

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 54

25th October 2023

(The next edition is due out on Wednesday 8th November 2023)



Harriers at the ColyTen

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 still 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 parkrun 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 Party” at the Exmouth Football Club from 7pm, Buffet plus live music from Terry McKie’s fabulous band The Revision Party – £15 per head - tickets now on sale, further details from Amanda McCann

Sun. 4th Feb. 2024 – Exmouth Express 5 Miles (this is one of our races), further details to follow

Our Club Secretary Hannah says :

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



Join us for

Exmouth Harriers Christmas Party

SATURDAY 2ND DECEMBER

FROM 7PM

Buffet plus live music from
The Revision Party

£15 per head

At Exmouth Football Club



Exmouth Harriers

Sunday 26th November 2023
11:00 start

The Westdown Wander

The Westdown Wander race HQ is The Bath House Pub Esplanade Exmouth EX8 2AZ, the race will start on Beach by Carlton slipway, heading to Orcombe point (on the beach), then follow the SW coastal path past the geoneedle towards Budleigh Salterton, passing Westdown Beacon on the way, before turning left past East Devon golf club house (drinks station NO CUPS), the route then follows footpaths, and cycleways back to Exmouth, before finishing on the footpath behind "Ocean" EX8 2AY. This year we will be using chip timing. The distance is approximately 9 miles. Race licence with ARC (23/0513). minimum age 17 years. Entry £18 (affiliated) £20 (un-affiliated) Necktube giveaway. Prize first three men and ladies. www.exmouthharriers.co.uk



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

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|----------------|------|---|---------------|---|---|
| 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 |
| 1st Nov. 2023 | Wed. | Run Exe 5 Mile on Exmouth Seafront | Road | https://www.city-runs.co.uk/run-exe-winter-5m | An evening run on our own doorstep, let's try and get a big turnout |
| 4th Nov. 2023 | Sat. | Devon Trail Races (5km, 10km & ½ Marathon) on Woodbury Common | Multi-terrain | https://sportivaevents.co.uk/events/devon-trail-races/ | Devon Trail races return for 2023 and take in some of the very best paths on Woodbury Common |
| 5th Nov. 2023 | Sun. | Bideford 10 Miles | Road | https://bidefordaac.co.uk/bideford-10-miler/ | This popular race starts and finishes close to the Bideford AC's Clubhouse and takes in magnificent views of the Taw and Torridge estuary |
| 5th Nov. 2023 | Sun. | TCS New York City Marathon | Road | https://www.nyrr.org/races/2023tcsnewyorkcitymarathon | Good luck to our James Kelly is running in this iconic road race through the 5 Boroughs of New York |
| 5th Nov. 2023 | Sun. | Cornish Marathon | Road | https://eastcornwallharriers.com/cornish-marathon/ | Cornwall's only all-road marathon |
| 12th Nov. 2023 | Sun. | Drogo 10 | Multi-terrain | https://www.swrr.co.uk/the-drogo/ | Devon Instep Race No. 12 |



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 (completed) | DROGO 10 12 NOVEMBER |
| WESTDOWN WANDER 26 NOVEMBER | |

Up-to-date Instep Devon Championship standings 11 races (including the ColyTen) – 2 races to complete the 2023 Championship. Exmouth Harriers are doing really well in all categories; full details at :- <https://instepdevon.org.uk/> - the final two races are the **Drogo 10** and the **Westdown Wander (this is a Harriers Race)**.

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

Saturday 14th October – Power Run 9 Miles, Haldon

Oli White ran in City Runs Power Run at Haldon and led the race from “gun to tape” to finish over 11 minutes ahead of the 2nd finisher. The 9 mile multi-terrain route took the runners through Exeter Racecourse and into Harcombe Woods and back to the Racecourse for a grandstand finish.

1st **Oli White** 50.59 (1st M35)



Oli leading the Power Run at Haldon

Sunday 15th October – ColyTen

Nine Harriers raced locally in the ColyTen; a new tough 10 mile multi-terrain race hosted by Axe Valley Runners. It started beside the River Coly in Colyton and took the runners over an undulating course that included a steep ascent through Ox Woods some woodland paths plus a couple more steep climbs and a short road section. Finally the runners negotiated a 3 mile downhill and flat section before entering the playing fields for a lap of the field to the finish line. **Sam Kelly** was the race winner with **Anthony Hatchard**, **Dave Stone** and **Jimmy Joy** also picking up age-group prizes.

| | | |
|-------|-------------------------|-------------------|
| 1st | Sam Kelly | 1.01.22 |
| 6th | Anthony Hatchard | 1.08.05 (1st M45) |
| 12th | Dave Stone | 1.14.52 (2nd M50) |
| 24th | Jimmy Joy | 1.22.17 (1st M60) |
| 30th | Craig Butler | 1.25.11 (5th M50) |
| 88th | Emily Kelly | 1.39.20 |
| 89th | Lisa Hatchard | 1.39.21 (4th W45) |
| 102nd | Harriet Lyons | 1.41.47 (7th W40) |
| 121st | Nicola Kelly | 1.47.50 (5th W55) |



All smiles before the start of the ColyTen



Prizes galore from the ColyTen – looks like Jimmy had his delivered at home by “Just Eat”

Sunday 15th October – Eden ½ Marathon

Two “new” Harriers; **Jules Nelmes** and **Graham Mullin** headed West to take part in the Eden Half Marathon through Cornwall's dramatic Clay Country for a unique sporting experience starting & finishing close to the World famous three Biomes at the Eden Project. The course was a hilly, multi-terrain route with roughly 60% on public roads and 40% on trails and paths with fantastic scenery, great organisation plus a pint and a pasty for all finishers.

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| 34th | Jules Nelmes | 1.35.34 (4th M50) |
| 140th | Graham Mullin | 1.48.42 (7th M45) |



Jules Nelmes & Graham Mullin with the Eden Project Biomes in the background

Sunday 15th October – Oxford ½ Marathon

Alice Kelly competed in the Oxford Half Marathon over a flat and fast 13.1 mile route through historic Oxford. The race started and finished in the city centre and passed through Old Marston village, over the River Cherwell, through Oxford University's impressive Lady Margaret Hall before finally finishing on Parks Road.

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| 86th | Alice Kelly | 1.19.01 (4th Woman & 2nd W25-29) |
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Sunday 15th October – Great South Run, Southsea

Steve Morgan and **Amanda McCann** travelled East and ran on Sunday morning in the Great South Run at Southsea in Hampshire.

The race is probably the world's favourite 10 mile running event with inspiring history, salty air and glorious sea views. The runners ran through the Historic Dockyard, passed alongside HMS Victory and then along Southsea Common via the pier to the finish line on the seafront.

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| 1,903rd | Steve Morgan | 1.16.59 (14th M65) |
| 7,325th | Amanda McCann | 1.36.27 |



Steve striding out in the Great South Run

Sunday 15th October – The World Extreme Run Challenge on Kitzbüheler Streif

Jenny Reay stopped on her return drive back from winning two European Masters Gold Medals in Italy recently and decided to take in The World Extreme Run Challenge on Kitzbüheler Streif in Austria. It is a race that ran up and down the renowned ski slope on Mount Hahnenkamm with gradients of up to 85percent!

Jenny was 2nd Woman to the turn-around at the top and finished in 74th place overall (5th Woman & 1st W60) in 1.36.54. **Jenny** said afterwards "I lost count of the number of times I fell over on the way down it was so steep and rutted".

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| 74th | Jenny Reay | 1.36.54 (4th Woman & 1st W60) |
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Sunday 22nd October – Abingdon Marathon

Tom Packer took part in the 39th running of the Abingdon Marathon and recorded a fantastic personal best time of 3.10.58 finishing in 185th place out of the 741 finishers. The flat 26.2 mile course passed through the centre of Abingdon and the villages of Drayton, Milton and Sutton Courtenay as well as passing through the Milton Park business estate along the way. **Tom** said after the finish "That was good marathon experience for me, I didn't push too hard at the start and tried to maintain an even pace". **Tom** is aiming to run a sub 3 hour marathon in the 2024 London Marathon on Sunday 21st April.

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| 185th | Tom Packer | 3.10.58 |
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32 Harriers at various parkruns on 14/10/2023

Tom Packer was the quickest Harrier in 18.13 at Exmouth, Hannah Bown was the quickest Lady Harrier in 21.10 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.

Penryn Campus

| | | |
|------|-------------|-------|
| 11th | Hugh Marsen | 23.41 |
| 42nd | Dawn Teed | 29.15 |

Teignmouth Promenade

| | | |
|-------|-----------|-------|
| 199th | Ray Lewis | 33.18 |
|-------|-----------|-------|

Abingdon

| | | |
|------|--------------|-------|
| 56th | Andy Johnson | 23.57 |
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Blandford

| | | |
|------|--------------|-------|
| 73rd | James Kelly | 27.15 |
| 74th | Hayley Kelly | 27.15 |

Frederic Back, Montreal

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|-----|----------|-------|
| 8th | Jon Mill | 21.16 |
|-----|----------|-------|

Stratford-upon-Avon

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| 142nd | Des White | 25.36 |
| 219th | Alison White | 28.39 |

Torbay Velopark

| | | |
|-------|---------------|-------|
| 14th | Craig Butler | 19.24 |
| 33rd | Jon Garrity | 21.48 |
| 74th | Derek Johnson | 24.54 |
| 83rd | Lisa Boyd | 25.32 |
| 116th | Jason Hill | 27.33 |

Exmouth

| | | |
|-------|-------------------|-------|
| 8th | Tom Packer | 18.13 |
| 20th | Josh Sale | 19.21 |
| 28th | David Snook | 19.47 |
| 30th | Mike Musgrove | 19.57 |
| 42nd | Dave Tomlin | 20.35 |
| 45th | Hannah Bown | 21.10 |
| 49th | Dana Kalin | 21.34 |
| 51st | Tim Thompson | 21.38 |
| 60th | Simon Beer | 22.06 |
| 69th | Paula Hawkins | 22.38 |
| 118th | Emma White | 24.29 |
| 126th | Nicola Kelly | 24.40 |
| 132nd | Sam Lander | 24.55 |
| 177th | Joan Mason | 26.47 |
| 275th | Amy Tew | 30.23 |
| 317th | Claire Allsup | 32.44 |
| 347th | Keith flack | 34.49 |
| 395th | May Argyle-Lander | 52.13 |

The following Harriers volunteered at Exmouth parkrun on 14/10/2023

Darren Bradley, Keith Flack, Mike Musgrove, Julian Nelmes, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 15/10/2023

Scott Jamieson, Joan Mason, Darren Powell, Nathan Sheehy, David Snook

28 Harriers at various parkruns on 21/10/2023

Anthony Hatchard was the quickest Harrier in 17.49 at Exmouth, Paula Hawkins was the quickest Lady Harrier in 22.26 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.

Ashton Court

| | | |
|-----|------------------|-------|
| 7th | Langdon Williams | 19.25 |
|-----|------------------|-------|

Tamar Trails

| | | |
|------|--------------|-------|
| 8th | Hugh Marsden | 23.03 |
| 51st | Dawn Teed | 31.10 |

Killerton

| | | |
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| 4th | Dave Stone | 19.18 |
|-----|------------|-------|

Exeter Riverside

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| 134th | Julia Jolley | 25.56 |
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Haldon forest

| | | |
|------|-------------|-------|
| 15th | Dave Tomlin | 21.35 |
|------|-------------|-------|

Exmouth

| | | |
|-------|-------------------|-------|
| 13th | Anthony Hatchard | 17.49 |
| 14th | Adam Miller | 17.55 |
| 24th | Chris Dupain | 18.48 |
| 46th | Mike Musgrove | 20.00 |
| 65th | Tim Thompson | 21.25 |
| 72nd | Jon Garrity | 21.42 |
| 76th | Jon Mill | 21.52 |
| 93rd | Paula Hawkins | 22.26 |
| 97th | Sam Lander | 22.42 |
| 104th | Darren Powell | 22.50 |
| 141st | Lisa Hatchard | 24.14 |
| 160th | Jim Comer | 25.04 |
| 171st | Kay Douglas | 25.32 |
| 199th | Kelly Thomas | 26.17 |
| 235th | Jimmy Joy | 27.05 |
| 261st | Keith Flack | 27.47 |
| 266th | Derek Johnson | 27.58 |
| 341st | Jason Hill | 30.08 |
| 350th | Steve Morgan | 30.52 |
| 427th | Nigel Dupain | 34.59 |
| 455th | Jill Dupain | 38.43 |
| 481st | May Argyle-Lander | 55.45 |

The following Harriers volunteered at Exmouth parkrun on 21/10/2023

May Argyle-Lander, Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill, Derek Johnson, Jimmy Joy, Joan Mason, Stan Mason, Jon Mill, Miken Musgrove, Tom Packer, Amy Tew

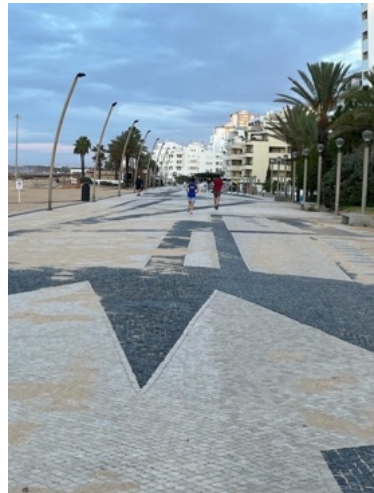
The following Harriers volunteered at the Phear Park Junior parkrun on 22/10/2023

Scott Jamieson, Darren Powell

Photo Gallery – some recent fun photos



Ray & team on a recent breezy Recovery Run



Sarah going the distance in Portugal to model the new Harriers t-shirt



Lisa, Nicola, Emily & Harriet at the ColyTen

Local events in November & December 2023

November

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

Friday 10th November – Harriers AGM at 7pm at the Manor Hotel

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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