

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

**Club Newsletter – Number 65
27th March 2024**

(The next edition is due out on Wednesday 10th April 2024)



Harriers before the start of the Grizzly / Cub in Seaton

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

Summary of Exmouth Harriers Committee Meeting at the Exmouth Tennis Centre at 7.30pm on Wednesday 20th March 2024

Chairman's Report: Nigel

Well done to everyone for all the races/events and races that have taken place. Well done as well to the number of supporters that are attending races and events as well.

Membership Secretary: Terry

Thank you to Oli and May for their help in getting the membership form/spread sheet sorted for the renewed membership.

129 members end of last year, 56 people have renewed already. Prices go up at the end of the March. Similar numbers to last year at this time, reminders to be sent out at the end of this week and next week

Safeguarding: Lisa/Craig

Lisa and Craig to put an overview of safeguarding out soon for everyone

Website: Derek

Membership - can be automated for future years, the demo can be seen by Committee Members

Newsletter - to go directly onto the website rather than a PDF as is done at the moment

Races/Runs - to go on the website as public or private

Training:

St Peters School have asked to borrow our blue stakes again for their cross country, we have said yes in exchange for using their athletics track on a Tuesday again in the summer.

Try and plan ahead with training sessions so we have a block booked in advance

Club Races:

Sandy Bay Time Trial - Thursday's to avoid clash with track sessions – further details to follow

Westdown Wander – November 2024 - Bob happy to continue next year

Looking into better ways to accommodate first aid to cut our costs by paying commercial companies (£450)

Use club members who have the 'first aid at work' qualification (**Hannah** to get a list of who is qualified and when their qualification expires)

Exmouth Express - discuss next meeting

Bicton Blister - Des to have a chat with Dougie Wright to see if it's worth us asking to come back

AOB:

Woodland Relays

Our turn to organise

Last year - 60 teams at the Escot event in June (we had 10 teams) 3 in each team

Exmouth, Axe Valley, Sidmouth, Honiton, Met Office the main teams

Suggested 7pm Wednesday 19th June for the 2024 event

4k ish per leg, debate on the venue; further investigations ongoing

Thursday 4th April meeting if needed to update, update the Committee via WhatsApp group before

Summer Social

1st May Social at Budleigh Cricket club, further details to follow

Look into an afternoon / evening at the Foot Golf on the Exe at Lypstone later in the year

Date of next meeting: July 2024 – 7.30pm

2024 Exmouth Harriers Membership Fee Renewal

Last chance to save £5.00 when you renew your club Full membership.

BAC payments must be received by Friday 29th March.

See website or whatsapp page for more information.

The price will increase in April when all club renewals must be complete.

Terry McKie – Membership Secretary

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 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 Dartmoor Fell Race Series

The 2024 Dartmoor Fell Race Series started on Saturday 23rd March at Gt Mis Tor – Anthony Hatchard & Hugh Marsden ran in it – the results & photos are later in this Newsletter. Here are the other fixtures and a link to the series website for further details. It would be good if some more Harriers could join Anthony & Hugh in some of these other races – if you need any further information on these events have a word with Anthony and/or Hugh.

details at :- <https://swfellrunners.uk/series-races/>

Sat. 23rd March	Gt Mis Tor + Devon Champs. at Princetown
Sat. 18th May	Marilyn's Meldon Madness at 1pm – 3pm at Meldon Dam car park.
Sat. 25th May	Langstone Fell Race at Peter Tavy 4pm - 6pm
Sun. 9th June	Buckland Bounder at Buckland Monachorum 2pm - 3pm
Sat. 15th June	Burrator Horseshoe 24 at Meavy 2.30pm - 5pm
Wed. 19th June	Summer Solstice at Dartmoor Inn at Merrivale 5.30pm - 7.30pm
Sun. 7th July	Cosdon at Belstone Village Green 1.30pm - 3.30pm
Wed. 7th August	Ivybridge 3 Tops at Ivybridge Rugby Club 5.45pm - 8pm
Wed. 21st August	Great Links Tor Flyer Fox & Hounds 5.30pm - 8pm
Sat. 21st September	East Mill Tor Loop Belstone Village Green 9.30am - 11.30am

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. 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 at the 2022 Woodland Relay at Escot Park

Harriers 2024 Devon parkrun Tourism

The “racing” calendar is extremely crowded for the next few months (two pages of races later in this Newsletter) but 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)
13th March Run Exe 5 Mile (Exmouth)

The results after the first 3 races in the 2024 Championships are at:- <https://in角度devon.org.uk/>

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
24th November	Westdown Wander / Bicton Blister	Details TBA

As you will see from the timetable above there are 2 Instep races coming up in the next few weeks and then a number of races during May - 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!!!

A few words 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 getting lighter, but please don't forget your high vis clothing/head torches for the next few weeks as it may be "dimpsy" when you finish

Kit - a reminder that training kit - long sleeve t-shirts, hoodies etc. can all be purchased through Proserve – contact Hannah for details.

Up & Coming Races – other races in mid 2024 are on the next page of this Newsletter

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
20th Apr. 2024	Sat.	Winding Paths Total Coastal 30 Mile, 1/2M, 10k	Multi-terrain	https://www.windingpaths.uk/total-coastal/	All on the South West Coast Path all distances finishing in Shaldon
21st Apr. 2024	Sun.	TCS London Marathon	Road	https://www.tcslondonmarathon.com/	One of the world's top marathons – many Harriers taking part
28th Apr. 2024	Sun.	Britain's Ocean City Running Festival (½ Marathon, 10km & 5km) in Plymouth	Road	https://runplymouth.co.uk/plymouth-half/	Very popular local event with three classic road distances
28th Apr. 2024	Sun.	LM Events Maer 10km & Half Marathon	Road 10km & Multi-terrain 1/2M	https://www.lmevents.org.uk/e/the-maer-10km-and-half-marathon-2364	Races on our doorstep – start and finish on the Exmouth seafront
28th Apr. 2024	Sun.	Exeter Open Track & Field Meeting	All-weather track	https://www.devonathletics.org/	First Devon Open T&F Meeting of 2024 at Exeter Arena

Other future events in May, June, July & early August 2024

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)
Sat 18th	Marilyn's Meldon Madness (2nd race in Dartmoor Fell Race Series)
Sun 19th	Beer Blazer (8th Devon Instep race in 2024)
Fri 24th	Run Exe Relays at Exwick (9th Devon Instep race in 2024)
Sat 25th	Langstone Fell Race at Peter Tavy (3rd race in Dartmoor Fell Race Series)
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	Buckland Bounder (4th race in Dartmoor Fell Race Series)
Sun 9th	Shiver Me Timbers!
Wed 12th	Yeovilton 5km (3rd race in the 2024 Summer series)
Sat 15th	Torbay Twilight 10k
Sat 15th	Burrator Horseshoe 24 at Meavy (5th race in Dartmoor Fell Race Series)
Sat 19th	Summer Solstice at Merrivale (6th race in Dartmoor Fell Race Series)
Sat 22nd	Jurassic Coast 120, 100 miles, 100, 50, 30km
Fri 28th	Erme Valley Relays

July

Tue 2nd	Run Exe 5km (4th race in the 2024 six race Summer series & 11th Instep race)
Sat 6th	Charmouth Challenge
Sun 7th	Braunton Open Track & Field Meeting
Sun 7th	Balmy Bicton 10km - LM Events race at Bicton college
Sun 7th	Cosdon at Belstone (7th race in Dartmoor Fell Race Series)
Wed 10th	Yeovilton 5km (4th race in the 2024 Summer series)
Fri 12th	Hope Festival Weekend – 12, 24 & 36 hour challenges for solo and teams
Wed 17th	Exeter 10km – City Runs event at Exeter Quay
Fri 19th	Chudleigh Road Race – popular and challenging relatively local race
Sat 20th	Haytor Heller – tough and a bit of Harriers favourite
Fri 26th	Haldon Relays – City Runs event 4 x 3km
Sat 27th	Forest Flyer at Haldon

August

Sun 4th	Totnes 10km – another Harriers favourite event
Tue 6th	Run Exe 5km (5th race in the 2024 six race Summer series)
Wed 7th	Ivybridge 3 Tops (8th race in Dartmoor Fell Race Series)
Fri 9th	South Devon Relays at Torbay Velopark
Wed 14th	Yeovilton 5km (5th race in the 2024 Summer series)

Further details & more races will be listed in the next few Newsletters

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

Sunday 13th March – RunExe 5 Mile, Exmouth

Thirteen Exmouth Harriers took part in the final race in City Runs RunExe Exmouth 5 Mile & 5km Winter series. This race was 5 miles on a totally flat course on the seafront over two laps that started at 7pm close to the RNLI Lifeboat Station.

Oli White was the first of the 44 finishers recording 26.18 just a few seconds short of his pb. **Oli** said afterwards “No idea where I got the strength for that from - especially after racing in the Bideford 1/2 Marathon on Sunday”.

The race produced some very quick times with Exmouth Harriers dynamic Masters duo **Cathy Newman** and **Jenny Reay** recording new W60 & W65 course records; 31.51 by **Cathy** 36.06 by **Jenny**.

Not only was it a race but it was also a “Mob Match” with the 4 top age-graded scores from each team to score. Exmouth Harriers were first with **Cathy Newman** 100%, **Jenny Reay** 96%, **Oli White** 85% and **Mac McNaghten** 82% giving an overall score of 362% with South West Road Runners 2nd with 325%, Axe Valley Runners 3rd with 321%.

The individual RunExe Exmouth 5 Mile & 5km Winter Series was also decided on age gradings with the best two performances to count. Once the numbers were crunched by Mark Cowan’s City Runs admin team the overall leaders were announced. Exmouth Harriers had four runners in the top 10 with **Jenny Reay** 1st with 195%, **Oli White** in 6th with 162%, **Alison White** in 9th with 159% & **Steve Morgan** in 10th with 153%.

1st	Oli White	26.18	1st M35	85%
6th	Simon Minting	28.14	2nd M40	80%
15th	Josh Sale	30.08	4th SM	71%
17th	Cathy Newman	31.51	1st W60	100%
19th	Mac McNaghten	32.47	1st M60	82%
21st	Hannah Bown	33.41	2nd W45	77%
25th	Debbie Marsden	34.37	3rd W45	76%
26th	Jenny Reay	35.06	1st W65	96%
29th	Kevin Doyle	36.04	5th M35	61%
30th	Steve Morgan	36.16	1st M65	78%
39th	Laura Walton	43.02	1st W40	59%
41st	Des White	44.09	2nd M70	65%
42nd	Alison White	44.25	2nd W65	79%



Harriers at the start of the Exmouth 5 Miles & Mob Match



Oli with his 1st Finisher prize



The Mob Match Trophy

Sat. 16th & Sun. 17th March – REDS Pasty & Pie Challenge in Exmouth (Day 1 & Day 2)

Hats off to **Chris Murin** who did a double marathon over the weekend of 16th & 17th March (one on Saturday and another 24 hours later on Sunday) starting and finishing on the Budleigh Trail at Capel Lane in Exmouth. It was in REDs (Run Events Devon) Pasty & Pie Challenge and it was **Chris' 3rd** Marathon in 7 days (he did 4.38.36 in the Grand Canal Canter in Tiverton on Sunday 10th March) and it was his 127th & 128th Marathon.

Day 1 - Marathon

4th **Chris Murrin** 4.34.15

Day 2 - Marathon

6th **Chris Murrin** 4.44.15

Sunday 17th March - The Grizzly & The Cub, Seaton

Amongst the two thousand finishers on Sunday there were thirty three Exmouth Harriers who tackled one of the Westcountry's most iconic multi-terrain running events; the 20 Mile Grizzly and the 9 Mile Cub (5 Harriers tackled the Cub & 28 the Grizzly).

The Grizzly had more than 3,000 feet of ascent in its 20 miles. There was two sections of beach (pebbles), totalling well over a mile; two energy-sapping bogs where runners were often up to their waists in water and mud. Finally there was the infamous "Stairway to Heaven", a steep path up the side of a cliff. The Cub was a "lite version" of the Grizzly with some of the most extreme parts avoided.

On the day the weather was perfect for the event (see the blue sky & sunshine in the photos below), but due to the recent heavy rainfall the conditions underfoot were probably the worst in 36 years that the event has been held.

Going into the event Harriers' **Sam Kelly** was the defending Champion having won the 2023 event in 2.14.26 and had the honour of wearing race number 1 on his vest. **Sam** was fairly relaxed at the start and let a pack of runners take the lead over the initial undulating miles.

Using his previous knowledge of the course **Sam** moved through the field until he took 2nd place on the pebbles on Branscombe Beach and then he took the lead position within a mile or so of the finish. **Sam's** winning time of 2.20.36 (30 seconds ahead of 2nd placed Jacob Landers of Tamar Trotters) reflects the difficulty of the conditions as it was over 6 minutes slower than his winning time in 2023.

It was great to see so many Harriers running in both tough events and quite a crowd of Harriers supporting all the runners on the day. It was another "Kelly family event" with **Sam** joined in the Grizzly by his Sister **Alice** who was 3rd Woman to finish in 2.51.19 and his Mum **Nicola** who was 9th W60 in 4.49.14 plus Sister **Emily** & Sister-in-Law **Hayley** finishing together the Cub in 2.15.29.

Exmouth Harriers would like to thank the organisers Axe Valley Runners for putting on such a marvellous event and a big thank you to Hannah for organising the Harriers entries.

The Cub - 9 Miles

16th	Julian Nelmes	1.21.01
231st	Alison White	2.01.34
324th	Katie Moore	2.11.12
354th	Emily Kelly	2.15.29
355th	Hayley Kelly	2.15.29

The Grizzly - 20 Miles

1st	Sam Kelly	2.20.36
17th	Rob Ellis	2.41.21
33rd	Alice Kelly	2.51.19 (3rd Woman)
36th	Anthony Hatchard	2.54.22
93rd	Matt Harrison	3.11.20
149th	Dana Kalin	3.24.49
177th	Craig Butler	3.29.33
205th	Steve Toomey	3.33.58
206th	Hannah Bown	3.33.34
237th	Mark Hawkins	3.38.40
295th	Louise Hempstead	3.47.30
341st	Tim Thompson	3.53.14
390th	Ben Shaw	3.58.26
431st	Adrian Barton	4.04.20
496th	Scott Jordan	4.14.06
550th	Jon Mill	4.20.38
560th	Carrie Webb	4.20.30
637th	Susan Hill	4.31.31
685th	Terry Mckie	4.38.41
743rd	Anthony Lees	4.45.12
774th	Nicola Kelly	4.49.14
819th	Harriet Lyons	4.53.39
826th	Kay Douglas	4.54.36
840th	Lisa Hatchard	4.53.59
989th	Jim Comer	5.15.08
990th	Nick Ramm	5.13.30
1,109th	Amanda McCann	5.33.32
1,118th	Laura Walton	5.35.14



All smiles before the start of The Grizzly & The Cub



Don't look over your shoulder as that's where you will be running soon!



Sam, Rob & Anthony looking relaxed just after the start on the Seaton seafront



Spot the Harriers - Steve, Alice, Dana, Matt, Craig, Hannah, Tim, Mark, Scott, Ben, Terry, Hayley, Alison with Linda?



Also caught Adrian, Jon, Louise, Susan, Anthony, Jules, Nicola, Kay, Harry, Emily, Katie, Lisa & Laura on the 2nd time along the seafront (good job we've got "stand-out" kit)



Sam was so fast in winning the Grizzly that we didn't catch him for a photo until after he'd crossed the finish line



Captured some Harriers finishing strongly – Jules, Rob, Alice, Anthony, Matt, Dana, Craig, Steve, Hannah & Mark

Saturday 23rd March – Gt Mis Tor Fell race inc. the Devon Championships

Anthony Hatchard & Hugh Marsden ran in the 1st race in the 2024 Dartmoor Fell Race series. It was the Gt Mis Tor race and included the Devon Championships on a new 11.4km course starting and finishing at the Princetown Brewery with 429 feet of elevation gain.

Anthony said afterwards “It was rather windy and a bit cool up there”.

14th **Anthony Hatchard** 58.21 4th M40

31st **Hugh Marsden** 77.31 3rd M60



Anthony at the GT Mis Tor Fell Race

Saturday 23rd March – Siblyback Lake 5k Canicross Twilight event in Liskeard

Lisa Boyd & Ruby crossed the border into Cornwall and took part in this Canicross 5km event finishing in 10th overall in 20.32 and 3rd Lady finisher. **Lisa** said afterwards “Look at the time - it was slightly short with 2.91 miles on my watch”.

10th **Lisa Boyd & Ruby** 20.31 3rd Lady



Lisa & Ruby after the 5km Canicross

Sunday 24th March - UTMB (Ultra-Trail du Mont-Blanc) Chianti Wine Run (15km), Italy
Sue Wilkin ran in the challenging 15km run with 550m of elevation gain that started and finished in Radda in Chianti (a medieval village nestled between Siena and Florence, Italy) and is the capital of Chianti Classico wine country. Sue not only finished in a great time of 2.24.00 but she was 2nd W65, **Sue** said afterwards “It was hot and extremely tough”.

269th **Sue Wilkin** 2.24.00 2nd W65



Sue before and after the UTMB Chianti Wine 15km Run

Sunday 24th March - Saturn Running's Backstreet Runs Marathon in Staines, Surrey
Chris Murrin ran his 129th Marathon (his fourth Marathon in 14 days) along a beautiful stretch of the River Thames in Staines. It was 6 laps of 4.37 miles (7km), but unfortunately **Chris** missed the turnaround sign on the first lap and ended running almost an extra 2 miles (a total of just under 28 miles instead of 26.2 miles) in 4.46.33. **Chris** is planning his 130th & 131st Marathons in Surrey on a weekend after the Mayday Bank Holiday.

10th **Chris Murrin** 4.46.33 3rd M50

Sunday 24th March - Yeovil Half Marathon

Andy Johnson also raced on Sunday in a ½ Marathon that started and was run on closed roads around Yeovil town centre before heading along the entire length of Yeovil Country Park and eventually finishing back in the town centre.

172nd **Andy Johnson** 1.44.00 4th M60

Sunday 24th March - Feighan Fury 10 Mile Trail Race & Templeton Trail 5km fun run

4 Harriers ran in challenging 10 mile multi-terrain running race around private land in the rolling hills of mid Devon with woods, trails, rivers and fun with 70% of the course off road.

Nigel Dupain ran with two of his grandchildren Scotty & Lyla in the 5km fun run and was the first M70 to finish in 1.12.34.

Dave Tomlin, Ben White, Emma White & Amanda McCann ran in the Feighan Fury. **Dave** said afterwards “An absolutely beast of a race. Hills and mud and I had a nice roll around in the mud. Tribute to the legend Mike Feighan”.

Templeton Trail 5km fun run

31st **Nigel Dupain** 1.12.34 1st M70

Feighan Fury 10 Mile

21st **Dave Tomlin** 1.25.32 5th M50

74th **Ben White** 1.45.43

127th **Emma White** 2.08.34

142nd **Amanda McCann** 2.13.58



Dave after a roll around in the mud at the Feighan Fury

29 Harriers at various parkruns on 16/03/2024

Josh Sale was the quickest Harrier in 18.34 at Exmouth, Paula Hawkins was the quickest Lady Harrier in 23.03 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.

Exeter Riverside

61st	Andy Johnson	24.29
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Teignmouth Promenade

280th	Ray Lewis	41.19
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Clevedon Salthouse Fields

43rd	Hugh Marsden	21.45
197th	Dawn Teed	28.14

Cranbrook Country Park

15th	Jon Garrity	22.43
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Exmouth

13th	Josh Sale	18.34
14th	Tom Packer	18.36
17th	Mike Musgrove	18.55
18th	Chris Dupain	19.06
50th	Steve Morgan	22.04
59th	Sam Lander	22.26
64th	Darren Powell	22.39
78th	Paula Hawkins	23.03
114th	Bob Minting	24.54
117th	Claire Sorensen	24.58
118th	Craig Butler	24.59
122nd	Darren Layard	25.25
133rd	Jon Mill	25.46
151st	Sarah Baldwin	26.15
159th	Kelly Thomas	26.33
182nd	Kay Douglas	27.29
261st	Alice Kelly	30.01
262nd	Emily Kelly	30.02
263rd	Nicola Kelly	30.02
266th	May Argyle-Lander	30.14
275th	Amanda McCann	30.42
301st	Keith Flack	32.10
352nd	Lisa Hatchard	35.11
396th	Adam Miller	41.49

The following Harriers volunteered at Exmouth parkrun on 16/03/2024

Darren Bradley, Craig Butler, Nigel Dupain, Jason Hill, Derek Johnson, Joan Mason, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 17/03/2024

Sarah Baldwin, Joan Mason

23 Harriers at various parkruns on 23/03/2024

Simon Minting was the quickest Harrier in 18.20 at Exmouth, Paula Hawkins was the quickest Lady Harrier in 24.01 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

88th	Tom Handley	37.34
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Killerton

7th	Dave Stone	20.13
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Central, Plymouth

37th	Jon Garrity	22.49
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Trentham Gardens

22nd	Tim Thompson	21.38
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Exmouth

4th	Simon Minting	18.20
8th	Mike Musgrove	20.03
16th	Julian Nelmes	20.28
19th	David Snook	20.47
34th	Adrian Barton	22.18
45th	Scott Jamieson	22.56
46th	Steve Morgan	22.57
70th	Paula Hawkins	24.01
85th	Ben White	24.37
86th	Emma White	24.38
104th	Darren Powell	25.41
109th	Bob Minting	25.46
116th	Nicola Kelly	26.07
140th	Derek Johnson	27.20
141st	Sarah Baldwin	27.23
156th	Joan Mason	28.16
188th	Graham Gunn	29.25
221st	May Argyle-Lander	30.40
267th	Keith Flack	32.50

The following Harriers volunteered at Exmouth parkrun on 23/03/2024

Darren Bradley, Craig Butler, Jill Dupain, Nigel Dupain, Jason Hill, Derek Johnson, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 24/03/2024

Scott Jamieson, Nathan Sheehy

Photo Gallery – some recent fun photos



Nigel with grandchildren Scotty & Lyla at the Templeton Trail 5km fun run



Alison and Linda having a quick hose-down after finishing The Cub



Dawn at Clevedon Salthouse parkrun



Dawn & Lisa supporting Hugh & Anthony at the Gt Mis Tor Fell Race



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