



# WHITE HORSE HARRIERS

## 2010/11 Chairman's Report 14<sup>th</sup> October 2011 Gareth Smith

### Cross Country 2010-2011 Season

The Cross-Country season has continued the standard pattern that we have had for some years with the season based around the Oxford Mail league and Championship races. For the last three seasons we have affiliated in addition to the Chiltern League, and have renewed this for the 2011/12 season. This provides some additional competition, both in terms of standard (it is a tougher league), different venues and Saturday races. We also continue to affiliate to the Wessex league which provides additional competition both cheaply and with a number of courses that our runners have enjoyed.

The 'Mini' Cross Country races for Young Athletes are now in their fifth season. Last year we had four races (two on Thursday evenings, two on Saturdays).

### Oxford Mail XC League

#### Women's Results

##### INDIVIDUALS - Final league Positions:

- **Under 11 Girls:** Emma Hazell 20<sup>th</sup> =; Amy Godfrey 22<sup>nd</sup>; Phoebe Leech 23<sup>rd</sup>
- **Under 15 Girls:** Sophie Lloyd 3<sup>rd</sup>; Josephine Harrison 7<sup>th</sup>
- **V35 Women:** Claire Hazell 19<sup>th</sup>
- **V45 Women:** Ros Burgess 6<sup>th</sup>

##### TEAMS

- U15/17 Girls: 5<sup>th</sup>
- Women: 13<sup>th</sup> (Div 2)

#### Men's Results

##### INDIVIDUALS - Final league Positions:

- **Under 11 Boys:** Ross Wyard 28<sup>th</sup>
- **Under 13 Boys:** Ben Claridge 5<sup>th</sup>; Charlie Harrison 12<sup>th</sup> Benedict Fletcher 18<sup>th</sup>
- **Under 15 Boys:** Tom Froud 12<sup>th</sup>
- **Under 17 Boys:** Anthony Holmes 4<sup>th</sup>, Alex Mills 10<sup>th</sup>
- **Under 20 Men:** Jonathan Cornish 2<sup>nd</sup>
- **Senior Men:** Paul Jégou 7<sup>th</sup>, Dan New 34<sup>th</sup> =; Graham Wiggins 45<sup>th</sup>.
- **Vet 40 Men:** John Peake 21<sup>st</sup>,
- **Vet 50 Men:** Jeremy Smeddle 28<sup>th</sup>; Dene Stringfellow 30<sup>th</sup>

##### TEAMS:

- U13 Boys 2<sup>nd</sup>
- U15/17 Boys 6<sup>th</sup>
- Men 3<sup>rd</sup> (Div 2)

Our thanks to the League Organizers. I would like to express a particular thanks to Frank Briscoe who produced the results and attended the fixtures despite living in Barcelona.

### Oxfordshire County Championships

Held at Horspath / Shotover. 2<sup>nd</sup> January 2011

- **U11 Girls:** Emma Hazell 20<sup>th</sup>; Phoebe Leech 21<sup>st</sup>; Rhiannon Fletcher 36<sup>th</sup>



- **U15 Girls:** Sophie Lloyd 4<sup>th</sup> Josephine Harrison 5<sup>th</sup>
- **U20 Women:** Alice Lord 5<sup>th</sup>
- **Sen/Vet Women:** Karen Froud 34<sup>th</sup> ; Clare Hazell 36<sup>th</sup>
- **U11 Boys:** Ross Wyard 18<sup>th</sup>
- **U13 Boys:** Ben Claridge 4<sup>th</sup>; Charlie Harrison 15<sup>th</sup>; Benedict Fletcher 17<sup>th</sup>
- **U15 Boys:** Tom Froud 13<sup>th</sup>
- Alastair Paterson 14<sup>th</sup>
- **U/17 Men:** Anthony Holmes 2<sup>nd</sup>; Alex Mills 7<sup>th</sup>; Mitch Lomas 11<sup>th</sup>
- **U/20 Men:** Jonathan Cornish 4<sup>th</sup>
- **Sen/Vet Men:** Tim Traynor 4<sup>th</sup>; **Paul Jégou** 10<sup>th</sup>; Dan New 45<sup>th</sup>; John Peake 51<sup>st</sup>; Simon Leech 65<sup>th</sup>; Clifford Mills 93<sup>rd</sup>; Graham Wiggins 99<sup>th</sup>; Simon Lord 111<sup>th</sup>

## **Berks Bucks & Oxon – South Park, Oxford 20<sup>th</sup> November 2010**

- **U/13 Boys:** Ben Claridge 7<sup>th</sup>; Charlie Harrison 24<sup>th</sup>; Jack Eggleshaw 36<sup>th</sup>; Benedict Fletcher 38<sup>th</sup>
- **U/15 Girls:** Sophie Lloyd 3<sup>th</sup> ; Josie Harrison 11<sup>th</sup> ; Katie Ward 22<sup>nd</sup>
- **U/15 Boys:** Tom Froud 29<sup>th</sup> ; Mungo Graham 38<sup>th</sup>
- **U/17 Women:** Bethan Murphy-Hand 5<sup>th</sup>
- **U/17 Men:** : Anthony Holmes 10<sup>th</sup>; Alex Mills 16<sup>th</sup> Mitch Lomas 17<sup>th</sup>
- **Senior Women:** Ros Burgess 24<sup>th</sup> (5<sup>th</sup> vet); Catherine Wainwright 46<sup>th</sup> Jan McCabe 49<sup>th</sup>
- **Senior Men:** Paul Jégou 12<sup>th</sup> ; Jonathan Cornish 22<sup>nd</sup> ; Steve Marshall 28<sup>th</sup> ; Tim Hughes 43<sup>rd</sup> ; Dan Peace 55<sup>th</sup> ; Dan New 59<sup>th</sup>; Graham Wiggins 80<sup>th</sup>; Neil Druce 84<sup>th</sup>; Jim Lawton 85<sup>th</sup> ; Clifford Mills 95<sup>th</sup> ; Simon Atkin 97<sup>th</sup>; Pete Bainbridge 100<sup>th</sup>; Jeremy Smeddle 105<sup>th</sup>; Dene Stringfellow 106<sup>th</sup>

**Teams:** U/13 Boys 8<sup>th</sup> ; U/15 Girls 4<sup>th</sup> ; U/17 Men 4<sup>th</sup> ; Sen Women 13<sup>th</sup> ; Sen Men 5<sup>th</sup>

## **Southern – Parliament Hill – 29<sup>th</sup> January 2011**

- **U/13 Boys:** Ben Claridge 59<sup>th</sup>; Charlie Harrison 206<sup>th</sup>
- **U/15 Girls:** Sophie Lloyd 45<sup>th</sup> ; Josie Harrison (TBC)
- **U/17 Women:** Bethan Murphy-Hand 97<sup>th</sup>
- **U/17 Men:** Alex Mills 104<sup>th</sup> ; Mitch Lomas 122<sup>nd</sup>
- **U/20 Men:** Jonathan Cornish 64<sup>th</sup>
- **Senior Women:** Lucia Singer 216<sup>th</sup>; Carolyn Murphy 255<sup>th</sup>; Ros Burgess 263<sup>rd</sup>
- **Senior Men:** Paul Jégou 177<sup>th</sup>; Jim Lawton 744<sup>th</sup>; Adrian Evans 767<sup>th</sup>; Dene Stringfellow 839<sup>th</sup>

## **National – Alton Towers – 19<sup>th</sup> Feb 2011**

- **Junior Men:** Jonathan Cornish 136<sup>th</sup>
- **Senior Men:** Graham Wiggins 848<sup>th</sup> ; Dene Stringfellow 1209<sup>th</sup>

## **Wessex League 2009/10 season.**

- Overall Winner of Senior Men's Category: Paul Jégou.
- Runner Up of V40 Men's Category: John Peake

**Ridgeway Relay 21st June:** 15th team: 11h14:12. (Our third fastest time for the event).

**Marlborough Downs Challenge 20-mile Trail Race. 14<sup>th</sup> May:** Paul Jégou won this race in a time of 2h09:21. This race included the official UK Trail Running Championships for the Middle Distance (13–26 miles) category. **Paul is the Harriers' first ever Senior Men's National Champion!**

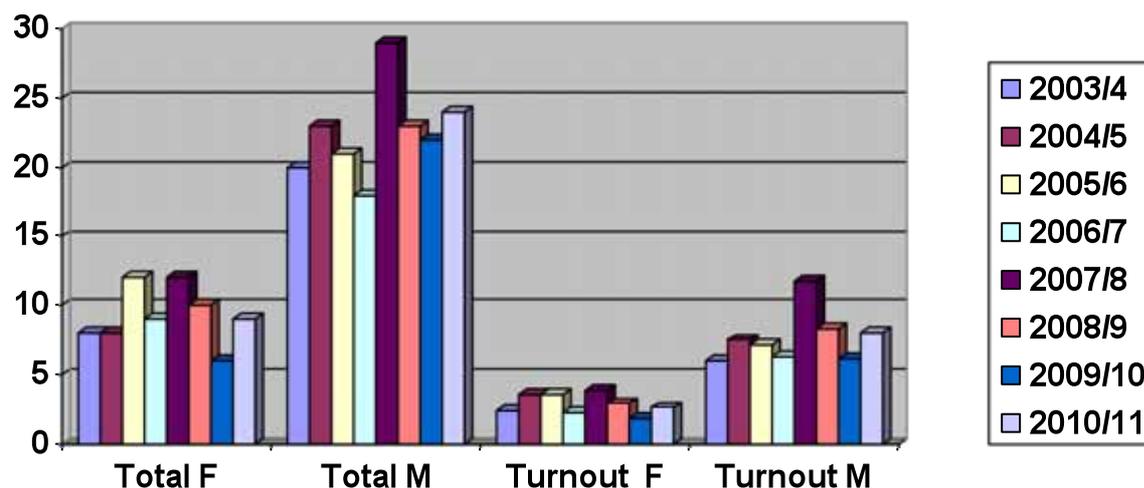
Paul Finch won the Club **Cross-Country Handicap**.  
Barbara Margetts won the **New Year's Day Handicap**.

## **X-Country Champs (Senior)**

Initially the championship was to be from a total of 10 races with the best 8 to count. However, the merger of the Oxfordshire County Championships with one of the Oxford Mail league races reduced the total to 9. These being:  
5 \* Oxford Mail League (including County Champs); 1 \* Wessex League; 1 \* Chiltern League, Southern & BB&O

**Winners: Senior Men:** Paul Jégou , **Vet Men:** John Peake  
**Senior & Vet Ladies:** Ros Burgess

The following graph shows the total number of Harriers (Male & Female) who have competed in each of the last eight cross-country seasons along with the average number of Harriers at each of the races in the club championship.



## X-Country Champs (Junior)

Total of 12 races:

5 \* Oxford Mail League (including County), 1 \* Chiltern League, BB&O, Southern, 4 \* Club Time Trials  
Statuettes were presented to the individual age group winners and medals to all who had taken part in four or more of the events.

Age Group	Winner	No of participants (For 09/10 shown in brackets)
U/9 Girls:	Rhiannon Fletcher	3 (2)
U/9 Boys:	Ross Wyard	2 (0)
U/11 Girls:	Emma Hazell	12 (14)
U/11 Boys:	Isaac Allen	1 (9)
U/13 Girls:	Eloise Graham	5 (13)
U/13 Boys:	Ben Claridge	11 (16)
U/15 Girls:	Sophie Lloyd	9 (5)
U/15 Boys:	Tom Froud	9 (9)
U/17 Girls:	Becky Hodgson	2 (4)
U/17 Boys:	Alex Mills	4 (3)

The Trophies for the Best Young Harriers were awarded to Sophie Lloyd and Jonathan Cornish.

## Track & Field Athletics

White Horse Harriers has not fielded a senior team in Track & Field competitions for some years. A small number of WHH members have completed in T&F athletics for other clubs, including in the Southern and Veteran's Leagues. During this last season Dan Peace and Dan New competed for Radley AC in the Southern Athletics League – and this reflects the good relationship we have with other local clubs such as Radley. For the Young Athletes (up to U/17) the Oxfordshire Junior T&F League has provided good competition, although this does only comprise three fixtures each season. This year has seen the creation of an Oxfordshire Combined Team that has taken part in the National Junior T&F League. This has provided a significant amount of extra competition for our Under-20 and Under-17 athletes. The remaining fixtures are made up of the Oxfordshire Championships along with open events etc.

This year also saw the 5<sup>th</sup> Annual Club Athletics Championships, held at King Alfred's School West on Thursday 14<sup>th</sup> July. This was another success with a total of about 40 people taking part in at least one of the four (100/75m; 800/600/400m; Long Jump; Shot Putt/Vortex Throw)

In the Oxfordshire Junior Track & Field League our teams finished well down the table in most age categories. Despite many good performances by our athletes our teams do not have sufficient numbers to finish well up in this league.

Richard Jégou attended an officials course this year. However, we are still very short of officials. We do get some assistance from parents at the YA leagues, but still need more.

## Oxfordshire County Championships

Horspath: 14/15May.



- U13 Girls Discus 3<sup>rd</sup> Eloise Graham 11.49m
- U13 Girls Javelin 4<sup>th</sup> Eloise Graham 12.73m
- U13 Boys 100m 1<sup>st</sup> Ryan Craze 13.34s (In Heats: 13.11 a **Championship Best Performance**)
- U13 Boys 200m 1<sup>st</sup> Ryan Craze 27.60s; 8<sup>th</sup> in heat Benedict Fletcher 38.46
- U13 Boys 800m 10<sup>th</sup> Benedict Fletcher 3m 22.95s
- U13 Boys 1500 3<sup>rd</sup> Okan Onay 5m 18.61s
- U13 Boys Long Jump 11<sup>th</sup> Benedict Fletcher 3.10m
- U13 Boys Discus 2<sup>nd</sup> Okan Onay 17.68m
- U15 Girls 200m 3<sup>rd</sup> Chloe Craze 27.20s
- U15 Girls 300m 1<sup>st</sup> Chloe Craze 43.25s (**Championship Best Performance**)
- U15 Girls 1500m 3<sup>rd</sup> Josephine Harrison 5m 20.45s
- U15 Girls 3000m 2<sup>nd</sup> Josephine Harrison 11m 29.95s
- U15 Boys 800m 6<sup>th</sup> Ben Claridge 2m 27.28s; 7<sup>th</sup> Mark Little 2m 53.84s
- U17 Women 100m 3<sup>rd</sup> Becky Hodgson 13.08s
- U17 Women 200m 2<sup>nd</sup> Becky Hodgson 26.52s
- U17 Women 300m 1<sup>st</sup> Becky Hodgson 43.95s
- U17 Women 800m 1<sup>st</sup> Sophie Lloyd 2m 29.13s
- U17 Women 1500m 1<sup>st</sup> Sophie Lloyd 5m 14.34s
- U17 Men 200m 6<sup>th</sup> Ben Little 27.75s
- U17 Men 800m 5<sup>th</sup> Ben Little 2m 34.12s
- U17 Men Long Jump 5<sup>th</sup> Ben Little 4.50m
- U20 Men 800m 5<sup>th</sup> Anthony Holmes 2m 10.73s
- U20 Men 1500m 4<sup>th</sup> Jonathan Cornish 4m 27.35s
- U20 Men 1500m 5<sup>th</sup> Anthony Holmes 4m 31.34s
- U20 Men 3000m 3<sup>rd</sup> Alex Mills 10m 24.45s
- U20 Men 5000m 1<sup>st</sup> Jonathan Cornish 16m39.8s (*event held on a separate day*)
- U20 Men 10000m 1<sup>st</sup> Jonathan Cornish 34m11.78s (*event held on a separate day*)
- Sen Men 5000m 4<sup>th</sup> Paul Jégou 16m19.5s (*event held on a separate day*)
- V65 Men Shot Putt 2<sup>nd</sup> Richard Jégou 10.31m
- V65 Men Discus 1<sup>st</sup> Richard Jégou 33.63m
- V65 Men Hammer 2<sup>nd</sup> Richard Jégou 29.11m

## Richard Jégou : Masters (V65) Throws:

**Barrie Strange Memorial Throws Meeting – Horspath. 28<sup>th</sup> May 2011:**

1<sup>st</sup> Shott Putt 10.44m; 1<sup>st</sup> Discus 34.04

**Midland Masters T&F Championships – Leicester. 13th June 2011:**

1<sup>st</sup> Hammer 28.24m; 1<sup>st</sup> Shot Putt 9.55m; 1<sup>st</sup> Discus 28.90.

## Top 200 in UK Rankings for 2011.

I have selected those ranked in the top 200 for 2011.

- Eloise Graham U13 Girls Javelin: 133rd 18m68
- Chloe Craze U15 Girls 200m: 127th 26.93; 300m 29th 43.25/42.9
- Josie Harrison U15 Girls 3000m: 62nd 11:18.5
- Becky Hodgson U17 Women: 100m 96th 13.01/12.8; 200m 85th 26.20; 300m 37th 41.48; 400m 24th 58.83
- Ryan Craze U13 Boys 100m: 133rd 13.34/13.11w ; 200m 76th 27.30
- Okan Onay U13 Boys Discus: 141st 18m13
- Mitch Lomas U17 Men 1500mS/C 75th 4m57.9
- Jonathan Cornish U20 Men: 3000m 193rd 9:23.7; 5000m 83rd 16:39.8; 10000m 10th 34:11.78; 5mile 42nd 27:37
- James Ritter U20 Men High Jump: 72nd 1m82
- Tim Hughes V55 Men: 5mile 2nd 27:30; 10Km 4th 34:44; 10mile 1st 56:16; Half Marathon 1st 75:11
- Richard Jégou V65 Men: Shot Putt Indoors 3rd 10.27; Outdoors 4th 10m69; Discus 6th 34.04; Hammer 10th 30.18

## Club Track & Field Records Update

The following is probably an incomplete list of new club Track & Field records. Included below are those performances recorded on the *Powers of 10* web site or notified to me directly.

U9 Girls	Standing Long Jump	1.52m	Eda Onay	Horspath	29/05/2011
U9 Girls	Vortex Throw	13.54m	Eda Onay	Horspath	29/05/2011
U9 Girls	800m	3'18.62"	Eda Onay	Horspath	28/08/2011
U13 Girls	Javelin	18.68m	Eloise Graham	Horspath	28/08/2011
U15 Girls	200m	26.93	Chloe Craze	Horspath	01/05/2011
U15 Girls	300m	42.9	Chloe Craze	Tilsley Park	10/04/2011
<i>U15 Girls</i>	<i>3000m</i>	<i>11' 18.5"</i>	<i>Josephine Harrison</i>	<i>Tilsley Park</i>	<i>31/07/2011</i>
U17/U20/Sen Women	100m	12.8"	Becky Hodgson	Tilsley Park	10/04/2011
U17/U20/Sen Women	200m	26.2	Becky Hodgson	Watford	20/04/2011
U17/U20/Sen Women	300m	41.48	Becky Hodgson	Woking	04/09/2011
U17/U20/Sen Women	400m	58.83	Becky Hodgson	Peterborough	24/07/2011
U13 Boys	Discus	18.83m	Okan Onay	Horspath	28/08/2011
U17 Men	High Jump	1m82	James Ritter	Horspath	28/08/2011
<i>U17 Men</i>	<i>1500SC</i>	<i>4' 57.9"</i>	<i>Mitch Lomas</i>	<i>Horspath</i>	<i>12/06/2011</i>
U20 Men	10000m	34' 11.0"	Jonathan Cornish	Horspath	05/06/2011

*The entries in italics are new records.*

In order to preserve the history of the club records an additional spreadsheet is now available on the web site that records the changes to the records (for both Track & Field and Road Running)

## Track & Field Trophies (2010 Season):

Best Track Performance:	Becky Hodgson
Best Field Performance:	Richard Jégou
Best Young Male Athlete:	Alex Mills
Best Young Female Athlete:	Becky Hodgson
Most Improved Young athlete:	Ben Little

## Road Running 2011 Season

Each year the selection of races for the club's Road Running Championships is made to try and provide a mixture of lengths of race, traditional favourites and some new courses to provide variety. The 2011 competition consists of 13 races of which 8 count. Some leeway was built into this in case an event was cancelled during the season - which has turned out to be the case for the Headington 10Km. In addition to the list below the runners can nominate a marathon for inclusion in their results.

I would like to record here that White Horse Harriers has won the 'Small Clubs' trophy for the Oxfordshire Road Race Grand Prix series for the last 3 years (2008-10).

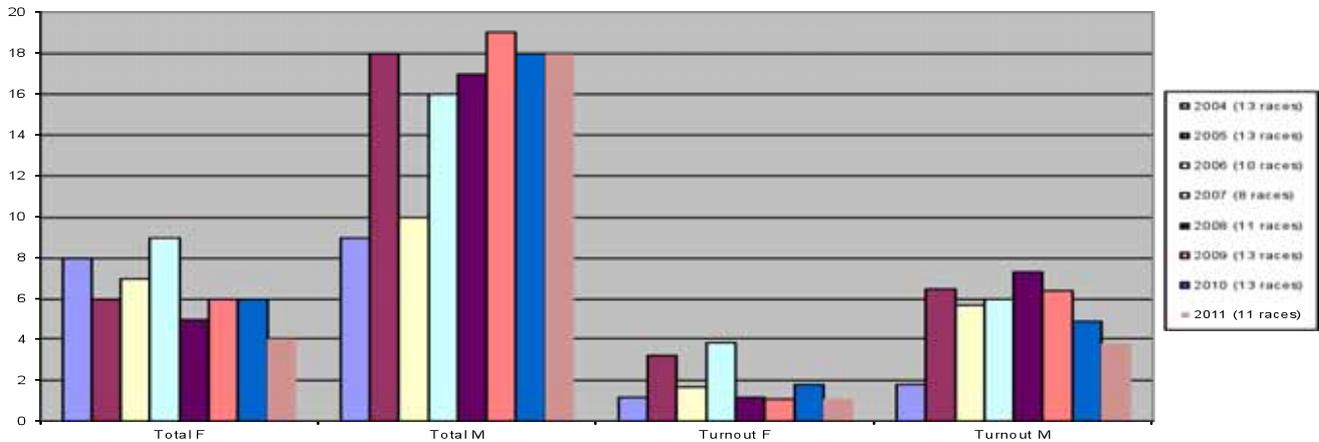
## Road Running Championship Events

List with results for first Harriers home, along with the number of Harriers in the event.

- **Banbury 15:** 67<sup>th</sup> Simon Leech 106:07; 165<sup>th</sup> Graham Wiggins 119:59; 233<sup>rd</sup> Jeremy Smeddle 130:44; 236<sup>th</sup> Nick Portsmouth 130:54.
- **Brill Hilly 10Km:** 9<sup>th</sup> (3<sup>rd</sup> V40) John Peake 39:40; 21<sup>st</sup> Jim Lawton 43:05; 24<sup>th</sup> Simon Leech 43:14; 111<sup>th</sup> Jan McCabe 58:12
- **Motavation Series – Charlton:** 11<sup>th</sup> Paul Jégou 22:21; 20<sup>th</sup> Chris Wilder 22:56; 22<sup>nd</sup> Jason Cooke 23:10; 38<sup>th</sup> John Peake 24:03; 105<sup>th</sup> Adrian Evans 27:45; 60<sup>th</sup> Jan McCabe 33:26
- **Charndon 5Km:** 11<sup>th</sup> Paul Jégou 16:46; 36<sup>th</sup> John Peake 18:12; 131<sup>st</sup> Jeremy Smeddle 22:39; 178<sup>th</sup> Jan McCabe 25:30; 187<sup>th</sup> John Matthews 26:25;
- **Thame 10Km:** 32<sup>nd</sup> John Peake 38:20; 121<sup>st</sup> Adrian Evans 44:47; 193<sup>rd</sup> Graham Wiggins 48:08
- **Didcot 5m:** 3<sup>rd</sup> Paul Jégou 27:30; 7<sup>th</sup> John Peake 29:34; 47<sup>th</sup> Graham Wiggins 37:55; 74<sup>th</sup> Jan McCabe 44:01
- **Down Tow Up Flow Thames Towpath:** 13<sup>th</sup> John Peake 85:12; 260<sup>th</sup> Clare Hazell 117:26; 455<sup>th</sup> Sharon Bedford 124:53; 482<sup>nd</sup> Jan McCabe 127:40
- **Hook Norton 6m:** 4<sup>th</sup> Paul Jégou 33:23; 12<sup>th</sup> (1<sup>st</sup> V50) Tim Hughes 33:51; 24<sup>th</sup> John Peake 36:12 120<sup>th</sup> Graham Wiggins 45:14; 157<sup>th</sup> Clare Hazell 48:04; 233<sup>rd</sup> Jan McCabe 55:35

- **Cotswold Classic 10m:** 24<sup>th</sup> John Peake 64:44; 76<sup>th</sup> Graham Wiggins 77:54; 116<sup>th</sup> Clare Hazell 83:41; 127<sup>th</sup> Nick Portsmouth 26:36; 150<sup>th</sup> Catherine Wainwright 87:41
- **Finstock 10Km:** 1<sup>st</sup> Tim Hughes 36:36; 23<sup>rd</sup> Graham Wiggins 47:26
- **Hanney 5m:** 5<sup>th</sup> Tim Hughes 27:30; 6<sup>th</sup> Jonathan Cornish 27:37; 32<sup>nd</sup> John Peake 30:57; 39<sup>th</sup> Stewart Scott 32:05; 48<sup>th</sup> Paul Finch 33:21; 59<sup>th</sup> Adrian Evans 34:47; (11 Harriers competed).

Road Running Statistics



As announced in the last copy of The Harrier there will be endurance trophies awarded for the Vet50 (men) and Vet45 (women) categories. These will be based on a combination of the runners performances in cross-country and road running, with each runner's best five races of each type counting towards their total.

#### The winners of the Road Running Championship for 2010 were:

Senior & Vet Ladies: Jan McCabe  
 Senior Men: Paul Jégou  
 Vet Men: John Peake

**Bath Half Marathon. 6<sup>th</sup> March:** Tim Hughes finished 73<sup>rd</sup> in this race in a time of 75:11. This not only won the M55 category but placed **Tim at the top of the UK M55 rankings for 2011.**

**North Devon AONB Marathon. 26<sup>th</sup> June:** Paul Jégou finished 2<sup>nd</sup> Overall (1<sup>st</sup> Senior Man) in a time of 3h32:09 on a particularly difficult course.

**Gloucester Half Marathon. 24<sup>th</sup> July:** 1<sup>st</sup> Paul Jégou 1h17:24.

**Cotswold Cross Counties 10k. 4<sup>th</sup> September 2011:** 1<sup>st</sup> John Peake 39:33

**Peasmore 5 Mile Challenge. 11<sup>th</sup> September:** 1<sup>st</sup> Tim Hughes 28:09; 8<sup>th</sup> Anthony Holmes 31:42

**JW Ultra –Stratford upon Avon (30 mile). 24<sup>th</sup> September:** 1<sup>st</sup> Steve Marshall 3h44:16

#### New Road Running Records for 2011.

W55	10Km	45' 48"	Sheila Bailey	Oxford Town & Gown	15/05/2011
M55	10 Miles	56' 17"	Tim Hughes	Maidenhead	22/04/2011
M55	Half Marathon	1 <sup>o</sup> 15' 11"	Tim Hughes	Bath	06/03/2011

#### London Marathon.

The club was awarded two places for the 2011 London Marathon. These were not taken up by the winners of the club's road running championships so were selected by ballot and awarded to Graham Wiggins and Jason Cooke. In total four members of WHH completed the race.

Places for the 2012 race will be awarded using the same method. I.e. First offered to the winners of the club road running championships and then any remaining places allocated by a draw.

**Virgin London Marathon. 17<sup>th</sup> April.**

1252 Dan Peace 3h03.11; 9764 Ian Rees 3h46.13; 14068 Jan McCabe 4h21.11; 17052 Graham Wiggins 4h32.44

## Other Competitions

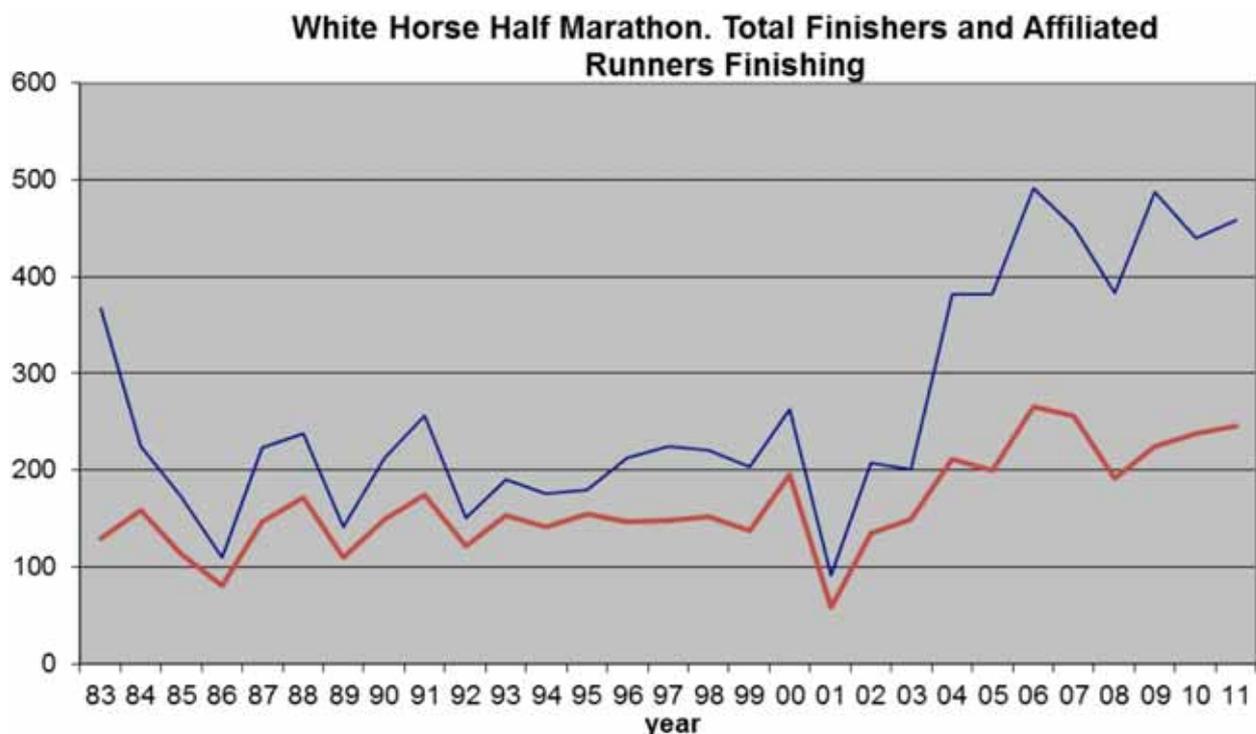
- I note that the weekly Abingdon Park Runs are providing some regular races over a 5000m course for some of our runners.
- Long standing member Jessica Harrison finished 7<sup>th</sup> in the ITU World Championship Grand Final Women's Triathlon in Beijing which means she has met the required standard for consideration for the French 2012 Olympic Team.
- Graham Wiggins has competed at distances as diverse as 100metres and the marathon, as well as completing a triathlon this year.

## White Horse Half Marathon 2011

The 2011 race was again a profitable and successful race which received many very favourable comments. This year the race filled up 95 days before the event, this was 9 days earlier than in 2010, which in turn was almost a month earlier than in 2009. The day was very hot and two runners collapsed, both after crossing the railway bridge and approaching Grove and the finish. St John Ambulance attended both, and both athletes subsequently recovered OK. My particular thanks to the organising team: Bob Harrison; Dene Stringfellow, Kevin Harris, Lucia Singer, Roger Turnbull in addition to Clare Hazell (Entries) & Nick Ponting (Race Sponsor). Thanks as well to everyone who helped by marshalling or in any other way. The WHH committee has made a donation of 25% of the profits of the race, a sum of £865, to The October Club which was presented to them on Monday 26th September. In addition a number of other individual runners raised a total of around £1,400 for this charity.

Plans are well under way for the 2012 race. This will take place on Sunday 1<sup>st</sup> April and, as agreed at the 2010 AGM, will support the English Federation of Disability Sport. The Organizing Committee did look into allowing wheelchairs into the race but the advice received indicated that the course is not suitable.

Organizing the Half Marathon becomes more onerous as the years pass and so that we can stay abreast of the requirements in September Dene Stringfellow attended a Road Traffic Management course organized by England Athletics.



## Web Site & Communications.

There has not been much change in this area over the last year. The web site is active, although there are still two separate sites maintained in parallel. One of the sites, [www.whitehorseharriers.org](http://www.whitehorseharriers.org) contains relatively more static information. The other, the 'Latest News' site contains news and results. My thanks to Dene Stringfellow and John Peake for continuing to carry out most of the maintenance and updating of the web site. There is scope for a merge and rationalization of the web pages but that is a significant undertaking.

The Harrier newsletter has been published twice this year. My thanks to Sarah Baker & Jason Cooke for producing these. As before, members have the option of opting for electronic communications and in that case a paper copy of

The Harrier is not posted but members receive an e-mail directing them to a version on the web. This has a saving of both cost and effort.

In addition we make extensive use of e-mail for point contacts and reminders of events etc. My thanks to Dene Stringfellow for maintaining the necessary lists and sending out the e-mails.

Finally my thanks to everyone who has provided material for the web, newsletter and press articles and in particular to Simon Atkin who is standing down as Press Secretary at this AGM.

### ***Training & Coaching.***

We continue to be very reliant on a small number of coaches. Angela Briscoe and Tom King holding level 2 coaching qualifications and provide the endurance training for all young athletes, with Angela taking the younger age groups and Tom the older. In addition Richard Jégou has a level 2 qualification and provides throws coaching in the summer. These coaches are supported by Bruce Charles, who has a level 1 qualification and takes a sprints group in the summer. There is a well established rota of helpers also supporting this team at the Thursday evening training sessions. Some members of the team have already attended a Level 1 coaching course. Three others, Castel Fairlie, Sheila Bailey & myself, attended an "Athletics Leader" course in June. The people on the rota are the three already mentioned plus Elizabeth Graham, Lucia Singer, Dene Stringfellow and Simon Leech.

The club does remain overly dependent on Angela and Tom in particular. As I stated last year, In addition to more coaches we need assistance organizing junior teams, both before and during matches. This would both lighten the load on the coaches and enable them to concentrate more on providing guidance to the athletes.

During the last three summers the use of King Alfred's School West site has provided local facilities for running, throwing events and the long jump on Thursday evenings. We remain grateful to KAs for the use of this facility. However, our winter training venues – the field in front of Wantage Leisure Centre and Wantage Park are far from ideal. A group still train at Tilsley Park on Tuesday evenings and there are also training sessions for Young athletes on Saturdays and a longer run for seniors on Sunday morning (the latter often followed by drinks and cake in the café - an opportunity to socialize).

Numbers of Young Athletes at the Thursday training sessions is lower than a year ago. This is partly as we severely restricted new members from the youngest age groups (Under-10) as we have not have sufficient coaches to be able to provide appropriate training for them. However, the current smaller groups are well focused and many good performances are resulting.

### ***Social Events etc.***

During the last year we have continued with familiar pattern of social events which also provide an opportunity to present the club's trophies.. There was an autumn social in the Comrades Club and a summer barbecue at the Court Hill Centre near the Ridgeway. Unfortunately the weather was again poor for the barbecue.

The committee would like to see some change to the pattern of socials, yet need to find suitable occasions to present the club's trophies. The possibility of a trip bowling this autumn is being discussed. Furthermore we are looking at organizing a visit to an Athletics Match, possible indoors in Birmingham, over the Winter.

### ***Jog Wantage & Social Runs.***

The beginners running course under the banner 'Jog Wantage' has run for the last three years. For the 2011 course 17 people signed up and the course ran for ten weeks from May to July and took place on King Alfred's field behind the Leisure Centre, with runs extending out as the athletes progressed. We do not know of anyone still running after this course, although the standard of 'beginner' was higher (in that they were fitter to start) as compared with 2010. My thanks to those Harriers who have helped with the course this year: Castel Fairlie; Mary Gottwald; Graham Wiggins; Simon Leech; Dene Stringfellow, Sheila Bailey (and me). Graham Wiggins has also attended the newer Leadership in Running Fitness (LiRF) course this year.

Over the summer a once per month Sunday morning has been started which we have called a 'social run'. These runs are aimed at those who are no longer beginners and can be seen as a follow on from the Jog Wantage, and have often been followed by a drink at a café. These have taken place five times now. Following publicity around eight new people turned up for the first run, and since then there have been a regular four or five people taking part in addition to a few members of White Horse Harriers. We plan to continue this monthly run, although it will move from the first Sunday of the month owing to the clash with the Oxford Mail XC League.

## **Chip Timing Project and Other Matters.**

This project has looked at purchasing chip timing equipment for use by Oxfordshire Athletics Clubs. White Horse Harriers had pledged some money towards the costs of the chip timing system.

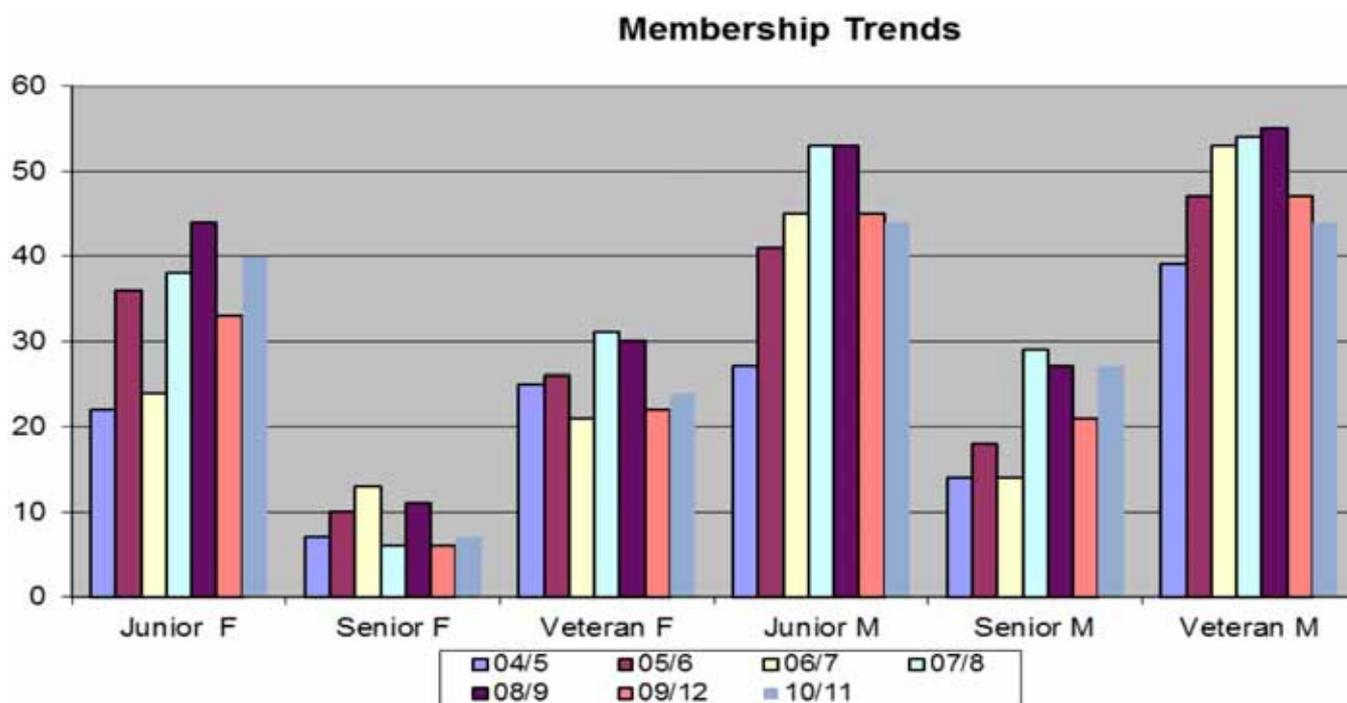
Unfortunately it has been necessary to cancel this project. There are a number of reasons for this. Apart from difficulties in raising the full amount of money required, changes to chip timing technology means timing chips are disposable and the cost is minimal. There is now no perceived added value for the Oxfordshire-based athletes in having our own system. Furthermore a number of the bigger races in the county already use a professional chip timing company and are unlikely to move to a volunteer run system.

The County does still have a reliance on officials. Furthermore, there have also been cases where the manual system has had to supply results when a chip timing system has not worked properly.

I would like to thank everyone involved with this project, particularly Dene Stringfellow for their efforts.

## **Membership Details.**

We currently have 187 members as of July (Last year's total was 174). The chart below shows the numbers of members for each category over the last seven years.



## **Oxfordshire Athletics Network, Vale Athletics Development.**

The Oxfordshire Athletics Network has been in place for around 18 months now and we are starting to see its benefits, although it does also require us to find additional effort to provide input to its activities. The network has helped us maintain close links with other clubs and there have been a number of activities organized that we have made use of. These include local coaching courses and coaching days. Possibly the most significant for White Horse Harriers has been the creation of a combined Oxfordshire Athletics Network Team in the National Junior Track & Field League. This has provided competition for the Under-20 and Under-17 age groups that we would not have been able to offer otherwise. I would like to thank Jane Rennells for taking on the role of women's team manager for this.

The Vale Athletics Development Meetings which used to provide a link between the Athletics Clubs in the Vale (Abingdon Amblers, Radley and White Horse Harriers) and local schools have not taken place during this last year (as far as we are aware.)

## **ClubMark.**

Obtaining Clubmark Accreditation remains an important goal for White Horse Harriers. Simon Atkin has been leading the work to achieve this and is making significant progress. Earlier in the year we formally signed up for Clubmark,

having spent some time doing some background preparation. A recent discussion with Amy Frith, the local England Athletics contact, had clarified what remains to be done and this is a manageable set of tasks which we aim to complete as soon as possible.

### **Committee Members for 2010-2011**

Chairman	Gareth Smith
Secretary	Richard Jégou
Treasurer	Neil Druce
Road Running Secretary	Dene Stringfellow
Cross Country Secretary	<i>vacant</i>
Press Officer	Simon Atkin
Membership Secretary	Jan McCabe
Welfare Officer	Castel Fairlie
General Members	Bob Harrison / Marion Jones

#### Notes:

1. The post of Cross-Country Secretary was vacant during the year.
2. Castel Fairlie took on the vacant role of Welfare Office after the 2010 AGM.
3. Neil Druce is standing down as Treasurer at this AGM. I would like to thank for Neil for the careful and helpful way that he has managed our accounts for the last four years.
4. Simon Atkin is standing down as Press Officer at this AGM, but is prepared to stay on in order to see us through the Clubmark accreditation.

### **Summary**

The large number of activities I can report on is a reflection of the club's activity. We are both very active and have athletes competing at many levels across a wide range of events. We still have two main issues that limit us:

- Insufficient coaches. Too much work falls on one or two people.
- The Thursday evening training venues in Winter are very poor.

Nevertheless we continue to provide both training and competition for our members and there is something the club is involved in most weekends of the year.

The club was formed in 1981 so is now 30 years old. Likewise next April will see the 30<sup>th</sup> running of the White Horse Half Marathon. These are significant milestones and the club continues to be very active.

I would like to thank everyone who has contributed to the club's success over the last year. Thank you to all the committee members for their dedication, to the coaches and helpers for their enthusiasm and time, as well as everyone who has helped White Horse Harriers in any way.