



HARRIERS NEWSLETTER

The Newsletter Of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Charmouth Challenge

July 7th

Home Mob Match v BMHAC

July 12th

Harriers Beer Mile

July 19th

Southern Track & Field, Par

August 18th

Overton 5

September 8th

Roundup

by Piers Puntan

Well what a month, lots of races both on the Track and the Road.

There are loads of reports this month, thanks to you all. We have several Triathlon reports from all round the world. Fourteen bumper filled pages.

The highlight of the month was obviously Lordshill 10k which had the potential to be a clincher for the Men's A and B teams. See Sean's report for details.

Don't forget that July sees the home mob match, the beer mile and Charmouth Challenge.

Enjoy the sunshine while it lasts

SUMMER HANDICAPS

RACE 1: 24th May

There was a low turnout for the first race of the summer, the course was slippery in places but it was very competitive with only 16 seconds covering the first 5. Mark and Gareth both recorded PB's to take the top 2 places, Emma was some way off her PB but it was great to see her improve her best time from last year by exactly a minute to take third. John put in a solid effort for fourth while Trevor recorded the last PB of the night in fifth. Timewise Martin recorded a pretty good time despite the underfoot conditions with Neil Martin taking second after a rather lonely run after setting off a minute late. Neil Glendon was third fastest ahead of Gareth & Keith.

#	Harrier	Time	H/Cap	Act. Time	Time#
1	Mark Underwood	30.22	5.30	24.52	8
2	Gareth Juliff	30.29	7.47	22.42	4
3	Emma Edwards	30.32	1.48	28.44	13
4	John Harrison	30.35	2.44	27.51	11
5	Terry Clarke	30.38	4.33	26.05	9
6	Hannah Bliss	31.11	8.02	23.09	6
7	Neil Martin	32.25	10.12	22.13	2
8	Keith Vallis	31.33	8.44	22.49	5
9	Neil Glendon	31.45	9.19	22.26	3
10	Alistair Paul	31.49	3.32	28.27	12
11	Martin Groundsell	32.03	11.27	20.36	1
12	Katie Brothers	32.07	2.38	29.29	14
13	Piers Puntan	32.22	6.09	26.13	10
14	Stuart Searle	33.38	9.52	23.46	7

RACE 2: 14th June

The second race of the summer series saw some great running with Claire showing how much she has improved recently with a clear win. Emma actually finished last as she was missed by the starter & set off several minutes late, after correcting the error she took second ahead of Lucy who has returned from South Africa in great form. Fastest on the night was Sean, ahead of Neil Glendon with a flying Gareth third.

#	Harrier	Time	H/Cap	Act. Time	Time #
1	Claire Spencer	29.43	3.12	26.30	11
2	Emma Edwards	30.20	5.16	28.42	13
3	Lucy Pearson	30.21	4.53	25.28	7
4	Mark Underwood	30.37	6.08	24.29	6
5	Gareth Juliff	30.47	8.18	22.29	3
6	Terry Clarke	30.58	4.58	26.00	9
7	Neil Glendon	31.04	9.19	21.45	2
8	Keith Vallis	31.40	8.20	23.20	4
9	Sean Holmes	31.44	11.13	20.31	1
10	Alistair Paul	31.48	3.32	28.16	12
11	Piers Puntan	32.05	6.09	25.56	8
12	Richard Clifford	32.29	9.06	23.23	5
13	Sarah McCann	32.53	3.04	29.49	14
14	Louis McCann	33.21	7.06	26.15	10
15	Monique Van Nueten	33.37	1.23	32.14	15

IOW CHALLENGE

5th May

by Sarah McCann

Over a drink (or two) last year, I agreed that it would be a good idea to enter the IOW challenge. You can choose to do the ¼ distance, ½ distance or the full distance (over 1 day or 2). For some unknown reason, my two friends, Noelle and Mel, and I thought that the full distance of 106 km (that's 66 miles!) in one day would be entirely achievable and so that's what we entered. Noelle and Mel (and their two husbands) together with Neil and I set off at 5.30 a.m. in order to get the 7 a.m. ferry as we had a start time of 9 a.m. The boys were to be our support crew and Mel had already decided due to injury that she would participate in the first ¼ distance with us and then join the boys as support crew.



The start was from Chale...as was the finish! The first ¼ distance was not too bad; it was obviously hilly as you would expect from a coastal path but at that time of the day it wasn't too hot so even the climb up to Tennyson's Down didn't feel too bad. After every 7-10 miles there was a pit stop to use the toilets or fill up water bottles/refuel. Mel wisely left us at 16 miles and so we continued, stopping only at the pit stops briefly. Our tactic was to run as much as possible but to walk up the hills. This we did for 33 miles despite the heat building as the day went on. At the 33 mile half way point I asked Neil if he had heard from the kids and he told me that yes he had and Louis had broken his wrist! This did take my mind off my pain! But at 33 miles it gets really tough. It was about 6 p.m. in the evening by then and I crammed some pasta down me...every part of you wants to just stay where you are but you know you have another 33 miles to do and the longer you put it off the worse it becomes! Plus at that point a lot of people either had finished as they only (sensibly) had entered the ½ distance or they had chosen to do the full distance over 2 days. And it starts getting dark and colder. As we prepared to set off we saw a poor chap being stretchered off with a drip.....

I thought we might have to change tactics so suggested that from 33 miles to the next pit stop we would run for ½ mile and walk for ½ mile. We did this for about 8 miles. Then the next 10 miles we ran for ¼ mile and walked for ¼ mile. We got to 51 miles at about 2 a.m. I think. It was becoming a bit of a blur! Just 15 miles left. And I couldn't possibly run another step. I knew the rest of the way I would have to walk/crawl. At 5 miles to go we saw a poor chap almost on his hands and knees and in tears.....he was injured but said he couldn't give up as he had done 61 miles and couldn't give up. I really hope that he finished.

It started getting light at about 4.30 a.m. and I must admit I don't actually remember very much thereon. We reached the end at 6.10 a.m. to be given a medal and a couple of sips of fizz. No time to rest; straight in the car and off to catch the ferry. When I got on the ferry I suddenly realised had hadn't really eaten much all night so Neil went off to get me some food.

After two mouthfuls I suddenly felt incredibly sick; and promptly passed out. I really don't remember very much at all; apparently the call went out over the tannoy asking if there was anybody medically trained on board and lots of people came to help. When I came round I was surrounded by all of these people, with my legs elevated and an oxygen mask over my nose and mouth!

An ambulance was ordered to be at the port in Southampton to take me off to hospital. Luckily I recovered quite quickly; they assessed me in the ambulance as unsurprisingly, suffering from dehydration and exhaustion. I had an ECG and they told Neil to take me home and look after me...but no need to go to hospital thankfully.

Turns out that I was 96th finisher (out of 844) and 23rd female (out of 342). I have never pushed myself so much ever before and I'm not sure I want to do that to myself again!

SAL, SWINDON

23rd june

Lee Tolhurst

2000m Steeplechase 7:00.6 1st A

Monique Van Nueten

400m 93.7 3rd A

800m 3:34.2 1st B

VITALITY 10K

28th May

No Report just the results and a picture which looks pre race!



Harrier	Time	Position	Cat Pos.
Cath Wheeler	43:42	1484 th	4 th VF55
Gavin Roberts	44:37	1722 nd	135 th V45
Terry Clarke	46:45	2347 th	68 th V55
Claire Boyle	48:39	2953 rd	348 th Snr Lady
Dan Edwards	51:15	4016 th	1985 th Snr Man
Annette McInnes	51:37	4181 st	68 th VF45
Stephen Spence	52:18	4472 nd	22 nd V65
Emma Edwards	52:43	4644 th	684 th Snr Lady
Richard Francis	57:32	6870 th	253 rd V55
Monique Van Nueten	58:22	7257 th	25 th VF50

SWASHBUCKLER TRI

28th May

by Stuart Searle

For those of you who know me well, or are connected with me on Garmin or Strava, you will know that I'm not averse to the odd early morning. In fact, many of my training runs are usually conducted long before the sun decides to rise. So an early start to a triathlon shouldn't be an issue.

Normally this race starts around 6:15am, give or take 20 minutes or so. However, this year, the good people at Race New Forest decided that (due to tidal conditions in the Beaulieu River) we would start at 5:15am. Not early by my standards, but with transition and parking open at 4:00am and about an hour to drive there, this saw me leaving at 3:00am.

I set my alarm for 2:00am, which after finally getting to sleep at 11:00pm came around all too quickly. It's not easy eating breakfast that early in the morning but I managed to get a bowl of porridge and a banana down.

CLASSIC QUARTER

9th June

by Neil Martin

My first proper ultra in 2016 was the Classic Quarter, which follows the southwest coast path from Lizard Point to Land's End. I finished 5th but really struggled in the 2nd half of the 44-mile race because I had gone too fast in the first half. So, keen to give it another go, I headed down to Cornwall for a race in what were London Marathon-like warm temperatures.

With my non-Lee-like sensible approach to starting a race, my start to an ultra-marathon is to start relatively slow and not be tempted to go with anyone who really speeds off. Either they will blow up and you catch them later, or they are simply too good. And, within 1 mile of the 06:30a.m. start I was in 4th place and on my own for the rest of the way. The three leaders had sped off at what for me would have been detonation pace, especially in the heat. I stuck pretty closely to a pace controlled by my heart rate.

The first 20 odd miles are undulating, but definitely runnable. So, despite the temperature climbing steadily I was making good progress. At the 22 mile point I caught the first of the guys who had gone off ahead of me. Apparently, he had tried to stay with the eventual winner who was going for the course record despite an additional 2-mile diversion due to a coast path closure. He had paid the price and slowed down to conserve energy, so that I quickly established myself in third. It was at this point though that my quads started to cramp, particularly going up steps. I haven't experienced this before and luckily it eased as I hit the flat section around Mounts Bay and Penzance.

It was now bl**dy hot and a nice (and not dodgy) man in a car park gave me an ice lolly. I happily ate it even though it was cherry flavour and I hate cherries!



I was sensible enough to get my transition bag and kit sorted the night before, so all I had to do when I arrived, was set my bike up and put my wetsuit on.

I was also sensible enough to pack my head torch, as setting up my transition area, in a field, in the dark wasn't easy.

Normally the organisation at this race is so laid back that it would give most other race directors heart palpitations. But on this occasion we were going to be on time. With transition closed at 5:00am, final briefing done, we were in the by 5:10 and ready for the start.

The 1900m swim course of 3 laps was a little short, either that or my swim times had drastically improved overnight. With 300 competitors and a mass start, I decided to hang back in the swim, as the river is too narrow to accommodate us all at once.

Out of the swim I was soon on the 53 mile bike course. Transition was pretty much empty of bikes when I got there, so I knew I had some work to do making up positions. With the course being nearly flat, it was quite easy to maintain a good pace and I soon found myself making up places. With us all being spread out, it was difficult to maintain focus and I had to keep telling myself it was a race not a weekend ride.

After 2 hours and 45 minutes I was done with the ride and about to start the run.

The run course is also nearly flat, 2 laps and a total of 14 miles, with only a couple of very minor ups, that aren't much of a problem. Feeling strong I managed to get off to a good start with a handful of 6:45 miles. I was worried that my pace would drop in the latter stages, but I kept going. With the start being so early, the heat and sun wasn't much of an issue. It had been overcast during the ride and only on the second run lap did the sun come out and warm up. I was happy that the thick coating of sunblock I applied before the start didn't go to waste. Final push uphill to the finish and I was done, and it was only 10:30am.

Swim: 39:56, Bike: 2:47:50, Run: 1:42:20 (times include transitions)

119 out of 302.

Disappointed with the swim, but not too bad for the first triathlon of the season.

There is a big hill out of Mousehole, which is a good excuse to walk and then back off-road the path gets pretty technical for around 12 miles to the Minack Theatre. Boulders, roots, steps, streams, overgrown vegetation and an abundance of Canadian and German walkers sums it up. Plus, one very grumpy old woman armed with trekking poles who wasn't standing aside for anyone! My pace slowed considerably and I smashed my knees on the rocks a few times. My calves were cramping for a bit, but some electrolyte tablets cured this (they really are good) and I kept going in what I still thought was third place. I knew I must be going okay because none of the relay runners had caught me (they start about half hour behind the solo start).

For the last four miles the terrain is easier and I was able to look back and see no-one chasing me down. It meant I could relax a bit and take it relatively easy. As I finished I found out I was second. Depressingly, the winner was just over an hour ahead of me, but he was about 20 years younger than! With the sun shining and a good excuse in the bag to consume ice cream and beer, I waited around watching people finish until the presentation. My prize - a silver medal and a nice pair of (new) Merino running underpants!

Results

Neil Martin: 2nd place, 7 hr 49 min 58 sec,
151 starters

IRONMAN 70.3 SWITZERLAND

10th June

by Martin Groundsell

After the high of last year's triathlon season and the low of cooking at London I was apprehensive about the first tris of the year. The first warm up race in Nottingham was only a month after London and the first Ironman race was then three weeks after Nottingham. So not a lot of time to recover and sort out any issues with form.

Nottingham had gone ok but hadn't indicated there was a lot of form and it took much longer than usual to recover.

Added to that my time trial bike developed an issue with the frame resulting in a warranty swap, which meant I was in Switzerland with the road bike while the TT bike is back in the Specialized factory.

The course started with an out and back loop in the stunning Lake Zurich without the usual crack of dawn start time. In triathlon terms 08.47 is a late start. The sun was up and it was going to be a hot day as it was nearly 20 degrees when my starting hooter went. I put myself in with the faster swimmers and decided to sit within the group to save some energy for the bike. As we approached the turn point of the swim the swell started to grow just as we started to catch the wave in front. I managed to pick a decent path through the floating road blocks and started the drag race back to shore.

So on to the bike - with the lack of a TT bike meaning around a ten minute disadvantage on the bike leg and having put as many toys onto the road bike as I could, there was no other option but to ride it like I stole it. However, although the bike course did have over 400 meters of climb and descent on each lap meaning I wouldn't lose too much time in those sections, I would need the big boy legs on the flat sections.

On the first flat section it was clear that a lot of people would be going past me - even though I was holding 23mph+ a lot of TT bikes were flying past me. I kept my head and focused on driving towards the hills. At the top of the climb on the first lap I caught a group of German and Swiss guys who had started in the wave before me.

Obviously, the sight of a British flag on my race number was too much for them and they started to react whenever I went past them, even though I was already 12 minutes ahead of them. As we kept swapping positions I started being my usual annoying self by saying "my turn" when I went past them and "your turn" when they surged.

I am not sure they understood me, as their faces just seemed to get more annoyed each time. This amused me a lot so I kept doing it. I managed to stay with them until the start of the 2nd lap when their TT bike advantage meant they could gap me.



BRITISH MASTERS 5K ROAD RACE CHAMPIONSHIP

17th June

by Edmond Simpson

Held as usual at Horwich town Centre.

Where's that? Horwich, Bolton, Greater Manchester, North West England.

Race HQ in brand new Leisure Centre - BL6 5PY for sat-navs. OS co-ordinates available on request!

A year ago I was new in the M80-84 category and there was only one other runner whom I expected to beat and did. I explained in this newsletter that simply getting round in front was not a given. There are so many potential hazards, from traffic to illness, or a broken shoelace, not to mention failed motivation.

So this year I decided not to go skip all the worry and hassle. But then I saw the entry list and the challenge became too great to resist.

Roger from 2017 was there again plus his colleague from Prestatyn Dave Hughes, from the famous Bingley Harriers was their President John Smithurst who had beaten me at least twice. Then the real cream Steve James from Southport and Dave Spencer from Barrow in Furness.

I once beat Dave in cross country when I think he was not well. Steve I beat in cross country in 2014. It was his first race after his wife had died. I had never beaten either of them on dry land. Six of us; a record in itself.



I was still holding a decent pace though, so they didn't get too far ahead by the time we started the 2nd climb. I soon caught and passed them and knew it was now or never to break them. As I pushed, another British guy came alongside me and we worked off each other to the top of the climb passing a lot of people. At the top he pulled away as he was on a TT bike and had some serious descending skill. I pushed as much as I could and dared on the descent and then gave it everything on the flat to get back to start the run.

As I entered T2 my bike Garmin was showing 30 degrees, perfect half marathon conditions... I was feeling good so decided to go hard and hang on, possibly a bit too hard as my first mile was done in 6:04min and I did start to pay for this very quickly. I managed to hold 6:30 pace for the first 10km loop but I was starting to cook.



Rach was giving her usual excellent support, but I knew she was not telling the truth when she said I was looking strong and good, the finish line photo proves it.

I dragged myself to the line by convincing myself there was ice cream at the finish line, as that's all I could think about with 5km to go. Still the photos prove that I left everything out on the course and so am happy with that.

I crossed the line in 4:42:21 which is four minutes quicker than the race in Nottingham even with double the climb on the bike and racing in much hotter conditions. With the TT bike I may have been challenging for the top 10 in my age group but 23rd in age group and 160th out of 2,125 finishers on that course on that day is not a bad effort in my book. I really must remember to smile on the finish line though.....

I mention these things because runners, even competitive ones, are real people not wind-up toys. To put Steve into context, 20 years ago as a new M60 he took the 10k British road record at Eastleigh in 33.29. Those of you who have run there know that is a fantastic time. For good measure he then took the WORLD 5000m record running 16.24 at Jarrow. It has been a privilege to have known him and run again against him.

BUT THINGS CHANGE Both Steve and Dave have slowed down in the last couple of years. Last year was a good one for me. This year started well with Indoor 1500 close to a record. However, recent parkruns have been rubbish. So how was I likely to get on? Would I have the speed?

THE RACE Started alongside Steve but did not see him again until after the race. Caught up with my Bingley friend and passed him without resistance. Then there was Dave 10m ahead looking strong and economical. Over the 3 laps I was gaining uphill and he was pulling away downhill. I thought that may be good because the finish is uphill. After 4 km I was on his shoulder. With 500m to go I risked passing him. The rest is history. Gold medal time 25.45.



The Overton Harriers logo is a farmer with a pitchfork.

Maybe the motto could be "Make hay while the sun shines".

BEER MILE

19th July

Last year saw the second running of the Overton Harriers Beer Mile we will hold the Third Overton Harriers Beer Mile on 19 July after training on Thursday night.

A reminder of the rules: For the uninitiated the Beer Mile is an official 'event' in which participants have to run a mile (1609m) as quickly as possible consuming a beer of standard size at each quarter mile point - 4 beers (~2 pints) in total. Full details including all records and rules can be found at the official website <http://www.beermile.com>. Beer must be a minimum of 5% ABV and, in a blow for gender equality, women compete in the same race and under the same rules as men.

Obviously this is best organised on a track but since we don't have one of those and the ORC is almost exactly 0.25 miles round the perimeter we will be holding it there.

Please note that the event is only open to members of the Overton Harriers and that nobody 'competing' should endeavour to drive afterwards - you will be over the limit.

EASTLEIGH 10K

17th June

Lots of Reports this month - thanks all, the first one is by Steve Spence

The "beast from the east" delayed Eastleigh this year turning it from a winter fixture to a summer one. I'm not saying that I would have wanted to run in the snow, but I also don't react well when it's warm. In addition this year, I had the added pressure of "being in competition with myself". I mostly don't remember exactly what time I did previously, but this time I did know because last year I managed my only ever sub 50min.

I was keen to see if I could repeat it because, apart from being older, I had a bit of a health scare last summer and I wanted to feel that I have got back to where I was before.

So the day dawned warm but at least there's some cloud. I'm well up at the front at the start and going well. Foolishly, as it turns out, I'm thinking that I have a head start on the 50 minute pacers. The maths are easy for 50 minute pace and I'm through 1k in just over 4:35min.

I manage to keep that “lead” until about 5k and then begin to suspect that I have put in a bit too much, too early. I’m back in front of the sports centre when the pacers catch up with me so I know that I’ve been losing ground on them. I manage to pick up my pace to theirs and stay with them all around the long loop through the back streets and I know that I can do this to the finish.

However, I now realise that I’m in a bit of trouble because I started my watch on the line and so did the pacers. I have an extra 20 seconds on my watch compared to them. Entering the park I manage to gain a bit of ground but there’s not enough left in the tank and I can’t make up the difference.



I come in 13 seconds outside the target but I suppose that I should be satisfied with my second best ever 10k time.

by Martin Groundsell

The penultimate race in the league and all we needed to do was beat Lordshill in order to win the League. For possibly the only time this season we had our strongest team possible so things were looking good. Eastleigh is always an early start and this year some people hadn’t woken up fully by the time the race started. Firstly I reacted to a runner from Lordshill who went off like a rocket to get the

glory photo and then promptly died which meant my first mile was 5.15 pace, that was never going to last. Meanwhile Lenny was getting taken out in the first few steps by a blind runner. We didn’t know at the time that he was a Lordshill runner in disguise.

Lenny put his shoe back on and ran angry while I started to suffer from the early pace and the race in Switzerland the week before. I managed to hold off a charging Lenny and the first Lordshill runner. Lenny was close behind with a couple of Lordshill runners around him. Sean cruised in thinking there were only two Lords Hill runners ahead of him and Simon was not far behind Sean. Everything seemed to be pointing to us beating Lordshill until the results were posted online. It was only then that we found out Sean had kept out of the way of the blind runner and his guide, let them cross the line in front of him and he was a Lordshill Runner. Luckily we had held on to first place, so there was no need to challenge him for not wearing a Lordshill vest as per the league rules.

Onwards to the last race with a three point lead.

by Hannah Bliss

Eastleigh 10k may be one of the more ugly/boring courses but that doesn’t matter... I GOT A SUB 40 10K!!! Wooooooo :).

Harrier	Gun Time	Chip Time	Position	Cat Pos.
Martin Groundsell	34:31	34:29	25 th	
Leonard Passingham	35:26	35:23	39 th	1 st V50
Sean Holmes	35:46	35:42	46 th	4 th V45
Simon Lovelock	36:08	36:05	55 th	
Lee Tolhurst	36:15	36:11	58 th	5 th V45
Neil Martin	37:18	37:14	83 rd	8 th V45
Hannah Bliss	40:00	39:53	199 th	9 th Snr Lady
Gareth Juliff	40:45	40:38	230 th	
Daniel Crone	43:13	43:02	343 rd	
Terry Clarke	45:49	45:40	482 nd	25 th V55
Mark Underwood	45:53	45:42	487 th	
Stephen Spence	50:21	50:13	786 th	7 th V65
Katie Brothers	52:09	51:39	894 th	45 th VF35
Hulya Yadsan-Appleby	53:54	52:58	987 th	26 th VF45
Elizabeth Sandal-Ball	01:01:08	59:55	1518 th	6 th VF65

PARKRUNS

Compiled by Allan Stinson

Junior Parkruns

parkrun	03/06/18	10/06/18	17/06/18
Basingstoke junior			
Abigail SPENCER	12:38	09:58	
Morgan COTTRELL		09:34	
Freya COTTRELL		10:43	
Jack COVENTRY		11:42	
Megan SILVERWOOD			10:22

Senior Parkruns

Parkrun	02/06/18	09/06/18	16/06/18	23/06/18	30/06/18
Basingstoke					
Terry Clarke	31:41	30:51	32:20	28:04	22:43
Claire Boyle		25:24			22:47
Emma Edwards	27:06				
Adam Pilbrow			24:49		
John Hodge					30:40
Barry Island					
Emily Arbuthnot-Smith		25:47			
Rendle					
Ed Simpson					
Cirencester					
Neil Martin					
Andover					
Emma Davies	25:26			25:21	24:46
Piers Puntan	22:23				
Monique Van Nueten	27:39				
Judy Hewitt	33:58				
Hannah Bliss		19:51			
Cath Wheeler		20:46			
Minehead					
Neil Martin	18:49				
Winchester					
Hannah Bliss	19:51				
Hulya Yadsan-Appleby	25:49	25:46			
Judy Hewitt		32:42			
Hannah Bliss					19:57
Katie Brothers					24:04
Jenny Wilson					29:20
Southwick Country					
Cath Wheeler	20:40				
Paul Wheeler	28:00				
Fareham					
Carole Driver		32:42			32:35
Newbury					
Hulya Yadsan-Appleby				25:40	
Claire Spencer		17:24	17:37		
Julia Cottrell			28:12		
Morgan Cottrell			28:36		
Parke					
Melanie Hodkin	32:26				
Didcot					
Katie Brothers	24:31				
Jenny Wilson	30:15				
Homewood					
Dave Bush		20:34			

Parkrun	02/06/18	09/06/18	16/06/18	23/06/18	30/06/18
Brockenhurst					
Dave Bush					20:02
Frimley Lodge					
Dave Bush	20:08		19:51	19:42	
Daventry					
Matt Wateridge	20:59				
Folkestone					
Matt Wateridge		21:10			
Hogmoor Inclosure					
Matt Wateridge			21:30		
Eastville					
Matt Wateridge				21:21	
Clapham Common					
Matt Wateridge					20:32
Sheringham					
Claire Spencer	19:00				
Swindon					
Claire Spencer				18:04	
Stormont, Belfast					
Judy Hewitt			33:09		
Waterworks, Belfast					
Judy Hewitt				33:23	
City Park, Craigavon					
Judy Hewitt					34:08

VETS T&F, B'STOKE

25th June

by Piers Puntan

A good turn out at Basingstoke for the 3rd meeting of the year.

Men's Match

1	Southampton	147 pts
2	Aldershot, Farnham & District	143 pts
3	Basingstoke & Mid Hants	118 pts
4	City of Portsmouth	112 pts
5	Winchester & District	80 pts
6	Havant	77 pts
7	Overton Harriers	67 pts
8	Fleet & Crookham	34 pts

100 metres M35 A	Gareth Juliff	13.2	5th
M35 B	Chris Dewey	14.2	5th

M50	Keith Vallis	16.5	7th
400 metres M35 A	Gareth Juliff	62.3	5th
M35 B	Neil Martin	65.7	5th
M50	Keith Vallis	78.2	7th
M60	Edmond Simpson	97.0	7th
1500 metres M35 A	Sean Holmes	5:04.6	8th
M35 B	Neil Martin	5:13.3	6th
M50	Edmond Simpson	7:00	7th
3000m SC M35 A	Lee Tolhurst	11:03.7	2nd
M35 B	Chris Dewey	12:51.4	2nd
Medley Relay	Overton	4:34.0	6th
High Jump M35	Lee Tolhurst	1.20	5th
M50	Keith Vallis	1.05	8th
Long Jump M35	Gareth Juliff	4.14	5th
M50	Keith Vallis	3.34	7th
Shot M35	Piers Puntan	5.45	6th
M50	Keith Vallis	5.83	7th
M60	Steve Spence	5.05	7th
Hammer M35	Piers Puntan	14.53	6th
M50	Keith Vallis	14.68	8th



Womens Match

- 1 Southampton 137 pts
- 2 Winchester & District 123 pts
- 3 Aldershot, Farnham & District 99 pts
- 4 City of Portsmouth 92 pts
- 5 Basingstoke & Mid Hants 85 pts
- 6 Havant 70 pts
- 7 Overton Harriers 34 pts
- 8 Fleet & Crookham 26 pts

100 metres W35A	Claire Spencer	17.4	8th
400 metres W50	Monique Van Nueten	92.6	6th
W60	Liz Sandall-Ball	106.9	3rd
1500 metres W35A	Zara Hyde-Peters	5:26.9	2nd
W35 B	Claire Spencer	6:25.1	8th
Medley Relay	Overton	5:48.7	8th
Hammer W35	Jenny Wilson	14.14	5th
Javelin W35	Jenny Wilson	18.05	5th
W60	Liz Sandall-Ball	10.96	2nd

LORDSHILL 10K

24th June

by Sean Holmes

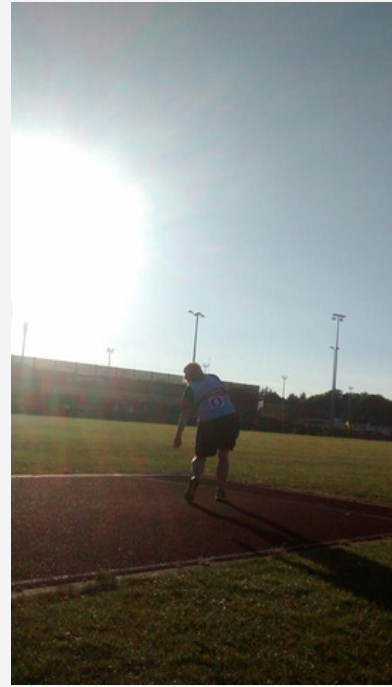
It was difficult to believe that going into the last race of this season's Hampshire Race Road League we would be leading both the Men's A & B leagues. Before the start of the season we decided on the 9 races that suited our strengths and we should focus on. That didn't completely go to plan, but after the Overton 5 we were leading and we stayed there the whole season.

After the re-scheduled Eastleigh 10K, where the men's team produced another strong performance, and a bit of help from Southampton AC and Winchester, Lordshill, the only team in the A league who could take the title from us, had to win their home race and we had to finish 4th team or worst. In the B league we just had to finish a team and a win in Division 2 was ours.

The Lordshill 10K course is not my favourite course with a mix of footpath and road with a few tight turns and quiet warm day which is not conducive to quick times.

From the start the pace up front was fast with Martin going off with the lead. Myself and Lenny following just behind. After three Kilometres I had been dropped by Lenny and we were all spread out thought the field. The focus was to try and stay with or in front of any Lordshill Runners just to be sure.

Continuing their good form at Eastleigh, Martin and Lenny had outstanding runs to finish 9th and 13th



respectively with Lenny also finishing first Vet 50. I finished 17th and Lee 33rd which gave us, third place as men's team, sufficient to win the Overall Men's A league.

Strong Performances by Neil Martin, Gareth, Keith, Mark, Terry, John and Neil McCann gave us the B league overall title as well and promotion to Division 2 for next season. Job Done, we can have a rest now!

For the Ladies, Hannah had another outstanding run to finish 9th Lady and followed in by great performances by Lucy, Katie, Sarah and Monique.

Well Done and Thank You to everyone who ran this season. As a small club it's something to be very proud of. Now is it time for a Party?



IRONMAN 70.3

Remich Luxembourg

17th June

by Stuart Searle



The original plan for this year was to do Edinburgh 70.3 as my full IM warm up event.

However, for one reason or another the organisers were dragging their heels on setting a date. This isn't normally an issue, but when you need to consider, travel, accommodation and your race calendar, it does become a problem.

Therefore, with Scotland taking its time, I started to look at alternative events and a quick look on the Ironman website, showed Luxembourg as a possible race.

Upon discussing this with Kirsten and the option watching me race in Edinburgh with a weeks holiday in Scotland afterwards, or a race in Luxembourg with a weeks holiday in the champagne region of France afterwards, A decision was reached quite quickly (no kilt required).

The journey to Luxembourg on the Thursday was very easy, quick hop on the tunnel and then about a 4 hour drive to Luxembourg City, where we had rented a small studio flat just outside the city centre.

The location for the race was in the small town of Remich, located close to the borders of Germany and France.

After doing our touristy bit on Friday, it was down to the race stuff. Saturday was bike and bag racking, also the race briefing (which I know is a faux pas to some Ironmen within the Harriers). It was also a day of staying hydrated, as the sun was doing its summertime job very well. Fortunately unlike my last tri, this race started at a more civilised time of 9:00am, which meant a less frantic morning and actually being able to stomach my breakfast.

The venue was only about a 30 minute drive from our accommodation, but parking within Remich itself was extremely limited on race day. However, with a park and ride shuttle laid on for free, getting there was very easy and stress free (well almost). Final bike prep done, a cup of coffee, final comfort break and it was time to put the wetsuit on. Only problem was, the sun was again beating down, so standing in line at the rolling start with about 1800 competitors, I was getting rather hot and somewhat desperate to get into the water.

At 9:40am I was in the water and off. The swim section takes place in the river Moselle, which meant half the swim in Luxembourg and the other half in Germany. The swim went well and I managed to make up a few places and with the longest section being with the current, this also helped.

Through transition and onto the bike as quickly as I could. It was now about 10:30am and I was very happy to see that it had clouded over and was a little cooler, making it much more comfortable.

The 56 mile ride starts off with a flat 20 mile out and back section, before heading up into the hills and then descending for flat final 5 miles. The flat start of the ride was a great way to get the legs warmed up and it was easy to get some good speed going too. However, I was soon to witness one of the most horrible things I've seen in competition.

A rider on a TT bike came flying by me, then for no apparent reason lost control of his bike, hit the deck and slid head first across the road and into a concrete barrier. The impact was incredible and I saw head and neck forced back, I feared the worst. I was powerless to do anything except shout to the nearby marshals for help.

It was an horrific sight, I felt terrible, but there was nothing I could have done for him other than get help. I did consider stopping and calling it a day, but managed to keep going and try and put it out of my mind

The rest of the ride was uneventful, I'm happy to say. It was quite a technical course with many bumps and very sharp turns at the bottom of steep hills, but in just under 3 hours it was done.

Just a 13 mile run and it was all over. My energy levels were still good, as I'd made sure to eat during the bike section. It had warmed up again, but plenty of drink stations meant hydration was taken care of. The run section was also nice and flat, so maintaining a decent pace wasn't too hard. With the run being 4 laps, this also gave my support crew (Kirsten) an opportunity to cheer me on.

I managed to make up some more places on the run, which ended up taking me 1hr 35 minutes.

All done and happily across the finish line in a total time of 5hr 21 minutes.

Actually a really good event and may be worth another go next year.

Result:

1900m Swim: 39:59

Transition 1: 5:00

56 mile bike: 2:57:45

Transition 2: 4:04

13 mile run: 1:34:41

Final Position: 743 out of 1666 finishers, 81st of 204 in age group.



Stuart insists he's in this photo!

HAMPSHIRE ROAD RACE LEAGUE

FINAL TABLES

Men's League

A Div'n 1	curr score	Overton	Solent	Gosp't	Hayling	Victory	St.Gn	Ryde	Eastl'gh	Salisb'y	Alton	Netley	Lordshl
# team name	ls rs	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s
1 Overton	19 624	1 70 c 1 32 c 4	133 c 2 71 c 4	144 c 4 111 c 2 67 c 3	104 c 2 74 c 1 27 c 6	147 c 3 68 c							
2 Lordshill	21 599	4 96 c 2 59 c 2	66 c 3 81 c 3	137 c 5 156 c 3 80 c 4	119 c 3 94 c 2 30 c 1	37 c 2 56 c							
3 Winchester	25 789	2 79 c 6 197 c 3	82 c 6 165 c 2 98 c 3	52 c 1 66 c 2 66 c 5	130 c 3 93 c 4	124 c 5 129 c							
4 So'ton AC	36 1072	11 416 n 11 409 n 1	24 c 10 346 i 1 25 c 1	20 c 9 321 i 1	13 c 1 18 c 11	277 n 11 390 n 1	28 c						
5 Hedge End	43 1163	5 104 c 4 86 c 5	147 c 8 296 c 5 149 c 8	216 c 7 198 c 5	154 c 8 191 c 4	96 c 2 59 c 6	177 c						
6 Denmead	45 1104	6 106 c 3 76 c 6	150 c 4 99 c 8	228 c 7 199 c 4	97 c 8 360 c 4	112 c 7 142 c 9	380 c 4 123 c						
7 Stubb'ton	48 1489	3 88 c 9 399 c 8	292 c 1 64 c 6	212 c 2 47 c 5	161 c 10 482 c 6	171 c 9 267 c 8	225 c 9 254 c						
8 Fareham	52 1553	9 406 c 5 172 c 7	170 c 5 135 c 9	318 c 6 185 c 6	189 c 7 270 c 9	234 c 6 130 c 3	118 c 7 220 c						
9 Eastleigh	66 2359	7 324 c 8 336 c 9	306 c 9 403 c 7	226 c 10 301 c 10	627 i 6 216 c 10	530 c 5 121 c 5	137 c 10 392 c						
10 PompeyJ	69 2213	8 354 c 7 248 c 10	310 c 7 292 c 10	426 c 9 295 c 8	200 c 9 472 c 7	183 c 8 220 c 7	214 c 8 251 c						

Men B Div 2	curr score	Overton	Solent	Gosp't	Hayling	Victory	StuBn	Ryde	Eastl'gh	Salisb'y	Alton	Netley	Lordshl
# team name	ls rs	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s
1 Overton	18 3686	1 254 c 1 234 c 1	465 c 18 969 n 4	604 c 4 754 c 5	535 i 1 457 c 1	355 c 5 514 c 2	460 c 3 412 c						
2 Farnham B	22 4121	2 360 c 2 395 c 4	642 c 2 427 c 3	598 c 6 818 c 4	562 c 2 538 c 2	440 c 1 263 c 18	855 n 4 538 c						
3 Denmead C	27 4380	9 694 c 4 426 c 2	481 c 4 436 c 5	631 c 1 464 c 3	401 c 3 750 c 4	686 c 4 453 c 18	855 n 2 402 c						
4 IOW RR	36 4777	6 611 c 8 637 i 3	497 c 10 959 i 2	424 c 5 793 c 1	203 c 7 1015 c 3	583 c 8 750 i 1	279 c 18 997 n						
5 Totton	59 5794	4 572 c 3 402 c 10	1044 c 5 525 c 6	740 c 11 1125 c 18	572 n 10 1148 c 5	732 c 18 760 n 18	855 n 5 636 c						
6 Stubb'ton C	60 5942	3 491 c 18 804 n 6	751 c 3 428 c 7	806 c 2 475 c 18	572 n 4 855 c 9	1016 i 18 760 n 18	855 n 8 987 c						
7 Gosport	60 6507	12 914 i 11 794 i 18	1365 n 1 413 c 10	850 c 10 1016 c 18	572 n 6 996 c 6	771 c 6 715 c 3	596 c 7 882 c						
8 Victory	64 6663	7 613 c 7 742 c 9	1033 c 6 620 c 9	834 c 8 912 c 18	572 n 11 1493 c 7	808 c 7 717 c 4	845 c 18 997 n						
9 Farnham C	82 6664	5 579 c 10 756 i 11	1355 c 7 654 c 11	856 c 18 1637 n 18	572 n 9 1126 c 18	1026 n 2 435 c 18	855 n 9 931 i						
10 Alton	103 7138	8 627 c 9 676 i 18	1365 n 9 956 i 18	1228 n 12 1398 c 18	572 n 18 1139 n 8	874 c 3 442 c 18	855 n 18 997 n						
11 Stubb'ton D	104 7234	10 800 c 18 804 n 8	1011 c 8 757 c 13	1218 c 3 678 c 18	572 n 8 1101 c 18	1026 n 18 760 n 18	855 n 18 997 n						
12 Ryde	105 6684	11 740 i 18 804 n 5	656 c 18 969 n 8	822 c 7 844 c 2	234 c 18 1139 n 18	1026 n 18 760 n 18	855 n 18 997 n						
13 Hardley	115 6901	18 924 n 5 486 c 18	1365 n 18 969 n 12	931 c 13 1462 i 18	572 n 12 1129 i 18	1026 n 18 760 n 18	855 n 1 378 c						
14 Spitfires	117 7231	18 924 n 18 804 n 7	857 c 18 969 n 18	1228 n 9 961 c 18	572 n 5 861 c 18	1026 n 18 760 n 18	855 n 6 637 c						
15 PortsmaC	145 7259	18 924 n 18 804 n 18	1365 n 18 969 n 1	352 c 18 1637 n 18	572 n 18 1139 n 18	1026 n 18 760 n 18	855 n 18 997 n						
16 New Forest	150 7769	18 924 n 6 527 c 18	1365 n 18 969 n 18	1228 n 18 1637 n 18	572 n 18 1139 n 18	1026 n 18 760 n 18	855 n 18 997 n						
17 Blackwater	162 8046	18 924 n 18 804 n 18	1365 n 18 969 n 18	1228 n 18 1637 n 18	572 n 18 1139 n 18	1026 n 18 760 n 18	855 n 18 997 n						

Ladies League

A Div'n 2	curr score	Overton	Solent	Gosp't	Hayling	Victory	St.Gm	Ryde	Eastl'gh	Salisb'y	Alton	Netley	Lordshl
# team name	ls rs	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s
1 Fareham	17 770	5 135 c 11 268 n 1	79 c 2 78 c 4	101 c 2 132 c 2	59 c 2 124 c 4	147 c 2 88 c 5	147 c 2 109 c						
2 IOW RR	21 837	4 120 c 5 116 c 7	226 c 9 315 i 5	141 c 1 128 c 1	52 c 1 113 c 3	93 c 8 190 i 1	74 c 9 328 i						
3 Salisbury	25 882	6 157 c 1 89 c 5	137 c 3 106 c 6	158 c 6 192 c 5	162 c 3 132 c 1	50 c 7 322 c 8	183 c 1 53 c						
4 Alton	27 907	2 65 c 8 154 c 6	205 c 5 142 c 7	183 c 5 168 c 4	118 c 9 374 c 2	86 c 1 44 c 3	140 c 5 158 c						
5 Gosport	28 1041	3 76 c 6 139 c 11	449 n 1 68 c 3	100 c 3 141 c 7	222 c 7 267 c 5	237 c 3 161 c 4	146 c 6 210 c						
6 Overton	28 1047	1 42 c 4 115 c 4	122 c 11 325 n 2	80 c 7 211 c 8	298 c 5 250 c 9	284 i 6 251 c 2	86 c 4 141 c						
7 Hardley	32 1076	8 200 c 3 109 c 3	99 c 4 127 c 8	256 c 8 253 c 3	114 c 4 159 c 6	279 c 10 292 i 6	157 c 3 111 c						
8 Victory	37 1155	7 178 c 7 153 c 2	98 c 6 150 c 1	49 c 4 143 c 6	213 c 10 403 c 8	363 c 4 171 c 10	534 c 8 380 c						
9 New Forest	60 2014	11 263 n 2 96 c 8	306 c 7 299 c 10	294 c 9 356 c 11	317 n 6 251 c 11	373 n 9 272 i 9	233 c 11 390 n						
10 Netley Abbey	60 2088	9 253 c 9 258 c 9	439 c 8 307 c 9	288 c 10 562 c 9	307 c 8 368 c 7	311 c 5 208 c 7	168 c 7 299 c						

Lady B Div 2	curr score	Overton	Solent	Gosp't	Hayling	Victory	St. Gm	Ryde	Eastl'gh	Salisb'y	Alton	Netley	Lordshl
# team name	ls rs	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s	ls rs s
1 Salisbury	17 476	16 416 n 4 238 c 3	309 c 2 225 c 2	357 c 2 424 c 4	357 c 3 337 c 1	136 c 16 376 n 3	351 c 1 264 c						
2 Stubb'ton C	24 2706	5 406 i 16 367 n 4	317 c 3 361 c 4	384 c 3 428 c 3	323 c 1 263 c 3	425 c 3 293 c 5	398 c 4 455 c						
3 Totton	31 2809	4 297 c 3 221 c 6	439 c 16 550 n 3	366 c 1 419 c 16	367 n 6 572 c 5	488 i 16 376 n 16	579 n 3 324 c						
4 Alton	34 2530	2 233 c 16 367 n 8	486 c 16 550 n 8	453 c 8 756 c 2	256 c 16 1013 n 2	184 c 1 230 c 4	377 c 7 430 i						
5 Stubb'ton D	38 476	16 416 n 16 367 n 5	387 c 4 473 c 7	433 c 4 469 c 16	367 n 4 346 c 4	460 c 4 366 i 6	449 c 16 471 n						
6 Overton	45 2649	1 164 c 5 357 i 9	460 i 16 550 n 1	252 c 6 661 c 16	367 n 16 1013 n 16	583 n 16 376 n 1	259 c 6 414 i						
7 Ryde	56 2802	3 250 c 16 367 n 7	465 c 16 550 n 6	411 c 5 613 c 1	139 c 16 1013 n 16	583 n 16 376 n 2	323 c 16 471 n						
8 Hardley	64 476	16 416 n 2 219 c 2	260 c 16 550 n 16	463 n 11 1014 c 16	367 n 5 375 c 16	583 n 16 376 n 7	569 i 5 461 c						
9 Victory C	73 3550	6 466 c 16 367 n 16	736 n 5 540 i 5	390 c 10 829 c 16	367 n 8 1003 c 7	573 i 16 376 n 16	579 n 16 471 n						
10 Spitfires	78 476	16 416 n 16 367 n 1	199 c 16 550 n 16	463 n 9 773 c 16	367 n 2 325 c 16	583 n 16 376 n 16	579 n 2 265 c						
11 Farnham C	80 476	16 416 n 16 367 n 16	736 n 1 219 c 16	463 n 7 694 c 16	367 n 16 1013 n 6	557 i 2 231 c 16	579 n 16 471 n						
12 New Forest	104 476	16 416 n 1 166 c 16	736 n 16 550 n 16	463 n 16 1024 n 16	367 n 7 870 c 16	583 n 16 376 n 16	579 n 16 471 n						
13 Blackwater B	122 476	16 416 n 16 367 n 10	726 i 16 550 n 16	463 n 16 1024 n 16	367 n 16 1013 n 16	583 n 16 376 n 16	579 n 16 471 n						
14 Blackwater C	128 476	16 416 n 16 367 n 16	736 n 16 550 n 16	463 n 16 1024 n 16	367 n 16 1013 n 16	583 n 16 376 n 16	579 n 16 471 n						
14 PortsmaC	128 476	16 416 n 16 367 n 16	736 n 16 550 n 16	463 n 16 1024 n 16	367 n 16 1013 n 16	583 n 16 376 n 16	579 n 16 471 n						