

EXMOUTH HARRIERS

www.exmouthharriers.co.uk

Club Newsletter – Number 67
24th April 2024

(The next edition is due out on Wednesday 8th May 2024)



The Kelly Family (James, Sam & Alice) after the London Marathon

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 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

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 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	Gt Mis Tor + Devon Champs. at Princetown (completed)
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 Devon Open Track & Field Meetings

The **Devon Open Track & Field Meetings** 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 (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/>

After the 1st 5 races in 2024

Oli White is 1st on the Male leaderboard

Alison White is 2nd on the Female leaderboard

Exmouth Harriers Men are 1st on the Male Club leaderboard

Exmouth Harriers Women are 3rd on the Female Club leaderboard

Forthcoming Races

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 10 Miles	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 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 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

28th Apr. 2024	Sun.	Britain's Ocean City Running Festival (½ Marathon, 10km & 5km)	Road	https://runplymouth.co.uk/plymouth-half/	Very popular local event with three classic road distances in Plymouth
28th Apr. 2024	Sun.	LM Events Maer 10km & Half Marathon	Road 10km & Multi-terrain ½	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/	1 st 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	https://www.eastdevonround.com/	4 Events, 3 Areas of Outstanding Natural Beauty
5th May 2024	Sun.	Crediton Crunch	Multi-terrain	https://www.swrr.co.uk/crediton-crunch/	6 th Instep Devon race in 2024
7th May 2024	Tues.	Run Exe Summer Series 5km – Exwick	Tarmac footpaths	https://www.city-runs.co.uk/run-exe-5k	2 nd race in 2024 Summer series
8th May 2024	Wed.	Yeovilton 5km	Road	https://www.yeoviltownrrc.com/events/races/summer-5k-series-1.htm	Very quick 5km – 2 nd race in 2024 Summer series
11th May 2024	Sat.	Ivybridge 10km	Road	https://www.ernevalleyharriers.co.uk/ivybridge-10k/	A relatively fast course with a few hills.
12th May 2024	Sun.	Exeter Community Trust Marathon & 5 Mile	Road / Pathways	https://exetercct.org/running-events/exeter-live-better-marathon-and-five-mile-event-2024/	Traffic-free, flat route along the footpath and cycle track of the River Exe and Exeter Canal.
12th May 2024	Sun.	Ottery 10km	Road	http://www.honitonrc.com/ottery-10k-may.html	Popular local race - 7 th Devon Instep race in 2024
18 th May 2024	Sat.	Marilyn's Meldon Madness	Multi-terrain	https://www.okehamptonrunningclub.com/summer-series/marilyns-meldon-madness/	2 nd race in Dartmoor Fell Race Series
19 th May 2024	Sun.	Beer Blazer 10 Miles	Multi-terrain	https://www.axevalleyrunners.org.uk/beer-blazer/	8 th Devon Instep race in 2024
24 th May 2024	Fri.	Run Exe Team Relays – Harriers usually put in about 10 teams	Footpaths	https://www.city-runs.co.uk/relays	4 runners per team doing 4km legs - 9 th Devon Instep race in 2024
25 th May 2024	Sat.	Langstone Fell Race at Peter Tavy	Multi-terrain	https://swfellrunners.uk/event/langstone-fell-race-dartmoor-fell-series/	3 rd race in Dartmoor Fell Race Series
26 th May 2024	Sun.	Plymouth Open Track & Field Meeting	Track & Field	https://www.devonathletics.org/	2 nd Devon Open Track & Field Open Meeting – includes combined events as last year
27 th May 2024	Mon.	Uploman 10km	Road	http://www.tivertonharriers.co.uk/uplowman-10k-race	10 th Devon Instep race in 2024

Other future events in June, July, August & September 2024

June

Tue 4th	Run Exe 5km (4th 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)
Wed 21 st	Great Links Tor Flyer (9th race in Dartmoor Fell Race 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)
Sat 14 th	Dartmoor in a Day
Sat 21 st	East Mill Tor Loop (10th race in Dartmoor Fell Race Series)
Sun 22 nd	Newton Abbot Ladies 10km
Fri 27 th	Exeter 3000m & Mile Track races at Exeter Arena
Sun 29 th	Bradleys Exmouth Autumn 5km & 10km
Sun 29 th	Torbay ½ Marathon

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

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

Monday 15th April – Boston Marathon

Carrie Webb travelled across the Atlantic and ran alongside 25,500 other runners in the 128th Boston Marathon on a very hot and humid day and finished in a superb time of 4.00.47. **Carrie** said afterwards “That was absolutely brutal. It was so hot out there. I quickly revised my sub-3:45 plan and decided to back off and enjoy the experience. It was utter carnage out there. Towards the end I realised that I wasn't far off 4 hours so picked up the pace a bit to see if I could scrape a sub-4, but it wasn't to be”

16,356th **Carrie Webb** 4.00.47

Tuesday 16th April – Run Exe 5km

15 Harriers raced in the Run Exe 5km around Exwick Playfields in Exeter - it was the 1st race in the Summer 2024 six Race series. It was great to see so many Harriers racing and we had loads of supporters cheering us on – well done everyone.

7th	Oli White	16.48	2nd M35
15th	Atsede Gidey	17.16	1st FSen
20th	Josh Sale	17.35	5th MSen
28th	Berihu Hadera	18.02	7th MSen
51st	Mike Musgrove	19.03	1st M55
68th	Mac McNaghten	20.05	1st M60
81st	Steve Toomey	21.06	14th M35
84th	Jimmy Joy	21.17	2nd M60
96th	Steve Morgan	21.53	1st M65
100th	Hannah Bown	21.58	4th F45
108th	Andy Johnson	22.58	4th M60
111th	Emma White	23.36	4th F35
128th	Des White	25.26	3rd M70
137th	Alison White	26.41	1st F65
139th	Kay Douglas	27.05	3rd F65

Hannah ran as the 22 minute pacer and we were joined by **Debbie Marsden** who ran in a Harriers vest as she is 2nd Claim for us but she appeared in the results under her 1st Claim club South West Veterans AC. **Debbie** finished in 87th place in 21.33



A quick gathering of Harriers in the setting sun just before the start of the Run Exe 5km



Oli, Atsede, Josh, Berihu, Mike, Mac, SteveT & Jimmy pushing on through the 5km field



Debbie, SteveM, Hannah & Andy in full flight in the 5km



Emma, Des, Alison & Kay striding out in the 5km



Two cheeky chaps after the 5km

Saturday 20th April – Total Coastal Half Marathon

Claire Sorensen ran in Winding Paths very challenging 13.1 mile multi-terrain event. It was all on the South West Coast Path with 75% on trails and over 3,000 ft of ascent. It started at Preston Green, Paignton then passed Torquay Harbour and onto Babbacombe Beach, the Cliff Railway & Petitor Downs before finally finishing after another very scenic 6 miles at The Ness in Shaldon.

30th **Claire Sorensen** 2.54.37 1st W40



Claire after finishing the Total Coastal ½ Marathon

Saturday 20th April – Steaming the Coast 11km

Linda Hoe ran in Channel Events 11km multi terrain event with lanes, fields, pebbles and sand from Washford Station to Minehead in Somerset. Linda said afterwards “It was really nice; no hills and it was enjoyable until the soft sand off the gold club and the pebbles weren’t very friendly”

10th **Linda Hoe** 1.03.18 1st W70



Linda with her medal after finishing in Minehead

Sunday 21st April – TCS London Marathon

Seven Harriers finished the 26.2 miles through the streets of London in the 45th running of the London Marathon alongside over 53,000 other runners in very challenging cold and windy conditions. Special mention to **Carrie Webb** for finishing both the Boston Marathon on Monday in 4.00.47 and the London 6 days later in 3.51.16.

180 th	Sam Kelly	2.29.55
320 th	Oli White	2.33.47
1,589 th	James Kelly	2.48.35
3,116 th	Alice Kelly	2.58.05
17,195 th	Carrie Webb	3.51.16
19,618 th	Adrian Vanstone	3.57.17
25,204 th	Craig Butler	4.13.53

Unfortunately **Des White** dropped out after 12 miles suffering from a “hamstring” problem.



Precious race numbers



This was everyone's target – the finish on The Mall



Alice, James & Sam & Alice before the 26.2 Miles



Oli & Des at Waterloo Station at 7.45am



Adrian & Craig at the Green Start waiting in the early sunshine



It was cold before the start – Des about to put his kit bag on the lorry



Looks a bit crowded – is that the queue for the loos?



Sam, Oli & James enjoying the early stages



Oli finding it hard in the final stages



James, Sam & Alice with their medals



Hey! just look what Craig has got at the finish

25 Harriers at various parkruns on 13/04/2024

Anthony Hatchard was the quickest Harrier in 17.52 at Exmouth, Emma White was the quickest Lady Harrier in 24.03 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.

Tamar Trails

47 th	Dawn Teed	30.03
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Torbay Velopark

31 st	Steve Morgan	21.56
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Teignmouth Promenade

323 rd	Ray Lewis	36.07
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Trentham Gardens

119 th	Tim Thompson	25.11
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Minehead

90 th	Tom Handley	38.07
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Exmouth

4 th	Anthony Hatchard	17.52
6 th	Josh Sale	18.19
10 th	Tom Packer	18.49
20 th	Mike Musgrove	20.04
37 th	Adrian Barton	21.14
42 nd	Scott Jamieson	21.35
73 rd	Jon Mill	23.33
82 nd	Bob Minting	24.01
83 rd	Emma White	24.03
85 th	Ben White	24.05
132 nd	Kelly Thomas	26.04
137 th	Sarah Baldwin	26.12
140 th	Kevin Lingard	26.18
163 rd	Joan Mason	27.02
212 th	Amy Tew	28.30
221 st	May Argyle-Lander	28.53
222 nd	Jane MacDonald	28.56
277 th	Keith Flack	31.14
326 th	Nigel Dupain	35.09
380 th	Lisa Hatchard	55.13

The following Harriers volunteered at Exmouth parkrun on 13/04/2024

Darren Bradley, Craig Butler, Jill Dupain, Nigel Dupain, Linda Hoe, Nathan Sheehy

The following Harriers volunteered at the Phear Park Junior parkrun on 14/04/2024

Sarah Baldwin, Scott Jamieson, Joan Mason, Amanda McCann

27 Harriers at various parkruns on 20/04/2024

Anthony Hatchard was the quickest Harrier in 17.57 at Killerton and he was 1st finisher overall, Paula Hawkins was the quickest Lady Harrier in 22.23 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

125 th	Tom Handley	37.52
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Killerton

1 st	Anthony Hatchard	17.57
3 rd	Langdon Williams	19.00
35 th	Andy Johnson	23.12
286 th	Lisa Hatchard	52.26

Barnstaple

51 st	Jon Garrity	26.18
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Fulham Palace

384 th	Alison White	28.00
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Parke

16 th	Hugh Marsden	23.52
59 th	Dawn Teed	31.13

Rushmoor

235 th	Carrie Webb	29.09
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Teignmouth Promenade

281 st	Ray Lewis	36.15
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Haldon Forest

3 rd	John Terry	18.47
55 th	Darren Powell	26.26

Exmouth

4 th	Tom Packer	18.01
14 th	Mike Musgrove	20.00
15 th	Adam Miller	20.01
25 th	Adrian Barton	21.14
27 th	Steve Morgan	21.31
28 th	Jon Mill	21.32
39 th	Paula Hawkins	22.23
66 th	Bob Minting	24.18
91 st	Kay Douglas	25.36
120 th	May Argyle-Lander	26.41
123 rd	Joan Mason	26.45
149 th	Derek Johnson	27.58
205 th	Keith Flack	29.56
149 th	Nigel Dupain	32.39

The following Harriers volunteered at Exmouth parkrun on 20/04/2024

Darren Bradley, Nigel Dupain, Jason Hill

The following Harriers volunteered at the Phear Park Junior parkrun on 21/04/2024

Sarah Baldwin, Scott Jamieson, Joan Mason

Photo Gallery – some recent fun photos



Dawn at Street parkrun. Dawn says "I finally made it to my 60th parkrun venue"



www.exmouthharriers.co.uk