

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 56

22nd November 2023

(The next edition is due out on Wednesday 6th December 2023)



Harriers at the Westward League XC in Newquay

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

**Thanks to everyone who attended the AGM at the Manor Hotel on Friday 10th November
a copy of the minutes are at the end of this Newsletter**

Congratulations to **Jenny Reay** who was named the South West Region Masters Off-Track Athlete of the year 2023 at the England Athletics South West Regional Council Conference in Exeter on Saturday 11th November. In the citation they commended **Jenny** for her consistency at parkruns and her recent two European Masters Gold Medals in the 10,000m and the 10km in Pescara, Italy.

**Don't forget it's the 2nd Edition of our Westdown Wander race on Sunday 26th November
– please let all your running friends know - <https://www.city-runs.co.uk/westdownwander>**

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 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

**Thur. 23rd Nov. – last day to buy tickets for the Harriers “Christmas Party” on Sat. 2nd December
– contact Amanda McCann ASAP**

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



Thursday 23rd November is the last day to buy tickets for the Harriers "Christmas Party" on Sat. 2nd December, please contact Amanda McCann ASAP

EXMOUTH HARRIERS

Westdown Wander 2023 Sunday 26 November

9 miles multi terrain taking in great scenery of Exmouth Beach and South West coastal path.
Entries still open <https://exmouthharriers.co.uk/westdownwander>



Bufs for all finishers

Beach Start

£20 or under entry

Chip timing

EXMOUTH HARRIERS PRESENT THE 2ND EDITION

The race is on Sunday 26 November 2023 11am.

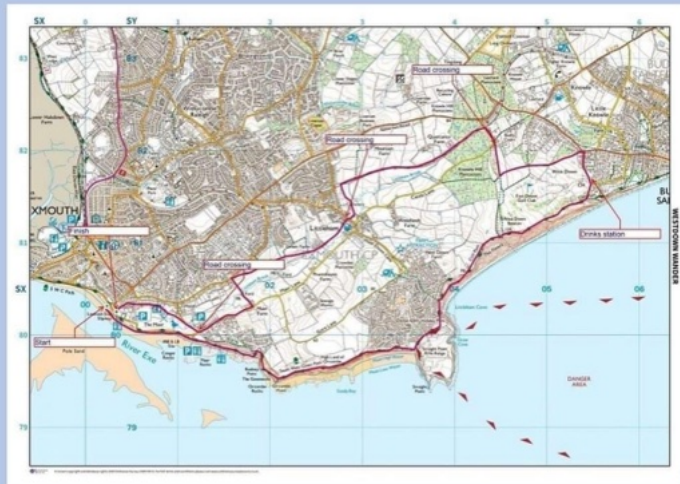
The Westdown Wander race HQ is The Bath House Pub Esplanade Exmouth EX8 2AZ, the race will start on Beach by Carlton slipway, heading to Orcombe point (on the beach), then follow the SW coastal path past the geoneedle towards Budleigh Salterton, passing Westdown Beacon on the way, before turning left 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.



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



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 (completed)
WESTDOWN WANDER 26 NOVEMBER	

Up-to-date Instep Devon Championship standings after 12 races (including Drogo 10). There is now only 1 race to complete the 2023 Championship. Exmouth Harriers are doing really well in all categories (see details below); full details :- <https://instepdevon.org.uk/> the final race is the **Westdown Wander (this is our Harriers Race) on 26/11/23**

Current Team Standings

Women

- 1st SWRR
- 2nd Exmouth Harriers
- 3rd Axe Valley Runners

Men

- 1st SWRR
- 2nd Exmouth Harriers
- 3rd Axe Valley Runners

Current Individual Standings with Harriers in the top 10 of their category

Women Overall

- 1st Jenny Reay
- 3rd Cathy Newman
- 5th Alison White

Men Overall

- 1st Oli White
- 3rd Scott Jamieson
- 8th Jimmy Joy

Senior Women

- 10th Hayley Kelly

Senior Men

- 1st Oli White

W35

- 4th Emma White
- 9th Hannah Bown

M40

- 2nd Scott Jamieson
- 7th Simon Minting
- 10th Tom Packer

W55

- 1st Cathy Newman
- 2nd Jenny Reay

M50

- 3rd Craig Butler

W65

- 1st Alison White
- 6th Kay Douglas

M60

- 2nd Jimmy Joy

M70

- 7th Bob Minting

Up & Coming Races – other races early in 2024 are at the end of this Newsletter

26th Nov. 2023	Sun.	Westdown Wander	Multi-terrain	https://cityruns.evenetrac.co.uk/e/westdown-wander-exmouth-harriers-8576	An Exmouth Harriers event Also the 2023 Devon Instep Race No. 13 and the final race in the series
2nd Dec. 2023	Sat.	Cockington Christmas Caper (8.5 miles)	Multi-terrain	https://race-nation.co.uk/register/the-barnabas-sports-trust/cockington-christmas-caper-2023	Start & Finish at Occombe Farm, Torquay
3rd Dec. 2023	Sun.	Westward League XC at Exeter (inc.Devon Champs. – Harriers will reimburse you for the Devon Champs. entry fee)	Cross Country	https://www.city-runs.co.uk/westward-league	3rd XC race in the 2023 / 24 series –contact Nathan Sheehy for details
3rd Dec. 2023	Sun.	Exeter Santa Run	Road	https://exetercct.org/courses-events/exeter-santa-run-2023/	Exeter City Community Trust event
6th Dec. 2023	Wed.	RunExe 5 Miles on Exmouth Seafront starting at 7pm	Road	https://www.city-runs.co.uk/run-exe-winter-5m	The course is completely flat, making it great for runners of all levels.
9th Dec. 2023	Sat.	Haldon Night Races (Head torches or chest torches will be needed) the starts are from 5pm	Multi-terrain	https://sportivaevents.co.uk/events/haldon-night/	There's a single loop 10K course and a 5K course plus Kids 1km & 2km runs
9th Dec. 2023	Sat.	REDs PlymTrail Christmas Challenge (Yelverton) Day1	Multi-terrain	https://www.timeoutdoors.com/events/plym-trail-christmas-challenge/day-1-marathon	½ and Full marathon options – the route is in an Area of Outstanding Natural Beauty
10th Dec. 2023	Sun.	REDs PlymTrail Christmas Challenge (Yelverton) Day2	Multi-terrain	https://www.timeoutdoors.com/events/plym-trail-christmas-challenge/day-2-marathon	½ and Full marathon options – the route is in an Area of Outstanding Natural Beauty
26th Dec. 2023	Tues.	Exmouth Rotary Club Boxing Day Fun Run 11am start	Road	https://www.rotary-ribi.org/clubs/page.php?PglD=927935&ClubID=1034	Traditional Boxing Day fun run on the seafront starts at 11am
31st Dec.	Sun.	Winding Paths Final Countdown at Sidmouth	Multi-terrain	https://www.windingpaths.uk/final-countdown/	This could be a good Harriers "Club" event, starting on Sidmouth Seafront at 10am giving you plenty of time to recover before enjoying your own New Year's Eve celebrations

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

Sunday 5th November – Cornish Marathon

Chris Murrin ran his 122nd Marathon in the Cornish Marathon finishing in 160th position in 4.20.17 on 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.

122nd	Chris Murrin	4.20.17
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Sunday 12th November – Drogo 10

After receiving the South West Region Masters Off-Track Athlete of the year 2023 at the England Athletics South West Regional Council Conference in Exeter on Saturday **Jenny Reay** didn’t rest on her laurels as she lined up with 500 runners at Castle Drogo on Sunday morning to tackle one of the toughest races in Devon; the Drogo 10 an exciting and challenging 10 mile (16km) multi-terrain Fell Race. The race started and finished at the National Trust’s Castle Drogo, with breathtaking views of the stunning Teign Valley and a total climb in the region of 1760 ft (535m).

The event organisers (South West Road Runners) described it as “10 miles of hilly, muddy cross-country terrain with a nasty sting in the tail as the runners climb up the infamous Hunter's Path hill in the final couple of miles”.

Jenny was joined by 7 other Harriers with the ever-consistent **Simon Minting** finishing in 3rd place overall in an amazing time of 1.07.57. **Jimmy Joy** was next Harrier to finish in 50th place in 1.21.56. **Craig Butler** was next in 64th place in 1.23.55 followed by **Jenny Reay** in 94th place in 1.28.12 (**Jenny** also collecting the award for being the 1st W65 to finish). **Terry Mckie** was next in 157th in 1.35.19 and **Susan Hill** was 228th in 1.44.12 with **Kay Douglas** not far behind in 267th in 1.49.36. Unfortunately **Liz Michaelson** suffered a sprained ankle partway through the rough terrain and had to be assisted back to the finish in a Land Rover.

3rd	Simon Minting	1.07.57	
50th	Jimmy Joy	1.21.56	
64th	Craig Butler	1.23.55	
94th	Jenny Reay	1.28.12	1st W65
157th	Terry McKie	1.35.19	
228th	Susan Hill	1.44.12	
267th	Kay Douglas	1.49.36	



Simon and Jenny with their Drogo 10 Trophies



Kay, Susan, Craig, Liz, Jimmy & Terry all smiles and sunshine before the start at Castle Drogo

Sunday 12th November – Athens Marathon

In totally contrasting conditions on Sunday morning **Emily & Nicola Kelly** ran in the Athens Marathon on what is recognised as the original Marathon course and it was the same course used in the 2004 Olympics held in Athens.

In 1896 the organising committee who revived the modern Olympics were inspired by the bravery of the Athenians at the Battle of Marathon in 490 B.C., as well as the legend of the messenger who ran from the town of Marathon to Athens with the news of victory.

Emily and Nicola started the 2023 Athens Marathon near the battlefield area at Marathon and finished in the magnificent all marble Panathenaic Stadium that was built for the first modern Olympics of 1896 just a short distance from the Acropolis. **Emily** finished in 7,569th place in 4.31.41 and **Nicola** finished in 12,085th in 5.12.24. **Nicola** described it afterwards as “The hardest thing I’ve ever done. It was 24 degrees and uphill from about 9km all the way to 31km”.



Emily & Nicola after the finishing the Athens Marathon in the magnificent Panathenaic Stadium

Sunday 19th November - Tatton 1/2 Marathon

This was an England Masters qualifying road race set in the incredible venue of Tatton Park in rural Cheshire with the scenic route offering a fast race on closed roads. In a very competitive race two Harriers; **Langdon Williams & Hannah Bown** produced fantastic finishing times to qualify to represent England Masters in the 2024 Great Master Half Marathon on 26th May.

44th	Langdon Williams	1.21.51	2nd M55
157th	Hannah Bown	1.33.09	2nd W45

Sunday 19th November - Starcross Shuffle

Harriet Lyons ran in this unique event hosted by Winding Paths, it started at Starcross and the picturesque route followed the Exe Estuary alongside the grounds of Powderham Castle then headed along the Exe Estuary Trail past the Turf Lock Hotel to the turn around point at mile 3.3 and headed back to the Starcross HQ. The runners had 7 hours to run as many of the 6.6 mile laps as they wanted to achieve their chosen distance. **Harriet** was really pleased to finish 4 laps which was just over 26 miles in 4 hours 11 minutes and 4 seconds.



Harriet's Starcross Shuffle medal

Sunday 19th November - REDs Marathon, Exmouth

In Running Events Devon Medal Mix on the Exmouth / Budleigh Trail both **Bob Keast** and **Lisa Hatchard** ran 8 laps of the 3.3 mile course to complete a marathon that had over 1200ft of climbing.

7th	Lisa Hatchard	4.42.41	3rd Women finisher
9th	Bob Keast	5.12.54	



Lisa with her REDs medal

Sunday 19th November - Newent 9

Ed Porter and **Becky Parry** ran in this undulating 9.5 kilometre road race along the country roads and lanes that started and finished at the Newent Community School in Gloucestershire.

4th	Ed Porter	35.24
77th	Becky Parry	48.46



Becky and Ed at the Newent 9km

Sunday 19th November - Westward League Cross Country in Newquay

Nine Harriers travelled into Cornwall to compete in the 2nd race in the Westward League Cross Country 2023/24 series in Newquay.

Women (5.4km)

70th	Jenny Reay	24.23	1st W60
113th	Sarah Baldwin	31.28	8th W60

Men (8.5km)

28th	Anthony Hatchard	32.40	4th M45
75th	Dave Stone	35.23	5th M50
106th	Mac McNaghten	38.28	4th M60
109th	Jimmy Joy	38.58	5th M60
122nd	Jon Garrity	42.16	10th M50
126th	Scott Jordan	43.30	11th M50
127th	Neil Collins	43.40	13th M45



Harriers ready for XC action in Newquay



Harriers in action in Newquay

23 Harriers at various parkruns on 11/11/2023

Adam Miller was the quickest Harrier in 18.43 at Exmouth, Cathy Newman was the quickest Lady Harrier in 20.59 at Haldon forest

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

115th	Tom Handley	37.50
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Dunedin, New Zealand

69th	Dawn Teed	31.48
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Exeter Riverside

7th	Dave Stone	19.23
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Haldon Forest

2nd	Langdon Williams	19.05
9th	Cathy Newman	20.59

Berkeley Green

16th	Steve Morgan	22.03
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Horspath

8th	Andy Johnson	23.19
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Exmouth

7th	Adam Miller	18.43
24th	Ben Shaw	20.55
31st	Tim Thompson	21.16
33rd	Jenny Reay	21.23
49th	Jon Mill	22.05
90th	Sam Lander	24.29
104th	Bob Minting	25.03
108th	Kelly Thomas	25.09
136th	Darren Layard	26.05
185th	Sarah Baldwin	27.28
201st	Joan Mason	28.00
302nd	Lee Russell	31.31
314th	Nigel Dupain	31.45
319th	Keith Flack	32.17
326th	Amy Tew	32.43
438th	Mike Keep	52.15

The following Harriers volunteered at Exmouth parkrun on 11/11/2023

Darren Bradley, Craig Butler, Jill Dupain, Nigel Dupain, Jon Garrity, Jason Hill, Derek Johnson, Stan Mason, Jon Mill

The following Harriers volunteered at the Phear Park Junior parkrun on 12/11/2023

Sarah Baldwin, Joan Mason, Stan Mason, Amanda McCann, Jon Mill

21 Harriers at various parkruns on 18/11/2023

Chris Dupain was the quickest Harrier in 19.10 at Exmouth, Kelly Thomas was the quickest Lady Harrier in 23.00 in 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.

Tamar Trails

8th	Hugh Marsden	23.39
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Seaton

10th	Tim Thompson	21.42
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Parke

6th	Dave Stone	21.06
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Minehead

173rd	Tom Handley	35.52
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Blenheim, New Zealand

32nd	Dawn Teed	27.30
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Exmouth

7th	Chris Dupain	19.10
8th	James Kelly	19.20
10th	Julian Nelmes	19.45
26th	Jon Garrity	22.37
29th	Jon Mill	22.41
32nd	Kelly Thomas	23.00
43rd	David Middlehurst	23.39
98th	Kay Douglas	26.38
138th	Carly Miller	28.38
171st	Lee Russell	29.55
178th	Hayley Kelly	30.24
199th	Keith Flack	31.45
207th	Amy Tew	32.56
238th	Nigel Dupain	34.54
264th	Jill Dupain	38.35
284th	Bob Minting	56.03

The following Harriers volunteered at Exmouth parkrun on 18/11/2023

Sarah Baldwin, Darren Bradley, Nigel Dupain, Jason Hill, Derek Johnson, Joan Mason, Stan Mason

The following Harriers volunteered at the Phear Park Junior parkrun on 19/11/2023

Amanda McCann, Darren Powell, David Snook

Photo Gallery – some recent fun photos



Adrian on a bit of a "lean"



Alison, Ray, Mike & Des on recent Recovery Runs

Local events in 2024

January

Sat 6th	Walter Raleigh Round ½ Marathon in East Devon
Sun 7th	First Chance 10km in Exeter (1st Devon Instep race in 2024)
Sun 14th	Westward Laegue XC at Westward Ho!
Sun 14th	Oh My Obelisk in Dawlish (2nd Devon Instep race in 2024)
Sat 20th	Battle of Woodbury Common at Bicton College
Sat 20th	Tavy 5km in Tavistock
Sun 21st	Stormforce 10 Mile in Camborne
Wed 24th	RunExe 5km in Exmouth
Sat 27th	Blackdown Beast in East Devon

February

Sun 4th	Exmouth Express 5 Mile (Harriers race)
Sun 4th	4 Trigs in East Devon
Sat/Sun 10th & 11th	Exeter ½ Marathon at Exeter Quay
Sun 11th	Westward League XC at Central Park, Plymouth

March

Sun 3rd	Westward League XC final race at Redruth
Sun 3rd	Bideford ½ Marathon
Sun 10th	Granite Way 10 & 20 Miles on Dartmoor
Sun 10th	Winding Paths Grand Canal Canter in Tiverton
Wed 13th	RunExe 5 Mile in Exmouth (3rd Devon Instep race in 2024)
Sat 16th / Sun 17th	REDS Pasty & Pie Challenge in Exmouth
Sun 17th	Grizzly & Cub at Seaton
Sun 24th	Feighan Fury

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

See you all at our Harriers race THE WESTDOWN WANDER on Sunday 26th November

Please let all your running friends know

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

EXMOUTH HARRIERS AGM
For Year Ending 30 th September 2023
Friday 10 th November 2023, 7.00pm start
At The Manor Hotel, The Beacon, Exmouth, EX8 2AG

Minutes

Present:

Nigel Dupain, Hannah Bown, Oliver White, Des White, Alison White, Scott Jamieson, Jenny Reay, Lisa Boyd, Nathan Sheehy, Jason Hill, Steve Morgan, Jimmy Joy, Anthony Hatchard, Terry Mckie

1. Apologies for absence

Amanda McCann, Claire Sorenson, Nicola Kelly, Adrian Barton, Sue Hill, Ray Lewis, Paul Champion, Sarah Baldwin, Sue Wilkin, Nathan Budd, Anthony Lees, Becky and Ed Porter, Emma and Ben White, Christopher Dupain, Jill Dupain, Craig Butler, Andrew Place, Lisa Hatchard, Amy Tew, Cathie Newman, Kay Douglas

2. Minutes of AGM November 2022

All agreed were a true record of the meeting

3. Matters arising

Warren view boxing club - all gone quiet on the development and our potential joining.
Will wait for further developments

4. Chairman's report

See report, no matters arising

5. Treasurer's report

Matters arising

- EA putting prices up again £150-£200 for club membership. £17-£19 for Individual.
- With Club membership fees at £30 (£25 early bird) we don't get a lot for the club after our payments to EA, DCAA and ARC, plus other outgoings
- Therefore the committee feels we need to increase fees the only place this can be agreed is at the AGM.
- Discussion over money coming into the club and our savings account, including the Blister which we are currently not holding. Currently £30,000 in our savings account. The option for a clubhouse in the future was discussed, along with its positives and negatives. It was agreed there is no rush to gain a club house but good to have the money in the bank in case something comes up.

- Options for fee increases:
 - o Keep at £30 but £3 discount for early payment
 - o Put both payments up by £3
 - o Put up by £1 this year and £1 again the following year

The floor agreed to option 2, putting both prices up by £3

6. Secretary's report

See report, no matters arising

7. Membership Officer's report

See report, an increase in membership this year. The floor agreed this was mainly due to the increased publicity and press reports we have had over the last 12 months, a big thank you to Des for all his hard work in doing this

8. Ladies team Manager report

See report, no matters arising

9. Men's team Manager report

See report, no matters arising

10. Publicity Officers' report

See report, no matters arising

11. Instep report

- Des, Alison and Nathan work with Roger Saunders from the previous Instep committee in order to keep the challenge going throughout the year.
- Almost at the end of the second year of this
- Keen to keep it going for next year
- A few races may change but a good mix of distances, terrain and club leads
- Roger happy to do results, which is the main bulk of the work
- Would like a rebrand, changing the name of Instep to something that describes what the series is

12. Devon-Wukro update

Nothing to report

13. Election of Officers

- Chairman: Nigel**, Nominated by Alison, 2nd by Steve
- Treasurer: Steve**, Nominated by Hannah, 2nd by Lisa. Thanks to Paul for all his hard work over the 10+ years.
- Secretary: Hannah**, Nominated Alison, 2nd Jason
- Membership: Terry**, Nominated by Nigel, 2nd Alison
- Ladies team captain: Alison**, Nominated by Hannah, 2nd Nigel
- Men's team captain: Oli**, Nominated by Hannah, 2nd Steve, Vice, Scott Jamieson.
- Safeguarding officers: Amanda** (stepping down). **Craig**, Nominated by Hannah, 2nd Des, **Lisa** Nominated by Jason 2nd by Steve
- Publicity: Des**, Nominated by Hannah, 2nd Jason
- Website: Oli**, Nominated by Nigel, 2nd Hannah, **Derek** vice, Nominated by Jason, 2nd Lisa
- Club coach:** Not filled last year and the floor don't feel it's needed
- Committee members:** Andrew Place, Jimmy Joy, Nathan Budd, Jason Hill.
- Others to be sought - possibly some newer members.

14. Any other business

- Training** - Discussion over training, Tuesdays working well but we still struggle to get many out on a Thursday. A poll has shown no real interest in one single type of training (efforts, steady run etc). New whatsapp group for run leaders to sort training in advance, especially for Thursday sessions. Hope that advertising Thursday sessions in advance even if a run leader can't be there may help the situation
- Awards** - voting slips coming out soon for the club awards. The committee chose to increase the number of awards to now include: overall athlete of the year and most improved
- Westdown wander** only 38 signed up so far, please can we push on social media and we could potentially get some flyers printed and handed out at parkrun next weekend

15. Dates:

- Next committee meeting:** Monday 15th Jan 8pm
- Summer social** no confirmed date but suggested it happened on a Tuesday or a Thursday after an earlier/shorter run, potentially bring your own food/BBQ on the beach

Next AGM Friday 8th November 2024

Meeting closed 8.15pm



www.exmouthharriers.co.uk