



OXFORDSHIRE ATHLETICS ASSOCIATION

Newsletter - June 2013

A tribute to John Tanner

Congratulations to John Tanner who was presented with two awards at the annual British Athletics Officials' Conference in April. John received awards for the 2013 Endurance Official and also in recognition of 40 years' service to athletics. Before the awards the following citation was made:

"John is the sort of person that anyone can approach without any thoughts of belittlement. One of the nicest persons one can meet.

Apart from his forty plus years as an official he has been involved with Stoke Mandeville for over thirty years. John refereed the Paralympics there in 1984 and the first ever Paralympic marathon. He acted as an International official at the Paralympic Games in Seoul and Barcelona and the World Championships in New Zealand in 2011 and the IPC European championships in the Netherlands last year.

John also refereed the World Championships in 1998. He has refereed the London Marathon wheelchair race for many years now and continues to do so. John has always been well respected by both his peers and the athletes, especially those with a disability, throughout the world."



John Tanner (far right) with Oxon AA Officials at London 2012 Olympics. From the left - Duncan Talbot, Alan Vincent & Jess Lacey

National Cross-Country Championships The English Cross-Country Association has announced that the 2014 Saucony English National Cross-Country Championships will be staged at Wollaton Park, Nottingham on Saturday 22nd February

Inter-Counties T & F Team Managers are urgently needed for the following Inter-Counties fixtures: Senior Women on Sunday July 21st at Tilsley Park; U13s at Kingsmeadow on Sunday July 28th; U15 and U20 teams at Copthall on Sunday August 11th. If you are able to help please contact Lyn Hopkins at: lynhopkins2@yahoo.co.uk

Track & Field

Oxfordshire T & F Championships 2013 (Report by Alan Vincent & John Sear)

Ashley Johnson took one of the oldest Championships records in pipping Richard Baderin in the Men's 110m hurdles. The record had stood to Mark Hatton, a senior international in the period 1977-82! The race was so close that Radley's Baderin felt able to celebrate victory on the line. But the photo-finish picture gave it to Johnson (Oxford City) – albeit by just 1/100th, 14.50 to 14.51.

There was another close finish between Oxford City and Radley athletes in the U15 Girls' 75m hurdles. This time it was Radley's Alice Hopkins who ousted Alice Byles by just 4/100ths in the fine time of 11.71. Both girls achieved a Grade 1 AAA performance, although a following wind of 3.0 mph was over the limit for record purposes.

The 'straight sprinters' were also in fine form, encouraged by a rare weekend of warm sunshine. Kyle Ennis (Banbury) notched up a 100/200 double in the Senior Men's category. He was tremendously unlucky to see his 10.66 and 21.52 to some extent negated by a wind just over the legal limit. He was also fully extended by a good field in both finals, with David Gain (Radley) taking both silver medals. Leigh Watson (Banbury) and Jordan Dorrian were the pick of the U20 Men sprinters, taking double gold and silver respectively.

Banbury's main sprints coach, Chris Bazeley, had good cause to be pleased with the performance of his squad. Liam Grieveson is moving up the age groups impressively and propelled his short frame to an outstanding 11.07 win in the U17 Men's 100. Radley has long been renowned for its high standards in sprinting and Carl Pinder's protégée, Lois Waknell, recorded 12.54 to win the U17 Women's 100. The same club's Tara Kafke was the best senior sprinter on show, taking the 400 in 56.74. In the U13 age group, Isabella Gilkes (Reading) ran a fine, legal 13.36, as well as taking yet another tight sprint hurdles race from Victoria Harte (Banbury).

On the Field, the outstanding performers included Emma O'Hara, Kathryn Woodcock, Luisa Chantler Edmond (all Radley), Tomasz Napiorkowski (Oxford City), Redford Curtis (Marshall Milton Keynes) and Robbie Crowther (Oxford City). Luisa took all three throws titles in the U15 age group, registering Grade I performances in all three events! Emma also notched up three wins in the Seniors' with her 55.60 Hammer placing her 2nd on the National rankings. Kathryn took the U17 Hammer with a throw of 37.30, while Redford and Robbie took the U17 and U15 Javelin titles respectively, each with Grade I throws and each taking up 11th position in the National rankings. Thomas secured a double victory in the Shot and Discus, with throws of 13.65 and 42.88. Both Napiorkowski and Crowther are trained by Barry Symonds, a fine testimony to the qualities of the long-serving Oxford City coach.

Megan Humphreys (Oxford City) had a fine middle distance double – 2:16.74 in the 800 and 5:50.61 in the 1500. Christian von Eitzen took the U17 Men's two-lapper in 1: 58.14, pushed to a fast time by James Currah (Witney). U13 Nick Wiltshire (Abingdon) showed promise in with a 4:53.16 victory in the 1500.

The total number of entries was almost identical to last year although there were more U13s and fewer seniors & masters. Excellent support was given by OAA officials and by local clubs in the field events. There was a very successful Quad Kids competition on the Sunday run by OCAC. As a result of the Championships, a number of athletes are now well placed in the UK rankings.

Mile Races at Iffley Road

An opportunity exists for athletes to run a mile on the Iffley Road, Oxford track, where the first ever four-minute mile was run by (Sir) Roger Bannister in 1954. The first race starts at 1:30 pm on Saturday 20th July. There will also be open 600m events. This is part of the BMC (British Milers Club) Grand Prix meeting which will start at 3:30 pm

All abilities are welcome but with a minimum age of 11 years. Races are graded on estimated time or 1500m personal bests so that competitors will be of similar standard. There will be electronic timing.

For further information and an entry form please see the OUCCC website - <http://ouccc.org.uk/events/iffley-miles/>

Please note that there is no available parking at the Iffley Road track. Travel and parking information can be obtained from the OUCCC website. Although there is no race entry fee, a stadium admission fee of £4 will be payable on arrival at the stadium by athletes and spectators. Race numbers will be handed out on the day. There will be no on-the-day entries this year. Any enquiries to Chris McGurk at: chris.mcgurk@wadh.ox.ac.uk

Nathan Douglas & Hannah England

Nathan Douglas took another step on the road to recovery, after a series of injuries over the last two years, with a win in the Bedford International Triple Jump event. The Oxford City athlete posted 16.53m bettering his previous effort of 16.19 at the Loughborough International meeting. Representing Great Britain & Ireland in the European Team Championships at Gateshead, Nathan jumped 16.45m for 3rd place earning valuable points for his team but still leaving him short of the "A" standard of 17.20m needed to qualify for the World Championships in Moscow this summer.

Fellow Oxford City AC star Hannah England made a great start to her season, achieving the World Championship "A" standard time in her first Diamond League outing of the year in Eugene, Oregon. Despite a fast time of 4:03.38 Hannah came 8th in the 1500m behind Hellen Obiri of Kenya who registered 3:58.58. In the Diamond League meeting in Rome, Hannah ran a marginally slower time of 4:03.91 in a race won by former Ethiopian athlete Abeba Aregawi, now running for Sweden, who clocked 4:00.23. At Gateshead Hannah had a disappointing run coming 5th in 4:11.02 in a slowly run race, but stays positive for Moscow.

At the Diamond League Meeting in Birmingham Nathan jumped 16.70m setting a season's best and Hannah finished 7th in a time of 4:07.23

County Schools Championships – Tilsley Park 16th June 2013

The Junior Girls competition saw a trio of fine Schools' National Standard performances. Alice Byles registered a PB of 5.23m in the Long Jump, while Luisa Chantler Edmond won all three throws, peaking with a 30.05m effort in the Discus. Alice Hopkins chipped in with a speedy 11.5 secs victory in the sprint hurdles. Alice Byles showed that Oxfordshire has the talent and coaching expertise by winning the B string hurdles in an Entry Standard performance of 11.7 secs. It was the same two girls who had fought out a close finish in the earlier Oxon AA Championships.

There were just three other National Standard performances in all of the other age groups, all in the long throws – evidence again of coaching strengths within the County. In the Intermediate Boys' Javelin, Redford Curtis improved his placing in the Power of Ten Rankings with a throw of 55.74m. Kathryn Woodcock sent the Intermediate hammer out to a distance of 38.05m, and Robbie Crowther hurled the Junior Boys' spear out to 46.23m. All three repeated their wins from the Oxon AA Championships.

In the Intermediate Boys' sprints, Liam Grieveson and Archie Wilson traded wins, Liam taking the 100m and Archie the half-lap. In both instances, the two recorded identical times – 11.2 secs and 22.8 secs respectively (both Entry Standard).

Other bids for English Schools selection came from Christian von Eitzen, whose 1:57.1 in the Inter Boys' 800 was a mere 1/10th outside the National Standard, and Lois Waknell who clocked a speedy 12.5 secs in the Inter Girls' 100m.

The County squad for the English Schools' at Birmingham early in July was no doubt due to be strengthened by the inclusion of athletes competing on the same day in the U20 Championships & European Trials at Bedford. There were silver medals for Emma O'Hara (54.07m Hammer) and Freddie Curtis (69.48m Javelin), while Tomasz Napiorkowski put the shot out to 13.60m for 4th place. Leigh Watson ran a manual 10.9 to qualify for the semis in the short sprint, but was not able to compete in the final.

In the U23 Championships at the same meeting, Kyle Ennis (Banbury) recorded a PB of 10.65 in finishing 2nd to the phenomenal Adam Gemili in his heat of the 100. Kyle qualified automatically for the semis, where he was not able to repeat this performance, recording 10.85 secs. [\(Report by Alan Vincent\)](#)

English Schools AA

The 83rd ESAA Track & Field Championships will be held at Birmingham Alexander Stadium on Friday 5th and Saturday 6th July. The Oxfordshire Schools team is:

Junior Boys

Robby Crowther,

Inter Boys

Liam Grieveson, Archie Wilson, Christian Von Eitzen, James Currah, Oscar Boughen, Redford Curtis, Tom Anstice,

Senior Boys

Jordan Dorrian, Tomasz Napiorkowski, Gurlal Randhawa,

Junior Girls

Jessica Barker, Alice Hopkins, Alice Byles, Luisa Chantler Edmond, Ellie Smith,

Inter Girls

Lois Waknell, Megan Humphreys, Georgia Harvey, Simi Fajemisin, Kathryn Woodcock, Amy Herrington,

Senior Girls

Lauren Hawtin, Amy Holder, Emma O'Hara,

SEAA Track & Field Update

The following SEAA Championship events have been announced: (1) Combined Events - 20th & 21st July - Allianz Park, Copthall. (2) Inter Counties U15/U20 - 11th August - Allianz Park, Copthall. (3) U15/U17 – 17th & 18th August - Ashford

On The Road

Oxon Road Race Grand Prix

This year's competition is well under way with 5 of the remaining 13 events completed. In the team competition after 4 events, Woodstock Harriers & Oxford City AC are tied for the lead in the men's competition with Headington Road Runners 3rd. Headington lead Alchester RC in the women's contest whilst Eynsham Road Runners are in third place.

Woodstock's James Bolton and Alchester's Samantha Usher lead the men's and women's individual league tables respectively.

Forthcoming Grand Prix races July – September 2013

Date	Event	Notes
Sunday - July 7th	Didcot 5-Mile	County Championships
Saturday - July 20 th	Hornton Classic 6-Mile	
Sunday - August 11th	Hooky 6-Mile	
Sunday - September 8th	Witney Cotswold Classic 10-Mile	County Championships
Saturday - September 21st	Woodstock 12	

Grand Prix events completed – April – June 2013

Date	Event	Finishers 2013	Finishers 2012	Increase/decrease
7 th April	White Horse Half	422	443	- 4.7%
2 nd May	Mota-Vation Charlton	301	182	+ 65.3%
5 th May	County Road Relays	279	180	+ 55%
14 th May	Cottisford 5K	126	No race	-
30 th June	Thame 10K	813	784	+3.7%

Other Oxon AA calendar events - July – September 2013

Date	Event	Notes
Thursday July 4 th	Mota-Vation Combe	
Saturday July 13 th	Adderbury Half Marathon & 10K	Off-Road
Thursday August 1st	Mota-Vation Combe 2	New course
Thursday August 29 th	Mota-Vation Oxford	7 pm start
Sunday September 1st	Headington 5-mile	New race
Sunday September 15 th	Longworth 10K	
Sunday September 29th	Finstock 10K	

Other Oxon AA calendar events completed - April – June 2013

Date	Event	Finishers 2013	Finishers 2012	Increase/decrease
14 th April	Brill Hilly 10K	178	141	+26.2%
6 th May	Chalgrove 10K	352	359	-1.9%
12 th May	Town & Gown 10K	3026	2367	+27.8%
26 th May	Thames Run 10K	447	451	-1%
6 th June	M/Vation Bletchington	302	349	-13.5%
9 th June	Chiltern Chase 10K	391	417	-6.2%
11 th June	Banbury 5	360	313	+15%
16 th June	Run Jericho	331	372	-11%

Officials' report by Paul Thomas

The schedule of officials for road races to the end of October is now available. All events will be fully covered by endurance officials.

We now have 7 Event Adjudicators in Oxfordshire with the latest being Matthew Smith. The fill list is Derek Adams, Will Atkinson, Graham Pickup, John Sear, Matthew Smith, Paul Thomas & Kate Worrall. So there should always be one available for your race. In fact the County officials are increasingly being called upon to do outside the County duties.

Four of the endurance officials have been asked about their availability as timekeepers by the SEAA for the cross-country season 2013/14 for both regional and national events. This has not happened for some years. All such events are on a Saturday so will not interfere with County events already planned.

The provisional fixture list for the Oxford Mail Cross-Country League is : November 3rd – Ascott, December 1st – Culham, January 15th – Middleton Cheney, February 2nd – Cirencester, March 2nd Harwell. Middleton Cheney will also be the County Championships.

The British Universities & Colleges Sport (BUCS) cross-country will be held in South Park on Saturday February 1st. **(PT)**

Oxford City Veterans win at Sutton Park

At the National Veterans Road Relay Championships at Sutton Park, Birmingham the OCAC trio of Roy Treadwell, Dave Parsons & John Exley secured victory in the 65/74 age group comfortably breaking the existing course record. Roy ran the fastest age category leg of the day clocking 18:50 over the 5K undulating course whilst Dave and John both registered 19:31 third quickest overall.



Dave, John & Roy

Headington Road Runners celebrate

To celebrate 25 years of Road Running, Headington Road Runners are staging a new 5 mile open road race. The course is flat and fast with good potential for a personal best and is chip timed. The event is being held on Sunday 1st September starting at 9:30 am. Proceeds will be donated to Oxsrad, Oxford's Integrated Sports Centre, a unique sport and recreation centre that is accessible to both the able-bodied and disabled

The race is a fast 5 mile loop. It starts and finishes in Boults Lane recreation ground, approximately 400 metres from the Race HQ and takes in the tracks on the Northern bypass and the Marston Ferry road. It is largely free of traffic.

A message from our new CCSO

Suffolk Triple Jumper Tania Spurling, who has joined the South Area Team as Club Coach and Support Officer for Oxfordshire & Berkshire, sends the following message to Oxfordshire Clubs:

'Having been involved in athletics in Suffolk for the past 14 years in various roles including as a coach, athlete, & volunteer, it is a wonderful opportunity to be able to share my knowledge and experience of athletics and help to continue to support clubs and coaches across Oxfordshire and Berkshire through the Club and Coach Support Officer role. Prior to this role I was the network coordinator for the Suffolk Essex Athletics Network for four years, delivered flying coach visits and worked closely with clubs and coaches to organise coach development activity, secure funding, and provide support with various aspects of club development. I have thoroughly enjoyed my first 2 months with England Athletics and look forward to continuing to meet and support many more clubs & coaches across Oxfordshire & Berkshire over the coming months'.



Tania Spurling

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Good news for athletics

Sport England have just announced their latest 'Active People Survey' figures which showed participation in track and field athletics had increased by more than 25% in the year to April 2013. This is a reward for the hard work done by clubs across England in the build-up to the 2012 Games and months following.

Oxford Athletics Network Update (Report by Kay Reynolds)

Recent action by OAN:

- * had the 2013/14 action plan approved by EA. This supports the focus areas for the Network Clubs which are coaching, officiating and adult participation mainly.
- * Arranged and ran a local Assistant Coach course in April which was well attended
- * booked a local Athletics coach course - the dates for which are being finalised for the Autumn.
- * ran a local officials H&S course to ensure officials are able to meet ongoing requirements as set out by the governing bodies.
- * are arranging a level 2 officials course locally
- * are arranging 2 further coach development days locally (one in the Autumn and one in the Spring of 2014) after the success and positive feedback from the first one.
- * the OAN composite Team entered in the U17/20 YDL league are doing well - currently lying 2nd in their Premier 2 division behind Nottingham. We have hosted 2 fixtures: one at Horspath in April the other at Tilsley on 30 June. Big thanks you to all who supported these meetings.
- * we continue to look at general club development and are supporting Network Clubs with Clubmark accreditation or renewal of Clubmark.
- * we have funding available for 2 areas: admin support (meeting minutes and general admin) and website update (non technical). If anyone is interested in either of these they should contact Kay Reynolds (kay.reynolds@phe.gov.uk) in the first instance.
- * we are planning a 'on track' session linked to our adult participation target. Which will be aimed at getting adults (whether its those returning to athletics or just involved for the first time) involved in the sport. (KR)

Spotlight on David & Jessica Bruce

Race prize lists this year have often featured both David Bruce of Oxford City AC and his wife Jessica (nee Leitch) who now runs for Headington Road Runners. David recently won the first two Mota-Vation races, ran the fastest leg at the County Road Relays and also secured victories in the Cottisford 5K and Otmoor Challenge Half Marathon. Jessica finished 3rd & 4th respectively in the Charlton and Bletchington Mota-Vation races, was 4th fastest in the County Relays, won the Cottisford 5K and came 3rd at Otmoor.

The couple met through the Oxford University Cross Country Club when they were both undergraduates. David then went on to study graduate entry medicine and Jessica embarked upon a DPhil, again both at Oxford. During their undergraduate and graduate years they both represented Oxford in Cross Country, Athletics and Triathlon. David amassed a total of 12 Blues and Jessica was Oxford University's Dark Blue Scholar and Sports Woman of the year in 2008/2009. During her DPhil she was also invited to represent Wales in cross-country and road-running events.

David is about to embark upon a core surgical training post at the JR and just fits in enough running to ensure that he stays ahead of the competition. The couple do a lot of their running together, which is just as well as otherwise they would hardly see each other. Since joining local clubs last year they have thoroughly enjoyed becoming a part of Oxfordshire's running scene.

Both David & Jessica are now engaged on a professional basis in advising athletes in the prevention and treatment of running injuries.

...and finally Oxon 110m sprint hurdles star **Lawrence Clarke** is focusing on the World Championships in Moscow from 10th to 18th August and will be concentrating on some testing European races in the hope of gaining selection for the British team.

Hammer thrower **Emma O'Hara** bagged a silver medal in the England Under 20 Championships at Bedford. The 18-year-old Radley athlete finished second in the under 20 ladies' event, throwing 54.07m in blustery conditions. Emma, who is second in the UK under 20 rankings, could not quite match her personal best of 55.60 set at the Oxfordshire Championships. Oxford City's **Simi Fajemisin** collected a bronze medal in the under 20 ladies' long jump. Despite competing against athletes several years older, 15-year-old Simi took third with a final round leap of 5.98m. This lifetime best effort took her to second in the UK under 17 rankings.

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Comments to Mike Shipway,

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