



Cambridge University Hare & Hounds

Annual Record

2013-2014

Our Year

At the end of another cross country season, under a new committee, and perched on the brink of what looks to be a very successful summer, now is the perfect time to reflect on the achievements of the Hare & Hounds in the past year. It has certainly been a whirlwind year for the Cambridge University running club.

Carefully guided by club captain Matt Leach and dedicated coach Phil O'dell, the Hare and Hounds have produced some brilliant team efforts; contributing to a Cambridge win at last year's Varsity athletics match, claiming another exceptional overall victory in the Varsity cross country matches, taking two team 5th places and one 8th from the British University and College cross country championship in Stirling, alongside some dominating performances at Met League races and RAF matches. With attendance at training sessions and College League races having been impressively high throughout the year, the Hare and Hounds are as healthy a club now as they have been in many years. Of particular note is the large improvement in performance and quality of the ladies' teams in the past year, which has occurred under the endless energy and enthusiasm of women's captain Megan Wilson.

The club has also produced some outstanding individual performances in the year gone. Lewis Lloyd and Alex Short have both run extraordinarily well to gain selection for the U20 Great British cross country team – with Lewis competing to finish 77th in the IAAF World Championships in March last year, and Alex finishing 26th at the European Championships in Serbia in December. Meanwhile, our very own club captain, Matt Leach, has trained and raced diligently in his return from injury over the summer, claiming 2nd and 9th place respectively in the recent Southern and National Cross Country Championships. Similarly, new to Cambridge this year, exceptional running has been demonstrated by Holly Page and Liz Mooney, who have consistently run well throughout the year, not only to contribute to a Blues Varsity Match win and a BUCS championships 5th team place, but also producing some outstanding individual performances. Whilst Holly has run exceptionally to secure 9th place in the Senior Women's

Southern Cross Country race, Liz has had an incredible season to finish 18th at the BUCS Cross Country Championships, and 9th in the National.

The Cambridge University Hare and Hounds has been not only its typically friendly and welcoming self this year, but also an incredibly competitive and successful university sports club. We hope that you enjoy this opportunity to reminisce on the victories and successes of the Hare & Hounds in the 2013-2014 year.

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Varsity Athletics Match

Wilberforce Road, 18th May 2013

Men's Blues – Cambridge win 112-98

Women's Blues – Cambridge win 104-96

Men's second team – Cambridge win 121-90

Women's second team – Cambridge win 110.5-89.5

Cambridge took wins in all four of the matches at Varsity athletics this year, and not without a little help from the Hares and Hounds in the middle and long distance races, with the men's Blues taking a fifth victory in a row and the Alverstons continuing their dominance in the Seconds' match with their seventh consecutive win. Success was also shared in the women's distance events, with an overall tally of 12 wins in the 16 middle and long distance events.

Neil Houlsby began CUHH's contribution in a less predictable form in the hammer throw finishing a strong second in the Seconds' match, followed up by a blisteringly quick Blues 800m which saw Lewis Lloyd (1:53.03) finish within a second of the winner in a race where the winning time was certainly one of the fastest in recent times, running alongside Ed Smith who also dipped under the two-minute mark. Cambridge took maximum points in the Seconds' 800m, with Fourths' cross-country winner Lloyd Hilton winning followed closely by Zac Howe. The steeplechase also saw Cambridge Seconds' take maximum points with Matt Grant and Alex Young finishing first and second, whilst Tom Watkins was edged marginally out into second (with a PB run of 9:33.08) accompanied by Pete Townsend in the Blues match.

The 1500m races showed the magic of middle distance racing with the contrast in race tactics. The Seconds' race paced through the first lap in a little over a minute whilst the Blues' runners went through 800m in 2:14. Nonetheless, both produced Cambridge victories, with Will Ryle-Hodges winning the Seconds' race in 4:02.38, whilst Josh Carr dug in

deep early before overtaking his opposite number to finish third. Jon Cook followed up his 2012 mile win with an unbelievable sprint finish to win, whilst Lewis Lloyd's second race of the day saw him confirm a light-blue points victory in the Blues 1500m.

The final distance race of the day for the men's teams was the highly anticipated 5,000m, where Cambridge showed their cross-country Varsity form and strength in depth to take maximum points again in both the Blues and Seconds' races. With almost all athletes in the mix for most of the race, Joe Christopher won with a Blues standard time of 14:43.02, whilst Matt Leach dipped under 15 minutes to finish second. Sam Ashcroft won the Seconds' race having been at the back of the front pack, and Alex Short finished second despite his lengthy absence from competition.

Meanwhile, the lady Hareys were out in force, helping to clinch victory for both the Cambridge Blues team and the Alligators. Particularly notable performances were observed in the women's 5000m, in which Megan Wilson and Katy Hedgethorpe so utterly destroyed their Oxford competitors, that their final, fiery lap was more a battle between each other than it was with the Dark Blues. With Megan taking first place in 18:56.58 and Katy finishing just behind her in 18:59.48, the girls claimed a very convincing first and second for the Alligators. Further success in the women's 5000m was had by Alison Greggor for the Blues team, who completely blitzed her competition in order to finish first in an exceptional time of 17:08.69. Alison was helped by fellow Blues team member Beth Swords, who finished 4th in the Blues team, clocking an excellent 18:11.73 – a time which in other years would have won the event.

Perhaps the most astonishing performance in the female distance events was seen in the ladies' 1500m, which – despite being just half an hour after the 5000m – saw Alison Greggor clinch a second victory for the Blues team, in a time of 4:34.75. Not to be underrated, however, was Katherine Turner's performance in the same race. Despite suffering from injury, Katherine challenged Alison throughout the race, and finished directly behind her in 4:34.99. Clinching another first and

second for Cambridge, Alison and Katherine truly were a formidable duo.

Further impressive performances were had by Carrie Beadle in the 1500m, and Alice Duncan in the 2000m steeplechase. Both girls made debut appearances in their respective events, helping to secure valuable points for the Alligators and demonstrating a great level of dedication.

Yet the most stirring image of the day had to be that of all three of Polly Keen, Jocelyn Trayler-Clarke and Grace Copplestone finishing ahead of the Oxford runners in the 2000m steeplechase. Whilst Polly reliably delivered an excellent run, finishing first in a time of 7:03.9, Jocelyn was not far behind, claiming second in 7:27.4 – a time that was tantalisingly close to her PB. Most notable, however, was Grace's exceptional time of 7:48.6, which not only amounted to a first place finish in the second team race, but also placed her ahead of the two Oxford Blues runners – an amazing feat given that she'd competed in the 400m hurdles just hours before. The versatility and depth which Grace demonstrated, and indeed the dedication and success of *all* of the Cambridge distance athletes on Varsity day, perfectly explain why the Hare and Hounds have been such a formidable side this year.

Men's 800m

Blues – 1st, Tom Frith, 1:52.17 (Oxford)
- 2nd, Adam Lewandowski, 1:52.89 (Oxford)
- 3rd, Lewis Lloyd, 1:53.03 (Cambridge)
- 4th, Ed Smith, 1:58.45 (Cambridge)

Seconds – 1st, Lloyd Hilton, 2:02.93 (Cambridge)
- 2nd, Zac Howe, 2:03.99 (Cambridge)
- 3rd, Matthew Wood, 2:04.81 (Oxford)
- 4th, Adam Speake, 2:05.15 (Oxford)

Men's 1500m

Blues – 1st, Jonathan Cooke, 3:58.86 (Cambridge)
- 2nd, Tom Frith, 4:00.67 (Oxford)
- 3rd, Lewis Lloyd, 4:02.06 (Cambridge)
- 4th, Andrew Penney, 4:05.50 (Oxford)

Seconds – 1st, Will Ryle-Hodges, 4:02.38 (Cambridge)

- 2nd, Adam Speake, 4:05.24 (Oxford)
- 3rd, Josh Carr, 4:07.24 (Cambridge)
- 4th, Dominic Kiralyfi, 4:14.10 (Oxford)

Men's 5000m

Blues – 1st, Joe Christopher, 14:43.02 (Cambridge)

- 2nd, Matt Leach, 14:54.41 (Cambridge)
- 3rd, Sean Ledger, 15:01.50 (Oxford)
- 4th, Chris McGurk, 15:09.26 (Oxford)

Seconds – 1st, Sam Ashcroft, 15:12.49 (Cambridge)

- 2nd, Alex Short, 15:18.02 (Cambridge)
- 3rd, Jacob Weibel, 15:37.11 (Oxford)
- 4th, Richard Franzese, 17:02.87 (Oxford)

Men's 3000m Steeplechase

Blues – 1st, Peter Hodkinson, 9:31.25 (Oxford)

- 2nd, Tom Watkins, 9:33.08 (Cambridge)
- 3rd, Will Mycroft, 9:44.34 (Oxford)
- Pete Townsend, 10:13.25 (Cambridge)

Seconds – 1st, Matt Grant, 9:39.16 (Cambridge)

- 2nd, Alex Young, 9:52.07 (Cambridge)
- 3rd, Alex Muir, 10:43.91 (Oxford)
- 4th, Matthew Wood, 10:56.26 (Oxford)

Women's 800m

Blues – 1st, Rose Penfold, 2:20.0 (Oxford)

- 2nd, Nora Rossberg, 2:20.2 (Cambridge)
- 3rd, Rebecca O'Neill, 2:21.3 (Oxford)
- 4th, Rebecca McLean, 2:24.4 (Cambridge)

Seconds – 1st, Abbie Shepherd-Barron, 2:22.74 (Cambridge)

- 2nd, Rachel Kitchen, 2:23.97 (Cambridge)
- 3rd, Katherine Mackay, 2:25.84 (Oxford)
- 4th, Lucy Spencer, 2:32.19 (Oxford)

Women's 1500m

- Blues – 1st, Alison Greggor, 4:34.75 (Cambridge)
- 2nd, Katherine Turner, 4:34.99 (Cambridge)
 - 3rd, Rebecca O'Neill, 4:55.08 (Oxford)
 - 4th, Katherine Hickson, 4:57.45 (Oxford)
- Seconds – 1st, Ella Waldman, 5:01.31 (Oxford)
- 2nd, Carly Easby, 5:07.43 (Oxford)
 - 3rd, Chloe Beckett, 5:14.61 (Cambridge)
 - 4th, Carrie Beadle, 5:24.77 (Cambridge)

Women's 5000m

- Blues – 1st, Alison Greggor, 17:08.69 (Cambridge)
- 2nd, Michelle Sikes, 17:20.32 (Oxford)
 - 3rd, Simone Paulson, 18:05.03 (Oxford)
 - 4th, Beth Swords, 18:11.73 (Cambridge)
- Seconds – 1st, Megan Wilson, 18:56.58 (Cambridge)
- 2nd, Katy Hedgethorpe, 18:59.48 (Cambridge)
 - 3rd, Naomi Webber, 19:41.44 (Oxford)
 - 4th, Emma --, 21:14.76 (Oxford)

Women's 2000m Steeplechase

- Blues – 1st, Polly Keen, 7:03.9 (Cambridge)
- 2nd, Jocelyn Traylor-Clarke, 7:27.4 (Cambridge)
 - 3rd, Alison Walsh, 7:54.3 (Oxford)
 - 4th, Rebecca Oram, 8:13.9 (Oxford)
- Seconds – 1st, Grace Copplestone, 7:48.6 (Cambridge)
- 2nd, Katherine Mackay, 8:25.3 (Oxford)
 - 3rd, Emma Hobson, 8:37.0 (Oxford)
 - 4th, Alice Duncan, 8:41.8 (Cambridge)

September Training Camp

Minehead, 22nd-29th September 2013

Buried deep amongst the rolling hills and the rugged beaches of South-West England, there exists a quaint little town named Minehead. A picture of tranquillity, the village consists of a series of charming little pubs, antiquated yet picturesque houses, a hub of activity surrounding the post office, and – looming menacingly upon the horizon – Butlins. But it is Wetherspoons where our story begins, for this was the magical place upon which, one balmy September evening, a group of Cambridge distance runners happened to stumble...

The Hare and Hounds' September training camp is traditionally a week long affair, taking place prior to Michaelmas, by way of allowing established members of the club to befriend, intimidate, and/or seduce the freshers who are keen enough to accompany them. Also, it's sometimes considered a good opportunity to do some pre-season training. By all accounts, our excursion to Minehead was a success.

Arriving sporadically throughout the first Sunday, it wasn't until late in the evening that the group was, by and large, united in 'Spoons. Everyone had been careful to systematically ignore Podge's travel recommendations, which in turn had led many to brave the necessary multiples of train and bus journeys alone. Completing the line-up of freshers and current Hareys was Will Mackay, a long-since graduated Cambridge student, who for reasons unknown to most, decides to while away his holiday time running around and drinking with students. Mackay was the last to arrive, having returned from the Southern Road Relays at which he'd allegedly won a medal. When he presented this to us, though, only a ribbon emerged from his pocket, with a rip where the metal should have been. In my opinion, this is not the important part of a medal.

At any rate, the evening ended tamely. Most adhered to a sensible meal and a restrained consumption of alcohol, which quite possibly had something to do with the novelty of having Phil O'Dell with us (a novelty which would wear off as soon as the Points game got into full flow). In saying that, any close studies of the Points Chart will reveal

that Pete Townsend collected an early and quite substantial lead on the first day – washing 13 miles down with 7 pints. Clearly, his early arrival was put to more productive use than perching uncomfortably on the doorstep of the youth hostel, which is where he was found upon everyone else's arrival.

Monday morning was sprung upon us early and, actually, a little bit overcast and gloomy. Thankfully, Matt Leach was on hand to give some inspirational words as everyone gathered for a short, easy run. It went something along the lines of, "Basically, just enjoy it, because, yeah." Stirring words indeed. Inspiration was certainly needed in order to propel us up the steep hills, by which we inconveniently seemed to be surrounded. By and large, the group easy run was a success; although it hadn't entailed everyone staying together, and indeed had averted an icy dip in the sea to finish (as Phil had envisaged), everyone who went out made it back. Even Chettle.

Later in the day, the group went out for a slightly more serious steady run, with some of the boys being taken in Phil's car, somewhat mysteriously, out to Dunster. What they did there will forever be a mystery, but their late arrival home will not be forgotten, namely because they missed the first half of Podge's famous Monday core session. Actually, this was probably for the best; attributing floor space to even half of the group required drastic furniture reorganisation, and still entailed awkward collisions during the performance of such moves as the writing of the alphabet with one's leg, or the assuming of the 'table-top position'. Thankfully, the boys will now be able to access the parts of the session that they missed, with Podge's undoubtedly fantastic voice recording.

By far the highlight of the day, however, was the hugely exciting and greatly anticipated experience of seeing Mark Nelson on the big (well, actually quite little) screen, in his appearance on University Challenge. This double-dosage of Mark Nelson, whose presence was felt both physically and virtually, satisfied everybody's need for an incredibly detailed display of a somewhat obscure general knowledge, and spirits were not dampened by Pembroke's ultimate defeat in the game show. In fact, the screening of Mark Nelson was followed by Phil's own adaptation of University Challenge, and later by a game of Empires. In these, it was discovered that fresher Sophia had had lots of pretend sex,

whilst another, whose identity now escapes me, had had a tooth stuck in their ear. No one, it seems, had been a pupil at St. John's Primary School.

Tuesday morning began in a similar fashion to how Monday had, i.e. we woke up obscenely early in order to go for a run. One of the differences this time, however, was that we were heading out to a hill in Dunster, so as to run intervals upon it. More importantly, however, was the appearance of Coco Pops at breakfast on Tuesday morning, which supplemented the cardboard-like Bran Flakes we'd had on Monday morning. This was an important step forwards.

The intervals in Dunster went fairly well, excepting for frequent near collisions between the boys' and the girls' groups. Whilst the girls were safely repeating a hilly loop which, interestingly enough, circled around Britain's tallest tree, the boys seemed to be running indiscriminately and incoherently around the forest. This meant that on multiple occasions, the boys materialised ahead of the girls, and looked to be charging directly at us – a particularly scary sight, given that it was frequently the large and relentless-looking Mackay who headed the group. The session was followed by a trip to a local tea shop for hot chocolate and cake, from which we were chased, having failed to remember to pay for various confectionary goods. After, a fruitless hike up to Dunster Castle taught us that free stuff is hard to come by in Somerset, with the meagre admission fee deterring most of us. So after some laborious and lengthy efforts by Mark Nelson to take a group photo, we headed back to our Minehead youth hostel, in order to fight over the showers that were either scalding hot or, actually, scalding hot.

Tuesday was the evening on which things began to escalate. Perhaps stimulated by group dissatisfaction of having been fed burnt rice pudding for dessert (to be fair, the slight smoky after-taste could have tenuously been passed off as an intentional addition), a quiet night in 'Spoons developed into an evening on which pools of chunder were collected in the streets, in which Tamsin was carried home, and in which fresher Emily (somewhat foolishly) challenged Mackay to a drinking competition. Certainly, Tuesday provided a big day for the collection of points, and this, admittedly, was mainly in the consumption of pints. A particularly strong performance was displayed by Josh Carr, who consumed, says the Points Chart, ten pints and the

occasional Lad Bomb, before it all made an unexpected reappearance upon the table in the youth hostel. The trail of devastation left between ‘Spoons and the youth hostel, which basically consisted of Lad Bomb- and rice pudding-based chunder, certainly incriminated the Hare and Hounds that evening.

Wednesday morning was a subdued affair, primarily because many Hareys failed to rise even whilst it was still morning. This was a shame, because actually, Wednesday was a particularly sunny day and offered a nice setting for a morning steady along the seafront. In saying that, the run was made a little bit too sporting by the unreasonably steep cliff, which the coastal path forced us repeatedly to scale, alongside the dodging of the puddles of sick which littered the streets back to youth hostel. Clearly, our location – that is, both the surrounding hills and our proximity to Wetherspoons – was getting to us.

Wednesday was also a very special day: it was the day on which Pete Townsend earned his one hundredth point. Oh, and it was Matt Leach’s birthday. Both of these facts meant that Wednesday provided a reasonably high-spirited, albeit notably alcoholically restrained, evening – excepting perhaps for the spirits of Matt Leach himself, who had so far spent his week either making lengthy visits to a cross-trainer in a local school gym, or thrusting into his foam roller on the dining room floor. Thankfully, Katy (or ‘Grandma Hedgethorne’, as she bizarrely came to be known by Mackay, who, incidentally, I’m sure is older than her) was on hand to cheer up the club captain with a homemade birthday cake. Matt Leach was visibly delighted and actually a bit embarrassingly gushy about the whole thing, so clearly the cake was a success, even if some of us didn’t receive our allotted ‘one chocolate button’ per slice. Mark Nelson, it should be noted, got two.

Meanwhile, Pete Townsend had quietly spent the evening ploughing his way through six pints, building upon a determined but heroic 23 miles earlier in the day. By the time that the moment of the Bear’s one hundredth point, and seventh pint, had arrived, most had already slipped to bed. This was definitely to their loss. The Bear put on an excellent performance, consuming a ‘dirty pint’ as his last, strategically in the front garden to save from adding to Josh Carr’s mess from the night before. The pint, if I remember correctly, contained a raw egg, a

dollop of yogurt and a large portion of burnt rice pudding. Remarkably, it all stayed down, and everyone retired to the dining room to continue the massively stressful game of Chinese Snap. “Do you feel like you’ve achieved something now?” Phil asked, “Yes I do,” the Bear said.

The next morning, I left. This was perhaps bad timing, because by Thursday the group was perched ready to encounter a decidedly ‘Mental Night’, the imminent arrival of Will Bowers, and the quite hilarious reality of Podge burning a second pudding. Alternatively, I’m told that actually quite a lot of running also happened after I left, so perhaps it wasn’t such bad timing after all. In fact, with some strong tempos being run on Thursday, an easy run on Friday, an incredible session being churned out on Saturday (particular merit for this one, I’m told, must go to James Hoade) and a mammoth long run being completed on Sunday morning, it’s almost believable that many of the boys achieved their one hundred points primarily in mileage. Almost.

By the end of the week, Josh Carr, James Hoad and Will Mackay had all successfully joined the Bear at the dizzying heights of one hundred points, and the Bear, meanwhile, had racked up an impressive (and slightly nauseating) 180 points. Yet each of these admittedly astonishing achievements was undoubtedly aided by the odd pint. Certainly, if the time that Bowers spent drunkenly sleeping, the incredible pub crawl consisting of two pubs, and the amount of sick that materialised around Minehead, are anything to go by, a considerable amount of alcohol must have been consumed in the final few days.

Of course, more savoury activities also occurred in my absence. I’m told that a game of Monopoly was embarked upon and was actually completed, although the identity of the winner may well be lost forever. Meanwhile, Mark Nelson safeguarded his inevitably obsolete qualification in Nuclear Engineering, by disappearing to a pub in Dunster in which, *allegedly*, he took part in a murder mystery ‘gig’. Thankfully, managers Phil and Victor were on hand to accompany him.

Otherwise, the week ended in a fit of quite severe drunkenness, and with the inevitable eventuality of the group being evicted from ‘Spoons. When Mackay asked why, the bouncer responded, “Because you are a big, drunk man.”

Clearly, a week of the Hare and Hounds was just about as much as the little town of Minehead could handle.

Freshers' Fun Run

12th October 2013

If Saturday's Freshers' Fun Run is anything to go by, the Hare and Hounds look in good shape to follow a repeat. Despite the departure of various key runners such as Robin Brown and Alex Young, it was clear that improvement within the squad had been supplemented by a strong new intake.

Pre-race favourite Alex Short successfully defended his title having won the race as a first year. Short's outlook was positive on both an individual and team level, despite having had the latter part of his cross-country season blighted somewhat by injury: "The race was in perfect conditions and I felt very strong which was pleasing, with it still being such an early stage of the season. To have that kind of depth... really bodes well for Varsity."

Captain Matt Leach, who did not run, emphasised the high quality of the race despite the absence of several Blues contenders: "It was good to see some fantastic performances from freshers and old faces alike ... we're in good shape for Varsity at the end of term. It was particularly pleasing to see several freshers up near the front."

The race was a great display of strength and depth of the squad, which gives them hope for the upcoming Varsity Match. In the women's race, Polly Keen, having had a track season that led her to the British World Athletics Championships Trials for the steeplechase, won in dominant fashion, followed by Bex Taylor.

Perhaps the most exciting moment of the day was the sprint finish between Katy Hedgethorpe and Chloe Beckett, with Beckett just edging into third place. A similar battle took place between former captain James Chettle and Josh Carr for fourth in the men's race. The women's team has surely been aided by the arrival of two talented freshers Lauren Major and Rosie Talbot, finishing fifth and sixth respectively.

The fact that twenty-one women ran under 11 minutes for the 2.7km course and twenty-five men ran under 17 minutes for just under 5km shows the incredible strength and depth of the squad that the Hare and Hounds have at their disposal for the Varsity match against Oxford at the end of term, whilst competition for places on the selected teams will be fierce at the final selection race, Cuppers on 16th November.

Fen Ditton Dash

19th October 2013

The cows and dog-walkers of Stourbridge Common witnessed a large dose of sporting excitement this Saturday, as the Hare and Hounds sent 51 runners thundering across the Fen Ditton cross country course. The course, which has its fair share of ditches, gravel trails and mud, incorporated the extra excitement of the crossing of a railway bridge, and indeed the unpredictability of the herd of cows which frequents Fen Ditton. Needless to say, the runners rose to the challenge magnificently.

The top spot in the men's race was clinched by Patrick Roddy – a fresher who is certainly looking to be on great form after his top three finish in the Freshers' Fun Run last week. Roddy completed the 8.5 kilometres in an exceptional 28 minutes dead, giving him a lead of a full minute. Following Roddy home was Will Bowers, who crossed the line in 29:07. A talented marathon runner, Bowers' impressive run earned him valuable points for Trinity, which were certainly consolidated by third place finisher, and fellow Trinitarian, Sam Bell. Bell put in a gutsy performance to finish in 29:19.

As ever, the standard in the men's race at Fen Ditton was particularly high, with four runners breaking 30 minutes, and fifth place runner Zac Howe just missing out by two seconds. What was most noticeable of the men, however, was the strength demonstrated by the club's newcomers: not only did Roddy and Bell finish in a strong first and third respectively, but Joe Bowness, a first-year student at Homerton, also snatched fourth place in a time of 29:56. If the first two men's races of the term have suggested anything, it's that Varsity selection is looking to be quite juicy this year.

Similarly promising performances were displayed in the women's race, with the top three ladies jostling for position throughout their 5.6 kilometres. Whilst established club member Polly Keen looked to be in healthy contention alongside Holly Page for much of the first half of

the race – and even with Keen gaining the elusive title of “Queen of the Bridges” this year – it was Alison Greggor who accelerated to snatch first place in the closing stages.

Greggor, the winner of the Blues Varsity match last year, looked on good form and won in an impressive time of 21:20. In second place finished Polly Keen, crossing the line in 21:51 and adding valuable points to her college league performance, which kicked off with a healthy first place last week.

Meanwhile, a private battle for third place was held between fast starter Holly Page and fresher Liz Mooney, who maintained strength and speed throughout the race. With just a second between them, Page accelerated to clinch third place whilst Mooney took fourth. With both of them newcomers to the club, their impressive performances also look to make them valuable additions to this year’s Varsity teams.

The gutsy performances of all of the runners at Fen Ditton this week did not fail to impress. Next week, the Hare and Hounds will put its new runners and old to their first test this year, against the RAF in St Neots. If the results of the first college league races are anything to go by, the RAF certainly has something to fear.

RAF and Eastern AA Match

Priory Park, 26th October 2013

The Hare and Hounds waged war last week against the RAF and Eastern Counties, in a cross country match that did not fail to deliver the excitement it had promised. Undeterred by the overcast morning, the formidable RAF side, or indeed the harrowing thought of missing Saturday morning lectures, the Cambridge cross country runners arrived en masse at Priory Park, St Neots last Saturday. In fact, with a burst of autumnal sunshine and a varied course of open field and forest, the runners were rewarded with idyllic cross country conditions.

The first to scale the course were the ladies, who completed two laps of the undulating and leafy circuit of Priory Park to total five kilometres.

The girls of the Hare and Hounds put up an impressive fight. First to finish was Cambridge's ever exceptional Alison Greggor, who dipped under 18 minutes with a time of 17mins 59sec. Greggor ran an evenly paced and strong race, and glided to the finish line with more than a 10 second lead. With two easy wins this term now under her belt, the former Varsity champion looks to be on good form.

Equally impressive this week was the performance of Liz Mooney – a first year at Newnham, who cemented her fourth place finish at Fen Ditton last week with a similarly speedy fourth place at St Neots. The second Cambridge lady to finish, Mooney ran a well-judged, smart race, and finished in 18mins 32sec, just three seconds behind the third place finisher.

Whilst Mooney and Greggor demonstrated the depth of the club members' talents, the other Hare and Hounds ladies certainly showed its breadth. With Lauren Major, Katy Hedgethorpe, Alice Feslier-Holmes, Chloe Beckett and Jane Thomas jostling for position throughout the race, the Hare and Hounds were able to claim the consecutive places of eighth through to twelfth. Alongside the work of all of the Cambridge ladies, gaining these places led the women of the

Hare and Hounds to victory over the RAF and Eastern Counties.

Meanwhile, the Hare and Hounds men were less successful. Facing a fierce field of Eastern Counties athletes, the Cambridge boys fought valiantly to finish second in the team standings, behind the Eastern Counties but in front of the RAF.

The standout male runner of the day was Alex Short, who claimed second place in a field of 57 and completed the 7.5 kilometre course in a speedy 23mins 2sec. From the start of the race, Short was locked in a ferocious battle for first place with Eastern County runner Neilson Hall. Despite being in close contention for much of the race, Hall's fast finish ultimately got the better of Cambridge Blues runner Short.

Similarly gutsy runs were demonstrated by Will Ryle-Hodges and Sean Pohorence, who were the second and third Cambridge runners home respectively, claiming overall positions of ninth and tenth. Although they began the race amidst a group of strong Hare and Hounds runners, it was Ryle-Hodges and Pohorence who came through, with just two seconds between them, to claim valuable points for the club.

Whilst hopes of ultimate glory were slightly dashed this week by an unexpectedly strong cohort of male Eastern Counties runners, the overall shape of the Hare and Hounds is not to be undermined. Both the women and the men demonstrated strength as individuals and as a team.

As the first Varsity selection race looms ever closer, the Hare and Hounds are sure to be found in the next few weeks consolidating these early cross country performances with relentless training sessions. In two weeks, the Hare and Hounds will return to take on the Met League.

Men

Eastern AA – 1st

CUH&H – 2nd

RAF – 3rd

Neilson Hall – 1st, 22:52 (Eastern AA)

Alex Short – 2nd, 23:02 (CUH&H)

Sam Mitchell – 3rd, 23:20 (RAF)

Will Ryle-Hodges – 9th, 24:05

Sean Pohorence – 10th, 24:07

Sam Ashcroft – 11th, 24:12 (Eastern AA)

Paddy Roddy – 12th, 24:15

James Chettle – 14th, 24:24

Andrew O'Donnghaile – 15th, 24:32

Josh Carr – 18th, 24:39

Phill Crout – 19th, 24:45

Pete Townsend – 22nd, 24:58

James Hoad – 24th, 25:15

Will Bowers – 25th, 25:21

Joe Bowness – 26th, 25:27

Su-Min Lee – 29th, 25:37

Pete Cameron – 32nd, 25:58

Richard Ollington – 33rd, 26:07

Sam Bell – 34th, 26:19

Ollie Maskell – 26:23

Matt Duffin – 38th, 26:35

Ben Trigg – 40th, 26:51

Tim Gordon – 41st, 26:54

Will Kirk – 43rd, 26:55

Francis Scarr – 44th, 27:11

Ollie Garner – 45th, 27:12

George Ramsay – 54th, 28:34

Tom Williams – 56th, 29:16

Women

Eastern AA – 1st

CUH&H – 2nd

RAF – 3rd

Alison Greggor – 1st, 17:59 (CUH&H)

Sarah Bird – 2nd, 18:13 (Eastern AA)

Natasha Peters – 3rd, 18:29 (Eastern AA)

Liz Mooney – 4th, 18:32

Katy Hedgethorpe – 9th, 19:36

Alice Feslier-Holmes – 10th, 19:41

Chloe Beckett – 11th, 19:52

Jane Thomas – 12th, 19:55

Nadia Ogilvie – 16th, 20:27

Rosie Talbot – 17th, 20:28

Julia Wedmore – 20th, 21:21

Lizzie Sandham – 21st, 22:20

Hattie Baker – 24th, 22:49

Jade Harding – 25th, 22:55

Metropolitan League

Fairlands Park, 9th November 2013

Competition for Varsity teams heated up with the first selection race.

The first out of two major selection races took place at Stevenage as the Hare and Hounds were guests at arguably the highest standard cross-country league in Britain, with strong performances that would have equated to a first place finish for the men's team and a close second in the women's team standings.

The women's race saw three Hare and Hounds take top 10 finishes with Alison Greggor finishing a fine fourth place, whilst freshers Holly Page and Elizabeth Mooney worked together well to finish with eight seconds between them in seventh and ninth place respectively. The strength in depth going into Varsity was evident with another four runners in the top 35 out of a total field of 165. Katy Hedgethorpe was around twenty seconds in front of a group comprising of Rosie Talbot, Jane Thomas and women's captain Megan Wilson, displaying the team running that will be essential in the much more tactical and smaller team races at the Varsity match against Oxford. Hypothetically the women's team would have placed second by only two points in the six-to-score cumulative positions team results if the Hare and Hounds had been part of the team competition, showing that even with the absence of several potential Blues runners that the Hare and Hounds could more than compete with the best clubs in the region.

As was expected with a relatively flat course and a field of exactly 400 there was a very fast start for the men's race which saw Alex Short eventually losing out into second place by only the smallest of margins. Joe Christopher, who ran a 2hrs 31mins Berlin Marathon in September, finished a solid 23rd place, whilst Will Ryle-Hodges and freshers Philip Crout and Patrick Roddy finished in the top 30. Recovering from injury, captain Matt Leach managed to maintain a surge during the second out of three laps to finish 31st. The increasingly competitive race for Blues team places was evident in the next group with Andrew

O'Donnaghaile, former captain James Chettle, James Hoad and Josh Carr all finishing within nine seconds in a similar fashion to the RAF match two weeks ago. Only one place behind Josh Carr was Blues steeplechaser Pete Townsend just edging into the top 50. Had the men's team been eligible for the team competition they would have won the twelve-to-score competition, even despite the absence of runners such as Lewis Lloyd who finished an astonishing third place in the Surrey League only behind two senior international runners.

The final selection race for the Varsity teams will be on Saturday 16th November at Wandlebury Common, which is already likely to be the highest standard selection race Cambridge has seen for the past few years at least, possibly sparking optimism that perhaps there could be a repeat of the 6-1 thrashing that occurred against Oxford last year. However there is no sense of complacency within the Hare and Hounds camp, perhaps reinforced by the sheer competition for places that will occur for every single selected team.

Men

Frank Baddick – 1st, 25:32 (Newham and Essex Beagles)

Alex Short – 2nd, 25:33 (CUH&H)

Glen Watts – 3rd, 25:44 (Shaftesbury Barnet)

Sam Ashcroft – 20th, 26:28

Joe Christopher – 23rd, 26:44

Will Ryle-Hodges – 25th, 27:01

Phil Crout – 27th, 27:06

Paddy Roddy – 29th, 27:08

Matt Leach – 32nd, 27:13

Andrew O'Donnaghaile – 42nd, 27:27

James Chettle – 44th, 27:28

James Hoad – 45th, 27:32

Josh Carr – 49th, 27:36
Pete Townsend – 50th, 27:42
Ben Trigg – 82nd, 28:53
Tom Heslop – 83rd, 28:54
Lorcan Murphy – 84th, 28:55
Su-Min Lee – 86th, 28:56
Will Kirk – 93rd, 29:05
Matt Duffin – 102nd, 29:18
Ollie Maskell – 107th, 29:15
Ollie Garner – 112th, 29:34
Francis Scarr – 155th, 30:40
Tim Calliafas – 168th, 30:59
George Ramsay – 178th, 31:23
Dom Bealby-Wright – 181st, 31:29

Women

Rachel Felton – 1st, 20:46 (Shaftesbury Barnet)

Gemma Kersey – 2nd, 20:52 (Basildon AC)

Lorna Russell – 3rd, 21:04 (Winchester)

Alison Greggor – 4th, 21:51

Holly Page – 7th, 22:13

Liz Mooney – 9th, 22:21

Katy Hedgethorpe – 22nd, 23:31

Rosie Talbot – 29th, 23:50

Jane Thomas – 31st, 23:53

Megan Wilson – 34th, 23:59

Carrie Beadle – 59th, 25:26

Hannah Hull – 61st, 25:26

Holly Weaver – 69th, 26:21

Lizzie Sandham – 77th, 26:47

Diane Esson – 91st, 27:41

Hattie Baker – 100th, 28:17

Jane Chapman – 130th, 29:29

Cuppers

Wandlebury, 16th November 2013

The Hare and Hounds braved the cold and the gloom last Saturday in order to battle it out on the Cuppers cross country course. With the Varsity match looming ever closer, this competition was no ordinary Cuppers race; claws well and truly came out, as this was the final opportunity for the Cambridge runners to display their form before team selection. Indeed, with tensions running painstakingly high, the Hare and Hounds left everything they had on the winding, autumnal paths of Wandlebury Country Park.

Gutsy performances were particularly rife in the men's race last Saturday, in which tactics were tested on the 10.5 kilometre course. Beginning with an unusually slow first lap, James Hoad led the boys out in an incredible display of strength and stamina. Whilst the quickening pace in the latter stages of the course saw Hoad lose his lead, he was not to be deterred; finishing in 7th place in a time of 33:30, Hoad's performance was a full 3 minutes faster than his run on the same course last year. Undeniably, Hoad's run was one of the most impressive of the day, and displayed exactly the determination that the Hare and Hounds will strive to replicate in Oxford.

Victory in the men's race, however, was ultimately claimed by Alex Short, in a swift time of 32:28. Crossing the line 30 seconds before anybody else, Short built on his impressive earlier performances at the RAF Match and in the Met League, to prove that he might just be in the shape of his life. If he can be kept from being selected for Great Britain in the European Cross Country Trials this weekend, Short will make an indispensable component of the Blues Varsity team.

Further gutsy performances were displayed in the men's race by Will Ryle-Hodges and Sean Pohorance, who finished in second and third respectively to secure their own places on the Blues team. In fourth, it was excellent to see club captain Matt Leach return from injury in good form, finishing in 33:15 – just 4 seconds off the pace of his run at

Cuppers last year.

The women's race was similarly exciting. With the standard of the Cambridge girls this year being particularly strong, and with only 12 selected positions up for grabs on the Varsity teams, tensions were sky high on the start line. The 6 kilometre course was first completed by the incredible Lucy Gossage, who crossed the line in 22:30. Gossage, who happens also to be the UK Ironman Champion, finished with more than a 45 second lead, and safely secured her place on the Blues Varsity team. Further places on the Blues team were awarded to Rebecca Moore, Liz Mooney and Holly Page, who finished second, third and fourth respectively.

More contested, however, was the competition for the positions of sixth through to eighth, which saw the jostling of Lauren Major, Katy Hedgethorpe and Megan Wilson throughout the race. Ultimately, fresher Major put in an outstanding performance to claim sixth place in 24:07, whilst Hedgethorpe settled a summer-long rivalry by just slipping in front of women's captain Wilson in the closing stages of the race. Whilst the strength of these three girls secured them places on the seconds Varsity team, similarly swift performances from Rosie Talbot and Carrie Beadle, in eleventh and twelfth place, were just missed out of selection. That Talbot and Beadle's times would easily have led to Varsity selection on previous years, is truly indicative of the depth of talent in Cambridge's female runners this year.

So who won Cuppers? In the men's race, a hefty turnout of Christ's runners – helped no end by the strong performances of James Hoad, Lorcan Murphy and Su-Min Lee – led to their victory. In the women's, three solid runs from Holly Page, Chloe Beckett and Emma Elston made Homerton victorious – emphasising the Homerton ladies' already sizeable lead in the College League series.

The standard at Cuppers this year was incredibly high, with all five of the selected teams, as well as the two unselected teams, looking to be quite exceptional. In two weeks' time, the Hare and Hounds will meet their nemesis on the hilly fields of Shotover. If Cuppers has suggested anything, it's that Cambridge will provide Oxford with determined,

gutsy and relentless competition. Whether Oxford can match this is another question entirely.

Varsity IIInds-IVths

Shotover, 30th November 2013

With a range of incredibly steep hills, near constant undulation and a thick (although thankfully dry), orange mud, Oxford's course at the Shotover Country Park was completely alien to the Cambridge runners. Despite an early hill which actually incorporated steps, and despite the final hill slowing some of the club's best runners to a walk, the Hare and Hounds used their experience on the flat, alongside eight weeks' worth of diligent training, to really challenge Oxford.

Women's IIInds – Cambridge win 18-20

First to run were the women's seconds, set to complete a single large lap of the Shotover course, which totalled 5 kilometres. With some of the Cambridge girls having run times which on previous years would have gained a place on the Blues team, the light blues were well placed to snatch victory from the Oxford seconds girls, who'd claimed the Varsity win for ten consecutive years prior to this year. This, the Cambridge ladies certainly did. Despite an exceptionally speedy Simone Paulson and Sarah McCuaig of Oxford claiming first and second place respectively, the Cambridge women's captain Megan Wilson finished just behind, taking third place in a time of 19:05. Behind Megan, Cambridge girls Katy Hedgethorpe, Lauren Major and Chloe Beckett took fourth, fifth and sixth place – each working exceptionally hard to prevent any Oxford scorers from passing in the closing stages of the race.

That Cambridge gained the four consecutive places behind the two leading Oxford girls certainly contributed to the Light Blue victory. Also essential, however, were the performances of team members Jane Thomas and Alice Feslier Holmes. Despite not scoring for the Cambridge team, both Thomas and Feslier Holmes ran a very strong race to finish in front of the final Oxford scorer – a result that was absolutely crucial to the Cambridge win. As a team, the strength,

dedication and sheer determination of the Cambridge women's seconds were unbeatable on the day.

Simone Paulson – 1st, 18:36 (Oxford)

Sarah McCuaig – 2nd, 18:58 (Oxford)

Megan Wilson – 3rd, 19:05

Katy Hedgethorne – 4th, 19:17

Lauren Major – 5th, 19:30

Chloe Beckett – 6th, 19:34

Jane Thomas – 8th, 19:53

Alice Feslier-Holmes – 9th, 19:54

Women's Mob Match – Oxford win 293-389

A similar story of stamina and gutsiness was demonstrated by the ladies who ran in the thirds match. Indeed, that Cambridge gained all three of the top positions in this race certainly illustrates the depth of the talent in the female Hare and Hounds this year. Particularly notable performances were had by Carrie Beadle, who – seemingly at home on the hilly course – snatched the winning title in an exceptional time of 19:50, which would have placed her ahead of three Oxford runners in the seconds race. Finishing just behind Beadle in 20:00 was Emma Elston, followed by Nadia Ogilvie in 20:06. New to the club this year, Elston and Ogilvie have improved steadily throughout their first term at Cambridge, and are certainly looking promising for the fixtures ahead.

Despite exceptional and dedicated performances from all of the Cambridge ladies, the nature of the 'Mob Match' ultimately led to an Oxford victory in the race. Indeed, in a race in which the size of the team is essential, it is unsurprising that Oxford, on the day, put out a much larger team on their home course. What is more astounding, however, is the enormous presence which the Cambridge ladies had in the upper places of the race – a presence which would undoubtedly have earned Cambridge ultimate victory in a non-mob match setting.

Certainly, the depth of the talent of the Cambridge ladies, illustrated in both the seconds and the thirds races in Shotover, was incredibly broad and highly commendable.

Carrie Beadle – 1st, 19:50

Emma Elston – 2nd, 20:00

Nadia Ogilvie – 3rd, 20:06

Beth Campbell – 6th, 20:19

Julia Wedmore – 7th, 20:23

Jade Harding – 9th, 20:26

Hannah Hull – 15th, 21:25

Lizzie Sandham – 19th, 21:39

Katrin Harding – 23rd, 22:03

Diane Esson – 29th, 22:54

Jess Mason – 30th, 23:24

Jennifer Harris – 31st, 23:27

Hattie Baker – 32nd, 23:27

Camilla Stanton – 34th, 24:07

Jane Chapman – 35th, 24:19

Andrea Stefkova – 36th, 25:11

Mariam Helmy Ismail Abdelaal – 38th, 26:59

Yosra Bedair – 39th, 27:55

Men's IIInds – Cambridge win 37-41

Next up were the men's seconds team, which was obviously affected by the 'loss' of Alex Short to the GB U20 team which meant James Hoad was drafted into the Blues team, leading to Lorcan Murphy's promotion to the seconds. Possibly the most impressive performance of

the day was Andrew O'Donnghaile's storming run to victory by 26 seconds whilst Phil Crout managed to break away from a group of three Oxford runners to take second. With the two team very evenly matched, it would only take a few battles won and lost here and there to decide the final result. The middle pack was eventually strung over around 30s, with Josh Carr and Pete Townsend finishing sixth and eighth respectively. Will Bowers in his last ever Varsity match race characteristically took to the hills well finishing ninth whilst fresher Joe Bowness was the sixth and final scorer not far behind. Murphy and middle-distance runner Lloyd Hilton worked well together to hold off the last Oxford runner, with the final result coming down to the wire with the Light Blues taking the match 37-41.

Andrew O'Donnghaile – 1st, 29:37

Phillip Crout – 2nd, 30:03

Alex Muir – 3rd, 30:12 (Oxford)

Josh Carr – 6th, 30:29

Pete Townsend – 8th, 30:37

Will Bowers – 9th, 30:42

Joe Bowness – 11th, 30:51

Lorcan Murphy – 14th, 31:30

Lloyd Hilton – 15th, 31:37

Men's IIIrds – Oxford win 37-43

The thirds' match was similarly close but Oxford eventually took the win at 37-43. The contrast between Wandlebury Common where the trials took place and Shotover was evident with a Cambridge team with predominantly track athletes bravely taking on the hilly course. Will Kirk managed to judge his pace to good effect, finishing first out of the Cambridge runners in fourth and fresher Matt Duffin three seconds behind, but an Oxford 1-2-3 dealt a critical blow even though the last three Oxford scoring runners finished sixth, eleventh and fourteenth. Going into the second (and final lap) the Light Blues were still in

contention, but the last section of the course saw a group of four Cambridge runners fall back with track stars Zac Howe, Ed Smith and Mark Nelson finishing seventh, ninth and tenth respectively with former Dark Blue Ben Trigg in eighth. Oliver Garner more than proved his point having been put in the team only a couple of days to go, and beat three Oxford runners in the process, as did Pete Cameron. If it had been eight to score rather than six it would have been a 68-68 draw, showing that unfortunately the Light Blues' strength in depth was not enough, although no one could accuse anyone of giving less than all they had.

Cameron Taylor – 1st, 31:16 (Oxford)

Oliver Starkey – 2nd, 31:35 (Oxford)

Matthew Wood – 3rd – 31:49 (Oxford)

Will Kirk – 4th, 31:53

Matt Duffin – 5th, 31:56

Zac Howe – 7th, 32:08

Ben Trigg – 8th, 32:20

Ed Smith – 9th, 32:24

Mark Nelson – 10th, 32:27

Oliver Garner – 12th, 32:45

Pete Cameron – 13th, 32:54

Men's Mob Match – Oxford win 504-513

The fact that the men's fourths match was so tight was testimony to firstly the enthusiasm of Light Blue runners to turn up for an away match and secondly the efforts of the club to recruit runners – the final score was a victory for Oxford 504-513 with 22 Cambridge runners. To put this into perspective, Cambridge had won the home match in 2012 by a margin of 158-451. Although due to the scoring system for the

mob matches it was always difficult to see an away win, the Light Blues certainly did their best, with nine out of the first eleven finishers from Cambridge. Notable runs were from Oliver Maskell who took a fine second place in front of track athlete Richard Ollington in third, although most will remember the race best for Paul Hodgson's sprint finish to ensure a sixth place finish behind Sam Bell and Pete Gould in fourth and fifth respectively. With many of the above leaving at the end of the year, it will be a challenge to replicate the true strength in depth that has been present in the whole squad for the past few years, although the promising performances of freshers across the Varsity matches bodes well for 2014.

Andy Dyson – 1st, 27:45 (Oxford)

Oliver Maskell – 2nd, 28:13

Richard Ollington – 3rd, 28:26

Sam Bell – 4th, 28:37

Pete Gould – 5th, 28:43

Paul Hodgson – 6th, 28:44

Francis Scarr – 8th, 29:16

Tim Galliafas – 9th, 29:23

George Ramsey – 10th, 29:26

Tom Milburn – 11th, 29:28

Stephen Cardinal – 12th, 29:29

Dominic Bealby-Wright – 19th, 30:06

Tom Williams – 22nd, 30:15

Tom Carruthers – 24th, 30:46

Oscar Key – 27th, 31:11

John Feighan – 28th, 31:17

James Perry – 32nd, 31:31

Cameron Holloway – 37th, 32:05

Seb Falk – 40th, 32:12

Ed Gazeley – 41st, 32:31

David Wright – 44th, 33:45

John Thompson – 47th, 34:20

Victor Chu – 51st

Max Rabinovich – 53rd

Varsity Blues Match

Wimbledon Common, 7th December 2013

Cambridge ladies win 12-30

Cambridge gentlemen win 30-52

Varsity victory – Cambridge 4-3

Wimbledon Common witnessed the Hare and Hounds' strength in depth in successfully defending the men's and women's competition

With the disappointment of being 3-2 down after the 2nds to 4ths races at Oxford the weekend before, the men's and women's Blues team headed to Wimbledon Common to contest the decisive races in the overall series. With a mixture of experienced hands and new faces in both the men's and women's teams, it was difficult to speculate what the final result would be, but nonetheless the Light Blues took a spectacular victory in the Ladies' Race whilst also taking an eventually comfortable win in the Men's.

The 38th Ladies' Race over four miles was the first Blues race of the day, and even before the start there was a quiet optimism that Cambridge perhaps had the stronger side. After all, three out of the six women selected in the Blues team were former winners. By the river crossing Rebecca Moore, who had finished fifth in 2012 and seventh in 2011, had taken an early lead, but with the teams still locked in together there was little to differentiate between the two. It was to be in the next mile or so in which the winner Lucy Gossage (having won in 2011 and current British Ironman women's champion) opened up a 10s lead which only grew for the rest of the race. The final result was not yet obvious, a dense group followed of four Oxford and three Cambridge runners: Moore; Alison Greggor (the defending champion); and Polly Keen (2006 champion) – the battle for positions in this pack was to decide the result. Not far behind were freshers Holly Page and Elizabeth Mooney, ensuring that the last two Oxford runners had no one to help them get back into the race. Having completed the

notoriously muddy and hilly section just before a fast downhill last mile, it was becoming clear that a Light Blue victory was on the cards, and a rampant one at that. Moore finished 2nd in front of the first Oxford scorer, who was then immediately followed by the rest of the Cambridge team. Page worked well to run herself back into the pack finishing fourth, just in front of Greggor, Mooney and Keen in that order. With only one Oxford runner in the top seven, Cambridge took the women's race 12-30 (the fact that 10-34 is mathematically the biggest win possible this was indeed a dominant win). Despite perhaps a little disappointment that her form of 2006 was not quite rekindled, it should be noted that this was 2006 champion Keen's sixth and final appearance at the Blues' Varsity match after seven years running for the Light Blues that has seen Cambridge take the advantage after years of Oxford victories.

The men's race had added historical importance with the Blues series tied 61-61 since the first race in 1880. With the absence of Alex Short, who raced the next day in the U20 European Cross-Country Championships in Belgrade, James Hoad had been drafted into the Light Blues' team. With a fast start, there were small gaps appearing even at the early river crossing. Around a mile later Lewis Lloyd was sitting on the leader from Oxford Tom Frith, followed around fifty metres behind by a five-man pack including Will Ryle-Hodges, captain Matt Leach and third place finisher from 2012 Joe Christopher. At this point the two teams seemed evenly matched, but by halfway Cambridge seemed to be taking the advantage, especially in the middle order where Hoad, former captain James Chettle and fresher Sean Pohorence had broken from the pack including the fifth and sixth Oxford runners. Although trailing in the early stages, Paddy Roddy did not panic and spent the second of half of the race picking off four Oxford runners. With around two miles of the seven and a half mile course to go, Lloyd had taken the lead which was only to increase, taking a comfortable win by thirteen seconds, followed by Frith in second place, and now Cambridge were leading the race 32-49. Ryle-Hodges managed to hold onto third place whilst both Christopher and Leach had overtaken Sean Ledger of Oxford to finish fourth and fifth respectively. Chettle, who had characteristically judged his pace well, finished eighth followed very closely by Hoad who had proven his

worth in his debut Blues run, with Pohorence just losing out in a sprint for tenth. Perhaps the most exciting moment of the day went to Roddy, who was involved in a full-on 200m sprint for twelfth ending with Tom Quick of Oxford throwing himself over the line, albeit in vain. The fact that Roddy had beaten four Oxford runners showed that Cambridge did have the better team (eventually winning 30-52), and finally, for the first time since 2006 Cambridge took both the individual and team wins. Mirroring Keen in the women's race, this was Chettle's last race in the Varsity match having worked his way up from the Thirds' team in 2007 and finishing with two Blues races (having previously run in 2011). In all the Light Blues could not have asked for much more, also taking the Varsity 2013 series by four matches to three. Now the focus is onto BUCS Cross-Country in a bid to improve on fourth place for both the men's and women's teams.

Women

Lucy Gossage – 1st, 23:15

Rebecca Moore – 2nd, 23:40

Sophia Saller – 3rd, 23:43 (Oxford)

Holly Page – 4th, 23:47

Alison Greggor – 5th, 23:48

Liz Mooney – 6th, 23:52

Polly Keen – 7th, 24:17

Men

Lewis Lloyd – 1st, 38:26

Tome Frith – 2nd, 38:39 (Oxford)

Will Ryle-Hodges – 3rd, 38:41

Joe Christopher – 4th, 38:45

Matt Leach – 5th, 38:56

James Chettle – 8th, 40:05

James Hoad – 9th, 40:07

Sean Pohorence – 11th, 40:11

Paddy Roddy – 12th, 40:55

Coldham's Common

18th January 2014

Wind was battled, mud was squelched and mountains were conquered last week, as the Hare and Hounds took to Coldham's Common for the third instalment of the annual cross country College League. The route incorporated a lengthy lap of the 1972 International Cross Country course, for which a sizeable and nearly insurmountable lump had been incongruously constructed, upon an otherwise very flat and exposed field. Undeterred by the somewhat mentally destroying course, the event saw a turnout of thirty seven Hareys, all keen to prove their worth in the mud, the wind and the terrifyingly steep synthetic hill.

Starting together, the men were set to complete three laps of the 2.25 mile course, whilst the women ran two – a much longer race than many were used to. First to finish was Liz Mooney, continuing in her excellent form from last term, in a time of 30:04. Liz, who won first place by an enormous 26 seconds on Saturday, finished her first term in style by helping the women's Blues to thrash Oxford in December, and looks set to do similarly amazing things at BUCS in just a few weeks' time. Finishing behind Liz was Alison Gregor – another brilliant runner from the victorious Blues team – in a not-too-shabby time of 30:30. Impressive runs in the women's race were also had by Women's Captain Megan Wilson, in 3rd place with 30:56, and Carrie Beadle, in 4th place with 31:42. Both demonstrated great form and stamina on the day; presenting an inkling of what we have to look forward to at BUCS.

The men's race was similarly exciting, as Alex Short and Ian Williamson battled it out for first place. Ultimately, Ian claimed victory in a speedy time of 37:21, having just slipped past Alex on the final straight. Both ran impressive races and demonstrated top form. All eyes are now on Alex in anticipation of his performance at BUCS; having made his debut for the Great Britain under 20s last term, great things are expected from him. Third home in the men's race was Joe Christopher, in 38:10, closely followed by James Hoad and James

Chettle in 38:26 and 38:28 respectively. All three ran strong races, with Christopher and Hoad having won themselves places on the Men's A team at BUCS, and Chettle having been named as a reserve. All of the boys at Coldham's Common this year demonstrated a strength and form that looks very promising for the fixtures ahead.

Competition was also heating up in the College League standings, as Christ's trio Megan Wilson, Nadia Ogilvie and Hattie Baker attempted to tackle the lead that the Homerton girls had acquired last term. Although Wilson, Ogilvie and Baker each put in strong performances to claim college victory at Coldham's Common, the Homerton women remain in the lead in the run up to the final College League race. Meanwhile, Queen's boys Joe Christopher and Will Ryle-Hodges worked hard to claim victory for their college last Saturday. However, demonstrating that breadth of talent is as important as depth in the College League, the final instalment will see Trinity and Christ's battle it out for top position in the men's, as both have produced large turnouts in this year's fixtures, and have so far crafted for themselves some very competitive scores.

Ahead of BUCS: the Hare and Hounds are looking as strong as ever.

BUCS Cross Country Championships

Stirling, 1st February 2014

Cambridge men's A team – 5th place

Cambridge women's team – 5th place

Cambridge men's B team – 8th place

Some outstanding and gutsy runs were had by the Hare and Hounds in Stirling last weekend, as the Cambridge cross country runners took on the universities of Britain on an unrelentingly hilly and muddy course. Committing to a lengthy journey and a full weekend out of Cambridge, the Hare and Hounds this year produced forty-eight runners to battle it out against fifty other similarly sized university teams. And they certainly made the journey worth their while. Despite adverse weather conditions, brutal terrain and a colossal field of competitors in each of the races, the Hares and Hounds truly put Cambridge on the running map.

In the women's race, some incredible performances were put in to bring the team into an overall position of fifth place. Scoring for the team were Liz Mooney, Holly Page and Alison Greggor – each of whom ran absolutely outstandingly throughout the 6.4 kilometre course. Finishing in 25th place in a field of 400, Greggor illustrated her continuing good form, and made it to the finish line just two seconds behind Page, who finished in 24th place in a swift time of 24:04. New to Cambridge this year, Page has proved to be an indispensable member of the Cambridge team; having run alongside both Greggor and Mooney at the Varsity match, and contributing to another Cambridge win over Oxford. Perhaps the most impressive performance of the day, however, was that of Liz Mooney – a fresher at Cambridge who has gone from strength to strength throughout her first year here. Finishing in 18th place in a time of 23:46, Mooney was on incredible form and earned herself a full Cambridge Blue.

In the rest of the women's team, amazing races were also run by ladies' captain Megan Wilson, who bettered her performance at BUCS last year by nearly fifty places, to finish in 81st place in a time of 25:51. Also impressive was the performance of Sarah Lovewell, who despite being far more at home on the athletics track, ran exceedingly well to finish in the top 100 – in 96th place. Having illustrated excellent form in training recently, Lovewell is certainly one to watch in the coming athletics season. Julia Wedmore and Abblie Shepherd-Barron also made striking performances in Stirling, with Wedmore working hard to bring home 116th place – exactly the position she made last year – and Shepherd-Barron in 134th illustrating an excellent return to form at precisely the right moment. The girls certainly gave their all at BUCS this year.

In the men's A race, which consisted of a 11.1km course, the Cambridge team finished fifth behind St Mary's, Birmingham, Cardiff and Leeds, and was only nine places away from taking a medal. They also managed to beat almost fifty institutions including Loughborough and perhaps even more importantly Oxford. The final results suggest that for Cambridge this race was very much an exercise in working in pairs. Captain Matt Leach seemed determined to keep within striking distance of the front pack within the early stages of the race, whilst Alex Short was never too far away and had a strong finish to finish two places in front of Leach in 12th place. Also with only two places separating third and fourth Cambridge runners Joe Christopher and Will Ryle-Hodges in 40th and 42nd respectively worked well together throughout most of the race. No much further back was former captain James Chettle who finished 64th in a characteristically well-paced race which saw him continually gain places as the race went on – something which Hare and Hounds have come to expect and admire, much like Ryle-Hodges' fast sprint finishes that was only just beaten in the battle for 41st. In yet another solid race James Hoad finished within nine seconds of Chettle, proving yet again that there Hare and Hounds should be excited for the London Marathon in April with its stellar field including Chettle and Hoad.

The last race of the day was arguably the highest standard B team race for some time, but a good turnout from the Light Blues was rewarded

with an eighth place finish that also meant that Cambridge were only beaten by three other universities. With a little bit of a mishap at the beginning of the race concerning the starter, the start was as fast as was expected, with the field being strung out quickly. Solid runs from freshers Phil Crout and Paddy Roddy followed very shortly by Pete Townsend saw Cambridge take 21st, 23rd and 24th respectively, with Townsend holding off a pack behind him to hold onto his position in the final 100m. Around 40s further back in the field Josh Carr ran a strong race, alone towards the end, with Lloyd Hilton continuing his encouraging cross-country season only two places behind in 49th. Lorcan Murphy continued his form from recent races to finish just outside of the top 60, whilst he was followed by the track trio of Petros Giannaros who followed up his strong South of England cross-country showing to lead in Richard Ollington and Mark Nelson. Will Kirk and Ollie Maskell eventually finished a mere second apart whilst a little further back Will Bowers took to the mud in his 'home' BUCS race to place a mere position outside the top 100, with Pete Cameron no far behind. Showing the Light Blues strength of depth were Francis Scarr, Paul Hodgson and Matt Duffin who finished within the top 150, and Ed Gazeley's finish in 235th position beating more than a hundred runners illustrated that not only did the Light Blues bring quantity but also quality to BUCS this year. You could almost say that the Light Blues were worth their weight in Stirling.

Men's A Race

St. Mary's University – 1st (1, 4, 5, 7)

Birmingham University – 2nd (2, 3, 15, 25)

Cardiff Metropolitan University – 3rd (11, 16, 18, 55)

CUH&H – 5th (12, 14, 40, 42)

Richard Goodman – 1st, 33:51 (St. Mary's)

Jonathan Hay – 2nd, 34:13 (Birmingham)

Jonathan Davies – 3rd, 34:22 (Birmingham)

Alex Short – 12th, 35:15

Matt Leach – 14th, 35:18

Joe Christopher – 40th, 36:41

Will Ryle-Hodges – 42nd, 36: 44

James Chettle – 64th, 37:46

James Hoad – 72nd, 37:55

Women's Race

Birmingham University – 1st (10, 12, 13)

St. Mary's University – 2nd (7, 8, 20)

Loughborough University – 3rd (5, 16, 26)

CUH&H – 5th (18, 24, 25)

Georgia Taylor-Brown – 1st, 21:27 (Leeds Metropolitan)

Emelia Gorecka – 2nd, 21:29 (Royal Holloway)

Rhona Aukland – 3rd, 22:02 (Edinburgh)

Liz Mooney – 18th, 23:46 (scorer)

Holly Page – 24th, 24:04 (scorer)

Alison Greggor – 25th, 24:06 (scorer)

Megan Wilson – 81st, 25:51

Sarah Lovewell – 96th, 26:16

Julia Wedmore – 116th, 26:45

Abblie Shepherd-Barron – 134th, 27:06

Chloe Beckett – 146th, 27:20

Emma Elston – 153rd, 27:27

Jane Thomas – 179th, 27:53

Jade Harding – 193rd, 28:09

Nadia Ogilvie – 215th, 28:44

Hannah Hull – 254th, 29:32

Jess Mason – 290th, 30:30

Jennifer Harris – 320th, 31:20

Hattie Baker – 332nd, 31:44

Men's B Race

St. Mary's University – 1st (1, 2, 3, 4)

St. Mary's University – 2nd (5, 7, 8, 10)

Birmingham University – 3rd (6, 11, 12, 13)

CUH&H – 8th (21, 23, 24, 47)

Jack Partridge – 1st, 25:27 (St. Mary's)

Michael Callegari – 2nd, 25:43 (St. Mary's)

Alex Dunbar – 3rd, 25:50 (St. Mary's)

Phillip Crout – 21st, 27:12 (scorer)

Paddy Roddy – 23rd, 27:17 (scorer)

Pete Townsend – 24th, 27:20 (scorer)

Josh Carr – 47th, 28:00 (scorer)

Lloyd Hilton – 49th, 28:07

Lorcan Murphy – 62nd, 28:53

Petros Giannaros – 73rd, 29:04

Richard Ollington – 75th, 29:08

Mark Nelson – 80th, 29:21

Will Kirk – 85th, 29:31

Ollie Maskell – 86th, 29:32

Will Bowers – 101st, 29:55

Pete Cameron – 107th, 30:03

Francis Scarr – 127th, 30:36

Paul Hodgson – 131st, 30:48

Matt Duffin – 143rd, 31:07

Ed Gazeley – 235th, 33:37

Hyde Park Relays

15th February 2014

Cambridge men's team: 7th

Cambridge women's team: 4th

The Hare and Hounds made a striking appearance last week at the Hyde Park Relays, where one men's and one women's team were put to the test against – to name just a few – Oxford, Imperial, Bristol and Manchester's best. With four ladies to each run three kilometres, and six men to run five, the Cambridge runners were treated to a refreshingly flat, solid and dry course, with only hurricane-force winds to deter them.

The relays began with the men's race with Su-Min Lee on the first leg who handed over to fresher Oliver Garner just inside the top 20 out of 89 teams. Garner braved the winds to take a few places and return in a time of 16:44 which was the 45th fastest leg of the day out of over five hundred runners. Will Kirk was up next and his strong cross country performances over the winter meant that the winds would not have too much of an effect on his time as he finished in a time of 16:26 – Cambridge were moving surely up the rankings. George Ramsay and Dom Bealby-Wright finished in times of 18:06 and 18:14 and within the top 120 fastest legs that day. As was expected from the start, Will Ryle-Hodges' leg was the fifth fastest of the day with a time of 15:30 that saw Cambridge reel in places to finish seventh overall. The fact that most of the Light Blues were absent due to Nationals being the weekend after gave an opportunity to the above to see how they could compete with some of the best running universities in London and even beyond and no one can doubt their effort alongside a good result given the circumstances.

Starting five minutes after the men, the women's team was set off by Chloe Beckett, who ran a solid first leg to bring the team into the top ten of a 33-team-strong field. Taking the (hypothetical) baton from Beckett was Nadia Ogilvie, who ran an outstanding leg and gained

several places. Completing the lap in 11:35, Ogilvie demonstrated her excellent form and impressive speed – claiming the 14th fastest leg of the day, in a field of 130 runners. Third to run was Jane Thomas, who ran another exceptional leg to claim an extra place for the Cambridge ladies. With Thomas finishing her leg in an excellent position, the final three kilometres were left to the Hyde Park veteran Polly Keen. Keen ran admirably, and demonstrated her continuing incredible speed by finishing with the 10th fastest leg in a time of 11:21. Whilst she continued to make up places for the Cambridge team, Keen just missed out on a medal position by completing the relay in 4th place overall. This was an excellent result for the Cambridge ladies, and revenge is already being anticipated for Oxford's ultimate victory at Hyde Park. There will certainly be a danger that Oxford will be beaten on their own home turf at the coming Teddy Hall Relays.

Men

OUCCC Men's A – 1st, 1:35.25

Guac 'n' Rollers – 2nd, 1:36.06

Imperial College A Team – 3rd, 1:36.39

CUH&H – 7th, 1:42.05

Chris Bannon – 1st, 14:55 (Imperial College A Team)

Glenn Watts – 2nd, 15:08 (Team Ziggurats)

Alex Muir – 3rd, 15:23 (OUCCC Men's A Team)

Will Ryle-Hodges – 5th, 15:30 (CUH&H)

Will Kirk – 29th, 16:26 (CUH&H)

Ollie Garner – 45th, 16:44 (CUH&H)

Su-Min Lee – 64th, 17:05 (CUH&H)

George Ramsay – 111th, 18:06 (CUH&H)

Dom Bealby-Wright – 118th, 18:14 (CUH&H)

Women

OUCCC Women's A – 1st, 45:01

OUCCC Women's B – 2nd, 46:16

University of Bristol Girls B – 3rd, 46:46

CUH&H – 4th, 46:52

Kate Niehaus – 1st, 10:42 (OUCCC Women's A)

Hannah Kitchen – 2nd, 10:48 (BOARS)

Kate Niehaus – 3rd, 10:54 (OUCCC Women's B)

Polly Keen – 10th, 11:21 (CUH&H)

Nadia Ogilvie – 14th, 11:35 (CUH&H)

Chloe Beckett – 24th, 11:54 (CUH&H)

Jane Thomas – 31st, 12:01 (CUH&H)

Boundary Run

2nd March 2014

Largely thanks to a combination of the weather holding out, the dozens of Hare and Hounds taking time out to volunteer and the dedication of race director Josh Carr, the Boundary Run took place without a glitch. With over 450 runners completing the half-marathon and almost 200 runners the marathon course, it was always going to be a potential logistical challenge, but, as was the case last year, the Hare and Hounds showed they could not only just run a good race, but also put on a good one.

The half marathon race was won by Ollie Maskell in a time of 78:58, with the women's winner Rebecca Moore finishing in 81:18 not far behind. Other notable runs were from Pete Gould and old Harey Robin Brown in fourth and fifth. However, perhaps one of the most impressive achievements was Richard Ollington's 3:09 marathon, having run in the 4x1500m race at VFEAR the day before. All in all, a big thank you has to go out to the runners, the volunteers and Josh Carr in making such a successful event.

Half-Marathon – Men

Ollie Maskell – 1st, 1:18.58 (CUH&H)

Albert Isidro-Llobet – 2nd, 1:22.31 (ComeKM Molins)

Pete Gould – 3rd, 1:23.29 (CUH&H)

Robin Brown – 4th, 1:23.57

James Gill – 14th, 1:29.51

Time Gordon – 17th, 1:30.23

Richard Ollington – 23rd, 1:32.15

Cameron Holloway – 34th, 1:34.29

Half-Marathon – Women

Rebecca Moore – 1st (2nd), 1:21.18 (CUH&H)

Carrie Beadle – 2nd (18th), 1:29.59 (CUH&H)

Carrie Bedingfield-Hall – 3rd (30th), 1:33.25 (Cambridge and Coleridge)

Chloe Beckett – 4th (37th), 1:34.40

Bryther Bowness – 6th (47th), 1:36.54

Lowri Richards – 11th (87th), 1:41.51

Grace Copplestone – 14th (102nd), 1:43.20

Diane Esson – 18th (130th), 1:45.55

Jess Mason – (175th) 1:50.30

Hattie Baker – (208th) 1:54.14

Marathon – Men

Thomas Stevens – 1st, 2:58.13 (Cambridge and Coleridge)

Max Andratsch – 2nd, 3:08.49 (Unattached)

Richard Ollington – 3rd, 3:09.13 (CUH&H)

Afterword

As the Hare & Hounds move into another year under a new committee, things are certainly looking very promising for the club. In our sport, we have retained our Varsity title and established ourselves as an exceptionally competitive club, both on the university and the national stage. In our organisation, our committee has worked tirelessly to ensure the smooth operation of our competitions, training, socials and finances. And in our social appeal, never has there been such a welcoming and friendly club in Cambridge that consistently achieves outstanding results.

For this, special thanks must go to club captain Matt Leach, who has worked diligently and almost obsessively to provide the Hare and Hounds with everything they need. Women's captain Megan Wilson has done a similarly excellent job in stimulating a real improvement in the membership and commitment of the women's side of the club. Also not to be forgotten is the endless help and support provided by Phil O'dell, without whose passion and dedication the Hare & Hounds would truly be lost.

Our thanks also belong to Neil Mathur, Julia Wedmore and Paul Hodgson, whose tight organisation and budgeting have ensured the slick operation of all of the club's social and competitive ventures. Alongside these, Josh Carr and his exhaustive organisation of the Boundary Run will prove to be of vital importance to the club's excellent health in the year to come. Not to be omitted is the work of Hare & Hounds president Joan Lasenby, whose careful and dedicated direction of the club has ensured successes for the committee this year.

Of crucial importance to the Hare & Hounds, however, has been the commitment and passion of all of its members. For being friendly, welcoming, dedicated and diligent in all respects this year, our thanks belong to all of the Hareys.

Wishing the new committee and all of the Hare and Hounds the absolute best for the coming year,

Su-Min Lee and Chloë Beckett

Cambridge University Hare & Hounds Committee
2013-2014

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Vice Presidents	Dr J.P. Dougherty Prof. J.E. Field Dr Ben Hope Dr D.R. Leggate Mr A.D. Lemmons Dr S. Rutherford Dr C.J.R. Thorne Dr A.G. Tristram Dr James Gill Dr Mark Coley Dr James Kelly
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