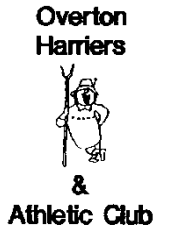


HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Fleet Half Marathon

March 15th

Eastleigh 10k

March 22nd

Salisbury 10

March 29th

Combe Gibbet 16

April 5th

Hurstbourne Tarrant 5

May 2nd

Roundup

by Piers Puntan

Big thanks to Richard and Sean for organise the Training Week down in Woolacombe.

I think I can speak for all and say that is was a great success even though Storm Dennis tried its hardest to make conditions difficult.

We also had the annual trip over to Ryde to conquer the numerous hills and the final Cross Country on our doorstep at Popham.

The Combe Gibbet race is nearly upon us so get your entries in or consider volunteer to help.

Enjoy your running.

Ryde 10

2nd February

from Katie Brothers

Race day fell on the sunniest Sunday we've had in February - I've done Ryde 10 in wet and windy conditions and it was far from fun. With the recent weather we have had we couldn't have asked for better conditions.

This year we met for our school trip, sorry running excursion at the Hovercraft, and 10 minute later after arriving in Ryde I couldn't believe we usually spent an hour on the ferry, noted for future Ryde 10's - get the Hovercraft.

Short walk along the promenade and another 10 minutes later we arrived at Race HQ. Downside of the Hovercraft we were pretty early so there was a bit of waiting around. As it was such a beautiful day and I was feeling restless I headed out for an extended warm up, I say extended I'm usually that runner that jogs to the start line as I've arrived with two minutes to spare. Not this time, I headed off along the seafront for an out and back 3.5 miles.

I knew I wanted to run 14 miles that day and I've tried running after a race and failed miserably so with all this spare time before the start I had no excuse.

So, 3.5 miles in the bag already, another 20 minutes hanging around till the start and my legs started going stiff! We eventually headed to the crowded start, not helped that every 30 seconds 500 runners had to move to let a car through. Finally, no cars, 11am we were off.

You start with a small lap around the boating lake, these little laps are always good for the confidence seeing how ridiculously quickly the majority of the field zoom off and how quickly we become spread out!!! Oh well I knew with my little warm up and 10 miles of up and down, up and down, up and down and so on it wouldn't be a PB day.

Once past the boating lake we take a sharp left and it's into our first big uphill already. Difficult to find your place in the pack at this point as the hill is pretty steep, with a fair few pot holes and traffic thrown in.

Ryde 10 has always been one of my favourite races (Salisbury is my favourite course) however this year the traffic seemed worse than in previous years, as did the pot holes!



Once we got to the top of the hill we pretty much straight away started our first descent and I was able to find a bit of rhythm and settle into a pace, a pace that at the social end of the group where we have a little chat with our fellow runners and discuss other races we have seen each other at, I know if we can talk we can run faster, I've been shouted that many times running around the football pitch at Bridge Street! But hey that is how we roll at the 9 minute a mile pace at the back of the pack.

Saying that at this race the small talk soon tailed off, well it did for me as I needed everything, I had to conquer the hills that felt like mountains. In this race all I focus on is getting to the holiday park, get through the holiday park and you survive.

From memory we hit this section at about mile 6, now you think Station Hill in Overton is steep - this really is a mountain, twice! Two very short and steep hills straight after each other.

I was determined to keep powering up the two, which I did over taking probably 6 runners, however on reaching the summit I just needed to hold onto my knees for 10 seconds for support - and yep the 6 runners all over took me!!!

After this there is still a little way to go but the end is now in sight as you know the worse part of the race is over.

One lady commented on the hills in more back of the pack small talk about the hills that surely there couldn't be anymore, I told her don't worry from mile 8 it's all downhill. In my mind I was convinced this was true, luckily when we hit mile 8 I had left this lady behind as I was wrong, more uphill's, I think I meant from mile 9.5 it's all downhill!!!! Oops.

The race concludes with a nice run along the seafront at mile 8 through a little village called Sea View where our Harriers cheerleader for the day, Jenny was stood. We come out of Sea View tackle another mile of hills (uphill) before we eventually get half a mile of a downhill all the way into the finish. Luckily the lady who I had completely misled and got her hopes up was nowhere in sight, but in my defence she was running for IOW so should have been more clued up than anyone.

Once I handed my lovely medal over to Jenny I headed back along the seafront to get my last half a mile done and dusted. We then headed back to race HQ where I celebrated the miles, not the time, with my fellow Harriers over a cuppa while we waited for Sean to receive his prize for 1st in his age category.

Lovely course, beautiful day, roads were a bit busier with cars than ideal but we had a great day, nice little adventure on the Hovercraft, let's get a few more Harriers next year, more the merrier.

Harrier	Chip Time	Gun Time	Pos	Vet Pos.
Sean Holmes	01:00:44	01:00:43	11 th	1 st V45
Stuart Searle	01:12:00	01:11:42	78 th	9 th V45
Gareth Juliff	01:15:59	01:15:38	120 th	25 th V40
Katie Brothers	01:36:07	01:35:39	343 rd	27 th V40

589 Finished

Hants XC League - Popham

8th February

from John Hoare

The local fixture at Popham Airfield provided a satisfactory conclusion to this year's Hampshire League season. We had our best turn out for years in the Senior Ladies race with Cath again taking the honours as our first counter but she really had to work hard to hold off the fast finishing Lucy who, without doubt, had her best run of the season.

Cath, however, finished 2nd overall in her final year in the Over 50 category.

Special mention too of Mia. This was her first race over the country and she was really impressive as she completed the team after finishing ahead of the more experienced Claire Boyle.

The other Claire (Mitchell version) is proving a real asset to the Ladies team and is looking stronger in each race and was within a few seconds of her younger rival. A close race for the other places saw Lucy holding off Monique and Julia as the trio finished within 5 places of each other to complete a fine team performance. Monique added to the honours board taking 2nd Over 60 overall.

At one stage it looked as though we were going to be unable to complete a Men's team but thankfully Neil and Pete turned up 'unexpectedly'. Sean, our intrepid club captain, again finished as first counter and his efforts were rewarded with 6th place overall in the Vets 40 category.



Pete and Neil had a close battle with Pete looking the stronger over the earlier part of the race but a strong finish from Neil saw him catch his team mate in the closing stages. Stuart and Keith again provided strong support and helped our team to third place in Div. 2 on the day and, but for failing to complete a team at Aldershot, we could have finished higher than the 6th place we got overall. But better from the Vets team who finished 4th overall.

A better turn out next season should see us challenging for promotion back to Div. 1. I remain eternally optimistic in my support. Well done to everyone who turned out during the season. I enjoyed spectating.

Ladies

Harrier	Time	Position
Cath Wheeler	28m 21s	46 th
Lucy Pearson	28m 27s	47 th
Mia Stares	31m 09s	88 th
Claire Boyle	31m 27s	91 st
Claire Mitchell	31m 50s	99 th
Lucy Sykes	35m 06s	114 th
Monique Van Nueten	35m 31s	116 th
Julia Cottrell	35m 58s	119 th

145 finished

Men's

Harrier	Time	Position
Sean Holmes	39m 01s	68 th
Neil Martin	41m 11s	112 th
Peter Mitchell	41m 24s	119 th
Stuart Searle	43m 31s	149 th
Keith Vallis	45m 24s	170 th

240 finished

Combe Gibbet 16

A reminder that on April 5th, we host the annual Combe Gibbet 16-mile cross-country road race. At the time of going to press there may still be a few places left if you haven't already entered and are tempted. Further details on club web site <https://overtonharriers.org.uk/club-races/combe-gibbet/>

If you are not running please consider volunteering as a marshal. We need a minimum of 34 marshals to help support the race, and are still looking for volunteers. It is a fun thing to do that is greatly appreciated by the runners.

If you haven't already offered your services, please contact Alastair Paul at alastairpaul@btinternet.com who will be extremely grateful and provide more information on the role

Winter Handicap Race 4

13th February

Richard Clifford took the honours this week in the placings and Sean in the fastest time. Mark Underwood, Claire Mitchell and Terry Clarke/Keith Vallis are top three in the handicap league with one race to go.

If Sean turns up for the last race then he should take the time league otherwise Gareth and Richard Clifford will be vying for the title

#	Harrier	Time	H/Cap	Actual	Time #
1	R. Clifford	32.16	7.59	24.17	2
2	P. Puntan	32.20	2.00	30.20	12
3	L. McCann	32.35	6.19	26.16	6
4	C. Mitchell	32.42	4.19	28.26	10
5	M. Underwood	32.47	6.19	26.28	7
6	J. Cowley	32.49	7.55	24.54	3
7	K. Vallis	32.54	7.55	24.59	4
8	M. Van Neuten	33.05	GO	33.05	16
9	T. Clarke	33.16	6.00	27.16	8
10	S. Holmes	33.57	12.06	21.51	1
11	C. Wheeler	34.02	7.54	26.08	5
12	K. Brothers	34.22	3.25	30.57	13
13	L. Sykes	34.58	2.45	32.13	14
14	G. England	35.45	7.59	27.46	9
15	R. Groundsell	37.15	8.00	29.15	11
16	S. McCann	37.26	5.04	32.22	15

Handicap League

#	Harrier	Oct	Nov	Dec	Feb	Total
1	M. Underwood	3	2	2	5	7
2	C. Mitchell	2	50	3	4	9
3	T. Clarke	7	1	50	9	17
4	K. Vallis	10	5	5	7	17
5	K. Brothers	5	4	9	12	18
6	M. Van Nueten	11	7	4	8	19
7	R. Clifford	18	10	11	1	22
8	G. Juliff	6	9	8	50	23
9	S. Holmes	8	50	7	10	25
10	P. Puntan	50	13	13	2	28
11	K. Ryan	14	11	6	50	31
12	C. Wheeler	13	50	10	11	34

Time League

#	Harrier	Oct	Nov	Dec	Feb	Total
1	S. Holmes	1	50	1	1	3
2	G. Juliff	3	2	3	50	8
3	R. Clifford	7	4	5	2	11
4	K. Vallis	6	5	4	4	13
5	M. Underwood	9	6	6	7	19
6	C. Wheeler	8	50	7	5	20
7	T. Clarke	10	7	50	8	25
8	K. Ryan	11	10	10	50	31
9	C. Mitchell	13	50	9	10	32
10	K. Brothers	16	9	11	13	33
11	P. Puntan	50	13	12	12	37
12	M. Van Nueten	18	12	13	16	41

Harriers Training Weekend

14th – 18th February



Hurstbourne 5 Multi-Terrain Race

Saturday 2nd May 11am



The twelfth running of this undulating little beast, starting in Hurstbourne Tarrant and following part of the Test Way through woods and farmland. Prizes for first three males and females, plus first M40, M50, M60, W35, W45, W55. Trophies for King & Queen of the hill and First Villager.

Free technical t-shirt for all entries received before 19th April.

2K fun run too. Open to all ages, but children under 6 must be accompanied by an adult. Enter on the day. Starts 11:05am

The now legendary homemade cakes and bacon butties will be available to refuel after you have had your fix of hills and mud.

All proceeds go to local charities. £30000 raised since 2009.

For more information or to enter online go to: www.hurstbourne5.org.uk

If you don't fancy running, please do consider helping out as a marshal. Contact Greg: hurstbourne5@yahoo.com

February Parkrun Results

	01/02/20	08/02/20	15/02/20	22/02/20	29/02/20
Basingstoke					
James Cowley	21:52	21:57	21:23	21:11	21:41
Terry Clarke	23:22	23:04	23:55	23:07	28:31
Mia Stares	25:02				
Lucy Pearson					22:43
Matthew Davey					26:18
Julia Cottrell					28:52
Hannah Davey					35:48
Mathew Davey		31:17			
Hannah Davey		33:50			
Andover					
Sarah McCann	25:34	26:43	26:37	25:52	
Katie Brothers	25:43	25:57			
Neil Mccann	27:03	26:04			
Neil Glendon	28:19				
Peter Mitchell			18:56	20:53	19:09
Newbury					
Gavin Roberts					22:30
Katie Brothers					26:15
Monique Van Nueten				27:43	
Warwick					
Matthew Wateridge					20:37
Itchen Valley					
Claire Spencer (K9)					19:21
Frimley Lodge					
Dave Bush		19:55			22:03
Delamere					
Claire Spencer (K9)				17:09	
Pocket					
Matthew Wateridge					20:49
Plea					
Claire Spencer (K9)			20:13		
Rushmoor					
Matthew Wateridge			21:12		
Woolacombe Dunes					
Sean Holmes			21:11		
Neil Martin			21:50		
Dave Bush			23:27		
Keith Vallis			24:37		
Gareth Juliff			24:54		
Richard Clifford			25:03		
Cath Wheeler			26:28		
Mark Underwood			26:51		
Katie Brothers			29:30		
Piers Puntan			29:40		
Alastair Paul			32:08		
Stephen Spence			32:31		
Monique Van Nueten			34:06		
Sarah Hands			34:12		
Richard Francis			37:12		
Jenny Wilson			43:49		
Judy Hewitt			46:01		

