

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

**Club Newsletter – Special Edition featuring the following events :-
parkruns on 04/03/23, 2023 Tokyo Marathon, The Grizzly & The Cub, Bideford 1/2
Marathon & the Westward League Cross Country at Redruth on 05/03/23**

8th March 2023

(The next regular edition is due out on Wednesday 15th March 2023)



All smiles from the Harriers before The Grizzly and The Cub

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/>

62 Exmouth Harriers in tip-top running form

Over the weekend of 4th / 5th March 2023 sixty two Harriers ran in 12 different events

On Saturday 4th March 28 Harriers took part in 8 different parkruns with **Adam Miller** the fastest Harrier on the day clocking 19.00 at the local Exmouth parkrun with 396 other runners along the scenic seafront.

28 Harriers at various parkruns on 04/03/2023

Rickmansworth

61st	Ian Harvey	22.14
------	------------	-------

Killerton

42nd	Steve Morgan	24.03
------	--------------	-------

Seaton

6th	Dave Stone	19.09
-----	------------	-------

Exeter Riverside

33rd	Jenny Reay	21.38
46th	Andy Johnson	22.17
99th	Rachel Sanders	24.51

Winchester

37th	Piers Benton	21.59
------	--------------	-------

Lanhydrock

2nd	Dave Tomlin	20.58
-----	-------------	-------

Haldon Forest

99th	April Snow	52.12
------	------------	-------

Exmouth

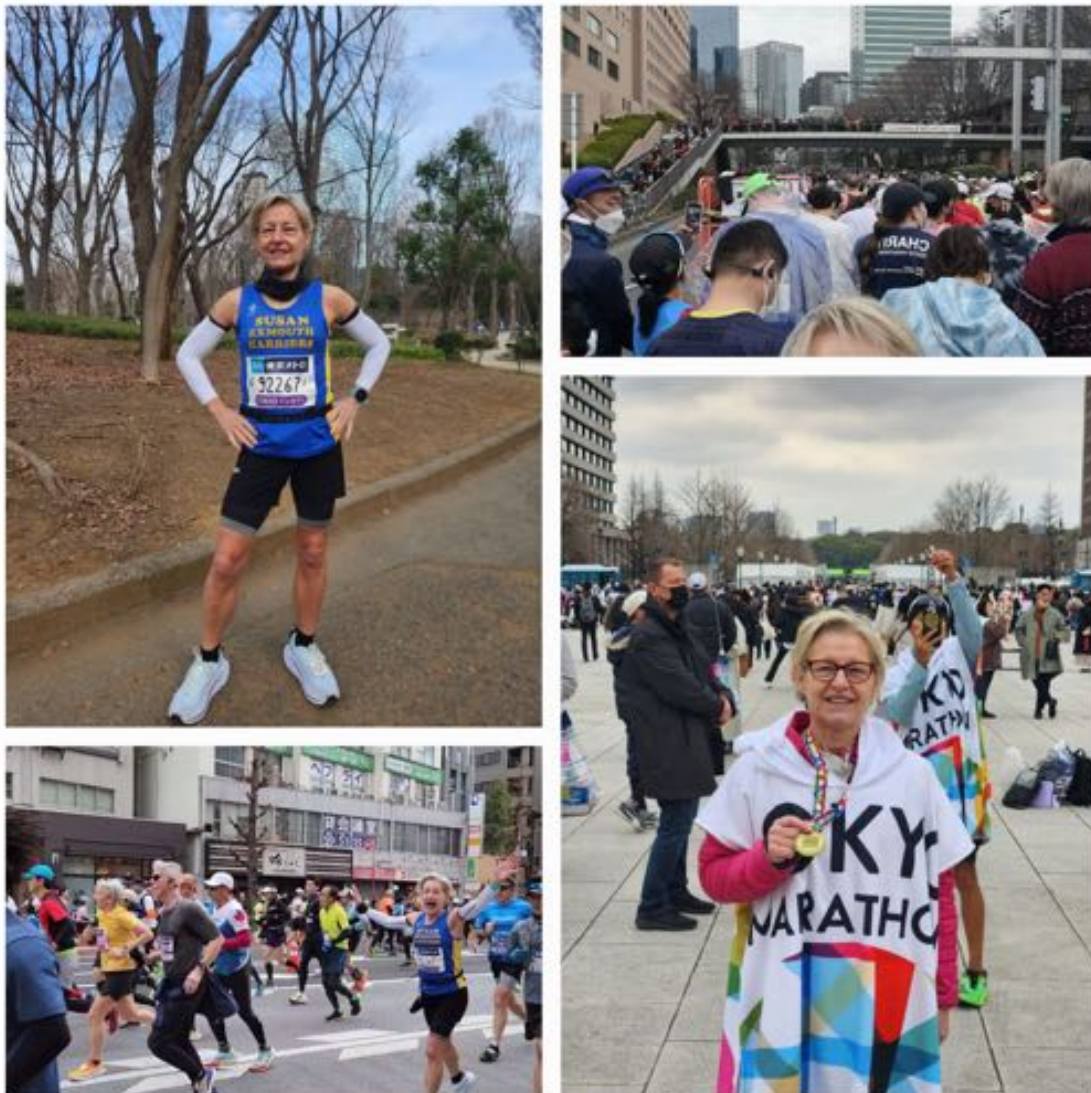
13th	Adam Miller	19.00
20th	Nathan Sheehy	19.35
27th	David Snook	19.49
28th	Jon Mill	19.49
30th	Mike Musgrove	20.00
42nd	Neville King	21.20
60th	Graham Gunn	22.28
91st	Jo Weeks	23.29
93rd	Nathan Budd	23.30
112th	Darren Powell	24.39
116th	James Kelly	24.44
118th	Hayley Johns	24.45

134th	Sarah Baldwin	25.34
156th	Joan Mason	26.45
175th	Bob Minting	27.37
180th	Kay Douglas	27.44
342nd	Nigel Dupain	35.02
354th	Jill Dupain	36.56
396th	Keith Flack	56.42

The following Harriers volunteered at Exmouth parkrun on 04/03/2023

May Argyle-Lander, Craig Butler, Nigel Dupain, Sam Lander, Stan Mason, Mike Musgrove, Cathy Newman, Tim Thompson

Then on Sunday 5th March 34 Harriers raced in 4 events with the furthest traveller **Susan Hill** who ran in the Tokyo Marathon. Susan ran a superb race finishing in **2,574th** position out of the 35,000 finishers in an amazing time of **4.11.53**. This was Susan's 5th World Major Marathon having previously competed in London, New York, Berlin and Boston and Susan is planning to complete the 6th and final Marathon in the series in Chicago on Sunday 8th October.



Susan Hill at the Tokyo Marathon

Also on Sunday 5th March twenty five Harriers took part of one of the toughest and most popular multi terrain events in the South of England. Starting and finishing on Seaton seafront 21 Harriers started the gruelling 20 miles of The Grizzly with 4 others opting for the shorter 9 mile Cub event - this was the 35th running of the event hosted superbly by Axe Valley Runners. Unfortunately only 20 finished as Amanda McCann sustained an injury in the early stages of the event and had to withdraw. The first Harrier to finish was **Sam Kelly** who **won the race outright** in an incredible time of **2.14.25** (three and a half minutes ahead of the 2nd placed finisher). It was even more incredible when you take into account that there was over 2,000 runners taking part and there was over 3,300 feet of elevation gain. The next Harrier to finish was Sam's brother **James** who was **14th** in **2.30.13**. Keeping it in the family Sister **Alice** was **49th** overall and **3rd Lady** finisher in **2.46.42** plus Mum **Nicola** was **820th** in **4.23.10**.



Ready for the "off"



The 1st mile on the pebbles



Another pebble section



More pebbles



Taking a short breather?



1st finisher Sam Kelly with the leading Men



3rd Lady finisher Alice Kelly with the leading Ladies

Grizzly 2023

1st	Sam Kelly	2.14.25
14th	James Kelly	2.30.13
37th	Simon Minting	2.43.41
49th	Alice Kelly	2.46.42 (3rd Lady)
92nd	Scott Jamieson	2.56.22
111th	Lee Salter	3.01.57
199th	Hannah Bown	3.17.19
221st	Mark Hawkins	3.19.45
264th	Tim Thompson	3.25.59
425th	Scott Jordan	3.42.30
518th	Terry Mckie	3.54.01
617th	Sam Argyle Lander	4.01.37
618th	Ben White	4.01.37
620th	Emma White	4.01.38
701st	Paula Hawkins	4.09.45
820th	Nicola Kelly	4.23.10
919th	Lisa Hatchard	4.29.51
952nd	Amy Tew	4.33.57
955th	Becky Matthews	4.34.18
956th	Claire Sorensen	4.34.18

Cub 2023

69th	Andy Place	1.30.57
161st	Hayley Johns	1.43.45
258th	May Argyle Lander	1.50.12
406th	Martin Collins	2.05.42



Emma & Ben showing the true Harriers spirit

Also on Sunday 5th March five Harriers raced in the undulating Bideford 1/2 Marathon with 5 miles on the delightful Tarka Trail. **Oli White** set a personal best time of **1.12.15** in **9th** place overall out of 859 finishers. **Cathy Newman** was racing in her first 1/2 Marathon for 6 years and she was the **first over 60 Lady** to finish in **1.27.08**; the fastest 2023 UK 1/2 Marathon by a W60 athlete. Cathy is in tremendous form as she has also recorded the fastest 2023 UK W60 times for the 10km and parkrun events. Returning to racing after a lengthy break due to injury **Langdon Williams** ran a great time of **1.23.26** and was the **2nd M50** finisher plus **Alison White** was **2nd W65** in **1.56.37**.



That seemed like a good idea at the time



Trophies on show after the Bideford ½ Marathon

Bideford 1/2 Marathon

9th	Oli White	1.12.15	
78th	Langdon Williams	1.23.26	2nd M55
103rd	Cathy Newman	1.27.08	1st W60
516th	Alison White	1.56.37	2nd W65
517th	Des White	1.56.37	7th W65

Last but by no means least five Harriers took part in the final race of the 2022/23 Westward League Cross Country series in Redruth. **Rob Ellis** continued his excellent form finishing in **3rd place** followed by **Anthony Hatchard** in **28th**, **Nathan Sheehy** in **68th**, **Jimmy Joy** in **69th** and **Hugh Marsden** in **77th**.

It was also the 6 race Series presentations with **Rob** awarded the trophy for **3rd in the senior men's category**, **Anthony 2nd in the M45**, **Jimmy 2nd in the M60 category** and **Hugh 3rd in the M65 category**.



Jimmy, Anthony & Hugh with their overall series trophies

Fantastic running from everyone over the weekend and many thanks to all those who came along and supported at the various events and took photos.

What a great club Exmouth Harriers is – you are all very special.

Don't forget the Up & Coming 2022 Races & events over the next few weeks

12/03/23	Sun.	Grand Canal Canter (50km, Marathon & ½ Marathon on the canal at Tiverton)	Footpath	https://race-nation.co.uk/register/winding-paths/grand-canal-canter-spring-2023	Chris Murrin's 111th Marathon
12/03/23	Sun.	Granite Way 10 & 20 miles	Footpath & cycleway	https://exetercct.org/courses-events/granite-way-run-2023/	Fantastic views of Dartmoor and the surrounding countryside.
15/03/23	Wed.	Run Exe 5 miles in Exmouth – start at 7pm	Road	https://www.city-runs.co.uk/run-exe-winter-5m	Final race in the series plus the 2nd race in the 2023 Instep Devon Championship
18/03/23	Sat.	RED's Pasty and Pie challenge weekend - Day 1	Footpath	https://www.evententry.co.uk/running-events-devon-2023-pasty-pie-challenge-day-1#overview	On the Exmouth / Budleigh Trail near Capel Lane
19/03/23	Sun.	RED's Pasty and Pie challenge weekend - Day 2	Footpath	https://www.evententry.co.uk/running-events-devon-2023-pasty-pie-challenge-day-2#overview	On the Exmouth / Budleigh Trail near Capel Lane
25/03/23	Sat.	Winding Paths Total Coastal (50km, 1/2 Marathon or 10k on the South West Coast Path)	Multi-terrain	https://www.windingpaths.uk/total-coastal/	Entries closed but there is a waiting list
26/03/23	Sun.	Feighan Fury (10 miles)	Trail	https://www.swrr.co.uk/feighan-fury/	To celebrate the life of local running legend Mike Feighan

List of Qualifying Races for the 2023 Instep Devon Championship are:-

FIRST CHANCE 10K 8 JAN (completed)

RUN EXE 5 MILE (EXMOUTH) 15 MARCH

POWER RUN POWDERHAM CASTLE 1 APRIL

FAST FRIDAY 10K 7 APRIL

OTTERY 10K 7 MAY

CREDITON CRUNCH 14 MAY

RUN EXE RELAYS 26 MAY

UPLOWMAN 10K 29 MAY

UMBORNE UG 24 JUNE

RUN EXE 5K 4 JULY

FOREST FLYER AUG ??

DROGO 10 OCT/NOV ??

WESTDOWN WANDER NOV ??

If you have any reports, articles or photos that you'd like to be included in future newsletters please send them to me at des.white@btinternet.com



www.exmouthharriers.co.uk