

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 57

6th December 2023

(The next edition is due out on Wednesday 20th December 2023)



Harriers at the Westward League XC & Devon County AA XC Champs. in Exeter

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 helped at our Westdown Wander on Sunday 26th November, BIG thanks to Race Director Bob Keast & Chief Marshall Nathan Sheehy for making the event happen – please see the report and photos later in this newsletter

Congratulations to our Harriers 2023 Award Winners:-

Harriers Overall Athlete of Year - **Jenny Reay**

Senior Woman - **Alice Kelly**

Veteran Woman - **Nicola Kelly**

Senior Man - **Sam Kelly & Oli White**

Veteran Man - **Jimmy Joy**

New Harrier - **Dana Kälin**

Most Improved Harrier - **Josh Sale**

Chairman's Award - **Nathan Sheehy**

Many thanks to Amanda McCann for arranging the evening at the Exmouth Football Club and to Terry McKie for providing the music with his marvellous band The Revision Party.



Jimmy, Nathan, Oli, Nigel, Josh, Nicola & Jenny with their trophies



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

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

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

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 (completed)	

Final results for Instep Devon Championship (13 races in 2023). Exmouth Harriers did well in all categories (see details below); full details at :- <https://instepdevon.org.uk/>

Team Results Women

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

Men

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

Individual Results with Harriers in the top 10 of their category

Women Overall

2nd Jenny Reay
 3rd Cathy Newman
 5th Alison White

Men Overall

1st Oli White
 3rd Scott Jamieson
 7th Jimmy Joy

Senior Women

8th Dana Kälin

Senior Men

1st Oli White
 10th Josh Sale

W35

5th Emma White

M40

2nd Scott Jamieson
 8th Simon Minting

W55

1st Cathy Newman
 2nd Jenny Reay

M50

3rd Craig Butler

W65

1st Alison White
 6th Kay Douglas
 7th Sue Wilkin

M60

2nd Jimmy Joy

M70

7th Bob Minting

And finally 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

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

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
10th Dec. 2023	Sun.	Age UK Santa Runs on Exmouth seafront	Road	https://www.letsdothis.com/gb/e/age-uk-exmouth-santa-run-192006	2.5km & 5km options
26th Dec. 2023	Tues.	Exmouth Rotary Club Boxing Day Fun Run 11am start	Road	https://www.rotary-ribi.org/clubs/page.php?PgID=927935&ClubID=1034	Traditional Boxing Day fun run on the seafront starts at 11am
31st Dec. 2023	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.
6th Jan. 2024	Sat.	Walter Raleigh Round ½ Marathon	Multi-terrain	https://www.sientries.co.uk/event.php?elid=Y&event_id=11736	A Harriers favourite race that starts and finishes in Budleigh Salterton
7th Jan. 2024	Sun.	First Chance 10km in Exeter	Mainly footpath	https://www.sientries.co.uk/event.php?elid=Y&event_id=12013	1st Instep race of 2024 plus the awards presentation for the 2023 Series Winners
14th Jan. 2024	Sun.	Westward League XC at Westward Ho!	Multi-terrain	https://www.city-runs.co.uk/westward-league	4th race in the 2023/24 series – contact Nathan Sheehy for details
14th Jan. 2024	Sun.	Oh My Obelisk in Dawlish	Multi-terrain	https://www.dawlishcoasters.com/oh-my-obelisk	1st Instep race of 2024 A MULTI-TERRAIN 9 OR 13 MILE ROUTE UP TO THE OBELISK AT MAMHEAD FROM DAWLISH LEISURE CENTRE

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

Sunday 26th November – Westdown Wander

On Sunday 26th November over 80 runners from 21 running clubs were ready on the start line on the Exmouth beach at 11am to take part in the 2nd running of Exmouth Harriers Westdown Wander. It was an undulating multi-terrain challenge that would take them over sand, grass, mud, shingle and tarmac before they finished 9 miles later on the footpath behind Exmouth's Ocean on the Esplanade.

In favourable weather conditions **Thomas Humphrey** from South West Road Runners led for most of the way starting strongly in the first mile on Exmouth's sandy beach with club mate **Jamie Howard**. **Thomas** pushed on over the hills from Orcombe Point to Westdown Beacon and was never challenged again before he crossed the finish line in 1st position in a marvellous time of 1.03.17. **Jamie** was caught in the final few miles by **David Hill & Luke Moody** who crossed the finish line one second apart to take the other two podium positions.

Claire Stone from the Ocean Lake Triathlon club was the first woman to cross the finish line in 18th place overall in 1.14.57 followed by Exmouth Harriers **Dana Kälin** in 22nd place overall in 1.17.37 closely followed by **Naomi Shaw** of South West Road Runners in 24th place in 1.17.55.

Exmouth Harriers had nine runners taking part with **Josh Sale** the fastest Harrier in 1.07.20 in 6th place overall. The fastest Woman Harrier was **Dana Kälin** who finished in 1.17.37 in 22nd place overall and she was 2nd Woman finisher.

Overall 84 runners finished with Exmouth Harriers Race Director **Bob Keast** saying after the event "A big thank you to all the runners plus everyone who contributed to making the Westdown Wander such a super event. Well done to those who supported the runners, to those who set the course up and to the marshals who directed the runners safely around the course. Special thanks to **Mark Cowen** and his team from City Runs for helping with the event logistics and the team at The Bath House Pub on Exmouth Esplanade for inviting us use their premises at the start & finish".

There were plenty of positive comments from the runners including:-

"Exmouth Harriers always put on a great race"

"Thank you for a lovely race this morning. The Marshals were wonderful, the hilly route beautiful and the rain held off. Congratulations to all involved in a really great event"

Men's Leaderboard

1st	Thomas Humphrey	1.03.17
2nd	David Hill	1.04.53
3rd	Luke Moody	1.04.54

Women's Leaderboard

1st	Claire Stone	1.14.57
2nd	Dana Kälin	1.17.37
3rd	Naomi Shaw	1.17.55

Exmouth Harriers

6th	Josh Sale	1.07.20
8th	Matt Harrison	1.10.09
12th	Jimmy Joy	1.12.43
15th	Mac Mcnaghten	1.13.49
19th	Simon Beer	1.15.20
21st	Adrian Barton	1.16.03
22nd	Dana Kälin	1.17.37
61st	Harriet Lyons	1.31.20
84th	Sue Wilkin	2.10.29



Race Director Bob Keast briefing the runners before the start (photo courtesy of City Runs)



Overall race winner Thomas Humphrey in the final mile



Winning Woman Claire Stone in the 1st mile on the beach



Harriers in the 1st mile on the beach



Sue on the beach



Lisa, Alice, Hayley & Nicola “sweeping up” at the back of the race



Our (R)ACE marshal Ellie Place



Josh & Matt with less than a mile to the finish



Jimmy, Mac, Adrian & Dana in the final mile



Harry, Lisa & Alice in the final mile



Mac & Simon at the finish



Adrian, Dana, Harry & Sue at the finish

Saturday 2nd December – Otterton 10km Reindeer Run

On a very cold Saturday morning six Harriers took part in the multi-terrain Otterton 10km Reindeer Run which was raising money for the Otterton play park.

3rd	Dave Stone	50.02
5th	Mike Musgrove	50.25
6th	Tom Packer	50.47
13th	Adrian Barton	54.41
23rd	Paula Hawkins	57.16
53rd	Kay Douglas	65.13



Adrian, Paula & Kay at the Otterton 10km Reindeer Run

Sunday 3rd December – Westward League XC at Exeter inc. the Devon County AA Champs.

The 3rd Westward League cross country races in the 2023/24 series were held at Exeter's Exhibition Fields with the Devon County AA Championships included within them.

Exmouth Harriers had five women & eight men racing over the very muddy 6km & 8km strength-sapping courses and were heard to say afterwards that it was the toughest race so far in the 2023/24 series.

Westward League Women 6km

40th	Hannah Bown	27.36	3rd W45
59th	Jenny Reay	28.57	1st W60
115th	Nicola Kelly	36.00	7th W55
116th	Liz Michaelson	36.09	8th W55
120th	Sarah Baldwin	37.50	9th W60

Westward League Men 8km

60th	Dave Stone	32.42	2nd M50
83rd	Nathan Sheehy	34.27	10th M45
96th	Mac McNaghten	35.37	2nd M60
99th	Craig Butler	36.10	6th M50
101st	Jimmy Joy	36.14	4th M60
104th	Julian Nelmes	36.21	7th M50
117th	Hugh Marsden	37.39	6th M60
139th	Neil Collins	43.14	17th M45

Devon County AA Cross country Championships

The Devon Champs. were run within the Westward League event. Congratulations to our Devon County AA Championship Medal Winners; **Jenny** continued her recent marvellous form in winning the Gold Medal in the W65 age category, **Mac** won the Silver Medal in the M60 age category, **Hannah** won the Bronze Medal in the W45 age category and **Nathan** won the Bronze Medal in the M45 age category. Also extremely well done to **Liz** who was 4th W55, **Jimmy** who was 4th M60 and **Sarah** who was 5th W60. A very impressive afternoon of racing by everyone.



Harriers at Exhibition Fields, Exeter



The starting straight plus Hannah, Jenny, Liz, Nicola & Sarah mid-way through the 6km race



Hannah, Jenny, Nicola, Liz & Sarah almost at the finish



"Sprinting" at the start



A mad dash at the start



The course starting to churn up



Still going strong

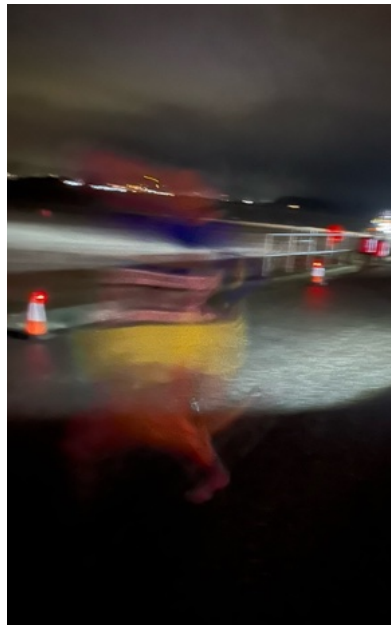
Wednesday 6th December – Run Exe Exmouth 5 Mile

In the first race in the 2023 / 24 Run Exe Winter Series four Harriers took part in the 5 mile race on Exmouth's completely flat seafront promenade. The course had to be tweaked slightly due to the damage to a section of the sea wall near Mickey's restaurant. In what was described as really challenging conditions with gusts of wind topping 40mph and driving rain all four Harriers showed tremendous grit and determination. **Oli** was first Harrier to finish in 3rd place in 28.46 followed by **Hannah** in 35.31 in 18th place, **Jenny** in 39.01 in 21st place and **Alison** in 48.25 in 30th place. Well done all four of you especially **Jenny** who took a nasty tumble at the half-way turnaround point but continued to finish the full 5 miles and ended up in the Ambulance car with her damaged knee being cleaned and dressed.

3rd	Oli White	28.46
18th	Hannah Bown	35.31
21st	Jenny Reay	39.01
30th	Alison White	48.24



Battered by the wind just minutes before the start



Challenging conditions for all concerned

25 Harriers at various parkruns on 25/11/2023

Tom Packer was the quickest Harrier in 18.51 at Exmouth, Jenny Reay was the quickest Lady Harrier in 21.42 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.

Tamar Trails

12th	Hugh Marsden	24.04
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Millhouses

134th	Darren Layard	26.52
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Haldon Forest

4th	Dave Stone	19.45
5th	Dave Tomlin	20.05

Cranbrook Country Park

36th	Steve Morgan	23.25
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University Parks

90th	Andy Johnson	22.24
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Exmouth

4th	Tom Packer	18.51
11th	James Kelly	19.59
34th	Jenny Reay	21.42
55th	Jon Mill	23.02
69th	Kelly Thomas	23.52
75th	Sam Lander	24.02
93rd	Graham Gunn	24.53
110th	Nicola Kelly	25.50
125th	Tim Thompson	26.11
128th	Hayley Kelly	26.26
141st	Liz Michaelson	26.53
161st	Joan Mason	27.32
179th	Kay Douglas	28.07
188th	Derek Johnson	28.25
233rd	Amenda McCann	30.28
271st	Keith Flack	32.45
275th	Nigel Dupain	33.00
354th	Bob Minting	52.25
359th	May Argyle-Lander	59.41

The following Harriers volunteered at Exmouth parkrun on 25/11/2023

Darren Bradley, Craig Butler, Jill Dupain, Nigel Dupain, Derek Johnson, Jimmy Joy, Stan Mason, Jon Mill, Cathy Newman

The following Harriers volunteered at the Phear Park Junior parkrun on 26/11/2023

Sarah Baldwin, Scoyy Jamieson, Joan Mason

20 Harriers at various parkruns on 02/12/2023

Anthony Hatchard was the quickest Harrier in 18.05 at Killerton, Emma White was the quickest Lady Harrier in 25.24 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

45th	Dawn Teed	30.51
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Killerton

2nd	Anthony Hatchard	18.05
66th	Lisa Hatchard	26.39

Cheltenham

54th	Andy Johnson	22.48
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Minehead

90th	Tom Handley	37.16
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Exmouth

6th	Adm Miller	18.57
11th	Julian Nelmes	19.33
21st	Tim Thompson	21.45
25th	Jon Mill	22.12
45th	Sam Lander	23.39
73rd	Bob Minting	25.02
81st	Emma White	25.24
82nd	Hannah Bown	25.25
94th	Darren Powell	26.02
101st	Darren Layard	26.19
118th	Sarah Baldwin	27.02
133rd	Kelly Thomas	28.02
156th	Nicola Kelly	29.30
241st	Jill Dupain	39.35
261st	May Argyle-Lander	58.32

The following Harriers volunteered at Exmouth parkrun on 02/12/2023

Darren Bradley, Craig Butler, Jon Garrity, Jason Hill, Derek Johnson, Jon Mill, Cathy Newman, Alison White, Des White

The following Harriers volunteered at the Phear Park Junior parkrun on 03/12/2023

Sarah Baldwin, Darren Powell

Photo Gallery – some recent fun photos



Alison, Ray & Des on a recent Chilly Recovery Run



Sarah & Nicola preparing for the coldest Exmouth parkrun of 2023



Andy starting a new career?

Some Local events early in 2024

January

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



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