



# WHITE HORSE HARRIERS

## 2007/8 Chairman's Report

10<sup>th</sup> October 2008

Gareth Smith



# Jessica Harrison

12th Place  
Olympic Triathlon  
Beijing



... and a member of White Horse Harriers



## Women's Results

### INDIVIDUALS:

- Under 11 Girls: Josephine Harrison 8<sup>th</sup>
- Under 15 Girls: Bethan Murphy-Hand 9<sup>th</sup>
- Senior Women: **Frances Briscoe 1<sup>st</sup>**
- Vet 45 Women: Carolyn Murphy 6<sup>th</sup>
- Vet 55 Women: **Angela Briscoe 2<sup>nd</sup>**

### TEAMS

U13/15 Girls – 11<sup>th</sup>  
Women – 1<sup>st</sup> (Div 2)

**Our thanks to the League Organizers**



## Men's Results

### INDIVIDUALS:

- Under 11 Boys: Dominic Banham 13<sup>th</sup>; Charles Harrison 17<sup>th</sup>; Toby Thackray 19<sup>th</sup>; Barnaby Smeddle 22<sup>nd</sup> Robert Rich 24<sup>th</sup>
- Under 13 Boys: Liam Emberton 16<sup>th</sup> ; Tom Froud 20<sup>th</sup>
- Under 17 Boys: Thomas Joyce 10<sup>th</sup>
- Senior Men: Matt Hart 19<sup>th</sup> ; Terry Coakley 35<sup>th</sup>; Graham Wiggins 43<sup>rd</sup>
- Under 20 Men: Tim Traynor 5<sup>th</sup>; Joseph McCrohon 8<sup>th</sup>
- Vet 40 Men: Jeremy Smeddle 36<sup>th</sup> Dene Stringfellow 38<sup>th</sup> Nick Portsmouth 42<sup>nd</sup>
- Vet 50 Men: Rob Traynor 10<sup>th</sup>
- Vet 60 Men: **Frank Briscoe 1<sup>st</sup>**

*Joseph McCrohon has competed in every Oxford Mail League race for 4 years.*

### TEAMS:

- U13 Boys 6<sup>th</sup> U15/17 Boys 11<sup>th</sup>
- Men 2<sup>nd</sup> (Div 2); B team 8<sup>th</sup> Div 3.



# County XC Championships

**Held at Banbury. 6<sup>th</sup> January 2008**

- **U11 Boys:** Dominic Banham 8<sup>th</sup>; Charles Harrison 14<sup>th</sup>
- **U13 Girls:** Josephine Harrison 5<sup>th</sup>; Emma Rose 8<sup>th</sup>
- **U13 Boys:** Matt Rose 9<sup>th</sup>; Tom Froud 15<sup>th</sup>; Alastair Paterson 18<sup>th</sup>
- **U15 Girls:** Bethan Murphy-Hand 6<sup>th</sup>
- **U15 Boys:** James Belcher 8<sup>th</sup>; Gary Paterson 17<sup>th</sup>
- **U/17 Men:** Thomas Joyce 8<sup>th</sup>
- **U/20 Men:** **Tim Traynor 1<sup>st</sup>; Robert Bowles 2<sup>nd</sup>**
- **Senior Women:** **Frances Briscoe 1<sup>st</sup>; Josephine Rhodes 2<sup>nd</sup>**; Carolyn Murphy 14<sup>th</sup> (3<sup>rd</sup> V45); Ana Ramos-Villaverde 30<sup>th</sup>
- **Senior Men:** Stuart Shilston 18<sup>th</sup> (4<sup>th</sup> V40); Neil Chapman 22<sup>nd</sup>; Terry Coakley 38<sup>th</sup>; Graham Wiggins 45<sup>th</sup>; Clifford Mills 58<sup>th</sup>; Mark Godden 59<sup>th</sup>; Rob Trainer 60<sup>th</sup>; Dene Stringfellow 71<sup>st</sup>

Teams:           **Senior ladies 1<sup>st</sup>**  
                      **Senior Men 3<sup>rd</sup>**





# Cross-Country

## **Berks Bucks & Oxon – Newbury**

Ladies; 1<sup>st</sup>: Frances Briscoe; 2<sup>nd</sup> Josephine Rhodes; 40<sup>th</sup> Ros Knopp.  
4<sup>th</sup> Team.

Men: 13<sup>th</sup> Tim Traynor; 27<sup>th</sup> Tim Hughes; ... 99<sup>th</sup> Dave Martin  
5<sup>th</sup> & 13<sup>th</sup> Teams

## **Southern Championships:**

Sen Ladies: Frances Briscoe 10<sup>th</sup>

U/20 Men: Robert Bowles 48<sup>th</sup>

## **National – Alton Towers**

Senior Ladies: Frances Briscoe 41<sup>st</sup>; Josephine Rhodes 173<sup>rd</sup>

Senior Men: Graham Wiggins 943<sup>rd</sup>

## **Inter Counties:**

Senior Ladies: Frances Briscoe 79<sup>th</sup>

U13 Boys: Matt Rose 240<sup>th</sup>

Senior Men: Owain Bristow 136<sup>th</sup>



# Cross-Country

**'Mini' Cross Country races** for Youngsters now in second season.

A successful innovation from last year.

74 competitors in the most recent event in September 2008.

**Ridgeway Relay** - 13<sup>th</sup> team in 11:29:38

(22sec faster than last year. Beat 14<sup>th</sup> team by 14 seconds)

Thanks to Dene Stringfellow for organizing and running.

## **Teddy Hall Relays**

Mixed Team 3<sup>rd</sup> . (Lucia Singer, Frances Briscoe, Simon Atkin; Frank Briscoe);

Men's Team 93<sup>rd</sup> ( Nick Portsmouth, Kevin Harris, Dene Stringfellow,

Gareth Smith )

Individuals: Ladies: Frances Briscoe 8<sup>th</sup> 21:03

Simon Leech won the Club XC Handicap.

Alex Mills won the New Year's day Handicap.

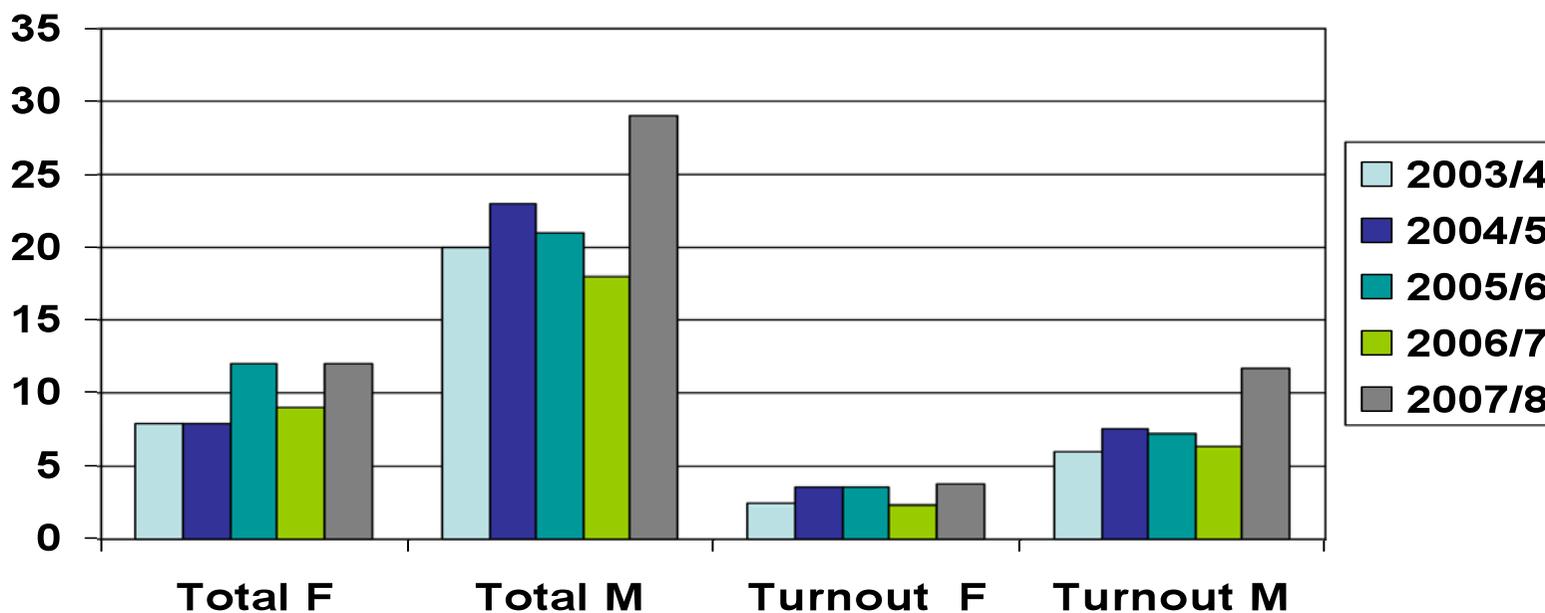


# Club Cross-Country Champs

Total of 9 races: 5 \* Oxford Mail League; 1 \* Wessex League  
Southern, County & BB&O

Winners: Frances Briscoe, Carolyn Murphy (vet)  
Matt Hart, Stuart Shilston (vet)

Medals given to all Young Harriers who competed.





# Cross-Country

For the 2008/9 Cross-Country Season we have affiliated in addition to the **Chiltern League**.

## Benefits:

- Possibility of some races closer than Wessex League.
- Saturday Races for those who cannot make Sundays.

*However, some date clashes.*



# Road Running

## Some notable results (1)

### **Highworth Half Marathon 20<sup>th</sup> January:**

2<sup>nd</sup> Tim Hughes 76:23; 4<sup>th</sup> Neil Chapman 78:11  
13<sup>th</sup> Stuart Shilston 83:26; 73<sup>rd</sup> Lucia Singer 98:55  
**2<sup>nd</sup> Team**

### **Banbury 15: 9<sup>th</sup> March:**

Jason Cooke 17<sup>th</sup> 1:34:35  
Chris Wilder 20<sup>th</sup> 1:35:41  
Lucia Singer 74<sup>th</sup> 1: 48:52 (4<sup>th</sup> Lady O/45)

### **White Horse Half Marathon 6<sup>th</sup> April:**

1<sup>st</sup> Owain Bristow 71:57; 80<sup>th</sup> Dave Murfin 93:49

### **London Marathon; 13<sup>th</sup> April:**

5 Harriers finished:

Chris Wilder (2.56.20); Mike Smith (3:35:40);  
Philip Harrison (3:58:38) Jan McCabe (5:03:54);  
Jason Cooke(7:31:57)

### **Chiltern Chase 1<sup>st</sup> June.**

Paul Jégou 8<sup>th</sup> 36:31; Jason Cooke 9<sup>th</sup> 36:56



# Road Running

## Some notable results (2)

### **Oxfordshire Road Relays 20<sup>th</sup> April**

- Vet. Ladies Team 6<sup>th</sup> (Catherine Wainwright, Angela Briscoe, Ros Knopp)
  - Men's Team 7<sup>th</sup> (Neil Chapman, John Peake, Terry Coakley, Mark Trott, Paul Jégou, Chris Wilder)
  - U13/15 Girls: 'A' team 2<sup>nd</sup> (Bethan Hand, Ellie Dykes, Sophie Lloyd);
  - U13/15 Girls: 'B' team 4<sup>th</sup> (Becky Hodgson, Martha Dyet, Lucy Shilston)
  - U13/15 Boys: 'A' team 1<sup>st</sup> (James Rhodes, Anthony Holmes, James Ritter)
- Individuals: James Ritter – fastest U13/15 boy.

**Hornton 6 26<sup>th</sup> July:** Paul Jégou 8<sup>th</sup> 35:11

**Mota-vation series:** Final positions (Required 4 out of 5 races)

- Senior Men: 9<sup>th</sup> Paul Jégou; 16<sup>th</sup> Jason Cooke
- Vet 40 Men: 19<sup>th</sup> John Peake; 20<sup>th</sup> Simon Leech  
22<sup>nd</sup> Simon Atkin; 27<sup>th</sup> Jeremy Smeddle
- Vet 50 Men: 14<sup>th</sup> Gareth Smith

Men's team finished 14<sup>th</sup> overall.



# Club Road Championship

## 11 Races in total – 8 to count

Banbury 15 – March

Chiltern Chase – June

Motavation Series: May; June; July; August (start & end)

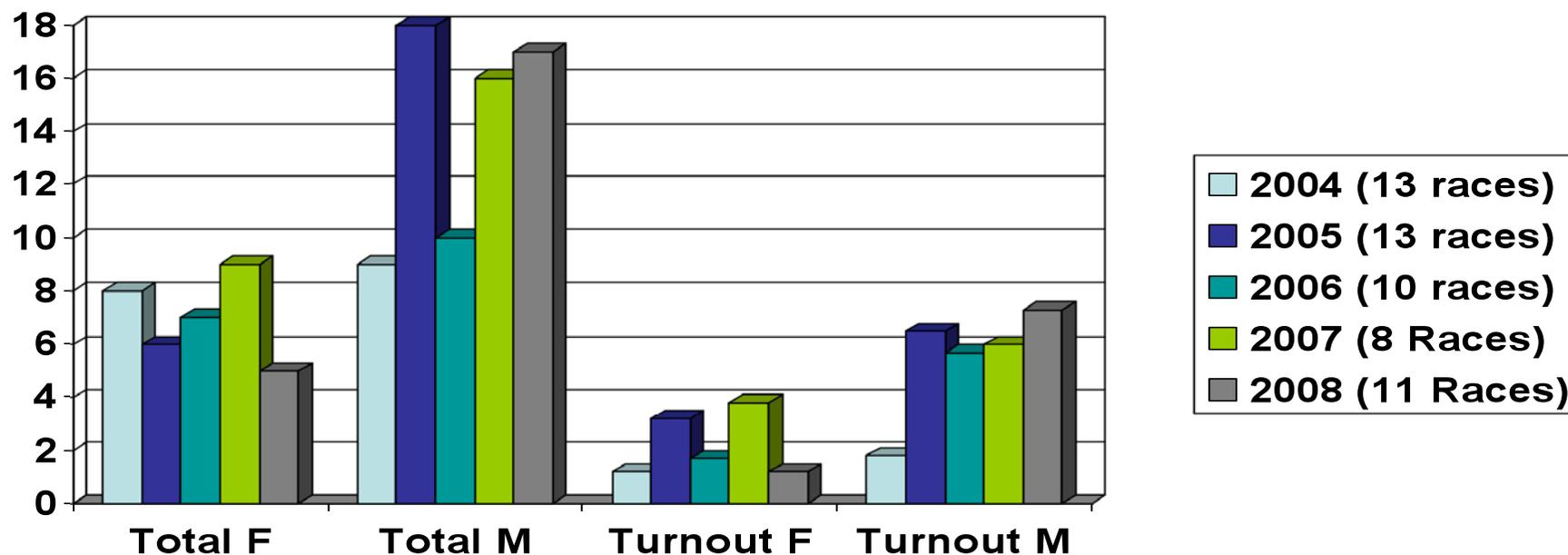
Hornton 6 – July

Woodstock 12 – Sep

Hanney 5 – October

Abingdon Marathon – Oct.

The Woodstock 12 was cancelled and was replaced with the Blackland 8





# Athletics

# County Championships

## Horspath

(Only listed 1<sup>st</sup> to 4<sup>th</sup> positions. 27 Harriers took part)

- Sophie Lloyd 4<sup>th</sup> U/13 Girls 1500m
- Frances Briscoe 1<sup>st</sup> Senior Ladies 1500m
- Matthew Rose 3<sup>rd</sup> U/13 Boys 1500m; 4<sup>th</sup> 800m
- Anthony Holmes 2<sup>nd</sup> U/15 Boys 1500m
- James Ritter 3<sup>rd</sup> U15 Boys 800m; 4<sup>th</sup> High Jump
- James Rhodes 4<sup>th</sup> U15 Boys 800m
- Gareth Paterson 2<sup>nd</sup> U17 Boys Shot Putt
- Joseph McCrohon 4<sup>th</sup> U/20 Men 400m
- Paul Jegou 2<sup>nd</sup> Senior Men 3000m
- Bruce Charles 1<sup>st</sup> M60 100m Hurdles; 1<sup>st</sup> Pole Vault; 2<sup>nd</sup> Javelin
- Dick Jégou 1<sup>st</sup> V60 Shot Putt; 1<sup>st</sup> Discus; 2<sup>nd</sup> Hammer; 3<sup>rd</sup> Javelin





# Club Athletics Championships

## Second "Annual" Club Athletics Championships

King Alfred's Field, Wantage. Thursday 17<sup>th</sup> July

Another great success!

3 Events: 100/80m; 800/600m; Shot Putt/Cricket Ball.

M40: Neil Druce

U17 Boys: Gary Paterson

U13 Boys: Matt Rose

U9 Boys: Matthew Druce

Women: Marie Craze

U15 Girls: Ellie Dykes; Rachael Bedford; Bethan Murphy Hand

U11 Girls: Eleanor Quirk

Senior Men: Graham Wiggins

U15 Boys: Dominic Rowland

U11 Boys: Chris Druce

U7 Boys: Harry Atkin

U13 Girls: Sophie Lloyd

U9 Girls: Jessica Quirk

Families: **Family Standings** (3 competitors from at least 2 generations)

1. Druce (Chris, Matthew, Neil)
2. Craze (Ryan, Nigel, Chloe, Marie)
3. Quirk (Emma, Eleanor, Jessica, Ian)

A total of four families completed the events.

**Particular thanks to the Briscoe family for the event preparation.**



# Athletics

Dick Jégou: M60 category:

**British Record** for the 28lb Shot Putt of 6m87  
Midland Masters Throws Fest on 28<sup>th</sup> September.

## **Oxfordshire “Fit2Run” Junior T&F League (U/20)**

Provided good competition for youngsters.

3 fixtures through season

Overall 7<sup>th</sup> (last) in both boys and girls.

Total of 18 girls and 33 boys took part from WHH.

In some events / age categories we were not fielding competitors.

*We still do not field either a senior men’s or women’s athletics team*



# Vets Athletics League

Total of 4 matches, Monday evenings

Half of events at each fixture

Local (In 2008: Oxford, Abingdon (2), Bracknell)

Friendly .....

Five WHH members competed as “non-scorers”  
(in addition to a couple competing for another club)

Note enough people to form a team

Encourage for next year



## 2008 Club Records (Girls)

- U9 Girls

– 50m	9.1	Megan Gardiner
– 75m	13.5	Megan Gardiner
– 800m	3:52.2	Mikaela Hansen
– Standing Long Jmp	1.36m	Carmen Tracey-Ramos
– Cricket Ball	15.64m	Holly Jackson

- U11 Girls

– Cricket Ball	21.85m	Emma Rose
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- U13 Girls

– 1200m	4:32.8	Sophie Lloyd
– Javelin	13.77m	Sophie Lloyd
– 4x100m	63.1	S Lloyd, E Turner, J Harrison, C Craze



## 2008 Club Records (Boys)

- U9 Boys
  - 50m 9.3 Matthew Druce
  - 80m 14.2 Charlie Harrison (equalled)
  - 150m 25.0 Charlie Harrison
  - Standing Long Jump 1.61m Matthew Druce
  - Cricket Ball 27.55m Charlie Harrison
- U11 Boys
  - 75m 11.2 Jamie Rowland
  - 11.2 Nicholas Batten
  - 80m 12.0 Chris Druce
  - 150m 22.8 Ryan Craze
  - 600m 1'58.4 Chris Druce
  - 55m Hurdles 11.0" Jamie Rowland
  - Long Jump 3.85m Chris Druce
  - Cricket Ball 35.50m Chris Druce
  - 4x100m 66.8 Batten, Craze, Jackson, Druce



## 2008 Club Records (Boys)

- U13 boys
  - 80m 12.76 Sam Cornick
  - 150m 23.34 Matthew Rose
  - 1200m 4'24.8 Thomas Rudell; Matthew Rose
  - Javelin 21.63m Matthew Rose
  - 4x100m 60.4 Bellerby, Rose, Batten, Olliffe
- U15 Boys
  - 80mH 14.1 Dom Rowland
  - High Jump 1.60m James Ritter
  - 4x100 56.0 (Holmes, Preece, Paterson, Ritter)
- U17 Boys
  - Shot Putt 8.84m Gary Paterson



## 2008 Club Records (Men)

- M60

– Shot Putt	10m94	Dick Jégou
– Heavy Hammer	12m56	Dick Jégou
– Throws Pentathlon	2827pts	Dick Jégou



# White Horse Half Marathon 2008

**Another successful year with thanks again to:**

**Race Secretary - Kevin Harris;**

**Race Sponsor - Nick Ponting**

**Bob Harrison; Dene Stringfellow**

**383 finishers**

Charitable support for Helen and Douglas House of £1000

(Separately individual runners raised a further £850.

Again a profitable race with very favourable comments.

**Another Very Successful Event**

**Thank you to all who helped**

Particular thanks to Graham Pickup and County Team.



# White Horse Half Marathon 2008

**In 2007 we were short of marshals. 2008 was much better. Thank You!**

This year we organised two training sessions for marshals.  
This was very successful:

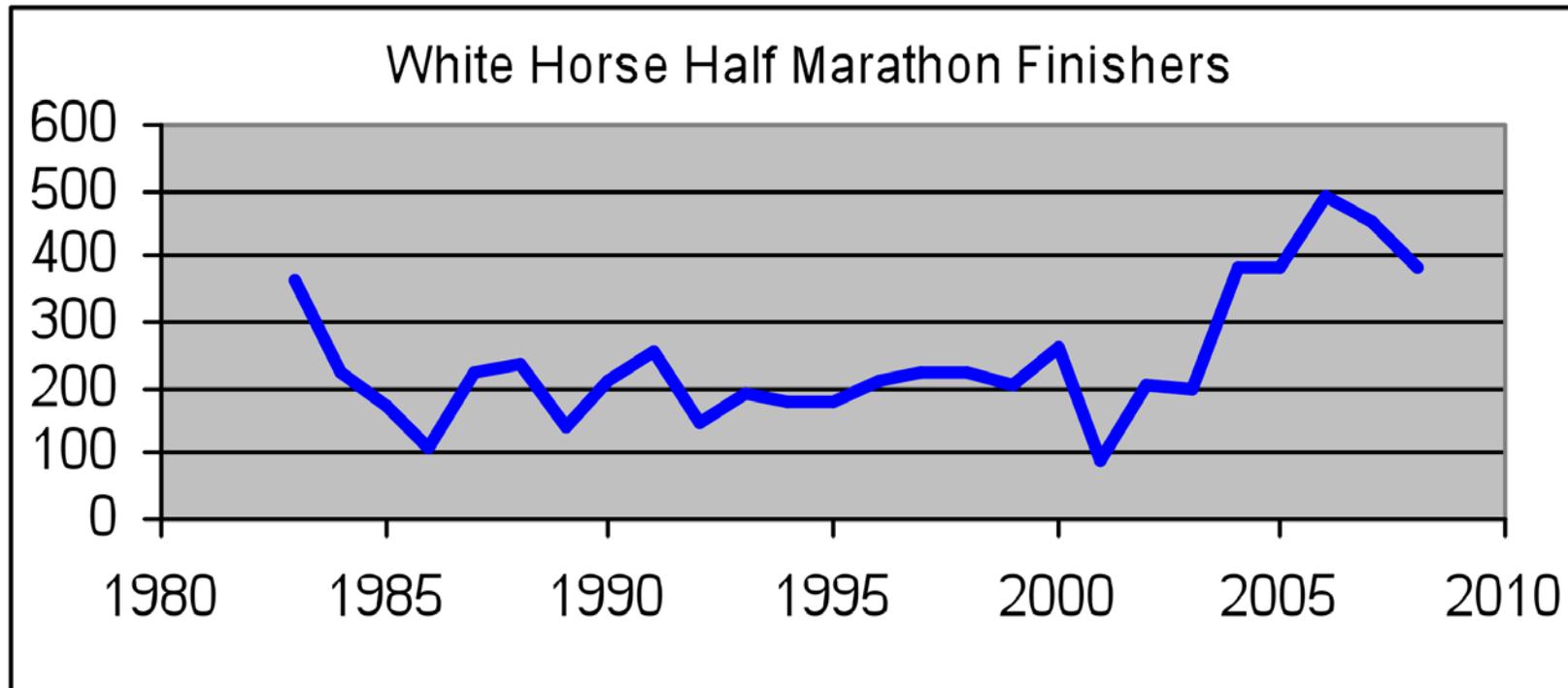
- 'Buy in' from a good number of people.
- Marshals better understood the job.

The 2008 race was nearly cancelled. There was snow in in the early hours. In the end the decision to go ahead was the correct one.

Congratulations to Owain Bristow on winning the race.



# Half Marathon Finishers





# White Horse Half Marathon 2009

**Sunday 5<sup>th</sup> April 2009**

A marshal training session will be held this year.

The race does underpin the clubs finances and is an important event in the local road running calendar.

We aim to keep it an event we can be proud of.

We will again support Helen  
and Douglas House





# Web Site(s)

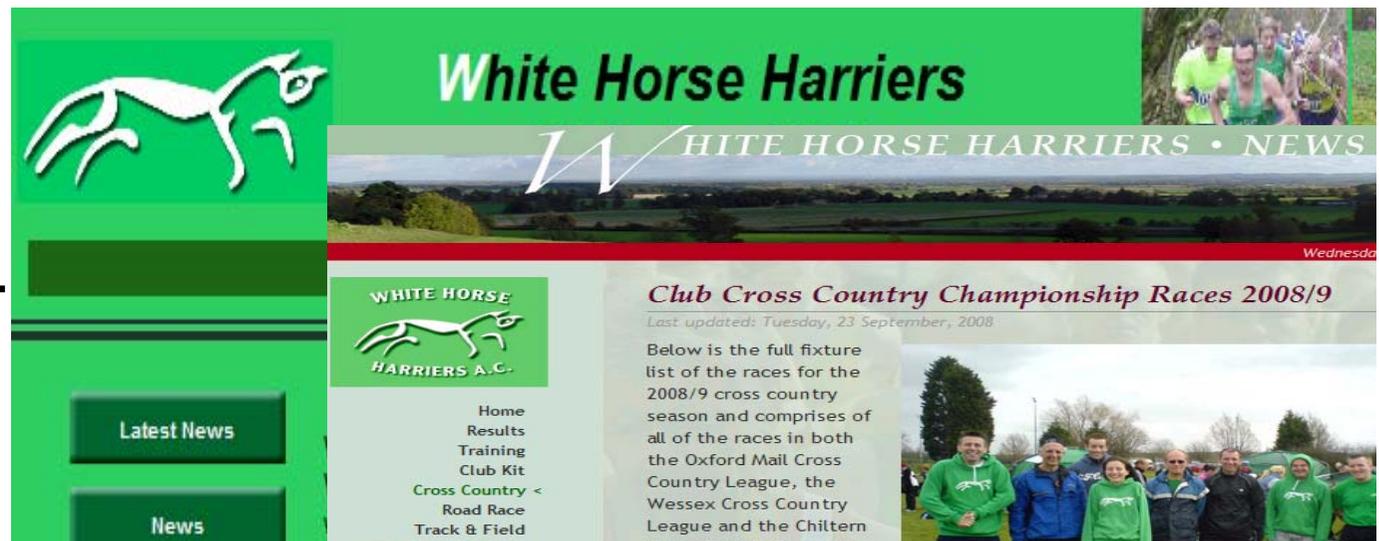
<http://www.whitehorseharriers.org>

Includes Half Marathon Results; Club Trophy winners and Club records

## News Update Web Pages

With thanks to Dene Stringfellow

Two separate Web Sites. Needs re-organizing...





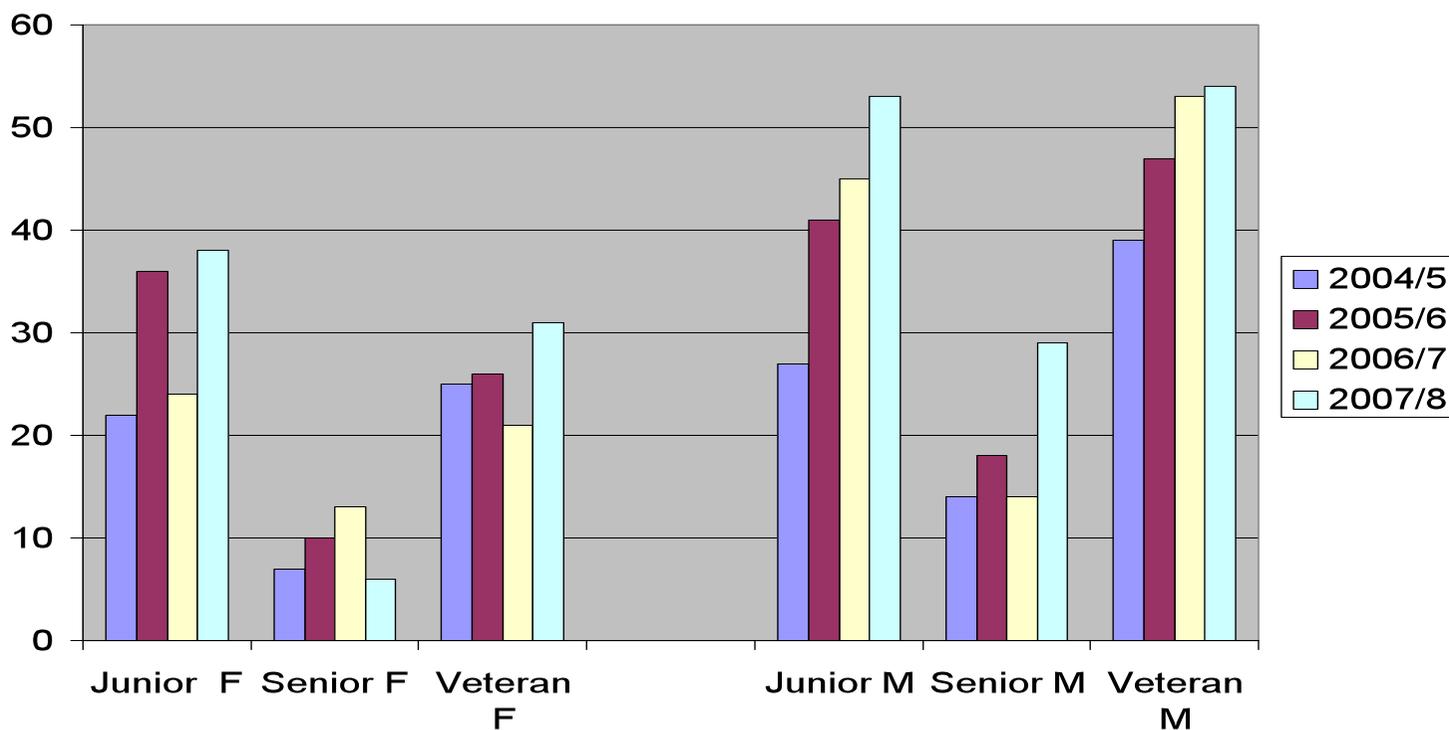
# Communications.....

- The Harrier Bite-Sized for Information
  - (3 copies in year)
- The Harrier
  - (One issue in Spring)
- Reminders etc. on e-mail list
  - thanks to Dene Stringfellow
- Moving to “opt-in” for communication by e-mail
  - e.g. for Bite-Sized Harrier.
  - Not for AGM notifications, The Harrier





# Membership (Total 2007/8: 211)



Note - fee to England Athletics for “competing” members.

BUT many membership cards not sent out....

Thank you to Mark Godden (membership secretary) for fighting this bureaucracy.



# Training and Coaching (1)

Thanks to all the others who have helped, including:

Tom King, Angela, Frances & Frank Briscoe, Dick Jegou, Sheila Bailey, Lucia Singer, Joanne Booker, Bruce Charles, Dave Martin, Terry Coakley, Simon Leech, Clifford Mills

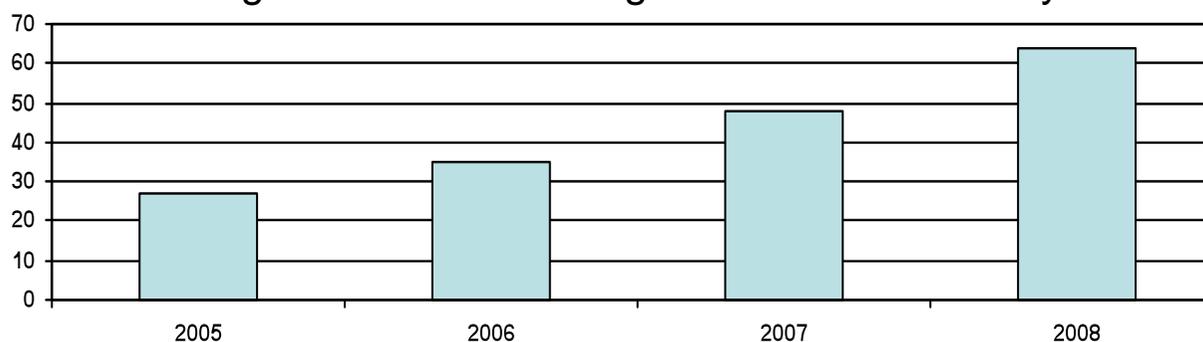
- **Thursdays (Wantage)**  
Sessions for Senior Ladies and Men and multiple groups of young athletes. (Very well attended – see next slide)  
Innovation this winter: Use of field at front of sports centre for young athletes, but still not ideal.  
Would *still* like a run at a pace in between the Ladies & Men's groups.
- **Tuesdays (Tilsley Park)**  
Varies - 2 to 16 Young Athletes - plus Seniors. Now picking up.
- **Saturdays (Ardington)**  
Varies 5 - 9 Young Athletes. Also picking up in last month or so.  
Seniors welcome on this session as well.
- **Sundays (Wantage or elsewhere)**  
Sunday session now established - thanks to Dene Stringfellow.



# Training and Coaching (2)

## Thursday Training Sessions

Average numbers of Young Athletes on Thursdays:



Total of 90 different young athletes this September, 115 over summer.

**We need more help with these training sessions.**

**Or we have more help but we have even more young athletes!**

**We are loosing Frances Briscoe's assistance.**

**A particular thank-you to Frances for all her efforts.**

**Introduced waiting list for primary school age children.**

Note: Relative lack of qualified officials.



# Social Evenings and Club Handicaps

No summer 'social'. Trophies presented at the club's athletics championships. This is not ideal – need a suitable occasion to present trophies in the Spring.

Summer Barbecue at Rowstock  
With thanks (again) to Mike and Elaine Kerswell.

Autumn Social planned for the Comrades Club in November.

Cross-Country Handicap at Sparsholt: The Thursday evening slot seems to work well.

New Years Day Handicap (11am. The Nelson). There is a new trophy for this event.



# Also.....

Developments on Grove Airfield  
Need to be followed...



Association of Running Clubs  
...changes to the structures of the governing  
bodies

Vale Athletics Development Group  
School – Club links in the vale.



# Survey

Sent out with last year's (2007) subscription renewal.  
104 replies.

- Aware of Road & X/C fixtures? No – 9
- Interested in Local Track & Field Competition? Yes – 30
- More likely to compete if Minibus Provided? Yes – 12
- Which is the best way to keep you informed?
  - E-mail/web – 45
  - Newsletter – 12
- Interested in beginner session on Thursday nights? Yes – 7
- Would you be happy to lead beginners group? Yes – 16
- Are you interested in Circuit Training Yes - 40
- Are you able to help with the half marathon. Yes - 25



# 2007/8 Challenges

- Sustain the Improvements:
  - Local events (Club athletics & Youngsters Cross Country) ✓
  - Maintain the quality of the Half Marathon ✓
- More help with Young Athletes at training sessions.
- Better approach for joggers / beginners ✗
- Better Press coverage. ✓
- The Harrier to start-up again on a regular basis.

*Not forgetting our main aim to increase participation and performances at all levels.*



# 2008/9 Challenges

- More help with Young Athletes at training sessions.
- “Course” for joggers / beginners
  - “Jog England” initiative from England Athletics
- Achieve Clubmark Accreditation
- Look at how to improve training venues (?)

*Not forgetting our main aim to increase participation and performances at all levels.*



# Clubmark



Introduced by Sport England in 2002.

For clubs with young athletes.

- Aims to spread good practice, give parents confidence etc.
- Accreditation requires clubs to comply with minimum operating standards in four areas:
  1. Programme (coaching; training; competition)
  2. Duty of care and child protection
  3. Sports equity and ethics
  4. Club management

<http://www.clubmark.org.uk/>



# Clubmark



- What does it really mean?
  - Documentation & procedures  
(See Simon's examples)
  - Courses.  
(For example two people must attend "Safeguarding and Protecting Children")
- Clubmark Accreditation already achieved by many local clubs (e.g. Abingdon; Oxford City)
- Becoming a pre-requisite to appear in centrally produced publicity; receive grants.

*White Horse Harriers should work to obtain Clubmark Accreditation.*



# Ideas for Discussion....

- Clubmark
- White Horse Harriers Approach to Support for Charities.
- How to allocate Club London Marathon places.



# Committee

The members of the committee for 2007/8 were:

## General Members

Chairman: Gareth Smith  
Secretary: Dick Jégou  
Treasurer: Neil Druce  
Membership: Mark Godden  
Road Running: Dene Stringfellow  
Cross-Country: [Paul Jégou](#)

Bob Harrison  
Tom King  
Angela Briscoe  
[Frances Briscoe](#)

(Those in [blue](#) have stood down ahead of this AGM.)

## Non-committee roles

Child protection: Jeff Penfold  
Half marathon sec: Kevin Harris  
Club records: Frances Briscoe

Kit: Angela Briscoe  
Web: Dene / Gareth  
Oxon AA Rep: Dick Jégou



# Summary

## Another Good Year

There have been many great achievements.

Lots of activities on many fronts.

A lot of effort put in by a good number of people.

Thank you to ALL who have helped make the year  
so successful.