

# EXMOUTH HARRIERS

[www.exmouthharriers.co.uk](http://www.exmouthharriers.co.uk)

**Club Newsletter – Number 62**  
**14th February 2024**

(The next edition is due out on Wednesday 28th February 2024)



Some of the Harriers who took part in the Exeter ½ Marathon

## 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](mailto:des.white@btinternet.com)

**Congratulations to Cathy Newman (W60) & Jenny Reay (W65) who both won Gold Medals at the British Masters 10km Championships at Chichester on Sunday 4th February – details later in this newsletter**

### **Westward League Cross Country 2023 / 2024 Series**

The final race the six race 2023 / 24 series takes place on Sunday 3rd March in Redruth; there will also be the presentation of team & individual awards for the series, please contact Nathan Sheehy for further details.

Craig has organised the next Harriers parkun tourism around Devon, we will be travelling en-masse to the Woolacombe Dunes parkrun on Saturday 17th February, meeting at the Exmouth Tennis Centre car park at 6.45am – watch 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

17th Feb. 2024	Sat.	Harriers parkrun Devon Tourism at Woolacombe Dunes	Multi-terrain	<a href="https://www.parkrun.org.uk/woolacombedunes/">https://www.parkrun.org.uk/woolacombedunes/</a>	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	<a href="https://www.letsdothis.com/gb/checkout/ticket?eventId=193602&amp;utm_organiser_id=155006">https://www.letsdothis.com/gb/checkout/ticket?eventId=193602&amp;utm_organiser_id=155006</a>	Good warm-up event for the Grizzly
24th Feb. 2024	Sat.	Exeter Trail Races	Multi-terrain	<a href="https://sportivaevents.co.uk/events/exeter-trail-races/">https://sportivaevents.co.uk/events/exeter-trail-races/</a>	New 10K & 5K trail races around the grounds of Escot Park.
3rd Mar. 2024	Sun.	Westward League XC final race at Redruth	Multi-terrain	<a href="https://www.city-runs.co.uk/westward-league">https://www.city-runs.co.uk/westward-league</a>	<b>6th &amp; final race in the 2023/24 series – Nathan Sheehy for details</b>
10th Mar. 2024	Sun.	Bideford ½ Marathon	Road	<a href="https://bidefordaac.co.uk/bideford-half-marathon/">https://bidefordaac.co.uk/bideford-half-marathon/</a>	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	<a href="https://exetercct.org/running-events/granite-way-10-and-20-mile-event-2024/">https://exetercct.org/running-events/granite-way-10-and-20-mile-event-2024/</a>	Exeter City Community Trust event
10th Mar. 2024	Sun.	Winding Paths Grand Canal Canter in Tiverton	Footpaths along the canal	<a href="https://www.windingpaths.uk/grand-canal-canter/">https://www.windingpaths.uk/grand-canal-canter/</a>	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	<a href="https://www.city-runs.co.uk/run-exe-winter-5m">https://www.city-runs.co.uk/run-exe-winter-5m</a>	5 Mile race taking place on the flat Exmouth seafront – <b>3rd Instep Devon race in 2024</b>
16th Mar. 2024	Sat.	REDS Pasty & Pie Challenge in Exmouth (Day 1)	Tarmac path	<a href="https://www.evententry.co.uk/running-events-devon-2024-exmouth-challenge-series-day-1">https://www.evententry.co.uk/running-events-devon-2024-exmouth-challenge-series-day-1</a>	Various distances on the Budleigh Trail near Capel Lane, Exmouth
17th Mar. 2024	Sun.	REDS Pasty & Pie Challenge in Exmouth (Day 2)	Tarmac path	<a href="https://www.evententry.co.uk/running-events-devon-2024-exmouth-challenge-series-day-2">https://www.evententry.co.uk/running-events-devon-2024-exmouth-challenge-series-day-2</a>	Various distances on the Budleigh Trail near Capel Lane, Exmouth
17th Mar. 2024	Sun.	The Grizzly & The Cub	Multi-terrain	<a href="https://www.axevalleyrunners.org.uk/Grizzly/">https://www.axevalleyrunners.org.uk/Grizzly/</a>	Iconic events in East Devon – at least 25 Harriers taking part
24th Mar. 2024	Sun.	Feighan Fury	Multi-terrain	<a href="https://www.swrr.co.uk/feighan-fury/">https://www.swrr.co.uk/feighan-fury/</a>	A challenging 10 mile multi-terrain running race in mid Devon
29th Mar. 2024	Fri.	Fast Friday 10km	Tarmac Paths	<a href="https://www.city-runs.co.uk/fast-friday-10k">https://www.city-runs.co.uk/fast-friday-10k</a>	Another classic City Runs event in Exeter

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

### Sunday 4th February – 4 Trigs Challenge

Eight Harriers took part in this self navigation event that covered approximately 28 km with a huge amount of climbing with controls at four of the trig points surrounding Sidmouth. The route started and finished at the Sidmouth Sailing Club and took in the coast path, the Donkey Sanctuary and was mostly off road, with some great views. **Sam Kelly** repeated his victory in last years event finishing the 28km in 2024 in an incredible 2 hours 10 minutes 46 seconds. Well done to everyone who took part.

1st	<b>Sam Kelly</b>	2.10.46
5th	<b>James Kelly</b>	2.33.57
32nd	<b>Anthony Hatchard</b>	3.18.21
33rd	<b>Scott Jordan</b>	3.18.21
62nd	<b>Lisa Hatchard</b>	4.10.47
67th	<b>Nicola Kelly</b>	4.17.00
91st	<b>Amanda McCann</b>	5.11.11
92nd	<b>Kay Douglas</b>	5.11.11



Lisa, Kay, Anthony, James, Amanda, Sam, Scott & Nicola at the 4 Trigs Challenge



Lisa & Nicola at the 4 Trigs Challenge



**Lisa & Nicola at the 4 Trigs Challenge**



**Scott at the 4 Trigs Challenge**

### Sunday 4th February – Chichester 10km

Two Harriers travelled 115 miles along the south coast to Chichester to take part in one of the premier UK road races that also held the British Masters 10km Championship. **Cathy Newman** and **Jenny Reay** ran superbly finishing in 39.11 and 41.56 respectively; **Cathy** was 1st W60 & **Jenny** was 1st W65. As it was the British Masters Championships they are both British Masters champions and received Gold BMAF medals.

261st	<b>Cathy Newman</b>	39.11	1st W60 & BMAF 10km W60 Champion
371st	<b>Jenny Reay</b>	41.56	1st W65 & BMAF 10km W65 Champion



Cathy & Jenny – BMAF W60 & W65 Champions

### Sunday 4th February - REDs February Challenge in Exmouth

Two Harriers ran in the February Challenge hosted by Running Events Devon on the Exmouth/Budleigh Trail with **Laura Walton** in the 1/2 Marathon and **Chris Murrin** finishing his 124th Marathon.

#### 1/2 Marathon

4th	<b>Laura Walton</b>	2.11.12
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#### Marathon

7th	<b>Chris Murrin</b>	4.49.42
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Chris after his 124th Marathon

### Saturday 10th February – Cardiff Winter 10km

**Douglas McCombie** travelled to “foreign lands” by crossing the Severn Bridge into Wales and ran a great time in the Cardiff Winter 10km.

27th **Douglas McCombie** 43.58.



Douglas after the Cardiff Winter 10km

### Saturday 10th February & Sunday 11th February – Exeter ½ Marathon

Nine Harriers competed in the Exeter 1/2 Marathon over the weekend of 10th / 11th February with great finishing positions and times.

#### Saturday 10th February

47th	<b>Jon Mill</b>	1.34.02
52nd	<b>David Snook</b>	1.34.32
62nd	<b>Mark Hawkins</b>	1.37.13
138th	<b>Kevin Doyle</b>	1.47.43
173rd	<b>Derek Johnson</b>	1.52.19
202nd	<b>Darren Layard</b>	1.56.03
266th	<b>Jim Comer</b>	2.10.32
267th	<b>Nick Ramm</b>	2.10.33

#### Sunday 11th February

**Becky Parry** ran in the second Exeter ½ Marathon of the weekend on a slightly amended course due to some overnight flooding in the area and finished in a superb time of 1.46.34.

48th **Becky Parry** 1.46.34



Harriers enjoying the sunshine at the Exeter ½ Marathon





Harriers pushing on during the Exeter ½ Marathon

## Sunday 11th February – Westward League Cross Country in Plymouth

Seven Harriers ran in very muddy conditions in the penultimate race in the Westward League Cross Country series at Central Park, Plymouth.

### Women's 5.8k race

77th **Sarah Baldwin** 37.37

### Men's 8.9k race

34th **Dave Stone** 37.11

68th **Mac McNaghten** 42.24

73rd **Hugh Marsden** 43.07

76th **Jimmy Joy** 43.57

87th **Jon Garitty** 46.52

89th **Scott Jordan** 49.27



Harriers at the Westward League Cross Country at Plymouth



Harriers in action at the Westward League Cross Country at Plymouth

## **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](http://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)	<a href="http://www.city-runs.co.uk/run-exe-winter-5m">www.city-runs.co.uk/run-exe-winter-5m</a>
29th March	Fast Friday 10km	<a href="http://www.city-runs.co.uk/fast-friday-10k">www.city-runs.co.uk/fast-friday-10k</a>
6th April	Power Run 10 Mile	<a href="http://www.city-runs.co.uk/power-run">www.city-runs.co.uk/power-run</a>
5th May	CREDITON Crunch	<a href="https://www.swrr.co.uk/crediton-crunch/">https://www.swrr.co.uk/crediton-crunch/</a>
12th May	Ottery 10km	<a href="http://www.honitonrc.com/ottery-10k-may.html">http://www.honitonrc.com/ottery-10k-may.html</a>
19th May	Beer Blazer	<a href="https://www.axevalleyrunners.org.uk/beer-blazer/">https://www.axevalleyrunners.org.uk/beer-blazer/</a>
24th May	Run Exe Relays	<a href="https://www.city-runs.co.uk/run-exe-relays">https://www.city-runs.co.uk/run-exe-relays</a>
27th May	Uplowman 10km	<a href="http://www.tiverton-harriers.co.uk/uplowman-10k-race">http://www.tiverton-harriers.co.uk/uplowman-10k-race</a>
2nd July	Run Exe 5km	<a href="https://www.city-runs.co.uk/run-exe-5k">https://www.city-runs.co.uk/run-exe-5k</a>
6th October	Templer Ten	<a href="https://www.teignbridgetrotters.co.uk/our-races/templer-ten">https://www.teignbridgetrotters.co.uk/our-races/templer-ten</a>
???????	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 03/02/2024**

Simon Minting was the quickest Harrier in 17.39 at Exmouth, Atsede Gidey was the quickest Lady Harrier in 19.06 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**

45th	Steve Morgan	22.41
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### **Whiteley**

31st	Tim Thompson	22.09
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### **Killerton**

26th	Jon Garrity	23.07
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### **Exeter Riverside**

8th & 1st Lady	Atsede Gidey	19.06
9th	Berihu Hadera	19.07

### **Winchester**

4th	Piers Benton	18.19
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### **Longrun Meadow**

3rd	Dave Stone	18.36
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### **Crosby**

25th	Andy Johnson	23.33
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### **Whanganui Riverbank, New Zealand**

27th	Nigel Dupain	29.31
46th	Jill Dupain	39.14

### **Exmouth**

2nd	Simon Minting	17.39
8th	Tom Packer	18.26
13th	Chris Dupain	19.06
15th	Julian Nelmes	19.21
22nd	Craig Butler	19.58
23rd	Mike Musgrove	20.01
24th	David Snook	20.04
27th	Paul Dowling	20.28
33rd	Hannah Bown	20.49
48th	Terry McKie	21.46
52nd	Jimmy Joy	21.54
82nd	Sam Lander	23.14
115th	Bob Minting	24.40
121st	Ben White	24.52
133rd	Daryl Milford	25.17
140th	Sarah Baldwin	25.51
150th	Derek Johnson	26.17
169th	Keith Flack	26.43

186th	Kevin Lingard	27.14
258th	Nathan Sheehy	29.55
362nd	Mike Keep	35.16
442nd	May Argyle-Lander	54.50

The following Harriers volunteered at Exmouth parkrun on 03/02/2024

Darren Bradley, Craig Butler, Jason Hill, Liz Michaelson, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 04/02/2024

Sarah Baldwin, Terry Oldham, Nathan Sheehy

## **23 Harriers at various parkruns on 10/02/2024**

Simon Minting was the quickest Harrier in 17.53 at Exmouth, Jenny Reay was the quickest Lady Harrier in 21.07 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**

11th	Hugh Marsden	23.12
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### **Killerton**

3rd	Anthony Hatchard	18.47
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### **Western Springs, New Zealand**

156th	Dawn Teed	33.35
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### **Teignmouth**

5th	Dave Stone	18.54
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### **California Country, Wokingham**

120th	Amanda McCann	29.44
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### **Lake2Lake Trail, New Zealand**

23rd	Nigel Dupain	31.52
30th	Jill Dupain	40.09

### **Exmouth**

4th	Simon Minting	17.53
15th	James Kelly	19.16
17th	Tom Packer	19.22
25th	Mike Musgrove	19.46
26th	Julian Nelmes	19.50
49th	Jenny Reay	21.07
56th	Adrian Barton	21.32
88th	Sam Lander	23.25
99th	Jon Garrity	23.57
131st	Nathan Sheehy	25.08
137th	Darren Powell	25.21
161st	Steve Morgan	26.06
214th	Bob Minting	27.48
227th	Kevin Lingard	28.05
286th	May Argyle-Lander	29.41
337th	Keith Flack	31.48

The following Harriers volunteered at Exmouth parkrun on 10/02/2024

Darren Bradley, Stan Mason, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 11/02/2024

Sarah Baldwin, Scott Jamieson, Joan Mason, Amanda McCann

**Photo Gallery – some recent fun photos**



**Jill & Nigel parkrunning in New Zealand  
(Whanganui Riverbank & Lake2Lake Trail – Te Anau)**



**Des, Alison & Ray on a seafront run**

## 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 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.



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