

HARRIERS HERALD

APRIL-AUGUST 2001

AS THE TRACK AND FIELD SEASON BEGINS TO DRAW TO A CLOSE THE CROSS COUNTRY IS ON THE HORIZON, INSIDE ARE THE DATES FOR YOUR DIARY.

IT IS GOOD TO SEE SOME NEW FACES IN ALL AGE GROUPS, PARTICULARLY THOSE ENTERING INTO THE SPIRIT OF THINGS WITH THE OREGON CIRCUIT AND RELAYS.

THE COUNTY ROAD RELAYS THAT WERE POSTPONED EARLIER IN THE YEAR ARE ON THIS WEEKEND, THE 2ND OF SEPTEMBER, EACH LEG IS THREE MILES, LET GEOFF SMITH KNOW IF YOU WANT TO TAKE PART.

A NEW 'WELCOME' LEAFLET HAS BEEN PRODUCED. IT HAS ALL THE THINGS YOU NEED TO KNOW ABOUT BANBURY HARRIERS ATHLETIC CLUB. IF YOU ARE NEW TO THE CLUB AND WOULD LIKE ONE SEE DEBBIE, MICHELLE OR RUSSELL.

MANY THANKS TO ALL CONTRIBUTORS, IT WOULD BE GOOD IF A FEW MORE PEOPLE CONTRIBUTED TOWARDS THE NEXT ONE.

DEBBIE KUKAINIS

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CROSS COUNTRY DATES





Track and field reports

Midland Women's League

Congratulations to all athletes who have competed this season to help achieve Sundays superb result. From the first to the last meeting the team spirit was exceptional.

In the under 15 squad several athletes are actually under 13 and have not looked out of place proving the high quality of up and coming youngsters at the club. The under 17 girls, Leah and Lucy, have performed well all year. Since the arrival of the young Mums/throws squad, the other senior athletes have been able to fill all events ranging from 100 to 3000 metres. Having good spring and middle distance runners lots of points were scored. We have one multi event athlete in the team which is a bonus but I have noticed another one seems to be emerging.

Thanks to all officials, coaches and those who provide transport. Thanks again to you all for the great effort you have put in all season. I don't mind a soaking every week!

Cheers Chris

Chris Bates (Team Manager)



Topsport Oxon Track and Field League

Tilsley Park, Abingdon, 21/04/01

A fine day saw 21 athletes turn out for the first club track and field league meeting of the season and it was very pleasing to see so many newcomers, especially in the U11 boys.

There were a number of personal bests; these were not only by the newcomers but also from the more senior athletes at U13 and U15 level, which was good to see.

One race, which stood out to me, was the U15 girls 1500m, we had two athletes competing in this event for the first time. As I watched Charlotte Newbould and Kayleigh go round they approached this race as mature adults even though they were only U15's. Charlotte was 3rd and Kayleigh was 5th both finishing with a sprint. Well-done girls.

Most of the girls were competing in different age groups for the first time and I must say they held their own. Sophie Murrell doing a pb in the 75m hurdles at U15 level, Tasha Trigger competing at U13 for the first time putt the shot a creditable 5m03cm. Hannah Bryan also competed at U13 for the first time ran 100m and 200m, Alice Gunn ran a pb at 800m in 2m50secs. It was especially nice to see Lucy Peacock back in competition throwing the javelin 19m12cm, well done Lucy.

It was very good to see the McCutcheon family competing, Faye U13, Scott U11 and Luke at U15. Faye did a relay, Scott did 80m and 150m both pb's and Luke ran a pb in the 400m. Anthony Williams ever present ran the 400m and putt the shot.

Matthew Robinson ran 100m in 12.7secs, Richard Scott competing at club level for the first time at U15 did a long jump pb of 3m93cm, Ben Thompson again consistent at 100m also did the long jump. Matthew Hawkins competing as an U15 did 100m and shot putt.

Jonathan Bean U13 did 100m and 200m and Lloyd Bryan at U9 level did the standing long jump, 80m and 150m in very creditable times for his age. Daniel Mestecky competing in track and field for the first time did long jump, cricket ball, 600m and a relay.

The Jarvis twins again competing for the first time competed very well and look good for the rest of the season. Ann Pass competed for the first time and did long jump and relay.

It was very pleasing to be able to put out four relay teams and with a bit of practice they could do some damage especially the U15 boys.

Well done everyone for turning out and achieving your results, also a big thank-you to the three officials Geoff, Ian and Michelle and all of the parents for transportation.

Horspath, 13/06/01

25 athletes competed at this first mid week meeting of the league; the weather was fine and sunny early on. It was really very nice to see four new faces in the boys team i.e. Jonathan Gunn trying to emulate his sister ran a very good 150m on his debut of 27.3secs. Also Zak Arogundada doing a party piece after winning his 150m on his debut in 23 secs. Then there was Anthony Robinson the 3rd new U11 boy who ran an incredible 600m leading from start to finish doing a pb in 1m58.2secs and throwing the cricket ball 30m76cm. The fourth new face was Andrew Mawle U15 boy who won his 100m and came 2nd in his 200m both pb's and running a very fast leg in the 4x100m relay to give his team 2nd place.

Little Lloyd Bryan came first in all three of his events. The twins Sean and Thomas Jarvis were very consistent. Scott McCutcheon ran well in his 80m and 150m. The two U13 boys Jonathan Bean and Dominic Willis did very well, Dominic gaining pb's in the 100m, 200m and long jump.

The six U15 boys did very well and gained loads of pb's. Anthony Williams 100m was below 13secs for the first time in 12.9secs. Scott Devonish did the 800m and javelin and Luke McCutcheon gained a pb in the 200m. Richard Scott did a pb in the triple jump and gave the first leg of the relay a great start. Matthew Hawkins gave the javelin a good throw for the first time and gained a creditable second place in the B string. Jack Williams being the only U17 man did a good triple jump and discus.

The girls again did myself and the club proud. Hannah Bryan doing pb's in the 100m and 200m, Alice Gunn again very consistent in her 800m and 200m, Tasha Trigger gaining confidence in her main events especially the discus and Faye McCutcheon doing a pb in her discus.

U15 girls Sophie, Kara and Kayleigh seem to improve every outing, Kara finishing 4th in the shot, Sophie with a pb in the 100m and Kayleigh bettering her 800m time to 2m43.1secs.

U17 women Leah and Lucy both did shot and 200m doing creditable distances and times.

In the relays I was able to turn out four of which three were scoring U11B, U13G and U15B who bettered their previous time at the last meeting. A mixed U15/U17G relay put in a great performance breaking 60 seconds.

We have proved we can compete against the best in Oxfordshire and beat them. Thank you to everyone involved.

Drayton, Banbury, 12/07/01

Thirty young athletes competed at this second evening meeting and it was so good to see so many athletes including the first timers.

Under 9 boy William Hicks ran 80m and threw the turbo javelin. Under 11 boys Matthew Ward ran the 600m and Conor Clyne did the long jump. Under 13 boy Edward Smith threw the discus, under 15 boy Allistair Lord ran the 100m and under 17 man David Tridgell ran the 800m and 200m. It was good to see Ben Kent back at the club winning the long jump and high jump in a league record of 1m64cm. Also under 11 boy Rashid Olubaji competed for the first time doing the cricket ball and long jump.

On the girls side it was nice to see U15 girl Sarah Austin competing for the first time in the 800m and discus.

To all the rest of the regulars to this league there were good performances by all and well done to all who produced personal bests and there were a lot of them.

A big thank you to Ian, Michelle, Debbie and Geoff for all their help and also a big thank you to Ann for making the raffle so successful. I would also like to thank the refreshment team for their hard work on the night and the preparation on the night, an overall success.

Russell Filshie (Team Manager)

Open meetings

Solihull Open 08/06/01

Leah and Kayleigh went to this meeting and unfortunately they were the only Harriers at this meeting, but they most certainly did not let the club down and showed the West Midlands that West Oxfordshire are in good shape. Also a few Radley ladies and Exel Gosforth athletes were present and so we were in good company.

Competition was good, Leah competed in the 100m, 200m and shot, Kayleigh in the 200m, 800m and Javelin. Kayleigh started the day by throwing the javelin to a pb of 13m40cm gaining a third place and a bronze medal being received on the podium for the first time. She also came sixth in her 200m final only two-tenths off her pb 30.4secs and unfortunately she did not make her 800m final but did a very respectable time of 2m45.2secs.

Leah on the other hand slightly bettered her sister by winning her 100m final and receiving a gold medal for her efforts, she also came equal 2nd in her 200m final but unfortunately only gold medals were being awarded at her age group, to finish she came 5th in the shot out of 8.

Well done both of you for competing so well against a good quality field in each of your age groups and gaining your medals, keep it up.

Russell Filshie

Oxford 5 Star, Horspath, 17/06/01

Three athlete went to this meeting, which is a bit of a shame as even though these meetings have ceased officially, one or two clubs have decided to continue them as they do give the young athlete the opportunity to try events, which they have never tried before.

On the day the weather stayed dry thankfully, baring in mind the awful weather we had the day before.

Lloyd Bryan and his sister Hannah did the Bryan family proud once again.

Lloyd came 2nd in the U9B category gaining a silver medal and Hannah in 100m and 200m gaining new best times and for her efforts gained a five star certificate.

Kayleigh Filshie being the other athlete gave her all on a day when it was slightly windy but of her three events her 800m stood out as I have never seen her run a more consistent 800m than she did even though she was 5 tenths of a second down on her pb and coming second. On a better day she would have broken 2m43secs. Never mind Kayleigh, keep it up and it will happen and for her efforts she gained a 4 star certificate with 181 points.

Well done all three.

Russell Filshie

Battle of confidences

It would seem that there is a problem within the club regarding a battle against self-confidence in certain athletes when changing from one age group to another. Some can cope very well and are self-motivated to cope with it and are strong enough, but unfortunately some cannot cope as well.

I say: - "provided you have done your very best and given the event a go and been close to a pb or even broken it then you are doing very well and you should be proud of yourself. To better yourself you need to compete against better athletes. To better myself and my times I need to compete against better athletes (no disrespect to us vets) and that means competing against senior and younger athletes who are much



Road running notes

The eight race East Midland Grand Prix Series came to an end with the Rugby Six on July 11th. Sixth place there gave Simon Pritchard second spot in the overall series. The only other Harrier to complete the series was Phil Bevis who finished 6th vet55.

The fourth motivation race at Chipping Norton saw 23 Harriers attend, notably Tim Chambers 50th and Rudi Sellers 76th competing for the first time. Jim, Jean and Bruce Hendrie also did the 'Motavation' for the first time in ages. Simon (5th) and Peter (10th) led the way with Peter gaining a first ever win against Oxfords best vet40 Brian Green. Dave Drummond (44th) made the first team for the first time.

Among the ladies Jane Vincent had her best ever road race finishing one place behind Vicky in 120th. They combined with Michelle to finish as second ladies team while the men finished 3rd. The ladies A team is currently lying in third place overall. Bruce was our only individual prizewinner as 3rd vet40.

The Hooky 6 on Sunday also yielded success, Steve Andrew returning to fitness and more regular racing finished 12th and helped Simon and Peter to team victory, the same three had won the team prize at the Hornton 6 two weeks before. The unexpected return of George Brooks 67th led to the race organiser awarding her plus Michelle 72nd and Vicky 95th the ladies team prize. There then followed a protest by Bourton Road Runners who pointed out that a bloke called Brian was actually a lady called Briony. However they didn't have the heart to take the bottles of wine off our girls so they gave Bourton an IOU.

One little note of optimism at Hooky, Nigel Braggins had his best run since his long injury lay off.

Geoff Smith

Cross Country

Chiltern League

There is a complete re-structuring of the Chiltern League taking place over the next couple of seasons due to lots of new clubs wishing to join the league following the break up of the Southern Women's Cross Country League. Some of the new clubs will go straight into division 1 and others into division 2 (our division). It looks as if the competition will be even tougher this year, especially in the older age groups. We have again been requested to stage the final fixture at Banbury.

Geoff Robinson (Team Manager)

The club enters two cross-country leagues; the Chiltern League run on Saturday and Oxford Mail League run on Sunday. Any member can participate in these. It is excellent for improving strength and stamina for the track and road in the summer. More information will follow as the cross-country season approaches but listen out for transport arrangements at the 7pm weekly meeting on Tuesdays. The dates of the fixtures are on the back page.

younger and stronger and by doing this I need to train harder to motivate myself to achieve my goal which indeed I have.

At the end of the day it's up to you, and the goals will come and the achievement will be immense. Most of all never give up."

Russell Filshie

Southern Women's League

At the start of the season it was my aim that our club establishes a firm base in the Women's Southern League by finishing in the top half of the table in readiness for the changes, which will be implemented next year. There is currently a rumour of Divisions three and four merging, leading to meets with five clubs. This would enhance the standard and number of athletes at each meet and would be welcomed by myself.

So far we are at the mid table position so very well done to all those athletes who have represented the club this season and thank you to all those who have officiated or helped in a variety of ways. Our last meeting saw the top two teams, Winchester and Wimborne, at Drayton and we did well to come a creditable thirds above Kernou who had traveled all the way from Cornwall! Our athletes were well up to the standard of the other clubs but the need to fill every event was highlighted. If we were able to do this I am sure that we could also be in a promotion spot. It was good to watch young Louise Watton, the English Schools Champion, throw the javelin. It was also good to see the return of Mike Hughes in the capacity of announcer-Mike is never short of a word! Welcome back Mike.

Next meeting, at Banbury again, sees the bottom two clubs who may have a limited future in the Southern League and I expect them to field weak and small teams. We also entertain Newbury, the club one place above us in the league. Here is a golden opportunity to score really highly, to climb above our nearest rivals and perhaps more, so I urge you all to turn out and let's kick RRRRs.

Chris Bazeley

Success at the County Champs



Three Banbury Harriers made it onto the podium together for the 800m at the Oxfordshire County Champs. Ian Robinson finishing 1st, Graeme Osborne a close 2nd and Phil Vincent 3rd. Well done.

Collingham exposed!

Anyone who has met Swansea's John Collingham at the Cotswold Way Relays or Race the Train knows he is a larger than life character, probably an unfortunate phrase taking into account what is to follow.

John now works in Holland and has joined a club over there, one of whose members is a Nike agent and he was asked by the organizers of the European Naked Beach 5km Race to persuade some of his fellow runners to take part. John was the obvious choice; a small bribe of a nights free drinks was sufficient to get him to the start line.

John stripped for action and made his way to the start, there were a few thongs and pouches but the majority of the participants had fully entered into the spirit of the thing. Looking around John noted that that there were some decent runners in the field so it was a reasonably serious event. Mingling with the crowd was slightly less embarrassing and when the gun went, they set off like one of those Benny Hill chases (can you picture it in your mind?). John was unable to go the pace at first, but as the race wore on he caught the leaders, put in a burst and was able to set up a winning lead. He tore into the finish straight to the shower and was mighty relieved to get his clothes back on. However, he was not to get off that lightly.

When he went to the prize giving he was informed by the sponsors (Holland's biggest porn company) that he was the winner, yes only the winner had to strip off to receive his prize! Imagine it, everyone stood there fully clothed watching him, just to compound the situation they brought him in two silicone enhanced 'film' actresses and a bottle of champagne, and took pictures of him spraying them with the champagne. Next he was awarded his prizes: a film not currently available in Blockbusters, a couple of books not stocked at your local library, some dubious gadgets, which are not on the shelves at B & Q and a large bag of anatomically inspired sweets.

I could not imagine getting into a situation like that, but it wouldn't surprise me at all to hear that J.C. is back next year to defend his title.



Geoff Smith

Hampshire Fire Service Triathlon, Fareham, 1st July 2001

The Fareham triathlon consisted of a 500m swim, 25km cycle and a 6km run. Four Banbury Harriers competed in the event, Denis and Debbie Kukainis, Vicky Lears and Jane Vincent. It wasn't until after we had entered the tri that we did a bit of race research, finding out about a huge hill on the cycle starting at sea level and rising up to the Beacon. We did our best to drive the cycle route beforehand but some of the roads had already been closed for the event. As luck would have it the killer hill was on part of the course we couldn't see before the event. In a triathlon all competitors have a staggered start and it is not until after the event that you can work out your position.

Jane and Debbie swam almost identical swim splits, with Vicky far superior. Denis out performed the girls on the bike followed closer than he would have liked by Debbie. After the two disciplines Debbie and Vicky had almost identical cumulative times with Denis and Jane slightly down. The run was to decide our finishing order.

In the open event Denis finished just one position ahead of Vicky with just 5 seconds between them. The final positions out of the 365 finishers were Denis 187th and 10th in his category, Vicky Lears 188th and 11th in her category, Debbie Kukainis 223rd and 11th in her category and Jane Vincent 277th and 17th in her category.



The next triathlon we are taking part in is on September 30th at Roade, Northampton. This is 400m swim, 20km cycle and 5k run. Debbie, Denis and Jane have entered the triathlon and Jeanette Murrell, Kath Kukainis and Michelle Buzzard are doing a bit each as a relay team. If you would like to take part as a relay team or individually I have some entry forms.

Debbie Kukainis

STOP THE PRESS...

Coaching Clinics

There is a serious shortage of coaches within the club, with no qualified coaches for various events. To help overcome this shortage we sent for some help from the MACC Coaching Clinics Flying Squad. This request was answered with the visits to us by four Midland Staff Coaches.

On June 20th Mike Dolby took a very humorous but effective high jump session. On 21st June Graham Ravenscroft brought his expertise to the long jump. With Mike Hughes sidelined with his injury Margaret Davies came over on the 26th June for a sprint hurdle session. Finally we had a visit from George Taylor with his long distance clinic. In terms of numbers of athletes who attended, this was possibly the most successful of all the sessions, with many of his training ideas being taken on board by the middle/long distance squads. If any parents are interested in helping with coaching on club night please let me know- we desperately need your help.

Geoff Robinson

THANK YOU THANK YOU THANK YOU

These words I use to you all at the best club or organisation that I have ever belonged to. The support that you have given my family and I during the recovery from my severe accident touches me deeply. It goes without saying my first visit to the track was a real boost, the win at Burton by the ladies has added to my recovery.

Thanking you all again my friends.

Mike Hughes (hurdles)

Congratulations to Simon Taylor who got married to Justine last month.

Well done and thanks to Chris Bates for his efforts and motivation as the Midland Women's Team Manager helping Banbury Harriers gain promotion into division 5 next season.

Cross country dates for 2001/2002

All members are encouraged to participate, see article for information.

Date	Day	League	Venue
October 13th	Saturday	Chiltern	Watford - mob match
November 3rd	Saturday	Chiltern	Oxford - mob match
November 4th	Sunday	Oxford Mail	tba
December 1st	Saturday	Chiltern	Biggleswade tbc
December 2nd	Sunday	Oxford Mail	tba
January 6th	Sunday	Oxford Mail	tba
January 12th	Saturday	Chiltern	Berkhampstead
February 3rd	Sunday	Oxford Mail	tba
February 16th	Saturday	Chiltern	Banbury
March 3rd	Sunday	Oxford Mail	tba