



Running Commentary

2016 Edition

25th February 2017

www.hooknortonharriers.org.uk

2016 — a good year for racing Harriers!

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The Harriers ladies had a fantastic year, winning prizes at events across the country!

And it's goodbye from the Coopers, who will be much missed



In 2016 we welcomed 23 new members!! taking club membership to over 70! Welcome to the Harriers: Claire, Dan, Danny, Darren, David, Gareth, Jane, Jason, Jennifer, Jon, Jonathan, Julian, LisaM, LisaP, Mandy, PaulC, PaulT, Rachel, Rob, Sera, SimonP (x2), and Tom. It's wonderful to see our small club growing, with so many of you at training at 7pm on a Tuesday (Hooky) and/or on Thursday (Chippy).

What a year for racing Harriers - especially our Ladies! Larmer Tree Marathon - Donna (1st)/Anwen (4th)/Kelly (3rd in category);

Shakespeare Half - Donna (2nd)/Hannah (3rd);

Humph Hilly Half - Donna (1st);

Giants Head Marathon—Hannah (1st Lady and 4th overall);

Adderbury 10k Anwen (1st); Hornton 6 - Donna (1st) and so it continued across the year including Motavation series success - JUST Brilliant!

In awe of James McLaughlin running 3x 100 milers (his first one was in 23:04:43) and the 5 Harriers who took part in the Endure 24 hour race!

We hold Committee meetings on the first Tuesday of the month after training, all welcome! Whatever your goals for 2017—we wish you happy running! !



Club Races for 2017

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 2017 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!

A Hook Norton Harrier Hen Do by Bethan Greenaway

As most of you will know, our lovely Jess, whippet-owner, silversmith extraordinaire, got married recently. It was a day full of love, elegance and champagne for some and supervising running races, admiring chickens and eating too much pudding for me. An excellent time was had by all.

The impending nuptials raised the all-important question: How do you celebrate a Harriers Hen Do?!? With a weekend of running races, cake and barn dancing courtesy of White Star Running course! With running courses organised by the inimitable Andy Palmer, which include a Love Station (booze, cake, sweets, hugs, booze), a crazy man in a badger sporran and encouraging route signs, it was the obvious choice.

On the last weekend of June a group of Harriers, weighed down with wine, cake (obviously), running kit and various hen-do accessories, made our way to a luscious converted mill in Dorset. We spent the evening basking in the delights of the beautiful surroundings, discussing a wide range of topics including cheese, coconut water, Brexit and cookie recipes, and filling our tummies with delicious pasta and red wine. The ultimate preparation for a marathon, I think you'll all agree!

The next morning dawned bright and clear, and the runners donned their Hooky vests and running numbers. WSR had made Jess a bespoke 'Bride to Be' number! Breakfast consumed (some laced with Cotswolds Cream Liqueur, Hannah.....) and they were off. The Harriers taking part in the Giants Head Marathon had a cheer squad following them around and generally screeching encouragement. I think that Jess had been a bit worried about what she might be faced with around the course but we decided running one of the UKs toughest marathons was hard enough without adding to her suffering! Andy at WSR had laid on Bucks Fizz and Vodka at the Love Station, which apparently made the last few miles of the very hilly course rather enjoyable!

The cheer squad hurried to the finishing line to welcome in the hard-core Harriers. Hannah romped in First Lady! Clearly a boozy breakfast is the way forward. Waiting for Jess, general Hen-Do accessories were prepared for her journey to the finish line. Confetti, an inflatable crown, a bright pink sash and a glass of fizz with the ubiquitous willy straw were the order of the day and she looked quite the picture at the end, ready for her interview with the local press.

Celebrations included ice creams the size of your head, medals with spinning willies and an excellent barn dance. Much food was eaten and drinks drunk. The Harriers represented the club VERY well by just about remembering their lefts and rights whilst do-si-do-ing and stripping the willow.

The next morning nursing slightly sore heads we all headed back to the finishing line to take part in the Sydling Bell Race. This involved a Le Mans start, trying to find your trainers in a big pile, schlepping up a big hill, performing a forfeit (telling a joke or doing some star jumps) and collecting a cow bell medal. The runners all then headed back down the hill again, medals clanking in the sunshine.

This was a wonderful weekend. A perfect illustration of how the Harriers are best fuelled by cake (did I mention we like cake?!?), alcohol and warm and fuzzy feelings.

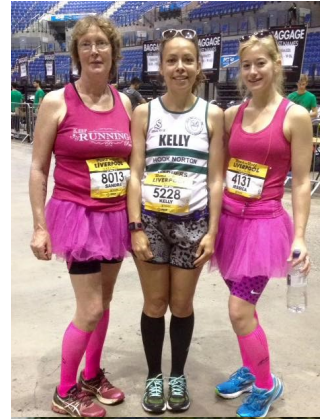


Photo Gallery

You know you're runner when...

Paul Cooper

- Saturday mornings are no longer for lie ins (well, sometimes they still are), instead you're up and out to your local park for the 9am parkrun
- You now know some metric/imperial conversions (5k is 3.11 miles, 10k is 6.22 miles, 26.2 miles is 42.1k...)
- You have black or missing toe nails
- You run along your street to round up your distance, 5.97 miles just won't do, got to round it up to 6. Actually, why stop there, another 1/4 mile and you'll have done 10k!
- You scoff at spending £10 on cinema tickets to watch a 2 hour long film, but think nothing of spending £20 on a 10k race which you want to be over as quick as possible!
- A 100m dash for the bus used to be a long way, now 1 mile is a warm up
- You think nothing of going to the pub in lycra running tights
- Half of your laundry is running kit
- You have a pile of 25+ running t-shirts, accumulated from race finishes over the course of the year
- You keep finding safety pins in your pockets, in your bags, in your car...



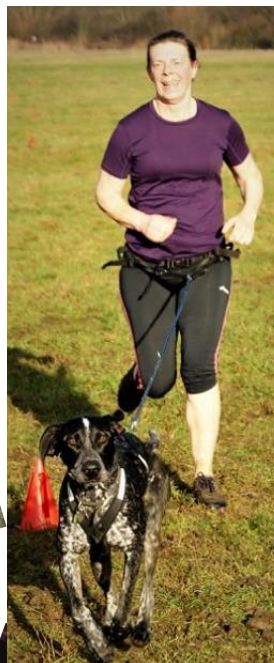
The John Weaver Hilly Half was enjoyed by all

Photo Gallery

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Club XC at the Tame's Farm



Oxon XC league, Anwen and Darren enjoying the mud!



We had to have a walkers group for most of 2016—here's hoping there isn't one in 2017!



Motavation series is fun—especially drinks at the Cock Inn

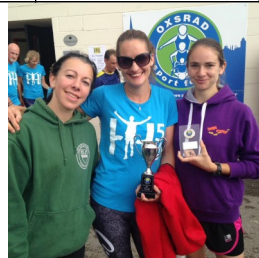
2016 Sporting Achievements

2016 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 for most improved runner	Simon Preston
Male Cross Country Champion	Simon Jones
	Juliet Morris
Female Cross Country Champion	Anwen Greenaway

LADIES CROSS COUNTRY CHAMPIONSHIP

Name	Predicted time	Actual time	Delta	Status
Ant PIPE	41:30	40:26	-01:04	GUEST
Juliet MORRIS	55:10	53:23	-01:47	MEMBER
Anwen GREENAWAY	57:00	55:13	-01:47	MEMBER
Suzie FIELD	58:00	55:55	-02:05	MEMBER
Susie MORGAN	54:00	50:58	-03:02	MEMBER
Kat PAYNE	40:00	32:05	-07:55	GUEST
Jane MILLWARD	33:00	34:18	+01:18	MEMBER
Donna ALLEN	46:00	47:20	+01:20	MEMBER
Sandra HERYET	32:30	34:55	+02:25	MEMBER



MENS CROSS COUNTRY CHAMPIONSHIP

Name	Predicted time	Actual time	Delta	Status
Simon JONES	35:00	34:55	-00:05	MEMBER
Paul TAYLOR	55:00	54:49	-00:11	MEMBER
Julian RELTON	01:02:00	01:01:26	-00:34	MEMBER
Paul COOPER	28:00	26:54	-01:06	MEMBER
Danny PHILIPS	47:50	46:26	-01:24	MEMBER
David BANNISTER	45:00	43:26	-01:34	MEMBER
Simon PIPE	50:00	47:53	-02:07	MEMBER
Stuart CLARKE	01:07:21	01:04:40	-02:41	GUEST
Huw WILLIAMS	57:30	54:00	-03:30	MEMBER
Martin RASGAUSKI	01:06:00	01:01:57	-04:03	MEMBER
John CRITCHFIELD	57:12	52:06	-05:06	MEMBER
Tom BRADFORD	39:00	39:07	+00:07	MEMBER
Dave TAME	40:30	40:48	+00:18	MEMBER
Tom FOOTITT	41:30	41:55	+00:25	MEMBER
John WEAVER	29:37	30:42	+01:05	MEMBER
Darren NASH	40:15	41:29	+01:14	MEMBER
Simon WOOLEY	42:30	44:59	+02:29	MEMBER

2016 Standards - Winners

Name	Age Category	5km	5Mile	10km	10Mile	Half Marathon	15Mile	20Mile	Marathon
Donna Allen	17-34			Diamond	Diamond				Gold
Hannah Rogan	35-39			Diamond	Diamond				
David Bannister	40-44	Silver	Silver	Silver					
Simon Woolley	45-49				Bronze	Bronze	Silver		Silver
Paul Taylor	50-54	Silver	Bronze	Bronze	Bronze				
Rachel Bannister	40-44	Bronze	Bronze	Bronze					
Jo Taylor	50-54		Bronze						
Kate Roseblade	45-49					Bronze			