

OUCH PRESIDENT'S REPORT 2012–2013

(With apologies to Kipling ...)

If you can run on Thursdays, and Tuesday lunchtimes too,
Or just turn up occasionally – once a year will do.

If you can drink a post-run beer, eat crisps and chips and curry,
Then weigh yourself next morning with no real need to worry.



Relay runners enjoy a post Leamington-to-Oxford-run beer at the Head of the River

If you turn up for each handicap and still think it is fun,

Anu's 100th Handicap



Or dress up quite outrageously, playing bingo as you run.



2012 OUCH Christmas Fancy Dress Bingo Fun Run – guess the theme!

If you organise a relay race to Oxford from afar,
And get everyone to run it (or just use their bike or car).



At the half-way stage of the 2013 4HTC
(Four Historic Towns Challenge – though I'm sure I counted five!)

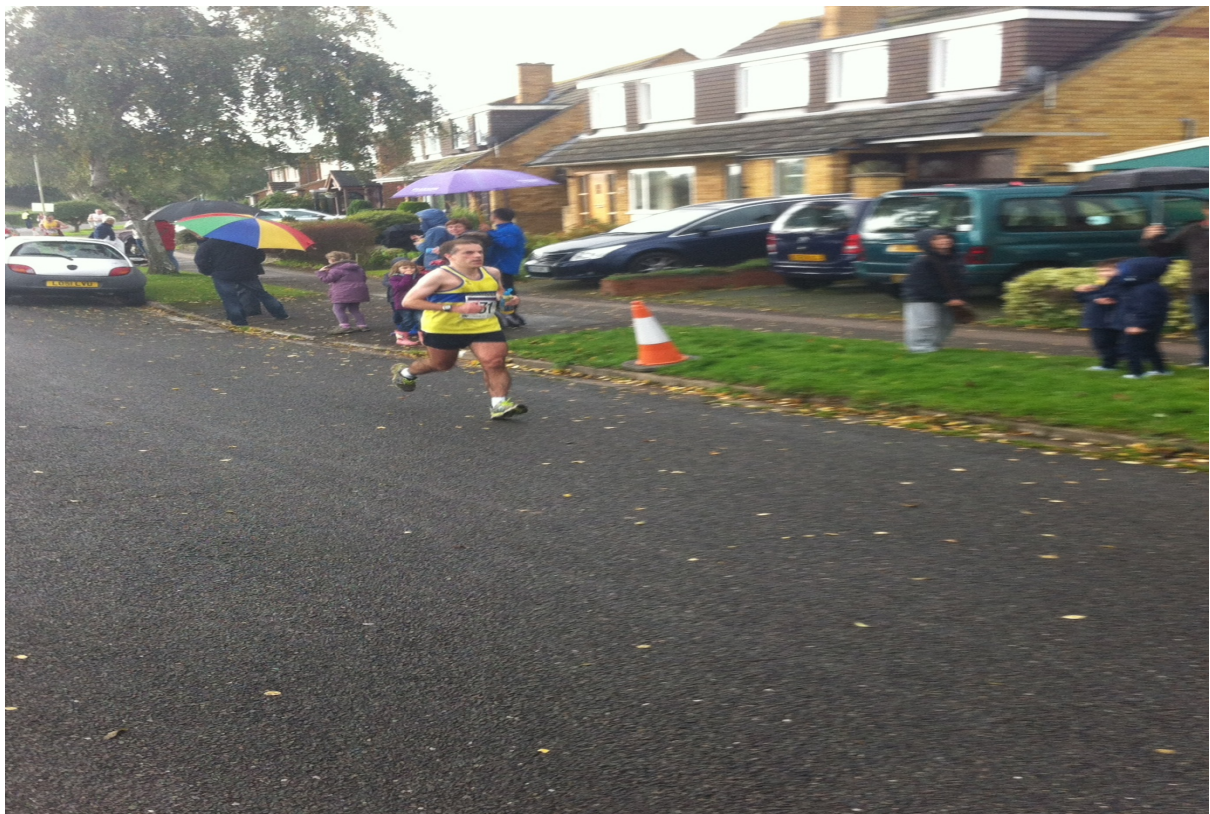


Handing over the baton just outside Woodstock – I may have run a bit too far!

If you can race on courses that are easy, flat and fast,
Or slog uphill, through woods and mud to reach the end at last.



Julie and Jason enjoy a bit of easy running.



Alan racing in the Abingdon Marathon

If you can win a medal – be up there with the best,

Or set a new PB and not care about the rest.



Jol – 2nd fastest man at the Marlow Water of Life Half Marathon, 5 May 2013

If you can help out others by coming along to cheer,
Offering lifts, a place to stay or a welcome post-run beer.



Maija waiting in the rain to cheer on Alan

If you can suffer injury and manage still to smile,
Then come back even stronger to run another mile.



Emily decides to drop out of a 30 mile race in the Peak District

But most of all ...

If you can put on running shoes and get up from the couch,
Then you, my friend, will forever be a true member of OUCH!

Emily Baldock

November 2013