

# EXMOUTH HARRIERS

[www.exmouthharriers.co.uk](http://www.exmouthharriers.co.uk)

## Club Newsletter – Number 55

8th November 2023

(The next edition is due out on Wednesday 22nd November 2023)



James Kelly in the New York City Marathon

### 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](mailto:des.white@btinternet.com)

**Don't forget that it's the Club's Annual General Meeting from 7pm at the Manor Hotel, Exmouth on Friday 10th November – it would be good to see a big turnout from our members**

**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 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

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

**Sun. 26th Nov. – Westdown Wander <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



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## 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](http://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.

If you were quick the general entries opened **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**

Sam Kelly  
Mike Musgrove  
Anthony Lees  
Steve Toomy  
Kate Baker  
Jenny Reay  
Terry Mckie  
Craig Butler  
Hannah Bown  
Sue Hill  
Anthony Hatchard  
Emma White  
Jon Mill  
Nick Ramm  
Mark Hawkins  
Scott Jamieson  
Alison White  
Alice Kelly  
Nicki Kelly  
James Kelly  
Jimmy Joy  
Des White  
Katie Moore  
Paula Hawkins  
Ben Shaw

**Harriers 2024 Grizzly / Cub Reserve List**

Tim Thompson  
Hayley Kelly  
Josh Sale  
Scott Jordan  
Ben White  
Louise Hempstead  
Dana Kalin  
Adrian Barton  
Matt Harrison  
Harriet Lyons  
Rob Ellis

**Don't forget that it's the Club's Annual General Meeting from 7pm  
at the Manor Hotel, Exmouth on Friday 10th November – it would  
be good to see a big turnout from our members**

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

12th Nov. 2023	Sun.	Drogo 10	Multi-terrain	<a href="https://www.swrr.co.uk/the-drogo/">https://www.swrr.co.uk/the-drogo/</a>	<b>2023 Devon Instep Race No. 12</b>
19th Nov. 2023	Sun.	Westward League XC in Newquay	Cross Country	<a href="https://www.city-runs.co.uk/westward-league">https://www.city-runs.co.uk/westward-league</a>	<b>2nd XC race in the 2023 / 24 series – Harriers wil have teams racing – contact Nathan Sheehy for details</b>
19th Nov. 2023	Sun.	Starcross Shuffle	Multi-terrain	<a href="https://www.windingp aths.uk/starcross/">https://www.windingp aths.uk/starcross/</a>	<b>7 hour Challenge Event</b>
26th Nov. 2023	Sun	Westdown Wander	Multi-terrain	<a href="https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576">https://cityruns.eventrac.co.uk/e/westdown-wander-exmouth-harriers-8576</a>	<b>An Exmouth Harriers event Also the 2023 Devon Instep Race No. 13 and the final race in the series</b>
2nd Dec. 2023	Sat.	Cockington Christmas Caper (8.5 miles)	Multi-terrain	<a href="https://race-nation.co.uk/register/the-barnabas-sports-trust/cockington-christmas-caper-2023">https://race-nation.co.uk/register/the-barnabas-sports-trust/cockington-christmas-caper-2023</a>	<b>Start &amp; Finish at Occombe Farm, Torquay</b>
3rd Dec. 2023	Sun.	Westward League XC at Exeter (inc.Devon Champs.)	Cross Country	<a href="https://www.city-runs.co.uk/westward-league">https://www.city-runs.co.uk/westward-league</a>	<b>3rd XC race in the 2023 / 24 series – contact Nathan Sheehy for details</b>
3rd Dec. 2023	Sun.	Exeter Santa Run	Road	<a href="https://exetercct.org/courses-events/exeter-santa-run-2023/">https://exetercct.org/courses-events/exeter-santa-run-2023/</a>	<b>Exeter City Community Trust event</b>



**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)	<b>DROGO 10</b> 12 NOVEMBER
<b>WESTDOWN WANDER</b> 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 12/11/23** and the **Westdown Wander (this is a Harriers Race) 26/11/23**

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

### **Saturday 28th October – Lone Wolf, Dartington**

**Matt Harrison & Dana Kalin** ran in this unique off-road running event that was based on the Dartington Estate with a 7k course of undulating terrain, taking in the natural beauty of the Dart Valley and woodlands. Runners had one hour to complete the 7k course and then had whatever time left in the hour to rest before setting off again to complete the course a second time... then a third... and every hour until only the “Lone Wolf” remained. **Dana** said after the race “What a tough and incredibly muddy race”.

5th overall	<b>Matt Harrison</b>	62 miles	15 laps
2nd Lady	<b>Dana Kalin</b>	52 miles	13 laps



**Dana & Matt at the Lone Wolf**

### **Sat. & Sun. 28th & 29th October - OMM (Original Mountain Marathon), Eryri / Snowdonia**

**Lisa & Anthony Hatchard** competed together in this 2-day event; probably UK's biggest mountain race that has shaped the UK outdoor running community since 1968. It is a self-reliant 2-day journey through some of the UK's finest mountain terrain; a true test of mountain craft, resilience & sense of humour. They ran in the Medium Score event and covered 21 miles with almost 6,500ft elevation gain. They were 196th pair to finish overall in the Medium Score event in 10.27.23 and were the 42nd pair to finish in the Medium Score Mixed event. **Lisa** said afterwards “It was brutal but brilliant”.

196th	<b>Lisa &amp; Anthony Hatchard</b>	10.27.23
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Anthony & Lisa at the OMM in North Wales

**Sunday 29th October - Tavy 7, Dartmoor**

**Rob Ellis** and **Langdon Williams** raced in this scenic and gently undulating event through the Dartmoor lanes near Tavistock starting at Plaster Down and on past Pew Tor and the hamlet of Sampford Spiney on its 7-mile route. **Rob** was pleased with his first race for a while and **Langdon** continued his recent great form.

3rd	<b>Rob Ellis</b>	39.41
15th	<b>Langdon Williams</b>	43.44 (2nd M55)



Rob at the start of the Tavy 7



**Saturday 4th November – Abbott Dash to the Finish Line 5k, New York**

As part of the TCS New York City Marathon weekend **James & Hayley Kelly** took part in the Abbott Dash to the Finish Line 5k that zipped through the streets of Midtown Manhattan and finished at the famed marathon finish line in Central Park.



**Hayley & James at the start of the 5k in NYC**

**Saturday 4th November – Devon Trail ½ Marathon, Woodbury Common**

**Matt Harrison** ran in the Devon Trail 1/2 Marathon. The 13.1 mile was over two laps of a course on the very best paths around Woodbury Common with some cracking trails, some tough little climbs & even a couple of stream crossings. The start and finish was in the stunning grounds of Bicton College.

7th                      **Matt Harrison**                      1.36.29



**Matt after the Devon Trails 1/2M**

**Saturday 4th November – Climb South West’s 8 & 5 Trigs Ultras, East Devon**

Four Harriers ran in this self navigating event between 5 or 8 OS triangulation points located on some of the highest areas in East Devon. Both routes started and finished on the Budleigh Salterton seafront and during the day they benefitted from some far reaching views to Berry Head, Portland and Dartmoor. On their way they took in the trig points at High Peak, Weston Cliff, Buckton Hill, Beacon Hill, Aylesbeare, Woodbury, Black Hill and West Down Beacon. A basic understanding of navigation was required; the 8 trigs total distance was approximately 33 miles and the shorter 5 trigs route (that avoided the biggest hills on the Eastern part of the course) was just over 21 miles.

Amazingly despite the exceptionally wet conditions underfoot **Sam Kelly** was 1st finisher in the 8 Trigs in a new course record of 4 hours and 21 minutes.

In the 5 Trigs **Dana Kalin** was 3rd overall and 1st Lady to finish in 3.56.00 plus **Neil Collins & Scott Jordan** finished the 5 Trigs in 4.36.00.

8 Trigs

1st                   **Sam Kelly**                   4.21.00 (new course record)

5 Trigs

3rd                   **Dana Kalin**                   3.56.00

5th                   **Neil Collins**                 4.36.00 (1st Lady Finisher)

6th                   **Scott Jordan**                4.36.00



**Winner of the 8 Trigs – James**



**1st Lady finisher in the 5 Trigs - Dana**



**Neil & Scott in the 5 Trigs**



**Sunday 5th November – TCS NYC Marathon, New York**

**James Kelly** had a fabulous run in the Worlds biggest Marathon finishing in the top 500 out of over 50,000 runners in a superb time of 2.49.25 that equates to 6.28 minute miling for the 26.2 miles through the 5 boroughs of New York. **James** said after the finish “A tough day but a brilliant race and atmosphere”.

491st                      **James Kelly**                      2.49.25



**James & Family at the TCS New York City Marathon**

### Sunday 5th November – LM Events Sidmouth 10km

**Craig Butler & Adrian Barton** ran in this 10km race on a fantastic course that started at Sidford Social Hall followed the entire length of the byes down onto the beautiful Sidmouth sea front. The runners then looped back round and retraced their steps back home. It is described as a fairly flat course except the loop up Hillside, Beatlands and Cliff Road where they encountered two steep climbs.

6th	<b>Craig Butler</b>	43.47	1st M40-54
15th	<b>Adrian Barton</b>	45.38	1st M55-69



**Craig & Adrian at the Sidmouth 10km**

### Sunday 5th November – Bideford 10 Miler

**Langdon Williams** ran a great race coming 2nd M55 in this popular event that started and finished very close to the Bideford Amateur Athletic Club Clubhouse and took in magnificent views of the Taw and Torridge estuary. The course headed out on roads and returned on the Tarka Trail, including a run through a tunnel. Overall the course is moderately flat, with only three small inclines.

37th	<b>Langdon Williams</b>	61.51	2nd M55
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### Sunday 5th November – Marlow ½ Marathon

Nick Ramm & Jim Comer ran in this 13.1 challenging mile event through the Chiltern Hills. It started in the Marlow Town centre with great crowd support and offered 13.1 miles of good running on virtually traffic-free country lanes.

303rd	<b>Jim Comer</b>	1.54.04
489th	<b>Nick Ramm</b>	2.09.04



**Jim & Nick at the Marlow ½ Marathon**

### Sunday 5th November – Cornish Marathon

**Tom Packer** put on his Marathon shoes for the 2nd time in 14 days (he ran a pb of 3.10.58 in the Abingdon Marathon on 22nd October) when he ran in the Cornish Marathon; a 26.2 mile scenic circular out and back route which took the runners along the Draynes Valley, through the ‘Poldark’ country of Bodmin Moor, past King Arthur’s legendary Dozmary Pool, Du Maurier’s Jamaica Inn at Bolventor and back along the Fowey Valley, taking in a climb to Foredown between miles 24 and 25 with some fabulous views.

24th	<b>Tom Packer</b>	3.21.47
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**Tom at the Cornish Marathon**

## **39 Harriers at various parkruns on 28/10/2023**

Sam Kelly was the quickest Harrier in 16.16 at Exmouth and was the 1st finisher, Alice Kelly was the quickest Lady Harrier in 18.42 at Exmouth and was the 1st Lady finisher.

### **Minehead**

86th	Tom Handley	37.33
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### **Teignmouth Promenade**

5th	Dave Stone	18.56
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### **Killerton**

36th	Ben White	24.17
53rd	Jon Garrity	25.25
199th	Emma White	39.30

### **Tamar Lakes**

14th	Hugh Marsden	22.16
74th	Hayley Kelly	27.15

### **Mura di Lucca**

4th & 1st Lady	Cathy Newman	20.16
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### **Ifield Mill Pond, Crawley**

42nd	Dawn Teed	29.39
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### **Horspath**

19th	Andy Johnson	23.10
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### **Exmouth**

1st	Sam Kelly	16.16
9th	Mike Musgrove	18.12
10th	James Kelly	18.14
13th & 1st Lady	Alice Kelly	18.42
17th	Lee Salter	19.01
19th	Tom Packer	19.09
46th	Jenny Reay	21.15
55th	Paula Hawkins	21.40
60th	Andy Place	21.58
61st	Oliver White	21.59
68th	Steve Morgan	22.15
95th	Bob Minting	23.35
106th	Sam Lander	23.58
107th	Ian Harvey	24.00
113th	Derek Johnson	24.10
125th	Kelly Thomas	24.28
144th	Craig Butler	24.58
148th	Graham Gunn	25.06
179th	Nicola Kelly	26.05
180th	Hayley Kelly	26.06
183rd	Sarah Baldwin	26.18
203rd	Joan Mason	26.45
227th	Lisa Boyd	27.19
242nd	Keith Flack	27.43
284th	Amanda McCann	29.08
289th	Carly Miller	29.22
326th	Amy Tew	31.09
438th	Jill Dupain	38.15
478th	May Argyle-Lander	60.54

The following Harriers volunteered at Exmouth parkrun on 28/10/2023

May Argyle-Lander, Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill, Stan Mason

The following Harriers volunteered at the Phear Park Junior parkrun on 29/10/2023

Sarah Baldwin, Louise Hempstead, Scott Jamieson, Joan Mason, Emma White

## 6 Harriers at various parkruns on 04/11/2023

The Exmouth parkrun and many others in the area were cancelled due to Storm Ciaran

Hugh Marsden was the quickest Harrier in 23.36 at Tamar Trails, no Lady Harrier ran at any parkruns

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

13th	Hugh Marsden	23.36
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### Killerton

69th	Terry Mckie	25.55
176th	Keith Flack	34.13

### Exeter Riverside

82nd	Andy Johnson	23.53
128th	Steve Morgan	25.37

### Minehead

88th	Tom Handley	39.00
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The following Harriers volunteered at the Phear Park Junior parkrun on 05/11/2023

Joan Mason, Jon Mill, Darren Powell, David Snook

## Photo Gallery – some recent fun photos



Cathy at Mura di Lucca parkrun



Alison, Ray & Des on a recent Recovery Run

## Local events in November & December 2023

### December

Wed 6th	RunExe 5 Miles on Exmouth Seafront at 7pm
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	<b>Winding Paths Final Countdown at Sidmouth</b> This could be a good Harriers "Club" event, the route heads up the 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

**Don't forget that on Friday 10th November it's Exmouth Harriers  
AGM at 7pm at the Manor Hotel, Exmouth**

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 -

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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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