



Running Commentary

2017 Edition

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www.hooknortonharriers.org.uk

2017 — a year of firsts

Inside this issue:

2017—a year of firsts	1
Club Races for 2018	1
A Fell Running - Simon recommends it	2
Remembering Don Cornelius	3
Photo Gallery	3,4
Club Awards	4

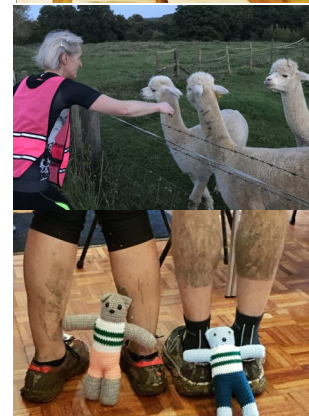
2017 was a fabulous year for Hook Norton Harriers, and especially the success of our own Hooky 6 and Christmas Canter races.

We were the first running club to have a “takeover” at Banbury parkrun—showing our support for this fantastic movement.

More firsts: Dave Tame in age category at Bourton 10k; Donna was Motavation series 1st Senior Lady; Hannah won the Henley Trail 10k; Martin Foster in age category at Tysoe Windmill 10k; Jo Woodbridge ran her first Half Marathon. **First time marathoners:** Bethan, Cheri, Danny, Rachel, SimonP and Julian. For Paul Lambert the Regency 10k was his first race in 12 years! Paul Cooper and David Bannister took on triathlons for the first time. Selina ran her first 10k at Cirencester Park. The brewery held “The Firkin 5”, their first race at which Harriers volunteered and ran. Teams of Harriers ran the Japanese themed Ekiden. Martyn Banham won the Hooky Alternative Race for Life (after running the Blenheim 10k in the morning). So many firsts!!

We hold Committee meetings on the first Tuesday of the month after training, all welcome! Whatever your goals for 2018—we wish you happy running! !

Sadly we lost Don Cornelius, a founding Harrier, in February 2018 - read a few words about Don on Page 3.



Club Races for 2018—please email results@hooknortonharriers.org.uk

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 2018 to qualify—two under 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!

Fell running by Simon Pipe

At my first fell race, in 2016, one chap appeared to have a giant nappy sewn in to his shorts. Come the very steep descent of Steel Fell in the Lake District, I discovered why: many runners throw themselves on to their bottoms and slide. Fast.

Descending steeply in trail shoes was alarming. I was overtaken by a much-older lady. I tried sliding and it helped, but I quickly saw the appeal of some padding. On the way home, I bought proper, grippy fell shoes.

On the “arduous” Long Mynd Valleys Race in Shropshire, the challenge is the ups: in 12 miles, it climbs slightly more than the height of Ben Nevis, mostly in the last third of the race. I conked out on the last climb but staggered home one place ahead of that same veteran lady. She turned out to be Wendy Dodds, one of the greats of fell running.

In February, I returned and conquered that hill, but once again was beaten by a 60-plus lady: this time, a world masters mountain running champion. It's remarkable to me, as a newcomer, that I can be in the same race.

Galloping down heather-covered hillsides, leaping bogs (one hopes), or skipping at speed along unpredictable rocky paths, is pure exhilaration. I'd wanted to do this since I saw Billy Bland beat Joss Naylor in Borrowdale. It only took me 40 years.

Fell races can be tough, but most competitors are bloody-minded, not super-human. The cover of this year's fell-running handbook features two runners who would not look out of place in the back half of Banbury parkrun. It's as inclusive as safety permits, and defiantly unfussy: usually you just turn up, pay the tiny entry fee, sign a declaration of competence, maybe get your kit checked (glad I kept my 25-year-old long johns), and race. There are rarely medals.

In terms of fitness, it's well within the ability of many Hooky Harriers, and arguably within driving distance. In the past 13 months, the Hook Norton name has been proudly carried to the Peak District, Shropshire, and Dartmoor; and to the Box Hill Fell Race, above Dorking. At the squelchy Tigger Tor race, west of Sheffield, the computer wouldn't recognise a club from “down south”; but a marshal told me how much he'd enjoyed the Christmas Canter.

Mercia Fell Runners now train weekly on the Lickey Hills, inside Birmingham's motorway ring.

Cross-country is a relentless slog, but fabulous scenery and “interesting” terrain help sustain one over the fells. On steep climbs, most competitors “walk”, hands pushing on thighs.

Fell runners train to run downhill, as well as up; always off-road, even in winter darkness. When we started running together, Martin Foster thought my descents were lunatic (I find swearing helps). He got some fell shoes, and now he's the crazy one. If you're wondering what to do for your mid-life crisis, try fell-running: it's a blast.



On Facebook, see:
Fell Runners UK and
Shropshire Fell Running

Find races at fellrunner.org.uk



Remembering Don Cornelius

From Alan Roche:

Don was a founder member of Hook Norton Harriers running club. He was a true inspiration to me and many other runners. He was always willing to give encouragement and advice to everyone whatever level they were at, experienced or beginners.

He was also keen to make the social side of the club just as important as running. His wife Val, cooked us some lovely meals on our social evenings.

The sport has lost a great sportsman and a friend to us all.

From Dee Hailey:

Don was one of the originators of the Hooky 6, and was exceptionally kind to the newbies and beginners. In his day he was quite a decent runner (although his running career pre-dated proper trainers, so he used to compete in a pair of brown suede shoes!! He told me that himself). He was a lovely man and in 1994, at my first London Marathon, he took me under his wing all the way down to the start line. Such a Sweetie.

From Tom Bradford:

Don was chairman of Hook Norton Harriers about 25 years when I first joined. He was a charming, modest and perpetually cheerful character with a warm greeting and welcoming personality. He remained a close friend of the club even in more recent years sometimes putting his head round the door at the summer race.

He made a terrific contribution to the club and will be sorely missed.



Here's a photo of Don Cornelius (left) and Alan Roche running the Hooky 6—Alan can't remember the year, but judging by those shorts—it was a long time ago!! We shall miss you Don!

Photo Gallery



Running doesn't have to be a solitary activity: Motavation, Ekiden, Cross Country, a Banbury parkrun takeover and Silverstone 10k are good examples! #TeamHooky

Photo Gallery

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2017 Sporting Achievements

Female Runner of the Year	Donna Allen
Male Runner of the Year	David Bannister
Club Handicap	Anwen Greenaway
The Hailey Award for Service to the Harriers	David Bannister
Alan Roche Trophy for most improved runner	Bethan Greenaway
Female Cross Country Champion	Donna Allen
Male Cross Country Champion	Jon Ellard

2017 Standards - Winners								
Name	Age Category	5km	5Mile	10km	10Mile	Half Marathon	15Mile	Marathon
Simon Pipe	55-59	Gold						
Royston Williams	45-49	Silver		Silver	Bronze	Silver		
Kathryn Payne	40-44	Silver		Silver		Silver		
David Bannister	40-44				Bronze	Silver	Silver	Bronze
Suzie Field	45-49	Bronze		Silver		Silver		
Tom Footitt	17-39	Bronze	Bronze	Bronze		Bronze		
Sandra Heryet	55-59			Silver		Bronze		
Rachel Bannister	40-44		Bronze				Bronze	
Kate Roseblade	45-49		Silver					
Lisa Preston	17-34	Bronze						
Bethan Greenaway	35-39	Bronze						