of running through the picturesque Stover Country Park as well as the fields at Teigngrace.

25th	Hugh Marsden	75.56 (2nd M60)
81st	Lisa Hatchard	88.13 (6th W45)
148th	Dawn Teed	109.19 (6th W60)



Lisa, Dawn & Hugh after the finish of the Templer 10

Sunday 8th October – Royal Parks ½ Marathon, London

Hayley Kelly ran in this stunning central London half marathon that took in some of the capital's world-famous landmarks, it was on closed roads and within four of London's eight Royal Parks - Hyde Park, The Green Park, St James's Park and Kensington Gardens.

4,590th	Hayley Kelly	1.56.04
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Westward League Cross Country at Newnham Park, Plymouth

This was the first event in the 2023/24 six race series and was run in very unseasonal weather; it was hot and humid instead of the usual cold, wet & windy conditions. (Amazingly **Hannah** raced for the 2nd time in 18 hours and **Hugh** raced twice in 5 hours).



Most of the Harriers at the 1st Westward League XC for 2023/24 at Plymouth

Ladies 5.8km Race

46th	Hannah Bown	24.32 (2nd W45)
58th	Dana Kaelin	25.00
125th	Sarah Baldwin	31.36 (7th W60)



Hannah, Dana & Sarah striding out

Mens 9.1km Race

24th	Anthony Hatchard	32.05 (3rd M45)
83rd	Matt Harrison	37.37
103rd	Nathan Sheehy	39.15 (13th M45)
113th	Jimmy Joy	40.09 (3rd M60)
118th	Mac McNaughton	40.33 (5th M60)
127th	Jon Garrity	41.57 (11th M50)
145th	Scott Jordan	45.35 (14th M50)
151st	Hugh Marsden	47.50 (11th M60)



Anthony, Matt, Nathan, Jimmy, Mac, Jon, Scott & Hugh

22 Harriers at various parkruns on 30/09/2023

Anthony Hatchard was the quickest Harrier in 17.13 at Exmouth, Joan Mason was the quickest Lady Harrier in 26.04 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

2nd	Langdon Williams	19.01
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Exeter Riverside

186th	Julia Jolley	26.20
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Didcot

43rd	Andy Johnson	23.28
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Exmouth

4th	Anthony Hatchard	17.13
7th	Adam Miller	17.26
11th	Oliver White	18.37
23rd	Tom Packer	19.52
47th	Jon Garrity	21.06
54th	Darren Powell	21.32
65th	Kevin Doyle	22.03
67th	Jon Mill	22.04
92nd	Bob Minting	23.19
98th	Sam Lander	23.31
138th	Nathan Sheehy	24.55
164th	Joan Mason	26.04
177th	Sarah Baldwin	26.28
250th	Amy Tew	28.35
267th	Amanda McCann	28.59
293rd	Darren Layard	29.54
295th	Craig Butler	30.04
365th	May Argyle-Lander	34.26
409th	Keith Flack	40.03

The following Harriers volunteered at Exmouth parkrun on 30/09/2023

Darren Bradley, Craig Butler, Jason Hill, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 01/10/2023

Sarah Baldwin, Scott Jamieson, Joan Mason, Darren Powell

21 Harriers at various parkruns on 07/10/2023

Josh Sale was the quickest Harrier in 18.19 at Exmouth, Paula Hawkins was the quickest Lady Harrier in 22.56 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

15th	Jim Comer	23.32
84th	Tom Handley	36.35

Bushy

624th	James Kelly	26.26
625th	Hayley Kelly	26.27

Finsbury

16th	Piers Benton	19.03
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Killerton

41st	Darren Powell	23.00
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Exeter Riverside

84th	Andy Johnson	22.49
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Teignmouth Promenade

252nd	Ray Lewis	33.31
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Exmouth

11th	Josh Sale	18.19
13th	Mike Musgrove	18.28
30th	Craig Butler	19.57
51st	Jon Mill	21.54
54th	Steve Morgan	22.09
71st	Paula Hawkins	22.56
87th	Bob Minting	23.28
142nd	Jon Garrity	25.05
186th	Darren Layard	26.24
191st	Lisa Boyd	26.38
304th	Keith Flack	30.44
312th	Lee Russell	31.06
326th	Nigel Dupain	31.51
413th	Jill Dupain	38.17

The following Harriers volunteered at Exmouth parkrun on 07/10/2023

May Argyle-Lander, Adrian Barton, Darren Bradley, Craig Butler, Nigel Dupain, Jon Mill, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 08/10/2023

Sarah Baldwin, Louise Hempstead, Jon Mill, Darren Powell, Nathan Sheehy, David Snook

Photo Gallery – some recent fun photos



Plenty of Harriers joining Ray on his recent Recovery Runs

Local events in November & December 2023

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	Westward League XC at Exeter (inc. Devon County AA Champs)
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 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

Harriers own race THE WESTDOWN WANDER is on Sunday 26th November

Don't forget that entries for 2nd Edition of our 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>

Also Nathan Sheehy is looking for volunteers to help with marshalling etc. for our Westdown Wander on 26th November, please contact him if you can help out.



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