

# EXMOUTH HARRIERS

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

**Club Newsletter – Number 66**  
**10th April 2024**

(The next edition is due out on Wednesday 24th April 2024)



Harriers before the start of the Power Runs at Powderham

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

### 2024 Exmouth Harriers Membership Fee Renewal

Membership fees were due to be renewed by 1st April, thanks to those who have already renewed; just a gentle reminder for those who haven't yet. **See website or whatsapp page for more information.**

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](mailto: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](mailto:sjmorgan222@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 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 (maybe Wed. 19th June) and venue, 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 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	<b>Gt Mis Tor + Devon Champs. at Princetown (completed)</b>
Sat. 18th May	<b>Marilyn's Meldon Madness</b> at 1pm – 3pm at Meldon Dam car park.
Sat. 25th May	<b>Langstone Fell Race</b> at Peter Tavy 4pm - 6pm
Sun. 9th June	<b>Buckland Bounder</b> at Buckland Monachorum 2pm - 3pm
Sat. 15th June	<b>Burrator Horseshoe 24</b> at Meavy 2.30pm - 5pm
Wed. 19th June	<b>Summer Solstice</b> at Dartmoor Inn at Merrivale 5.30pm - 7.30pm
Sun. 7th July	<b>Cosdon</b> at Belstone Village Green 1.30pm - 3.30pm
Wed. 7th August	<b>Ivybridge 3 Tops</b> at Ivybridge Rugby Club 5.45pm - 8pm
Wed. 21st August	<b>Great Links Tor Flyer</b> Fox & Hounds 5.30pm - 8pm
Sat. 21st September	<b>East Mill Tor Loop</b> Belstone Village Green 9.30am - 11.30am

### **2024 Devon Open Track & Field Meetings**

The **Devon Open Track & Field Meetings** will take place again this summer. The dates and venues are as follows

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

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](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)
13th March	Run Exe 5 Mile Exmouth (completed)
29th March	Fast Friday 10km (completed)
6th April	Power Run 10 Mile (completed)

The results after the first 5 races in the 2024 Championships are at:- <https://instepdevon.org.uk/>

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>
24th November	Westdown Wander / Bicton Blister	Details TBA

**As you will see from the timetable above there are 5 Instep races coming up in 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**

10th Apr. 2024	Wed.	Yeovilton 5km	Road	<a href="https://www.yeoviltownrrc.com/events/races/summer-5k-series-1.htm">https://www.yeoviltownrrc.com/events/races/summer-5k-series-1.htm</a>	Very quick 5km – full of PB potential – <b>1st race in 2024 Summer series</b>
13th Apr. 2024	Sat.	Sid Valley Ring Half Marathon	Multi-terrain	<a href="https://www.climbsouthwest.com/events/sid-valley-ring-half-marathon/">https://www.climbsouthwest.com/events/sid-valley-ring-half-marathon/</a>	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	<a href="https://www.city-runs.co.uk/run-exe-5k">https://www.city-runs.co.uk/run-exe-5k</a>	Very popular race series – loads of Harriers take part – <b>1st race in 2024 Summer series</b>
20th Apr. 2024	Sat.	Winding Paths Total Coastal 30 Mile, 1/2M, 10k	Multi-terrain	<a href="https://www.windingpaths.uk/total-coastal/">https://www.windingpaths.uk/total-coastal/</a>	All on the South West Coast Path all distances finishing in Shaldon
21st Apr. 2024	Sun.	TCS London Marathon	Road	<a href="https://www.tcslondonmarathon.com/">https://www.tcslondonmarathon.com/</a>	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	<a href="https://runplymouth.co.uk/plymouth-half/">https://runplymouth.co.uk/plymouth-half/</a>	Very popular local event with three classic road distances
28th Apr. 2024	Sun.	LM Events Maer 10km & Half Marathon	Road 10km & Multi-terrain ½	<a href="https://www.lmevents.org.uk/e/the-maer-10km-and-half-marathon-2364">https://www.lmevents.org.uk/e/the-maer-10km-and-half-marathon-2364</a>	Races on our doorstep – start and finish on the Exmouth seafront
28th Apr. 2024	Sun.	Exeter Open Track & Field Meeting	All-weather track	<a href="https://www.devonathletics.org/">https://www.devonathletics.org/</a>	First Devon Open T&F Meeting of 2024 at Exeter Arena
4th May 2024	Sat.	East Devon Round at Offwell (65, 35 & 15 mile options)	Multi-terrain	<a href="https://www.eastdevonround.com/">https://www.eastdevonround.com/</a>	4 Events, 3 Areas of Outstanding Natural Beauty, <u>1</u> World Heritage Site
5th May 2024	Sun.	Crediton Crunch	Multi-terrain	<a href="https://www.swrr.co.uk/crediton-crunch/">https://www.swrr.co.uk/crediton-crunch/</a>	Multi-terrain approx. 10K, 50% on the Devonshire Heartland Way - <b>6th Instep Devon race in 2024</b>
7th May 2024	Tues.	Run Exe Summer Series 5km – Exwick	Tarmac footpaths	<a href="https://www.city-runs.co.uk/run-exe-5k">https://www.city-runs.co.uk/run-exe-5k</a>	Very popular local race series – <b>2nd race in 2024 Summer series</b>
8th May 2024	Wed.	Yeovilton 5km	Road	<a href="https://www.yeoviltownrrc.com/events/races/summer-5k-series-1.htm">https://www.yeoviltownrrc.com/events/races/summer-5k-series-1.htm</a>	Very quick 5km – <b>2nd race in 2024 Summer series</b>
11th May 2024	Sat.	Ivybridge 10km	Road	<a href="https://www.ernevalleyharriers.co.uk/ivybridge-10k/">https://www.ernevalleyharriers.co.uk/ivybridge-10k/</a>	A relatively fast course with a few hills.
12th May 2024	Sun.	Exeter Community Trust Marathon & 5 Mile	Road / Pathways	<a href="https://exetercct.org/running-events/exeter-live-better-marathon-and-five-mile-event-2024/">https://exetercct.org/running-events/exeter-live-better-marathon-and-five-mile-event-2024/</a>	Traffic-free, flat route along the footpath and cycle track of the River Exe and Exeter Canal.
12th May 2024	Sun.	Ottery 10km	Road	<a href="http://www.honitonrc.com/ottery-10k-may.html">http://www.honitonrc.com/ottery-10k-may.html</a>	Popular local race - <b>7th Devon Instep race in 2024</b>

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

### May

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)
Mon 26th	Lustleigh Show 10km
Sat 31st	Devon & Cornwall Backyard Run Weekend

### September

Sun 1st	Bridgwater 1/2M, 10km & 5km
Tue 3rd	Run Exe 5km (6th & final race in the 2024 Summer series)
Wed 11th	Yeovilton 5km (6th & final 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

### **Easter Weekend Friday 29th March / Monday 1st April – Guernsey Easter Running Festival**

Three Harriers ran in this unique event; a 5km Road Race on Friday, a 4.75km Cross Country on Saturday; a 4 x 1 Mile Cross Country Relay on Sunday and a 10km Road Race on Monday.

#### **5km Road Race**

Along the West coast of Guernsey, Steve said afterwards “We were aided by a strong South Westerly wind”.

38th	<b>John Terry</b>	17.21	4th M45
111th	<b>Debbie Marsden</b>	21.06	2nd W45
121st	<b>Steve Morgan</b>	21.37	2nd M65

#### **4.75km Cross Country**

Held at L’Ancrese common following the traditional 4.75-mile lap of the paths and grass trails.

15th	<b>John Terry</b>	28.32	2nd M45
54th	<b>Debbie Marsden</b>	35.56	2nd F45

#### **10km Road Race**

Held in near perfect conditions on a fast, flat course that winds its way around the scenic north of the island.

23rd	<b>John Terry</b>	36.30	3rd M45
74th	<b>Debbie Marsden</b>	44.30	2nd F45
79th	<b>Steve Morgan</b>	45.00	2nd M65



Steve striding out in the Guernsey 5km Road Race



Debbie in the Guernsey Cross Country & 10km Road Race

### Friday 29th March – Fast Friday 10km, Exeter

15 Harriers raced in City Runs Fast Friday 10km in Exeter in a variety of weather conditions on Good Friday.

The course had to be changed on the day as some of the footpaths were waterlogged from the recent rainstorms. Instead of 2 laps of 5km taking in the paths around Flowerpot playing fields at Exwick and part of Exeter Quay the race was four laps of 2.5km around the Flowerpot Playing Fields and the River Exe footpath.

During the lead up to the start and the early part of the race there was sunshine and blue skies but in the later stages of the race there was a tremendous downpour that drenched everyone but despite the difficult conditions everyone ran excellent times.

7th	<b>Oli White</b>	34.11	2nd M35
27th	<b>James Kelly</b>	36.28	10th SM
34th	<b>Anthony Hatchard</b>	37.05	3rd M45
46th	<b>Atsede Gidey</b>	37.39	2nd Woman
54th	<b>Langdon Williams</b>	38.47	3rd M55
65th	<b>Cathy Newman</b>	40.06	1st W60
78th	<b>Craig Butler</b>	40.46	5th M50
84th	<b>Mike Musgrove</b>	41.22	7th M55
115th	<b>Jimmy Joy</b>	44.24	2nd M60
126th	<b>Adrian Barton</b>	45.31	11th M55
139th	<b>Andy Johnson</b>	46.32	5th M60
201st	<b>Alison White</b>	54.09	2nd W65
214th	<b>Laura Walton</b>	55.09	10th W40
216th	<b>Des White</b>	55.30	7th M70
247th	<b>May Argyle-Lander</b>	59.09	25th SW





Nice conditions – blue sky & sunshine .....





Not so nice conditions – the grey clouds and pouring rain came in later on



Atsede with her 2nd Place prize at the Fast Friday 10km

### Sunday 31st March – Gloucester ½ Marathon

**Tom Packer** ran along with 1,195 finishers in the new Gloucester 1/2 Marathon on Easter Sunday. The course followed a scenic route around the pedestrianised city centre streets, passing around Gloucester Cathedral, before heading out around Gloucester & Quedgeley along a closed road circuit & Sharpness Canal Path.

35th **Tom Packer** 1.22.51 3rd M40.

### Saturday 6th April – Power Runs (5 & 10 Mile) at Powderham

Seven Harriers took part in City Runs latest event through the stunning grounds of the Powderham Estate. There were two options; the Classic 5 Mile & the Legend 10 Mile. Both were over a very muddy multi-terrain route that had a bit of everything; it was described as a stunning route taking in paths and tracks within the private estate with breath-taking views over the Exe Estuary.

**Josh Sale** continued his excellent form with a storming run in the 10 mile race and finished in 2nd place overall with **Jimmy Joy** not far behind in 13th place also taking 1st place in the Men's over 60 category. In **Linda Hoe's** first race for the Harriers she not only finished the 5 mile race in a fantastic time of 54.51 but was also the First Lady finisher in the over 70 category.

#### 5 Miles

16th	<b>Steve Morgan</b>	44.13	2nd M65
20th	<b>Alice Thomas</b>	45.25	6th SW
70th	<b>Linda Hoe</b>	54.51	1st W70

#### 10 Miles

2nd	<b>Josh Sale</b>	1.11.57	2nd SM
13th	<b>Jimmy Joy</b>	1.20.23	1st M60
42nd	<b>Douglas McCombie</b>	1.34.52	13th SM
78th	<b>Alison White</b>	1.50.25	4th W60



Steve, Linda, Alice, Jimmy, Alison, Josh & Douglas before the start





A nice uphill start



Starting the 2nd lap after the heavy shower





Smiles galore!



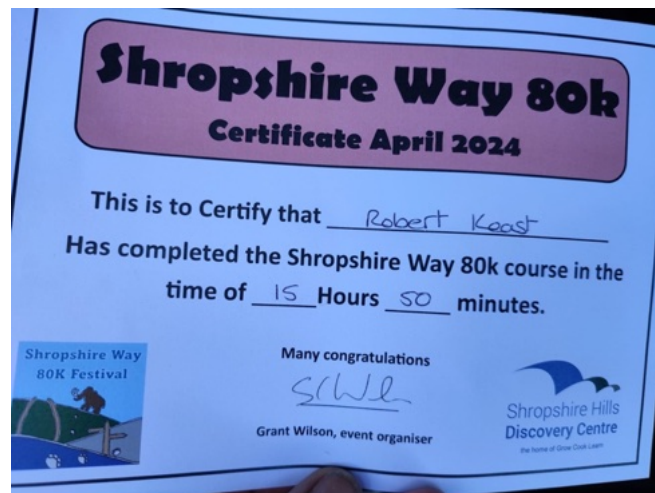
Josh with his Mum and his 2nd place prize



### Sunday 7th April - Shropshire Way 80km

**Bob Keast** completed 52 hilly miles with 10,800 feet of elevation over the iconic Shropshire Hills summits and Iron-Age hillforts, along ancient drovers' routes and through magnificent ancient woodland and market towns. The event started and finished at the Shropshire Hills Discovery Centre close to Stokesay Castle. **Bob** said afterwards "Gale force winds, rain and more than enough mud".

**Bob Keast** 15 hours 50 minutes



Bob's certificate – amazing performance

### Sunday 7th April – JPs Exe to Axe

Ten Harriers tackled what the organisers described as "A brute of a race with some outstanding views" .... 22 miles of mud, hills, lots more mud & even more hills. Once voted one of the best races in the country, the route followed a stunning but very challenging section of the South West Coast Path starting on Exmouth seafront and finishing in Seaton. Apart from the tricky underfoot conditions on the course the runners had to deal with Storm Kathleen battering them throughout the 22 miles – great running everyone.

**Alice Kelly** used the event as part of her preparation for the London Marathon on Sunday 21st April and showed that she is in great shape by finishing in 6th place overall and was First Lady finisher in 3 hours 24 minutes and 40 seconds.

**Alice** will be joined in the 2024 London Marathon by her two Brothers **James** and **Sam** where they will be attempting to run the fastest combined time by 3 siblings.

6th	<b>Alice Kelly</b>	3.24.40	1st Lady
25th	<b>Tom Packer</b>	3.53.50	
49th	<b>Steve Toomey</b>	4.19.29	
118th	<b>Susan Hill</b>	5.01.43	3rd W60
148th	<b>Kay Douglas</b>	5.26.16	5th W60
149th	<b>Nicola Kelly</b>	5.26.16	6th W60
151st	<b>Anthony Lees</b>	5.28.09	
156th	<b>Amanda McCann</b>	5.29.04	
176th	<b>Jim Comer</b>	6.00.51	
177th	<b>Nick Ramm</b>	6.00.51	



Tom, Kay, Nicola, Alice, Susan & Nick at the start



Alice with her Winner's trophy at Seaton



Which way next?





Looks a nice day for a coastal path trek

### Sunday 7th April – Brighton Marathon

Andy, Hannah & Craig travelled 140 miles east along the south coast to get away from Storm Kathlenn and joined over 11,000 runners in the popular Brighton Marathon that started in Preston Park and then headed north towards Withdean before taking participants south through the city and past some of Brighton's most iconic landmarks including the Pavilion, the Brighton & West Piers and the i360. The finish line was on the seafront at Hove Lawns, taking finishers past the infamous beach huts.

**Craig** said after finishing “With the sun we also had a collection of challenging hills and the remains of Storm Kathleen blowing straight off the sea; so it felt like you were running into it in both directions”.

**Craig** will also be running in the London Marathon on Sunday April 21st along with seven other Exmouth Harriers.

630th	<b>Craig Butler</b>	3.19.01
784th	<b>Hannah Bown</b>	3.23.21 3rd W45
4679th	<b>Andy Place</b>	4.14.12



Andy, Hannah & Craig smiling at the start



Getting the carbs & hydration levels topped up

## **25 Harriers at various parkruns on 30/03/2024**

Mike Musgrove was the quickest Harrier in 18.51 at Exmouth, Paula Hawkins was the quickest Lady Harrier in 22.39 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.**

### **Longrun Meadow**

129th	Lisa Boyd	28.16
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### **Parke**

5th	Dave Stone	21.52
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### **Teignmouth Promenade**

398th	Ray Lewis	37.54
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### **Haldon Forest**

8th	Dave Tomlin	20.16
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### **Cranbrook Country Park**

49th	Andy Johnson	22.55
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### **Five Arches**

32nd	Hugh Marsden	21.43
112th	Dawn Teed	27.56

### **Exmouth**

15th	Mike Musgrove	18.51
31st	Julian Nelmes	19.52
78th	Sam Lander	22.11
83rd	Jon Garitty	22.19
97th	Darren Powell	22.36
99th	Paula Hawkins	22.39
118th	Graham Gunn	23.32
130th	Kelly Thomas	24.01
143rd	Hannah Bown	24.29
147th	Bob Minting	24.36
175th	Jon Mill	25.21
193rd	Derek Johnson	25.52
194th	Emily Kelly	25.53
195th	Nicola Kelly	25.54
424th	Nigel Dupain	32.43
440th	Keith Flack	33.13
501st	Jill Dupain	38.57
504th	Mike Keep	39.28

**The following Harriers volunteered at Exmouth parkrun on 30/03/2024**

May Argyle-Lander, Hannah Bown, Darren Bradley, Craig Butler, Jason Hill, Linda Hoe, Nathan Sheehy

**The following Harriers volunteered at the Phear Park Junior parkrun on 31/03/2024**

Amanda McCann

## **25 Harriers at various parkruns on 06/04/2024**

Piers Benton was the quickest Harrier in 17.35 at Pegwell Bay, Paula Hawkins was the quickest Lady Harrier in 24.04 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**

111th	Tom Handley	35.47
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### **Pegwell Bay**

2nd	Piers Benton	17.35
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### **Street**

12th	Hugh Marsden	23.15
43rd	Dawn Teed	29.55

### **Haldon Forest**

2nd	Dave Stone	19.56
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### **University Parks**

102nd	Andy Johnson	23.02
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### **Exmouth**

4th	Anthony Hatchard	19.38
6th	Chris Dupain	19.44
10th	Mike Musgrove	20.24
47th	Sam Lander	23.53
52nd	Paula Hawkins	24.04
53rd	Tim Chappell	24.18
54th	Graham Gunn	24.22
73rd	Darren Powell	25.51
106th	Sarah Baldwin	27.39
136th	Carly Miller	28.51
145th	Joan Mason	29.09
154th	Tim Thompson	29.20
173rd	Jon Garrity	29.57
180th	Darren Layard	30.19
192nd	Nicola Kelly	30.53
229th	Nigel Dupain	32.43
258th	Amanda McCann	34.15
266th	Keith Flack	34.53
309th	Jill Dupain	40.15

The following Harriers volunteered at Exmouth parkrun on 06/04/2024

Darren Bradley, Craig Butler, Jason Hill, Derek Johnson, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 07/04/2024

Sarah Baldwin, Joan Mason, Amanda McCann



## Photo Gallery – some recent fun photos



Lisa & Ruby at a very soggy Longrun Meadow parkrun



Dawn at Five Arches parkrun



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