

Newsletter

Newsletter

June 2009



Cross Country Section

Inter Counties

Several White Horse Harriers were chosen to represent Oxfordshire in the Inter-Counties Cross Country at Nottingham on Saturday. In the U13 boys Zack Olliffe finished 257th but failed to score for the Oxfordshire team which finished 19th. Both the Harriers U15 boys made the 36th-placed Oxfordshire team, with Anthony Holmes finishing 177th ahead of Alex Mills (247). James Belcher came home 263rd in the U17 men's race (Oxfordshire finished 36th), while Tim Traynor had an excellent run in the U20 men's, coming home first for Oxfordshire, finishing 35th overall, despite this the county team managed 25th place. In the senior men's race both Harriers scored, Owain Bristow coming 90th and Paul Jegou 210th to help Oxfordshire finish 21st. Sophie Lloyd (U13 girls) performed well to finish 99th in the 15th-placed Oxfordshire team, but Bethan Murphy-Hand missed out on scoring for Oxfordshire (15th) in the U15 girls.

| | | | |
|-----|--------------------|----------|------------|
| 257 | Zack Olliffe | 00:14:46 | U13 Boys |
| 177 | Anthony Holmes | 00:17:08 | U15 Boys |
| 247 | Alex Mills | 00:17:41 | U15 Boys |
| 263 | James Belcher | 00:25:21 | U17 Men |
| 35 | Tim Traynor | 00:27:51 | U20 Men |
| 90 | Owain Bristow | 00:41:13 | Senior Men |
| 210 | Paul Jegou | 00:44:03 | Senior Men |
| 99 | Sophie Lloyd | 00:14:55 | U13 Girls |
| 229 | Bethan Murphy-Hand | 00:18:00 | U15 Girls |

English National Cross Country Championships

The National Cross Country Championships returned to Parliament Hill this year and despite the pleasant sunshine the recent rains made sure that athletes were going to be in for a tough time out on the course. As usual the course provided a mixture of terrain along wooded trails as well through what to all intents and purposes were cloying mud pits. All very character building really!

Our younger compatriots were clearly relishing the prospect of pitting themselves against the best in the country. It was an opportunity to gain valuable experience, which will stand them in good stead for the future. The older competitors amongst us, having trodden the well-worn trails before, viewed things from entirely different perspective knowing full well that they would be confronted with later in the day.

All our younger competitors produced encouraging performances with Sophie Lloyd finishing 124th in the U13 Girls event, Zack Olliffe 176th in the U13 Boys and Alex Mills 211th in the U15 Boys. In the Senior Men's event disappointingly Graham Wiggins had to pull out of the race at the start of the second lap owing to illness. John Peake and Ian Brennan ran well to finish in 1044th and 1263rd places respectively, with Dene Stringfellow coming home in 1305th place.

| | | | |
|------|-------------------|----------|-------------|
| 124 | Sophie Lloyd | 00:14.30 | U13 Girls |
| 176 | Zack Olliffe | 00:14.01 | U13 Boys |
| 211 | Alex Mills | 00:18:38 | U15 Boys |
| 1044 | John Peake | 00:58:09 | Vet 40 Male |
| 1263 | Ian Brennan | 01:02:56 | Senior Male |
| 1305 | Dene Stringfellow | 01:04:08 | Vet 40 Male |

The Terminator

For some strange reason the organisers decided to make the course even longer this year! Some of us were blissfully unaware of this detail prior to setting off at the start in the bright, welcoming sunshine. How easily fooled..... it was the dog-leg straight up a near vertical cliff face when the reality sunk in!

The White Horse Harrier contingent despite being somewhat unprepared still managed to produce some good performances. Lucia Singer our only lady representative excelled in the mud to take third place in the ladies' V35 category.

This year Matthew Ray (Team Bath AC) outgunned Peter Davis (Southampton RC) and team mate Brian Penny, second and third respectively, to take the victory in the time of 1:21:58. Karen Rushton (Southampton RC) was the first lady across the line taking the ladies' prize in 1:30:45. Her nearest competitors over five minutes adrift were Tracey Cook (Dorset Doodlers) and Marianne Gittoes (Chepstow) who finished in second and third positions.

| | | | |
|-----|-------------------|----------|--------------|
| 44 | Matthew Hart | 01:30:46 | Senior Male |
| 145 | Lucia Singer | 01:42:43 | Vets Lady 35 |
| 173 | David Roberts | 01:44:52 | Senior Male |
| 177 | Giles Gibbon | 01:45:08 | Senior Male |
| 291 | Chris Webb | 01:53:58 | Male 60 |
| 449 | Dene Stringfellow | 02:06:14 | Male 40 |
| 495 | Nick Ponting | 02:09:56 | Male 40 |

Oxford Mail Cross Country League – Round 5, Clanfield

The fifth and final Oxford Mail League meeting of the 2008/09 season was held at Friars Court, Clanfield on Sunday and the weather conditions could not have been better. This was a new venue for the league providing a different style of course for the athletes to negotiate.

You couldn't have asked for better weather. The sun was out with barely a cloud to be seen – a very welcome change to recent conditions which had confronted the runners. Everyone was positively basking in the sunshine!

With several of our athletes in the hunt for honours this year there was definitely an air of expectancy as our runners prepared for their races. Another productive morning saw top ten finishes from Sophie Lloyd – 3rd U13 Girl, Zack Olliffe – 8th U13 Boys, Anthony Holmes – 9th U15 Boys and Job King – 4th Senior Man were the Harrier highlight of the final round at Friars Court.

The team performances of the day were the U13 Girls A (=2nd), U13 Boys A (4th), U15/17 Boys A (5th).

The men's team managed to retain their place in the first division by finishing in 6th position in the overall standings. However the ladies were not so fortunate, finishing in 7th place overall they return to the second division next season.

U11G

| | | | |
|----|---------------|----------|-----------------------------------|
| 24 | Amy Juer | 00:07:06 | |
| 28 | Emma Rose | 00:07:20 | |
| 35 | Eloise Graham | 00:07:39 | 20 th Overall Standing |
| 36 | Emma Hazell | 00:07:40 | 24 th Overall Standing |
| 46 | Phoebe Leach | 00:07:54 | |

U11B

| | | | |
|----|------------------|----------|-----------------------------------|
| 20 | Toby Thackray | 00:06:26 | 18 th Overall Standing |
| 21 | Charles Harrison | 00:06:29 | 12 th Overall Standing |
| 32 | Oliver Rees | 00:06:56 | |
| 37 | Matthew Druce | 00:07:07 | 27 th Overall Standing |

U13G

| | | | |
|----|--------------------|----------|-----------------------------------|
| 3 | Sophie Lloyd | 00:08:30 | 2 nd Overall Standing |
| 14 | Josephine Harrison | 00:09:41 | 15 th Overall Standing |
| 17 | Eleanor Turner | 00:10:11 | |
| 22 | Choe Craze | 00:10:37 | 20 th Overall Standing |

U13B

| | | | |
|----|---------------|----------|-----------------------------------|
| 8 | Zack Olliffe | 00:08:18 | 8 th Overall Standing |
| 17 | Matthew Rose | 00:09:04 | |
| 19 | Tom Froud | 00:09:19 | 19 th Overall Standing |
| 23 | Adam Pettifer | 00:09:34 | |
| 25 | Toby Bellerby | 00:09:44 | 16 th Overall Standing |

U15B

| | | | |
|----|----------------|----------|----------------------------------|
| 9 | Anthony Holmes | 00:17:07 | 3 rd Overall Standing |
| 16 | Alex Mills | 00:17:50 | 4 th Overall Standing |
| 27 | Mitch Lomas | 00:19:08 | |
| 31 | James Ritter | 00:19:23 | |

V1 Women

| | | | |
|----|--------------|----------|--|
| 54 | Ros Burgess | 00:21:57 | |
| 63 | Clare Hazell | 00:23:04 | |
| 82 | Karen Froud | 00:25:24 | |

Senior Women

91 Marie Craze 00:26:23

V1 Men

| | | | |
|-----|-------------------|----------|-----------------------------------|
| 95 | John Peake | 00:37:21 | 19 th Overall Standing |
| 106 | Simon Atkin | 00:38:01 | 26 th Overall Standing |
| 116 | Neil Druce | 00:38:23 | 29 th Overall Standing |
| 166 | Dene Stringfellow | 00:43:04 | 35 th Overall Standing |

Senior Men

| | | | |
|----|--------------|----------|-----------------------------------|
| 4 | Job King | 00:30:39 | 3 rd Overall Standing |
| 54 | Matthew Hart | 00:35:06 | 27 th Overall Standing |
| 90 | Dan New | 00:36:56 | 40 th Overall Standing |
| | Paul Jegou | | 13 th Overall Standing |

Wessex League Round 4 – Yeovil

3 Paul Jegou 00:35:50 1st Overall in SM Category

Congratulations to Paul for a fine overall placing, maybe we'll see more Harriers next season treading the mud in the Wessex league.

Marlborough Downs Challenge – 20 Miles

Paul Jegou finished second with an excellent time of 2 hours 13 minutes. He lost a substantial lead after suffering cramp in his calves within two miles of the finish.

Track and Field Section

SVAC Indoor Championships, Lee Valley

Shotputt

2 Richard (Dick) Jegou 11:15m (Club Record)

Well done Richard on another excellent performance.

Vets AC & Eastern Vets Indoor Championship, Lee Valley

Shotputt

1 Richard (Dick) Jegou 11:11mtrs

Pentathlon

| | |
|--------------|-------------|
| John Peake | |
| 60m Hurdles | 11:08sec |
| Long Jump | 04:25 mtrs |
| High Jump | 01:48 mtrs |
| Shotputt | 07:39mtrs |
| 1000 mtrs | 03:11:23sec |
| Points Total | 2186 |

British Masters Indoor Pentathlon Championships, Lee Valley

4 John Peake 2186 Points Male Vets 40

Weights Pentathlon – Sutton Coldfield

3 Richard Jegou

BMAF Championships

| | |
|-------------------|-----------|
| Bronze John Peake | |
| Long Jump | 04:47m |
| Javelin | 26:97m |
| 200 mtrs | 29:24 sec |
| Discuss | 24:57m |
| 1500mtrs | 05:03sec |
| Points Total | 2146 |

John clearly defeated his two closest rivals in the final 1500m event, to claim a well earned bronze medal.

British 56lb Championship

Richard Jegou took part in a somewhat unusual event at Stoke on Saturday throwing some very heavy weights under LSW European rules. Age groups are decided by the athlete's age at the end of the calendar year and for athletes over 60 the weights thrown are reduced to 28lb. Competing in the over 65 category for the first time Jegou emerged with new British records in four categories.

| | |
|--------------------|-----------------------------|
| One Handed Hammer | 9.97m British Record |
| Putt | 7.19m British Record |
| Heavy Hammer | 9.46m |
| Weights Triathlon | Total 26.62m British Record |
| Sling | 5.76m |
| Hammer for Height | 3.80m |
| Weights Pentathlon | Total 36.18m British Record |

Well done Dick – great achievement!!

Road Race Section

Bramley 20

| | | | |
|-----|-------------|----------|-------------|
| 307 | Dan Peace | 02:33:27 | Senior Male |
| 517 | Hugh Owen | 02:49:57 | Vet 40 Male |
| 603 | Don Burrows | 02:59:01 | Vet 40 Male |

Well done to all three finishers, with an excellent performance from Dan leading Hugh Owen in the race for fitness for the London Marathon.

Banbury 15

| | | | |
|-----|----------------|----------|-------------|
| 10 | Jason Cooke | 01:33:57 | Senior Male |
| 16 | Paul Jegou | 01:35:10 | Senior Male |
| 60 | Simon Atkin | 01:46:11 | Vet 40 Male |
| 216 | Jeremy Smeddle | 02:05:40 | Vet 40 Male |

Only one week after the last Oxford Mail Cross Country of the season (run in perfect, sunny conditions at Clanfield) and it was time for the Banbury 15 miler. This traditionally signals the start of the Harriers road race season, and was the first race in the road race championship.

I'd done this race 3 times before, and managed to improve my times in each outing, and as I'd done some hill training for this race I was hopeful of another good time. For those who haven't done this race before, it's not flat - there are 3 significant hills up and a couple of downs. One thing I particularly like about this race is the way Dene includes it in the road race champs, but never runs it himself – next year eh Dene?

After the trip up with Paul, it was time for a loo stop and then a bit of a warm-up. I went for a short run into Banbury and tried to decide what to wear. As it was chilly out it was a toss up between a long-sleeve top with club vest over, or a WHH technical t-shirt (now available from Angela if you want one). Oh the fashion choices when you're a runner. As the wind seemed quite cold, I opted for the t-shirt and gloves.

After another loo stop, I headed out to the field for the start and thought 'This wind is quite cold, and strong'. Having met Jason and Sarah already (although Sarah was not running), Jeremy turned up at the start, so that made four Harriers taking part. After another loo stop behind a tree (I really must sort out my pre-race hydration strategy) I took shelter behind the skateboard ramp to await the start.

After a short wait we were off, haring across the field and out onto the tracks of scenic Banbury. Jason and Paul soon disappeared from sight I started quite quickly as I was hoping for good time and had been training for the hills, so didn't want to get bottled up at the start as some of the first tracks are a bit narrow. The first few miles went well, sub-7 min for the first four, then out into the country it started to get blustery. A strong cross wind battered us on the exposed country sections of the course. I was having a battle with a couple of runners, one from Spa Striders, which would go on for the most of the race.

The last couple of years I felt I had slowed from 8-10 miles, so decided that after the hill at 8 miles I was going to push harder, to make up some more time and aim for a PB. Cresting the hill I was still behind Spa Strider, but on turning the corner it was like running into a wall. The wind was now head on, which would make it a tough finish. I put in some extra effort and ran behind Spa Strider for a while, trying to use him like a wind break. After a while I felt stronger and went round him, but the wind was making it tough.

He came past me again before we reached Cropredy and the 11-mile marker, but I was still feeling good. On to the final hill after 11 miles and I was again closing Spa Strider down. I made my move on the hill and pulled away. Then at the top the rain started. It wasn't just rain though; because of the wind it was horizontal. It was being blown so hard that it stung (in fact I thought it might be hail as it hurt so much). That's how it was for the last 3 miles down into Banbury, driving rain and wind.

I kept my pace up as best I could and finished quite strongly, taking nearly 5 minutes off my PB. As it was so wet I didn't wait to watch the other runners come in (sorry Jeremy), but headed straight off to change. I was looking forward to a coffee and some cake, but was met by a sign that there were no refreshments! Luckily Sarah gave me some tea from her flask. A change of clothes and a post-race and it was off home again.

In the end I beat the nearest Spa Strider by nearly 2 and half minutes. All in all a good start to the road race season. *Simon Atkin.*

Teddy Hall Relays

Ladies Team

| | | |
|---------------------|-----------------|---|
| Helen Brackenbury | 00:25:33 | 76 th Overall Standing |
| Ros Burgess | 00:26:06 | 80 th Overall Standing |
| Lucia Singer | 00:24:53 | 64 th Overall Standing |
| Overall Time | 01:16:32 | 15th Overall Standing |

Mens A Team

| | | |
|---------------------|-----------------|---|
| Stuart Shilston | 00:20:40 | 107 th Overall Standing |
| Paul Jegou | 00:19:47 | 67 th Overall Standing |
| Neil Duce | 00:23:15 | 256 th Overall Standing |
| John Peake | 00:22:09 | 119 th Overall Standing |
| Overall Time | 01:25:51 | 29th Overall Standing |

Mens B Team

| | | |
|---------------------|-----------------|---|
| Fergus Nicoll | 00:24:36 | 342 nd Overall Standing |
| Dene Stringfellow | 00:25:41 | 398 th Overall Standing |
| Nick Ponting | 00:23:56 | 310 th Overall Standing |
| Don Burrows | 00:25:03 | 367 th Overall Standing |
| Overall Time | 01:39:16 | 83rd Overall Standing |

Mixed Team

| | | |
|-----------------------|-----------------|---|
| Ana Ramos- Villeverde | 00:34:34 | 183 rd Overall Standing |
| Kevin Harris | 00:24:56 | 360 th Overall Standing |
| Shiela Bailey | 00:26:35 | 90 th Overall Standing |
| Gareth Smith | 00:31:54 | 487 th Overall Standing |
| Overall Time | 01:57:59 | 32nd Overall Standing |

Well done to all those that ran and well done to the organisers who managed to get out three teams for the White Horse Harriers.

Reading Half Marathon

| | | | |
|------|--------------------|---------|-------------|
| 108 | Jason Cooke | 1:18:24 | Senior Male |
| 2216 | Adrian Evans | 1:41:20 | Male 40 |
| 2299 | Terry Gashe | 1:41:46 | Male 40 |
| 2685 | Don Burrows | 1:43:41 | Male 40 |
| 2690 | Dan Peace | 1:43:42 | Senior Male |
| 3113 | Lorimer fellingham | 1:45:33 | male 60 |
| 3148 | Tim Bardwell | 1:45:40 | Male 40 |
| 3283 | Sarah Baker | 1:46:17 | Female 35 |
| 3512 | Mike Smith | 1:47:12 | Male 45 |
| 3674 | James McGuigan | 1:47:55 | Male 55 |

This is one of my favourite races of the calendar year, It's a fair course with lots of support. Over the years the race has as its fair share of teething problems, but now they've got it just about right, some great pacing in this event for White Horse with 9 competitors finishing Within 6 minutes of each other. The race also earned a P.B. for Sarah so a good team performance by everyone. Keep it up troops!!!

Silverstone Half Marathon

| | | | |
|-----|------------|---------|---------|
| 604 | Mike Smith | 1:37:22 | Male 45 |
|-----|------------|---------|---------|

Well done Mike, not even Jenson Button or Lewis Hamilton could have passed you on this one.

The Last Flora London Marathon

| | | | |
|-------|-------------------|---------|-----------|
| 1477 | Jason Cooke | 3:08:46 | Male 18 |
| 1753 | Dan Peace | 3:12:25 | Male 18 |
| 10253 | Simon Atkin | 4:09:19 | Male 45 |
| 3428 | Sarah Baker | 4:23:34 | Female 18 |
| 19516 | John Matthews | 5:05:01 | Male 70 |
| 22710 | Michael Gallagher | 5:47:33 | Male 60 |

The weather played a big part in this race, slightly hot may I say. Most of the pre-training was done in more adverse weather conditions so times may have been down slightly on their original goals. Not so it seemed for Dan Peace who ran an excellent race to finish in a very respectable 3h:12m. Next year sub 3 Dan, no pressure! But come on guys the time you wanted, or a little disappointed, you should pat yourself on the back, after all it is 26 miles something even our very own Paula doesn't always get right.

White Horse Half Marathon

| | | | |
|-----|---------------|---------|---|
| 44 | Dan Peace | 1:25:44 | Senior Male |
| 66 | David Roberts | 1:29:00 | Senior Male |
| 142 | Lucia Singer | 1:37:50 | L35 – Bronze L35 County Championship Medal |
| 166 | Jeremy Singer | 1:40:30 | Male Veteran 40 |
| 251 | Neil McColl | 1:50:15 | Veteran 40 |
| 268 | Hugh Owen | 1:51:28 | Veteran 40 |

Motivation Series – Charlton on Otmoor

| | | | |
|-----|-----------------|----------|-------------------|
| 19 | Paul Jegou | 00:22:29 | Senior Male |
| 49 | John Peake | 00:24:08 | Veteran Male 40 |
| 114 | Simon Aitkin | 00:26:28 | Veteran Male 40 |
| 124 | Simon Leech | 00:26:28 | Veteran Male 40 |
| 153 | Adrian Evans | 00:27:28 | Veteran Male 40 |
| 154 | Mark Godden | 00:27:29 | Veteran Male 40 |
| 159 | Mike Smith | 00:27:38 | Veteran Male 40 |
| 318 | Claire Hazell | 00:33:13 | Veteran Ladies 35 |
| 361 | Nick Portsmouth | 00:34:56 | Veteran Male 40 |

Road Relays – Hook Norton

| | |
|-----------|----------|
| T Traynor | 00:16:29 |
| J Cooke | 00:18:14 |
| J Peake | 00:19:16 |
| C Wilder | 00:19:32 |

| | | |
|--------------|-----------------|-------------------------------|
| A Mills | 00:20:09 | |
| D New | 00:20:09 | |
| Total | 01:54:17 | 7th Overall |
| | | |
| R Burgess | 00:23:35 | |
| S Bailey | 00:23:02 | |
| S Baker | 00:24:59 | |
| Total | 01:11:36 | 7th Overall |

The Harriers had two teams in this year's Oxfordshire road relays and gave two solid performances with both teams finishing a competitive seventh. Good work harriers!

Well done to Tim for not only producing an exceptionally good time, but for producing the fastest time of all the competitors that took part. A fine effort!!

The Get to know your Harriers section

Sheila Bailey

What would you say was your biggest achievement to date?

2002 London Marathon 3:26:58.

If you could invite any three people, dead or alive to dinner, who would they be?

Kip Kino, he was my hero when I was very young.

Nelson Mandela, no explanation needed there.

Ros, she has kept me going through many a long run and would keep us all laughing, although the other guests may have trouble getting a word in.

When training becomes hard what motivates you to get out there?

I like a schedule to follow, so I can tick off what I have done, that way I can see where I am heading.

A friend to run with makes it much easier and if you have arranged to meet you can't duck out if it is cold, wet and windy.

Do you have a sport outside of running?

I used to do Karate but I'm better at running and that has taken over my free time. My main transport is my bike but I'm not a keen cyclist.

If you could be the best in the world in any sport, what sport would that be?

I used to fancy myself as a ski jumper, but my fear of heights rather spoils that idea. So it would have to be athletic.

What do you value most in life?

My family.

What has been your lowest moment in running?

Only getting as far as The Cutty Sark in the London Marathon and knowing I should drop out because I was injured, but not wanting to disappoint the children at school and all my sponsors, I carried on. Not the most sensible thing I have done but I would have got lost trying to get to the end on public transport.

If a new runner was asking you for advice what would your number one tip be?

Find a friend to run with, then you will enjoy your running, training won't feel as hard and you will make more progress.

What is your favourite race of the year in the running calendar?

Snowdon Marathon has been my favourite race so far but I have only run it once.

In one word, in your mind what makes a good runner?

Enthusiasm.

Emma Hazell

What is your number one ambition in life?

To be a top runner or rider in the Olympic.

What is your favourite music?

Pop especially, Abba.

If you could choose three people to spend the day with, who would they be?

Kelly Holmes, Paula Radcliff and the Showjumper Ellen Whitaker.

Why do you run?

I like it, it keeps me fit and I am quite competitive.

What running advice could you give to a senior member of WHH?

Always believe you can do it!

What do you enjoy in your spare time?

Riding my naughty pony, Tinky.

Do you have a sporting idol? If so who is it?

Ellen Whitaker.

David Beckham or Brad Pitt?

David Beckham, I don't know who Brad Pitt is.

What makes you want to train every week?

To improve my running and try to win the Harriers league.

Burger and Chips or Pasta and Salad?

Pasta and salad.

Final Instalment of Hugh Owen's Marathon Training

For the 2 weeks after Bramley training went according to plan, with no further calf problems. On 1st March I managed 18 M of my planned 22 M, however, I had a new problem to bug me, soreness and discomfort in the hip flexor area. I managed to keep to schedule the following week, albeit, each time I ran the discomfort returned. On Saturday 7th March I ran 9 miles but from start to finish it was uncomfortable; I knew something was wrong. I spoke with my sports physio who prescribed rest and commented that it sounded like an over use injury, caused by too bigger step-ups in distance. After a week's rest I ventured out only to return after 1 mile, a far cry from the scheduled 24M. An appointment with the physio confirmed the original diagnosis and prescribed rest, light cross training, and a gradual return to running. I was now getting worried about being fit enough to complete the marathon. I certainly had no plans to walk it!

I managed to come through a 7 M walk on Sunday 22nd March without any discomfort and gradually re-introduced the running, building the mileage daily. On Friday I managed a couple of discomfort-free laps of Wantage, and decided that I'd try and run 3 laps the following day. Unfortunately it wasn't to be, from the outset it was painful and had to stop after about 1 M. My concerns about being fit enough and injury free escalated. I decided to rest for a week - fortunately I was away on business - then run the White Horse half marathon and see if I come through unscathed. If unscathed then I would rest for a week then run the Compton 20. Should I manage that then I might just be able to survive the marathon.

The White Horse half marathon was the first of my two key tests to establish my fitness. I purposely decided to take it steady, running at c.8:30 minute/mile pace. The first six miles were fine, however soon after the discomfort in the hip flexors returned and by 10 miles it was painful. By the time I finished, 15 minutes slower than my Highworth Half marathon, I was grimacing. With only 3 weeks left before the marathon, and the fact that I wasn't prepared to walk for most of the race, I didn't have the endurance and hadn't recovered sufficiently to run the race the decision was made to withdraw. A few vital lessons for next time, step up in distance slowly and if injured allow sufficient time to recover; it all sounds simple enough, but difficult to do. Finally I'd like to thank the club for offering me the opportunity to run the marathon, it's with great frustration that I need to withdraw and disappointment that have I've taken up a valued White Horse place.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|---|-------------------------------------|---|--|---|---|-----------------------------------|
| 9 | Target – Bramley 20m Actual – Completed 2:50 | Target – Gym Actual – Rest | Target – 5000M row, core work Actual – 5000m | Target – 3.6M Actual – 3.6M & Core | Rest | Target – 7.2M Actual 7.2M (57 mins) | Rest |
| 10 | Target – 10M Actual – 10.3M | Gym Upper Body | Target – 8M Actual – 7.2M | Target – 3.6M Actual – 3.5M Fast | Target – 3.6M Actual – 3.6M Fast | Rest | Rest |
| 11 | Target – 22M Actual – 18.3M | Gym Upper Body | Target – 3.6M Actual – 3.6M | Rest | Target – Tempo Actual – Tempo | Gym Upper Body | Target – 10M Actual – 9M |

| | | | | | | | |
|----|---|--------------------------------|--------------------------------|----------------------------|--------------------------------|--|-----------------------------|
| 12 | Rest | Gym Upper Body | Rest | Rest | Target – Spin Actual – Rest | Gym Upper Body | Rest |
| 13 | Target – 24M Actual – 1M | Gym Upper Body | Target – Spin Actual – Spin | Gym Core Work | Rest | Target – Core Work Actual – Core Work | Gym Upper Body |
| 14 | Target – 13M Actual – 1M | Target – 1.5M Actual – 1.5M | Target – 3.6M Actual – 3.6M | Target – 5M Actual – 5M | Target – Spin Actual – Spin | Target – 7.2M Actual – 7.2M and Core Work | Target – 10M Actual – 1M |
| 15 | Target – 26M Actual – Away on Business | Away on Business | Away on Business | Away on Business | Away on Business | Target – Spin Actual – Spin | Rest |

Nursing My Run

It's 6am, Alarm rings, and I stretch as I yawn,
 There's nothing better than a jog at dawn.
 I put on my kit and tie up my shoes,
 Knowing that my tummy as a few pounds to lose.
 I head out the door with my lunge full to air,
 And shout at a dog with words of despair.

My feet hit the pavement; my knees feel the force,
 The wind moulds my face, which will change in due course.
 I stray on a track that runs round a lake,
 Then come to a fork "which path do I take?"
 I aim for a hill that looks rather steep I get three parts up
 And fall in a heap.

Hands on my knees, head bowed down low,
 A car passes by; I could do with a tow.
 The suns getting warm, ooh! how I wish for a drink,
 Three miles left to go and I'm reaching my brink.
 I start my descent and pick up the pace,
 And notice I've got an undone shoelace

I turn a blind eye, and carry on my way,
Little do I know, there's a price I will pay.
I fleet past a farm, mill, then a stream,
Then get beeped by a car, while in a daydream.
I'm nearing my end, with a beaming red face,
And enjoy the freedom and slow down my pace.

Running as always been a very good friend,
As I jog through a park and round the last bend,
A neighbour shouts out loud, "Good morning Jase"
As I look up I trip over that undone shoelace.
I have written this poem from my hospital bed,
I need to sleep now I've a very sore head.

News and Announcements

Thursday Evening Training Sessions

By now most of you should be aware, the Thursday evening training sessions have moved to King Alfred's School, West Site, for the summer. This move gives us access to some better facilities in that we hope a track will be marked out on the grass and there is a usable long-jump pit. Furthermore, re-seeding of the field behind Wantage Leisure Centre, along with car parking difficulties also make the move more important. In order to keep everyone together the senior run will also start from KA's West Site. The training session will start, as before, at 7pm. We plan to move back to Wantage Leisure centre at the end of the summer, although the exact date has not yet been decided.

Cross-Country Handicap. Thursday 11th June

The annual club cross-country handicap run will take place on Thursday evening, 11th June, at the usual venue by Sparsholt Firs, at 7pm. This is over the now traditional course of approx 5.5 miles. Details are on the club's web site, or contact Gareth Smith (01235 767538).

Club Championships. Thursday 2nd July

We will be holding the third of our informal club championships on Thursday 2nd July at King Alfred's West Site, 6:30pm. This has been a successful event in the last couple of years. We plan a similar event to last year with a mixture of events for everyone to try. All are welcome, and we include a family competition

Hendred Fun Run - Sunday, 28th June

This local event which caters for all ages and levels of fitness provides three routes of varying length - 3.0, 4.3 and 6.0 miles - starting at the Plough Inn, East Hendred. All three routes take the runners through the heart of East Hendred before following the level Furlong path to West Hendred and then returning to East Hendred village via East Ginge, the Ridgeway or the track between the Hendred villages to the south depending on the route chosen.

E.G.M. March Issue Incomplete

As the meeting (of November last) was not attended by sufficient number, 20, under the Club Constitution to form a QUORUM...VOTES would be invalid. Therefore these were not taken. Consequently, in place of this a show of hands to get a sense of the "feelings" of those 15 members assembled was taken; these "feelings" are not recognised by our constitution and therefore are not binding on the membership.

Omitted from the March report were those of the abstainers; here are the figures taken from the official minutes of the said EGM:

| | FOR | AGAINST | ABSTAINED |
|--|---------------------|---------|-----------|
| (1) That the fund raising does not fall within the constitution. | 3 | 9 | 2 |
| (2) Should we support charities through half-marathon receipts? | 9 | 0 | 5 |
| (3) The beneficiaries and level of such support to be decided 18 months in advance at an Annual General Meeting. | Unanimous in favour | | |

Dave Martin (Vice-President & Founder Member WHH&AC)

17 May 2009.

Weekend Social Event

We would like to organise a weekend event during the summer. Maybe a running focussed weekend or a walking weekend where other family members may be interested in coming. Please e-mail your thoughts and interest to sejassoicate@aol.com