

Hamworthy Harriers 2018 Annual Report for Hamworthy Club

In 2018 The Harriers competed in many events up and down the UK as well as abroad, ranging from 5k's to marathon distances on road, trail and cani-cross events. Below is a brief outline of what we have achieved during 2018. For more detail please see our monthly newsletters that are posted on our Web Page, The Hamworthy Club webpage under the running section or on our facebook page under Hamworthy Harriers.

PARK RUN updates

Below shows the progress on our exploits for Parkruns UK and worldwide, all Parkruns are 5 km in distance

<u>Sarah CHALONER</u>	19:25	22:46	51:19		69	188	100
<u>Martin COOMBES</u>	20:31	24:32	37:21		113	118	100
<u>Gerard LISSENBURG</u>	20:43	22:29	25:42		6	118	100
<u>Michael HUGHES</u>	21:24	24:41	30:18		203	222	100
<u>Kevin DWYER</u>	22:48	27:54	53:57		184	192	100
<u>Rebecca COLLINS</u>	23:02	24:52	29:33		224	228	100
<u>Robert BARNETT</u>	23:31	25:51	50:34		156	223	100
<u>John WILLMOTT</u>	24:01	25:10	26:03		4	4	
<u>Jeannette PIKE</u>	25:10	27:15	30:00		51	53	50
<u>Andrew HENEGAN</u>	25:47	25:47	25:47		1	1	
<u>John MCCLELLAND</u>	26:23	29:31	34:21		11	12	
Ian Edwards	18:37	22:49	54:59		170	302	250
Mark Buffery	18:17	22:20	49:22		183	231	100
Mike Hirst	18:36	20:06	23:29		46	63	50

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Carol Baker	23:11	26:11	31:36			54	78	
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The first column shows the fastest time, the second overall average and the third the slowest. The fourth column is the number of parkruns done at the registered home parkrun and the fifth column is the total number done.

Note on individual performances:

Sarah Chaloner along with her new hubby **Ian Edwards**, have been Parkrun Tourists during 2018, competing in many events including Netley Abbey, Portsmouth, Gunnersby, Lee-on-Solent, Fort William and many more

Bob Barnett is another parkrun tourist, having run many parkruns around Brighton. His most notable Parkrun was in Canada, near Toronto

Mike Hughes ran in the Parkrun in Perth, Australia

The last column signifies the achievement award, based on the number of completed parkruns. Quite a few harriers are reaching the 250 mark and others the 100 mark. After the 250 mark, the next award is on completion of 500 parkruns

Team Events

We entered teams in the North Dorset Village Marathon Relays (NDVM) and the Holton Lee Relays

In the **NDVM** we had an all male team for the first time, as a result of injuries. The team of Ian Edwards, Gerard Lissenberg, Mike Hirst and Mark Buffery timed just over Three hours finishing in 3:02:27.

Ian Edwards 51:48 leg 1 (7.5 miles), Gerard Lissenberg 32:15 leg 2 (5 miles approx)
Mike Hirst 53:50 leg 3 (8 miles approx) and Mark Buffery 44:34 leg 4 (6.6 miles)

This gave them **second male team** overall and 5th team out of 40 . Once again Mark Buffery ran an incredible leg to pull the team through to a podium finish.

The second team consisted of Mike Hughes, Rebecca Collins, Jeannette Pike and Jill Durham, with times 1:01, 36, 59 and 56 minutes respectively. Team finished 20th out of 40 teams

In the **Holton Lee Relays**, organised by the Lytchett Striders Club the Harriers performed well, our results were:

Holton Lee relays had a total of 68 competitive teams. The Harriers had Mixed teams.

HH Aces 20th overall, 11th Mixed Team Mike Hirst 21:09 Gerard Lissenburg 22:41 Becky Collins 25:24 Mick Fleck 22:19 Bob Barnet 26:29

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HH Kings 48th overall, 34th mixed team. Mike Hughes 24:52, Jeanette Pike 26:38, Carol Baker 27:30 Becky Dwyer 30:21, Kevin Dwyer 32:34

Also, a special mention to **Team Extreme Edwards**, 24th overall, 15th Mixed Team Ian Edwards+Sarah Chaloner and their family.

Individual Events

Marathons

The harriers competed in two marathons in 2018, London and Berlin

In **London**, Jeannette Pike and Carol Baker ran and Jeannette's daughter Katherine also ran (soon to be a Harrier - hopefully). All had good runs considering the hot conditions. Carol sacrificed her run to help another runner to get medical attention.

Times

Jeannette Pike: Time - 4 hrs 35 mins
Split Times - 5K: 31.05, Half: 2hrs 12 mins
Position Overall - 17145, Age Grade Pos - 426, Gender - 4841

Katherine Pike: Time - 4hrs 24mins
Split Times - 5K: 28.02, Half 2 hrs 01mins
Position Overall - 14569, Gender - 3939, Age Grade - 2091

Carol Baker: Time - 5hrs 47 mins
Split Times - 5K: 33.22, Half 2hrs 27 mins
Position Overall - 32452, Age Grade - 174, Gender -11761

In **Berlin**, our only runner was Mike Hughes, his result:

Time - 4 hrs 30 mins, Split Times 10k - 56 mins, Half: 1 hr 57mins
Position 19469 out of 41000, Age Grade Position 148 out of 500

Non-Marathon events and Dorset Road Race League races (in date order)

Swanage 10Km - Ian Edwards

Lytchett 10 miles - Jeannette Pike, Rebecca Collins, Mike Hughes and Carol Baker

Bournemouth 10 miles - Jeannette Pike, Mike Fleck and Carol Baker

Larmar tree 10 miles (ish) - Jeannette Pike and Mike Hughes

Marnhull 12km - Ian Edwards - 4th o/50

Poole Half Marathon - Mike Hughes and Jeannette Pike

Purbeck 10k - Ian Edwards (42mins), Mike Hughes (51), Carol Baker (58) and Kevin Dwyer (66)

New Forest Half Marathon - this was a family affair with Jeannette Pike (new Pb) and Katherine and Jonny

Stur Newton Half Marathon - Mike Hughes

Great North Run - Mike Fleck - 1hr 50mins. Mike has run all 38 of this event.

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Bournemouth Half Marathon - Mark Buffery (1hr 28mins), Katherine Pike (1:50), Jeannette Pike (1:55 - new PB) and keeping it in the family Philip Pike (2:05)

Weymouth 10 - Andy Clements was 4th in 64 minutes

Ageas Bowl 10km - Ian Edwards (41 mins), Sarah Chaloner (43 - 1st female o/50),

Hobourne 5 miles - Ian Barnes (34 mins) - 3rd 0/65)

Robin Hood Half Marathon - Mike Fleck

Wimborne 10 miles - Jeannette Pike (1.29 - new Pb), Ian Edwards and Mike Fleck

Boxing Day - Round the Lakes 10k - Sarah Chaloner (43 mins) and Rebecca Collins (51 - seasons best)

Cross Country

Mike Hirst and Sarah Chaloner both raced in the County Cross Country Championship at Bryanston School. Mike had his quickest run of the cross country season, possibly spurred on by the heavy rain that accompanied the men's race. The ladies were luckier with the weather and Sarah had a good run but was just beaten into 2nd place in the V50 category

Overseas Events

Benidorm 10km

This used to be a combined marathon and half marathon, but is now a 10k only. The Harriers have been to these event several times over the years. This year was no exception, with several harriers travelling supported by those members who live in Spain.

Results

Ian Edwards (42 mins, 4th 0/50), Sarah Chaloner (43 - 2nd female 0/50), Kevin Dwyer (66), John McClelland (66). Keith Long and ex Harrier who lives in Spain - 54 minutes.

The Harriers were joined by a group fro Lytchett Striders and Bournemouth AC

CANI_Cross Events

Our only participant in these events is Mike Hirst and Rufus (his Hungarian Wizla). The Cani-cross event are for teams consisting of man or woman running with a dog mostly over cross country courses.

Mike and Rufus have run in a number of events, but the most notable of these are the following:

The 2018 **Goldrush Trail** race at Coed y Brenin, Snowdonia with a record number of trail runners and cani-cross racers hit the challenging trail in glorious sunshine and temperatures into the mid-20s!

Underfoot conditions were dry and responsive with 50 cani-cross competitors lining up to face the 8.5 mile route, record times were definitely on the cards once again.

Mike and Rufus were 3rd overall and 2nd in their gender, another podium finish for the cani-cross team. Overall time was 1 hr 14 mins.

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Another event was the Maverick Silva Dark Series 10K, Mike and Rufus had another great run placing 1st Canicross team in a time of 45:32. Pretty good going for a trail run in the dark!

Mike and Rufus also ran in the Wickham Torchlight 10km, first cani-cross team in 39 minutes

Upcoming Events for 2019

London Marathon, the Harriers will have 4 entrants in this year's event, Ian Edwards, Carol Baker, Jeannette Pike and Mike Hughes . Mike got the Club Entry place

Our annual awards event will be on 16th February - venue details to be confirmed, where we will be awarding the Harrier of the Year for 2018

Annual Awards Dinner 2018

The main award for the Harrier of the Year went to the North Dorset Village Marathon Relay consisting Sarah Chaloner, Mike Hirst, Gerard Lissenburg and Mark Buffery for 1st place in the 2017 event.

Mike Hughes
Chairman
Hamworthy Harriers