

GADE VALLEY HARRIERS

AGM

24<sup>TH</sup> September 2021

at

Boxmoor Cricket Club

### Chairmans report 2020/21

A review of last years AGM minutes - accepted

#### Chairman report

This is my 2<sup>nd</sup> AGM as your Chair, but only my first 'real face to face' one. Last year we were still in lock down, so my report didn't follow the normal set of subjects which was quite fun, but this year I dusted down the normal topics and thought I'd use that as my prompt...

Let me start with the MTR. I'd normally thank the marshals and congratulate us on tremendous success – sadly, we didn't do any!

For the XC I'd like to thank everyone who participated – Ed I had a plan to attend every single one of them this season 😊 – sadly we didn't do that either!

I'd also be congratulating all those Spring marathon runners at London / Manchester / Brighton – sadly that was a casualty also.

Clearly the past 12 months haven't got back to the routine we'd all hoped for so I'm afraid it's going to be another year of breaking with tradition and I'd rather spend a bit of time commenting on what has gone well and explaining what the club is going to get up to in the year ahead and of course I'll throw in a few thanks along the way.

First of all I'd like to congratulate Ed and the Lirfs for running the Tuesday reps sessions through out the year. In years gone by I'd always feared the Tuesday night sessions – but this year it's been a feeling of excitement to see real people and share the pain of the reps.

Secondly the Handicap, again in years gone by I'd feared that last Thursday of the month session where there was just no hiding your performance – rarely have I ever done them all – this year, I just couldn't wait to join a full on group session – chasing down real people is so much better...

Big cheer and round of applause to Helen Terry and her merry team...(Hero's)

Another highlight of the year was our family picnic in August. Against all the weather odds Mary and her team managed to pull off a wonderful event which included the traditional game of rounders led by our lirF Angeline and some brilliant 30 anniversary cakes. Even though I was caught out on my first ball, I have to say it was a lovely afternoon and so nice to meet a few of our members other halves and tribes. Big cheer and round of applause to Mary and her merry team...

Also I'm so pleased to see such a high level of membership renewals which has taken us to around 150 members – the new annual fee structure has given us a much easier approach to our financials and seems to have been accepted by people. Thanks for supporting the club

So moving on to the here and now, I'm delighted to say that last month we renewed our contract with The Boxmoor Cricket club on the same rates as before the pandemic. This allowed us to start meeting on Thursday nights and bringing the club back together twice a week.

I'd also like to thank them for the flexibility and support they showed us during the lock down period.

I'm looking forward to continued good relationship and of course we love the bar..

On the key's we'll be looking to organising a schedule of key holders to take it in turns to lock & unlock in the weeks ahead. I'm keen that no one is left on their own to lock up – being in Hemel no one is safe these days....

Looking forward, I wanted to start by commenting on our 30<sup>th</sup> anniversary – with all the lock downs and uncertainly we weren't able to do all the things we'd hoped to and actually it was only the family day in August. I've been quite disappointed about that, but then with the Olympics 2020 running a year later in 2021 and a good friend of mine having his 60<sup>th</sup> birthday party on his 61<sup>st</sup>, it occurred to us that why not use 2022 to have a full years 30 year celebration with more opportunities / excuses for celebration. With this in mind I'd like to formally announce that the celebrations will continue through 2022 including the addition of some new kit.

I'd like to take this opportunity to show off a new design from one of the countries top graphic designers, who has kindly joined us tonight – Jon Roberts

Available on the Teamwear on-line shop (Maria to explain...)

Big cheer and round of applause to Jon and Maria for making this a reality...

So what about the year ahead:

XC starts 16<sup>th</sup> October (can't wait...) we're looking to hit it hard this year and get our numbers up for each event. Your Captains will be out in force 'encouraging you to attend...'

In December we're hoping to run our famous (or should I say 'infamous') Christmas party where you get to see how your normally sober running buddies dance after a few drinks. We're thinking about having Ed lead one of his warm up sessions at the 11pm point just to see how good our coordination really is ☺

MTR's – we plan to bring these back in the Spring with some new ideas to help both the management and popularity – maybe combined distances on each day. Once the new committee has been established we'll be communicating dates and the approach.

It's our main income as a club so an important fixture....

So on to a few more thank-you's

Let's start with Helen Heathcote, who has joined us tonight via live video – Helen has been our league manager for several years along with MTR director and has decided to step down this year. I'd like to thank her so much for all her efforts. She hasn't been able to totally escape and has offered to continue as MTR director...

Big cheer and round of applause to Helen

Thanks also to my excellent, hardworking committee who turn up diligently to my regular Zoom calls:

Andy Newing for Website management

Phil Mercer for equipment management

Mary McCluskey – social events

James Birnie for witty reports

Maria for kit management

Steve Newing – Money management

Angeline – Ladies captain

Ross / James – mens captain

Helen Cook – for being secretary (and my wife)

And last but far from Least Ed Price for being our head Coach, 'Mr Motivator'

Big cheer and round of applause for Ed

In closing, I have to say it continues to be a privilege being part of the GVH club especially as the Chair and I look forward to the year ahead as we gradually bring our running lives and this club back to normal.

Andy Cook

Chair

### **Finances – Steve Newing**

Hi Everyone,

So these are the accounts for the year ended 31<sup>st</sup> December 2020. They have been verified this year by Michael Linden again so thanks to him for doing that.

I am pleased to report that this year we recorded a profit of £1,396. This has been in a year when we stopped training in March 2020 due to COVID so is a very positive outcome for the club.

Membership has remained stable this year with currently 150 members signed up to the club.

We were only able to get on 2 marathon training runs in 2020 but still returned a profit of £4k from these and continue to provide the club with a vital source of income. In Apr 2020 of course we were hit by Corona and effectively stopped club training for the remainder of the year only meeting up in small groups to train on a

Tuesday. We are thankful for Boxmoor CC for allowing us to suspend our clubhouse payments from the start of the lockdown and for allowing us to return to our venue finally a month or so ago. I'm pleased to say we have now started back with our payments to them. We were also able to make a charity donation in 2020 which was to Prostate Cancer for £1,000 which was gratefully received by them.

We are proposing to keep the online payment of £50 for full year membership next year, £25 for half yearly. Also we have the sumup machines now which we can use for kit payments and MTR's so we have effectively moved to cashless payments now which makes life a lot easier for myself.

Also, it is important to remind everyone that we do operate as a non-profit making entity, so whilst it is nice to operate at a profit, we do look to try and reinvest the money into the club where possible. So any ideas are always considered by the committee.

That's about all from me, any questions?

### **Coaches report – Ed Price**

1. Huge thanks to the team of coaches and leaders for supporting me and the club in providing the training we were able to do this year.
2. Congratulations and thanks to all our runners for training so hard and achieving brilliant things - it's why we love coaching!
3. Update on qualifications - Robert Bowler in process of becoming a CiRF. Nick Crowther has become a LiRF. I invited anyone who wanted to consider joining the team to let us know.
4. Update on Junior Section - Required qualifications were postponed because of COVID. I am finishing off my qualification, after which we can look again at how we might begin a junior section.
5. Tribute to Gemma (including the innuendo interview!!!).

### **Men's captain's report**

**Thanks to Ross Deacon for doing a superb job as GVH Men's captain for the last couple of years.**

I was asked to be interim captain last month as I have been writing the press reports for the past year or so. I hope I can do the captain's role justice in the shortest ever stint as a GVH captain.

Firstly, it is sad to report that there was no cross country league in 2020 - 21. The cross country AGM took place just last week, I think we are all hoping that it will go ahead as planned.

September 2020

The weekend after AGM Dylan completed the Outlaw Half Ironman near Nottingham. He said: "a chilly lake swim followed by an undulating ride and a multi terrain run." - "not my finest hour". Well done Dylan.

October

### **Chiltern Ultra, 50k Wendover**

Chris Dowling was 8th overall. Nick Crowther 12th, Phil Mercer 24th in his first ultra, Jono Marval was 27th. All 6 Harriers finished in the top 27 out of 88.

### **Eton Dorney Marathon**

Stu Gallagher finished first for GVH (2:58). Phil Robbins also completed the race in sub 3 hours. Nobody was allowed to run together because of Covid rules! Andy Cook ran with his daughter Alice in her first marathon. Stu Gallagher competed in his first race for GVH, Dave Goodman also ran.

### **Virtual London Marathon**

While the elite runners did 20 laps of Hyde Park, GVH runners competed in the virtual London Marathon. Michael Linden ran a "PB" of 3:08. Trevor Normoyle, coach George and Tom Langdown also took part.

October / November

There was another lockdown, nothing happened.

December

### **Bovingdon 10k**

This was the first race back for everybody and the first mass gathering of Harriers since before the first lockdown back in March. Matt Watt was first in 36:04 (PB), Chris Dowling wasn't far behind in 36:16 (2 minutes PB). They were 2nd and 3rd in the V40 category.

Matt Ashby ran 38:00 but missed out on a PB.

Stuart Gallagher, Phil Mercer, Gareth Tucker and Steve Newing all beat their previous bests and all four broke the 40 minute barrier for the 10k for the first time.

Andy Cook also ran a PB in 40:06.

Chris Howe also ran a PB.

Phil Mercer got a second PB in 6 days at the Olympic Park 5k event.

MK Winter Half

This race was staggered over two days to comply with Covid protocols.

Sam Richards set a new PB on Saturday.

On Sunday, Hamish ran a superb 1:22:16 and Martin Pike also bagged PB.

Then there was another lockdown until April...

April 2021

Easter weekend: St Albans 10k on Good Friday, Dorney Lake Marathon Easter Saturday.

### **St Albans**

Michael Linden and Stuart Gallagher raced together - Linden holding Gallagher off in the race to the line - Gallagher finishing two seconds ahead, in 36:28 - both big PBs.

Matt Ashby ran around 38:00 again and Steve Newing also ran strongly, breaking 40 minutes again.

### **Dorney**

James Birnie ran 3:01:57 which will hopefully qualify him for London Marathon 2022.

Roly Kendall ran a new PB by nearly an hour 3:55:46. Phil Mercer also bagged a new PB, 3:06.

May

### **Country to Capital Ultra**

Al Flowers completed the race in 6.5 hours, Phil Mercer not far behind. Dave Goodman also ran, finishing 2 hours behind.

### **Hatfield 5 Miler**

This race took place at Bovingdon Airfield, not Hatfield. Matt Watt led the way with 28:32, Al Flowers was also very quick with 29:20. Guy Woollett broke a 26 year old club record. Ed Price, Rob Bowler, Chris Howe, Trevor Normoyle and Dave Goodman also ran.

### **Thames Path 100**

Chris Dowling Dave Thompson took part in this 100 mile race. Chris finished 40th overall. Dave was 242nd at the first checkpoint but eventually finished 128th, superb ultra running.

### **Chiltern Ridge Ultra**

This is a 50k race with over 1000m of climb. Martin Pike finished 12th overall.

### **Reunion 5k**

This was a "Covid Test Event" and the first proper mass start post-lockdowns. Phil Mercer was quick, Si Wallis made a strong comeback. Dave Goodman ran for the first time in his Rasta Banana costume.

Kew 10k

Phil Mercer ran alone and said: "I was feeling it in my legs when I ran past the big greenhouse".

### **Shires and Spires 35 mile Ultra**

Al Flowers ran solo this time saying: "Lovely scenery - fields, horses, calves, lambs, Rapeseed, plenty of Spires and some woodland along with the odd country manor." "Sunny enough to pick up a bit of sunburn and hot enough to force me into walking most of the last 10 miles when my stomach went into rebellion!"

June

### **Herts Half**

Rob Bowler ran 1:39:40 to be 150th overall finisher and 4th in his category.

Ross Deacon was strong after a long term injury in what has turned out to be his last race for the club, at least for the time being. We hope we see him again.

### **St Albans Half**

Michael Linden was 39th in 1:26:53. He finished ahead of Stu Gallagher by 1.5 minutes.

Andy Bishop ran his first race for over 3 years. Welcome back Andy.

### **Race to the King, 53 mile trail race**

Martin Pike. 64th out of 896 in this ultra race. His second ultra but he has never raced a marathon.

### **Summer Solstice 10k**

This was a rainy affair this year. James Birnie led the way with a strong run of 39:23. Phil Mercer continued his strong recent form, finishing next. Robert Bowler continued to look a strong bet to Hoover up the club V60 records after his upcoming birthday.

### **Aldbury 5 Mile**

Matt Ashby was superb and first Harrier home. Great to see Anthony Willcox make a return to competitive action.

### **Milton Keynes Festival of Running**

Dave Goodman ran the MK Marathon, Al Flowers ran a superb 10k PB, just over 36 minutes, in the MK festival of running.

### **July**

Dave Goodman ran a trail marathon in Cornwall, the Maverick East Sussex ultra and the Hatfield 10k in the course of 7 days.

### **Cotswold Classic Half Ironman**

Andy Wells: "Well that was a different Cotswold Classic. The lake was clear at 5am but by 6am mist had descended and it still hadn't cleared by 7:30 so the swim was cancelled for safety reasons. I improved on my bike and run from last time so I was pleased with the effort but disappointed to miss the swim"

### **Bovvy**

Guy Woollett and John Roberts ran the 5k and 10k races at Bovingdon Airfield. Guy was 1st in his age category, John ran a great time, 38:58, in his return to racing and was also 1st in his age category.

### **Parkrun!**

Parkrun returned in July! We all celebrated.

### **Lakeland 50**

Al Flowers ran this 50 miler starting and finishing at Coniston Water.

Dave Goodman gave two more outings to his Rasta Banana outfit.

### **Bearbrook 10k**

In this normally very popular race, Ed Price ran alone (with respect to GVH) as he paced his brother to a new PB.

### **August**

### **IoW Half**

4 Harriers took a day trip to the Isle of Wight to join Steve Newing who had entered the IoW Half Marathon as it coincided with his holiday. Nick Crowther finished 5th

overall, and together with Steve Newing, Phil Mercer, Andy Cook won the team prize, whilst Antony Beamish made it 5 of the top 21 finishers for GVH.

September

Dave Goodman ran the "Ealing Mile" on Friday. He ran 3 races over a weekend.

### **Bovy 10k**

Dave Goodman's 3rd race of the weekend. Matt Ashby finished 6th, Phil Heaton finished 10th. Dan Green bagged a 10k PB.

### **Aquathlons**

Al Flowers did two aquathlons in September. The second one was the English championships. He finished 32nd overall, 5th in his age category in the championship race.

### **Rupert C-M**

Rupert Cavanah Mainwairng completed the Classics set as he did the Swim Serpentine ultra swim.

### **Brighton**

Brighton Marathon made a return to the schedule. Dave Goodman completed his challenge of 5k, 10k, HM and Marathon in the Rasta Banana costume.

### **Berlin Marathon**

Ending the year as it started, with Dave Goodman running a marathon, this time the Berlin Marathon. Well done Dave, by far the most prolific racer in the club.

## **Ladies captain report 2021 AGM**

So this year has been no different to others in the consistency of brilliant achievements shown by our ladies. Up until restrictions were lifted, training was consistent and Strava showed lots of chomping at the bit with lots of fired up enthusiasm for racing to get back to normal.

So going back a year to October 2020, it was obviously to my bitter disappointment that cross country was not happening. However, I am ecstatic that it will resume next month on October 16th with the first match at Oxford, as usual. For those of you that haven't run cross country before, please come and have a chat with me and I can tell you all about it with glee!

### **October 2020**

#### **Chiltern Ultra 50k**

Finishing in Wendover

Teresa Reason and Heather Taylor took part

They ran together until the last 2k well ahead of the next competition.

Heather lost momentum on a stile towards the end allowing Teresa to gain the lead by 45 seconds.

Teresa 5:03:56

Heather 5:04:41

They earned the prestigious first and second lady awards. From 88 starters the ladies were 16th and 18th overall.

### Eton Dorney marathon

Alice Cook took part in her first ever marathon and ran with her amazing chairman of a father and finished on 3:47:00

Sam Raffety and Kim Morgan undertook their first official marathon since their own Hemel effort in March.

Sam 3:57:32

Kim 4:01:16 and was a bit the worse for wear towards the end being poorly several times

### Virtual London Marathon

Kitty Cole did her first ever marathon in a superb 4:57:01 with laps around Boxmoor to Berko

Jane Percival: 4:29:39 earning her a PB by one minute

Kelly Cox: 4:35:35 earning her a massive PB by 40 minutes

The weather was terrible, rainy and windy!

### Virtual Brighton 10K

Mary McCluskey 1:07:29

### Olympic Park 10k

Ines 1:15:50 PB

### Run Dacorum virtual 10k

Ines 1:19:25 choosing a very hilly route round Hemel!

Tracy Scollin in her second ever 10K 1:11:52

## **December 2020**

### Herts Remembrance 10k

Very very foggy!

First real race since lockdown for many

31 Harriers took part with two different start times to stagger crossing the start line.

It was two laps of the racetrack and was pancake flat.

The ladies representing the mighty GVH were Lisa Newing, Kim Morgan who took five minutes off her previous PB, Vicki Taylor, followed by Sam Raffety Mel Hardy Ashley Taylor Natasha Gibbs Sue Crowther who all earned PBs. Also Helen Cook, Kelly Cox, me, Mary McCluskey, Nicole Tucker who managed to fall over and still get a PB, Tracy Scollin followed by Jenny Plaistow and Ines Trent who also scored pbs.

### East Sussex Trail race

23K slog in the mud

Heather Taylor took a long Bob the dog and finished in just over two hours earning her fourth lady. She did it in style wearing her Christmas hat.

### Milton Keynes winter half

Mel Hardy 1:45:06 PB

Laura Johnson first ever half marathon 1:54:15

Kim Rodwell to: 2:11:40

Kim Morgan 1:43:42

Sam Raffety eight seconds behind Kim in 1:43:50 earning a PB by four minutes

Ines Trent 2:43:04 in her first ever half marathon

January, February, March NOTHING!

## **April 2021**

Saint Albans 10k

Good Friday

Heather Taylor 38:50 6PB seventh overall female

Isabel Wilson 49:19 PB

Ines Trent PB

Leona Flaherty 54:42 PB

Tracey Cotton 48:27

Me 53:55

Jenny Stubberfield 49:18

Ashley Taylor 50:20

### Dorney Marathon

Four laps of boring terrain

Karen Hogan 4:10:51

Sam Sparks 1st ever marathon 4:16:05

Teresa Reason 3:13:58 PB! Earned her a championship place for London 2022.

Only GVH woman ever to do so.

## **May 2021**

Handicap club runs started again and this was the first of 2021. Allowed us to assess performance after a dry spell of pushing limits in races. Benchmarks were set.

Hatfield 5

Had been deferred to Bovington racetrack as there are safety concerns about the narrow lanes at Hatfield.

Ines Trent was the solo lady 53:28 PB

### Dorney triathlon

3 Harrier ladies took part: Susie Ivin, Ashley Taylor, and Angeline Cottrill

Cold and windy.

Sprint 750 m bike 20 km run 5 km

Suzie's car broke down and her boyfriend Lewis had to drive her giving up his lie in

Suzie: 1:33:15

Ashley: 1:22:25

Angeline: 1:45:21

## **June 2021**

### Herts Half Marathon

Sam Raffety 1:54:16

Kim Morgan 1:58:17

Laura Johnson 1:58:20 being paced by Kim

Jane Perceval 2:05:25

### Boxend Bedford swim run event

Susie Ivin: varied swim run swim run race all in the same kit with no transitions  
5k distance

### Saint Albans half marathon

Roasting hot

10am start

Tracey Cotton first female 1:55:11

Vicki Crawley Wise 1:55:48

Claire McDonell, Susan Crowther, Helen Cook and Natasha Gibbs all ducking in  
under two hours

Followed by Sophie Halden, Jane Perceval, Nikki Moore, Ciara Barry who earned a  
PB of 2:11:24, Kim Rodwell, Priscilla Pathak, Kitty Cole, and Ines Trent.

### Summer solstice 10k

Chase the sunset

Monday 8 pm start

Mel Hardy 46:50

Vicki Crawley Wise 46:58

Isabel Wilson 47:19

Kitty Cole 52:38 a PB by four minutes

Angeline Cottrill 53:00

Nikki McDermott 53:54 a new PB

Ines Trent 1:06:03 which is a PB by over two minutes

### Aldbury 5

Near Tring

Massive hill to begin and it's a trail race up to pit stone Hill

Heather Taylor was chatting to a fella ultrarunner at the start, Jess Gray who runs for  
D&T, eyeing up her competition

Heather finished in 38:14 earning second female being pipped to the finish line by Jess by 20seconds who took the advantage on the downhill slopes towards the end. Behind Heather was Kim Morgan, Sam Raffety, Angeline, Michelle Wells, Natasha Gibbs and Helen Cook. Ines Trent rounded the race off nicely with a superb new shiny PB

#### Venture Trail collective Rail to Trail Hemel

Priscilla Pathak , Nikki Moore, and Ciara Barry took part in their first ever trail half marathon\_

### **July 2021**

#### Outlaw 70.3 Holkham

Kirstie Hardiman finished the 1.2 m swim 56 mile bike 13.1 mile run in 6:37:38 placing her 178/312 out of the women

#### Hatfield 10k

Priscilla Pathak 57:39

#### Herts 10k

Bovingdon airfield

Again, Priscilla pathak 59:11 in the searing heat

#### Staffs half ironman

Just 2 weeks after Holkham, Kirstie Hardiman, in boiling hot conditions and dodging swans in the lake, finished in just over seven hours placing her 131/172 female

Parkruns began again in England on 24th of July sending Harriers out in their droves to enjoy their Saturday morning fix.

#### Marston Forest 5K

Tracey Cotton 22:27

#### Running tribe Chiltern run

Trail half

Priscilla Pathak and Ciara Barry

They got lost and did 15 miles overall! Luckily they were in it for the experience not the finish time

### **August 2021**

#### London landmarks half

Raana Christopher first ever half marathon training for the London Marathon

Leona Flaherty 2: 06:31 which she was very happy with despite getting a very bashed up toe!

#### North Downs Way Ultra Marathon

Teresa Reason took on this amazing mind blowing challenge

Starts in Farnham, Surrey finishing in Ashford in Kent.

104 miles of slippery uneven terrain and 10,000 feet climb  
286 competitors  
Started at 5:02 am  
Rain then hot and sunny  
Fell at 30 miles, injured face and took time to receive medical attention  
Joined by Vicki CW and Claire McDonnell at 54 miles onwards for support  
Despite feeling exceptionally cold before dawn and literally sleepwalking, she finished in 69th place overall, eighth female in a time of 28 hours 18 minutes

Saint Albans Summer 10k  
Nicki McDermott 54:05

Vitality Big Half in London  
Ines Trent 2:45:18 PB  
Kelly Cox 2:02:01  
Jane Percival 2:04:21

Leicester 10k  
Priscilla Pathak 56:41 earning a PB

The last handicap took place: Kitty Cole and Helen Cook were the only two females to complete all five fixtures

Dorney sprint triathlon  
Nicki McDermott  
750 meter swim, 20 K bike, 5K run  
1:33:54  
Had been delayed since May so Nicki needed to keep her fitness up for all three disciplines, no mean feat!

Dorney Half Marathon  
Same day as Nicki's triathlon  
Sue Crowther 1:49:44 and in her first in her category  
Sam Sparks pacing Gemma Tucker to a new PB of eight minutes, finishing in 2:08:22  
Molly Rice in her first ever half marathon 2:09:52  
Ines Trent 2:40 earning a five minute PB from the one she set one week ago!

## **September 2021**

Bovingdon 10k  
Jenny Stubblefield 50:28  
Isabel Wilson 52:29  
Me 55:22

London summer/winter 10k

Ines Trent ran with Kim Morgan and although Ines did not get the PB she was hoping for as there were too many people she came away with two medals one for the race and one for her excellent fundraising

#### Milton Keynes 20 mile

Ciara Barry 3:32:20

Holly Beckett and Sam Sparks in 3:35:52

#### Bedford 20 mile

Helen Cook 3:08:44 a new PB

Gemma Tucker 4:09:38

Followed by Tracey Cotton, Laura Johnson, and Kirstie Hardiman

#### Virtual 10 K challenge

Caron Williams was the solo participant from the club for the challenge of the most participants in a virtual 10k within a 24 hour period. We have no idea whether that was achieved or not!

#### Hampton Court Half Marathon

Kim Morgan 1:50:27

Sam Raffety just over two hours

Ines Trent 2:40:31 earning yet another PB

#### Leighton 10 mile race

Vicki Crawley Wise 1:22:32

Claire McDonnell 1:23:05

Teresa Reason 1:16:54

#### Swim Serpentine

2 mile swim

Kirstie Hardiman 1:12:31

Met Linford Christie!

Working towards getting her London classics medal

#### **Special mentions**

Maria Lawler and John Lawler got hitched in June!

Heather Taylor and James Timiss got married in September

New babies have been born to Paulina, Bethan and Phil, Karis Thomas.

Mary and James are currently growing one due 29<sup>th</sup> October.

Special mention to Junior Harrier Jack Sparks who completed the junior park run in 8:17 for 2k.

Big thank you to Nikki Moore for arranging the coach to London this coming Sunday for all the marathoners.

Helen Terry: thank you so much for always organising the handicap run so superbly. And finally a massive heartfelt thank you to Gemma Felstead for her years of dedication and brilliance as head coach alongside Ed. Your expertise, dedication, motivation and kindness will be missed massively by us all.

## **Looking forward**

Upcoming marathons

Cross country resuming

New challenges for us all for example Sam Sparks taking on two ultras next year, and goodness knows what else Teresa has planned!

I can't wait to see what the year ahead brings in terms of goals and achievements. The past 18 months have been tough on us all but our camaraderie and support is unwavering. And I'm so proud of you all.

Congratulations to the award winners:

Athlete of the Year: Michael Linden

Most Improved Athlete: Nick Crowther

Best Male Newcomer: Dan Green

Multisports Award: Dylan Wendelken

## **Best Female Athlete 2021 – Teresa Reason**

In October she took on the Chiltern 50k and finished in a spectacular 5:03:56 earning her first lady and an incredible position of 16/88 overall

In April she took on the Dorney Marathon and beat her own club record which she set eight years ago at Brighton.

She finished in a jaw dropping 3:13:58 which earned her a championship place at the Virgin Money London Marathon in 2022. She is the only GVH woman to ever do so. She also stole the previous record from Claire McDonnell for the W45 category which stood at 3:31:49

In August she took on the North Downs Way Ultramarathon with 104 miles of slippery trail.

Her finish time of 28hrs 18 is all the more amazing because of the fall she took and her bravery to continue another 70 miles when many would've given up.

In September she took on the Leighton 10 miler finishing in 1:16:54 earning her first place in the Beds Championships W45 race.

So far this year she has run a total of 1,955 miles

Congratulations to a woman we are all in awe of, Teresa Reason

## **Most Improved Female 2021 – Ines Trent**

October 3: Olympic Park 10k PB 1:15:50

October 10th: Ran her first ever 10 miles was not a race but had been building her distance

October: Virtual 10Kk run your own town Dacorum in 1:19:25 chose a hilly route

December 6: remembrance 10k in 1:10 taking five minutes of her Olympic Park time in October

December 13: Milton Keynes winter half PB

She has taken on parkruns whenever possible even when she is back home visiting Poland

She is a regular at training sessions and always shows up with determination and dedicates herself to the task set

She shows keen interest to improve, ask lots of questions and this has clearly paid off in her achievements

She has a PT and has attended other sessions such as track intervals and lake swimming too.

She took on the 545 challenge in March which was 5K for five days in a row

April 2nd saw another PB at Saint Albans 10k in a superb time of 1:08

May 9 was the Hatfield five (held at Bovington) and yet another PB of 53:35

June 13 was the St Albans half which she found very hot and hard work but slugged to the end running alongside Kitty Cole and finishing 2:52

June 21 just a week later she scored another PB at the summer solstice 10 K finishing in 1:06:03 which was a PB by over two minutes

A week later at the Aldbury 5 yet another PB of 1:05

August 22 saw her take part in the vitality big half in London with another PB of 2:45:18

A week later on the 29th of August was the Dorney half marathon and you've guessed it! Another PB of 2:40 taking five minutes off of last week's achievement

September 5 was the London Summer Winter 10k unfortunately no PB which ruins my flow a bit...

September 19 was the Hampton Court half marathon where she achieved 2:40:31 so was her previous PB 3 weeks before

In 2020 she ran a total of 650 miles. So far this year she has around 885 miles and I don't doubt she can achieve 1000 before the year is out.

Congratulations to our Most Improved Female Ines Trent

### **Best Newcomer 2021**

This lady joined us on 11th of March this year

She attends club sessions regularly with so much enthusiasm and focus

In June she took on the Saint Albans half and also the venture trial collective half which was her first ever Trail half marathon

In July she completed the Hatfield 10k in blistering heat still ducking under the hour and 59:11

July saw her wayward adventures begin when she took on the running tribe Chiltern run getting lost with Ciara and running an extra 1.9 miles making it an ultra half marathon!

August saw her achieve another PB of 56:41 at the Leicester 10k

Finally she completed the Southampton marathon this month which despite being the slowest marathon she has run, finish time of 5:20:38 still and her third in her category.

So far this year she has run 1,235 miles.

Winner of our London Marathon 2022 ballot place, congratulations to our best female newcomer Priscilla Pathak.

### **Elections results**

Andy C was pleased to report that all existing committee members were duly elected and that Andrew Wells was elected as Men's captain and Gareth Tucker was elected as Club League and Results Manager – he congratulated everyone and thanked everyone who had put themselves forward.

### **Q&A from GVH members**

Can you give an update on gvh juniors – answered by Ed in his report.
Is there a 30th new t shirt available to buy? – these are available to order/buy tonight
Could we look at an alternative to using Facebook as our events/activities channel? I don't use Facebook for data privacy reasons, and hence tend to miss out on events. – answered by Ed in his report
Does the club plan to run the full MTR series in 2022? – answered by Andy C in his report
Will GVH remain at BCC for the foreseeable future? Answered by Andy C in his report

