

# HARRIERS NEWSLETTER

*The Newsletter of Overton Harriers and Athletics Club*



## UPCOMING FIXTURES

### Ryde 10

February 2<sup>nd</sup>

### Hants XC League, Popham

February 8<sup>th</sup>

### Harriers Training Weekend

February 14<sup>th</sup> – 18<sup>th</sup>

### Winchester 10k

February 23<sup>rd</sup>

## Roundup

by Piers Puntan

Christmas has been and gone with all the socialising of the Christmas Party and the Harriers Christmas Lunch forgotten, though in my case the extra pounds gained have yet to be removed.

December and January gave us a number of cross country fixtures as well as the HRRL fixtures at Victory and Stubbington.

Next month we have the training weekend at the new location of Woolacombe to look forward to; I understand that the running is excellent but hard and the local parkrun is a bit of a test. For those not going check Facebook for details of any runs from ORC on Sunday 16<sup>th</sup>, Monday 17<sup>th</sup> and Thursday 20<sup>th</sup> February

Finally the latest Couch to 5k group have started on their journey.

Enjoy your running.

## Cyclists Race

15<sup>th</sup> December

from John Hoare

A very good turnout for the cyclists' race, the sunny weather getting people out on the Sunday morning for the race round the Harroway course.

Harriers took a comfortable victory; 180 to 247

#	Runner	Club	Time
1	Charlie Charlick	Cyclists	20.12
2	Sean Holmes	Harriers	20.50
3	Lee Tolhurst	Harriers	20.56
4	Neil Martin	Harriers	21.30
5	Tad Buxton	Harriers	22.02
6	Dave Bush	Harriers	22.40
7	Stuart Searle	Harriers	22.48
8	Alex Cross	Cyclists	22.56
9	Henry Salmon	Cyclists	23.10
10	Keith Vallis	Harriers	23.53
11	Gareth Juliff	Harriers	24.01
12	Alastair Marnoch	Cyclists	24.08
13	Matt Melville	Cyclists	24.20
14	Chris Minter	Cyclists	24.29
15	Tim Richardson	Cyclists	24.29
16	Richard Clifford	Harriers	24.52
17	Richard Lewis	Cyclists	25.10
18	Martyn Cattermoul	Cyclists	25.27
19	Lucy Pearson	Harriers	25.29
20	Cath Wheeler	Harriers	26.07
21	Simon Gill	Cyclists	26.17
22	Nick Grainger	Harriers	26.21
23	Mark Underwood	Harriers	26.44
24	Victoria Jackson	Harriers	26.46
25	Bernie Charlick	Cyclists	27.03
26	Mike Bliss	Harriers	27.38
27	Dave Wray	Cyclists	27.41
28	Martin Allen	Harriers	27.54
29	Claire Mitchell	Harriers	27.56
30	Karen Ryan	Harriers	28.11
31	Piers Puntan	Harriers	29.27
32	Simon Lunskey	Cyclists	29.29
33	Katie Brothers	Harriers	29.30
34	Alastair Paul	Harriers	31.06
35	Charlotte Lewis	Cyclists	32.03
36	Steve Spence	Harriers	32.49
37	Monique Van Nueten	Harriers	34.22
38	Fiona Lunskey	Cyclists	35.38
39	Jane Charlick	Cyclists	35.38
40	Steve Hobden	Cyclists	41.53

## Winter Handicap Race 3

12<sup>th</sup> December

from Richard Francis

Another hotly contested race as Neil set off second from last and ran the perfectly paced to take a 5 second win. Mark took second as he caught Claire just short of the finish line. She was the only runner to get a PB as she trimmed 8 seconds off her debut time to take an early lead in the Handicap league ahead of Lee and Terry.

The 3 fastest on the night also hold the top 3 places in the Time league as Sean took the early lead with his second win ahead of Lee and Gareth.

#	Harrier	Time	H/Cap	Actual	Time #
1	N. Martin	32.49	10.31	22.18	2
2	M. Underwood	32.54	6.21	26.33	6
3	C. Mitchell	32.55	4.18	28.37	9
4	M. Van Nueten	33.04	GO	33.04	13
5	K. Vallis	33.05	7.56	25.09	4
6	K. Ryan	33.30	4.29	29.01	10
7	S. Holmes	33.40	12.08	21.32	1
8	G. Juliff	34.27	9.27	25.00	3
9	K. Brothers	34.36	4.07	30.29	11
10	C. Wheeler	34.42	7.56	26.46	7
11	R. Clifford	34.51	9.15	25.36	5
12	J. Steed	37.00	8.49	28.11	8
13	P. Puntan	38.11	7.07	31.04	12

### Handicap League

#	Harrier	OCT	NOV	DEC	TOTAL
1	M. Underwood	3	2	2	4
2	C. Mitchell	2	50	3	5
3	L. Tolhurst	4	3	50	7
4	T. Clarke	7	1	50	8
5	K. Brothers	5	4	9	9
6	K. Vallis	10	5	5	10
7	M. Van Nueten	11	7	4	11
8	G. Juliff	6	9	8	14
9	S. Holmes	8	50	7	15
10	K. Ryan	14	11	6	17
11	R. Clifford	18	10	11	21
12	J. Harrison	15	8	50	23
13	C. Wheeler	13	50	10	23
14	P. Puntan	50	13	13	26
15	S. Searle	17	12	50	29
16	T. Buxton	1	50	50	51
17	N. Martin	50	50	1	51
18	L. Sykes	50	6	50	56
19	S. Pithers	9	50	50	59
20	S. Spence	12	50	50	62
21	J. Steed	50	50	12	62
22	B. Johnson	16	50	50	66

## Time League

#	Harrier	Oct	Nov	Dec	Total
1	S. Holmes	1	50	1	2
2	L. Tolhurst	2	1	50	3
3	G. Juliff	3	2	3	5
4	S. Searle	4	3	50	7
5	R. Clifford	7	4	5	9
6	K. Vallis	6	5	4	9
7	M. Underwood	9	6	6	12
8	C. Wheeler	8	50	7	15
9	T. Clarke	10	7	50	17
10	K. Brothers	16	9	11	20
11	K. Ryan	11	10	10	20
12	J. Harrison	14	8	50	22
13	C. Mitchell	13	50	9	22
14	M. Van Nueten	18	12	13	25
15	P. Puntan	50	13	12	25
16	N. Martin	50	50	2	52
17	T. Buxton	5	50	50	55
18	J. Steed	50	50	8	58
19	B. Johnson	11	50	50	61
20	L. Sykes	50	11	50	61
21	S. Pithers	15	50	50	65
22	S. Spence	17	50	50	67

## Victory 5

1<sup>st</sup> December

*from Mark Underwood*

In the build-up amongst the other Harriers a lot had been made about Victory 5 and mainly the course itself, how its changed over the years, and that with further works being down it was now pretty much 2 laps around a car park in Portsmouth. Not the most exciting prospect, but having entered Victory 3 times I was just happy to be lining up on the start line for the first time.

Numbers collected it was time for the usual warm up with the team on what was a pretty cold and windy day.

Again lots was being made about how fast and flat the course was, but given how my last 2 races had been I was being fairly reserved with my expectations and just wanted to try and enjoy the race.

So round the back of the office block we went to the start line to be greeted by a very narrow path leading onto a few tightish bends, which then lead out to the main course.

This led to a very packed start. Sardines doesn't begin to accurately describe it.

After a few minutes squashed in and the usual race brief we were off. Because of the tightness of the start and knowing the little path up ahead I wanted to get a quick start in order to try and get out of the main huddle so tucked in behind Gareth for the first 500m or so until the first lap around the car park began. Not much can be really said about the next few miles, a car park is a car park, and once around it the first time you are led back out onto pavement outside of the industrial estate before dropping back down for a second lap.

I was however quite pleased with how I was running. My early fast pace didn't actually seem that bad and I was managing to hold it together not that much slower. There were some difficulties on the second lap though. Some of the back runners were still on their first lap, and given we had just a standard pavement to run on, with just grass and a busy road to the other side, it was getting a little difficult to overtake in places. I imagine the front runners had it even worse. Passed them I went though, and back around the bottom of the car park and out the other side for the final mile. There were some issues with some other runners trying to cut corners (one even managed to run into a parked car) in some of the narrower bits, but I just held my ground and ran my own race.

I could see from my watch my pace was well on for a PB at this point so I just wanted to stay strong and hopefully make it in with a decent time. A small loop out onto the main road, down an underpass and around a scout hut led back into the complex again, which was downhill slightly. After avoiding a couple of pedestrians I decided this was a good opportunity to put my foot down and see what I had for the last half a mile. Absolutely shattered I crossed the line in 34:07 which was around a 100 second PB! Obviously delighted it showed that maybe not putting so much pressure on myself might be the way forward from now on!





We had made sure to leave plenty of time but found traffic in to be busier than previous years hence we were forced to abandon the car further away than would have liked and had a bit of a walk in.

The volume of traffic was matched by the volume of people at race HQ and it felt like a fight doing anything like getting number, T-shirt and anywhere to actually make camp. Other than a quick hi it was difficult to find many other runners pre-race and after a warm up I did manage to get a quick hi to Terry prior to race start.

From the start I did notice it was feeling a little harder than usual and maybe my week off with sickness around Christmas had taken a little more from the tank than I had realised.

I settled into what is more my 10 mile pace of 7 min miles and hoped maybe a 2<sup>nd</sup> wind may arrive. As the race went on I realised no 2<sup>nd</sup> wind was coming so I just forced myself to continue at my same pace through half way, down to the coast and back up through the town.

With about a mile to go I did start to feel a bit stronger so tried to push a little bit but just didn't have the lungs to go too hard. I did know given my struggles there was likely to be a bit of a kick left so decided to go a bit earlier than usual and went at about 600metres to go. This did allow me to at least take 7 or 8 places and also just dip in under 43 minutes.

It was good to then see and cheer in Terry and all the girls too including birthday girl Mia, hopefully all were happy with their runs (being runners I'm sure we all felt we could have done more – never happy).

All in all it was a kick up the bum for me to get back on it especially with the horrors of Ryde up next.

At least the top was nice.

Harrier	Chip Time	Gun Time	Pos	Vet Pos.
Martin Groundsell	34:51	34:53	21 <sup>st</sup>	18 <sup>th</sup> Snr
Sean Holmes	36:24	36:26	55 <sup>th</sup>	3 <sup>rd</sup> V45
Neil Martin	36:38	36:41	63 <sup>rd</sup>	5 <sup>th</sup> V45
Peter Mitchell	37:44	37:52	95 <sup>th</sup>	8 <sup>th</sup> V45
Gareth Juliff	42:55	43:10	287 <sup>th</sup>	55 <sup>th</sup> V40
Lucy Pearson	44:54	45:15	377 <sup>th</sup>	10 <sup>th</sup> V35
Terry Clarke	46:43	47:02	454 <sup>th</sup>	17 <sup>th</sup> V60
Mia Stares	49:07	50:02	595 <sup>th</sup>	39 <sup>th</sup> Snr
Katie Brothers	53:50	54:45	876 <sup>th</sup>	51 <sup>st</sup> V40
Monique Van Nueten	56:20	57:15	999 <sup>th</sup>	7 <sup>th</sup> V60

1733 finished

Harrier	Chip Time	Gun Time	Pos	Vet Pos.
Sean Holmes	28:46	28:49	57 <sup>th</sup>	1 <sup>st</sup> V45
Peter Mitchell	29:17	29:22	76 <sup>th</sup>	2 <sup>nd</sup> V45
Neil Martin	29:39	29:42	87 <sup>th</sup>	4 <sup>th</sup> V45
Gareth Juliff	32:36	32:48	170 <sup>th</sup>	34 <sup>th</sup> V40
Mark Underwood	34:07	34:20	224 <sup>th</sup>	90 <sup>th</sup> Snr
Lucy Pearson	35:07	35:25	269 <sup>th</sup>	22 <sup>nd</sup> Snr
Claire Mitchell	39:48	40:13	426 <sup>th</sup>	20 <sup>th</sup> V40
Katie Brothers	40:49	41:14	465 <sup>th</sup>	23 <sup>rd</sup> V40
Monique Van Nueten	44:17	44:42	572 <sup>nd</sup>	13 <sup>th</sup> V60

816 finished

## ORC Bridge Street

Due to Vets Football the Football Club have asked if they can have the Changing Rooms on a Sunday Morning for the following Sundays.

23<sup>rd</sup> February

When the changing rooms are unavailable the Sunday Runs will go "on tour". Details on Facebook

## Stubbington 10k

5<sup>th</sup> January

from Gareth Juliff

Stubbington is usually always a popular race with the club I expect both for it being the 1<sup>st</sup> race after Christmas and the free long sleeve running top which is always a useful addition to the training attire.

The day had started with Mark Underwood having to pull out with injury meaning just me and Sean traveling down.

# Hampshire XC Championship

## Fairbourne Manor

5<sup>th</sup> January

No reports received though I'm sure the course was as muddy as usual.

Ladies were 16<sup>th</sup> Team and 10<sup>th</sup> "Vets" Team. Men's team were 12<sup>th</sup> and took the 3<sup>rd</sup> "Vets" Team prize.

Results and some photos.

### Ladies

Harrier	Time	Position
Claire Mitchell	43:57	73 <sup>rd</sup>
Katie Brothers	44:56	77 <sup>th</sup>
Claire Spencer	46:18	79 <sup>th</sup>
Monique Van Nueten	50:10	92 <sup>nd</sup>

*111 finished*

### Men's

Harrier	Time	Position
Sean Holmes	49 <sup>th</sup>	46:22
Lee Tolhurst	72 <sup>nd</sup>	48:15
Peter Mitchell	87 <sup>th</sup>	50:03
Mark Reid	98 <sup>th</sup>	50:59
Stuart Searle	102 <sup>nd</sup>	51:41
Keith Vallis	130 <sup>th</sup>	54:49

*170 finished*



## Harriers Clothing

For anyone who would like to be a little more visible whilst out running, we now offer this long sleeve hi vis t-shirt. It's made from 100% Neoteric polyester and has OVERTON HARRIERS on the front and back. It's available in 5 men's sizes: S 38", M 40", L 43", XL 45" & 2XL 48" and XS (8) to XL (16) for Ladies

Contact Stuart Searle if interested.



## SAL Track & Field

For anyone who is wanting the summer these dates may help you wait.

- April 25<sup>th</sup> Crawley
- May 17<sup>th</sup> Carshalton
- June 7<sup>th</sup> Exeter
- July 12<sup>th</sup> Walton
- August 15<sup>th</sup> Carshalton



## December Parkrun Results

Harrier	07/12/19	14/12/19	21/12/19	25/12/19	28/12/19
<b>Basingstoke</b>					
Terry Clarke	26.31	23:07	23:40	23:23	22:57
John Hodge					32.00
Neil Martin			19:24		
Julia Cottrell	28.17		29.49		
Matthew Davey		30.06	33.34	31.08	
Hannah Davey		36.33	33.53	31.44	
Lucy Pearson		28.05		29.37	
Matthew Wateridge				35.02	
<b>Andover</b>					
Pete Mitchell	20.40		19:15		18:48
Katie Brothers					25.07
Sarah McCann					26.36
Jenny Wilson					30.37
Gareth Juliff		22:47			
<b>Frimley Lodge</b>					
Dave Bush	19.18	20.04	19:59		19:28
<b>Newbury</b>					
Judy Hewitt					34.52
Piers Puntan					34.53
John Harrison		33.52			
Gareth Juliff				20.33	
Neil Martin				19:43	
<b>Worcester</b>					
Matthew Davey					23.53
Hannah Davey					37.25
<b>Gnoll</b>					
Claire Spencer					19.23
<b>Land's End</b>					
Neil Martin					19:26
<b>Chipping Norton School</b>					
Matthew Wateridge					22:16
<b>Cosmeton Lakes</b>					
Freya Cottrell					30.06
Julia Cottrell					30.07
<b>Seven Fields</b>					
Matthew Wateridge			22:02		
<b>Sandhurst Memorial</b>					
Claire Spencer			20:56		
<b>Prospect</b>					
Claire Spencer		18.39			
<b>East Brighton</b>					
Matthew Wateridge		24.43			
<b>Hanworth</b>					
Piers Puntan		26.25			
<b>Shrewsbury</b>					
Katie Brothers	25.01				
Jenny Wilson	30.40				
<b>Beeston</b>					
Matthew Wateridge	20.29				
<b>Brueton</b>					
Dave Bush				21.37	
<b>Wetherby</b>					
Pete Mitchell				19:55	
<b>Barry Island</b>					
Julia Cottrell				27.24	

# January Parkrun Results

Harrier	01/01/2020	04/01/2020	11/01/2020	18/01/2020	25/01/2020
<b>Basingstoke</b>					
Terry Clarke	22:50	23:18	28:50	22:52	
Mia Stares				24:12	
Julia Cottrell					28:34
Claire Boyle					23:48
<b>Andover</b>					
Pete Mitchell	18:54				18:34
Sarah McCann		25:39	26:28	24:55	25:25
Neil McCann		25:43	26:18	24:42	
Dave Titcomb		24:24			
<b>Frimley Lodge</b>					
Dave Bush	19:57				19:34
<b>Newbury</b>					
Michael Peters		22:27			
Pete Mitchell	19:24				
Terry Clarke	23:18				
<b>Bracknell</b>					
Dave Bush	20:23				
<b>Osterley</b>					
Neil Martin	18:26				
<b>Maldon Prom</b>					
Matthew Wateridge	20:56				
<b>Babbs Mill</b>					
Matthew Wateridge					20:45
<b>Chelmsford Central</b>					
Matthew Wateridge	20:46				
<b>Longrun Meadow</b>					
Matthew Wateridge			20:53		
<b>Sandhurst Memorial</b>					
Matthew Wateridge				25:09	
Dave Bush		19:54	19:34		
<b>Southampton</b>					
Lucy Pearson	22:20				
<b>Harlow</b>					
Matthew Wateridge		23:02			
<b>Winchester</b>					
Lucy Pearson	22:23				