

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 60

17th January 2024

(The next edition is due out on Wednesday 31st January 2024)



Harriers ready for action at the 1st Chance 10k, Oh My Obelisk! and the Westward Ho! XC

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 or Derek Johnson

Latest News

Send any reports, articles or photos for inclusion in future newsletters to des.white@btinternet.com

Key points from Exmouth Harriers Committee meeting held on Monday 15th January 2024

- Meeting minutes from the previous meeting and the 2023 AGM were agreed to be a true record and signed by the Chairman
- **Matters arising:**
 - **Kit.** We currently have a good stock of vests after issues with the supplier last year
 - **Socials.** Summer social, unfortunately didn't happen in 2023 and the Christmas do wasn't as well attended as previous years. Proposal to do a summer social on a training night, possibly from the new cricket facilities in Budleigh Salterton. Watch this space for more information on both the Summer and Christmas socials
 - **Race Entries.** Some online entry forms have 2 'Exmouth Harriers'. This is in the process of being corrected, but in the mean time please enter under 'Exmouth Harriers' and not 'Exmouth Harriers AAC'
- **Treasurer news**
 - Steve Morgan has now taken on the role and has got the bank account up and running.
- **Westdown Wander**
 - Made a loss of approx £500 this year. the committee are going to try again to get the Bicton Blister up and running for 2024 as this had become a bit of an iconic race amongst other clubs
- **Membership secretary**
 - Terry has kindly taken this over. Membership payments due in the next couple of months. look out for messages from Terry about this in order to ensure you get your early bird discount
- **Website**
 - Our website www.exmouthharriers.co.uk will be getting a makeover this year, thanks to Oli for what he has done so far and to Derek for taking the job on
- **Training**
 - The poll on the WhatsApp group is working well and Tuesday training sessions are as popular as ever

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

Sunday 11th February – Plymouth (Central Park)

Sunday 3rd March – Redruth

Only two races left in the 2023/2024 series, 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.

Craig has suggested that the Harriers travel en-masse to the Woolacombe Dunes parkrun in February for our next parkrun tourism around Devon – waiting for details

2024 Grizzly / Cub on Sunday 17th March - 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
Katie Moore
Paula Hawkins
Ben Shaw
Tim Thompson

Harriers 2024 Grizzly / Cub Reserve List

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

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

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.	Possible 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
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
18th Feb. 2024	Sun.	Dalwood 3 Hills	Multi-terrain	https://www.letsdothis.com/gb/checkout/ticket?eventId=193602&utm_organiser_id=155006	Good warm-up event for the Grizzly
24th Feb. 2024	Sat.	Exeter Trail Races	Multi-terrain	https://sportivaevents.co.uk/events/exeter-trail-races/	New 10K & 5K trail races around the grounds of Escot Park.
3rd Mar. 2024	Sun.	Westward League XC final race at Redruth	Multi-terrain	https://www.city-runs.co.uk/westward-league	6th & final race in the 2023/24 series – Nathan Sheehy for details
10th Mar. 2024	Sun.	Bideford ½ Marathon	Road	https://bidefordaac.co.uk/bideford-half-marathon/	A very popular race hosted by a great club in North Devon
10th Mar. 2024	Sun.	Granite Way 10 & 20 Miles on Dartmoor	Multi-terrain	https://exetercct.org/running-events/granite-way-10-and-20-mile-event-2024/	Exeter City Community Trust event
10th Mar. 2024	Sun.	Winding Paths Grand Canal Canter in Tiverton	Footpaths along the canal	https://www.windingpaths.uk/grand-canal-canter/	A flat Marathon, Half Marathon and now a 10k in Mid Devon
13th Mar. 2024	Wed	RunExe 5 Mile in Exmouth (including a “mob match”)	Road	https://www.city-runs.co.uk/run-exe-winter-5m	5 Mile race taking place on the flat Exmouth seafront – 3rd Instep Devon race in 2024

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

Saturday 6th January – Walter Raleigh Round ½ Marathon

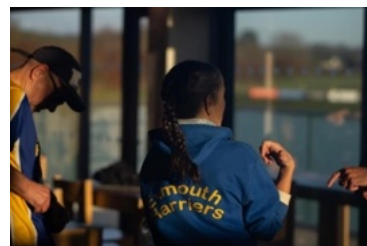
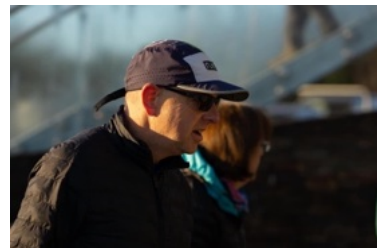
Eight Harriers took part in this popular event that started and finished at the “new” Budleigh Salterton Cricket Club.

The 1/2 Marathon (13.6 miles) visited the birthplace of Sir Walter Raleigh and the countryside where he spent time as a child. The route included quiet back lanes, unsurfaced county roads, little known footpaths, the Otter valley, High Peak, the Jurassic Coast and a dismantled railway. The race started and finished at the “new” Budleigh Salterton Cricket Club. The 1/3 Marathon (8.7 miles) followed the same course as far as the River Otter but avoided the biggest hill (High Peak) and the coastal section. Instead it took the riverbank path downstream and joined the 1/2 marathon route again at the second river crossing.

Mac McNaghten was the only Harrier to run in the 1/3 Marathon and at the age of 60 he excelled by coming in as the 1st finisher overall in 1.06.32.

Sam Kelly ran another superb race finishing in 1st place overall in 1.25.29 more than 7 minutes ahead of the 2nd finisher. **Dave Stone** was the next Harrier to finish in 7th place in 1.42.39 followed by **Adrian Barton** in 24th in 2.00.11, **Ben Shaw** in 27th in 2.02.15, **Scott Jordan** in 41st in 2.08.55, **Neil Clarke** in 51st in 2.16.06 and our only Lady Harrier to take part **Nicola Kelly** finished in 81st place in 2.32.02

1st	Sam Kelly	1.25.29
7th	Dave Stone	1.42.39
24th	Adrian Barton	2.00.11
27th	Ben Shaw	2.02.15
41st	Scott Jordan	2.08.55
51st	Neil Clarke	2.16.06
81st	Nicola Kelly	2.32.02



A lot of contemplation going on



They're off



Dave, Adrian & Nicola pushing on



Mac, Sam & Dave - Medals galore!



Adrian, Ben & Scott - even more medals!

Sunday 7th January - NYCRUNS Frozen Penguin 5K, Central Park

Jon Mill took advantage of being in New York on business to take part in this 5K in New York's Central Park. **Jon** says it was really freezing cold with some slushy sleet. He battled through to place 27th overall and was 7th in the M40-49 age group with a great time of 21:03 and a "bonus" of a great array of bagels at the finish.

27th **Jon Mill** 21.03 (7th M40-49)



Jon with his tasty bagel at the finish

Sunday 7th January - First Chance 10km, Exeter

Sixteen Harriers and a number of very vocal supporters made their way to Exeter Quay for this 10km over a fast, flat route around Exeter Riverside Valley Park.

Great running and plenty of shouts of encouragement from everyone in a strength-sapping cold northwesterly wind.

11th	Oli White	34.48
22nd	Edward Porter	35.43
29th & 1st Woman	Alice Kelly	36.15
42nd	Josh Sale	37.07
70th	Scott Jamieson	39.04
72nd	Craig Butler	39.13
84th	Julian Nelmes	40.00
134th	Douglas McCombie	42.33
161st	Andrew Place	43.56
177th	Kevin Doyle	44.35
221st	Steve Morgan	46.49
244th	Rebecca Parry	48.12
268th	Carrie Webb	49.49
328th	Jason Hill	53.17
388th	Alison White	56.18
530th	Sue Wilkin	68.05



Harriers before & After the 1st Chance 10km



Harriers (Oli, Ed, Alice & Josh) in action



Harriers (Scott, Craig, Jules & Doug) in action



Harriers (Andy, Kevin, Steve, Becky and Jason) in action



Harriers (Alison & Sue) in action



Alice being presented with her 1st Lady trophy

Sunday 14th January - Oh My Obelisk! - Dawlish

This was round 2 of the “Instep” race series. What is essentially Devon’s primary road/trail running series. There is opportunity for team and individual (age gender overall) prizes. The races are spread out along the year. Most races are run by Devon running clubs with the proceeds going to charity and/or back into the running club to enable the sport to continue to support the community. Points can soon escalate by attending and obviously those finishing high in age cat position compete for top three positions. In short there is fun to be had on catching those in front, to climb the leader board.

Round 2 was Oh My Obelisk! half marathon (plus half a mile), trail race starting at Dawlish Leisure centre up to Mamhead Obelisk, traversing stunning woodland with beautiful views.

Dawlish Coasters were the event organisers and they did a splendid job, very well Marshalled and marked course with a friendly atmosphere. Well done and thank you to them.

The conditions were kind. A dry week leading up to the event meant for a soft but stable course. On the day the cold was felt only momentarily, the hill provides all the warmth from the start.

17th	Scott Jamieson	1.41.06	3rd M45
18th	Tom Packer	1.42.16	2nd M40
76th	Terry McKie	2.04.53	5th M55
84th	Douglas McCombie	2.08.24	14th SM
120th	Harriet Lyons	2.25.32	4th W40

Instep results and further info page <https://instepdevon.org.uk>

Penned by **Scott Jamieson**



Harriers “Famous 5” Scott, Harriet, Tom, Douglas & Terry

Sunday 14th January – Westward League Cross Country, Westward Ho!

Seven Harriers travelled to North Devon and raced in the 4th Westward League Cross Country series over a tricky, but relatively dry course in Northam Burrows Country Park.

Women (5.7km)

76th	Sarah Baldwin	29.38	4th W60
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Men (8.7km)

39th	Dave Stone	30.17	2nd M50
43rd	Julian Nelmes	31.01	4th M50
51st	Nathan Sheehy	31.35	4th M45
66th	Mac McNaghten	33.31	2nd M60
76th	Jimmy Joy	34.42	4th M60
83rd	Scott Jordan	38.18	13th M50



Harriers "Magnificent 7" at Westward Ho!

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 the end of 2024.

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, Women on the Run and . Teignbridge Trotters.

The rules for the championship are at the top of the 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 final results for Instep Devon Championship 2023 (13 races) <https://in角度devon.org.uk/>
The 2023 awards were presented after the First Chance 10k on 7th January at Exeter**



Oli with his 2023 Instep Devon trophies

After the finish of the First Chance 10km the awards were presented for the (13 qualifying races in East Devon in 12 months). Exmouth Harriers finished in 2nd place (to South West Road Runners) in both the Female and Male team competitions. In the individual competition Harriers had 3 winners; **Cathy Newman** won the W55-64 age group, **Alison White** won the W65-74 age group and **Oli White** took the overall Men's Individual award plus the Senior Men's age group.

InStep Devon Championship



Alison with her 2023 Instep Devon trophy

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
27th May	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 / Bicton Blister	Details TBA

Please note we need at least 3 Women & 3 Men to represent Harriers in ALL the Instep Devon Races in 2024 to be able to challenge SWRR for the team titles

Come on Harriers!!!

32 Harriers at various parkruns on 06/01/2024

Simon Minting was the quickest Harrier in 17.47 at Exmouth, Atsede Gidey was the quickest Lady Harrier in 19.40 and she was 1st Lady 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

104th	Tom Handley	37.04
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Hampstead Heath

6th	Piers Benton	19.36
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Seaton

139th	Dawn Teed	27.43
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Exeter Riverside

29th	Andy Johnson	24.23
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Cape Pembroke Lighthouse, Falkland Islands

3rd	Hugh Marsden	22.37
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Exmouth

3rd	Simon Minting	17.47
9th	James Kelly	18.23
11th	Tom Packer	18.38
20th & 1st Lady	Atsede Gidey	19.40
21st	Cathy Newman	19.43
32nd	Julian Nelmes	20.45
37th	Jenny Reay	21.09
60th	Terry McKie	22.12
74th	Jon Garrity	22.41
85th	Regan Meadowcroft	23.09
86th	Sam Lander	23.10
90th	Emma White	23.20
99th	Paula Hawkins	23.41
106th	Graham Gunn	24.01
122nd	Anthony Lees	24.27
130th	Bob Minting	24.39
139th	Paul Dowling	24.51
158th	Derek Johnson	25.20
167th	Hayley Kelly	25.26
172nd	Darren Powell	25.32
191st	Sarah Baldwin	26.17
203rd	Tim Thompson	26.28
220th	Steve Morgan	27.03
406th	Keith Flack	32.06
471st	Nigel Dupain	34.27
510th	Jill Dupain	39.51
535th	May Argyle-Lander	53.42

The following Harriers volunteered at Exmouth parkrun on 06/01/2024

Darren Bradley, Nigel Dupain, Jason Hill, Steve Morgan, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 07/01/2024

Sarah Baldwin, Holly Clements, Joan Mason, Amanda McCann, David Snook

24 Harriers at various parkruns on 13/01/2024

Sam Kelly was the quickest Harrier in 16.39 at Exmouth, Liz Michaelson was the quickest Lady Harrier in 25.43 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.

Torbay Velopark

4th	Dave Stone	18.13
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Minehead

95th	Tom Handley	38.02
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Killerton

41st	Andy Johnson	23.36
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Parke

29th	Steve Morgan	26.09
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Barclay, Hertfordshire

3rd	Adam Miller	19.23
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Franschhoek, South Africa

24th	Nicholas Brown	29.39
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Cape Pembroke Lighthouse, Falkland Islands

4th	Hugh Marsden	21.54
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Cranbrook

43rd	Tim Thompson	25.00
67th	Lisa Boyd	26.22

Exmouth

3rd	Sam Kelly	16.39
7th	Simon Minting	17.39
8th	Josh Sale	18.05
93rd	Jon Mill	23.03
111th	Darren Powell	23.33
123rd	Jon Garrity	24.08
167th	Liz Michaelson	25.43
171st	Derek Johnson	25.47
211th	Joan Mason	27.13
220th	Bob Minting	27.26
307th	Keith Flack	30.35
363rd	Nigel Dupain	33.04
404th	Nathan Sheehy	35.06
431st	Jill Dupain	38.45
470th	Tom Packer	74.28

The following Harriers volunteered at Exmouth parkrun on 13/01/2024

Sarah Baldwin, Darren Bradley, Nigel Dupain, Jason Hill, Stan Mason, Jon Mill, Tom Packer, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 14/01/2024

Amanda McCann, Darren Powell

Photo Gallery – some recent fun photos



Ray & various friends on his recent recovery runs

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

March

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 (5th 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 - we have “new style” club vests and t-shirts); contact Hannah or Nigel 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