

WHITE HORSE HARRIERS

2009/10 Chairman's Report 15th October 2010 Gareth Smith

Mick Gallagher 1948 - 2010

In August we learnt of the death of Michael (Mick) Gallagher. I would like to include here the tribute Stuart Shilston wrote for The Harrier.

Mick was a popular and enthusiastic member of The Harriers, and never failed to turn out for the club whenever he could, especially the winter cross country series. He completed the London Marathon several times, but his favourite race was a trip to his hometown of Newcastle, to compete in the Great North Run, which he did on many occasions. Mick loved every single race he ever ran in, and however he performed, he always took something positive from the experience. I was with Mick the day before he passed away, even though he was fighting a battle he knew he could not win, he still remained positive, and joked about when we were going for a run! Mick was a great friend to me, and I shall probably miss him more than most, but anybody that ever met him would have realised what an honest and caring man he was. I am sure we all convey are deepest sympathy to Rose and all the rest of his family. Stuart Shilston

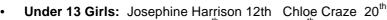
Cross Country 2009-2010 Season

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 two seasons we have affiliated in addition to the Chiltern League, and have renewed this for the 2010/11 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 fourth season. Last year we had three races (one on a Thursday evening, two on Saturdays). This coming season we plan four races (two on Thursday evenings, two on Saturdays). The first of these has already taken place and we had a total of 48 competitors in the three races (as compared to 64 for the same event last year.)

Oxford Mail XC League

Women's Results
INDIVIDUALS - Final league Positions:



Under 15 Girls: Sophie Lloyd 7th, Ellie Dykes 8th

Under 17 Girls: Bethan Murphy-Hand 4th

V35 Women: Ros Burgess 15th
 V55 Women: Sheila Bailey 1st

TEAMS

• U13 Girls: 6th

U15/17 Girls: 2nd (Sophie Lloyd, Ellie Dykes, Bethan Murphy-Hand)

• **Women**: 9th (Div 2)

Men's Results

INDIVIDUALS - Final league Positions:



- Under 11 Boys: Charlie Harrison 12th.
- Under 13 Boys: Mungo Graham 9th, Toby Thackray 11th
- **Under 15 Boys:** Tom Froud 16th
- Under 17 Boys: Anthony Holmes 9th, Alex Mills 11th
- Paul Jégou 10th, Dan New 31st; Graham Wiggins 41st. Senior Men:
- John Peake 15th, Neil Druce 18th, Dene Stringfellow 40th, Jeremy Smeddle 42nd Vet 40 Men:

TEAMS:

5th U13 Boys 4th equal 8th (Div U15/17 Boys (Div 1)

Our thanks to the League Organizers. Frank Briscoe took on producing the results for the league last season and will continue to do so for this coming season.

Oxfordshire County Championships



Held at Middleton Cheney. 10th January 2010

Emma Hazell 28th U11 Girls:

Josephine Harrison 10th; Ellie Taylor 14th U13 Girls:

Sophie Lloyd 6th U15 Girls:

U17 Women: Bethan Murphy-Hand 4th

U11 Boys: Charlie Harrison 4th;

U13 Boys: U15 Boys: Ben Claridge 5th: Mungo Graham 11th Mitch Lomas 3rd; Alastair Paterson 14th

Anthony Holmes 5th; Alex Mills 14th; James Ritter 15th U/17 Men:

Senior Men: Chris Gillespie 2nd; Dan New 15th; Paul Jégou 7th: Graham Wiggins 19th

V/40 Men: John Peake 5th V/50 Men: Tim Hughes 1st

Teams: Senior Men 1st.

Berks Bucks & Oxon – Maidenhead 14th November 2009

U/13 Girls: Josie Harrison 18th

U/13 Boys: Ben Claridge 9th; Mungo Graham 19th; **U/15 Girls:** Sophie Lloyd 13th

U/15 Boys: Mitch Lomas 9th; Alastair Paterson 14th; Ben Little 28th

U/17 Women: Bethan Murphy-Hand 5th

U/17 Men: : Anthony Holmes 16th; James Ritter 17th

Senior Women: Carolyn Murphy 35th

Senior Men: Paul Jégou 22nd; Graham Wiggins 57th; Dene Stringfellow 71st

Teams: U/15 Boys 5th

Southern - Parliament Hill - 30th January 2010

U/13 Girls: Josie Harrison 143rd Sophie Lloyd 66th U/15 Girls:

Bethan Murphy-Hand 57th U/17 Women:

Alex Mills 120th U/17 Boys:

Senior Women: Carolyn Murphy 254th

Senior Men: Paul Jégou 159th; Graham Wiggins 718th; Dene Stringfellow 719th

National – Leeds – 27th Feb 2009

Mitch Lomas 132nd U/15 Boys:

Senior Men: Graham Wiggins 1133rd

Wessex League 2009/10 season.

Overall Winner of Senior Men's Category: Paul Jégou. Overall Winner of V40 Men's Category: John Peake Compton Challenge '20' 3rd April: 1st Paul Jégou 2h21.33; 101st Clare Hazell 3h31.39; 130th Jan McCabe 3h46.52

Ridgeway Relay 21st June: 13th team: 11h16:19. (Our third fastest time for the event).

Teddy Hall Relays 11th March:

9th 1:17:17 WHH 'A' Ladies: Briscoe A, Bailey, Singer 17th 1:21:39 WHH 'A' Men: Peake, Druce, Cooke, Jégou 42nd 1:32:31 WHH 'B' Men: Casey, Shilston, Wiggins, Atkin 74th 1:46:14 WHH 'C' Men: Smith, Portsmouth, Stringfellow, Harris

Jason Cooke won the Club **Cross-Country Handicap**. Graham Wiggins won the **New Year's Day Handicap**.

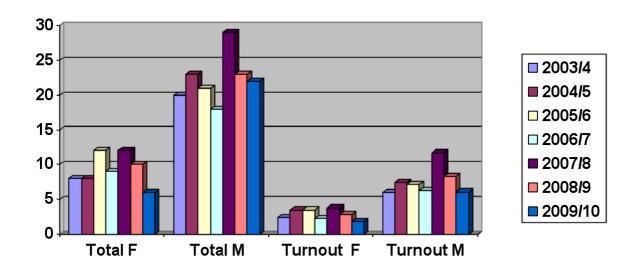
X-Country Champs (Senior)

Total of 12 races - Best 9 to count

5 * Oxford Mail League; 2 * Wessex League; 2 * Chiltern League, Southern, County & BB&O

Winners: Senior Men: Paul Jégou, Vet Men: John Peake

Senior & Vet Ladies: Ros Burgess



X-Country Champs (Junior)

Total of 12 races:

5 * Oxford Mail League, 1 * Chiltern League, County, BB&O, Southern, 3 * Club Time Trials Statuettes were presented to the individual age group winners and medals to all who had taken part in three or more of the events.

Age Group	Winner	No of participants
U/9 Girls:	Phoebe Leech	2
U/9 Boys:	no entries	
U/11 Girls:	Eloise Graham	14
U/11 Boys:	Charlie Harrison	9
U/13 Girls:	Josie Harrison	13
U/13 Boys:	Ben Claridge	16
U/15 Girls:	Sophie Lloyd	5
U/15 Boys:	Mitch Lomas	9
U/17 Girls:	Bethan Murphy-Hand	4
U/17 Boys:	Alex Mills	3

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 do complete in T&F athletics for other clubs, including in the Southern and Veteran's leagues. For the Young Athletes the Oxfordshire Junior T&F League has provided good competition, although this does only comprise three fixtures each season. The remaining fixtures are made up of the Oxfordshire Championships along with open events etc.

This year also saw the 4th Annual Club Athletics Championships, held at King Alfred's School West on Thursday 8th July. This was another success with three events taking place (100/80m; 800/600m; Shot Putt/Vortex Throw)

In the Oxfordshire Junior Track & Field League our teams finished well down the table in most age categories. However, both our Under 13 boys and Under 15 Girls teams finished 4th overall out of the eight clubs participating after the three matches. Despite many good performances by our athletes our teams do not have sufficient numbers to finish well up in this league.

We are still very short of officials. We do get some assistance from parents at the YA leagues, but still need someone with experience to take charge of an event. In addition to the regular coaches I would like to thank Frances Briscoe for her ongoing support for the Young Athletes team this season.

Oxfordshire County Championships

Horspath: 8/9May.

Listed only the performances that were in the top four:



- U13 Boys Ryan Craze 100m 3rd 13.91; 200m 1st 29.17
- U13 Boys Christopher Druce Long Jump 1st 3.90m; Discus 2nd 13m11.
- U15 Boys Zack Olliffe 100m 4th 12.95; 400m 2nd 61.99
- U15 Boys Ben Little 800m 3rd 2:41.03; High Jump 1st 1.35m
- U13 Eloise Graham Girls 70m hurdles 4th 16.59; Javelin 4th 8.05
- U13 Boys Ben Claridge 1500m 4th 5:24.17 U15 Girls Sophie Lloyd 800m 4th 2.36.18; 1500m 2nd 5:21.66 U17 Men Mitch Lomas 1500m 1st 04:41.04;
- 1500m 2nd 04:44.22; 3000m 1st 10:20.48 U17 Men Alex Mills
- U17 Men James Ritter High Jump 2nd 1.65m
- U17 Women Megan Dormer 300m 4th 48.87
- U17 Women Becky Hodgson 200m 2nd 27.33
- Senior Men Paul Jégou 1500m 4th 4 04:26.82; 3000m 1st 09:33.58; 5000m 1st 16:47.30
- V35 Men John Peake 400m 2nd 61.41; 1500m 2nd 4:45.80; Long Jump 1st 4m24
- V35 Men Neil Druce 400m 3rd 62.83; 800m 1st 2:24.69
- V60 Men Richard Jégou Shot Putt 1st 10.90m; Discus 1st 33.43m; Hammer 3rd 29.56m

Richard Jégou : Masters (V65) Throws:

British Championships in Cardiff on 23rd July. 2nd Shot Putt 10m54; 3rd Hammer 30m08.

Top 200 in UK Rankings for 2010.

I have selected top 200 rankings for 2010.

- Ben Claridge U13 boys: 1200m 9th 4m07.0; High Jump 148th 1m35
- Okan Onay U13 boys: 1200m 28th 4m18.9
- Ryan Craze U13 boys: 80m 77th 12.1; 100m 159th 13.4; 150m 54th 21.44.
- U13 boys team: 4*100 144th 59.5 (Abingdon Oxf. Jnr. League 23rd May)
- Sophie Lloyd U15 girls: 1200m 5th 4m16.3
- Chloe Craze U15 girls: 80m 28th 11.5; 100m 193rd 13.2; 150m 40th 21.1; 300m 77th 44.6
- Zak Olliffe U15 boys: 150m 27th 19.6
- Becky Hodgson U17 Women: 150m 14th 20.3.
- James Ritter U17 men: High Jump 102^{nd} 1m78.
- Mitch Lomas U17 men: 1200m 9th 3m47.7
- Tim Traynor U20 Men: 3000m 76th 8m47.87
- Jason Cooke Senior men: 4 Miles 80th 21.48
- Paul Jégou V35 men 3000m 51st 9m33.58; 5000m 41st 16m08; 5K (road) 54th 16m08.77th; 10K 184th 34:45; 6 Miles 17th 33m37.
- Neil Druce V40 men 400m 72nd 62.83; 800m 71st 2m20.9; 1200m 2nd 3m53.0; 5000m 125th 18m21; 3000SC 33rd 11m43.8; Long Jump 65th 3m91.
- Tim Hughes V55 men: 5M 4th 27:55; 10K 3rd 34:50; Half Marathon 6th 79:02.

Richard Jégou: V65 men: Long Jump 24th 2m58; Shot indoor 1st; outdoor 3rd 10m36; Heavy Hammer 4th 11m93; Discus 4th 35m53; Hammer 5th 31m69; javelin 18th 22m43, Weights Pentathlon 5th 3140pts.

Club Records Update

- Megan Gardiner U11 Girls 75m 12.1 Banbury 23rd May
- Emma Rose U13 Girls Javelin 18m41 Horspath
- Ben Claridge. U13 Boys 1200m 4m07.0 Banbury 23rd May Ryan Craze U13 Boys 80m 11.52 Bracknell 27th March; 150m 21.44 Bracknell 27th March
- U13 Boys 4*100m 59.5 Tilsley Park 23rd May. (Ryan Craze, Chris Druce, Ben Claridge, Jack Howes)
- Sophie Lloyd U15 Girls 1200m 4m16.3 Tilsley Park11th April
- Chloe Craze U15 Girls 100m 13.2 Banbury 23rd May & Horspath 30th May
- Chloe Craze U15 Girls 150m 21.1 Tilsley Park 11th April; 300m 44.6 Banbury 23rd May
- Zack Olliffe U15 Boys 150m 19.6 Tilsley Park11th April
- James Ritter U17U20 Men High Jump 1m78 Tilsley Park27th June (equal)
- Becky Hodgson U17/U20/Senior Women 150m 20.3 Cheltenham 21st July (equal)
- Becky Hodgson U17/U20/Senior Women 200m 27.25 Woking 5th September
- Richard Jégou M65 Javelin 22m43 Ewell 27th February; Discus 35m53 Cheltenham 14th July.

Road Running 2010 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. In addition we try and include races from the Oxfordshire Road Race Grand Prix series - a competition in which we have won the 'small clubs' trophy for the last two years (2008, 2009). This year we have two individuals well up in the results. With 11 of the 14 races done, Paul Jégou is lying 2nd overall and John Peake 11th.

London Marathon.

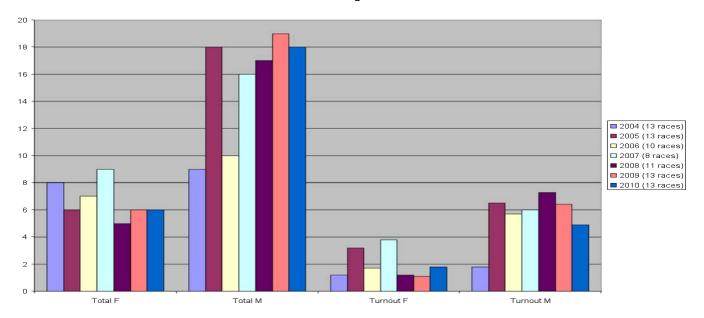
The club was awarded three places for the 2010 London Marathon. Two of these went to Clare Hazell and Paul Jégou as winners of the club road running championships. The third was selected according to a number of pre-defined criteria and went to Dan Peace. We await news of how many places we may receive for the 2011 race, but these will be offered to the winners of the club road running championships (as before) and any remaining places will be selected by ballot.

Road Running Championship Events

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

- Banbury 15: 17th Paul Jégou 01:31:54; 19th Jason Cooke 01:34:32; 34th John Peake 01:39:42 (6 competitors)
- Motavation Series Charlton: 15th Paul Jégou 22:26; 19th Jason Cooke 22:32; 26th 28:48 Sheila Bailey (7
- Charndon 5Km: 6th Paul Jégou 16:08; 13th Jason Cooke 16:53; 138th Sarah Baker 24:29 (7 competitors)
- Chiltern Chase 10km: 5th Jason Cooke 36:49; 9th John Peake 37.33; 183rd Sarah baker 52.24 7 competitors)
- Toad Hall 10km 30th Simon Leech 46.25; 45th Graham Wiggins 48.52; 104th Sarah baker 56.38; 108th jan McCabe 57.16 (4 competitors).
- Shirburn Hill 10k 1st Jason Cooke 46.10; 20th Graham Wiggins 52.37; 49th Sarah Baker 63.14 (5 competitors)
- Adderbury Half Marathon. 2nd Jason Cooke 85.14; 3rd John Peake 88.34; 77th Sheila Bailey 118.05 (8 competitors)
- Hornton Classic 6miles: 5th Paul Jégou 34.30; 8th Jason Cooke 35.24; 14th John Peake 36.42; 43rd Simon Leech 41.38 (4 competitors).
- Hooky 6miles: 4th Paul Jégou 33.37; 16th John Peake 36.15; 197th Jan McCabe 53.31 (6 competitors)
- Peasemore 5miles: 3rd Tim Hughes 27.54; 4th Jason Cooke 28.11; 156th Kim & Max Newark 52.31 (6
- Woodstock 12 miles: 5th Paul Jégou 70.39; 25th Dan Peace 80.08; 150th Jan McCabe 110.42 (6 competitors)
- Hanney 5: 6th Tim Hughes 27.31; 11th Paul Jégou 28.23; 80th Sheila Bailey 35.43. (13 competitors)
- Abingdon Marathon still to take place.

Road Running Statistics



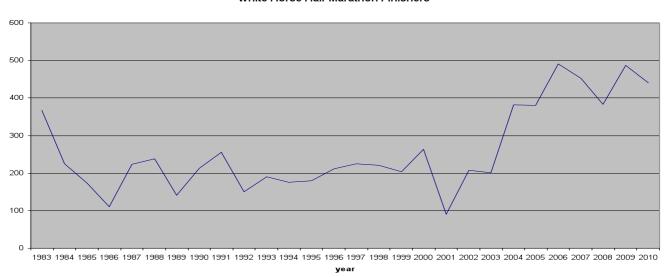
White Horse Half Marathon 2010



The 2010 race was again a profitable and successful race which received many very favourable comments. This year the race filled up 86 days before the event, almost a

month earlier than in 2009. My particular thanks to the organising team: Bob Harrison; Dene Stringfellow, Kevin Harris, Lucia Singer, Roger Turnbull in addition to Ruth McCrohon (Entries) & Nick Ponting (Race Sponsor). Thanks as well to everyone who helped by marshalling or in any other way. The WHH committee has agreed to make a donation from the profits of the race of £1000 to The Prostate Cancer Charity, in memory of Barrie Strange. In addition 14 individual runners raised a total of £1,520 for this charity.

Plans are well under way for the 2011 race. This will take place on Sunday 10th April and, as agreed at the 2009 AGM, will support the October Club in Wantage.



White Horse Half Marathon Finishers

Web Site & Communications.

We have an active web site, although there are two separate sites maintained in parallel. One of the site, www.whitehorseharriers.org contains more static information. The other, the 'Lastest News' site contains news and results. My thanks to Dene Stringfellow and John Peake for carrying 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. 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. There has been some debate about how the content of The Harrier should, or should not, overlap with web content.

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.

Training & Coaching.

We continue to be very reliant on a small number if coaches, with only Angela Briscoe and Tom King holding level 2 coaching qualifications. We do, however, have regular support from others. Bruce Charles (sprints) and Sheila Bailey also hold level 1 qualifications. Richard Jégou also provides throws coaching. Lucia Singer, George Smith & Dene Stringfellow have also attended a level 1 coaching course. Furthermore there is an active rota of helpers providing additional adult assistance for the Thursday evening training sessions. Nevertheless we need more coaches and this lack is a limitation for the club. In the previous year we were fortunate enough to have two students from King Alfred's School, Jo Booker and Stephen Yates, provide coaching. Their presence was missed this year. The club made a donation to each towards their future studies in recognition of the excellent service they had given the club. 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 two 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 are 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 socialise).

Social Evenings etc.

During the last year we have continued with the autumn social in the Comrades Club in November. (Note: This year's this will be held on Friday 12th November). In 2009 we held a barbecue at the Court Hill Centre with the specific aim of putting on an event more suitable for young athletes. This was successful (despite a lot of rain) and was repeated in better weather in June this year. As last year we present medals to all Young Athletes who competed in a minimum number of races (three this last season) as well as statuettes to individual age group winners.

In previous years we had also a barbecue hosted at Mike and Elaine Kerswell's House in Rowstock. This was not held this year although we have not excluded asking Mike & Elaine if they would host another in future years.

Jog Wantage

The beginners running course under the banner 'Jog Wantage' has run for the last two years. During early 2009 eight members of White Horse Harriers went on a 'Jog Leader' course. In 2009 we offered the course for free and had a total of approximately 50 people start the course. The course was successful although there was a fairly high dropout rate by the end. A handful of those who started are still running regularly. The course ran for a total of 14 weeks. In 2010 we were rather later organizing the publicity. We had 15 people sign up and made a modest (£10 per head) charge for the whole course which lasted 10 weeks. One person who attended the 2010 course has carried on running with WHH. The course has been run under the England Athletics' "Jog England" scheme, although they have now dropped this and moved to something broadly similar called 'Run in England".

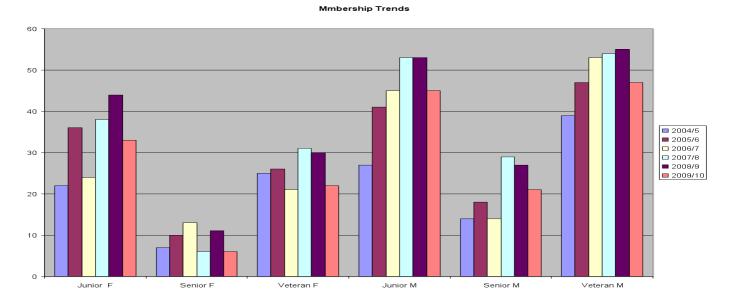
Chip Timing Project and Other Matters.

There is an ongoing project to purchase chip timing equipment for use by Oxfordshire Athletics Clubs. This requires the participating clubs to be prepared to contribute both financially to the initial cost and with manpower to be trained and use the equipment. White Horse Harriers has made a commitment to both of these with £1000 initially pledged and two people (Dene Stringfellow, Simon Atkin) offering to participate. The initial outlay can be regarded as an investment as the financial model charges for use in such a way as to pay back the contributing clubs. This project will only go forward if a sufficient number of clubs sign up. I would like to thank Dene Stringfellow for both being one of the drivers of the project which will benefit us as well as other local clubs.

The green **tent or shelter** we have used at matches for many years finally succumbed to the weather at the BB&O championships last year. We have been very fortunate in that the Thackray family donated their tent to us. This tent is very suitable for our needs. This saved us considerable cost and we were finding difficulty purchasing a tent at the time we needed one. We have also purchased a feather flag which can clearly display the name and colours of the club at events.

Membership Details.

We currently have 174 members (Last year's total was 224). The chart below shows the numbers of members for each category over the last six years.



Oxfordshire Athletics Network, Vale Athletics Development.

The Oxfordshire Athletics Network is up and running. England Athletics has awarded £85,000 over three years and the network 'Activator' (Natasha Jewell) has been appointed. Although the first year's money was nominally allocated from 1st April it took some time to appointment the Network Activator and with the summer holidays intervening it is only now the Network is getting going. We (White Horse Harriers) need to ensure that the Athletics Network does help us provide more and better athletics for the Wantage area. As part of the launch of the Network we (like the other clubs involved) have put together a flyer publicizing White Horse Harriers and this will be generally useful in gaining publicity.

In addition we continue to attend the Vale Athletics Development Meetings which provide a link between the Athletics Clubs in the Vale (Abingdon Amblers, Radley and White Horse Harriers) and local schools.

ClubMark.

Obtaining Clubmark Accreditation is an important goal for White Horse Harriers. Indeed, it is a requirement for our participation in the Oxfordshire Athletics Network. We have been working towards this for over a year now and have completed around two thirds of the objectives required. However, we have not yet formally signed up for Clubmark but now is the time to do this. I would like to thank Simon Atkin for his work in tracking and guiding us through this process.

Committee Members for 2009-2010

Chairman	Gareth Smith
Secretary	Richard Jégou
Treasurer	Neil Druce
Road Running Secretary	Dene Stringfellow
Cross Country Secretary	Frank Briscoe
Press Officer	Simon Atkin
General Members	Bob Harrison
Membership Secretary	Mark Godden / Jan McCabe

Note:

- 1. Mark Godden continued as Membership Secretary until Jan McCabe took up the post during the year.
- 2. A change in circumstances meant that Frank Briscoe was not able to complete the year as Cross-Country Secretary.

3. Geoff Penfold has stood down from the role of club Welfare Officer that he has held for some years. This post is currently vacant.

Summary

It is clear from the many items covered in this report that White Horse Harriers is a very active club. The two main issues facing us remain those of a lack of coaches and a poor venue for winter training locally. On the positive side, the club provides a lot of opportunities for competition and training. We also stage a good quality road race to the benefit of local runners. My thanks to all the committee members for their enthusiasm and support over the year, the coaches for their dedication and time, as well as everyone who has helped White Horse Harriers in any way this last year.