

Hamworthy Harriers 2019 Annual Report

The Hamworthy Harriers had another good year In 2019. 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 2019. For more detail please see Web Page and our Facebook page

PARK RUN updates

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

<u>Mark BUFFERY</u>	18:17	22:22	49:22	189	259	250
<u>Sarah CHALONER</u>	19:25	22:47	51:19	83	246	100
<u>Martin COOMBES</u>	20:31	24:42	37:21	118	123	100
<u>Gerard LISSENBURG</u>	20:43	22:29	25:42	6	125	100
<u>Jonathan PIKE</u>	20:47	23:15	29:42	26	32	
<u>Michael HUGHES</u>	21:24	24:50	31:17	229	252	250
<u>Kevin DWYER</u>	22:48	27:59	53:57	188	198	100
<u>Rebecca COLLINS</u>	23:02	25:03	29:33	255	259	250
<u>Katherine PIKE</u>	23:16	24:42	26:30	11	15	
<u>Robert BARNETT</u>	23:31	26:01	50:34	176	263	250
<u>John WILLMOTT</u>	24:01	25:10	26:03	4	4	
<u>Jeannette PIKE</u>	24:47	27:09	30:00	76	81	50
<u>Andrew HENEGAN</u>	25:47	25:47	25:47	1	1	
<u>John MCCLELLAND</u>	26:23	29:36	34:21	12	13	
<u>MIKE EDWARDS</u>	18:37	22:48	54:59	185	361	250

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Mike Hirst		18:36	19:36	22:14	135	211	
Ian Barnes		19:39	21:13	26:58	73	106	



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 **Ian Edwards**, have again been Parkrun Tourists during 2019, notably running 3 parkruns in USA. Ian & Sarah were 1st and 2nd respectively in the TUSCON parkrun. Bob Barnett is another parkrun tourist.

We also had a number of our runners achieve the landmark of getting to 250 parkrun events in 2019, Mark, Becky, Bob and Mike Hughes. Sarah will have reached 250 by the time this report is published.

The last column signifies the achievement award, based on the number of completed parkruns. More harriers have reached the 250 mark and others the 100 mark in 2019. 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) - 4 legs totalling the marathon distance and the Holton Lee Relays.

In the **NDVM** we had a mixed team, of Ian Barnes, Ian Edwards, Mike Hirst and Sarah Chaloner.

Cumulative time for each leg - Ian Barnes 53:49 (7.3 miles), Ian Edwards 1:24:53 (<5 miles), Mike Hirst 2:20:32 (8 miles approx) and Sarah Chaloner 3:08:19 leg 4 (6.6 miles).

This gave them **second mixed team** overall and 5th team out of 40.

The second team consisted of Mike Hughes, Rebecca Collins, Jeannette Pike and Jonathan Pike with cumulative times of 1:01, 1:38.3, 2:36 and 3:33. Team finished 19th out of 40 teams and achieved the best ever time for our 2nd team in this event by well over 4 minutes.

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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 83 competitive teams. The Harriers had 3 teams entered Hamworthy Harriers Jokers

Matthew Lissenberg, 00:20:22, Andy Clements, 00:18:31, Ian Barnes, 00:21:3, Mike Hirst, 00:21:04, Ian Edwards 00:19:52 with total time of 1:41:20

Finished in 16th place out of 83 teams

Our Aces team finished in 54th out of 83 and consisted of Mike Hughes, Gerard Lissenburg, Kevin Dwyer, Bob Barnett and Mark Buffery

Our ladies team Hamworthy Harriers Queens also did well finishing 7th out of 16 ladies and 52nd overall and consisted of Sarah Chaloner, Rebecca Hadjipetrou, Jeannette Pike, Katherine Pike and Becky Dwyer

Individual Events

Marathons

The harriers competed in the London marathons in 2019

They were Jeannette Pike, Carol Baker and Mike Hughes

All completed the event, Jeannette and Mike raised several hundred pounds for their respective charities

Non-Marathon events and Dorset Road Race League races

Broadstone QTR Marathon - Geoff Scott, Ian Barnes and Mike Fleck

Stubbington 10K - Ian Edwards and Sarah Chaloner

Stonehenge Stomp 10K - Sarah Chaloner

South West Vets XC Championship - Ian Barnes (1st in AGE Group)

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

Falasia 5k (Portugal) - Sarah Chaloner 2nd Age Category

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

Bournemouth 10K - Ian Barnes (1st v70)

Larmer tree 10 miles (ish) - Jeannette Pike, Katherine Pike and Mike Hughes

Marnhall 12K - Sarah Chaloner (2nd overall) and Carol Baker

Rotary QTR Marathon - Ian Barnes (2nd v70) and Mike Hirst (1st v60)

Poole Half Marathon - Jeannette Pike and Jonathon Pike

Ashbridge 10K canicross - Mike and Rufus

Purbeck 10k - Ian Edwards, Ian Barnes, Jeannette Pike

Great North Run - Mike Fleck - Mike has run in all 39 races of this event.

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)

Hobourne 5 - Ian Barnes

Weymouth 10 - Andy Clements was 4th in 64 minutes

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Wimborne 10 miles - Jeannette Pike and Mike Hughes

Boxing Day - Round the Lakes 10k - Sarah Chaloner (43 mins) and Rebecca Collins (51 - seasons best). Ian ran with son Sean and daughter Hannah

Shaves Cross 5m - Ian Edwards and Sarah Chaloner (3rd Lady)

Edinburgh Half Marathon - Kevin Dwyer and Fiona Whitaker

Upton House Time trial summer series - Ian Barnes and Sarah Chaloner - both overall winners in their age categories

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.

Competing were Mike Hughes, John McClelland and Kevin Dwyer

The Harriers were joined by a group fro Lytchett Striders

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:

Upcoming Events for 2020

London Marathon, the Harriers will have Jonathan Pike in the marathon

Will again compete in relay events including the NDVM, Holton Lee Relays and another relay event in London

Our aim also to organise and event in 2020

Annual Awards Dinner 2019

The main award for the Harrier of the Year went to Sarah Chaloner

Mike Hughes

Chairman

Hamworthy Harriers