



www.exmouthharriers.co.uk

Club Newsletter – Number 58

21st December 2023

(The next edition is due out on Wednesday 3rd January 2024)



A "new" Harrier on a festive training run

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



We wish everyone a Very Merry Christmas & a Happy New Year



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

Sunday 14th January – Westward Ho!

Sunday 11th February – Plymouth (Central Park)

Sunday 3rd March – Redruth

Please contact Nathan Sheehy for further details.

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

InStep Devon Championship

A bit of background on InStep Devon

Over 10 years ago England Athletics provided funds to set up a network of running clubs in mid and East Devon to help support them in various ways which led to the formation of InStep Devon. We held a few events/courses and provided materials to clubs and also started the Championship in 2014 which has grown in popularity.

After a few years England Athletics stopped funding these networks so we ran down our funds and in 2021 ceased as an organisation but we decided to keep the Championship going using the remainder of the funds which will last into 2024.

Currently the clubs in InStep Devon are Axe Valley Runners, Exmouth Harriers, South West Road Runners, Exeter Harriers, Crediton Running Network, Dawlish Coasters, Honiton RC, Tiverton Harriers and Women on the Run.

We have approached other clubs to join us for the 2024 Championship and Teignbridge Trotters have agreed to become part of InStep Devon.

The rules for the championship are at the top of our web page www.instepdevon.org.uk and the key point is runners have to do at least 5 races to count, if they do more, then the best 5 scores are used. Another thing to bear in mind for clubs to gain points at each event at least 3 runners from the club must run (i.e. 3 males for the male club points and / or 3 females for the female club points) so its good to encourage members to run in our races. **The age categories are going to be changed from 10 year to 5 year bands for both Female & male from 35 upwards.**

Final results for InStep Devon Championship 2023 (13 races) www.instepdevon.org.uk

Exmouth Harriers were 2nd in the Female & Male team Championship (SWRR were 1st in both team events), **Oli White** was 1st overall Male & 1st Senior Man, **Cathy Newman** was 1st W55 and **Alison White** was 1st W65.

The 2023 awards will be presented after the First Chance 10k on 7th January at Exeter Quay

5 Races confirmed for the InStep Devon Championship 2024 (8 more to follow soon)

7th January	FIRST CHANCE 10K	www.swrr.co.uk/first-chance-10k/
14th January	OH MY OBELISK!	www.dawlishcoasters.com/oh-my-obelisk
13th March	RUN EXE 5 MILE Exmouth	www.city-runs.co.uk/run-exe-winter-5m
29th March	FAST FRIDAY 10k	www.city-runs.co.uk/fast-friday-10k
6th April	Power Run 10 Mile	www.city-runs.co.uk/power-run

Please note we need at least 3 Women & 3 Men to represent Harriers in ALL the InStep Races in 2024 to be able to challenge SWRR for the team titles – [Come on Harriers!!!](#)

Don't forget that Club Secretary Hannah says :

Training - don't forget that all sessions 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 have drawn in and we are running in the dark. Please add high vis clothing/head torches to any birthday or Christmas lists over the coming weeks, these are mandatory for training.

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

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.co.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 Devon 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	2nd Instep Devon race of 2024 <i>A MULTI-TERRAIN 9 OR 13 MILE ROUTE UP TO THE OBELISK AT MAMHEAD FROM DAWLISH LEISURE CENTRE</i>
20th Jan. 2024	Sat.	Tavy 5km in Tavistock	Footpaths	http://www.tavistockathletics.co.uk/events/tavy-5/	Takes place from Tavistock College on safe, tarmac footpaths on the 3rd Saturday of the month, with a start time of 9.15am
24th Jan. 2024	Wed.	RunExe 5km in Exmouth	Road	https://www.city-runs.co.uk/run-exe-winter-5m	5km race taking place on the completely flat Exmouth seafront promenade
27th Jan. 2024	Sat.	Blackdown Beast (10 or 16 miles) in East Devon	Multi-terrain	http://www.honitonrc.com/blackdown-beast-jan.html	A very social, self-navigated run. Runners follow a picturesque cross country route

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

Sunday 17th December – Torrington Christmas Caper

Dave Stone & Dawn Teed took part in one of the most challenging multi-terrain runs in the South West; approximately 10 miles of mud, forest trails, rivers and hills. It was previously voted Devon Race of the Year! The organisers promised the runners that “you will definitely get wet, you will definitely get muddy, and you will finish with a smile on your face!” It didn't disappoint as **Dawn** said afterwards “A wet and muddy underfoot Torrington Christmas Caper, but the weather was lovely; a very friendly run with the usual Xmas pudding and clotted cream in the goody bag”. Former Harriers Lorraine Gilson & Terry Oldham also took part.

7th	Dave Stone	1.13.35	(2nd M50)
187th	Dawn Teed	2.08.48	(18th W55)



Dawn with Loraine & Terry before, during & after the Caper

22 Harriers at various parkruns on 09/12/2023

Dave Stone was the quickest Harrier in 19.56 at Exmouth, Hannah Bown was the quickest Lady Harrier in 23.01 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

69th	Nicola Kelly	28.09
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Abingdon

39th	Andy Johnson	24.03
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Exmouth

3rd	Dave Stone	19.56
4th	Julian Nelmes	20.20
18th	Tim Thompson	22.34
22nd	Andy Place	22.49
26th & 1st Lady	Hannah Bown	23.01
28th	Jon Garrity	23.08
29th	Emma White	23.27
46th	Sam Lander	24.18
53rd	Craig Butler	25.00
61st	Bob Minting	25.33
73rd	Jon Mill	26.06
84th	Darren Layard	26.28
85th	Steve Morgan	26.28
94th	Kevin Lingard	27.09
112th	Sarah Baldwin	28.38
182nd	Nigel Dupain	32.56
191st	Keith Flack	33.39
209th	Tom Packer	37.13
225th	Jill Dupain	40.37
257th	May Argyle-Lander	57.10

The following Harriers volunteered at Exmouth parkrun on 09/12/2023

Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill

The following Harriers volunteered at the Phear Park Junior parkrun on 10/12/2023

Sarah Baldwin, Holly Clements, Jill Dupain, Nigel Dupain, Scott Jamieson, Joan Mason, David Snook

27 Harriers at various parkruns on 16/12/2023

Simon Minting was the quickest Harrier in 17.41 at Exmouth, Cathy Newman was the quickest Lady Harrier in 20.50 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.

Torbay Velopark

44th	Steve Morgan	22.24
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Killerton

2nd	Anthony Hatchard	17.55
69th	Lisa Hatchard	25.57

Exeter Riverside

47th	Andy Johnson	23.38
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Minehead

74th	Tom Handley	36.10
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Donabate, Dublin

16th	Kevin Doyle	21.41
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Haldon Forest

5th	Cathy Newman	20.50
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Mallards Pike

3rd	Langdon Williams	19.31
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Cape Pembroke Lighthouse, Falkland Islands

2nd	Hugh Marsden	23.06
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Exmouth

4th	Simon Minting	17.41
7th	Mike Musgrove	18.21
33rd	Dana Kälin	21.38
35th	Tim Thompson	21.52
43rd	Jon Garrity	22.33
47th	Paula Hawkins	22.46
79th	Bob Minting	24.37
101st	Derek Johnson	25.17
104th	Darren Layard	25.24
108th	Kevin Lingard	25.38
115th	Graham Gunn	26.05
119th	Sarah Baldwin	26.25
122nd	Joan Mason	26.34
125th	Des White	26.43
152nd	Alison White	28.07
217th	Keith Flack	31.48
219th	Nigel Dupain	31.58
269th	Jill Dupain	39.24

The following Harriers volunteered at Exmouth parkrun on 16/12/2023

Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill, Stan Mason, Jon Mill

The following Harriers volunteered at the Phear Park Junior parkrun on 17/12/2023

Sarah Baldwin, Jill Dupain, Nigel Dupain, Scott Jamieson, Joan Mason, Amanda McCann

Summary of Another Excellent Year for Exmouth Harriers

It was always going to be challenging for Exmouth Harriers to surpass the successes of 2022 but the club excelled again in 171 races (including some in France, Spain, Cyprus, Italy, USA, Greece, Austria & Germany) during the 12 months of 2023 on the road, the track, over the country and trails plus a few Triathlons. In the 171 races the Harriers were represented by 105 runners in races that varied from 1 mile on the track to 100 miles on the South West Coast Path and almost everything in-between.

Also during the 12 months the Harriers took part in 87 different parkruns mainly in the UK but also included some in Canada, New Zealand, Australia and Italy.

Also during 2023 the Harriers hosted 2 events; the Exmouth Express 5 mile road race on the Exmouth seafront in February and the Westdown Wander 9 mile multi-terrain race on the Exmouth beach, the Jurassic Coast path and the Budleigh Trail in November.

In August the Harriers joined with Budleigh Runners to host 5 and 11 mile fun runs on the trails and footpaths between the two towns called Run for Life and in the process raised over £500 for the Exmouth RNLI.

It's very difficult to pick out best performances but probably the standout ones during 2023 were **Jenny Reay** with her two gold medals in the European Masters W65 10,000m on the track and the 10km road race in Italy in September and **Chris Murrin** who ran in 15 Marathons during the 12 months taking his overall total to 122.

During the year the club welcomed a number of new members with the current membership now over 125.

Exmouth Harriers would like to thank everyone involved with the club and all the race organisers who have made it possible for the club to race in well organised, safe and controlled events during 2023.



Jenny double European Champion



Chris ran in 15 Marathons in 12 months

Photo Gallery – some recent fun photos



Merry Christmas Everyone



Harriers on the Christmas Jingle "Training Session" 21/12/202



Ray, Des & Alison on a recent Recovery Run



Des, Ray, Alison & Mike started a run in the drizzle and finished in a downpour!

Some local events early in 2024

February

- 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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We wish everyone a Very Merry Christmas & a Happy New Year