

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

**Club Newsletter – Number 63
28th February 2024**

(The next edition is due out on Wednesday 13th March 2024)



Lisa, Ruby & Josh after the Exeter Trail races at Escot Park

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 Derek Johnson

Latest News

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

Westward League Cross Country 2023 / 2024 Series

Don't forget that it's the final race in the six race 2023 / 24 Westward League Cross Country series taking 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 regarding sharing lifts etc..

New Harriers Treasurer & New Expense / Travel Claim Form

We are replacing the old paper Claim Form with a new Excel-based Form, a copy of the form can be requested from Steve by email sjmorgan222@gmail.com

Please use the new form to claim for mileage costs and other expenses with immediate effect.

Ensure that you enter your bank details on the form to allow speedy reimbursement of claims.

Email completed forms to Steve Morgan, Treasurer at sjmorgan222@gmail.com

2024 Grizzly / Cub on Sunday 17th March

Thanks to Hannah we have an amazing number of Harriers taking part in this 2024 iconic event. If you were one of the "Lucky Harriers" who got a club place then Hannah has your running number so if you haven't collected it from her yet please get in touch with her ASAP. **Also if any of you can't compete then please contact Hannah to see if your place can be transferred to another Harrier.**

Good luck to all those who are taking part

Harriers Devon parkrun Tourism

We had a great time at the **Woolacombe Dunes parkrun on Saturday 17th February**, (see photos etc. later in this Newsletter) many thanks to Craig for organising the latest in our Harriers parkrun tourism around Devon. Watch out for details of our next "club parkrun outing", it will be less tough and a bit more local.

2024 Devon Open Track & Field Meetings

We are pleased to announce that the **Devon Opens** will take place again this summer. The dates and venues are as follows

Exeter	28th April	11am
Plymouth	May 26th	10.30am (includes combined events as last year)
Braunton	July 7th	11am
Tavistock	August 4th	11am

Entry fee will again be £10 for up to 3 events (5 for U20 and seniors/vets).

This year they are using **Roster** as an entry platform and entries are now open for the Exeter fixture here - <https://meets.rosterathletics.com/public/competitions/details/about?id=24784>

More details are on the new **Devon County AA website** - <https://www.devonathletics.org/>

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

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.axevalleyrunners.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

Sunday 4th February - Newquay 10km

Well done to **Langdon Williams** who crossed the border into Cornwall for a very rapid 10km.
32nd **Langdon Williams** 37.32 2nd M55

Sunday 18th February - Dalwood 3 Hills

Sam Kelly notched up another local multi-terrain victory in the Dalwood 3 Hills 10-Mile Race that started and finished in the charming East Devon village of Dalwood. **Sam** was joined by eleven Exmouth Harriers in the unique running event that took the runners on a hilly, multi-terrain course that weaved through the scenic landscape and rural roads between Axminster and Honiton. The race had to be slightly shortened to 9.5 miles on the day due to some localised flooding but that didn't stop Sam finishing the tough course that included over 1,500 feet of elevation gain in an amazing time of 64.39. Fantastic times from everyone on such a challenging course.

1st	Sam Kelly	1.04.39
13th	Dave Stone	1.18.55
45th	Scott Jordan	1.34.34
49th	Adrian Barton	1.35.04
104th	Terry McKie	1.54.15
106th	Bob Keast	1.54.40
111th	Louise Hempstead	1.58.28
112th	Susan Hill	1.58.28
123rd	Nicola Kelly	2.04.18
127th	Harriet Lyons	2.06.31
130th	Lisa Boyd	2.07.42
144th	Laura Walton	2.18.13



Harriers at the Dalwood 3 Hills event



Lisa & Harriet at the Dalwood 3 Hills event

Saturday 24th February – Exeter Trail Races

Josh Sale and **Lisa Boyd** ran in the Exeter Trail races at Escot Park near Honiton in really tough conditions.

Josh ran a great race in the 10km finishing in 4th place overall in 40.58 and he was the 1st finisher in his age group. **Josh** said afterwards “It was horrendously muddy and boggy for about 7km”

10km Race

4th **Josh Sale** 40.58 1st SenM

Lisa and her dog **Ruby** were 1st overall in the 5km Canicross event in a fabulous time of 23.58. Canicross is a sport where a dog and human run together in a team with the dog running in front and the runner guides him/her from behind. **Lisa** said afterwards “**Ruby** made me take the racing line today through all the mud and puddles that were there”.

5km Canicross Race

1st **Lisa Boyd & Ruby** 23.58



Lisa, Ruby & Josh at the Exeter Trail Races

Saturday 24th February – Morph Marathon, Walton on Thames

Congratulations to **Chris Murrin** who ran his 125th marathon in the Morph Marathon along the River Thames in London (8 out & back laps of 3.3 miles) and finished in 4.20.33.

Sunday 25th February – Phoenix Spitfire ½ Marathon, Walton on Thames

Then on Sunday due to a bit of knee trouble **Chris** decided not to run the full Marathon again but ran in the 1/2 Marathon also alongside the River Thames and finished in 10th place in 2.26.18. **Chris** is hoping to run his 126th marathon at the Grand Canal Canter along Tiverton Canal on 10th March.

Sunday 25th February – Dartmoor Winter Transverse 30km

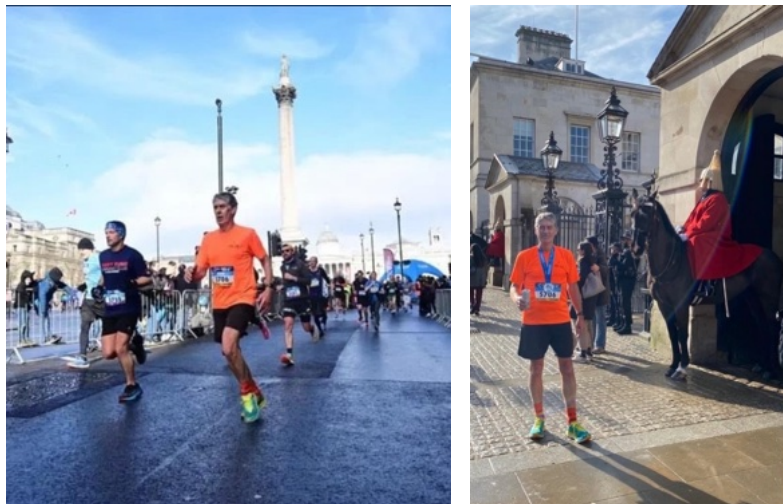
Louise Hempstead and **Susan Hill** took part in Climb South West's tough 30km event starting at Princetown and finishing at Meldown. The route was mainly across wild areas of open moor without any way markings. **Louise & Susan** ran together and finished in 4 hours 24 minutes and were placed equal 2nd Women finishers. **Susan** said afterwards "We had rain, sunshine, snow, a blizzard all the weathers"



Louise & Susan at the Dartmoor Winter Transverse 30km

Sunday 25th February – London Winter 10km Challenge

Steve Morgan ran in the sunshine with over 17,000 other runners in the London Winter 10km Challenge through the heart of the capital. The event was delivered in partnership with Cancer Research UK and since its inception in 2015 over £5.7 million has been raised for life-saving cancer research. **Steve** was really pleased to record a fabulous time of 45.12 (his fastest 10km time since 2011) and he was 5th out of 60 in the M65-69 age category.



Steve during and after the London Winter 10km Challenge

InStep Devon Championship

A bit of background on InStep Devon

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!!!**

30 Harriers at various parkruns on 17/02/2024

Oli White was the quickest Harrier in 19.22 at Woolacombe Dunes, Jenny Reay was the quickest Lady Harrier in 21.24 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.

Crewe

14th	Jimmy Joy	21.41
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Woolacombe Dunes

1st	Oli White	19.22
2nd	Simon Minting	20.21
19th	Craig Butler	24.22
30th	Jon Garrity	25.38
67th	Des White	29.13
106th	Alison White	32.37

University Parks

109th	Andy johnson	22.42
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Otaki River, New Zealand

15th	Dawn Teed	30.55
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Exmouth

8th	Tom Packer	19.56
9th	Mike Musgrove	20.02
14th	Matt Harrison	20.33
17th	David Snook	20.50
24th & 1st Lady	Jenny Reay	21.24
31st	Dana Kalin	21.38
45th	Steve Morgan	22.42
54th	Regan Meadowcroft	23.14
86th	Ben White	24.34
87th	Darren Powell	24.34
99th	Nathan Sheehy	24.57
102nd	Sam Lander	25.03
106th	Graham Gunn	25.07
117th	Daryl Milford	25.35
121st	Bob Minting	25.51
225th	Kevin Lingard	28.40
233rd	Kelly Thomas	28.56
244th	Darren Layard	29.19
245th	Derek Johnson	29.19
259th	May Argyle-Lander	29.39
389th	Keith Flack	34.59

The following Harriers volunteered at Exmouth parkrun on 17/02/2024

Darren Bradley, Joan Mason, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 18/02/2024

Amanda McCann, Nathan Sheehy, David Snook

32 Harriers at various parkruns on 24/02/2024

Rob Ellis was the quickest Harrier in 16.48 at Exmouth, Atsede Gidey was the quickest Lady Harrier in 18.05 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

75th	Tom Handley	36.43
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Bideford

11th	Hugh Marsden	21.21
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Wanaka, New Zealand

76th	Dawn Teed	31.06
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Teignmouth Promenade

292nd	Ray Lewis	38.15
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Exmouth

4th	Rob Ellis	16.48
9th	Simon Minting	17.49
13th	Atsede Gidey	18.05
15th	Berihu Hadera	18.07
20th	Tom Packer	18.44
28th	Chris Dupain	19.19
29th	Anthony Hatchard	19.32
33rd	Craig Butler	19.47
45th	David Snook	20.18
49th	Jenny Reay	20.44
93rd	Jon Mill	23.01
106th	Graham Gunn	23.33
117th	Jon Garrity	24.09
129th	Steve Morgan	24.35
135th	Bob Minting	24.52
147th	Nicola Kelly	25.11
179th	Hayley Kelly	26.35
185th	Kay Douglas	26.43
193rd	Darren Powell	26.51
227th	Darren Layard	27.56
269th	May Argyle-Lander	29.39
310th	Nathan Sheehy	31.40
350th	Kevin Lingard	33.49
364th	Keith Flack	34.41
400th	Jill Dupain	39.35
401st	Nigel Dupain	39.35
403rd	Nathan Budd	40.13
417th	Adam Miller	46.10

The following Harriers volunteered at Exmouth parkrun on 24/02/2024

Darren Bradley, Craig Butler, Joan Mason, Jon Mill, Steve Morgan, Julian Nelmes, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 25/02/2024

Sarah Baldwin, Joan Mason, David Snook

Photo Gallery – some recent fun photos



All smiles before tackling the "Dunes of Doom"



A nice sprint along the beach just before the "Dunes of Doom"



Oli tackling the “Dunes of Doom”



You travel half-way around the world and then bump into other Exmouth Harriers – they get everywhere!



Des, Alison, Ray & Mike 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
Sun 28th	Exeter Open Track & Field Meeting

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)
Sun 26th	Plymouth Open Track & Field Meeting
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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