

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

**Club Newsletter – Number 61
31st January 2024**

(The next edition is due out on Wednesday 14th February 2024)



Harriers about to do “a bit of pacing” at the Exmouth parkrun on 20th January

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

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.

Craig has suggested that the Harriers travel en-masse to the Woolacombe Dunes parkrun on Saturday 17th February for our next parkrun tourism around Devon – look out for further 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 the unlucky members put on the Reserve List.

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 & please inform Hannah.

Congratulations to the following 25 people who were successful in getting one of our places

Sam Kelly
Tim Thompson
Anthony Lees
Steve Toomy
Scott Jordan
Ben White
Jenny Reay
Terry Mckie
Craig Butler
Hannah Bown
Sue Hill
Anthony Hatchard
Jon Mill
Nick Ramm
Mark Hawkins
Scott Jamieson
Alison White
Alice Kelly
Nicki Kelly
James Kelly
Jimmy Joy
Katie Moore
Paula Hawkins
Ben Shaw
Dana Kälin

Harriers 2024 Grizzly / Cub Reserve List

Hayley Kelly
Matt Harrison
Harriet Lyons
Rob Ellis

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

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
17th 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.
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
16th Mar. 2024	Sat.	REDS Pasty & Pie Challenge in Exmouth (Day 1)	Tarmac path	https://www.evententry.co.uk/running-events-devon-2024-exmouth-challenge-series-day-1	Various distances on the Budleigh Trail near Capel Lane, Exmouth
17th Mar. 2024	Sun.	REDS Pasty & Pie Challenge in Exmouth (Day 2)	Tarmac path	https://www.evententry.co.uk/running-events-devon-2024-exmouth-challenge-series-day-2	Various distances on the Budleigh Trail near Capel Lane, Exmouth
17th Mar. 2024	Sun.	The Grizzly & The Cub	Multi-terrain	https://www.axealleyrunners.org.uk/Grizzly/	Iconic events in East Devon – at least 25 Harriers taking part
24th Mar. 2024	Sun.	Feighan Fury	Multi-terrain	https://www.swrr.co.uk/feighan-fury/	A challenging 10 mile multi-terrain running race in mid Devon
29th Mar. 2024	Fri.	Fast Friday 10km	Tarmac Paths	https://www.city-runs.co.uk/fast-friday-10k	Another classic City Runs event in Exeter

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

Saturday 20th January – Haldon Night 10km

Josh Sale & Jamie Ellor raced in a 10km night-time trail race through Haldon Forest with beer, mince pies and medals for the finishers! It was over a very hilly course and unfortunately **Josh** was mis-directed enroute and ended up doing almost an extra 1/2 mile.

3rd	Josh Sale	47.34
18th	Jamie Ellor	50.57



Josh with his medal & bottle of beer

Sunday 21st January – Farnborough Half Marathon

Carrie Webb had her first outing in a Harriers vest at the Farnborough Half Marathon and finished in great time of 1:50:31. The traffic free route consisted of an initial 3-mile lap of the Farnborough International Exhibition Centre before continuing out on a broadly circular loop of Farnborough Airport. The finish was back at the Airship Hangar alongside the start. The course was described as relatively flat with no significant hills.

884th	Carrie Webb	1.50.31	25th W50
-------	--------------------	---------	----------



Carrie striding out in Farnborough

Sunday 21st January – Winter Tanners LDWA Surrey

Bob Keast took part in a 30 mile challenge event that started and finished in Leatherhead and was organised by the Surrey LDWA (Long Distance Walkers Association). **Bob** finished in 7 hours 19 minutes & 36 seconds and he said afterwards “It wasn’t as wet as last year but the thaw made for muddy conditions”.



The route and elevation of the Winter Tanners 30 Mile Challenge in Surrey

Wednesday 24th January – City Runs RunExe Exmouth 5km

A small band of Harriers raced on “home ground” over a couple of “short laps” of the Exmouth seafront in probably the best weather conditions that any of the City Runs Exmouth events have been run in over the past 2 years, i.e. no wind, no rain and a relatively warm evening. It was great to see so many Harriers marshalling and supporting on the night.

58th	Douglas McCombie	20.29	19th M Sen
61st	Jenny Reay	20.48	1st W65
73rd	Steve Morgan	22.09	1st M65
87th	Des White	26.14	2nd M65
89th	Alison White	27.07	2nd W65



Douglas, Jenny & Steve “night racing”



Des, Alison & Steve on Exmouth seafront

Saturday 27th January – Blackdown Beast

A number of Exmouth Harriers took part in Honiton Running Club's Blackdown Beast on Saturday 27th January; a popular, social, self-navigated run that started at the Skydive Centre on Dunkeswell Airfield. The route initially followed a picturesque cross country run of 7.6 miles on footpaths to Smeatharpe where the runners enjoyed a hot pasty and mulled cider at Smeatharpe Village Hall as a reward for their hard work. The next leg of the run was 2.8 miles on lanes and country paths that dropped down to the Sidmouth Arms in the village of Upottery. The final stages took the road to Rawridge where they crossed the river Otter and climbed to the top of the ridge to the viewpoint above Luppitt for a spectacular panorama of the surrounding countryside before running the remainder of the run via Luppitt Village Hall and across country over Luppitt Common back to Dunkeswell Airfield for a well earned drink and hot food at the Aviator Cafe. Congratulations to:-

Simon Minting	Dave Stone
Anthony Hatchard	Scott Jordan
Craig Butler	Anthony Lees
Amanda McCann	Louise Hempstead
Susan Hill	Kay Douglas
Lisa Hatchard	



Craig Butler & Anthony Lees on the Blackdown Hill

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.

13 Races for the Instep Devon Championship 2024

7th January First chance 10km (completed)
14th January Oh My Obelisk! (completed)

The results after the first 2 races in the 2024 Championships are at:-

<https://instepdevon.org.uk/>

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	https://www.swrr.co.uk/crediton-crunch/
12th May	Ottery 10km	http://www.honitonrc.com/ottery-10k-may.html
19th May	Beer Blazer	https://www.axevalleyrunners.org.uk/beer-blazer/
24th May	Run Exe Relays	https://www.city-runs.co.uk/run-exe-relays
27th May	Uplowman 10km	http://www.tiverton-harriers.co.uk/uplowman-10k-race
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!!!

46 Harriers at various parkruns on 20/01/2024

Simon Minting was the quickest Harrier in 17.49 at Exmouth, Atsede Gidey was the quickest Lady Harrier in 19.09 and she was 1st Lady at Exeter Riverside.

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

93rd	Tom Handley	38.28
------	-------------	-------

Eden Project

31st	Tim Thompson	22.09
------	--------------	-------

Cape Pembroke Lighthouse, Falkland Islands

4th	Hugh Marsden	24.31
-----	--------------	-------

Exeter Riverside

6th & 1st Lady	Atsede Gidey	19.09
33rd	Cat Concalves	21.07
73rd	Andy Johnson	23.28

Crewe

8th	Jimmy Joy	21.39
-----	-----------	-------

Edenbrook Country

86th	Bob Minting	26.19
------	-------------	-------

Sharpham Estate

4th	Dave Stone	19.32
-----	------------	-------

Exmouth – there was a fantastic turnout at the our “home” parkrun



In chilly & windy conditions on the Exmouth seafront over 30 Harriers volunteered and took on all the pacers roles from 18 minutes to 40 minutes plus the tail-walking roles



Almost all of the club turned out – well done Harriers

3rd	Simon Minting	17.49
5th	Sam Kelly	17.57
8th	Tom Packer	18.34
14th	Anthony Hatchard	18.58
16th	Dave Tomlin	19.06
21st & 1st Lady	Alice Kelly	19.36
22nd	Mike Musgrove	19.48
35th	Matt Harrison	21.11
36th	Dana Kälin	21.15
43rd	Jenny Reay	21.42
50th	Darren Powell	21.57
52nd	Julian Nelmes	22.01
65th	Jon Garrity	22.48
69th	Jon Mill	22.58
70th	Hannah Bown	22.58
78th	Steve Morgan	23.42
106th	Anthiny Lees	24.23
131st	Scott Jamieson	25.15
147th	Liz Michaelson	26.00
149th	Jason Hill	26.08
156th	Kelly Thomas	26.23
157th	Claire Sorensen	26.23
161st	Sarah Baldwin	26.36
205th	Darren Layard	28.02
206th	Emily Kelly	28.03
207th	Nicola Kelly	28.04
216th	Terry McKie	28.14
284th	Lisa Boyd	30.23
290th	Des White	30.41
296th	Alison White	30.50
298th	Nathan Sheehy	30.54
305th	Keith Flack	31.13
335th	May Argyle-Lander	32.45
363rd	Derek Johnson	34.36
369th	Nigel Dupain	35.01
410th	Jill Dupain	40.24
431st	Matilda Hatchard	58.00
432nd	Lisa Hatchard	58.01

The following Harriers volunteered at Exmouth parkrun on 20/01/2024

Hannah Bown, Lisa Boyd, Darren Bradley, Craig Butler, Holly Clements, Kay Douglas, Jill Dupain, Nigel Dupain, Matt Harrison, Anthony Hatchard, Lisa Hatchard, Matilda Hatchard, Scott Jamieson, Derek Johnson, Scott Jordan, Alice Kelly, Nicola Kelly, Sam Kelly, Terry McKie, Jon Mill, Steve Morgan, Julian Nelmes, Kelly Thomas, Alison White, Des White

34 Harriers at various parkruns on 27/01/2024

James Kelly was the quickest Harrier in 17.26 at Exmouth, Hannah Bown was the quickest Lady Harrier in 20.40 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

8th	Hugh Marsden	23.01
-----	--------------	-------

Exeter Riverside

62nd	Andy Johnson	23.44
------	--------------	-------

Exmouth

6th	James Kelly	17.26
10th	Josh Sale	18.11
12th	Jamie Pearson	18.18
14th	Tom Packer	18.27
29th	Mike Musgrove	19.40
35th	Nathan Sheehy	19.54
46th	Tim Thompson	20.31
49th	Hannah Bown	20.40
51st	Dana Kälin	20.41
52nd	Matt Harrison	20.41
57th	Jenny Reay	20.56
64th	Jimmy Joy	21.23
76th	David Snook	21.52
82nd	Adrian Barton	22.13
89th	Jon Garrity	22.30
93rd	Regan Meadowcroft	22.39
95th	Steve Morgan	22.47
96th	Kevin Doyle	22.52
139th	Jon Mill	24.18
154th	Bob Minting	24.50
155th	Liz Michaelson	24.51
161st	Derek Johnson	25.00
175th	Rebecca Powell	25.31
188th	Darren Powell	26.03
190th	Nicola Kelly	26.12
194th	Sarah Baldwin	26.22
217th	Joan Mason	27.35
230th	Hayley Kelly	27.58
277th	Jason Hill	29.25
278th	Darren Layard	29.26
305th	Keith Flack	30.46
310th	May Argyle-Lander	31.14

The following Harriers volunteered at Exmouth parkrun on 27/01/2024

Darren Bradley, Stan Mason, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 28/01/2024

Sarah Baldwin, Scott Jamieson, Joan Mason, Amanda McCann

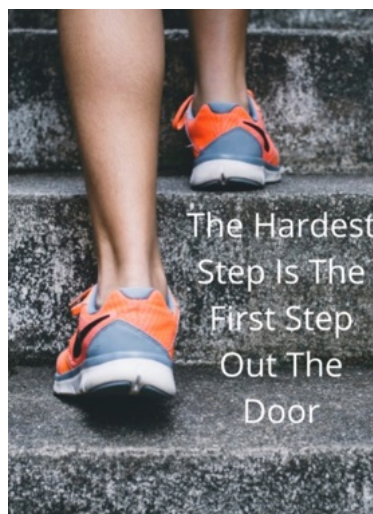
Photo Gallery – some recent fun photos



Mike, Alison, Des & Ray on a seafront run



Craig, Scott, Nathan, AnthonyH, Dave & AnthonyL 4 Trigs training



How true is this - especially at this time of the year

Future events in April & May 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 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

May

Sat 4th	East Devon Round at Offwell (65, 35 & 15 mile options)
Sun 5th	Credition Crunch (6th Devon Instep race in 2024)
Tue 7th	Run Exe 5km (2nd race in the 2024 six race Summer series)
Wed 8th	Yeovilton 5km (2nd race in the 2024 Summer series)
Sat 11th	Ivybridge 10km
Sun 12th	Exeter Community Trust Marathon & 5 Mile
Sun 12th	Ottery 10km (7th Devon Instep race in 2024)
Sun 19th	Beer Blazer (8th Devon Instep race in 2024)
Fri 24th	Run Exe Relays at Exwick (9th Devon Instep race in 2024)
Mon 27th	Uplowman 10km (10th Devon Instep race in 2024)

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