

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

**Club Newsletter – Number 64
13th March 2024**

(The next edition is due out on Wednesday 27th March 2024)



Mac, Jimmy, Scott, Jon, Dave, Nathan, Hugh & Sarah at the Redruth Westward League 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 Derek Johnson

Latest News

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

2024 Grizzly / Cub on Sunday 17th March

All the best to all the Harriers who are running in the Grizzly & the Cub over the weekend, the course could be tricky in places (well almost all the way to be truthful) make sure you take care and enjoy yourselves.

Westward League Cross Country 2023 / 2024 Series

Congratulations to all the Harriers who turned out in 2023/24 Westward League XC – it's probably been one of the toughest seasons for a while especially with the extreme weather conditions we've had all Winter – full report on the final race at Redruth and overall series results plus some photos later in this Newsletter

New Harriers Expense / Travel Claim Form

Just a reminder that 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 stmorgan222@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 stmorgan222@gmail.com

2024 Woodland Relay

For many years East Devon Clubs have organised some fun family events called the Woodland Relay in the summer (apart from Covid in 2020 and in 2023). Its normally, Axe Valley Runners, Sidmouth Running Club, Honiton Running Club and Exmouth Harriers who organise these in turn. Honiton RC organised the last event at Escot Park in 2022 and you can see the results here <https://www.axevalleyrunners.org.uk/woodland-relays/> and see in the photo below how many Harriers enjoyed themselves on a lovely warm evening in June.



Harriers at the 2022 Woodland Relay at Escot Park

It's Exmouth Harriers turn to host the next event in 2024, we are currently working on a suitable date and venue and we will need a lot of help from **all club members** to put this on - so please don't be shy in coming forward to assist, every little helps!

Harriers 2024 Devon parkrun Tourism

Watch out for details of our next "club parkrun outing", Craig is working on it.

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/>

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

As you will see from the timetable above there are 3 Instep races coming up in the next few weeks - 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!!!

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

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 – 4th Instep Devon race in 2024
1st Apr. 2024	Mon.	Easter Bunny 10km - Yeovil	Road	https://www.yeoviltownrrc.com/events/races/easter-bunny-10k.htm	On Easter Monday and consists of a flat course around the villages of West Camel
6th Apr. 2024	Sat.	Power 10 Mile Legend Run - Powderham	Multi-terrain	https://www.city-runs.co.uk/power-run-powderham	Tough but scenic run through the grounds of Powderham Castle - 5th Instep Devon race in 2024
6th Apr. 2024	Sat.	Power 5 Mile Classic Run - Powderham	Multi-terrain	https://www.city-runs.co.uk/power-run-powderham	Shorter scenic run through the grounds of Powderham Castle
7th Apr. 2024	Sun.	JP's Exe to Axe	Multi-terrain	https://www.sidmouthrunningclub.co.uk/jps-exe-to-axe-2024/	“...a brute of a race with some outstanding views...”, previously voted one of the best races in the country.
7th Apr. 2024	Sun.	Brighton Marathon	Road	https://www.brightonmarathonweekend.co.uk/	A few Harriers will be testing their stamina over this popular 26.2 miles
10th Apr. 2024	Wed.	Yeovilton 5km	Road	https://www.yeoviltownrrc.com/events/races/summer-5k-series-1.htm	Very quick 5km – full of PB potential – 1st race in 2024 Summer series
13th Apr. 2024	Sat.	Sid Valley Ring Half Marathon	Multi-terrain	https://www.climbsouthwest.com/events/sid-valley-ring-half-marathon/	Undulating and scenic ½ Marathon that follows the Sid Valley Ring walking route
16th Apr. 2024	Tues.	Run Exe Summer Series 5km – Exwick	Tarmac footpaths	https://www.city-runs.co.uk/run-exe-5k	Very popular race series – loads of Harriers take part – 1st race in 2024 Summer series

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

Sunday 3rd March – Westward League Cross Country, Redruth

Eight Harriers enjoyed the mud at the final race in the 2023/24 Westward League Cross Country series in Redruth; **Sarah Baldwin, Dave Stone, Nathan Sheehy, Mac McNaghten, Hugh Marsden, Jimmy Joy, Jon Garrity and Scott Jordan** ran in extremely muddy conditions that made it keeping upright a challenge on some parts of the course. A special mention to **Sarah, Jimmy & Mac** for completing all six races in the series and to **Dave** (2nd MV50) & **Mac** (3rd MV60) for being awarded trophies and finally to **Nathan** for organising the Harriers team during the past six months. (Thanks to **Dawn Teed** for the majority of the photos below)

Woman's 4.9km Race

72nd **Sarah Baldwin** 32.02

Men's 8.1km Race

35th **Nathan Sheehy** 35.40

43rd **Dave Stone** 37.01

58th **Mac McNaghten** 39.18

62nd **Jimmy Joy** 39.50

64th **Hugh Marsden** 40.47

71st **Jon Garrity** 43.41

76th **Scott Jordan** 46.43



Dave & Mac with their Westward League XC series trophies for 2nd MV50 & 3rd MV60



Sarah on the muddy slopes at the Redruth XC



The Boys tackling the muddy slopes at the Redruth XC



Nathan & Dave seem to have mastered the muddy slopes at the Redruth XC



Mac & Jimmy ploughing through the mud at the Redruth XC



No problem for Hugh, Jon & Scott at Redruth



It was tough at Redruth and all the other 5 races in the series but Harriers always have a smile whatever the conditions

Sunday 3rd March – Bradleys 5km & 10km, Exmouth

Well done to the three Exmouth Harriers; **Douglas McCombie, Josh Sale & Holly Clements** for their performances in this popular event on Exmouth seafront in sunshine but with the frost still on the ground in places as the race started at 9am.

5km

1st **Douglas McCombie** 20.05

10km

8th **Josh Sale** 38.34

64th **Holly Clements** 51.57



Douglas with his winners trophy at the Bradleys Exmouth 5km

Sunday 10th March – Granite Way 10 & 20 Miles, Dartmoor

Jenny Reay & Nick Ramm along with all the other competitors tackled either one or two laps of the multi-use trail running between Okehampton and Lydford along the north western edge of Dartmoor with fantastic views of the surrounding countryside.

10 miles

18th **Jenny Reay** 1.12.25 3rd Lady & 1st F65

20 Miles

130th **Nick Ramm** 4.04.10 10th M50



Jenny with her winners trophy at the Granite Way 10 Miles



Nick at the Granite Way 20 Miles



Sunday 10th March – Grand Canal Canter, Tiverton

The route headed along the picturesque Grand Western Canal starting at Tiverton Canal Basin towards Sampford Peverell for 6.6 miles to a turnaround point where all the runners headed back to Tiverton for the finish for the 1/2 Marathoners but the Marathoners had to turn again for a second lap before their finish.

1/2 Marathon

9th **Douglas McCombie** 1.36.27 4th SM

Marathon

20th **Chris Murrin** 4.38.36 3rd M55

(This was the 126th Marathon for Chris)



Douglas after the Grand Canal Canter ½ Marathon

Sunday 10th March – Stoke Stampede 10km (Somerset)

A lovely 10km race in the tranquil village of Stoke St Gregory near Taunton run on quiet country lanes.

11th **Tom Packer** 38.01 5th M40

Sunday 10th March – Minchinhampton 10km (Gloucestershire)

A reasonably quick 10km run on quiet undulating country lanes in and around the beautiful Cotswold town of Minchinhampton.

17th **Alice Thomas** 53.51 3rd SF

Sunday 10th March – Bideford ½ Marathon

This is one of Devon’s most popular 1/2 Marathons with a record number of over 900 runners finishing this year. The race started and finished close to the organisers Bideford AC’s club house in the town centre and was run on traffic-free roads for the first 7 miles and on the stunning Tarka Trail for most of the final 6 miles.

13th	Oliver White	1:13:32	10th SM
87th	Langdon Williams	1:26:05	3rd M55
102nd	Dave Stone	1:27:11	6th M50
122nd	Craig Butler	1:28:35	9th M50
148th	Matt Harrison	1:30:16	74th SM
153rd	Hannah Bown	1:30:40	3rd F45
155th	Julian Nelmes	1:30:51	14th M50
165th	Mac McNaghten	1:32:07	3rd M60
212th	Dana Kalin	1:35:58	10th SF
295th	Steve Morgan	1:42:27	3rd M65
400th	Carrie Webb	1:48.20	11th F50
414th	Graham Mullin	1:49:57	42nd M45
431st	Des White	1:52:04	2nd M70
569th	Alison White	2:00:26	2nd F65



Harriers looking forward to the start of the Bideford ½ Marathon



Matt & Dana after finishing the Bideford ½ Marathon



Langdon, Des, Hannah & Alison with their Bideford ½ Marathon trophies

37 Harriers at various parkruns on 02/03/2024

Oli White was the quickest Harrier in 16.51 at Mile End, Jenny Reay was the quickest Lady Harrier in 21.00 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.

Hampstead Heath

2nd	Piers Benton	19.16
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Minehead

123rd	Tom Handley	38.41
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Killerton

54th	Darren Powell	26.38
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Mile End

2nd	Oli White	16.51
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Rushmoor

575th	Ray Lewis	39.39
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Roma Pineto

6th	Adrian Barton	22.59
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Marine Parade

19th	Hugh Marsden	21.53
108th	Dawn Teed	28.28

Exmouth

4th	Simon Minting	17.48
9th	Anthony Hatchard	18.18
11th	Tom Packer	18.24
24th	Mike Musgrove	20.01
34th	Julian Nelmes	20.50
36th	Jenny Reay	21.00
37th	Dana Kalin	21.05
43rd	Hannah Bown	21.30
58th	Steve Morgan	22.18
63rd	Tim Thompson	22.28
72nd	Jon Mill	22.55
93rd	Paula Hawkins	23.31
96th	Tim Chappell	23.41
107th	Jon Garrity	24.08
118th	Ben White	24.31
131st	Bob Minting	24.53
133rd	Derek Johnson	24.56
136th	Graham Gunn	25.00
150th	Des White	25.40
176th	Kelly Thomas	26.47
183rd	Hayley Kelly	26.58
196th	Lisa Boyd	27.22
202nd	Kevin Lingard	27.38
334th	Nathan Sheehy	32.12
348th	Keith Flack	32.39
378th	Nigel Dupain	34.58
409TH	Jill Dupain	39.55
412th	Carly Miller	41.36
431st	Adam Miller	47.26

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

Sarah Baldwin, Darren Bradley, Craig Butler, Nigl Dupain, Jason Hill, Joan Mason, Jon Mill, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 03/03/2024

Louise Hempstead, Amanda McCann

27 Harriers at various parkruns on 09/03/2024

Simon Minting was the quickest Harrier in 17.59 at Exmouth, Jenny Reay was the quickest Lady Harrier in 21.09 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

91st	Tom Handley	35.41
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Tamar Trails

9th	Jon Mill	24.11
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Hampstead Heath

5th	Piers Benton	19.05
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Eastville

170th	Steve Morgan	24.29
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Haldon Forest

17th	Jon Garrity	24.36
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The Great Field

22nd	Hugh Marsden	22.13
95th	Dawn Teed	28.47

Exmouth

3rd	Simon Minting	17.59
10th	Mike Musgrove	19.59
29th	Jenny Reay	21.09
38th	Tim Thompson	21.45
43rd	Adrian Barton	22.19
82nd	Emma White	24.17
101st	Sam Lander	24.50
113th	Bob Minting	25.22
138th	Sarah Baldwin	26.28
171st	Kevin Lingard	27.41
213th	Nicola Kelly	28.59
240th	May Argyle-Lander	29.52
241st	Des White	29.58
243rd	Nathan Sheehy	30.00
254th	Alison White	30.47
277th	Keith Flack	31.43
337th	Nigel Dupain	35.03
373rd	Jill Dupain	39.32
398th	Carly Miller	50.23
399th	Amy Tew	51.21

The following Harriers volunteered at Exmouth parkrun on 09/03/2024

Adrian Barton, Darren Bradley, Craig Butler, Nigel Dupain, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 10/03/2024

Sarah Baldwin

Photo Gallery – some recent fun photos



Adrian at the Roma Pineto in Italy



Thanks goodness that was the last Westward League XC in the current series – see you all again in October!

Future events in April, May & June 2024

April

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)

June

Tue 4th	Run Exe 5km (3rd race in the 2024 six race Summer series)
Sat 8th	Dartmoor Discovery
Sun 9th	BigSea – Isle of Purbeck 50k and 18 Mile
Sun 9th	Shiver Me Timbers!
Wed 12th	Yeovilton 5km (3rd race in the 2024 Summer series)
Sat 15th	Torbay Twilight 10k
Sat 22nd	Jurassic Coast 120, 100 miles, 100, 50, 30km
Fri 28th	Erme Valley Relays

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 are still a dark, please don't forget your high vis clothing/head torches for the next few weeks until the clocks go forward at the end of March.

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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