

Annual Report

154th SEASON
2021-22



THAMES HARE AND HOUNDS

Thames Hare & Hounds

OFFICERS 2022-23

President	ANDREW WEIR
Honorary Treasurer	GORDON PEARCE
Honorary Secretary	SIMON MOLDEN
Club Captain & Men's Captain	JAMES HOAD
Ladies' Captain	CHLOE BECKETT
Second Team Captain	ALEX MACKULA
Men's Vice-captain	TBC
Ladies' Vice-captain	BETHANIE MURRAY
Fixture Secretary	PATRICK RODDY
Chief Pioneer	EDWARD CATMUR
Honorary Medical Officer	Dr DOUG JUSTINS
Carver and	MAUREEN POOLE
Handicappers	CHRIS RYE CLAIRE ATLMANN
Committee	RICHARD OLLINGTON
Trustees	ANDREW WEIR, SIMON MOLDEN & GORDON PEARCE
HEADQUARTERS	At the Memorial Playing Fields Wimbledon Common, SW15 3PQ (opposite the Robin Hood Gate Entrance to Richmond Park)



THAMES HARE & HOUNDS

ANNUAL REPORT
2021-22

Mr President, Ladies & Gentlemen

After two seasons of significant disruption caused by the Coronavirus pandemic, I am pleased to report that affairs were largely back to normal for our 154th season. All of the club's regular fixtures returned, albeit with some on unusual dates due to certain previously postponed major fixtures – like the London Marathon – being pushed back into the cross-country season. Most notable was the Ranelagh Mob Match, which took place in very un-cross-country conditions in April. The fine weather seemed to bring out the best in our rivals and they won the fixture comfortably.

It was also pleasing to welcome back all of our major hosted races, including the Dash for the Splash, Second Sunday 5, Alumni Race, Parkland Relays and University Race. It was a relief to see healthy attendances at all of these events.

At the top end of the club, both our men's and ladies' team were competitive in the Surrey League Division 1 again, with the ladies finishing third overall and the men fifth, buoyed by an excellent second place in the final fixture. In the National Cross-Country, there was a bumper turnout of Saltires – the event being on its southern rotation at Parliament Hill – and it was rewarded with good results for both teams (the ladies in eighth and the men in 16th). The day was also marked by an outstanding run from our second-claimer Jack Millar, who finished fifth in the senior men's race.

Away from the elite competition, I am also pleased to report that the club retained its Green Belt Relay title, once again winning the competition with a mixed team.

The season also saw the usual array of social fixtures, including a less formal dinner in September, the Annual Dinner in March, the University Race dinner, the Summer Party and the Outlying Run. Our thanks go to the Carver for delivering such a fine array of functions once again.

Finally, the last 12 months has also seen the loss of two longstanding members. John Shearn – who had been a member since 1969 – passed away in October 2021. In July, the club was immensely saddened to learn of the death of Dave Hill. Dave served the club with great distinction during the 1980s and 1990s as a vice-captain, captain and one of our best runners. Of his many performances of note, the one that stands out was his victory in the World Masters 25km Race in 1992. We send our condolences to his wife Michele.

Simon Molden
Hon. Secretary
September 2022



THAMES HARE & HOUNDS

AWARDS
2021-22

Short Distance Challenge	Jessica Davies
Ladies' Short Distance Challenge	Vikki Filsell
Short Distance Handicap	Neil Chisholm
Long Distance Challenge Cup	Simon Baines
Ladies' Long Distance Challenge	Claire Altmann
Long Distance Handicap	Andy Weir
Cheshire Tally-Ho! <i>(Fastest Thames man on the Roman Road)</i>	Mike Farmery
Cheshire Tally-Ho! Ladies' Trophy <i>(Fastest Thames lady on the Roman Road)</i>	Claire Altmann
James Ryan Trophy <i>(Fastest Thames Veteran on the Roman Road)</i>	Mike Farmery
10 Mile Challenge	Richard Ollington
Ladies' 10 Mile Challenge	<i>not contested</i>
10 Mile Handicap	Andy Weir
Road Running Challenge	<i>not contested</i>
Clough-Whittome Handicap	<i>not contested</i>
Kensit Trophy for the Aggregate Handicap	Mike Farmery
Midsummer Handicap	William Scott
Harry Hall Award	Nic Gould
Memorial Trophy <i>(Best aggregate finish in the Southern and National)</i>	Bethanie Murray
London Marathon Veterans' Handicap <i>(Silver plate donated by Malcolm Thompson)</i>	Gareth Creagh



THAMES HARE & HOUNDS

TROPHIES

Short Distance Challenge

Two handled Silver Drinking Cup

Long Distance Challenge

Silver Victorian Claret Jug

10 Mile Challenge

Silver Plated Rose Bowl

Memorial Trophy

Silver Goblet

Road Running Championship

Bronze Running Man

Hardy Willcock Memorial

Silver Salver by Gerald Bennie

James Ryan Trophy

Silver Plated Bowl

Cheshire Tally Ho Trophy

Silver Plated Tankard

Ladies Short Distance Challenge

Silver "Irish" Cup of 1936

Ladies Long Distance Challenge

Pewter Tappit Hen



THAMES HARE & HOUNDS

SECRETARY'S REPORT

September

The season opened slightly earlier than usual on 5th September when we had six teams in action in the Surrey Road Relays at Wimbledon Park. Ruby Woolfe recorded the fastest time of the day with a speedy 15:54 and backed up by Natalie Seymour (17:44), Claire Altmann (19:21) and Felicity Hayward (18:19), our ladies' team finished third overall. In their respective competition, our B team and V35 team both finished second and our V45 team finished fourth. On the men' side, our A team finished 11th, with Neil Chisholm running the fastest leg in 15:30, and our V60 team finished third.

The following weekend was the Second Sunday 5 and the first three home from Thames were David Symons (second in 33:34), Alexi Cross (eighth in 36:46) and Richard Beadle (tenth in 37:34). On the same weekend, Tim Lefroy won the 10km race at the Brighton Marathon in 29:43 and Harry Lane took fourth place in the main event in 2:39:11.

The final weekend of the month saw the Short Distance Handicap and Challenge. Jess Davies took the first tankard of the season with a run of 36:15. In the Short Distance Challenges, the respective winners were Neil Chisholm (34:45) and Vikki Filsell (35:57).

On the same weekend, many of our top female runners were in action at the Southern Road Relays. Our A team produced an excellent performance to finish ninth. Ruby Woolfe once again led the way with the fourth fastest time of the day (17:15). She was followed by Bethanie Murray (18:09), Natalie Seymour (18:42) and Rebekah Edgar (19:50). Representing Hercules Wimbledon, Ellen Weir ran 17:48.

Elsewhere on the same weekend, Katrina Matthews finished an excellent fourth in the Ironman 70.3 Triathlon World Championships in a total time of 4:10:46.

October

October opened in unusual fashion with the much-delayed London Marathon. Captain Richard Ollington led the way in 16th in a time of 2:24:14. Behind him were Jack Blaiklock (21st in 2:24:53) and Vice-captain James Hoad (41st in 2:26:43), who both also dipped under the two-and-a-half hour mark. Further back, second claimer Chris Finill kept up his ever-present record, finishing 139th. For the ladies, both Natalie Seymour (53rd in 2:55:16) and Rachel Boswell (90th in 2:58:27) finished in under three hours.



October 9th saw the Surrey Masters' Cross-Country Championships in Nonsuch Park. There were many strong performances by Saltires, including Claire Altmann (first V35 in 24:19), Annette Chase (3rd in 26:13), Rebekah Edgar (second V40 in 25:10) and Denise Barnett (first V50 in 26:02). For the men, Nic Gould was eighth V40 (35:43) and the Richards Turner (26:26) and Pitt (26:38) took a one-two in the V65 competition.

The following day saw a Thames one-two-three in the Second Sunday 5 Anisse Ismaili (31:54), David Symons (32:34) and Ashley Middlewick (33:01).

October 16th saw the Surrey League swing into action at Richmond Park. The ladies' team finished second (102 points) with Ruby Woolfe in fourth (24:11) and Bethanie Murray in sixth (24:27) leading the way. The B team finished fourth in their competition with 364 points. The men's team finished fourth overall with 382 points (62 points behind second). Second-claimers Alex Howard in seventh (26:27) and Jacob Brockmann in 20th (26:59) sandwiched MacGregor Cox (15th in 26:44) at the top of the order. Our B team finished seventh in their competition.

Following a blank weekend in the fixture card, a select band of Saltires headed to Coulsdon to take part in South London Harriers' 150th Anniversary five-way Mob Match. Bryn Reynolds (16th), Simon Barrett (33rd), Chris Daniels (57th) and Claire Altmann (72nd) led the way home.

November

November opened for the club with an exceptional performance from our ladies' trio of Natalie Seymour (10:58), Katie Smith (11:30) and Bethanie Murray (10:53), who finished 27th in the National Cross-Country Relays.

On Saturday 13th, the Thames and Fulham Running Club came together to host a full schedule of men's and ladies' Surrey League races on the Common. Our ladies A team was understrength and could only manage tenth place. Once again, they were led home by Ruby Woolfe in an excellent second. Behind her were Natalie Seymour (18th), Pippa England (46th), Claire Altmann (63rd) and Melissa Cheeseman (70th). Our B team finished 15th in their competition.

The men also had a below-par day and finished seventh. They were led home by MacGregor Cox (19th), followed by Paddy Roddy (27th), Richard Ollington (43rd), James Hoad (46th), James McMullan (59th) and Simon Wurr (94th) all making the top 100. Our B team was ninth in their competition.

The following day Ashley Middlewick (31:21) and David Symons (33:21) finished first and third in the Second Sunday 5.

November 20th saw our first teams make the trip to Parliament Hill for the London Cross-Country Championships. Our ladies finished a very good eighth with Natalie Seymour (15th), Serena Carter (25th) and Claire Altmann (33rd) heading the team. Our men put in a very strong performance to take third place overall. Paddy Roddy followed up his Surrey League performance of the previous weekend to finish 13th and he was ably and closely supported by Kurtis Gibson (14th), MacGregor Cox (16th), Josh Carr (23rd), James Hoad (25th) and Joe Bowness (34th).



Elsewhere that weekend, Ben Reynolds won the British Masters 10km Race.

There were no club fixtures on the final weekend of the month; however, there were some notable performance from Saltires at the Liverpool Cross-Challenge Race. Ellen Weir was fifth in the under 20 competition and Ruby Woolfe continued her fine form to finished 51st in the senior women's event. In the senior men, Jack Millar was 42nd and MacGregor Cox 86th.

December

The first Saturday of December saw the University Races return in their traditional slot after a year's hiatus. In the 45th Ladies' Race, despite the Light Blues taking the first two places through Nancy Scott (Newnham) – repeating her 2018 success – and Thames' Niamh Bridson-Hubbard (Magdalene), excellent packing from Oxford, filling places 3, 4, 5, 7, 8 (Lauren Major – another Saltire), 9 and 11, meant that they ran out winners by 36 points to 44. This was Oxford's first win since 2017 and it put them ahead in the overall series by 26 wins to 19.

In the 130th Gentlemen's Race, Cambridge justified their pre-race favourites tag to win by 35 points to 43, thus bringing the overall series back level at 65 wins each. As with the ladies, the Light Blues again took the top two places through Jamie Edgerton (Jesus) and Jeremy Dempsey (Girton). Joe Morrow (Wolfson and Thames) was third for the Dark Blues. Oxford packed well through places six to ten and closed their team first; however, Cambridge's upper end strength proved decisive.

Earlier in the day, the 29th Old Blues' Race went the way of Oxford by 171 points to 182, scoring 13-a-side. Jack Millar (University) – who ran for Oxford in 2017 and 2018 – took the individual honours. Oxford now lead this series by 17 wins to 12.

The following weekend saw another of our longstanding races return after a year's absence as runners descended from far and wide for the 69th Alumni Race. The Royal Grammar School, Guildford took the King Henry VIII Trophy for the open competition, with Joe Morwood (26:23) taking the individual honours for them. These two also won the Shrewsbury Cup and the Wyndham Halswelle Cup for the age-adjusted contest. Captain Richard Ollington (also R.G.S.) was first Saltire home in seventh. The V40 competition for the Old Brentwoods' Trophy was won by Ampleforth and the V50 competition for the Chataway Cup by Eton, who also won the V60 Old Denstonian Trophy. The Old Johnian Cup was won by Olivia Papaioannou (Shrewsbury High School, 32:00) and the Old Coventrian Cup was won by Wellington.

The following day saw the latest round of the Second Sunday 5 with Ashley Middlewick in seventh (33:08) being the first Saltire home.

Elsewhere on the same weekend, Ellen Weir was 14th (and second Briton) in the SPAR European Cross-Country Championships and was part of Great Britain and Northern Ireland's third-placed team. In the Southern Masters Cross-Country Championships, Neil Chisholm was fourth (and first V45) and Howard Bristow was sixth (second V45).

The first half of the season closed with the traditional Five Miles and Carols on 22nd December.



January

The new year opened as is tradition with the Surrey Cross-Country Championships at Denbies in Dorking. The ladies finished fourth overall with Katrina Matthews (fourth in 33:11) and Serena Carter (19th in 36:51) leading the way. The men were eighth with MacGregor Cox also in fourth (43:19) and James Hoad (20th in 45:57) being our first two home. Elsewhere, Ben Reynolds was 39th and first V55 at Kent and Helene Greenwood was fourth in Cambridgeshire.

The following day saw Alexi Cross (14th in 35:43) as the first Saltire home in the Second Sunday 5.

On 15th January, the third round of the Surrey League took place at Mitcham Common. The ladies significantly improved on the previous round to finish fourth (and just two points off second). Bethanie Murray led us home in fourth and she was followed by Natalie Seymour (13th), Pippa England (41st), Claire Altmann (42nd) and Rebekah Edgar (58th).

The men also improved on round two to finish fifth. Second claimer Jack Millar recorded an excellent second and he was supported by Alex Howard (13th), MacGregor Cox (19th), Paddy Roddy (24th), James Hoad (30th) and Tom Goulding (45th) all making the top 50.

There was a rest from club fixtures the following weekend; however, two Saltires were in action in the Northern Ireland International Cross Country. Ellen Weir was fifth in the under 20 women's race and Jack Millar produced another strong run to finish fifth in the senior men's contest.

The last weekend of January saw one of the season's major fixtures in the form of the Southern Championships at the unusual venue of Beckenham. The ladies' team finished 13th with Bethanie Murray (14th) once again our leading light. She was followed by Katie Smith (91st), Chloe Beckett (126th) and Andrea Stehlikova (137th). The men went one better to finish 12th. Kurtis Gibson was our first finisher in 24th. Behind him, MacGregor Cox was 34th, James Hoad was 70th and Ben Reynolds, 138th.

February

February's Second Sunday 5 – which took place on 13th – doubled up as what has become our regular mob match against Milocarians. Alistair McMaster led the way home (30:51) and supported by Iain Sheridan (eighth in 34:14), David Symons (10th in 34:47) and Chris Daniels (15th in 35:37), Thames prevailed by 125 points to 188 in a 10-to-score match.

In the following week, Storm Eunice hit the UK, forcing the postponement of the final round of the Surrey League at Lloyd Park until early March. Therefore, we had a week's rest prior to the National, which this season was on its southern rotation, thus giving us the relatively easy journey to Parliament Hill. This was reflected in a bumper turnout of Saltires.

In the senior women's race, we had ten runners in action and Bethanie Murray produced an excellent run to finish 30th in 31:53. With good support from Helene Greenwood (85th in 34:15), Serena Carter (91st in 34:28) and Claire Hammett (112th in 34:52), the team finished an excellent eighth (and second of the Surrey League clubs). There were some excellent performances from second-claimers as well, most notably Niamh Bridson-Hubbard (16th in 30:56) and Lauren Major (39th in 32:19).



In the senior men's contest, we the biggest turnout for years with 28 runners donning the saltire. MacGregor Cox was first home in 62nd (45:28), followed closely by Paddy Roddy (79th in 45:56) and then Josh Carr (182nd in 47:50). In the team contest, we finished 16th (and third from the Surrey League clubs). Second-claimer Jack Millar produced the performance of the day, however, with an outstanding fifth-place finish (42:23). Joe Morrow was 111th (46:34).

March

March opened with the re-scheduled conclusion of the Surrey League at Lloyd Park. Our ladies' team rounded off the season with fifth place. Once again, it was Bethanie Murray who led us home (11th in 34:03). Behind her, Claire Altmann (22nd in 35:51), Katy Hedgethorne (33rd in 36:49), Rebekah Edgar (40th in 37:16), Emily Hogg (45th in 38:10) and Vikki Filsell (49th in 39:06) all made the top 50. Our B team finished sixth in their competition. Overall, this left our A team third for the season and the B team second.

The men produced their best performance of the season to finish second on the day. Fresh from his National exploits, Jack Millar (26:20) registered our first individual victory in a league race for many years. Behind him and also making the top ten were MacGregor Cox (fifth in 27:34) and Paddy Roddy (ninth in 27:45). We also had James Hoad (16th in 28:40), Richard Ollington (17th in 29:00), James Bartram (25th in 29:27), Neil Chisholm (35th in 29:52) and Tom Goulding (37th in 29:54) in the top 50. In 53rd, Ben Reynolds (31:03) was the first V50. Our B team were third in their competition. This result left us in fifth place for the season.

There was a healthy Thames representation the following weekend at the Inter-Counties Cross-Country Championship. Ellen Weir finished second in the women's under 20 race and in the senior men's race Jack Millar was seventh, MacGregor Cox 48th, Paddy Roddy 58th and Joe Bowness 129th.

One the same day, our veterans were in action in the British Masters Cross-Country Championship at Tonbridge. Highlight of the day was victory for our men's V45 team. On an individual level, we were fortunate to see many strong runs, including Ben Reynolds (second V55), Simon Baines (second V50), Phil Tedd (second V45), Simon Wurr (eighth V45), Nik Pugh (fifth V50), Jim Allchin (sixth V35), Helen Geldert (sixth V55), Vikki Filsell (seventh V50) and Paul Cheetham (14th V45).

In the Second Sunday 5, Nick Altmann came home first in 33:43, followed closely by David Maasdorp (33:57) and Simon Gardner (36:05).

March closed with our Long Distance Handicap. Incoming President Andy Weir took the tankard honours with a run of 46:15, closely followed by Nick Altmann (46:25). Richard Ollington (42:52) and Vikki Filsell (56:40) were fastest over the course.

On the same weekend, our ladies' team put in a fine performance at the Southern Road Relays to finish 13th overall. Alexandra Cross on first leg finished 20th (18:38) and another strong run by Bethanie Murray on the first long leg brought us up to seventh (31:22). Legs three and four were taken by Annette Gould (23rd in 20:15) and Claire Altmann 21st (34:38) before Rachel Boswell pushed us back up the order with a run of 19:32 and Katy Hedgethorne brought us home in 19:40.

In the Orion 15, Gordon Pearce was 16th in 1:55:59 and Jerry Watson was 78th in 2:23:23.



April

Typically, by April, our season starts to wind down; however, that was not quite the case this season. The month opened with a fair sprinkling of Saltires in action at the Manchester Marathon, with four going under three hours in the shape of Luke Cotter (25th in 2:23:07), Paul Cheetham (146th in 2:37:35), Seb Cheli (182nd in 2:38:41) and Matthew Lynas (295th in 2:43:54). At Paris, James Hoad finished 37th (2:24:03) and Harry Lane 130th (2:34:35).

On the second weekend of the month, as is traditional, the 10-mile Challenge and Handicap took place on the afternoon of our AGM. Outgoing club captain Richard Ollington took the Challenge honours in 64:20, followed by incoming President Andy Weir 65:59, who won the Handicap. The following day, Ashley Middlewick (33:30) and Anisse Ismaili (33:48) were first and third respectively in the Second Sunday 5.

On the penultimate weekend of the month, our veterans picked up another national medal with our V45 team taking the British Masters Relay title through Phil Tedd (16:37), Simon Baines (16:57), Neil Chilsholm (16:59), Simon Wurr (16:59), Ben Reynolds (17:13), Paul Cheetham (18:07) and Chris Daniels (19:41).

Completely going against tradition, the Ranelagh Mob Match took place on the final weekend of the month, it having proved impossible to find another date earlier in the season. The result was a clear victory for our rivals by 250 points to 435 (scoring 17-a-side). However, we did have first home through Simon Baines, thus winning him the Long Distance Challenge for the season. Claire Altmann was first lady home for Thames in 20th and winner of the ladies' Challenge.

Despite all these activities, the clear highlight of the month was our ladies' team performance in the English National Road Relays, finishing ninth overall. Bethanie Murray led the team out on the first long leg and she was consistently supported through the six legs by Katie Smith (19:57), Katy Hedgethorpe (19:45), Claire Hammett (32:22), Claire Altmann (20:28) and Maddy Austin (21:06). The consistency of the team's performance was illustrated by their position at the end of each leg, which ranged between eighth and 11th.

The Summer

Although we had left the cross-country season behind, May brought three significant highlights for the club. Firstly, on 7th, Katrina Matthews finished an outstanding second in the delayed 2021 Ironman World Championships in a total time of 8:43:49 (54:48 for the swim, 4:44:41 for the cycle, and 3:00:57 for the run). She then followed this up later in the month by winning the Sub-8 Ironman in 7:31:54 (54:43; 3:50:06; 2:46:09 respectively).

Finally, as a team we won the Green Belt Relay over the weekend of 14th-15th May, thus retaining our title from the last running of the event in 2019. Once again, our victory was as a mixed team and the margin of victory of 27:18, despite James McMullan taking a 23-minute detour on leg 19. To complete the weekend, our B team was also quickest, finishing tenth overall.

We were also pleased to welcome back two of our races over the summer. Firstly, on 22nd May, it was the Dash for the Splash (replacing the Second Sunday 5 for the month) where outgoing club



captain Richard Ollington took the individual honours with Ashley Middlewick (fifth) and Simon Barrett (tenth) also inside the top ten.

Then, on 8th June, it was the turn of the Parkland Relays to make its comeback after a two-year hiatus. It was pleasing to see that the enforced break had done nothing to dampen the enthusiasm of local clubs for the event, with 97 teams at the start line. Despite the best efforts of EasyJet to handicap our men's A team, Thames had a very successful day with our senior men's team (Ali McMaster, Richard Ollington, Hugh Baker and Macgregor Cox) and men's veteran 'Simon' team (Barrett, Wurr, Baines and Molden) both taking victory (the veteran team also finishing third overall). Our senior ladies' team finished third, with Natalie Seymour recording the fastest leg of the day (16:53). Richard Ollington matched Natalie's performance for the men (14:47).

The June Second Sunday 5 was won by Anisse Ismaili (31:57) with Will Scott in fourth (34:15). The Midsummer Handicap took place on 25th June and new member Will Scott (36:14) followed up his fourth place in the Second Sunday 5 to take the tankard for the handicap Ed Catmur (36:11) ran the fastest time with Claire Altmann one second behind and the fastest lady. Elsewhere that weekend, Simon Baines (32:53) was fifth (and first V50) in the Ranelagh 10km Race, with Neil Chisholm 13th (33:50) and second V40.

Moving into July and there were four Saltires in action in the World Masters Championships in Tampere, Finland. In the half-marathon, Simon Baines won the V50 (and V45) title in a time of 1:11:34. Paul Cheetham was 13th V45 (1:18:37) and part of the Great Britain team that finished second overall. Anna Garnier won the V65 1500m (5:56) and was second in the cross-country and Ben Reynolds took bronze in the V55 5000m title (16:44).

Back in the UK, and with the weather rapidly moving towards record-breaking temperatures, Anisse Ismaili repeated his Second Sunday 5 performance of the previous month with a run of 33:06). Simon Gardner was third in 35:45. At the Wedding Day 7k Race, the standout Thames performance was from Neil Chisholm, who was fourth overall (and first veteran) in 23:39. In the Ironman Finland event, Serena Carter was third overall and first in her age category with an overall time of 10:21:54.

August was a very quiet month for the club; however, the Second Sunday 5 took place as ever and new club captain James Hoad took the honours in 32:02.

In concluding this report for the 2021-22 season, I will leave you with the outstanding individual performance of the summer, which came on the track from Josh Carr at the University of Birmingham Track & Field Festival on 9th July. Finishing sixth in the mile race, Josh became one of very few Saltires to have run a four-minute mile (3:58.97), a feat which put him in a select band alongside such great names from Thames and athletic history, including Roger Bannister, Chris Chataway and Bruce Tulloh.

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