2023 Hook Norton Harriers Club Championship

Date	Event	Anwen Greenaway	Bethan Greenaway	Donna Allen	Erica Helmetag Coles	Hannah Rogan	Helen Robey	Jessica Tew	Lisa Moulder	Philippa Martindale	Ros Brooks	Sally Ormiston	Sam Rees	Sandra Heryet	Sarah Harrison	Susie Morgan	Suzie Field	Anthony Stonehouse	Darren Nash	David Burney	David Warlow	Graeme Hackland	Ian Malcolm	John Critchfield	Julian Rerton	Mark Atkins	Mark Norris	Martyn Foster	Paul Taylor	Richard Cripps	Richard Hart	Richard Tew	Royston Williams	Stephen Yeomans	Steve Frame	Simon Woolley	Tom Bradford	Vince Blake
Jan 22nd	Ilmington Tempo 10k Series R4			0:44:07													53:33																	46:27				
Jan 29th	Not The Roman IX			0:51:32										2:16:45	1:09:17		58:37																					
Feb 12th	Bramley 20/10																																					
Feb 19th	Ilmington Tempo 10k Series R5			0:44:55										1:11:56	1:09:14		56:19											46:23										
Feb 26th	Bourton on the Water 1		0:53:19	0:39:53			0:56:20															59:08	46:04		1:05:07		37:07		0:44:48		0:42:50							0:53:12
Mar 19th	Geoff Smith's Banbury 15			1:49:11						2:09:00																												
Apr 27th	Motavation	0:43:31		0:34:23				1:06:49	1:06:54	0:39:55		1:01:13			0:55:14	0:37:41			0:33:11				0:36:22					0:34:55	0:35:54	0:31:08	0:35:14	0:55:16		0:34:52	0:44:10	0:38:00		
May 14th	Oxford Town and Gown								1:22:43	0:50:43																										0:48:07		
May 17th	Silverstone 10k																												0:42:24									
May 23rd	Banbury 5																												0:35:39									
May 25th	Motavation	0:36:00	0:36:17	0:27:51				0:54:09	0:53:37	0:34:19		0:49:08			0:44:12	0:30:45	0:34:43		0:25:54	0:36:19			0:29:26				0:25:21	0:27:53	0:29:28	0:26:42	0:28:53	0:46:16		0:28:37		0:31:22	0:27:28	
July 3rd	Tysoe Windmill 10k			0:46:45															0:45:26				0:49:54								0:47:53							
Jun 11th	Chiltern Ch	**RACE CANCELLED DUE TO INSUFFICIENT ENTRANTS**																																				
Jun 29th	Motavation	0:33:10	0:34:30	0:25:15				0:50:01	0:47:59							0:28:11	0:31:04		0:23:56				0:27:19			0:29:12	0:23:06	0:25:16	0:27:02		0:26:45	0:41:11						
Jul 15th	Hornton 6	**RACE CANCELLED**																																				
Jul 27th	Motavation	0:37:33	0:37:29	0:28:32			0:40:49		0:53:59			0:50:58				0:31:43		0:27:18	0:27:57	0:34:42						0:33:12	0:26:42	0:28:19	0:32:21		0:29:56			0:29:54		0:32:17		
Aug 31st	Motavation	0:33:50	0:33:35	0:25:33			0:36:16		0:48:34						0:42:00		0:33:07	0:25:22	0:25:00	0:29:57			0:27:45			0:28:54		0:25:15	0:26:28		0:26:14			0:27:01	0:33:47	0:28:28	0:25:04	
Aug 27th	Winchcombe Hill Climb 10k																																					
Aug 27th	Headington 5		0:43:15												0:54:17																			0:35:20				
Sept 2nd	Cotswold Classic 10M																				1:19:22			1:37:09					1:12:46		1:14:01							
Sept 10th	Chedworth 10																1:47:46																					
Sep 12th	Woodstock	**RACE SHORTENED TO 8 MILES - NO HARRIERS**																																				
Sep 17th	Longworth 10k																																					
Oct 2nd	Hanney 5	**RACE CANCELLED**																																				
Oct 22nd	Ilmington Tempo 10k Series R1																																					
Nov 19th	Ilmington Tempo 10k Series R2																																					
Nov 26th	Eynsham 10k																																					
Dec 17th	Ilmington T	**Same day as Christmas Canter**																																				
HALF MARATHONS:																																						
May 5th	Great Birmingham Half						2:19:24																											1:47:16				
May 14th	Ilmington Trail Half												2:43:17		02:28:48		2:43:17						2:19:12															
May 14th	Great Bristol Run - Half					1:49:18																																
May 21st	Royal Windsor Trail - Half										2:08:05																											
June 11th	Swansea Half																															2:37:31						
July 1st	Otmoor Challenge Half																						1:50:35								1:40:26					1:47:24		
July 2nd	Bourton Hilly Half																		1:37:19										1:42:24									
July 16th	Compton Verney Half																																	1:47:05				
Sept 10th	Great North Run Half																											1:39:44										
Oct 1st	Rugby Half																											1:33:31										
Oct 15th	Bath Half														2:27:38																			1:45:32				
Oct 15th	Oxford Hal	1:55:54							03:15:16							1:42:58													1:30:45									
MARATHONS:																																						
Apr 16th	Manchester Marathon															3:43:47																						
Apr 23rd	London Marathon		4:50:47																								2:52:32											
May 1st	Milton Keynes Marathon				4:26:43					4:18:48																												
Oct 8th	Chicago Marathon																					5:40:12																
Oct 28th	Marathon Eryri (Snowdonia)																						4:10:59										4:21:40					
Nov 5th	New York Marathon														5:39:35																							
Nov 19th	Broadway Marathon																5:08:46																					
ULTRA MARATHONS (recorded to celebrate achievements - not part of the club championship):																																						