



Running Commentary

2023 Edition

9th March 2023

www.hooknortonharriers.org.uk

2023 — A Year of Changes

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Outgoing Chair—Steve Frame: As outgoing Chair, I just wanted to take the opportunity to thank everyone who has been part of the Hook Norton Harriers committee during my tenure. As the custodians of the club, you have supported through difficult times and I will forever be indebted to you all for your counsel over the years.

I am delighted to see that the club is in safe hands with Richard taking the helm and new ideas already being discussed and implemented by the new committee team, please continue to support them as I am sure you will. I look forward to seeing the club continue to thrive under its new leadership team. Thank you all you've been AMAZING!

Steve Frame, Conata Perficio

Incoming Chair—Richard Hart: I am delighted to be the new Chair of our running club. Thanks to Steve Frame for his tenure as the Chair, especially through the testing times of the Pandemic. He did a great job.

I moved to Hooky in October 2019 and ran with the club 3 days later. It was a great welcome and that is still the case for new people today. Very soon I was being asked to run in the Oxfordshire Cross Country Series. I have not been a member of a running club since being a junior, so did not know what to expect. To be told that as there were only seven of us, my position would count for the team put a lot more pressure on! I enjoyed (?) that first experience and now really look forward to the Cross Country and Motavation races as we all feel part of a great club. Being part of the Harriers is good fun but also very good for my running. I am running faster each year which shows that the Tuesday and Thursday sessions help with my running. How quick will I be in 10 years! I feel part of a really friendly club, everyone is supportive of everyone else, we are very lucky. My plan as Chair is to continue making the Harriers the most supportive club in the area.

Club Races for 2024—please email results@hooknortonharriers.org.uk

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|---|---------------------------|----------------------|
| Ilmington Tempo 10k - 5 race Series | | Motavation Series |
| Bramley 20/10 | Bourton 10k | Banbury 15 |
| Tempo Summer Series | Silverstone 10k | Oxford Town and Gown |
| Tysoe Windmill 10k | Compton Verney 10k | Banbury 5 |
| Headington 5 | Winchcombe Hill Climb 10k | |
| Cotswold Classic 10 | Longworth 10k | Chedworth 10 |
| Stratford 10k | Alcester 10k | Eynsham 10k |
| Any UKA certified Half Marathon or Marathon | | |

Club Handicap System—run six races from this list in 2024 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!

World Marathon Majors by Sarah Yeomans and Graeme Hackland



The World Marathon Majors are sponsored by Abbott and were introduced in 2016 to honour the runners who have completed all six Major marathons. At least two Harriers are on their Six Star Journeys—if there are more of you, please let us know! Tokyo was the last Major to be added back in 2013—Sydney is currently going through the accreditation process to become the Seventh Major (they'll grow from the almost 5,00 finishers in 2019, to the more than 13,000 who finished in 2013 up to the more than 30,000 who typically finish a Major marathon—so you can see why a few of the world's big marathons were vying for that 7th spot!)



Sarah's 2023 New York Marathon

Getting to the start line of the New York Marathon was quite a journey in itself! Along with hundreds of other runners, I set my alarm to go off at ridiculous o'clock to get to my allotted transport method (I had opted for the bus with the last one leaving just gone 6am). An early start that's for sure! First breakfast consumed and the buzz of sleepy runners in the line watching the sun rise over NYC was a surprisingly nice way to start the day. The line was excessively long – exciting piece of Garmin data – I walked just over 1.2 miles in the line to reach the front of the queue!

Upon arriving in Staten Island, we filed off the bus and joined those arriving by ferry to enter the race village. As race villages go, this was quite good – they had therapy dogs you could go and fuss and free bagels (always a bonus) and of great interest to me, and fellow runners alike, an ample supply of toilets! The zones were filled with antsy runners all awaiting their start time – and a wait it was! For the speedier variety of runner it wasn't

too bad; however, I was there for over 4 hours before my coral and wave were called forward. Plenty of time to enjoy my second breakfast! Thankfully, it was a pleasant day and not a drop of rain in sight as the race village is totally open, on a windy island and with no shelter available! Top tip - take many layers and waterproofs and something to sit on for the race village. The final countdown to the start was pure hype, runners were jumping up and down and hollering before the infamous New York song played, the gun went off and the wave gradually progressed towards the timing mat. The excitement and energy to get moving was unreal. After the initial noise to get started the marathon course soon put you over a bridge. Silence, apart from the sound of pounding feet until the arrival into Brooklyn.



I rather enjoyed pottering through the streets of Brooklyn and Queens, taking sweets off small children and counting down the miles to see Steve (my husband) who was waiting around mile 16. I was really pleased with how my race was going at this point, on target and feeling quite strong still. I was aiming to do 5 miles each hour and I

was on track. The next push took me up into The Bronx and then the final home straight into Manhattan and towards Central Park. Steve had moved up to mile 24 to give me a much needed final cheer. 26.2 (and a bit) miles completed – New York Marathon done!



After finishing, it was time for the zombie walk out of Central Park with a rather jazzy poncho. This walk is again just over a mile long and on dead legs feels an awful lot longer! Truth be told, I was quite surprised it was over. I achieved a time of 5:39:35 a massive marathon PB for me (almost an hour quicker than my London effort in 2022) and was one of the 51,162 joyful finishers in 2023! To say I actually enjoyed running the New York Marathon is a bigger surprise to me than it is for anyone else but I actually did! That is now two stars achieved in my quest for the Abbott World Majors.

Here's to Berlin in 2024...

Graeme's 2023 Chicago Marathon

I deferred my 2020 successful ballot place in the Chicago Marathon (for obvious reasons) and decided to give myself the maximum three years they offered and see if I could get into New York, Boston or Tokyo (I didn't!!). I love big city road marathons (other than the logistics of getting to the start) - and I particularly love running the iconic London Marathon—so when I heard of the marathon majors some years ago (and most importantly saw the epic six star finisher medal) - I thought I would see if I could get entries to them all. Berlin was my second star—a lovely race with an epic finish! Although my experience was dampened a bit by low crowds (at the government's request due to social distancing) - I absolutely loved the marathon and visiting Berlin!

I was excited about spending time in Chicago with my wife Marion (coincided with our 33rd wedding anniversary—what a good husband I am taking Marion away for our anniversary). I didn't want to walk much before the marathon so we left our sightseeing for the week after the marathon—the city didn't disappoint—we loved our time there! Oh, I did of course manage to fit a parkrun in on the Saturday which involved a lengthy bus trip!

Now to the small matter of the marathon—my hotel was a mile from the start in Grant Park, we all had allotted gates and time slots and that worked brilliantly! I strolled down the car-free streets with thousands of others, queued to leave my drop bag, queued for the toilets (they could have done with more!! queue was very long) and then joined my wave just as we set off for the start line (took about 20 mins before we starting running). It was way colder than I expected (at street level below the massive buildings it was a lot colder than the expected ambient temperature) - note to self to always take a base layer and gloves! Our hotel was on the route so I saw Marion (gave her a kiss) and settled into the race. Some of the neighbourhoods we ran through were fantastic with residents out cheering, DJs playing music, bands including a fantastic group in Chinatown,

offering us sweets (yes I did take sweets off children) and making us feel very welcome! I loved the last few miles back to Grant Park—the sense of achievement at a big city marathon is unlike anywhere else! The cooldown walk back to the hotel and a hot epsom salts bath followed by a delicious pizza capped off a wonderful day!



Here's hoping for a place in New York in 2024... (will I ever get into Tokyo and the almost impossible [for a slow runner] Boston—stay tuned)

Photo Gallery



Photo Gallery

Email Bethan:
social.media@hooknortonharriers.org.uk



Hook Norton Harriers Running Club—Group Page:



Hook Norton Harriers Page:
<https://www.instagram.com/hooknortonharrier>

2023 Sporting Achievements

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|--|------------------|
| Female Runner of the Year | Donna Allen |
| Male Runner of the Year | Steve Yeomans |
| Club Handicap | Paul Taylor |
| Female Cross Country Champion | Donna Allen |
| Male Cross Country Champion | Steve Yeomans |
| Harriers Challenge Cup | Royston Williams |
| Alan Roche Trophy for most improved runner | Yeomans |
| The Hailey Award for Service to the Harriers | Steve Frame |
| Bryan Walford Award for Triumph over Adversity | Vince Blake |

| 2023 Standards - Winners | | | | | | |
|--------------------------|---------|--------|--------|---------------|--------|----------|
| Name | 5km | 10km | 10Mile | Half Marathon | 15Mile | Marathon |
| Donna Allen | Diamond | | | | | |
| Philippa Martindale | | Gold | | | Gold | Gold |
| Richard Hart | | Gold | Silver | Silver | | |
| Helen Robey | | Bronze | | | | |