

**Overton
Harriers**



**&
Athletic Club**

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Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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June 8 th	D-DAY 10k (HRRL)
10 th	Alresford Rotary 10K
15 th	Juniors Wessex League – Bournemouth
19 th	Summer Handicap
21 st	Southern Track League: Twickenham
29 th	Juniors Wessex League – Sandown IOW

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday

CRADLE OF HUMANKIND HALF MARATHON **27th April** *from Lucy Pearson*

Chris and I had only been in South Africa for 18 days and we decided to enter the Cradle of Humankind Half Marathon or 21km. Since arriving on the 9th April we had been restricted to treadmill running in the gym or 45 minute runs around the block together or Delta ParkRun. We were desperate to get out and run some distance and still be 'safe'.

So having looked through Runners World South Africa, we found this 21km which was only 45minutes away. The race started at 7am and we had to enter on the day so we thought it was best to get there for 5.30am which meant getting up at 4.30am.

It was cold and dark at 5.30am when we arrived and we only had shirts and vests! The car park was in a field at a lodge with massive ruts, and from 5.30 till 6.45 the cars just streamed in, there were hundreds of cars.

At 7am the sun was just rising but we were off. The course was an out and back route around the roads in this UNESCO site. Even though it was on road it was incredibly hilly.

By the time I reached the turnaround point at 8am the sun was high in the sky and it was getting hot and close to 25 degrees. The cradle is very open with very little shade so at each water station I was taking water.

Johannesburg is 1700m above sea level and running here for the first couple of weeks running was really hard work. That combined with the heat did not make the last couple of km enjoyable and I was glad to see the finish. Unbelievable that we had run a half marathon before 9.30am.

We have now moved to our house and within our estate there is a running club which we have joined called Fourway Road Runners. On the 1st June is Comrades which practically everyone is doing. It looks like you have to have a very good reason not to run the 90km, so I can guess where we will be this time next year!

Chris Pearson 1hour 52minutes
 Lucy Pearson 2 hours 2minutes

We had no chips and bought a day licence so no idea where we came!

We got a nice medal



The sun rise was pretty spectacular



SHINFIELD 10k **5th May** *from Claire Boyle*

I entered the Shinfield 10k on the day thinking it would get me out of bed on the bank holiday! It was a lovely day (too hot for racing in my opinion but nice to be outside!) so I set off early not expecting to see anyone there and bumped into John which was a nice surprise! There was about 800 runners so a good crowd. I didn't run with any expectations of time as it was warm so I just pushed it round thinking I'll just see what my time is at the end. I knew my PB was 46 50 something. The course was really pleasant-I was expecting it to be quite urban through housing estates etc but actually a lot of it was through fields on concrete farm roads so lovely being such a nice day.



There felt like quite a lot of downhill at the start so I was expecting a nasty up and kind of trying to save my energy for this but it never came, we must have climbed gradually back up to where we started from! I didn't look at my watch at 5k because I didn't want to be disappointed if it was slower than I'd be happy with as I was finding it tough in the sun but when I came round the corner to the finish the clock said 46 50 something so put on a sprint to the line. Of course then my competitive side came out, what was my PB, why didn't I look at my watch...I got straight home and looked it up. PB was 46.52 and I had a call from John soon after saying my official time was 46.55! Slightly frustrated but overall pleased with the run as my PB was in the snow at Stubbington (which I find easier) and would definitely recommend the race to the Harriers for next year - maybe we could get some teams?

Harrier	Chip Time	Position
Claire Boyle	46:13	224 th (35 th Lady)

762 finished

To say that the team took their preparations for this race seriously maybe an understatement. Everyone had been at the 40th Celebrations the night before except me who had been out in Clapham for a mate's birthday. Even the permanent taxi boys who don't drink didn't look their best and usual enthusiastic selves as we lined up for the start. However we did all smile when we heard someone say that they had heard that the hills were more like undulations, he was in for a shock.

The race started and I didn't feel my best, however after I got past mile two and the feeling that I was about to see last night's beers and kebab had passed. I was surprised to still be within ten meters of Neil and Lee was in sight. I worked hard to see if I could stick with both of them as they were both starting to pull away. At four miles we turned towards Bentley and the head wind started to hit us. Neil started to struggle and I caught him by five miles, my suggestion of taking turns at the front and working together was met with "I can't". I thought this was a ploy to use me as shelter into the wind and so expected him to come back past me towards the end of the race.

At around six miles a bloke from Lords Hill (I really should find out his name) did his usual tactic and came past me with the first lady. I dug deep and hung onto them until 8 miles where the Lordshill bloke finally broke and it then became a battle of pride not to be "Chicked". Luckily I managed to hang on and with a sprint finish pulled out ten seconds on her so in the results it looked comfortable at least. But as it was a PB by about thirty seconds I was happy with that.

James was 5th and 1st Vet however he was not impressed that this achievement didn't warrant any money, just a small cheap looking trophy. Sean was 12th but not to impressed with his run, Lee was 19th and 53 seconds ahead of me in 22nd. Neil was only thirty seconds behind me in 27th. Steve Edwards came in in 76 minutes and was happy about that but could have made up a few places if he had sprinted as we encouraged him to, to be fair his facial expression was more of survival than sprinting with 50 meters to go. Franny won the battle between him and Steve Spence however Steve may have something to say about that at future races.

All in all not bad for a hungover team.

from Richard Francis

Despite the previous night's Reunion Party the first of two Road league fixtures this month saw a good turnout from the men who, after some chasing up from Sean, managed to turn out a B team. The weather promised to be rather warm with a good tailwind over the first 4 miles but a headwind over the latter stages.

Following his injury problems, James returned with a few weeks training under his belt to lead the club contingent home and picked up the first Vets prize in the process. Sean looked in good shape after his London efforts and was inside the hour with Lee finishing outside that barrier though still managing a top 20 placing.

Run of the day came from Martin who comfortably beat his PB despite having a beer or three the night before. Martin was next home before a large gap to Steve who took full advantage of all those marathon training miles to clock a PB for this course and will obviously be looking for a flatter course come the autumn.

Rounding off the club interest was a tactical battle with Steve going off fast before I managed to go past him after the opening big hill. Steve however came "charging" past as I nursed my bad back down the descent a couple of miles later and we passed halfway with Steve well inside his schedule to beat his previous years' time.

The long climbs over the second half were kinder on my back and I managed to pull away but was still disappointed with my time. Steve finished well and achieved his goal of a course PB.

Harrier	Chip Time	Position
James Knight	56m 52sec	5 th (1 st V40)
Sean Holmes	59m 24sec	12 th (5 th V40)
Lee Tolhurst	60m 44sec	19 th (6 th V40)
Martin Groundsell	61m 37sec	22 nd
Neil Martin	62m 14sec	27 th (8 th V40)
Steve Edwards	76m 38sec	203 rd (48 th V40)
Richard Francis	85m 40sec	343 rd (38 th V50)
Steve Spence	87m 12sec	362 nd (8 th V65)

508 finished

MOB MATCH

Basingstoke has confirmed their leg of the mob match on July 10th at the usual Cliddesden course. Our return leg of the Mob Match will probably be run in June; date will be confirmed as soon as possible.

SUMMER HANDICAP

The remaining dates for the summer handicap are June 19th, July 17th & August 28th.

SOUTHERN TRACK & FIELD MATCH 2, SWINDON

17th April

from John Hoare

Another fine result for our track and field team as we finished in an easy second place behind league leaders Tonbridge. It was the usual suspects that represented the Overton half of the composite team with Andover and pride of place went to Hannah who gained a decisive 'A' string win in the 3000m in a new outdoor PB. Monique did her usual sterling job by gaining valuable points in the 800m and 1500m as well as track judging all afternoon. Lee took an excellent 2nd in the 3000m Steeplechase with more points gained by Sean in the 300m. And all four supported the club's effort in spite of having to turn out for the Netley 10k the following day. Great club spirit.

After the dust had settled and the results came in from the other meetings we found we are currently lying in 4th place behind the unbeaten trio of Tonbridge, Crawley and Dartford. Next fixture is at Twickenham on August 21st.

RESULTS

800m	'A'	4 th Monique Van Nueten	3m 25.1s
1500m	'A'	3 rd Monique Van Nueten	7m 11.0s
3000m	'A'	1 st Hannah Bliss	11m 28.3s
3000m	'B'	3 rd Sean Holmes	10m 13.0s
3000m S/C	'A'	2 nd Lee Tolhurst	10m 34.4s

MATCH RESULT

1. Tonbridge	213
2. Andover & Overton	191
3. Swindon	153
4. Cambridge Harriers	124

HARROW WAY HANDICAP RACE 1**22nd May** *from Richard Francis*

Neil's PB had been set last summer which meant he was the clear race favourite following his progress over the 10 months since setting it. His improvement is apparent as he crossed the line more than 2 minutes clear with the possibility of more improvement to come. Ben made his course debut with a reasonable run considering his lack of knowledge of the route and will be another to go faster as the summer progresses.

There was a tight finish for third spot with Martin clocking the second fastest time to just overhaul a really fine effort from Dave Titcomb. Third fastest time was clocked by Mike who held off the fastest runner, Sean, for 5th place. Fastest lady on the night was Monique almost a minute clear of runners up Liz.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	N. McCANN	30.18	2.01	28.17	18
2	B. JOHNSON	32.30	6.06	26.24	9
3	M. GROUNDSELL	32.52	7.46	20.35	2
4	D. TITCOMB	32.53	7.59	24.54	7
5	M. BLISS	32.59	12.03	20.56	3
6	S. HOLMES	33.03	12.55	20.08	1
7	M. VAN NUETEN	33.22	2.41	30.41	13
8	A. TILBURY	33.23	5.37	27.46	10
9	S. SEARLE	33.33	12.01	21.32	4
10	G. ENGLAND	33.36	10.50	22.46	5
11	K. CLARK	33.41	8.37	25.04	8
12	K. VALLIS	34.50	11.28	23.22	6
13	R. FRANCIS	35.23	6.04	29.19	12
14	E. SANDALL BALL	35.44	4.08	31.36	14
15	E. EDWARDS	39.09	6.06	33.03	15
16	S. McCANN	39.09	3.03	35.39	16

HAMPSHIRE TRACK & FIELD CHAMPIONSHIPS**24th – 25th May***from Lee Tolhurst***Day 1**

3,000m Walk. Whilst I was not in attendance and I hope Keith puts in his own report his achievement needs to be set into context. Keith is relatively new to this highly technical event and was up against a small but well decorated opposition, in Jim Ball, who has won the championship 10+ times, has the championship record, and is in the top 25 of UK all time. Despite the opposition Keith produced a terrific performance to take the gold medal in 16:04.4.

U13G High jump. Again I wasn't there but from the results Molly had a good competition to take 6th (out of 19).



5000m. James took to the track not knowing what to expect and the line-up looked stacked, coupled with the wind into your face on the back straight, making the prospect daunting indeed. From the gun the eventual winner took off to create an unassailable lead leaving James in a group of 4 battling it out, the laps went by at better than PB pace which was comfortably hard. James was tucked in at the back of the group out of the wind. With 2 laps to go the pace noticeably increased, suddenly gaps started to appear and going into the last lap James was a little off the group as the gaps grew. He dug deep using his undoubted speed to close the gaps just taking 4th on the line by 2/10ths of a second to record a massive 24s PB.

Day 2

3000m SC. My turn at last and the nerves were high. On check in there were 5 competitors all of which had run faster than I had in the last 3 years leaving me to contemplate how not to be lapped. On the start line I was pleased to see only 2 others line up, if I finish a bronze was mine. The gun went and I tried to stay with the eventual winner, but after 50m I realised it was futile, it did however get me into a good rhythm. With a cross wind the water jump was proving difficult but a new technique this season was helping. The first 5 laps went past well now it was beginning to hurt and I was desperate to keep silver, I pushed from 700m out. At the bell I had about 60m on third it was time for one last effort. The style had gone but I was still moving quickly. The last water jump proved difficult I got the take-off wrong coupled with a strong gust as I went over the barrier I fell short landing two footed in the middle of the water. Pushing hard over the last and a sprint home for silver in 10:37.56 the fastest I have run in 3 years and if it wasn't for the final water jump it would of been a PB.

Results

U13G High Jump:	Molly Wateridge 1.30 6 th
SM 3,000m Walk:	Keith Vallis 16:04.4 (PB) Gold
SM 5,000m:	James Knight 16:08.46 (PB) 4 th
SM 3,000m Steeplechase:	Lee Tolhurst 10:37.56 Silver

All in all a cracking championships for Overton Harriers

BUPA LONDON 10K **25th May** *from Steve Spence*

I enjoyed running the BUPA London 10K yesterday. The weather was great and it made London look superb - albeit a little bit too warm for the run. The experience was fantastic and I am pleased to say that I did a PB time 20 seconds faster than I ran at Stubbington in January.

As to my result on the website, there is a problem, in that I was registered as a man under 40 (it would be nice if I was). Having paged through the results I see that the 11th 'old git' (V65) was 15 seconds behind me and therefore I claim that as my proper age group placing. There were about 100 V65's running.

I was grateful to Monique and Liz for guiding me through the machinations of the event and also for their company.

CHARMOUTH CHALLENGE **5th July 2014** *from Keith Clark*

After the demise of the Sidmouth 10k that we used as our "Summer Camp" for several years, the search for a replacement has led me to find, just a little further down the coast to Charmouth, hopefully a suitable alternative.

On Saturday 5th July is the Charmouth Challenge, which is a well-established 8 mile race along the Coast path to the Golden cap and back (a little hilly), with a 2 mile fun run also available. Being on a Saturday afternoon I propose that it would be ideal for a Friday/Saturday night Camping trip.

There are several campsites in Charmouth but Newlands Holiday Park looks like a good bet as they not only are a campsite but have apartments and rooms available for single nights. For the Glampers amongst you there are “camping pods” with proper beds and electricity, I will be camping properly of course! There are also “Luxury” Pine Lodges with three double/twin bedrooms, Piers & Judy are looking at this option if there is anyone who wishes to share. Being a holiday town however there are plenty of B&B's/hotels etc. if preferred.

There has been some interest from various members already, but to gauge wider interest from members that may be interested in making it a weekend or even just the Saturday night, could take look at the links below and please let me know if you fancy it and are likely to come. I don't want to make it too structured and over organised but it would be good to know if there may be a large number of campers so we can make sure the campsite has enough space, and let the local pub know if we are likely to descend on them for a post-race meal etc. I will definitely be doing it, and that lover of hills Richard Clifford has already booked a pod for the weekend, but it would be nice for as many of you to join us as possible.

<http://www.charmouthchallenge.co.uk>

<http://www.newlandsholidays.co.uk>

OVERTON HARRIERS TRAINING WEEK(END) 2015

from Richard Clifford

After a highly successful week on the Isle of Wight in February, Overton Harriers will be returning to Upper Chine Cottages (<http://www.upperchinecottages.co.uk>) situated close to Shanklin, Old Village for its annual training week(end) in 2015. For those that missed out this year, the cottages have a pool, sauna, gym, play area and a number of other amenities and are situated in a picturesque and convenient part of the Island. The training week(end) will be held in its usual slot of the Spring half term holidays in 2015. This email is to gauge the level of interest in the training week(end) to allow us to book the right number of cottages.

For those new to the Club the training week(end) is an annual tradition that sees the Club decamp from its base in the Hampshire countryside to a location offering a completely different running and social environment with an equal emphasis on both. All members of the Club are welcome to attend along with partners and families (whether runners or not). The Club normally books cottages for a week with some people attending for a long weekend (Sat-Tues) and the remainder staying on for the full week (Sat-Sat). There is a slight variation in cost to reflect the differing length of holiday with costs last time being c.£110 per person for the weekend and c.£135 per person for the week (including Sat-Mon evening meals and Sunday lunch). We have yet to confirm costs since they are somewhat dependent on numbers attending but would not expect prices to vary too much from this benchmark for the coming year apart from the usual level of annual inflation.

The long weekend tends to be relatively organised from a running and social perspective with sessions being organised on a twice-daily basis and meals arranged in the evenings. Participation in the sessions and attendance at the meals is obviously entirely voluntary! After the weekenders leave arrangements tend to become a little more freeform and loose but the emphasis remains on the social with people usually meeting up on a daily basis for a run or a trip out. I'm sure that if you ask any long-standing member of the Club they will confirm that the training week is one of the highlights of the year.

The training week will run from Saturday 14 Feb 2015 to Saturday 21 Feb 2015 (or Sat 14 Feb-Tues 17 Feb for the weekend). What better way to spend Valentine's Day?! Contact me by Friday 05 June if you would like to come indicating both the number of people in your party (adults and children) and whether you will be coming for the week or the weekend? As you can imagine we are keen to confirm numbers as soon as possible to confirm to the cottages how many people we have coming. For that reason, we will be following up with a request for a deposit in reasonably short order.

If you have any questions please do not hesitate to ask me.