



HARRIERS NEWSLETTER

The Newsletter Of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Eastleigh 10k

June 17th

Southern Athletics League, Salisbury

June 23rd

Lordshill 10k

June 24th

Veterans Track & Field, Basingstoke

June 25th

Charmouth Challenge

July 7th

Roundup

by Piers Puntan

A new look for the newsletter hopefully you feel it's an improvement.

I'm struggling with some aspects of the software, especially tables so apologies for the slightly blurred Parkrun times in this month's newsletter. Hopefully that's the only thing that needs fixing. Anyone who is IT literate able to assist?

This month's newsletter has some great reports and we've had some warm weather even for the evening Track and Field fixtures; usually guaranteed to be a cold and wet night.

Thanks to all who arranged the Presentation Evening an excellent night; I'll do a full list of prizewinners when all the paperwork get's done.

Don't forget Charmouth is coming up - book that camping spot!

ALTON 10

12th May 2018

The winding country lanes of the Hampshire countryside were the setting for the 9th race in the Hampshire Road Race League. With only 3 races left in the this years series the league placings are really hotting up especially with the men's team hovering at the top of the league.

Despite a cool and cloudy forecast, the sun definitely had his hat on by the time the Harriers team had made the drive right to the village of Holybourne.

Starting at Eggars School, the 10 mile course then wound itself around a circuit of undulating countryside.

Despite the rising temperatures our indomitable roadrunners attacked the course, powering up the hills and even quicker on the down.

Overall men's winner Morwood beat his time of last year with a very impressive 52mins 52secs .

Martin was second in 58:21 to finish second, other placed Harriers were Sean (59:47) 2nd V40; Neil Martin (1:02:18), 3rd V40 and Lenny Passingham (1:00:04) 1st V50. The Harriers were first male team

The Harriers B team was lead in by Gareth Juliff (1:09:56), Dan Crone (1:14:29), Mark Underwood (1:18:29), Neil McCann (1:34:56) and John Harrison (1:36:34)

In the ladies race Emma Jolley of City of Portsmouth AC won in 1:02:23 and she also topped the ladies' +35 Vet section.



The Harriers Ladies team saw Katie Brothers taking the honours in 1:30:57, closely followed by Sarah McCann in 1:32:34 and Sophie completing the team in 1:48:08



Harrier	Time	Gun Time	Pos	Cat	Cat Pos
Martin Groundsell	00:58:21	00:58:15	2	Senior	2
Sean Holmes	00:59:47	00:59:44	7	M40	2
Neil Martin	01:02:18	01:02:11	15	M40	3
Gareth Juliff	01:09:56	01:09:34	88	Senior	36
Daniel Crone	01:14:29	01:14:06	141	Senior	54
Mark Underwood	01:18:29	01:18:06	195	Senior	72
Katie Brothers	01:30:57	01:29:57	335	W35	28
Sarah McCann	01:32:34	01:31:34	351	W45	23
Neil McCann	01:34:56	01:33:51	372	M40	96
John Harrison	01:36:34	01:35:31	382	M40	98
Sophie Day	01:48:08	01:46:56	451	Lady	42

NETLEY 10K

20th May 2018

by Piers Puntan

The annual trip down to Netley Abbey for the 10k around Royal Victoria Country Park followed by the club BBQ.

The race is three laps around the park. it's a tight course not hilly but undulating and always disappoints in terms of times which it did again for me again though the appearance of the sun and rocketing temperatures didn't help.

The BBQ was a great success and thanks to all who shopped, prepared and cooked, as well as those that cleared up.



VETS TRACK & FIELD

20th May 2018

by Piers Puntan

For once it was warm and dry at Winchester. A good turn out by the mens and ladies meant that we scored well in the team competition



Men's Match

- 1 Southampton 133
- 2 AFD 119.5
- 3 Basingstoke & Mid Hants 108.5
- 4= City of Portsmouth 102
- 4= Winchester & District 102
- 6 Overton Harriers 63
- 7 Havant 52
- 8 Fleet & Crookham 29

200 metres

- M35 A Gareth Juliff M35 27.8 7th
- M35 B Ben Johnson M35 29.6 6th
- M50 Keith Vallis M50 35.6 8th
- M60 Mike Bliss M60 52.4 8th

800 metres

- M35 A Lee Tolhurst M45 2:19.5 7th
- M35 B Gareth Juliff M35 2:25.7 4th
- M50 Chris Dewey M50 2:22.8 4th

Harrier	Time	Chip Time	POS
HOLMES, Sean	00:35:43	00:35:43	6
MARTIN, Neil	00:37:19	00:37:19	23
CLIFFORD, Richard	00:39:50	00:39:48	59
JULIFF, Gareth	00:40:18	00:40:16	69
BLISS, Hannah	00:41:05	00:40:58	81
CRONE, Daniel	00:41:40	00:41:31	90
UNDERWOOD, Mark	00:44:16	00:44:14	141
PEARSON, Lucy	00:44:23	00:44:15	145
PUNTAN, Piers	00:44:47	00:44:39	151
CLARKE, Terry	00:47:10	00:46:57	203
ARBUTHNOT-SMITH, Emily	00:49:43	00:49:08	245
HARRISON, John	00:50:22	00:49:56	256
SPENCE, Stephen	00:50:59	00:50:45	279
BROTHERS, Katie	00:50:59	00:50:44	280
PAUL, Alastair	00:51:26	00:50:52	294
MCCANN, Sarah	00:52:40	00:52:27	315
MCINNES, Annette	00:53:02	00:52:47	324
FRANCIS, Richard	00:56:14	00:55:55	368
VAN NUETEN, Monique	00:57:09	00:56:55	378

3000 metres

M35 A Sean Holmes M45 10:14.2 4th

M35 B Neil Martin M45 10:33.3 4th

M50 Keith Vallis M50 11:25.5 4th M50

4x400m Relay

Overton Harriers 4:18.7 5th

Pole Vault

M35 Lee Tolhurst M45 2.00 5th

Triple Jump

M35 Ben Johnson M35 8.80 5th

M50 Keith Vallis M50 7.22 6th

Discus

M35 Piers Puntan M45 21.00 5th

M50 Keith Vallis M50 16.31 6th

M60 Mike Bliss M60 18.65 7th

Javelin

M35 Piers Puntan M45 18.14 7th

M50 Keith Vallis M50 15.48 8th

Ladies Match

1 Southampton 131

2 Winchester & District 117

3 Aldershot, Farnham & District 95

4 Basingstoke & Mid Hants 87

5 City of Portsmouth 79

6 Havant 62

7 Overton Harriers 27

8 Fleet & Crookham 15

200 metres

W50 Liz Sandall-Ball W65 45.8 7th

3000m

W35 A Claire Spencer W40 13:42.8 2 7th

Shot

W35 Jenny Wilson W35 6.14 5th

Discus

W35 Jenny Wilson W35 16.22 5th

W50 Liz Sandall-Ball W65 12.02 5th

Overall League Standings after 2 Events

Men's Team 6th Place

Ladies Team 7th Place

Nest Fixture; Monday 25 June Down Grange,
Basingstoke

CZECH REPUBLIC TRIP

5th to 8th October 2018

Overton Harriers have been invited to send a team to the Peklo 10k Race "the race to Hell" located in Nove Mesto nad Metuji in the Czech Republic for the weekend 5-8th October

The intention is to fly from Gatwick on Thursday Evening to Prague, stay in Prague on Thursday night and then get the train or hire a minibus to Nove Mesto.

Return would be Monday evening.

The Harriers have been many times to the Czech Republic over the last 20 years or so and it is a beautiful part of the world; the beers and wines are excellent and the company is first rate.

The flights are around £80 at the moment.

At this stage we are looking for expressions of interest, saying that you are interested is just that it's not a commitment.

If you are interested contact Monique.



MAVERICK DORSET 23K TRAIL RACE

12th May 2018

by Rachel Vissick

Taking the risk of entering a race the day after the Harriers Annual Dinner, I booked onto the long course Maverick Dorset race.

The Maverick Race guys run a series of trail races largely across the south, with a few up north, and most are in national parks or areas of outstanding natural beauty. There's always a choice of short, medium or long routes and the events are very friendly, so for anyone who likes trails (and hills!) or wants to try something different from the cross-country and road races, I really recommend them.

The Dorset event is on the Isle of Purbeck starting at Purbeck Valley Farm overlooking the ruins of Corfe Castle and the long route by my watch was 23.5km +/- 572m up and down the chalk downs to the coast at Studland Bay before looping inland through heathland back to the Farm.

My plan was just to use the race as an alternative longer weekend run as part of my current training plan, rather than push hard and race it, so with perfect sunny not-too-hot, not-too-cold weather and having managed not to prang Martin's new car driving there, I was pretty chilled and went off without doing my usual charge too fast off the line, managing to keep to a good steady pace for the climb off the start.

The first 5 or 6km was largely all uphill as we worked up to the top of the downs, rewarded with some cracking views and a nice fast uneven downhill for about 1km. Crossing over a road at the bottom, there was then a short sharp hot hike back up to the top of the downs for a 2nd time, where spectators included a bunch of rather large roaming cows, which helped me leave one other runner behind as she got a bit cautious picking a route through them!

From here it was perfect running - a nice gentle grassy downhill on top of the downs for about 4 km with super views out over Studland Bay, so I just cruised down enjoying myself all the way to the coast by Old Harry's Rocks.



I was running on my own at this point, but managed to catch a small group by the bottom of the descent and then stuck with them for a while.

After Old Harry's Rocks, the route then turned inland again onto some sandy, rocky heathland after a scoop of snacks & a loo-stop at the feed station in Studland.

Cows on the downs didn't bother me, but the trail winding through fringes of a golf course past signs warning of golfers teeing off overhead did a bit, so I trotted on a little quicker through that section, which eventually ended up at some steps up to a random massive boulder on a sandy hill in the middle of the heathland.

The golf course thankfully behind without incident, there was then one more hill at about 21km to pass back over the top of the downs again, where I managed to get past another long route runner, then enjoy a couple of km downhill into the finish to pick up my finisher's medal and Trail Ale and wait for Martin to finish his cycle down from Whitchurch to meet me and head for fish & chips on the beach in Swanage. Not a bad day out on another lovely Maverick route.

Rachael Visick - 2.18.21 - 73/170 overall / 14/47 female

TAKING A TRIP TO THE MOUNTAINS: GENEVA MARATHON

6th May 2018

by Lucy Sykes

This race was well organised and stress-free. We arrived early to make our way from the free parking to the start along with runners of many nationalities. The weather was hot and dry, about 25C.

The route wound through the city before heading out into beautiful farmland with fields full of crops and poppies. We ran through tiny villages where everyone had come out to cheer us on, ringing cowbells and spraying us with garden hoses to cool us down!

The course was mainly in small lanes and cycle paths until the last 8 miles which headed on larger roads back into the city and towards the lake, through the very expensive clockmaking shops and hotels, around the Jet d'Eau to the finish.

There were frequent water / isotonic stations although I struggled to keep the iso drink down and consequently ended up feeling dehydrated and wobbly by the end: the heat made this race tough. Paul did well for his first official marathon and I got a PB of 4:38 which was not too bad considering I walk-ran from mile 19 having run faster than my planned pace up until then.

Learning point for me: don't stick with the pacer if you think they are running too fast.

OXFORD TOWN & GOWN 10K

13th May 2018

by Lucy Sykes

I ran this race with a couple of uni buddies and the route wiggles in and out round the colleges, so it was a picturesque trip down memory lane for me. The bag-drop and loos were by the finish in the University Parks, separated from the start by a short walk through narrow gates. People-management was not good and consequently we were still far back in the crowd when the starter gun fired. Thank goodness for timing chips! As it was only 10k I ran through the water stations, gaining ground on the final section through the Parks to get a PB of 52:58



SIMPLY HEALTH MANCHESTER HALF

20th May 2018

by Lucy Sykes

Another hot day, about 25C again. Organisation for this one was good apart from poor signage to get to the start through all the road closures. There were absolutely loads of loos so small queues which is always a bonus!

After a minute's silence to remember the victims of the 2017 Manchester terror attack, we were off. The whole route is on closed roads including some sections of motorway.

It's flat and boring, and heat radiates off the tarmac and buildings including both the Etihad and Old Trafford football grounds. Luckily, they had plenty of water / gel stations plus a couple of shower-tents to run through near the end to keep us hydrated and cool.

Both Paul and I got PBs, although I'm gutted not to have run a few seconds faster to get sub 2hrs - I got 2:00:27!

PARKRUNS

Compiled by Allan Stinson

Junior Parkruns

Harrier	06/05/18	13/05/18	20/05/18
Basingstoke junior parkrun			
Reece ELSON	08:54		
Megan SILVERWOOD			09:36
Morgan COTTRELL	09:01		
Alex ELSON	10:11	09:48	
Abigail SPENCER		13:04	
Freya COTTRELL	10:18		

Senior Parkruns

	05/05/18	12/05/18	19/05/18	26/05/18
Basingstoke Parkrun				
Gareth JULIFF	19:49			
Dave BUSH				19:50
Cath WHEELER				20:46
Gavin ROBERTS				21:58
Claire BOYLE				23:37
Hannah OLIVER				23:39
Emma EDWARDS				25:00
Terry CLARKE		22:40	27:40	26:15
Paul WHEELER				27:14
Svetlana UNITT				29:18
Bracknell Parkrun				
Ed SIMPSON	27:21			

	05/05/18	12/05/18	19/05/18	26/05/18
Rendle Parkrun				
Ed SIMPSON				28:25
Cirencester Parkrun	19:08			
Neil MARTIN				
Andover Parkrun				
Hannah BLISS		19:54		
Greg ENGLAND				20:26
Emma DAVIES			25:37	
Root 44 Parkrun				
Hulya YADSAN-APPLEBY			27:49	27:37
Portsmouth Lakeside Parkrun				
Carole DRIVER	32:38			
Coventry Parkrun				
Svetlana UNITT		35:07		
Newbury Parkrun				
Hulya YADSAN-APPLEBY	27:12	26:03		
Terry CLARKE	27:13			
Julia COTTRELL	28:03			
Rosliston Parkrun				
Edward VALLIS	28:50			
Keith VALLIS	28:50			
Bedfont Lakes Parkrun				
Gavin ROBERTS		21:39		
Prospect Parkrun				
Dave BUSH			21:01	
Frimley Lodge Parkrun				
Dave BUSH		19:49		
Witney Parkrun				
Matt WATERIDGE		21:38		
Bedworth Parkrun				
Matt WATERIDGE	21:13			
Worcester Pitchcroft Parkrun				
Matt WATERIDGE			20:16	
Thornbury Parkrun				
Matt WATERIDGE				21:53
Hogmoor Inclosure Parkrun				
Claire SPENCER			18:59	
Alice Holt Parkrun				
Claire SPENCER		18:19		
Derry City Parkrun				
Judy HEWITT				33:49
Ormeau Parkrun				
Judy HEWITT		32:38		
Athlone Parkrun				
Piers PUNTAN	22:16			
Judy HEWITT	32:58			
Castlewellan Parkrun				
Judy HEWITT			34:06	