

THE HARRIER

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October 2009



Cross Country Section

Here we again and how quickly does this cross country season ascend upon us, so put in your spikes and grab out those wellington boots and run or support until your heart's content, for I am sure there will be some surprises thrown upon us and some laughs had along the way. Below is a list of fixtures for the up and coming season. See you there.

2009/10 Cross Country Fixtures

Date	Venue	Meeting	Jnr/Snr
10 Sep 2009	Wantage	Club XC Time Trial	Jnr
10 Oct 2009	Horspath	Chiltern XC League	Jnr&Snr
1 Nov 2009	Ascott-under-Wychwood	Oxford Mail XC League	Jnr&Snr
14 Nov 2009	Maidenhead	BB&O Championships	Jnr&Snr*
29 Nov 2009	Salisbury	Wessex XC League	Snr
6 Dec 2009	Culham	Oxford Mail XC League	Jnr&Snr
12 Dec 2009	Wantage	Club XC Time Trial	Jnr
3 Jan 2010	Banbury	Oxford Mail XC League	Jnr&Snr
10 Jan 2010	Banbury	Oxfordshire XC Championships	Jnr&Snr
30 Jan 2010	Parliament Hill	Southern XC Championships	Jnr&Snr*
7 Feb 2010	Cirencester	Oxford Mail XC League	Jnr&Snr
13 Feb 2010	Wing	Chiltern XC League	Snr
TBC	Wantage	Club XC Time Trial	Jnr
7 Mar 2010	Horspath	Oxford Mail XC League	Jnr&Snr
28 Mar 2010	Bournemouth	Wessex XC League	Snr
TBC	Wantage	Club XC Time Trial	Jnr

* No Under 9 and 11 events.

Road & Multi Terrain Section

Grove 5k – 30th August 2009

John Peake	1 st	20.38
Graham Wiggins	2 nd	22.36
Simon Atkin	6 th	23.19

Good to see some the Harriers taking part in local events. Well done to John, Graham and Simon – great effort!

Motivation Race – Oxford – 3rd September 2009

Paul Jegou	13 th	22.42
Jason Cooke	26 th	23.14
John Peake	41 st	24.33
Adrian Evans	76 th	26.29
Mark Godden	96 th	27.30
Nick Portsmouth	243 rd	34.56

Steve Male of Oxford City regained the men's championship whilst Helen Barnes of Headington Road Runner is the new Ladies Champion. The series saw Paul Jegou finish 35th overall and 7th in the senior man category. In the VM40 category, John Peake finished 56th overall and 12th, Adrian Evans finishing 108th overall and 23rd and Mark Godden finish 133rd overall and 27th.

Headington 10k – 6th September 2009

Paul Jegou	18 th	36.30
Dan Peace	32 nd	37.57
John Peake	39 th	38.32

This race is advertised as no hills, almost flat, so good potential for a PB if the weather conditions permit. Would be interesting to know if Paul, Dan or John thought this was the case!

Cotswold Classic 10 Miles – 13th September 2009

Paul Jegou	2 nd	59.55
Jason Cooke	24 th	1.05.10
John Peake	44 th	1.09.06
Simon Leech	48 th	1.09.57
Graham Wiggins	76 th	1.13.54
Roz Burgess	117 th	1.19.49
Nick Portsmouth	192 nd	1.34.47

A big well done to Paul coming second in what is described as a “tough 10 miles”.

Report written by Nick Portsmouth

September 13th saw the 23rd running of the Cotswold Classic 10 mile race, the 10th event of this year’s club road race championship. It was the 5th time I’d run this challenging but very scenic course around the villages to the North-West of Witney. It’s one of my favourites.

The race, which is organised by Witney Road Runners, almost disappeared from the calendar a few years ago due to lack of support. Thankfully word spread around the running community and it’s survived.

Seven Harriers took part in this year’s event which took place on a warm, for me, day with sunshine and cloud. Also, the course does provide some shade in parts, which I was looking forward to. Including myself there was Paul Jegou, Jason Cooke, John Peake, Simon Leech, Graham Wiggins & Ros Burgess. Sarah Baker was also there for a training run but was not running in the race.

The race start was about a 10 minute walk from the primary school HQ, which allowed for a good warm-up. When the gun went off we ran along the flat for a short distance before a steep downhill section into Crawley, followed by the first of a few climbs out of the village. Once out of Crawley we started the looped section of the course which ‘undulated’ its way through picturesque countryside towards Leaffield. At about the 2 mile mark, I saw a familiar face coming the other way. It was Sarah on her training run and she wished me all the best for the rest of the race. At about 3 miles, we began the final climb into Leaffield, the highest part of the course. Once in the village a young girl and her mum were offering jelly babies to passing runners, which was very good of them. Needless to say I took up their kind offer. After that, we began a welcome downhill section. The view South from this point was terrific. As the saying goes, ‘on a clear day you can see forever’. For the next 2.5 miles or so, we wound our way towards Minster Lovell with one or two climbs along the way, the 2nd of 3 water stations and a nice downhill into the village. We then turned left and began the climb back towards Crawley. It wasn’t a solid climb but a few more undulations. After going through Crawley, we hit the final steep hill taking us back to the start. As I’d done this race before I was ready for it, but it caught some people out. Once past the start, there was a downhill section back to the school, followed by a lap of the school field. The refreshment stall was most welcome after this I must say.

Of the 227 finishers, Paul was the first Harrier home in a magnificent 2nd place. He was followed by Jason (24th), John (44th), Simon (48th), Graham (76th) and myself (192nd). For some reason, Ros didn't appear in the list of finishers. As I approached the finish, I heard Graham shout encouragement which was great. The nice thing about belonging to a club is the camaraderie, regardless of ability.

I enjoyed the race and was very pleased with my time. I was hoping a) to finish and b) for a time of 1:40 or less. I achieved both, with a time of 1:34:47.

Finally, at the prize giving, they mentioned that the first lady home, Nicki Smith of Witney Road Runners, had given birth 6 weeks before the race, which sent a gasp of admiration around the room.

Woodstock 12 – 19th September 2009

Paul Jegou	5 th	1.13.13
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Longworth 10k – 20th September 2009

Paul Jegou	1 st	37.06
John Peake	9 th	40.31 – 1 st Male Vet
Simon Leach	11 th	41.24
Adrian Evans	19 th	44.13
Graham Wiggins	27 th	45.18
Roz Burgess	49 th	49.49 – 1 st Lady Vet
Pete Bainbridge	77 th	57.19

Paul enjoyed a busy weekend with two races in less than 24 hours and one being a winner – well done Paul!

Blackland Down Challenge – 27th September 2009

John Peake	1 st	48.27
Dene Stringfellow	23 rd	63.03

Another fine performance from Mr Peake! Congratulations to both of you. Runners world rating for this event. Scenery 92%, PB Potential 47%, Atmosphere 63%, Organisation 70%, Value 76% and Friendliness 63%.

Track and Field

Junior County Championships

U17 boys

HJ	1 st	James Ritter	1.75m	
400m	2 nd	James Ritter	54.8sec	
1500m	3 rd	Anthony Holmes	4.32.2sec	all pbs

U15 boys

1500m	1 st	Alistair Patterson	5.15.9sec	
100m	7 th	Zac Olliffe	13.85sec	
200m	5 th	Zac Olliffe	28.9sec	
400m	4 th	Zac Olliffe	64.8sec	

U13 boys

800m	3 rd	Toby Bellerby	2.29.5sec	
	5 th	Ben Claridge	2.34.85sec	
(a good performance by a very new member while still at primary school)				
200m	4 th	Sam Cornick	32.4sec	

U20 boys

3000m	1 st	Tim Traynor	9.06.4sec	
1500m	2 nd	Tim Traynor	4.11.9sec	

U13 girls

100m	1 st	Chloe Craze	13.6sec	
200m	1 st	Chloe Craze	28.7sec	
800m	5 th	Josie Harrison	2.47.01sec	
		Amy Juer	3.10.49 p.b.	
Javelin	2 nd	Emma Rose	14.84m	
(club record while still at primary school)				

U15 girls

100m	3 rd	Becky Hodgson	13.71sec	
200m	3 rd	Becky Hodgson	28.6sec	
1500	4 th	Sophie Lloyd	5.36.8sec	

Age 10 girls

Rounders Ball 1st Eloise Graham 26.00m

We had over 30 competitors at each of those meetings which was a brilliant turnout for the club only about 5 years ago 3 athletes was all we could manage, so well done everyone !!

These are just a few of the results of this well supported junior county champs, for the full results please visit the Oxon AA website.

St Mary's Richmond Open

In what will probably be Richards last Shot competition as a M60, he managed to beat his personal best three times, eventually throwing 11.49m. He also threw the Hammer 30.88m & the Discus 33.45m.

The Get To Know Your Harriers Section

What did you want to be when you were a child?

A Footballer.

What was your first job when you left school?

A silkscreen printer in Hertfordshire.

Describe yourself in three words?

Short, fat and slow.

When was the last time you cried?

Just over a month ago.

How long have you been running and racing?

Since 2005, first race was Silverstone or the White Horse Half. I think it was Silverstone.

Which is your favourite race in the running calendar and why?

The Ridgeway relay because I like team events, also the cross country races.

What is your next goal in life?

Finish decorating the house and doing an online University Course in computer security.

Name three people you would like to take dancing for the night?

My Wife (that would be disastrous) Julie Walters and Billy Connolly.

What are your interests outside of running?

Researching the family history and name, gardening, all sports and walking.

There is a bottle of wine for the first person to e-mail us the name of this White Horse Harrier.
E-mail: sarah@sejassociates.co.uk

News and Announcements

Kit Review – Brook Nightlife Magnetic LED light – Simon Atkin

With the night's drawing in it's time to start running in the dark again, but how noticeable are you? Wearing bright tops and reflective strips help, but how about a light? I've used a flashing magnetic LED light for the past couple of winters, and I haven't been run over. Made by Brooks, the light is about 6cm long, oval in shape and weighs hardly anything. It is black, with reflective silver markings and 4 flashing red LEDs. You can attach it to anywhere on your running gear (I put it on the back of my shirt) using the magnetic plate. It seems to stay in place well, it's not slipped in my experience. It costs around £10, and can be found at several stockists on the internet (try Googling "brooks led light"). Even if you don't get one yourself, you could suggest it as a stocking filler (my wife is always grateful for ideas of what to get me) and you never know, it might help keep you safe this winter.

Annual General Meeting

The club's AGM is scheduled to take place on the evening of **Friday, 30th October** starting at **7:30pm** in the Dixon Suite, **Old Mill Hall, Grove**. Accompanying this newsletter is the announcement and invitation to the meeting. We encourage all members to attend. It is an opportunity for club members to help shape the future of the club as well as raise any issues or concerns. **Please come along and support the committee who have been working hard for the club over the last year.**

Please note that we have not sent all the AGM paperwork to all members. It is available linked from the White Horse Harriers web site at: <http://www.whitehorseharriers.org>. Paper copies are available on request and will also be available at the meeting.

On the agenda is a proposal to adopt a revised constitution. There are two main reasons to revise the constitution. In some areas the existing constitution is out of date as it refers to the old governing body for athletics. Furthermore we wish to include some changes to bring it more in line with that proposed by the "Clubmark" scheme. Clubmark is an accreditation for all sports clubs that work with children or young people and is promoted by Sport England. It covers various aspects of the organisation and procedures of the club. The Executive Committee is working towards Clubmark accreditation for White Horse Harriers.

Also at the AGM we will discuss charitable donations from the White Horse Half Marathon. This was the subject of an Extraordinary General Meeting last November. The discussion will decide what we do for the 2011 race. (Plans for the 2010 race, on the 11th April, are already well underway with entry forms distributed.) In particular we will discuss if a charitable donation

should be made, and if so, to which charity and how much should be donated. If you wish to suggest a charity to be considered we would welcome this in advance of the AGM. (Details are on the AGM paperwork.) For a number of past years donations have been made to Helen and Douglas House. For the 2010 race we will donate to The Prostate Cancer Charity in memory of our late president, Barrie Strange.

In with this posting is your **membership renewal form**. Please check the information on the form and return it promptly making sure the information on it (including your email address if appropriate) is up-to-date. Mark Godden will be standing down as membership secretary at the AGM although he will continue to deal with this year's renewals. Our thanks to Mark for the hard work he has put in dealing with all the membership issues as the club has grown. This does mean we are looking for a new membership secretary. Anyone interested can contact Mark or any other member of the committee to discuss what the job entails.

Beginners Course – “Jog Wantage” and Welcome Run for beginners on a Thursday

Over the summer WHH put on a course to encourage adults to become fitter by jogging and running. This was part of a scheme promoted by England Athletics called ‘Jog England’. The course, which we named “Jog Wantage” was successful and ran for a total of 14 weeks over the summer.

A group of people from that course are still running regularly and, whilst the course has finished, we are including a run for them as part of the usual Thursday evening WHH training session. This beginners or ‘welcome’ group is open to all and is aimed at those who are relatively new to running and for whom the usual run may be too far or fast. We have set-up a rota for people to lead this run – someone prepared to run with this group and provide encouragement. Currently this rota is manned by those who led the Jog Wantage course, but we would like more people to come forward and participate in the rota. Likewise anyone (member or non-member) who would like a run on a Thursday evening but is unsure as to whether the established runs may be too far or fast is welcome to come along.

Thursday Training Sessions. Important Change for Year 4, 5 and 6 Athletes

The training session for Years **4, 5, and 6** athletes will be moved to **4pm** on Thursdays with effect from **Thursday 22nd October**. There will **not** be a training session for these age groups at 7pm. This session will take place in **Wantage Park**, Manor Road Wantage, meeting by the car park. Year 7 athletes are also welcome to attend the 4pm session if that is preferable to the 7pm session.

This change is required as we have insufficient coaches to lead this group at the same time as the training session for older athletes. In addition we have been unable to obtain use of the floodlit tennis court for the usual 7-8 time slot. Our thanks to Angela Briscoe and Sheila Bailey who have offered to lead this 4pm session.

Over the last year we have had particular assistance with coaching from Jo Booker and Stephen Yates, both students at King Alfred's College and both of whom took athletics coaching qualifications. Our thanks to both of them for their regular and invaluable support and we wish them well for the future. Our congratulations to Jo who was recently awarded the England Athletics South East Young Volunteer of the Year award for 2009.

Dedication Is What You Need – Does anybody know where I can get some from??????

It is Sunday 6th September, feeling fat and sluggish having not ran for three weeks. Vicious circle of not exercising, feeling fat, feeling sluggish, can't be bothered to run and so it goes on.....

The whole cycle is now making me depressed, unfortunately I am the only one that can do anything about it – but just what am I going to do?

I enter myself into a ladies only 10k, the Candleford Canter. Print myself a training schedule to follow because my personal trainer has washed his hands of me!

So, it tells me Monday is a rest day or cross train. A cross training session at the gym and then a little swim and maybe a session in the steam room will set me up for the week. Unexpected visitors arrive and put pay to that, day one and failed miserably. Day 2, interval session successfully completed on the treadmill in the garage, able to go to bed feeling a little happier – what will day 3 bring? A training session in the gym, my personal trainer has come back to haunt me. 20 minutes on the treadmill and then core work, hard session completed. Day 4 and a little 3 mile jog with my son for company on his bike. Day 5 and a 35 minute tempo run to look forward to, out with my personal trainer for motivation. Twenty minutes into the run and I am spent, have to take a little walk before jogging home, an hour's session completed but not a happy bunny! The stone overweight I am carrying (and that is not in my ruck sack) is beginning to show, home for a nice bath, no dinner, I go to bed sulking!! Day 6, we have no children this weekend, so off we go for a 12 mile bike ride, get home and manage a little sit in the sun, then off to the gym for a cross training session. A live in personal trainer is not all what it is cracked up to be! Complete a mile on the treadmill and dig my toes in, can't do anymore, I manage 10 minutes on the bike and a 2000 metre row. Day 7 and the Witney 10. I tag along to give support and I am informed that it would be a great idea to run to the 3 mile marker turn around a come home it will be really easy as there will be lots of people around (or so I am told) – mission accomplished.

We are now three weeks down the line from the Witney 10 and training has been going ummmm lets say consistent, I wish I could say good. During those three weeks I have managed to get out most days, running anything between 3 and 8 miles per day with the odd speed session on the treadmill. Have managed to shed a few pounds, but still putting up overweight. The Hanney 5 is on Sunday 11th and I am hoping it will show me where I am up to in preparation for the ladies only 10k the following Sunday which was the original aim – will keep you all posted.....

Sarah Baker

Up And Coming Events

Autumn Social – Friday 20th November. Comrades Club

Our autumn social will take place in the usual venue, the Comrades Club, Newbury Street, Wantage on Friday 20th November from 7.30pm. During the evening we will present the club's athletics and road running trophies. However, this is not a formal event, it is a chance for a drink and a chat. There is no charge for the evening, although we ask you to bring some food to share. Drinks will be available from the Comrades Club bar which is reasonably priced. Donations of any prizes for the raffle would be welcome. We hope to see many of you there.

Christmas Social – Friday 4th December

It's been a long arduous year for us fellow runners and it's time for a festive feast with your favourite tippie. We recently visit a restaurant in Oxfordshire that we thought would be a great venue to hold such pleasures.

Location: Near Witney, (you may think too far, but it is right on the A40) very easy access

Venue: The Windmill,

Food: Starter- Homemade Cream of Cauliflower Soup with Sautéed Wild Mushrooms
 A selection from the Salad & Buffet bar
 Roasted Pear & Blue Cheese salad
 Prawn, Apple & Celery salad

 Main Course- A choice of succulent roast meats carved by our chef with fresh vegetables
 Fish Pie with freshly cooked vegetables
 Warm poached Salmon Steak, New potatoes, Mixed salad & dressing
 Chessy Cottage Pie
 Vegetarian Lasagne

 Puddings- Christmas pudding & Brandy Sauce
 Chocolate Fudge Cake
 Lemon Meringue Pie

 Followed by- Coffee & Mince Pie.

Entertainment: Music and dancing until midnight. Spirited, not loud.

Price: £20 per head (now that's value).

All persons interested friends, family welcome please let us know A.S.A.P. for numbers at the usual e-mail address. Any more ideas on venues would be welcome.

*A Selection from our Salad and Buffet Bar
Roasted Pear & Blue Cheese Salad*