

**Overton
Harriers**



**&
Athletic Club**

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March 2016 Issue 464

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

You can view or print this and previous editions from our website

April 16 th	Southern Athletics League (Basingstoke)
17 th	Hampshire Road Relays
24 th	London Marathon
25 th	Southern Veterans League (Portsmouth)
30 th	Hurstbourne 5

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

March saw the undulating 10 miler at Salisbury and the PB potential of Eastleigh as well as the final Winter Handicap of the season. Next month sees the start of the Track and Field season; we are in the Southern League with Andover and in the Veterans League on our own. April also sees the Harriers take on the London Marathon and the hills of Hurstbourne.

SALISBURY 10

13th March

from Richard Clifford

Misty and cold. That was how the day dawned for the Salisbury 10 and the discussion on the walk from the car park to the fire station that acts as the race centre was dominated by questions of apparel (long sleeve top under vest? gloves? hat?) and rumoured forthcoming sunshine and warmth. The clothing and climate change are important because Salisbury isn't an easy 10 mile race. It's not Ryde 10 (mountainous, freezing, need a boat to even start) but it's not Lordshill 10 either (flat, flat, flat, industrial estate). The course is what I would describe as rolling: no big hills but more than rises at miles 3, 6 and 7 and a generally lumpy profile throughout with only the last mile being flat and (theoretically) fast, finishing on the track at Salisbury Leisure Centre.

So not easy, but definitely runnable. And as such it generally attracts a big entry: 800 this year including 13 Overton Harriers (8 men and 5 women) and actually generates a surprising number of PBs. That was certainly true for the Overton contingent this year with no fewer than 7 of the 13 running 10 miles faster than they ever had done before. So a good day out for most and no-one truly disappointed with their run. Not even me.

Sean, Simon and Neil have all been in heavy mileage training recently: Sean for the Gibbet, Simon for London, Neil for crazy stuff that shall not be acknowledged as real running. So there was a question mark over whether the tiredness would outweigh the fitness at this stage. As it turned out they all ran well - although remember that conversation about sacrificing speed for endurance, Neil? - and set us up very well in the men's team competition only for me to comprehensively let us all down.

Sean was first Harrier home in 9th (57:05, 2nd V40) having had a bit of a battle throughout with the group around him that he, largely, won. He was followed quite closely by Simon (15th, 58:55) who smashed the hour barrier for the first time to set the first PB of the day and raise expectation levels for his London Marathon. Intriguingly, Simon also ran a negative split which is a concept entirely alien to me in any race let alone Salisbury where the significant hills come in the second half. If nothing else, it suggests that Simon has considerable reserves and he should expect a lot of himself in the marathon and over the coming season.



Neil was next (27th, 59:54, 7th V40) a run that was only slightly slower than the same race last year and probably negatively influenced by stomach trouble.

I'm sure the Neil Martin training diary was dismayed at the lack of metronomic pacing: "Mile 1 - 6 mins, Mile 2 - 6 mins, Mile 3 - 6 mins...Mile 10 - 5:54 (sprint finish). Neil Martin is disappointed at Neil Martin's sprint. Neil Martin will go for a punishment run."

Having warmed up for a couple of miles and then run flat out for the 10 mile race, all 3 promptly had a quick drink and set out to run round the course again to ensure that they got their long run in. Mad.



I've been training a bit better recently and starting to see one or two signs of improvement as a result so was cautiously optimistic going into the race. It turned out alright, I suppose. I came in 69th (63:54) to close out the team - not a PB I hasten to add.

A bit better than my time at Lordshill in November (yay!) but exactly a minute slower than last year (boo!). So on the right track but a lot of work to do to get back to where my ego tells me I should be.

Plus points: I enjoyed it, finished, ran consistently, didn't walk the hills and beat Dave Vossler (I imagine he couldn't care less with his 51 minute 10 mile time to keep him warm at night). Negative points: well, you know, slower!

It was after me though that the real performances of the day started to kick in. Hannah was next Harrier home to lead the women's team in magnificently (112th, 66:49, 3rd FS) and set a PB by nearly 2 minutes. Fantastic achievement particularly given the fact that she's been suffering with knee trouble recently. Happy Hannah.



As we'll see, amazingly that wasn't even the best PB of the day. Dan has been training well on a Tuesday recently and the extra speed work showed as he came in next (193rd, 72:05) to improve his PB by 11 secs from Lordshill (an easier course) and set his sights on a sub-70 time in the near future. The excellent performances continued with Steve arriving a couple of minutes later (235th, 73:38) to clock a new PB by 3 minutes. Three minutes. Three! Inconceivable. Smug Steve.

Even that was put into the shade, however, by the next Harrier home. Gareth has been one of the most consistent attendees at Tuesday night training throughout the winter in a freezing Eastrop Park and the benefits of working hard in those sessions were on display in abundance as he finished in 264th position in 75:41, a new PB by about four and a half minutes. Obviously that looks ridiculous but it

should not be that much of a surprise. I [smug face] actually predicted it to Gareth before the start. Allying strong and consistent training to his natural speed meant that it would have been a surprise had Gareth not hacked huge chunks off his 10 mile time. In fact, I think that if Gareth can maintain his interval training work on a Tuesday and put in some long runs to build stamina he has the ability to take a lot more off this time in future races.

Sarah (403rd, 83:15) showed that she is on the road back to fitness after her recent injury troubles and managed to nip ahead of Katie (412th, 84:08) who had a race that looked and sounded uncomfortable as she struggled with back trouble. Hopefully it's not a longstanding problem and Katie can get back to the form she was showing last summer as quickly as possible.

I imagine that Katie, even in the midst of the pain, was motivated to stay ahead of Franny who finished very quickly after her (414th, 84:09 - not a PB!) with a very encouraging run after his injury. Franny has managed to get a consistent few weeks of training in recently and this was a very encouraging result which bodes well for the spring and summer season if he can stay fit.



Emily and Lisa closed the team in 596th (96:21) and 598th (96:35) respectively. Both set PBs - Emily by the small matter of 4 minutes, a good day out for the Juliff family! - both exceeded their own expectations and both should be hugely encouraged at their progress. It is quite exciting to see what this group can achieve by training together under Franny's direction.

So all in all, a good day for the team. Some superb performances and really positive signs for the future.

Harrier	Time	Chip Time	Position	Vet Position
Sean Holmes	57:07	57:05	9 th	2 nd V45
Simon Lovelock	58:57	58:55	15 th	
Neil Martin	59:57	59:54	27 th	7 th V40
Richard Clifford	01:03:58	01:03:54	69 th	19 th V40
Hannah Bliss	01:06:54	01:06:49	112 th	3 rd Lady
Daniel Crone	01:12:26	01:12:05	193 rd	
Stephen Edwards	01:14:17	01:13:38	235 th	59 th V40
Gareth Juliff	01:16:03	01:15:41	264 th	
Sarah McCann	01:23:45	01:23:15	403 rd	29 th V35
Katie Brothers	01:24:30	01:24:08	412 th	31 st V35
Richard Francis	01:24:49	01:24:09	414 th	62 nd V50
Emily Juliff	01:37:24	01:36:21	596 th	65 th V35
Lisa Warriner	01:37:37	01:36:35	598 th	58 th V45

723 finished

FOXDOWN HANDICAP RACE 6

3rd March

from Richard Francis

A huge 2:15 PB from Sarah gave massive winning margin with John also improving by 31sec to take second. Piers had a great run which saw him lift the Handicap League trophy which was a well-deserved reward after all his injury problems. Lewis held on the runners up spot in the league while Sean sneaked past the absent Monique to take the bronze medal.

Sean had already won the Time League & Richard Clifford guaranteed the runners up spot with Lewis holding off Keith Vallis for Third

Katie Edwards rounded off the night with the final PB as she continued her yearlong improvement by trimming 7 seconds off her best.

Huge thanks as always to John Hoare helped with timekeeping this winter & also thanks to Piers for putting out the safety signs.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	S. YOUNG	37.29	6.09	31.20	13
2	J. HARRISON	39.01	9.16	29.45	12
3	P. PUNTAN	39.19	15.03	24.16	7
4	K. VALLIS	39.32	16.40	22.52	3
5	R. CLIFFORD	39.36	17.11	22.25	2
6	K. EDWARDS	39.37	4.03	35.34	16
7	S. HOLMES	40.04	19.07	20.57	1
8	G. ROBERTS	40.10	14.10	26.00	8
9	C. SPENCER	40.13	12.30	27.43	10
10	L. WARRINER	40.19	5.57	34.22	15
11	L. AVENELL	40.26	17.19	23.07	5
12	K. BROTHERS	41.15	12.05	29.10	11
13	K. CLARK	41.30	14.16	27.14	9
14	N. MARTIN	41.33	18.36	22.57	4
15	G. MEAD	41.39	8.28	33.11	14
16	M. BULPITT	42.14	6.17	35.57	17
17	S. SEARLE	42.20	18.06	24.14	6

NEW FOREST RUNNING FESTIVAL 50K **19th March** *from Neil Martin*

Another pretty cold, but at least dry day for a long race. My first discovery of the day was how useless my in-built car satnav is in the New Forest. When you are down to 25 miles worth of remaining fuel it isn't ideal that it seems to think that the forest trails would make a good route! With a bit of coasting downhills I made it to the venue and registered. I had about an hour to the start and returned to my car to look up the location of the nearest petrol station!

After some issues at Salisbury 10 the previous week, I simplified my pre-race fuelling. Basically, cutting down a bit on the overall quantity and this seemed to work – no stops at all during the race and I didn't spend the afternoon in the bathroom!

Matt Bennett (Southampton AC) was at the start and as he won the nearby Heartbreaker marathon that I did a few weeks earlier and has a marathon pb of sub 3hr 25, the pressure of any possibility of a win was lifted. The race is three laps of a bit over 10 miles each, mostly on wide, packed forest trails that meant road shoes could be worn. From the gun an unknown runner steamed off in the front and opened quite a lead and was out of site as we headed off road.



After 2 miles I was on my own in third place and destined for another solo run. My aim was to stay at around 3 hour marathon pace (6:51) and see how long I could keep that going. By the end of the first lap and through the 2nd I was averaging 6:36 pace and going well. I could see that I was well clear of

4th place and focussed on maintaining pace to build a bit of a lead for my inevitable latter race slowdown.

At 18 miles I randomly came across Dave Bush at the aid station. He advised me that I was in third place. I resisted the fatigued urge to say 'No sh*t Sherlock' and just said 'I know', before running on. He had gone by the time I went through on the third lap and I am still none the wiser as to the reason he was stood in the middle of the New Forest on a cold March morning.

At the end of lap 2 I caught and passed the guy who had gone off in the lead. I think he is a 2hr 39 marathoner, but he was evidently suffering and I ended up around 8 minutes ahead of him by the end. I went through 26.2 mile in 2hr 55, but at the point started to suffer over some uphill sections.

The course was around ½ mile too long, something that Simon confirmed when he did the two lap 20 mile race the following day. Not ideal at the end of 50k, especially as I was hoping to go around 3hr 30. But, I maintained a sub 3hr marathon pace overall, so pleased. My prize for 2nd place was some compression socks (to be delivered) and a towel. Randomly when I opened the towel at home it had nothing to do with the race and was just a Speedo towel, but useful I guess!



Harrier	Time	Position
Neil Martin	3:34:49	2 nd

At least 73 finishers (but the results still seem a bit erroneous as they show me 1st and I definitely wasn't)

MAD DOG JOG AND A HALF

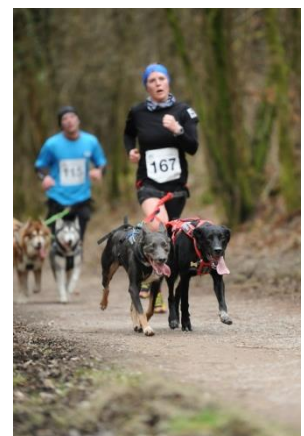
19th March from Clare Spencer

For the past few years the Forest of Dean half have allowed a certain amount of canicrossers to enter with their own separate start time; it's always been very popular so this year they allowed us to have our own race the day before using the same course.

As it was a dog only event I opted to run two dogs, not always a good move as they tend to race each other and are a nightmare to hold on the start.

It was a good entry of 56 crazy dog runners, it was a very hectic mass start and with the ground particularly uneven I decided to take it as steady as the dogs would allow to save my ankles. After about 400m we started winding into the forest, we lost sight of the speedy guys and soon found ourselves alone as we passed those who were taking it a bit easier.

The course was undulating hard pack, we were told at the start there were water stops every 5K so I left my nice new camelpak back at the van only to find the water stops contained dogs buckets only, nothing for the two legged runners, other than a few jelly babies at 8 miles !



Other than a stitch which jumped from chest to stomach for the majority of the race (oh and my trainers started rubbing causing a blister on top of my toe at mile 3!) I felt ok, the dogs ran well and we managed to keep a good pace. At mile 10 I caught glimpses of one of the other runners through the trees and gradually we gained on him, with 2 miles to go we passed him, only to come across another who we also managed to get past, knowing that their dogs would pick up the pace having me to chase we upped the anti and with half a mile to go put a real spurt on giving a pretty impressive sprint finish.



Once over the finish line however I struggled to walk (and struggled for the rest of that week!) but I was so pleased with my time it was worth it, 1.31 .. A whole 16 minutes knocked off my PB from a similar course ... 1st in my category, 2nd lady and 4th overall, I was absolutely over the moon !

EASTLEIGH 10k 20th March

No report received so you'll have to put up with a picture of Martin about to vomit?



Harrier	Time	Chip Time	Position	Vet Position
Lee Tolhurst	34:01	33:56	42 nd	5 th V40
Sean Holmes	34:04	34:00	43 rd	2 nd V45
Martin Groundsell	35:11	35:07	68 th	
Richard Clifford	37:29	37:24	140 th	17 th V40
Hannah Bliss	40:07	40:00	262 nd	
Gavin Roberts	43:54	43:14	493 rd	44 th V45
Keith Clark	44:19	44:01	524 th	50 th V45
Sarah McCann	48:15	47:37	766 th	20 th V40
Katie Brothers	49:00	48:41	826 th	25 th V35
Neil McCann	52:49	52:12	1150 th	115 th V45
John Harrison	53:50	52:32	1228 th	
Gemma Mead	58:30	57:17	1621 st	
Katie Edwards	01:01:02	59:48	1848 th	119 th V40
Mark Bulpitt	01:03:05	01:01:51	1945 th	
Julia Leavey	01:06:45	01:05:31	2105 th	101 st V45

3209 finished

APRIL TRAINING

	Monday (ORC) 19:00	Tuesday 19:00	Thursday (ORC) 19:30	Sunday (ORC) 09:00	Notes
w/c 4 th April	Jack Mills	Endurance Session: 2 x 2 mins (1 min); 6 x 4 mins (90 secs); 2 x 2 mins (1 min) <i>Basingstoke War Memorial Park</i>	Fartlek Runs	Hangings Whitchurch 9 miles 10½ miles 12½ miles	
w/c 11 th April	Polo Field	10 x 2 mins w/1 min recoveries <i>Overton Berrydown</i>	Reps at Overton School	Popham 10.5 miles	SAL T&F League
w/c 18 th April	Pigs	Speed Steps: 30 secs (30 secs), 1 min (30 secs), 1 min (30 secs), 30 secs (30 secs) x 4 w/2 min recovery between steps <i>Basingstoke War Memorial Park</i>	Three-quarter Lap Reps at Berrydown	North Waltham 12.5 Miles 10.5 Miles 8.2 Miles	London Marathon Vets Track League
w/c 25 th April	South Litchfield	2 min (1 min), 90 secs (1 min), 1 min (30 secs), 30 secs (30 secs) & Repeat x 2 w/3 mins between sets <i>Overton Berrydown</i>	Pyramids 1min, 2min, 3min, 4min, 3min, 2min, 1min	Churches 10 miles	Hurstbourne

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

COMBE GIBBET 2016 4th April

Thank you for all your support during the annual Combe Gibbet Race. Detailed report in next month's newsletter.

HANTS & SURREY VETS LEAGUE

For all you Vets here is the 2016 Track and Field fixture list.
Monday evenings at 6.30pm

April 25th Portsmouth
May 16th Winchester
June 20th Basingstoke
July 4th Aldershot

MARCH 2016 PARKRUN RESULTS *from Allan Stinson*

	05/03/2016	12/03/2016	19/03/2016	26/03/2016
Basingstoke parkrun				
Paul WHEELER	22:27			
Rebecca COSTAMBEYS		26:52		
Richard COSTAMBEYS		27:38		
Melanie HODKIN		30:25		
Monique VAN NUETEN				26:52
Claire PARSONS				27:22
Newbury parkrun				
Gareth JULIFF	21:43			
Allan STINSON	39:26			
Albert JONES		21:40		
Andover parkrun				
Ben JOHNSON	23:16	22:54		
Matthew JOHNSON	32:27	30:27		
Monique VAN NUETEN		25:58		
Sean HOLMES				18:01
Gareth JULIFF				21:50
Curl Curl parkrun				
Stephen SPENCE	24:55	24:29	24:38	
Frimley Lodge parkrun				
Dave BUSH	21:51			22:48
Matthew WATERIDGE		20:21		
Reading parkrun				
Dave BUSH		21:02		
Brockenhurst parkrun				
Dave BUSH			21:47	
Bracknell parkrun				
Matthew WATERIDGE			20:53	
Bath Skyline parkrun				
Ben JOHNSON				24:04
Dartford parkrun				
Matthew WATERIDGE				19:45
Penrose parkrun				
Neil MARTIN				19:36

Outstanding results this month:

- Sean Holmes 1st Andover parkrun 26 March
- Neil Martin 2nd Penrose parkrun 26 March
- Dave Bush has still not keeled over despite his Parkrun time edging closer to sub-20 again. Keep an eye on that heart rate monitor Bushy!

Hurstbourne 5, Saturday 30th April 11am

One month to go, so here are a few reminders:

Entries

If you would like to make sure you get a t-shirt this year, please get your completed entry form and dash to Greg before 12th April. Online entries close on the 28th April, or when we reach the race limit of 250. We may still take entries on the day, but it will cost you £2 extra and t-shirts will be on a first-come-first-served basis.

Marshals

The event has earned a reputation for good organisation and enthusiastic support. This is in no small part down to the Harriers that come along every year to help set-up and/or marshal. If you are free on the 30th April but do not want to run, please consider marshalling. You will get to wear a lovely yellow vest and have the opportunity to “encourage” your club mates and cheer on the other competitors. We also need help with course set-up on Fri 29th April. If you are able to help out on Fri or Sat, please email: hurstbourne5@yahoo.com



Andover Young Carers

Once again, we will be making a collection of non-perishable kitchen items for Andover Young Carers. AYC provides support to children aged up to 18 years with a caring responsibility of a family member within Andover and surrounding villages. Their caring role may be due to a variety of issues, that include mental illness, physical disability, drug and/or alcohol addiction. Family members may also be survivors of domestic abuse or are long term unemployed. As part of this support, they provide the children with a hot meal. They are therefore very appreciative of donations of non-perishable food and kitchen items, such as: pasta, rice, tinned foods, hot chocolate, washing-up liquid, kitchen towels and cloths. If you can spare any such items, please bring them along on the day, or pass them on to us at the ORC on 28th April.

Cheers!

Martin & Greg

More details at www.facebook.com/hurstbourne5 or www.hurstbourne5.org.uk

CHARMOUTH CHALLENGE 2016

2nd July

from Keith Clark

After two successful trips to Dorset to take on the Charmouth Challenge, The Harriers will again be making a weekend of the occasion. For those that have not yet been and somehow have avoided hearing of the delights of Stonebarrow Hill and Golden Cap you will simply have to come and experience for yourself a lovely low key coastal race, or just spectate with envy at those enjoying the scenery, and camp with us at Newlands Holiday park.

As well as camping the site does have mobile homes and apartments for those that may not see the appeal of sleeping under canvas, the camping pods they have are, I believe all booked for that weekend. Last year there were some last minute deals on mobile homes for short breaks but I have spoken to the site and they cannot guarantee a repeat of this, it would depend on their availability. The bulk of Campers stay for the Friday and Saturday nights but as it is a Saturday afternoon race, just the

Saturday night would work if Friday night is not possible. If booking a camping pitch ask for the blue field.

Pre-ordering the post-race meal in the George Inn worked out well so I will again nearer the time see if I can reserve some tables and collate meal choices of anyone that wants to partake.

It was good last year to have Overton vests spread throughout the field, and with the Men's team going for three wins out of 3 along with the ladies 4th place last year it has quickly become one of our must do events. So if you can, join the ever presents in Dorset this July.

You can enter the race online through Runners world.

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

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

<http://www.charmouth.org>

<http://www.thegeorgecharmouth.com>

OVERTON HARRIERS PRESENTATION DINNER

CLOCK AND THYME

FRIDAY 6TH MAY 2016 – 7.00PM FOR 7.30PM

MENU

STARTER

Homemade Tomato Soup served with Baguette Pieces
Goat Cheese and Red Onion Marmalade Tart with rocket salad and aged balsamic syrup
Duck and Orange Pate with baby salad, ciabatta and onion marmalade
Melon and Palma Ham with baby salad

MAIN

Apple Poached Salmon
Creamy Tarragon Chicken Breast
Open Beef and Ale Pie
(all served with crushed new potatoes & seasonal vegetables)
Spinach and Ricotta Tortellini with Provençal sauce

SWEET

Baileys Crème Brulee
Apple Crumble with cream
Rum Raisin Cheesecake with rum raisin ice cream
Cheese Plate (£2.25 supplement)
Followed by Coffee

£22.50

Choices for all courses to John Hoare soonest – johnhoare41@gmail.com or 01256 467085

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Notice of Annual General Meeting

21st April 2016 20:45

Overton Recreation Centre

Agenda

Last year's minutes

Chairman's Report

Club Captains' Reports

Treasurer's Report

Junior's Report

Election of Officers

Election of Officers

Position
Chairman
Men's Captain
Women's Captain
Treasurer
Secretary / Membership Sec
Juniors Rep
Members

Any Other Business

Please can anyone wanting to stand for committee membership please let Neil Martin have details.