



Running Commentary

2013 Edition

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Always look on the bright side. Sandra and Jess training for their first marathon

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As I am sure you all know, getting a place at the London Marathon is no mean feat. The ballot is so over-subscribed you've as much chance of winning the lottery as getting a spot, so when a Charity place for Sandra and myself became an option, we quite rightly jumped at the chance. Raising money for a great charity and getting a place at this iconic Marathon – "it'll be fun...Right?"

Being a new adventure for both of us our training has been a steep, painful and often hilarious learning curve. We didn't realise, having sealed our fate in the glorious sunshine of last summer, that the bulk

of our training would be done in the depths of the wettest winter we've ever seen, or that our longest training runs lie right in the middle of lambing season. Add to that the £5000 we have to magic from nowhere and it's fair to say we've been busy! Beg, borrowing, and stealing our way through the last few months, skidding our way over the peaks of the Costwolds and giggling our way through awkward Sports massages, we've kept up the optimism throughout, thoughts focused on that all important post-race goody bag (let's not beat around the bush, it's all about the stuff)



Now, with only 6 weeks left we're up to mile 20, we're half way there with our fundraising, at least one of us is injury free at any one point, and we're still smiling! So with all our fingers and toes crossed, physio in the wings and orange tutu's at the ready what could possibly go wrong?!



Which races shall I do?

Club Races for 2014

Not the Roman IX	Bramley 20/10	Bourton on the Water 10k
Goring 10k	Banbury 15	Carterton 10k
Chedworth 10	Highworth 5	Motavation Series
Great Weston 5	Silverstone 10k	Oxford Town and Gown
Chiltern Chase 10k	Banbury 5	F1 Chicken Run
Thame 10k	Didcot 5	Hornton 6
Witney 10	Longworth 10k	Woodstock 12
Finstock 10k	Hanney 5	Eynsham 10k
Andy Reading 10k	Any measured Half/Full Marathon	

Club Handicap System—run six races from this list in 2014 to qualify—two less than 10 miles and two at 10 miles or over, plus any two others (incl. Motavation). 10 bonus points for every extra club race you do—this can make all the difference to who wins!

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Peter Cook — Marathons 1-10.

1. The number of marathons anyone should sensibly do.
2. damn that 2 tenths of a mile that messes up my timings.
3. number of times I've fallen over trying to see aeroplanes overhead.
4. number of life-long friends I've made through marathon running. [rounded up to fill in number 4]
5. The number of sponsors whose money I ended up putting in myself
6. Training programme in months. Roughly 2 of running and 4 of analysing results
7. injuries sustained giving high fives to over-zealous kids
8. and counting, the number of times I've said that's the last one I'm doing.
9. miles to go when the Wall really affects me [also refers to 8,7,6,5,4,3 and 2]
10. Denomination of Chilean currency used as emergency loo paper [lucky it wasn't coins]

Graeme Hackland—Comrades Back-to-Back

You only get one opportunity to earn the special Comrades back-to-back medal. Your first DOWN and UP runs must be in consecutive years, so I had to go back in 2013 to do the UP. In truth it was a terrible run, suffering with cramp from 25km into an 89km race is not fun, but I'm extremely proud to have made it (even if less than 2 minutes under the 12 hour cut-off). In 2014, I shall attempt to run 100 miles, so if you have any remedies for cramp (I'll even give old wives tales a go!) let me know. The training has been less fun this year as I recover from a knee injury and endure rain/wind & floods! Not long now until 3rd May and a 28 hour time limit!

2013 Sporting Achievements

2013 Club Awards - Winners	
Male Runner of the Year	Graeme Hackland
Female Runner of the Year	Sandra Heryet
Club Handicap Winner	Sandra Heryet
Club Member of the Year	Graeme Hackland
Alan Roche Trophy	Jessica Woolcott



No Club standards claimed in 2013—Dee says you can still claim!

