

**Overton  
Harriers**



**&  
Athletic Club**

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Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

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February 4 <sup>th</sup>	FOXDOWN HANDICAP
7 <sup>th</sup>	<b>RYDE 10 (HRRL)</b>
13 <sup>th</sup>	<b>HANTS XC LEAGUE: DIBDEN ENCLOSURE</b>
13 <sup>th</sup> – 16 <sup>th</sup>	<b>OHAC TRAINING WEEKEND: SHANKLIN IOW</b>
14 <sup>th</sup>	Bramley 20
21 <sup>st</sup>	Winchester 10k

*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*

## **ROUND UP**

2016, a New Year and time for resolutions; mine is to stay injury free and get steeplechase ready in time for the summer Vets and SAL track and field. Unfortunately the recent cross countries have shown that I'm way behind the pace, luckily the Harriers have put in some good performances to jump up the leagues. It's nearly time for the Combe Gibbet so if you don't fancy running the best race in the calendar then please consider marshalling or generally helping out.

February sees the usual Harriers Training Weekend which will be in the Shanklin for probably the last time. For those who aren't taking the ferry across to the IOW then Harriers sessions will be limited out of Bridge Street between 13<sup>th</sup> and 16<sup>th</sup> February details of any Thursday session will be on Facebook.

## **RACE OVER THE GLENS**

**1<sup>st</sup> January**

*from Piers Puntan*

New Year's Day at Glenariff Forest Park on the eastern edge of Northern Ireland can be a pretty grim place to be weather wise. It does require a bit of an effort to get there as well, even for the 12 noon start.

As I'd been imbibing a little the night before the prospect of a fairly stiff six and a half mile run didn't sit that well and the Race over the Glens is certainly not one for the faint hearted. You can run most of it but there are parts of it which preclude running...or even walking with the top of the Glen being well over 1000ft. The race is organised and run by Ballymena Runners and a very good job they do as well. It is mostly on forest trails and there are some excellent views if you have the energy to appreciate them.

The strains of a lone glens' piper, reminding us of this area's close connections with Scotland just across the way, adds to the atmosphere or just adds to the pain depending on your musical proclivity.

By about 11.30am the car park at Glenariff, a large one, was nearly full. At about the same time the heavens opened and there was torrential rain and hail that threatened to put in jeopardy the very running of the race.

However, about ten minutes before the start the rain abated, it became much brighter and the temperature rose to at least to above freezing. Off we went in near enough perfect conditions, albeit damp and muddy in places though it was a surprise to find so much ice on the course, another challenge.



As with most of my recent races I started very tentatively, especially on the sharp descents. The race basically starts half way up the Glen goes up to the top, down to the valley floor, all the way up to the top again and then back down to the finish; in all over 1300ft of climbing.

The tentative start meant that I was ready for the big climb back up to the dreaded piper and managed to run, well almost run, the whole way up to the top overtaking those weary walkers who went off too fast on the way.

By the top it was only a mile to the finish so the carbohydrates consumed the previous evening were put to good use picking off runners as I raised the pace. Unfortunately I forgot about the last steep rise into the finish but head down and gritted teeth got me through to a reasonable time.

<b>Harrier</b>	<b>Position</b>	<b>Time</b>	<b>Vet Position</b>
Piers Puntan	107 <sup>th</sup>	49:29	19 <sup>th</sup> V45

*369 finished*

## **HANTS XC CHAMPIONSHIPS: FAIRTHORNE MANOR**

**9<sup>th</sup> January**

Well I think that most people who ran this though; “Christ that was hard”. It wasn’t that the course was hilly as there were only a few ups and downs it’s just that the course was a complete quagmire and by the time of the final lap of the men’s race there wasn’t an inch of the course that wasn’t deep mud. That’s not quite true there was one downhill section which was a stream so not much mud there and to be honest it was a blessed relief.

### **Ladies**

There was a good turnout of Ladies for the Championship; we usually do well at the champs as the longer distance of 8k, as opposed to 6k in the HXCL, means that the more endurance focused athletes can shine.

Cath and Hannah had each other in their sights during the first lap; though Cath coped with the mud better and by the end came home comfortably as first Harrier taking the W55 category by a large margin. Hannah was only a minute behind in 21<sup>st</sup> place and Audra sneaked into the top 50.

Claire and Emma were close together for most of the race with Claire taking 74<sup>th</sup> place over Emma, 76<sup>th</sup>. Sarah, Monique and Julia were all within 6 minutes closing out the Lady Harriers.

We finished as 6<sup>th</sup> Ladies team in both the senior and veterans competitions taking some notable scalps.



*Nice number Cath!*

<b>Harrier</b>	<b>Position</b>	<b>Time</b>	<b>Vet Position</b>
Cath Wheeler	15 <sup>th</sup>	33:12	1 <sup>st</sup> V55
Hannah Bliss	21 <sup>st</sup>	34:18	
Audra Rawlings	50 <sup>th</sup>	38:04	6 <sup>th</sup> V45
Claire Boyle	74 <sup>th</sup>	41:44	
Emma Edwards	76 <sup>th</sup>	42:02	12 <sup>th</sup> V35
Sarah McCann	83 <sup>rd</sup>	43:21	20 <sup>th</sup> V40
Monique Van Nueten	89 <sup>th</sup>	46:18	4 <sup>th</sup> V55
Julia Cottrell	94 <sup>th</sup>	49:42	14 <sup>th</sup> V35

*104 finished*

## **Men**

The men's team was down in numbers due to injury. Sean and Lee had a bit of a battle at the front of the race which was scuppered by Sean losing his shoe in the mud, though he fought back through the field and caught Lee in the last lap and managed to pip him to bragging rights by 10 seconds. Sean's effort at catching Lee also meant that he picked up the V45 prize.

Keith Vallis enjoyed the mud and had a good run finishing inside the top 100 whilst Richard Clifford definitely did not enjoy the race, can't have been the hills so must have been the mud. Piers was next Harrier followed by Dave Titcomb with Neil McCann completing the Harriers contingent.

The men's teams didn't do as well as the Ladies only finishing in 14<sup>th</sup> place in the senior competition though we took 5<sup>th</sup> place in the Veterans.



Harrier	Position	Time	Vet Position
Sean Holmes	38 <sup>th</sup>	48:11	1 <sup>st</sup> V45
Lee Tolhurst	41 <sup>st</sup>	48:21	6 <sup>th</sup> V40
Keith Vallis	99 <sup>th</sup>	54:36	13 <sup>th</sup> V45
Richard Clifford	107 <sup>th</sup>	56:09	18 <sup>th</sup> V40
Piers Puntan	127 <sup>th</sup>	59:43	17 <sup>th</sup> V45
Dave Titcomb	142 <sup>nd</sup>	61:44	8 <sup>th</sup> V55
Neil McCann	158 <sup>th</sup>	66:43	24 <sup>th</sup> V45

*168 finished*

**HANTS XC LEAGUE: READING**      **16<sup>th</sup> January**

No sooner had your hardy Harrier managed to get the final bits of mud from underneath their toenails then it's off to yet another XC; this time at Reading. Reading is normally a "muddy" course but compared to the Hants XC Champs it was relatively dry though the steep muddy downhill bank at the back of the course produced the usual pensive moment. Not many Harriers out for this race but those who did scored well with Cath getting into the county qualifying group of runners; but apparently this was **not** enough be invited to run for Hampshire: "would have been nice to have been asked!" said Cath.

**Ladies**

Harrier	Position	Time	Vet Position
Cath Wheeler	18 <sup>th</sup>	21:52	5 <sup>th</sup>
Claire Boyle	75 <sup>th</sup>	26:50	
Sarah McCann	87 <sup>th</sup>	27:50	32 <sup>nd</sup>
Monique Van Nueten	98 <sup>th</sup>	30:02	39 <sup>th</sup>

*117 finished*

## Men

Harrier	Position	Time	Vet Position
Sean Holmes	35 <sup>th</sup>	32:07	7 <sup>th</sup>
Lee Tolhurst	43 <sup>rd</sup>	32:34	9 <sup>th</sup>
Keith Vallis	92 <sup>nd</sup>	35:53	30 <sup>th</sup>
Piers Puntan	136 <sup>th</sup>	40:31	60 <sup>th</sup>
Dave Titcomb	142 <sup>nd</sup>	41:22	66 <sup>th</sup>
Neil McCann	155 <sup>th</sup>	46:11	76 <sup>th</sup>

*166 finished*

## DOVER COASTAL TRAIL SERIES ½ MARATHON

16<sup>th</sup> January

*from Claire Spencer*

Dover CTS was a new race added to the Coastal Trail Series events this year, it filled up really quickly with nutters wanting to test what the famous white cliffs (and British weather) had to offer.

It was an early start to get down to Dover in time for registration, I did slightly misjudge how long it would take me to get there, not realising until I set my satnav that morning ! Thankfully the M25 was kind (for once) and other than my satnav wanting to take me through the ferry terminal our journey was incident free.



The weather was cold and somewhat "blustery", so when I got to the start I was slightly over dressed in my buff, hat, base layer and water proof running jacket ... But at least I was warm ! I love CTS events, everyone is always so friendly, my dog, Jack, as always attracted loads of attention at the start with his poised stand and his "race face" he even had a few people take his picture!

They were late starting and about 50m from the start was the first of many gates that had to be negotiated, in this 50m I managed to bump into a couple of people I knew including fellow Harrier Charlotte.

Once through the gate we were off (my dog doing his 5K pace no doubt thinking we were at a very windy Parkrun! ) the mud was seriously slippery and people were landing on their backsides pretty consistently, I found myself saying "whoops, are you ok" an awful lot as people slid all over the place.

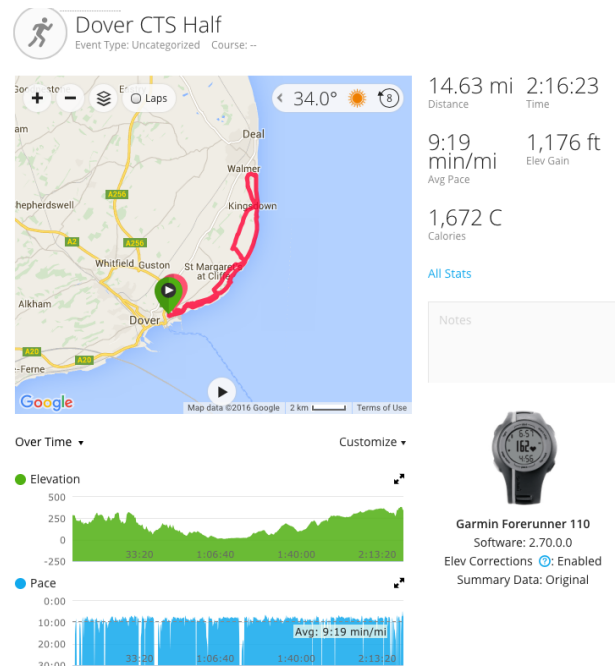
I was grateful for my trail shoes which others seemed not to have (odd for a trail race!) the scenery was lovely, the sun came out and by 4 miles I'd got rid of my hat and coat !

The trail took us along the tops of the cliffs, then down onto a shingle beach which was pure hell, luckily that was only a small section, we then had a tarmac section which led us down to the half way food station.

I wouldn't usually bother with the food stations but I couldn't resist a custard cream biscuit ( well ok 2!) after this the trail took us inland slightly, we had to negotiate a couple of roads and a mass of off lead dogs before we headed out into the countryside and more mud before turning back along the cliffs to the finish.

As far as CTS races go this one wasn't too tough, the hills were there but they were runnable (unlike Anglesey which ended up more of a rock climb!) I actually felt good all the way round, my legs just kept going, and had it not been for "there'll be blue birds over the white cliffs of Dover" going round in my head for 2 hours it would have been perfect!

In true CTS style this half was actually 14.63 miles, I came in 74<sup>th</sup> and 13<sup>th</sup> female, my time was 2.18 and which I was pleased with considering the terrain and the gates/styles/cattle grids we had to negotiate (and queue for!) it certainly wasn't a PB course!



Harrier	Position	Time	Cat Position
Claire Spencer	74 <sup>th</sup>	2:18:35	13 <sup>th</sup> Lady
Charlotte Lewis	202 <sup>nd</sup>	2:45:10	51 <sup>st</sup> Lady

*330 finished*

**JANUARY HANDICAP**

**21<sup>st</sup> January**

*from Richard Francis*

We had another five runners making their debuts with two of them finishing in the top 3 places. Paul took the honours ahead of Hannah who continued her run of good form by taking another 30 seconds off her PB with Emily ducking well inside 30 minutes for third.

Returning from injury, Greg didn't count in the handicap scoring as he didn't start from his set time but it's good to see him running again. Martin's time was an improvement on his recent efforts and earns him a bigger handicap next time out with Dan narrowly holding off Keith, Gavin & Sean for 5th place.

Sean was quickest on the night with his slowest run for some time but this means he is actually creeping UP the handicap list. Martin was second fastest ahead of Simon & Lewis.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos.
1	P. Spackman	38.51	13.01	25.50	9
2	H. Bliss	39.04	14.55	24.09	6
3	E. Arbuthnot	39.08	9.5	29.13	11
--	G. England	39.08	9.55	29.13	--
4	M. Groundsell	39.29	18.00	21.29	2
5	D. Crowe	40.06	14.55	25.11	7
6	K. Vallis	40.07	16.42	23.25	5
7	G. Roberts	40.10	14.25	25.45	8
8	S. Holmes	40.11	19.20	20.51	1
9	L. Avenell	40.32	17.19	23.13	4
10	M. Van Nueten	40.56	9.06	31.50	13
11	S. Lovelock	40.59	18.45	22.14	3
12	G. Mead	41.04	8.28	32.36	14
13	K. Brothers	41.49	13.01	28.48	10
14	L. Sykes	41.52	9.06	32.46	15
15	M. Stockley	42.00	7.04	34.56	17

### **SAL FIXTURES 2016**

Following relegation from Div. 2 last year, the composite Andover and Overton team will be competing in Div. 3 SW in 2016.

Fixtures are as follows

April 16th	Basingstoke	v Aldershot, Horsham, Guildford & Godalming (Home fixture)
May 21 <sup>st</sup>	Salisbury	v Salisbury, Team Kennet, Poole Runners
June 18 <sup>th</sup>	Swindon	v Swindon, Fleet & Crookham, Team Dorset
July 9 <sup>th</sup>	Eton	v Windsor Slough Eton & Hounslow, Newquay & Par, Reading
August 20 <sup>th</sup>	Worthing	v Worthing, Bournemouth, Chichester

### **PARK RUNS – JANUARY 2015**

*from Allan Stinson*

Notable individual performances include:

- Hannah Bliss - 1<sup>st</sup> female at Newbury parkrun on 1 Jan.
- Sean Holmes - 1<sup>st</sup> at Andover parkrun on 2 Jan.
- Cath Wheeler - 2<sup>nd</sup> female at Basingstoke parkrun on 2 Jan.
- Neil Martin - 3<sup>rd</sup> at Penrose parkrun on 2 Jan
- George Preece - 1<sup>st</sup> in his category of JM15 -17 at Basingstoke on 16 Jan (and second only to Sean Holmes as fastest Harrier parkrunner this month).
- Sian Davis -3<sup>rd</sup> female Newbury 23 Jan

Well done to Dave Bush and Melanie Hodkin who each ran two parkruns on New Year's Day. In total Dave Bush notched up a remarkable 7 parkruns in January, followed by Matthew Wateridge with 6

	01/01	02/01	09/01	16/01	23/01	30/01
<b>Basingstoke parkrun</b>						
Melanie HODKIN	29:36					
Julia COTERILL	28:37					
Cath WHEELER		21:21				
Paul WHEELER		23:44		21:09	26:36	
Allan STINSON		36:42		29:57		
George PREECE				19:20		
<b>Newbury parkrun</b>						
Melanie HODKIN	30:56					
Hannah BLISS	<b>20:26</b>					
Sian DAVIES		42:16			22:05	
Paul WHEELER			21:45			
Neil GLENDON			28:30			
Gareth JULIFF						22:29
<b>Andover parkrun</b>						
Ben JOHNSON	32:16		25:08	23:19		
Matthew JOHNSON	32:15		33:59	32:46		
Sean HOLMES		<b>19:14</b>				
Jasper JONES		26:05				
Gavin ROBERTS					23:18	
<b>Frimley Lodge parkrun</b>						
Dave BUSH	27:22	27:07	26:50	22:59	24:57	
Matthew WATERIDGE					20:37	
<b>Rushmoor parkrun</b>						
Dave BUSH	26:22					
<b>Cheltenham parkrun</b>						
Dave BUSH						23:07
<b>Hove Promenade parkrun</b>						
Matthew WATERIDGE	20:29					
<b>Little Stoke parkrun</b>						
Matthew WATERIDGE		20:42				
<b>Maidenhead parkrun</b>						
Matthew WATERIDGE			20:51			
<b>Wanstead Flats parkrun</b>						
Matthew WATERIDGE				20:17		
<b>Buckingham parkrun</b>						
Matthew WATERIDGE						20:10
<b>Penrose parkrun</b>						
Neil MARTIN		20:34				
<b>Portrush parkrun</b>						
Piers PUNTAN		22:46				
<b>Southampton parkrun</b>						
Allan STINSON			31:54			



## FEBRUARY TRAINING

	<b>Monday (ORC) 19:00</b>	<b>Tuesday (Eastrop Park) 19:00</b>	<b>Thursday (ORC) 19:30</b>	<b>Sunday (ORC) 09:00</b>	<b>Notes</b>
w/c 1 <sup>st</sup> Feb	Village Lap	7 x 3 mins (2 mins) @ 10k pace	FOXDOWN HANDICAP	Litchfield <a href="#">12.5 Miles</a> <a href="#">8 Miles</a>	Ryde 10
w/c 8 <sup>th</sup> Feb	Village Lap	Big Upper: 1 min (1 min), 2 mins (1 min), 3 mins (2 mins), 4 mins (2mins), 5 mins (2 mins), 6 mins	Fartlek Run or Norfolk Reps	<b>“Training Week” IOW</b>	Hants XC Dibden  <b>NO ORC Sunday</b>
w/c 15 <sup>th</sup> Feb	<b>“Training Week” IOW</b>			“Wrong Way” Downs <a href="#">13.1 Miles</a> <a href="#">11.5 Miles</a>	
w/c 22 <sup>nd</sup> Feb	Village Lap	Big Dipper with Added Benefits: 5min (30 secs) 1min (2 mins), 4 mins (30 secs) 1 mins (2 mins), 3 mins (30 secs) 1 min, 2 mins (30 secs) 1 min (1 min), 1 min	30 minutes Kenyan Hills	North Waltham <a href="#">12.5 Miles</a> <a href="#">10.5 Miles</a> <a href="#">8.2 Miles</a>	
w/c 29 <sup>th</sup> Feb	Village Lap	3 x 6 mins (3 mins) @ 10k pace	FOXDOWN HANDICAP	Popham <a href="#">10.5 miles</a>	

*Sunday's runs have links showing routes; these can in most cases be extended or shortened as required*

## STUBINGTON 10K

17<sup>th</sup> January

No report despite requests so just the results:

<b>Harrier</b>	<b>Time</b>	<b>Position</b>	<b>Vet Position</b>
Lee Tolhurst	35:19	23 <sup>rd</sup>	2 <sup>nd</sup> V40
Sean Holmes	35:20	24 <sup>th</sup>	3 <sup>rd</sup> V45
Martin Groundsell	36:39	52 <sup>nd</sup>	
Stuart Searle	38:19	96 <sup>th</sup>	15 <sup>th</sup> V40
Richard Clifford	38:23	98 <sup>th</sup>	17 <sup>th</sup> V40
Hannah Bliss	41:11	214 <sup>th</sup>	9 <sup>th</sup> Lady
Gareth Juliff	46:38	508 <sup>th</sup>	
Sian Davies	46:53	525 <sup>th</sup>	18 <sup>th</sup> V40
Sarah McCann	49:52	703 <sup>rd</sup>	29 <sup>th</sup> V40
Steven Spence	52:35	848 <sup>th</sup>	15 <sup>th</sup> V65
Monique Van Nueten	55:40	994 <sup>th</sup>	15 <sup>th</sup> V55
Emily Juliff	57:47	1118 <sup>th</sup>	56 <sup>th</sup> V35

*1665 finished*