



Running Commentary

2015 Edition

27th February 2016

www.hooknortonharriers.org.uk

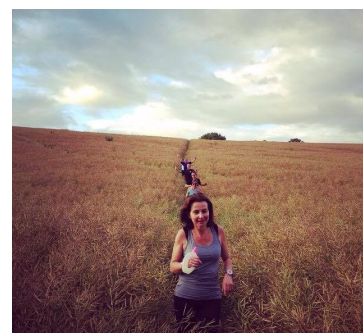
2015 — a good year for racing Harriers!

Inside this issue:

2015—a good year for Hooky Harriers	1
Club Races for 2016	1
Martin's Musings	2
Here's To Lilian	2
Parkrun	3
Photo Gallery	3,4
Club Awards	4

In 2015 we welcomed 17 new members—taking club membership to 60! Welcome to the Harriers: Ben, Bethan, Carl, Caroline, Hannah, Heather, Helen, Jo, Jonathan, Kate, Kenneth, Lisa, Lynne, Paul, Robert, Selina, and Simon. It's wonderful to see our small club membership growing, we'd love to see more of you at training at 7pm on a Tuesday (Hooky); on Thursday (Chippy). Consider representing the Harriers at the Oxon XC league or the Motavation race series in 2016.

What a year for racing Harriers, from the successes of those who finished on the podium in races across Oxfordshire to the challenges of those who marathoned (incl. Donna for the first time and Jess doing 5 in 4 months) and Anwen setting PBs in every distance she raced — what a year! 13 Harriers ran the 6 qualifying races for the Club Handicap! Brilliant!



Donna and Hannah — more success over the Ilmington 10k series!

And it's goodbye from her, Bridget moves away from Hook Norton



We hold Committee meetings on the first Tuesday of the month after training, all welcome!

Whatever your goals for 2016—we wish you happy running! !

Club Races for 2016

Not the Roman IX	Ilmington Tempo 10k - 5 race Series	
Moreton Morell Mad Dash 10k/20k	Bramley 20/10	
Bourton 10k	Banbury 15	Carterton 10k
Chedworth 10	Motavation Series	Silverstone 10k
Oxford Town and Gown	Tysoe Windmill 10k	Chiltern Chase 10k
Banbury 5	Headington 5	Kingham 12k
Hornton 6	Witney 10	Winchcombe Hill Climb 10k
Finstock 10k	Woodstock 12	Christmas Cracker 10k/20k
Eynsham 10k	Andy Reading 10k	Any measured 1/2/Full Marathon

Club Handicap System—run six races from this list in 2016 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!

TEN GOOD REASONS

Martin Foster

Having been a member for one year, these are the ten reasons I'm glad I joined:

1. Finding out how good you are – you win the SHN fun run and think you're invincible, then turn up for your first Tuesday and discover you're just a poor club runner.
2. Perfecting a limp – that same Tuesday is also the last day your legs didn't ache
3. Learning the meaning of compassion – when someone says 'I'm going to take it easy tonight my knees hurt,' you get a warm feeling inside
4. Learning to question your sanity – standing in a blizzard with a vest on
5. Losing your sanity – as in 'thanks Dave, thanks Rachel – that was the most unpleasant Sunday morning I've ever experienced'
6. Seeing how you might look when you're dead – your x country pics look like you're halfway through your own post mortem
7. Irritating your non runner friends – by turning up at the Horseshoe in lycra gear, then drinking Becks Blue because you're going for a PB 10K in the morning
8. Loving Mark Zuckerberg – when you oversleep on Sunday then have to like everybody else's long run on Facebook

Hang on that's only 8 – there must be some other reasons I'm enjoying it

9. Meeting a load of lovely people, who introduce you to a whole new world of cross countrys, relays and road races- which you go to and support each other, have a great time and come back feeling really good about yourself
10. You even have to go out for a drink with them

HERE'S TO LILIAN!

At our AGM last December Lilian Carpenter announced that she would not be re-joining the club. Sad news, indeed. Lilian has been a stalwart of the club since its early days and has regularly "carried the flag" for us at road races, cross country, Remembrance Day parades and, in particular, for many years as our representative at the Sports and Social club meetings, in her quiet and understated way. She has "manned" the water station at the Hooky 6 with her family longer than most of us can remember. I guess we all have to accept that there comes the day when you feel it is time to step back.

That said the committee is asking Lilian to accept an honorary life membership, as a mark of their gratitude, which entitles her to carry on racing, if she wishes.

Thank you, Lilian, you have been an inspiration to us all.



Hook Norton Harriers at Banbury 20 Runners 243 Runs

Visit Hook Norton Harriers home page [View the consolidated club report for member participation at last Saturday's parkruns.](#)

Athlete	Times			Age Grades			Number Runs	Total Runs
	Fastest	Avg	Slowest	Fastest	Avg	Slowest		
Anwen GREENAWAY	22:30	23:59	25:48	66.67 %	62.49 %	57.95 %	14	17
Bridget TAYLOR	24:10	25:03	27:22	65.10 %	62.89 %	57.49 %	8	8
Carol MEREDITH	28:25	29:24	30:11	62.87 %	60.38 %	59.19 %	4	4
Darren NASH	19:21	19:43	20:04	70.03 %	68.74 %	67.52 %	3	4
David BUNNEY	22:01	24:08	34:19	71.61 %	65.83 %	45.94 %	24	40
David WARLOW	19:58	20:55	22:30	71.54 %	68.10 %	63.04 %	5	5
Graeme HACKLAND	23:26	29:49	44:52	61.45 %	49.75 %	32.10 %	36	64
Huw WILLIAMS	21:55	23:23	25:51	69.53 %	65.83 %	59.45 %	13	43
James MCLAUGHLIN	19:28	20:47	22:03	73.37 %	69.01 %	65.31 %	25	39
Jessica WOOLCOTT	25:08	25:58	27:47	58.89 %	57.09 %	53.27 %	4	5
Joanne TAYLOR	30:52	36:53	51:11	53.67 %	46.21 %	32.37 %	7	7
John WEAVER	24:38	25:25	27:30	63.38 %	61.15 %	56.36 %	24	24
Kelly COOPER	24:31	27:35	35:57	60.50 %	54.20 %	41.26 %	17	20
Lisa MOULDER	30:49	34:09	40:53	48.03 %	43.62 %	36.20 %	12	12
Martin FOSTER	20:14	20:38	21:11	75.95 %	74.56 %	73.12 %	6	7
Paul COOPER	22:35	28:04	43:18	60.89 %	51.74 %	31.76 %	11	14
Peter COOK	23:36	25:20	27:43	62.99 %	58.81 %	53.64 %	9	9
Sandra HERVET	26:15	29:23	42:35	65.46 %	59.59 %	40.90 %	17	20
Selina HARRIS	31:20	31:20	31:20	49.84 %	49.84 %	49.84 %	1	1
Tom BRADFORD	29:09	31:12	33:52	46.48 %	43.59 %	40.01 %	3	3



Parkrun, and in particular Banbury Parkrun, is well supported by Harriers, both as runners and as volunteers. A free timed 5k every Saturday morning at 9am in a park near you. Interested—register at <http://www.parkrun.org.uk/> and then Don't Forget Your Barcode or your results don't count (Paul!!) #DFYB

Photo Gallery



New Chairman Tom, learns about the perks of the job



After some #Selfie training, Bridget learnt to smile



Giant's Head Marathon was a tough one, especially for a debut Donna!



A full field for Christmas Canter



The John Weaver Hilly Half was enjoyed by all

Photo Gallery

www.hooknortonharriers.org.uk



Dave and Tom on a 24hr Cotswold Way Challenge for charity #UltrasAreEasy

Oxon XC league, more men Harriers needed! Huw looks serious! Tom and Dave strike a pose!



Someone got bitten by the Marathon bug, completing 5 in 4 months

I really don't know what to say—Dirty Hookers??

Motavation series is fun—especially drinks at the Cock Inn

2015 Sporting Achievements

2015 Club Awards - Winners	
Male Runner of the Year	Darren Nash
Female Runner of the Year	Donna Allen
Club Handicap	Donna Allen
The Hailey Award for Service to the Harriers	Sandra Heryet
Alan Roche Trophy	Donna Allen
Male Cross Country Champion	Huw Williams
Female Cross Country Champion	Donna Allen

2015 Club Cross Country

Tom	02:40	Kelly	07:59
DaveT	02:28	Donna	0
SimonJ	06:17	Sandra	01:35
DaveB	02:32		
Huw	-02:47		
MartinR	Retired		
PaulC	05:05		
Graeme	07:44		
MartinF	01:28		
PaulT	-05:05		
JohnC	02:33		



2015 Standards - Winners									
Name	Age Category	5km	5Mile	10km	10Mile	Half Marathon	15Mile	20Mile	Marathon
Donna Allen	17-34		Gold		Gold				
Martin Foster	55-59	Gold				Silver			
Anwen Greenaway	35-39	Gold	Gold	Gold		Gold			Gold
David Molloy	17-39			Bronze					
Darren Nash	17-39		Bronze			Bronze			
Juliet Owens	40-44					Gold			
Sam Rees	45-49		Diamond	Diamond	Gold	Diamond	Gold		
Hannah Rogan	17-34					Gold			Silver
Kate Roseblade	45-49			Silver					
Dave Tame	45-49					Gold			
Huw Williams	45-49	Silver	Silver		Bronze				
Jessica Woolcott	17-34	Bronze						Bronze	Bronze

