

# THE HARRIER

## September 2009



### Cross Country Section

#### Avon Heath Country Park – Wessex League Round 5

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**Paul Jegou**                      3<sup>rd</sup>                      35.50                      SM

### Track and Field Section

#### Oxford County Champs – Horspath

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##### **Richard Jegou M60**

Shot –	1 <sup>st</sup>	11.13m
Discus -	1 <sup>st</sup>	35.13m
Hammer -	2 <sup>nd</sup>	31.64m
Javelin -	2 <sup>nd</sup>	21.56m

##### **Paul Jegou SM**

3000m -	1 <sup>st</sup>	9min 26.3 sec
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#### Radley Open – Tilsley Park

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##### **Richard Jegou M60**

Shot –	1 <sup>st</sup>	11.18m P.B & New Club Record
Discus –	1 <sup>st</sup>	31.86m
Hammer –	1 <sup>st</sup>	30.59m

A Triple win for Dick and sets a new Club Record.

#### MMTG Throws Decathlon, Stoke – On – Trent

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##### **Richard Jegou**

3<sup>rd</sup> overall with 4755points – New P.B.

Hammer 31.84m / Discus 32.06m / Shot 10.89m / Javelin 24.27m P.B. / Kugel 15.24m  
Heavy Hammer 15.12m P.B. / One Handed Hammer 19.26 P.B. / Slingball 25.81  
Grenade 32.49 / Stein 9.31m P.B.

Well done Dick, Fine efforts!! I think a lot of these events readers would not have heard of before, maybe in the next newsletter you can tell us more about Kugel, Slingball, Grenade and Stein.

### British Masters Athletics federation Championship

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#### Throws from Richard Jegou M60

Discus -	8 <sup>th</sup>	31.57m
Hammer -	4 <sup>th</sup>	30.39m
Shot -	5 <sup>th</sup>	10.15m
Heavy Hammer -	5 <sup>th</sup>	14.46m (but Dick thought he threw 12.46 which is close to his P.B.)

### Road Race & Multi Terrain Section

#### Burnham Beeches Half Marathon

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<b>Paul Jegou</b>	4 <sup>th</sup>	1 hour 16min 35 sec
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Paul excels over a further trip and sets a new P.B.

#### Compton Canter

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White Horse Harrier Paul Jegou went one place better than last year's 2<sup>nd</sup> place winning this year's race by a clear margin in 34min 14sec. The race is over a course of roughly 10km and takes place on the hilly downland around the village of Compton.

#### Blenheim 7km – Woodstock

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<b>Paul Jegou</b>	2 <sup>nd</sup>	25min 36sec	SM
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#### Oxford Town & Gown

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<b>Simon Atkin</b>	197 <sup>th</sup>	42.18	VM40
<b>David Pickering</b>	780	49.24	VM40
<b>Joanne O'Sullivan</b>	2293	1H 06.10	SW
<b>Don Burrows</b>	2295	1H 06.11	VM40

The rain didn't put off our Harriers from running round Oxford. The weather cleared towards the end of the race for a sunny finish.

## Carterton 10km

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<b>John Peake</b>	14	38.27	VM40
<b>Graham Wiggins</b>	37	42.21	SM
<b>Nick Portsmouth</b>	134	53.38	VM40

The Carterton 10k is perceived by the reviewers on the RunnersWorld website as being a well-organised and friendly event. The course, which is described as flat and fast over two laps primarily on roads with a short section on dirt track with just one gentle quite long hill, is therefore geared towards anyone looking to improve on their PB for the 10 kilometre distance. The cool weather conditions on the day were a bonus.

This year's event saw the Harriers represented by the motley crew of John Peake, Graham Wiggins and Nick Portsmouth. John was our first Harrier home finishing in a very creditable 14<sup>th</sup> position overall – he even managed to beat all the ladies! Graham was our second runner across the line in 37<sup>th</sup> place with Nick, in his first serious race back after injury, rounding off our finishers in 134<sup>th</sup> position.

This year's overall race winner was Steve Millward (Gloucester AC) who recorded a time of 33:27 crossing the finish line almost a minute ahead of his nearest rivals. Mark Prestwood (RAF Athletics) held off Rhys Glastonbury (Windsor, Slough, Eton & Hounslow) to claim second place. The first lady runner home was Kirsty Bamber (Witney Road Runners) who finished in a time of 40:50 securing 28<sup>th</sup> position overall. Tam Simmonds (Swindon Harriers) was the next lady across the line just 11 seconds adrift in 30<sup>th</sup> place with Elena von Benson (unattached) claiming 3<sup>rd</sup> place finishing in 63<sup>rd</sup> position overall

## Cleevewold 14

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<b>Paul Jegou</b>	2 <sup>nd</sup>	1H 41.59	SM
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The Cleevewold 14, an event run by Cheltenham & County Harriers, is a tough, hilly 14-mile multi-terrain event starting and finishing at Postlip Hall near Winchcombe. The route takes the runners across Cleve Common and incorporates most of the high points in the area including Belas Knap.

In this year's race Paul Jégou was flying the flag for the White Horse Harriers. A strong performance saw Paul vying for 2<sup>nd</sup> place with the previous year's winner John Atyeo (Witney Road Runners) as he approached the finish. The last thing both runners needed at the end of 14.5 miles of Gloucestershire hills and valleys was to be involved in a sprint finish. This is exactly what happened, and in a steep uphill Paul managed to cross the line to secure 2<sup>nd</sup> place of his rival by the narrowest of margins – just 2 seconds!

## Horton 6

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<b>Paul Jegou</b>	4 <sup>th</sup>	34.30	SM
<b>Jason Cooke</b>	8 <sup>th</sup>	35.48	SM
<b>John Peake</b>	23 <sup>rd</sup>	38.29	MV40
<b>Simon Leech</b>	38 <sup>th</sup>	40.23	MV40
<b>Graham Wiggins</b>	58 <sup>th</sup>	43.54	MV40
<b>Dene Stringfellow</b>	76 <sup>th</sup>	46.45	MV40

## Adderbury Half

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<b>Dan Peace</b>	3 <sup>rd</sup>	1h 28.26	SM
<b>John Peake</b>	15 <sup>th</sup>	1h 34.22	VM40
<b>Simon Leech</b>	21 <sup>st</sup>	1h 36.12	VM40
<b>Graham Wiggins</b>	54 <sup>th</sup>	1h 44.53	VM40
<b>Dene Stringfellow</b>	82 <sup>nd</sup>	1h 53.30	VM40
<b>Clare Hazell</b>	94 <sup>th</sup>	1h 57.24	VL35

## Race the Train

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The first trainload of runners departs with a toot and clouds of steam from our Thomas the Tank Engine look alike. We are packed in nervous and excited, four abreast squeezed onto each wooden bench seat facing another row of runners. We drop the windows or wave from open sided carriages to those left on the platform, as if we're heading off to war.

The train makes its unhurried way inland through the hills that are growing either side of us. The atmosphere is different from other races. We're here to race the train and ourselves, not each other. It's the first time for many of those on board and they peer out the windows to get a glimpse of the course or listen in to other conversations trying to get some insights into the impending race. We pass through cuttings, under bridges, several stations, across a shaded ravine and pass a waterfall. Finally, we arrive at an unremarkable opening in the trees and the train draws to a halt. It's an unassuming sidings, but as runners open the wooden doors and drop down a couple of foot to the sleepers, everyone realises this is it.

There is a steep gravel track that crosses the railway line, and we follow the other runners downhill and through a gateway. The field is almost a kilometre long and slopes steeply up to our right, back towards the train. There's a natural ridge about 400m into the field, an old wall or hedge line, which will act as the start line. The girls queue for the port-a-loos, the boys dash off to remote hedges. We mill about in the light drizzle and blustery weather, warming up or simply try to stay warm.

We're in the middle of a field, in the middle of nowhere, here to test our metal against iron, coal and steam. The tension builds until we're herded into a line and then hear the distant toot as the train starts.

We're off! I'm on the far left/uphill point of the start line and the camber helps me keep a reasonable position in the dash across the field, to the gate. We turn left and face the climb back up the track to the top of the first hill. It's nasty! We climb 80 vertical meters. The pace is slow and everybody is hurting at the crest. (1<sup>st</sup> km, 5min 40seconds)



**The climb from the start**

We turn sharp right off the track, plunging back down until we hit the fence-line by the railway. It's a very narrow track. A slippery downhill with slates and tree roots sticking out the ground waiting to fell the unwary runner. With gravity on my side, I bound down the path, zig-zagging from one clear foothold to another.

The terrain opens up, and I can see the train stopped in Dolgoch Station across to our right. I've got ahead! Still descending, we cross a stream then I'm into soft, boggy ground which holds longingly onto my shoes. I've been here before and my Mudrocs are laced tight to my feet. We're back onto the track and dropping down into a shady ravine, where, with a bit more time, you could view Dolgoch Falls. It's sharp right and we're alongside a river, the viaduct carrying the train looms high overhead. Turn left, across a narrow iron footbridge then we start the hard climb up uneven limestone steps out of the gorge.

Legs weak, lungs searing, we're back into boggy ground. Across another stream then descending another woodland trail alongside the railway line. (2<sup>nd</sup> km, 5min 31sec)

We're into open fields climbing again and against a headwind. It's an awkward angle with my left leg higher than my right, best suited to a mountain goat, and my feet are trying to twist themselves out of my shoes. Has the train got past? Is it ahead? The resident sheep look on curiously! (3<sup>rd</sup> km, 4min 42).



Runners viewed from the train

We crest the hill then there's a kilometre of open fields as we gently drop towards Brynglas station. I've heard the train 'toot', so it's already in the station. (4<sup>th</sup> km, 4 min 49) We come down through a farmyard and our first water point, then out across more fields to labour against the headwind and another climb. (5<sup>th</sup> km 4.54)

We drop through somebody's garden. Nice people, as they're there to cheer us on. We follow an unmetalled track through a ford. I splash through the stream, hoping that the bottom is safe and level. We're onto a tarmaced lane, high hedges either side protecting us from the wind. A gentle descent. Life is good! (6<sup>th</sup> km 5.12)

Through a gateway. Now we're back in open fields and alongside the railway track, slogging against the headwind. Where is the train? Is it behind me? (7<sup>th</sup> km 4.33).



**Me! The 4<sup>th</sup> runner.**

I'm finding gusts of wind are sapping my strength and there is nobody big enough or fast enough to tuck in behind and use as a windbreak. (8<sup>th</sup> km 5.09) There's another gateway, then up over a bridge leaving the railway beneath us. We're through another farm, onto a lane, then turn left onto the main road. What a beautiful smooth surface the pavement is under my feet. I'm pushing on aware that the train is nearby and the finish is close. (9<sup>th</sup> km 4.28).

Finally, we're into the one-way system and the little back streets in Tywyn. Weaving between slate grey buildings. Crowds are cheering and I can see the finish line. A last incline and a last push. We're there! 48.20 and I've beaten the train!

People pat me on the back and somebody takes the electronic tag off my ankle. I assume a casual saunter, and head down to the station to welcome my family off the train. "See you next year, train".

By Simon Leech

### Thame 10km

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<b>Paul Jegou</b>	4 <sup>th</sup>	35.18	SM
<b>Dan Peace</b>	32 <sup>nd</sup>	38.22	SM
<b>John Peake</b>	56 <sup>th</sup>	40.01	VM40
<b>Simon Leech</b>	73 <sup>rd</sup>	41.24	VM40
<b>Dan New</b>	83 <sup>rd</sup>	41.44	SM
<b>Adrian Evans</b>	130 <sup>th</sup>	44.25	MV40

<b>Graham Wiggins</b>	139 <sup>th</sup>	44.39	MV40
<b>Simon Atkin</b>	211 <sup>th</sup>	47.35	MV40
<b>Dene Stringfellow</b>	265 <sup>th</sup>	49.10	MV40
<b>Clare Hazell</b>	338 <sup>th</sup>	51.53	VL35

An excellent turn out with some very solid performances – Well done all.

### Chardon 5km

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<b>Job King</b> (Coventry Godiva Harriers)	13 <sup>th</sup>	16.22	SM
<b>Paul Jegou</b>	18 <sup>th</sup>	16.30	SM
<b>Dan Peace</b>	46 <sup>th</sup>	17.49	SM
<b>John Peake</b>	62 <sup>nd</sup>	18.15	SM
<b>Francis Briscoe</b>	74 <sup>th</sup>	18.39	SL
<b>Simon Leech</b>	91 <sup>st</sup>	19.25	MV40
<b>Simon Atkin</b>	108 <sup>th</sup>	20.06	MV40
<b>Clare Hazell</b>	196 <sup>th</sup>	24.08	VL35
<b>Sarah Baker</b>	208 <sup>th</sup>	25.00	VL35

### Summer Cross Country Handicap

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	Handicap	Race Time	Actual Time
<b>Stephen Casey</b>	5.08	45.07	39.59
<b>Adrian Evans</b>	4.40	45.53	41.13
<b>Simon Atkin</b>	5.08	46.30	41.22
<b>Kevin Harris</b>	2.41	47.17	44.36
<b>Dene Stringfellow</b>	0.00	47.29	47.29
<b>Simon Leech</b>	7.37	47.38	40.01
<b>Roger Turnbull</b>	2.41	48.17	45.36

### Ridgeway Relay

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The Ridgeway Relay is a team relay organised by Marlborough Running Club. It is run over ten legs, the legs varying in length from 5.4 miles to 11 miles. All teams must include at least 8 Males and 2 Females or vice Versa.

Reading Roadrunners	1 <sup>st</sup>	9h.35.19
Vale of Aylesbury AC A Team	2 <sup>nd</sup>	9h.41.09
Headington Roadrunners	3 <sup>rd</sup>	9h.57.38
White Horse Harriers	8 <sup>th</sup>	10h.40.49

Well done to the WHH team, improving on last year's time of 11h.29.28.

## The Get to know your Harriers section

### John Peake

Q : Who would you like to be stranded with on a desert island?

A : Kelly Brooke because she's not to clever, best way to have them.

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

A : Marilyn Monroe, Daley Thomas, he ponders and asks Marcia for the third one, she replies Alan Titchmarsh,

John laughs then finally decides on John Francome, this was after dumping Ian Botham for Daley Thomson for whom Marcia would gatecrash,( hey John if Marilyn's there you don't want Marc at the dinner party better stick with Beefy).

Q : What meal would you choose as your last supper?

A : Lobster with all the trimmings and a bottle of Krugge (expensive taste).

Q : What is your favourite sport outside of athletics?

A : Horse Racing.

Q :Who would you like to play you in a movie of your life?

A : Pierce Brosnan. He as my looks and image.

Q : What is your best memory to date?

A : Marcia in the backgrounds answers that one - with the day he met me. John disagrees with that but you are a close 134<sup>th</sup> choice and then replies Barcelona Olympics 2009 watching Lynford Christy win Gold in the 100m final. Breathtaking.

Q : Who is your favourite Group/Solo artist?

A : Billy Hendix, Tommy Hedrix, thats it Jimmy Hendrix. Absolute brilliant!!

Q : What has been your favourite race this year

A : Motivation race at Charlton on Otmoor – I was in prime condition.(and he never even laughed)

Q : You were away from athletics for around 15 years, what bought you back into the sport.?

A : Approaching 40.

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

A : Talent! Johns got talent, I Say John, you say Talent, Johns got talent, it's JP Talent.

## Pain of a Marathon Runner

As long as I can remember marathons tend to be about London, well that's what my friends and relatives think anyway, you and I may have something to say about that, or you may agree.

Watching the sport as a teenager it all seemed rather, well I'm going to say glamorous, and yes Mr Peake there is such a thing as teenagers you just can't remember that far back. The marathon day always looked fairly warm with lean, toned men and women floating along the city streets with joyous crowds cheering their every step. While Commentators fill your mind with trivial information about our glorious capital and what it has to offer. How could this young, naive, inquisitive lad turn his back on this beautiful sport? Sometimes I wish I had.

10 years on and this young, naive inquisitive lad had turned into a strong, mature, know it all (or as you will see, not!) man, with the desire to complete the 26 mile run through the masquerading crowds of London, with ease!!

Things have changed now I think you get to know in August if your application was successful, but back then December was the big month when you waited impatiently for your ballet entry to arrive, and the moment it hits that hallway carpet is the moment the pain starts. You open the envelope with your breathe held as if you were a snorkeler without his breathing apparatus, still anticipating that feeling of rejection. YES!!! You're in, and then you mistakenly crack you hand on the nearby radiator, and then stub your toe on the stairs as you begin to celebrate your approval, you get over that pain and before you know it trainers are on and you're out the door fleeing the pavement with a run of no purpose.

January and February arrives and reality starts to home in on that once fortuitous mind and a deep black gloomy picture fills its place, for every run in these months seem cold, wet, windy, long and most of all lonely, and if that's not bad enough your social life as just become virtually extinct and you feel a recluse. Some mornings you wake up and the thought of getting out of bed as no appeal as you know it means miles and what do miles make, yes you've got it we've all watched Bruce Forsyth and his well known catch phrase, except it's not prizes, it's injury. One minute your knees hurt, then it's your feet, followed by hips, then your back feels felt out and joins in the party there's just no end to how much pain a marathon can conflict on you, I can never remember Steve Cram or Brendan Foster mentioning this while broadcasting from their central heated studio!!

At last your day arrives and excitement thrusts itself upon you as you forget the arduous months before you. Crowds map out the course and every person you talk to has a different story to tell, no hiding now your moment is here, all that hard training in sodden weather for this one momentous day. The gun goes and you set on your way with a huge grin on your face, heart pumping and people cheering, every mile that passes a band is playing your favourite song or at least an upbeat one that you chirpily sing along to. You run past a rhinoceros and a pantomime horse and oh boy, LIFE IS GREAT!!!

Then all of a sudden as if someone has stuck a fork in your voodoo doll the pain starts, but why, I am only at 16 miles. Legs feel tired, grin on your face is replaced with anguish, buildings look a

little bit blurry, your heart is no longer pumping, it's thumping and as for the band, Oh no!! Now you want to swing at them not sing with them. You manage to reach twenty miles and at this point your pasta meal from the previous night has vanished along with your stomach, mind, and heart, come to think of it lungs, liver, spirit, hope, pride, your estimated time, let's just cut to the chase and say LIFE, you've got six miles to go and it feels like forty six, you drink some water and grab an energy drink every step turns to despair and you look to the sky for a little help, you drink more water and then at the next station you take two bottles and by now the only thing to keep you going is failure, things could not get any worse, do you want a bet!! Approaching twenty four miles and the crowd seem to be cheering louder than ever, could that be for me you think to yourself, then a gust of wind passes by along with the rhinoceros, pantomime horse and a women wearing a Doctor Who Tardis. Steve Cram and Brendan Foster have a lot to answer for and every bit of life has been sucked out of my body.

Eternity passes and I reach a sign reading 800 metres to go, Caster Semenya (man or women I'm past caring) jumps into my body and I set off like a scolded cat doing so catching up with that rhino and horse Ah Ah!! Who's had the last laugh now and I cross the finishing line, tears in my eyes I receive my medal and a goody bag (a few packets of sweets, more water and 6000 leaflets) and head for the luggage area while reflecting on what I have achieved, let's take a look.

Two sore shins / four months lost life / athlete's foot / blistered feet / fractured hand from the radiator when receiving marathon approval / twenty one minute mile while running flat out. (This was achieved between 21 and 22 mile markers) and last but not least a picture with a rhinoceros and pantomime horse crossing the finishing line with the time reading 5 hours 43 minutes 18 seconds, I'll give you the last laugh.

Pain! It comes in all forms, shapes and sizes and still you think you can do a marathon? GREAT!! So do I and I'll be there next year because there's no pain like it.

## **News and Announcements**

### **Thursday Evening Training Sessions**

From the 3<sup>rd</sup> of Sept and until further notice, White Horse Harriers Thursday Training Sessions will take place at Wantage Leisure Centre.

Usual training time – 7pm start

Please note that whilst we meet at the Leisure Centre we make limited use of their facilities and therefore cannot leave cars in their car park.

### **Annual General Meeting**

The 2009 A.G.M will be held on Friday 30<sup>th</sup> October, starting at 7.30pm in the Old Mill Hall, Grove. Please make a note of this in your diaries.

## White Horse Half Marathon

This year's White Horse Half Marathon was again very successful. Thanks to the help received from many club members and others the race ran smoothly. The race was also financially successful and from its profits the WHH executive committee agreed to make a donation of £1000 to Helen and Douglas House. In addition the race generated over £2000 for club funds. Our thanks to everyone who helped in any way with the race. Particular thanks to Kevin Harris who has stood down as race secretary, a post he has held for a number of years. Kevin has been instrumental in raising the profile of the race to make it the very popular event that we have now. Roger Turnbull has agreed to take over as race secretary, and I am sure everyone will give him their support for future races.

The Half Marathon has supported Helen and Douglas House for a number of years. However, in memory of our late president, Barry Strange, next year's race will support The Prostate Cancer Charity. Details of this charity can be found at: <http://www.prostate-cancer.org.uk/>

Need for Coaches and Helpers at Regular (Thursday) Training Sessions.

White Horse Harriers has a good number of enthusiastic young athletes. Our coaches and helpers do a great job in training and supporting these athletes. However, we need more help in this area. We are very dependent on the small number of coaches we currently have. In addition to the qualified coaches we have a rota of helpers on a Thursday evening. This not only means there is sufficient help at the training sessions but enables others to gain useful experience. Currently those on the rota help at about one session per month.

We urgently need more people to come forward for both roles, as coaches and helpers on the rota, and ask everyone to consider this. If you are prepared to help, or would like more information, please speak with Angela or Tom, or contact Gareth Smith (01235 767538 or e-mail [gsmith@nildram.co.uk](mailto:gsmith@nildram.co.uk)).

First Aid Training and List of First Aiders.

We would like to increase the numbers of people attending our training sessions who have first aid training. To this end the club will pay for appropriate courses for those who regularly help in any way at training sessions. We have identified some first aid courses aimed at sports injuries and would encourage people to attend. We would also like to have a list of those who have first aid training (whether through one of these courses or otherwise) so that should an accident occur we know who may be able to help. If you are either interested in attending a course, or already have first aid training and we could add your name to the list, please contact Gareth Smith (01235 767538 or e-mail [gsmith@nildram.co.uk](mailto:gsmith@nildram.co.uk)).

The next Newsletter will be sent out leading up to the Week Ending 18<sup>th</sup> October

All news is good news so if you would like to write a race report or article please mail us : [sarah@sejassociates.co.uk](mailto:sarah@sejassociates.co.uk).

## Up and Coming Events

13<sup>th</sup> September – Cotswold Classic 10 miles  
19<sup>th</sup> September – Woodstock 12 miles  
27<sup>th</sup> September – Longworth 10k  
11<sup>th</sup> October – Hanney 5 miles  
18<sup>th</sup> October – Abingdon Marathon  
25<sup>th</sup> October – Candleford Canter Women only 10k