



# Running Commentary

2025 Edition

7th March 2025

[www.hooknortonharriers.org.uk](http://www.hooknortonharriers.org.uk)

## 2025 — Another Great Year for the Harriers

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2025 was another great year for the Hook Norton Harriers. I am proud to be Chair of such a friendly and supportive club.

We saw some new members join this year, which is fantastic, and they were soon part of the Harriers family. A reasonably new member, Richard Young, has introduced 3 new members which is great. If every member did that we would have over 100 very soon.

Harriers have again run locally, nationally and internationally in many varied events. We participated in the Oxfordshire Cross Country League and the Motavation Series. Both of these are a great way for us to run as a club. We support each other and the camaraderie is such a good thing to witness. I hope this year's Motavation series is as well supported. We also participated in the Teddy Hall relay in Oxford and the Ox-belt relay for the second time. Both events were very enjoyable and I recommend them to everyone.

The 'Harriers on Tour' Tuesday sessions continued with great attendance this year and is now a welcome part of our running calendar. We tried a winter version in Brailes led by Robin. It was eventful and slippery but we survived. Ending up at the George in Brailes for a pint and a mince pie.

Congratulations to Steve and Sarah Yeomans on the birth of their son, Henry, who has already participated in some parkruns.

Our two local runs, The Hooky 6 and Christmas Canter were very successful. Thanks to the Race Team and volunteers. It does only work so well when we all support each other. Thanks to the money raised we were able to sponsor Hook Norton Primary School's summer athletic kit to the tune of £500. As well as lots of donations of food items to local foodbanks.

Well done all in 2025 and all the best in 2026. Richard Hart, Chair



### Club Races for 2026—please email [results@hooknortonharriers.org.uk](mailto:results@hooknortonharriers.org.uk)

Ilmington Tempo 10k - 5 race Series	Motavation Series
Shipston IX	Bourton 10k
Twin Lakes 10/20	Silverstone 10k
Tempo Summer Series	Banbury 5
Greystones 10k	Compton Verney 10k
Cotswold Classic 10	Stratford 10k
Chedworth 10	Alcester 10k
Any UKA certified Half Marathon or Marathon	

Club Handicap System—run six races from this list in 2026 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!

# The Montane Winter Spine Challenger South Race. My Winter Ultra Adventure:

**Philippa Martindale:**

The Spine race is one of Britain's most demanding endurance races and has a number of iterations from the full Spine— all 268 miles of the Pennine Way—to 'sprints': a mere 46 miles (south version) or 43 miles (north version). My race was the Winter Challenger South, 108 miles along the Pennine Way from Edale to Hawes to be completed within 60 hours. It's an unsupported, non-stop race with only one checkpoint where you can refuel and rest for up to 6 hours (if you wish) and a monitoring station further up the course where you can get hot water and rest for up to 30 minutes. This means that you're required to be self-sufficient and to keep going for the duration without designated stops. This is what appealed to me: the prospect of an adventurous, expeditionary way of racing across relatively remote terrain.



Such a race requires focus, mental fortitude and the ability to problem-solve in relentless, hostile conditions. The organisers describe the event as 'more than a race, it's a battle of survival'. This January, following the wake of Storm Goretti, the course threw everything it could at us: deep snow on the fell tops, sheet ice for the duration, relentless headwinds with 80km gusts and freezing side rain. These conditions tested me to my limits and my pace was at a crawl at times, but what an epic adventure! It threw so much into the mix; nothing was a given. Many runners had to drop out (or DNF – Did Not Finish) due to injuries from falling on the ice, hypothermia or becoming so fatigued they no longer felt safe to

make sensible decisions. My strategy of keeping it slow and steady and buddying up later on proved to be instrumental to my completion.

Bivvying in a bird hide with seven strangers for an hour or so of essential shut-eye proved to be a highlight! It was good to use the mandatory kit we were required to carry and find that it was effective. Despite the cold wind blowing in across Malham Tarn, I was warm in my sleeping bag that I had been carrying all this way. I also learnt to have confidence in my ice spikes, another item of essential kit. Although they ended up wrecking my feet and running shoes, they stayed on for virtually the whole race, ensuring that I remained upright!

152 runners toed the start line with 82 successfully making it to the finish, representing a 54% finish rate. I completed in 52:15:47, 68 th overall and 19th lady. It was reported that this was the most challenging of conditions experienced yet on this course, giving credit to 'Britain's most brutal race' but I'd also add 'beautiful' to that description. Will I be back for more? Where do I sign up?!



2025 – Harriers Racing together:



**Photo Gallery**

Email: [social.media@hooknortonharriers.org.uk](mailto:social.media@hooknortonharriers.org.uk)



Hook Norton Harriers Running Club—Group Page:  
<https://www.facebook.com/groups/587750595093344/>



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



**2025 Sporting Achievements**

<b>Female Runner of the Year</b>	Anwen Greenaway
<b>Male Runner of the Year</b>	Steve Yeomans
<b>Club Handicap</b>	Anwen Greenaway
<b>Female Cross Country Champion</b>	Victoria Bodeker
<b>Male Cross Country Champion</b>	Richard Cripps
<b>Harriers Challenge Cup</b>	Royston Williams
<b>Alan Roche Trophy for most improved runner</b>	Susie Morgan
<b>The Hailey Award for Service to the Harriers</b>	Anwen Greenaway
<b>Bryan Walford Award for Triumph over Adversity</b>	Philippa Martindale

**2025 Standards - Winners**

Name	5km	5Mile	10km	10Mile	Half Marathon	Marathon
Anwen Greenaway		Gold		Gold	Gold	Gold
Bethan Greenaway					Silver	
Chris Bray	Silver		Bronze		Bronze	
David Bunney	Gold				Gold	
Emily Alston					Bronze	
Emma Needell	Gold	Gold		Gold	Silver	
Ian Malcolm	Gold	Gold				
Kathryn Fairhurst-Jones	Silver					
Richard Hart		Gold	Gold		Bronze	Silver
Susie Morgan	Gold	Gold	Gold	Gold		