

Ex-Hausted

Volume 2

January 2003

Exmouth Harriers AAC

Where are you ?

At the start of the last magazine, I put out a plea, for articles for Ex-Hausted, I would like to say I had been inundated, but sadly not, I don't care what the subject is, as long as it has some vague connection with running, is not rude, well not too rude, and the club will not be sued.

This is your news letter the more you all contribute the less I will have to make up.

Any serious issues you want everyone to know about, so come on put your thinking caps on, and come up with some interesting and imaginative stories

You know it makes sense.

Bob Keast

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Forthcoming Events

In date order we have some significant events coming up.

12th January Westward League Cross Country at Bideford.

19th January Axminster Duathlon (Early Bird Series)

19th January Braunton 10

25th January Southern Counties Cross Country at Bicton. **Marshals/Stewards needed in numbers please.**

2nd February Sidmouth Duathlon (Early Bird Series)

15th February (Saturday) Westward League Cross Country at Paignton

16th February Middlemoor Duathlon (Early Bird Series)

16th February Tough Ten Challenge

23rd February Plymouth Hoe 10

2nd March Bideford Half Marathon

Results

Dec 1st at Ludwell Valley Exeter, was the **SW Cross-Country Championships**, with 3 teams competing we had 5th Vet Ladies, 4th Snr Men, and 1st Vet Men.

Dec 14th Kings Park, Bournemouth, the venue for the **Southern Counties Vets X Country Championships**

283 entries for the 50+ race from 41 clubs. Blackheath, Cambridge, Herts Phoenix, Hillingdon and the Thames Hare & Hounds all had large numbers of runners

Richard Selby who was well psyched up for the race took Second Place he finished a full 30 seconds ahead of the 3rd placed man with a time of 33,48

John Perratt ran a steady race to take 43rd place in 38,20 to take the winning medal in the 65 age class.

Sunday 29th Dec **Last Chance**, saw some very notable performances with Cathy Newman Winning the ladies race outright, and 6 other Harriers featuring in the prizes, Dave Stone, 3rd Senior man, Rich Selby 2nd V50, Roger Rowe 1st V55, Malcolm Bayer 3rd V45, Di Routley 1st V55, Jenny Reay 2nd V40, other runners were, Jon Bamsey, Shaun Lock, Jim Pyne, Steve Thompson, Chris, Hannah, Nigel, Emma & Jill Dupain, Peter Hart, Gary Taylor, Jane Bateman, Sarah Pares, Sue Wilkin, Helen Vincent, Andrew & Margaret Kyle, which adds up to an impressive 24 harriers competing.

RETIRING TO THE BACK BENCHES

Maurice Ault writes

After very many years of being involved with the administration of 3 athletic clubs, team management and race organisation, chairman and secretary of various regional & national athletic committees it is now time to stand down and return to the back benches. There will be a period of adjustment getting used to the idea of being passive rather than pro-active. After many years one gets a little jaded and set in one's ways. I am delighted that Peter Hutcheson is taking over as Secretary. He has a very good understanding of the Harrier's traditions, is knowledgeable about athletics and is a qualified coach. Roger Rowe our new Treasurer is bringing an excellent level of financial know how to the Committee and he runs a bit quick too. The new Committee is strong and enthusiastic and will provide great support to our indefatigable Chairman Roland. I will continue to be active in the club by coaching, undertaking race funnel duties etc and competing both on the track and the road.

Looking back over the last 2 or 3 years I reflect on the events and discussions that have taken place and try to make some sense of it all. On some issues opinions were sharply divided and provoked sharp debate. In hindsight perhaps some matters might usefully have been handled differently but time moves on.

We all now have a very clear view of the club's interests and aspirations and the club is all the stronger for that understanding. We are all different, with varied interests, but share our common love of athletics and the fellowship with each other.

As a competitive club we are very strong. Of course we have our 'ace' runners but across the whole spectrum of club racers we do very well. The many medals and trophies earned by individuals and teams are a testament to our racing prowess. With Bob Keast as Club Coach, Steve Merry & Dawn Teed as Team Managers, the future of the Harriers as a competitive force looks assured.

When it comes to organising races we have an enviable reputation. The many kind words recently written about The Blister speak well of the Harriers ability to put on races as well as taking part in other club's races.

On the membership front it is very heartening to see some new faces. We now have a strong senior men squad which is already making an impression. We have always had a very strong veteran men's squad. The younger members are continuing to improve week by week and it's great to witness.

The Wednesday Ladies are soundly established as a key part of the club and many of them race under Harrier colours. We depend on them a great deal for race results & funnel duties and doing many other race day tasks. Jane Bateman & Sarah Pares as Membership Officer & Ladies Group Leader respectively are key members of the Committee.

I am writing this article on New Year's Eve and there are only 26 days to before we host the Southern XC Champs at Bicton. We can take pride that we are actually making it happen. I hope that on the day all Harriers will be taking part either as competitors or helpers. It is definitely the last athletic event that I will organise. I do need more space in my diary for coaching, running & non athletic interests such family, friends and walking. Well that really sums up my New Year Resolution. What's yours?

Membership Renewal

For all you forgetful types, your membership renewal is now 1 month overdue.

So I know everyone is broke following Christmas, but the club does need your renewal now.

Jane Bateman is the membership secretary, or just bring your money to a club night.

Fancy Dress

Thursday 19th Dec saw the traditional round the town fancy dress run, numbers were down this year, but a good time was had by all that attended. Roger Rowe was the only Cross Dresser this year, and the rumours that Mike Mears was going to turn up in a Thong, were



Track News

The Exeter Open evenings re-commence on Tuesday 25th March and thereafter on the last Tuesday of the month.

The Devon League dates are:

Sunday 13th April - Exeter

Sunday 22nd June - Braunton or Plymouth

Sunday 6th July - Braunton or Plymouth

Sunday 17th August - Exeter

The Devon Championships will be on Saturday & Sunday 10th/11th May - Plymouth

The South West Veterans AC Championships (you must be a member) will be on: Sunday 16th June - Exeter

The British Masters Athletic Federation Championships will be on Saturday & Sunday 7th & 8th June - Derby

Parting is Such Sweet Sorrow

This is getting increasingly worrying, following on from the announcement in the last edition of the magazine, I have to report another Senior Lady heading for the hills.

Emma is off travelling in March, with Matt (Him indoors), and will be away until September, when if all goes well, they will be off to Manchester, for Matt to study at University. I understand that he will be studying Physiotherapy.

We all wish them a great time in Asia, or where ever they find themselves.

This does of course mean that the ladies team will be a man (sorry person) down. So Dawn will be looking for replacements.

London Marathon

The names of the hopeful club place recipients were placed into a hat, well a glass actually, And were drawn following a club night, The lucky ones are Margaret and Andrew Kyle.

The runners I am aware of are, Dave Stone, Jon Bamsey, Stef French, Malcolm Bayer, Steve Thompson, Lesley Godfrey, Hugh Marsden, Derek Donaghy & Me.

I think most of the unlucky ones from the draw are thinking seriously about The Taunton Marathon, so if you did not get in to London, and still want to run a marathon in the Spring, then Taunton would be a good choice, and you will not be alone.



Winter Sea Front Race

December 12th saw the start of the Exmouth Harriers Winter Sea Front Race, Run from the Beach Hotel to Orcombe Point and back a distance of 3.3 miles this monthly event, will be run through the Winter. Next one is January 23rd, following one is February 20th start time is 19:15, which allows a 15 minute warm up and gives plenty of time for a cool down. For the 10 that took part in December, I promise to be sober next time!

Name	Time	Speed Min/Mile
Rich Selby	00:19:06	00:05:47
Mike Mears	00:19:27	00:05:54
Steve Thompson	00:19:36	00:05:56
Hugh Marsden	00:19:52	00:06:01
Anthony Yates	00:20:24	00:06:11
Steve Merry	00:21:00	00:06:22
Sean Lock	00:21:13	00:06:26
Phil Bater	00:21:56	00:06:39
Paul Champion	00:23:52	00:07:14
Dawn Teed	00:26:43	00:08:06

Caption Competition



Guess what Dawn is about to say, or is thinking. A prize for the most original caption, judge's decision is final.

- 4 Dawn would also like to say a big thank you to all the club members who voted for her in the "Athlete of the year". With a special thanks to those who have helped her with the Ladies Team Manager Role.