



WHITE HORSE HARRIERS

2012/13 Chairman's Report 11th October 2013 Gareth Smith

Cross Country 2012-2013 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 five seasons we have affiliated in addition to the Chiltern League, and we are renewing this for the 2013/14 season. This provides some additional competition, both in terms of standard (it is a tougher league), different venues and Saturday races. We did not affiliate to the Wessex League for 2012/13 as the fixture dates all clashed with other events. (Note, however, that we have re-joined for the forthcoming 2013/14 season).

The 'Mini' Cross Country races for Young Athletes are now in their 7th season.

Oxford Mail XC League

Final Team Results:

- U13 Girls: 9th
- U15/U17 Girls: 6th
- U15/U17 Boys: 5th
- Women: 2nd in Division 3
- Men: 8th in Division 1.

Individual Top-Ten Results: A total of 18 Harriers had final placings in the league.

- U17 Girls: Josie Harrison 1st
- U15 Boys: Ben Claridge 2nd
- U17 Men: Thomas Kelly 3rd
- U20 Women: Jennie Lithgow 3rd
- U20 Men: Jonny Cornish 1st; Mitch Lomas 4th; Anthony Homes 7th.
- V45 Women: Ros Burgess 5th

Thank you to the League Organisers for all their work.



Oxfordshire County Championships

Team Results: U/20 Men 1st

Individual Top-Three Results:

- U17 Women: Josie Harrison 2nd
- U15 Boys: Ben Claridge 1st
- Vet 2 Women: Ros Burgess 3rd
- U20 Men: Sam Marshall 1st
- Vet 1 Men: Stuart Ansell 3rd



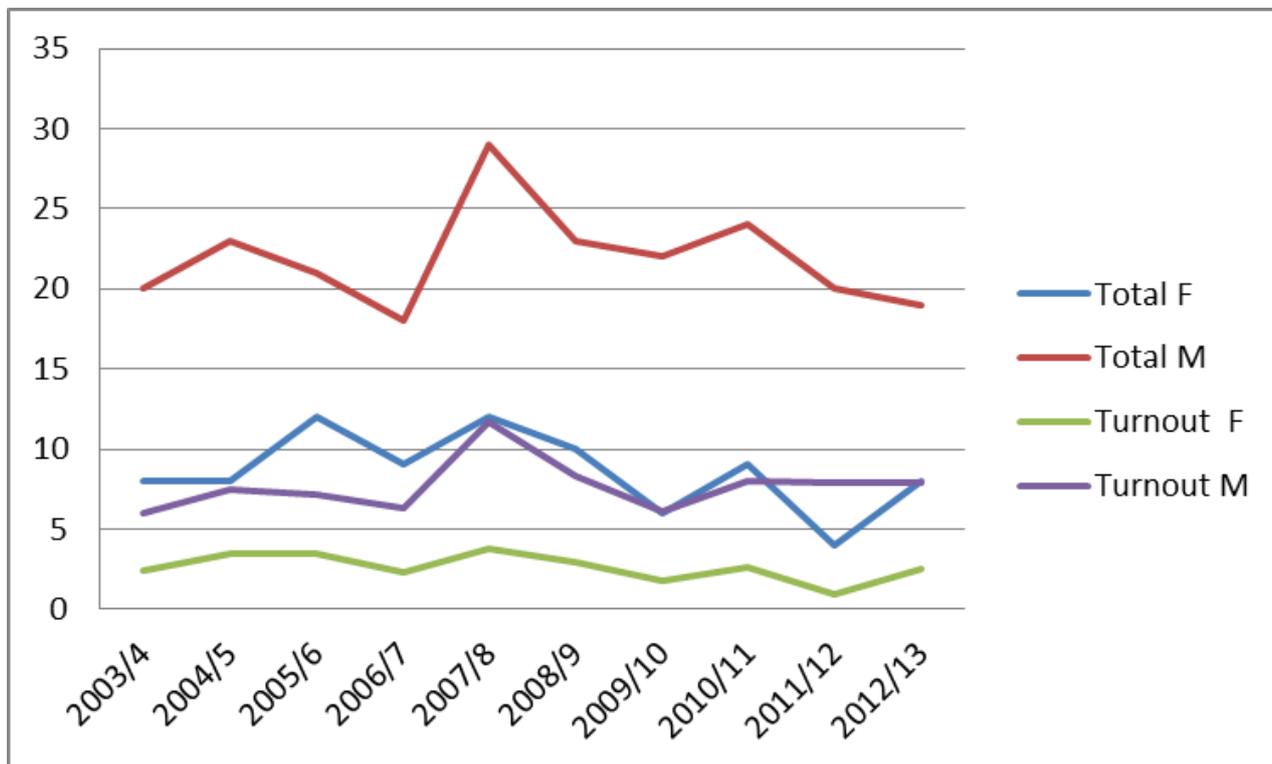
Following a gap in 2012 we again fielded a team in the Ridgeway Relay in 2013 which finished 16th in a time of 11:39:19

X-Country Champs (Senior)

The championship was formed from a total of 8 races with each runner's best 6 to count. These being: 5 * Oxford Mail League (including County Champs); 1 * Chiltern League, Southern Champs & the BB&O.

Winners: Senior Men: Jonathan Cornish, **Vet Men:** Dene Stringfellow
Senior Ladies: Hayley Chaundy & Jennifer Lithgow **Vet Ladies:** Ros Burgess

The following graph shows the total number of Harriers (Male & Female) who have competed in each of the last ten 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 10 races:

5 * Oxford Mail League (including County), 1 * Chiltern League, BB&O, Southern, 2 * Club Time Trials
 Medals were presented to the individual age group winners for ages Under-11 and upwards, with the additional requirement that the winner had competed in at least three events. A simpler medal was presented to each of those who had taken part in three or more of the events.

| Age Group | Winner | No of participants (For 09/10; 10/11 & 11/12 shown in brackets) |
|-------------|------------------------|--|
| U/9 Girls: | Eda Onay | 2 (2,3,1) |
| U/9 Boys: | Burt Staunton-Lamb | 1 (0,2,1) |
| U/11 Girls: | Anna Kelly | 4 (14,12,4) |
| U/11 Boys: | Reuben Paget | 4 (9,1,2) |
| U/13 Girls: | Georgia Paxton-Doggett | 12 (13,5,4) |
| U/13 Boys: | Will Heason | 3 (16,11,3) |
| U/15 Girls: | Ebony McIntyre | 5 (5,9,2) |
| U/15 Boys: | Ben Claridge | 8 (9,9,5) |
| U/17 Girls: | Josie Harrison | 2 (4,2,3) |
| U/17 Boys: | Thomas Kelly | 2 (3,4,2) |

The Trophies for the **Best Young Harriers** for the 2012/13 season were awarded to Josie Harrison and Ben Claridge.

Track & Field Athletics

White Horse Harriers has not fielded a senior team in Track & Field competitions for some years. The following are the main competitions undertaken:

- For athletes up to U/17 the Oxfordshire Junior T&F League has provided some competition, although the league only comprises three fixtures each season and the final one this last season was curtailed owing to bad weather. However, for the 2013 season we were asked to participate as individuals, not as a team. This arose owing to our low numbers of athletes as well as our lack of officials in the previous season. Entering as individuals did have one benefit as we no longer had to provide a quota of officials.
- The Oxfordshire Athletics Network's combined team in the National Youth Development League provided good competition for our athletes in the Under-17 and Under-20 age group. I have written more about this team in my section dealing with the Oxfordshire Athletics Network.
- During 2012 we entered a men's team in the local Vets League. This comprises four fixtures on Monday evenings. A small group of athletes enjoyed this competition.
- Open Meetings: This year Oxford City AC instigated open meetings every fortnight at Horspath. This provided useful additional local competition.

In addition to the above one or two WHH members compete in T&F athletics for other clubs. The remaining fixtures being made up primarily of the County Championships and other open meetings.

This year also saw the 7th Annual Club Athletics Championships, held at King Alfred's School West Site on Thursday 11th July. The weather, in contrast to the previous year, was good and a total of 48 athletes took part. As usual the events contested were a sprint (100/75m); middle distance (800/600/400m); long jump and throw (vortex, shot putt). Thank you in particular to Angela Briscoe for organising this event and to everyone who helped on the day.

I note that we continue to be very short of officials who are obviously crucial to the hosting of athletics competitions in the area. This does have an impact on our teams – as the example of the Oxfordshire Junior League illustrates. The club currently only has two qualified officials (Bruce Charles & Richard Jégou).

Oxfordshire County Championships

Horspath: 25/26 May 2013



- | | |
|-------------------|--|
| • U20 Women 400m | 1 st Becky Hodgson 59.40 |
| • U20 Women 800m | 1 st Becky Hodgson 2m 21.27 |
| • Sen Women 3000m | 2 nd Hayley Chaundy 12m 15.72 |
| • U15 Boys 300m | 4 th Okan Onay 40.89 |
| • U15 Boys 800m | 1 st Okan Onay 2m 14.41 |
| • U17 Men 100m | 3 rd Zack Smith 11.67 |
| • U17 Men 200m | 3 rd Zack Smith 23.78 |
| • U17 Men 400m | 1 st Ben Claridge 51.90 |
| • U17 Men 800m | 3 rd Ben Claridge 2m 01.00 |
| • Sen Men 100m | 7 th Graham Wiggins 14.2 |
| • Sen Men 400m | 2 nd Graham Wiggins 64.62 |
| • Sen Men 1500m | 2 nd Graham Wiggins 5m 26.58 |
| • V65 Men Shot | 2 nd Richard Jégou 9m76 |
| • V65 Men Discus | 2 nd Richard Jégou 30m 65 |
| • V65 Men Hammer | 2 nd Richard Jégou 28m 36 |

Sample of the Best Track Performances by Young Athletes of 2013:

| | | |
|--------------------|-----------------------------------|--------------------------------------|
| Becky Hodgson(U20) | 800m 2m 15.50 Stretford 17/08/13; | 1500mS/C 6m46.80 Nottingham 28/07/13 |
| Okan Onay (U/15) | 800m 2m 13.10 Horspath 11/09/13 | |
| Zack Smith (U17) | 100m 11.40 Abingdon 30/06/13; | 200m 23.56 Horspath 25/08/13 |
| Ben Claridge (U17) | 200m 24.07 Watford 18/09/13; | 400m 51.90 Horspath 25/05/13 |
| | 800m 1m 59.98 Watford 10/07/13; | 1500m 4m 14.95 Watford 21/08/13 |

Track & Field Trophies (2012 Season):

| | |
|------------------------------|---------------|
| Best Track Performance: | Mitch Lomas |
| Best Field Performance: | Sam Marshall |
| Best Young Male Athlete: | Zack Smith |
| Best Young Female Athlete: | Becky Hodgson |
| Most Improved Young athlete: | Ben Claridge |

The above list is for 2012 as we have not yet presented the trophies for 2013.

Road Running 2013 Season

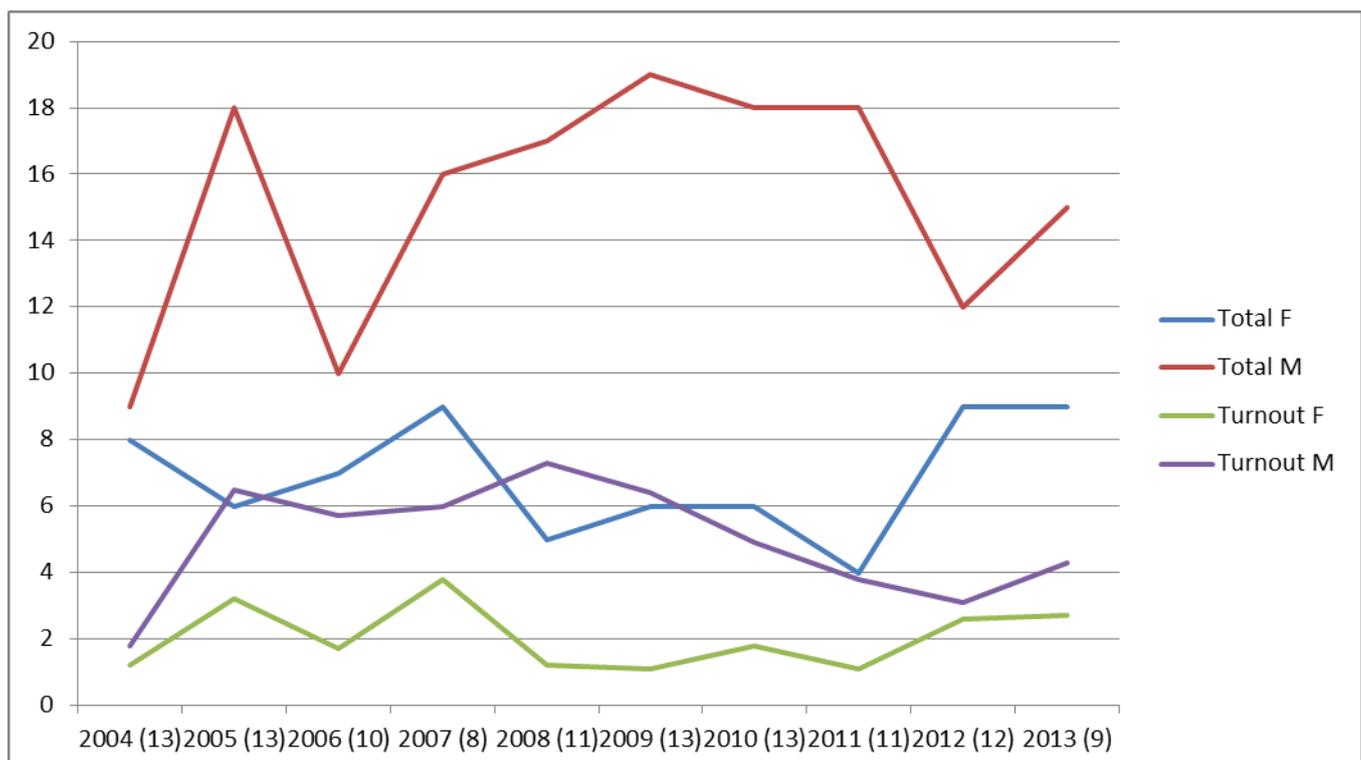
The following events made up the Club's Road Running Championships:

- **Banbury 15** (24th March) – event cancelled owing to bad weather.
- **Motavation Series – Charlton** (2nd May)
- **Cottisford (formerly Charndon) 5km** (14th May)
- **Thame 10k** (30th June)
- **Didcot 5** (7th July)
- **Hornorton 6** (20th July)
- **Hook Norton 6** (11th August)
- **Cotswold Classic 10** (8th September)
- **Woodstock 12** (21st September)
- **Hanney 5** (6th October)

The above list of races is not the complete list that the club has entered. We also had teams in the:

- **Highworth Half Marathon** in January.
- **Teddy Hall Relays**, 6th March (Two teams of 4 competed).
- The **County Road Relays** at Abingdon on 5th May.
 - WHH Vet. Ladies team (Burgess, Bailey, Singer) finished 5th (11th in overall women's race).
 - WHH Senior Mens team (Leech, Jégou, Attwood, Harvey, Smeddle, Peace) 7th Senior (11th Overall)

The graph below shows the numbers of runners who have competed on events in the club road running championship in 2013. Both the total number of different men and women participating is shown as well as the average numbers per race over the season. Although the summary figure doesn't show it – the number of participants increased during the season following a move to phoning round likely runners. Note that I have averaged the attendance over 9 events for 2013 – allowing for the Banbury 15 being cancelled.



We did announced (via The Harrier) that there will be endurance trophies awarded for the Vet50 (men) and Vet45 (women) categories. However these have not been awarded.

The winners of the Road Running Championship for 2012 were:

| | |
|----------------------|--------------|
| Senior & Vet Ladies: | Clare Hazell |
| Senior Men: | Paul Jégou |
| Vet Men: | Ian Rees |

The above list is for 2012 as we have not yet presented the trophies for 2013.

London Marathon.

The club was awarded two places for the 2013 London Marathon. These were taken by Clare Hazell and Paul Jégou as winners of the Club Road Running Championships.

Places for the 2014 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. 22nd April 2013.

2161 Dan Peace 3h09.37; 8722 Clare Hazell 3h51.22

Multi-Terrain Races 2013

For 2013 the committee supported an initiative from Paul Jégou to have a multi-terrain championship. This introduced a number of different events into the calendar. The committee will review how successful this has been.

White Horse Half Marathon 2013

The 2013 race was again a successful and profitable race which received many very favourable comments. The race filled up even quicker – being full in early December, 123 days before race day – yet again continuing the trend of filling earlier and earlier. This year a couple of significant changes were made to the race: Chip timing was used and a Traffic Management Company was engaged to help manage traffic both at the start and along Denchworth Road by the finish. These changes incurred significant additional costs and the race entry fee was increased significantly (from £10 to £15) for attached runners. Again, my particular thanks to the organising team: Dene Stringfellow (Race Secretary), Bob Harrison, Kevin Harris, Lucia Singer, & Clare Hazell. Our thanks to “Fit 2 Run” for sponsoring the race. Thanks as well to everyone who helped by marshalling or in any other way. Our thanks also to Grove Scouts for again manning two of the drinks stations. It is notable that the finances were managed very well and the race made a very similar profit to that in recent years. The WHH committee will be making, on your behalf, a donation of 25% of the profits of the race, a sum of £872.44 to the “14 Club”. There were 425 finishers of whom 256 were affiliated club runners.

Plans are well under way for the 2014 race. Entries are now open. This will take place on Sunday 6th April and, as agreed at the 2012 AGM, will support the Thames Valley & Chilterns Air Ambulance. Chip timing will again be used and the Traffic Management Company again engaged. The race start will be brought forward to 09:30 in order to avoid more of the traffic that builds up during a Sunday morning,

Dene has stated that the 2014 race will be his last as Race Director. I would like to thank him for taking on this role in recent years and please note that **it is essential that more people to come forward to help organize this event.**

White Horse Half Marathon. Total Finishers and Affiliated Runners Finishing



Web Site & Communications.

There has not been much change in the situation regarding the web site over the last couple of years. The web site (or sites as there are two) are updated. However, there has not been sufficient time to keep the web fully updated with results etc. There are still two sites: The one at www.whitehorseharriers.org contains relatively more static information. The other, the 'Latest News' site, contains news and results. My thanks to Dene Stringfellow for continuing to carry out much of the maintenance and updating of the web site. A re-organisation of the web site(s) remains a task that needs to be done.

We have not had any copies of 'The Harrier' newsletter this last year. I have instigated a (roughly) monthly e-mail that has been sent to members. This e-mail being an attempt to gather information in one place yet try and keep members informed.

I have been making use of the Club's Twitter feed for occasional information and reminders. Paul Jégou has recently created a Facebook Page. It is very early days for this as yet – we will see how it goes. However, the postings in the last week are both interesting and encouraging.

Finally my thanks to everyone who has provided material for the web, e-mail and press articles. In particular thank you to our Publicity Officer, Dick Jégou, who has submitted a lot of material to the papers.

Training & Coaching.

We continue to be very reliant on a small number of coaches – a situation that has been the case for a long time. Angela Briscoe and Tom King hold 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 which have a Level 1 or Athletics Leader qualification. Those on the rota were Castel Fairlie, Sheila Bailey, Elizabeth Graham, Lucia Singer, Dene Stringfellow, Andrew Alder, Dominic Lamb & myself.

The club still remains 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 five 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 continuing 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.

We continue to restrict numbers of Under-10 athletes as we have not have sufficient coaches to be able to provide appropriate training for them.

For the seniors, the introduction of a 'structured' training session led by Paul Jégou once per month is gaining popularity. These provide variety in the Thursday runs as well as enhancing the quality of the training session. I also welcome the re-introduction of a regular Sunday run which takes place from the Court Hill Centre. Thank you to Simon Leech for organizing this.

The intermediate group meets regularly and this is providing a good steady run on a Thursday evening for men and women which is proving popular. The group also meets on Tuesdays and Saturday mornings. The schedule is on the training page on our web site.

Social Events & Handicap Runs.

Following the success of an evening bowling last year, we repeated this for our winter social again this year. The evening was again enjoyable and we were able to make the presentation of the summer trophies (Track & Field and Road running) in a separate room.

Our summer social followed the practice of recent years with a barbecue and presentation at the Court Hill Centre near the Ridgeway. This year the weather was kind to us and an enjoyable evening was had. (Current statistics for this event: 2 dry; 3 wet). Thank you again to Dick Jégou for running the barbecue.

We continue to have two handicap runs each year:

- A New Year's morning run from The Nelson pub in Wantage (followed by a drink afterwards). This has been well supported with 17 participants this year and the trophy was won by Katherine Boyce
- A cross country handicap held on a traditional course starting at Sparsholt Firs and competing for the Pieces Trophy. This takes place around May – although we have tried various slots to enable people to participate. This year six runners took part on a fine evening with Becky Colliass taking victory.

I would like to thank Dick Jégou for timekeeping at both these events.

Jog Wantage & Beginners Runs.

The beginners running course under the banner 'Jog Wantage' has run for the last five years. The 2013 course followed a similar pattern to those before, running for ten weeks from May to July and taking place on King Alfred's field behind the Leisure Centre, with runs extending out as the athletes progressed. One change this year was to move the course from Wednesday evening's to Thursdays – being timed from 6-7pm. The aim of the move was to be able to encourage people to more easily transition to our usual Thursday training sessions.

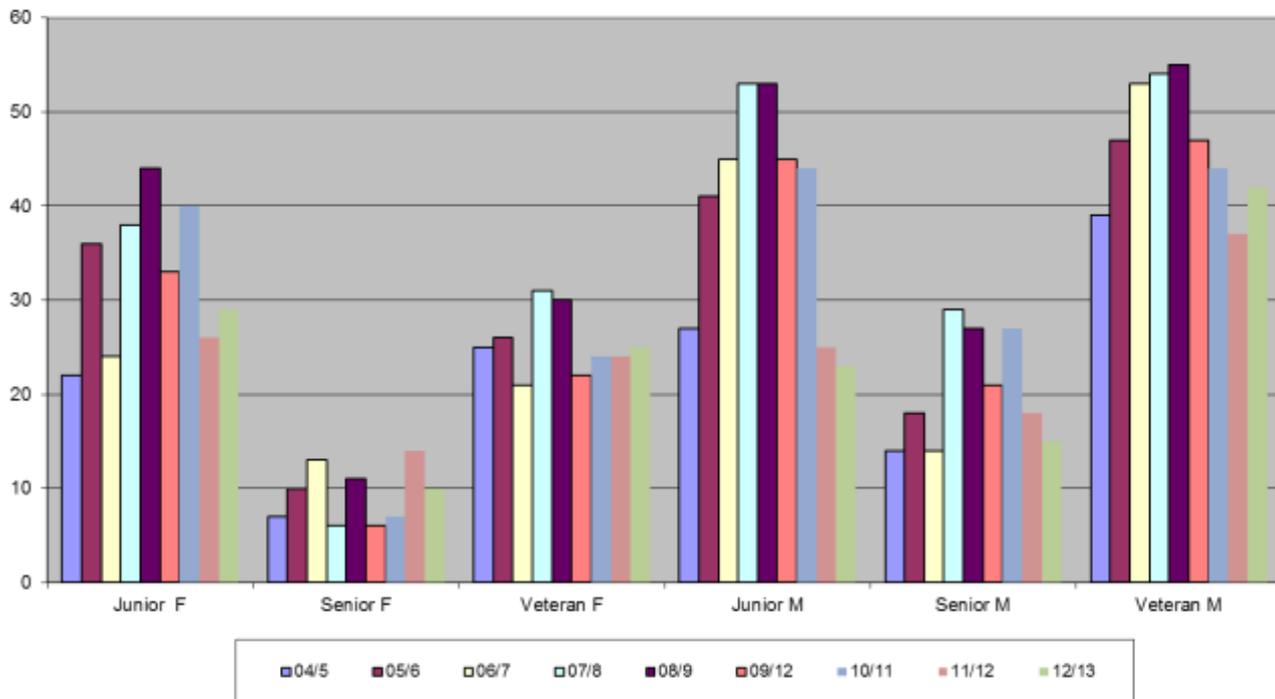
For the 2013 course 24 people signed up and the course of whom 10 did enough sessions (at least 6) to qualify for a 'Run England' T-shirt. My thanks to those Harriers who have helped with the course this year: Particular thanks to Graham Wiggins for taking a lead with the organizing, and also to Castel Fairlie; Simon Leech; Stewart Scott, Sheila Bailey, Ros Burgess (and me) for helping. We continue to get good support from Oxfordshire 'Go Active' for this event. Our thanks also to both King Alfred's School for the use of the field and to Wantage Town Football Club for use of their car park.

For this year's course we used the Abingdon Park Run as a 'target' for the participants. Whilst only two of the participants turned up – and both successfully did the run – this was a good event for the club. We also set-up some follow-on runs for the JW participants (i.e. a beginners run leaving at the same time as our usual Thursday evening session) during the month immediately after the course finished. Some runners turned up for this – but the numbers did fizzle out.

On the back of Jog Wantage Stewart Scott organised a similar course for some interested staff at the Diamond facility on the Harwell Campus. This was billed as 'Jog Diamond' and Graham Wiggins and myself helped lead it with Stewart. This ran for eight weeks with some four or so runners turning up regularly.

Membership Details.

Membership Trends



We currently have 144 members as of September (last year's total was also 144). The chart above shows the numbers of members for each category over the last nine years.

Oxfordshire Athletics Network.

The Oxfordshire Athletics Network has been in existence for over three years now. The initial 3-year finding has ended. The Network still receives some money from England athletics – but the mechanism has changed. WHH, as for other clubs in the Network, makes a contribution of £1 per member (per year) to the Network.

The member clubs of the Network remain the same (Oxford City, Radley AC, Abingdon Amblers, Bicester and ourselves). The Network organizes a number of events in support of coaches and officials. From a White Horse Harriers viewpoint the most significant benefit continues to be participation in the combined Oxfordshire Athletics Network Team in the new Youth Development 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. Indeed a number of White Horse athletes have been key members of the team this season. I would like to thank Jane Rennells for continuing as team manager. During the 2013 season this team was very successful and gained promotion to the “Midland Premier 1” division for next year.

ClubMark.

Obtaining Clubmark Accreditation remains an important goal for White Horse Harriers. We are making progress but it has been very (too) slow. Following a meeting with Amy Frith of England Athletics last March we have been tackling some of the outstanding issues. Indeed, the change to the club constitution proposed at this meeting is one of these. In addition to the committee members and coaches who have been helping with this effort I would like to thank Simon Atkin who has been tracking tasks needed to achieve Clubmark accreditation.

Committee Members for 2012-2013

| | |
|-------------------------|-------------------|
| Chairman | Gareth Smith |
| Secretary | Dene Stringfellow |
| Treasurer | Sharon Bedford |
| Road Running Secretary | Paul Jégou |
| Cross Country Secretary | <i>vacant</i> |
| Press Officer | Richard Jégou |
| Membership Secretary | Clare Hazell |

| | |
|-----------------------|---------------------------------------|
| Welfare Officer | Castel Fairlie |
| Volunteer Coordinator | <i>vacant</i> |
| General Members | Bob Harrison, Lindsay Onay (co-opted) |

Other Matters

At previous AGMs a clubhouse for White Horse Harriers has been discussed. The committee has not made any significant moves in this direction. We are still aware of the Tennis Club's plans to build a clubhouse in Wantage Park which may be of some assistance to us for example with additional lighting there.

One development which has had a large impact on local running in a positive way are the Parkruns. These provide an event with a great mixture of fun and competition. Graham Wiggins and myself attended a celebration of Abingdon's 100th Parkrun earlier this year. There has been some discussion (outside WHH – but with some of our members) about starting a Parkrun in Wantage. However, there are practical issues in finding a suitable venue which could be used every week.

The Club Kit has been ably managed by Angela Briscoe for around a decade now. Having carried out this service on behalf of members for so long the time has come to pass this task on. I would like to thank Angela for managing the kit for all these years. We are therefore looking for someone to take this on.

Summary

The large number of activities I report on each year is a testament to the club's activity. We continue to be very active with athletes competing at many levels across a wide range of events at Track & Field athletics, Cross-Country, Multi-Terrain and Road Running. We should be pleased with our achievements.

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.

Picking up some other issues:

- Last year I flagged poor turnouts (for men) in the road running championships. It is particularly pleasing to see greater numbers during this last season.
- We still lack a 'beginners' run on a Thursday. However, the 'intermediate' group has stepped in to fill this in many cases and we did provide some continuity for Jog Wantage participants after the course finished.
- The Harrier as a newsletter has not been issued this year. Furthermore we have not been able to keep up with posting all results on the web site. We are tackling this – and I hope the new Facebook Page will fill a gap. I have also instigated a monthly –email which aims to both keep you informed and avoid too many 'ad-hoc' e-mails.
- At committee meetings Dick Jégou has proposed that we work with King Alfred's School to obtain money to improve the long jump and throwing circle at KA West site. This may be a practical way to improve facilities.
- The service that has been provided by our coaches is exceptional. I have been informed that when Tom was away for a fortnight this summer it was the first time in 25 years that he had missed two consecutive Thursday training sessions. On behalf of everyone in White Horse Harriers I would like to thank him for his dedication to our Young Athletes.

The main focus of the club in the last year (as in many previous years) has been keeping things going. As Chairman I am over committed as I have covered the two vacant committee posts – although I do recognize assistance from others as well. I have also circulated a list of non-committee tasks that would significantly help with running the club.

I would again 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. I look forward to another year with a lot of activity and many people enjoying athletics with White Horse Harriers.

Gareth Smith
October 2013.