

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 59

3rd January 2024

(The next edition is due out on Wednesday 17th January 2024)



A "few" Harriers at Cranbrook Country Park parkrun on New Years Day
(see the run report on page 11)

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

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.

On Saturday 20th January Harriers are holding a “Pacer Day” at Exmouth parkrun with all 13 pacer roles (from 18 minutes to 40 minutes plus 2 tailwalkers) filled by at least one Harrier. If you haven't put your name forward yet please contact Craig ASAP.

There is a rumour going around that Craig has suggested that the Harriers travel en-masse to the Woolacombe Dunes parkrun on Saturday 3rd February for our next 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

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 for the 2024 championship from 10 year to 5 year bands for both Female & male from 35 upwards.**

Final results for InStep Devon Championship 2023 (13 races) <https://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

13 Races for the InStep Devon Championship 2024

7th January	First chance 10km	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 10km	www.city-runs.co.uk/fast-friday-10k
6th April	Power Run 10 Mile	www.city-runs.co.uk/power-run
5th May	Crediton Crunch	Details TBA
12th May	Ottery 10km	http://www.honitonrc.com/ottery-10k-may.html
19th May	Beer Blazer	Details TBA
24th May	Run Exe Relays	https://www.city-runs.co.uk/run-exe-relays
???????	Uplowman 10km	Details TBA
2nd July	Run Exe 5km	https://www.city-runs.co.uk/run-exe-5k
6th October	Templer Ten	https://www.teignbridgetrotters.co.uk/our-races/templer-ten
???????	Westdown Wander	Details TBA

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!!!

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

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 9 OR 13 MILE ROUTE UP TO THE OBELISK AT MAMHEAD FROM DAWLISH LEISURE CENTRE</i>
20th Jan. 2024	Sat.	Exmouth parkrun with Harriers providing all the 13 pacers including 2 tailwalkers. We can have more than one Harrier doing each pacing role – let's fill the parkrun with Harriers!	Footpath	https://www.parkrun.org.uk/exmouth/	Aiming to have all 13 pacer roles (from 18 minutes to 40 minutes plus 2 tailwalkers) filled by at least one Harrier. If you haven't put your name forward yet please contact Craig.
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
3rd Feb. 2024	Sat.	Harriers parkrun Devon Tourism at Woolacombe Dunes	Multi-terrain	https://www.parkrun.org.uk/woolacombedunes/	This is probably the toughest parkrun in the UK – Craig will publish details of travelling etc.
4th Feb. 2024	Sun.	4 Trigs Challenge	Multi-terrain	http://www.sidmouthrunningclub.co.uk/four-trigs/	Maximum entries: 150 runners, close date 28th January & no reserve list
10th & 11th Feb. 2024	Sat. & Sun.	Exeter ½ Marathon	Road / paths	https://exetercct.org/running-events/exeter-half-marathon-2024/	The two lap 13.1 mile course will commence from Exeter Quay and take in the historic Quayside & around the Riverside Valley Park
11th Feb. 2024	Sun.	Westward League XC at Central Park, Plymouth	Multi-terrain	https://www.city-runs.co.uk/westward-league	5th race in the 2023/24 series – contact Nathan Sheehy for details

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

Tuesday 26th December – Exmouth Rotary Club Boxing Day Fun Run (approx.. 2.2 miles)

Great to see so many Harriers taking part in the Exmouth Rotary Boxing Day Fun Run on the seafront, we were lucky with the weather (blue sky, sunshine and hardly any wind) and the revised course didn't take in the zig zag path at Orcombe Point. As there were no results we have listed our 23 runners below in alphabetic order but we can say congratulations to **James Kelly** for being the first overall finisher.

Sam Argyle-Lander, Kate Baker, Adrian Barton, Ellis Bown, Hannah Bown, Craig Butler, Nigel Dupain, Jill Dupain, Louise Hempstead, Jason Hill, Andy Johnson, Emily Kelly, James Kelly, Nicola Kelly, Darren Layard, Kevin Lingard, Amanda McCann, Andy Place, Nathan Sheehy, David Snook, Alison White, Des White, Emma White

We managed to capture 18 of the 23 Harriers in the photos below – can you spot them?



Harriers "hogging" the start line with smiles in the sunshine



Pushing on in the first ½ mile just past Sideshore



Nobody was quite sure where the finish line was!

Thursday 28th December - Bridgwater to Honiton Community Canal 14 mile run
Jim Comer & Nick Ramm ran in this scenic event on the tow path starting from the Bridgwater YMCA and finishing at the COACH (Centre for Outdoor Activity & Community Hub) at French Weir Park in Taunton.



Nick & Jim at the start in Bridgwater

Friday 29th December - REDs (Running Events Devon) 1/2M on Exmouth's Budleigh Trail
After eight weeks without any running due to an injury **Chris Murrin** decided to run in this 1/2 Marathon on the Budleigh Trail in Exmouth and finished in 1st place in 2.25.13.

Sunday 31st December - Running Events Devon Marathon on Exmouth's Budleigh Trail
Following on from his success in the ½ Marathon on Friday Chris Murrin decided to run over the same course 48 hours later on New Years Eve in Exmouth but double the distance when he tackled the full 26.2 miles in the Marathon and finished in 15th place in 4.41.12 - this was **Chris' 16th Marathon in 2023 and his 123rd Marathon overall.**

Sunday 31st December – The Final Countdown in Sidmouth

Simon Minting & James Kelly took on the extremely challenging 2023 Winding Paths Final Countdown 6 miles multi-terrain race at Sidmouth on New Years Eve.

The race started on Sidmouth Seafront then headed up the South West Coast Path trails and inland for a big loop around Mutters Moor and nearby Woodland trails before descending down to the finish on Sidmouth Seafront. After all the recent inclement weather **Simon** said after the finish of the race “It was very wet and muddy under foot”.

1st	Simon Minting	41.21	1st M40
8th	James Kelly	47.01	2nd Senior Man



Simon and James striding out at the start and on the trails

30 Harriers at various parkruns on 23/12/2023

Sam Kelly was the quickest Harrier in 17.13 at Exmouth, Jenny Reay was the quickest Lady Harrier in 21.46 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.

Minehead

132nd	Tom Handley	35.31
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Crewe

21st	Jimmy Joy	21.58
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Haldon Forest

7th	Dave Tomlin	20.18
60th	Dana Kälin	25.30

Cape Pembroke Lighthouse, Falkland Islands

7th	Hugh Marsden	23.22
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Cranbrook Country Park

6th	Dave Stone	19.01
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Exmouth

1st	Sam Kelly	17.13
5th	Simon Minting	18.09
6th	Oli White	18.14
10th	Adam Miller	18.50
17th	Julian Nelmes	20.01
45th	Jenny Reay	21.46
66th	Hannah Bown	22.59
82nd	Sam Lander	23.53
107th	Graham Gunn	24.43
140th	Lisa Hatchard	25.40
141st	Anthony Hatchard	25.40
143rd	Darren Layard	25.44
166th	Alice Kelly	26.33
167th	Emily Kelly	26.33
173rd	Bob Minting	26.43
177th	Steve Morgan	26.51
185th	Des White	27.13
225th	Liz Michaelson	28.14
279th	Tim Thompson	29.35
287th	Nicola Kelly	29.50
369th	Keith Flack	32.28
437th	Nigel Dupain	34.56
530th	Emma White	45.45
550th	May Argyle-Lander	55.16

The following Harriers volunteered at Exmouth parkrun on 23/12/2023

Hannah Bown, Darren Bradley, Craig Butler, Jill Dupain, Nigel Dupain, Jason Hill, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 24/12/2023

Amanda McCann, David Snook

27 Harriers at various parkruns on 30/12/2023

Anthony Hatchard was the quickest Harrier in 18.25 at Exmouth, Jenny Reay was the quickest Lady Harrier in 21.38 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

24th	Jon Mill	24.14
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Killerton

80th	Jon Garrity	26.18
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Exeter Riverside

37th	Andy Johnson	24.12
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Haldon Forest

8th	Dave Stone	19.58
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Cape Pembroke Lighthouse, Falkland Islands

2nd	Hugh Marsden	22.44
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Exmouth

7th	Anthony Hatchard	18.25
14th	Chris Dupain	19.15
19th	Tom Packer	19.45
27th	Julian Nelmes	20.12
45th	Jenny Reay	21.38
53rd	Andy Place	22.01
64th	Terry McKie	22.38
71st	Tim Thompson	22.53
84th	Emily Kelly	23.24
114th	Steve Morgan	24.39
170th	Kevin Lingard	26.19
181st	Sarah Baldwin	26.46
197th	Liz Michaelson	27.12
198th	Darren Layard	27.13
211th	Kay Douglas	27.36
245th	Dawn Teed	28.33
322nd	Des White	30.32
358th	Nigel Dupain	31.50
371st	Keith Flack	32.14
425th	Neil Clarke	35.07
437th	Derek Johnson	35.51
493rd	May Argyle-Lander	53.26

The following Harriers volunteered at Exmouth parkrun on 30/12/2023

Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill, Derek Johnson, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 31/12/2023

Sarah Baldwin, Scott Jamieson, Amanda McCann, David Snook

14 Harriers at the New Years Day parkrun at Cranbrook on 01/01/2024

Dave Stone was the quickest Harrier in 18.24, Sarah Baldwin was the quickest Lady Harrier in 27.03.

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.

Cranbrook Country Park

10th	Dave Stone	18.24
11th	Tom Packer	18.29
22nd	Scott Jamieson	19.25
28th	Craig Butler	20.08
33rd	Jamie Ellor	20.24
68th	Steve Morgan	22.22
76th	Jon Garrity	23.00
98th	Andy Place	23.42
142nd	Anthony Lees	25.08
188th	Sarah Baldwin	27.03
299th	Nigel Dupain	32.30
395th	Jill Dupain	39.01

We think Nathan Sheehy & Scott Jordan ran but they don't appear in the results – possibly 72nd place for Nathan in 22.21 and 101st place for Scott in 23.36.

At the start line, it was clear that things were going to get muddy, Cranbrook, normally hosts circa 200, had a whopping 429 turn up to their friendly well organised Parkrun. Kudos and gratitude to the volunteers on NYD. So the narrow paths that are used for 2 way runner traffic meant splashing in puddles or running in mud was likely. Everyone was content with the fun, however **Craig Butler** was gutted that attention could be taken from his pink shorts and socks. He kept from getting so muddy by imitating a gazelle on the African plains over East Devon's muddy puddles. Safe to say - he remained very pink. Phew for him.

Also at the start line, **Dave Stone** turned up fashionably bang on time with no time to spare (timekeeping that would make the Whites shudder on a race day). He did have enough time to tell us about his red wine and Guinness pre race hydration strategy. Always the gentleman, he apologised in advance if any of that repeated on him throughout the race. Thank you **Dave**. He went off at his normal legendary pace (million miles per hour for 200m) and remained the top Harrier of the day. So, who knew? Guinness and Red wine is the new beetroot juice/energy gel/any other fad.

All runners finished in good health and fine fettle, and for such an impromptu suggestion from **Craig**, an excellent way to start the year. Running, among friends, having a giggle and a chat.

So all that is left to say let's keep it this up. First Chance is next weekend (07/01/24) and kickstarts the Instep Devon Championship Race series, shortly after Round 2 with Oh My Obelisk! (14/01/24) and Round 4 of the Westward League XC at Westward Ho! (14/01/24). PS – **Dave Stone** got the MV50 course record. Penned by Scott Jamieson



Looks a good venue for a parkrun – not sure Craig agrees seeing the state of his shoes afterwards!

Just in case you missed it in the last edition of the Harriers Newsletter here's a slightly amended - **Summary of Another Excellent Year for Exmouth Harriers** – there were a few Harriers entering “late” in a few other races & parkruns towards the end of the year.

It was always going to be challenging for Exmouth Harriers to surpass the successes of 2022 but the club excelled again in 174 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 174 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 89 different parkruns mainly in the UK but also included some in the Falkland Islands, 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. Plus 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 16 Marathons during the 12 months taking his overall total to 123.

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.

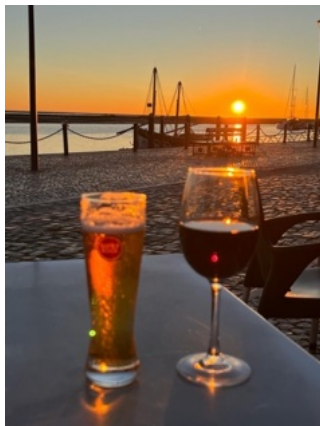


Jenny double European Champion



Chris ran in 16 Marathons in 12 months

Photo Gallery – some recent fun photos



Sarah wishing everyone a Merry Christmas from the Algarve – it's a hard life but someone has to do it!



A few "local festive fun" photos

Some local & “not so local” events in March & April 2024

March

Sun 3rd	Westward League XC final race at Redruth
Sun 10th	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	REDS Pasty & Pie Challenge in Exmouth (Day 1)
Sun 17th	REDS Pasty & Pie Challenge in Exmouth (Day 2)
Sun 17th	Grizzly & Cub at Seaton
Sun 24th	Feighan Fury
Fri 29th	Fast Friday (4th Devon Instep race in 2024)

April

Mon 1st	Easter Bunny 10k -Yeovil
Sat 6th	Power 10 Mile Run at Powderham (4th Devon Instep race in 2024)
Sat 6th	Power 5 Mile Run at Powderham
Sun 7th	JP’s Exe to Axe
Sun 7th	Brighton Marathon
Wed 10th	Yeovilton 5km (1st race in the 2024 six race Summer series)
Sat 13th	Sid Valley Ring Half Marathon
Tue 16th	Run Exe 5km (1st race in the 2024 six race Summer series)
Sat 20th	Winding Paths Total Coastal 30 Mile, 1/2M, 10k
Sun 21st	TCS London Marathon
Sun 28th	Plymouth’s Ocean City ½ Marathon, 10km & 5km
Sun 28th	LM Events Maer 10km & Half Marathon

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

The “Final Say” from our Club Secretary Hannah :-

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.



www.exmouthharriers.co.uk