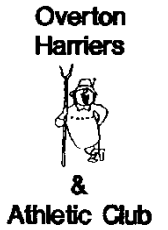


# HARRIERS NEWSLETTER

*The Newsletter of Overton Harriers and Athletics Club*



## Roundup

by Piers Puntan

Well one month later and it's all change on the athletics front with COVID19 changing everything. There is such not a lot happening in terms of club activities though the virtual relay has commenced thanks to Mark Underwood and there will be more "virtual runs" planned.

Obviously, the Combe Gibbet did not happen, shame as it was a gorgeous Sunday for it. The following races have definitely been cancelled:

Hurstbourne 5  
 London Marathon  
 Alton 10  
 Netley 10k  
 Lordshill 10k  
 Alresford 10k

There is also no Vets Track and Field and all other Track Athletics is suspended until 31<sup>st</sup> May. Currently it looks like it will be well into summer before some normality has returned.

We have a report from Mark Underwood who managed to undertake a marathon just before the lockdown and to make up for the lack of race reports I've included some historic race reports from the archives.

Enjoy your running even though it may be antisocial.

# Cambridge Boundary

## Marathon

3<sup>rd</sup> March

*from Mark Underwood*

Having run 3 marathons so far, and not being happy with a single one, I made the obvious choice of deciding to enter not one but two marathons for early this year. I had already entered Brighton Marathon when I was asked by my brother-in-law if I would run one with him (his first), just so he knew somebody else was out there with him, with the only caveat being it had to be ran before the 1st of April when his second child is due. This didn't leave many options so we ended up going for the Cambridge Boundary Marathon as opposed to going abroad.

For only £16 entry I thought what the hell, and decided I would just treat it as another long run in my training, and just wanted to finish the race running and feeling fit, something I hadn't managed as of yet. The race itself is very small, run by the student running club of the University, and started when a couple of them and a dog decided to just run around the city. As the name suggests it's a full marathon around the circumference of Cambridge, nice and flat, with a bit of road and trail thrown in for fun, no closed roads and very low key.

So off we trekked on the morning from our Airbnb down to the University Sports Centre to collect our numbers and get ready for the 9am start. For the first time it seemed this year we were treated to a freezy cold yet sunny day, nearly perfect conditions had it not been for the stronger winds, but much better than the majority of the country being battered by yet another storm.

The first few miles take you out of the complex and up and around various flyovers for the M11, before dropping down onto a tarmac path around some fields. I resisted the temptation to race early doors, made especially hard by the amount of people only running the half, it made it feel like I should be going a lot faster than I was, but resist I did before settling into what is my normal easy run pace.

The first signs of what turned out to be a very bad footwear choice were next, some lovely ploughed fields which were a complete quagmire were up next, but thankfully it only lasted around half a mile with only a small slow down. Through 5 miles I went feeling fresh and comfortable, cheered on by my wife and sister-in-law from the side-lines.

It was here what felt like 90% of the field finished and collected their medal, but on I trudged through the mud cheered on again by my cheer squad.

This is where the race got a lot harder. My watch stopped navigating me, instead of telling me to turn left in 150 yards etc etc, it suddenly just displayed that I had 13 miles to go. No hint of direction or route to follow (turned out the gpx they sent to runners was corrupt). No bother I thought, I would just have to pay more attention to the route markings, which was red and white tape tied to trees, posts and anything else they could find. The course also got a lot more off-road. Save for a few hundred yards the next few miles were through fields and muddy footpaths, so my pace took a bit of a battering as I did my best to stay upright and still wearing both trainers.

I battled through it though and got through to mile 21 still being cheered on and feeling comfortable and full of running, with only a couple of wrong turns for no more than a few yards of extra distance. With the end now in sight I was in new territory, I felt good and was tempted to put my foot down for the last 4 miles or so.

What stopped me was knowing the one large hill came at mile 24. I decided in my head once I had gone through there I would treat it as a sprint finish, throwing everything I had at it. What I didn't realise though was that the hill itself was a mud bank in a field.

My slowest mile came as me and a few others got the giggles as we climbed up the mud bank, using trees, bushes, roots, rocks and each other to pull ourselves up. A few slips and slides down for every few steps up all made it part of the fun.

Through it we got though, before another small climb which I knew then was a 2 mile downhill stretch to the finish. Sadly though I didn't quite manage my sprint finish.

As the group I was in approached the top of the hill, and what was the last road crossing we saw a lady take a small wrong turn, before realising her mistake, and step out into the road and get knocked down by a car.

Most of the other crossings on route had a marshal trying to help when it was safe to cross, but sadly not here. A couple of us ran over to check she was ok, and I offered to call an ambulance, only to be told she was finishing no matter what, but could I help her there.

So very gingerly we jogged down the final 2 miles and to the finish, where covered in blood she very much had earned her medal before her husband whisked her off to hospital after being told what happened.

She has since got in contact via Facebook to say thank you for helping her, and that save for a few stitches in her arm and elbow, its mainly cuts, bruises, bumps and scrapes, so nothing too damaging or lasting thankfully!

I crossed the finish in 3:59:29, so still a 30 second PB, but felt great knowing I have a lot more in the tank, won't have bogs to run through in Brighton, and will enjoy some closed roads too, so hopefully won't have to help anyone else too much!



## Foxdown Handicap, Race 5

5<sup>th</sup> March

from Richard Francis

Due to Sean's injury, the final race of the Winter series saw both the handicap & time titles up for grabs. This caused an attack of "excuseitis" with Gareth, Mark & Richard the worse affected.

Piers was an easy winner on the night ahead of Louis and Mark narrowly held off Keith. Neil was fastest on the night ahead of Richard and Keith.....

The Time League was decided as Gareth crossed the line as 4<sup>th</sup> fastest to take the title by 1 point from Richard with Keith a further 3 points behind in third.

Cath was the fastest lady over the season ahead of Claire Mitchell & Katie.

Mark took the Handicap league title with the low score of 10 points, Claire had fine debut series to take second place on 15 points with Keith third on 21.

#	Harrier	Time	H/Cap	Actual	Time #
1	P. Puntan	31.51	2.44	29.07	12
2	L. McCann	32.27	6.48	25.39	5
3	M. Underwood	32.46	6.36	26.10	6
4	K. Vallis	32.48	8.08	24.43	3
5	N. Martin	32.55	10.46	22.09	1
6	C. Mitchell	33.02	4.38	28.24	10
7	R. Clifford	33.04	8.47	24.17	2
8	B. Johnson	33.10	4.27	28.43	11
9	T. Clarke	33.34	6.00	27.34	8
10	C. Wheeler	33.47	7.06	26.41	7
11	M. Van Nueten	34.03	GO	34.03	15
12	K. Brothers	34.12	3.18	30.54	13
13	G. Juliff	34.37	9.25	25.12	4
14	R. Groundsell	36.02	8.00	28.02	9
15	S. McCann	36.32	5.04	31.28	14

## Handicap League

#	Harrier	Oct	Nov	Dec	Feb	Mar	Tot.
1	M. Underwood	3	2	2	5	3	10
2	C. Mitchell	2	50	3	4	6	15
3	K. Vallis	10	5	5	7	4	21
4	T. Clarke	7	1	50	9	9	26
5	R. Clifford	18	10	11	1	7	29
6	P. Puntan	50	13	13	2	1	29
7	K. Brothers	5	4	9	12	12	30
8	M. Van Nueten	11	7	4	8	11	30
9	G. Juliff	6	9	8	50	13	36
10	C. Wheeler	13	50	10	11	10	44
11	S. Holmes	8	50	7	10	50	75
12	K. Ryan	14	11	6	50	50	81
13	L. McCann	50	50	50	3	2	105
14	N. Martin	50	50	1	50	5	106
15	L. Tolhurst	4	3	50	50	50	107
16	L. Sykes	50	6	50	13	50	119
17	J. Harrison	15	8	50	50	50	123
18	B. Johnson	16	50	50	50	8	124
19	S. Searle	17	12	50	50	50	129
20	R. Groundsell	50	50	50	15	14	129
21	T. Buxton	1	50	50	50	50	151
22	J. Cowley	50	50	50	6	50	156
23	S. Pithers	9	50	50	50	50	159
24	S. Spence	12	50	50	50	50	162
25	J. Steed	50	50	12	50	50	162
26	G. England	50	50	50	14	50	164
27	S. McCann	50	50	50	50	15	165

## **Time League**

#	Harrier	Oct	Nov	Dec	Feb	Mar	Tot.
1	G. Juliff	3	2	3	50	4	12
2	R. Clifford	7	4	5	2	2	13
3	K. Vallis	6	5	4	4	3	16
4	M. Underwood	9	6	6	7	6	25
5	C. Wheeler	8	50	7	5	7	27
6	T. Clarke	10	7	50	8	8	33
7	C. Mitchell	13	50	9	10	10	42
8	K. Brothers	16	9	11	13	13	46
9	P. Puntan	50	13	12	12	12	49
10	S. Holmes	1	50	1	1	50	53
11	M. Van Nueten	18	12	13	16	15	56
12	K. Ryan	11	10	10	50	50	81
13	L. Tolhurst	2	1	50	50	50	103
14	N. Martin	50	50	2	50	1	103
15	S. Searle	4	3	50	50	50	107
16	L. McCann	50	50	50	6	5	111
17	S. Spence	17	50	50	50		117
18	R. Groundsell	50	50	50	11	9	120
19	J. Harrison	14	8	50	50	50	122
20	B. Johnson	11	50	50	50	11	122
21	L. Sykes	50	11	50	14	50	125
22	S. McCann	50	50	50	15	14	129
23	J. Cowley	50	50	50	3	50	153
24	T. Buxton	5	50	50	50	50	155
25	J. Steed	50	50	8	50	50	158
26	G. England	50	50	50	9	50	159
27	S. Pithers	15	50	50	50	50	165

## **Consistency League - Men**

	Netley 10k	Away Mob Match	Home Mob Match	Newbury Parkrun	XC Bournemouth	Hayling 10 mile	XC Lge Sparsholt	Gosport Half	XC Aldershot	Victory 5 Miles	Cyclists Race	XC Champs Botley	XC Reading	Stubbington 10km	XC Popham	TOTAL
S. Holmes	18	20	19		20	40	20	40	20	40	20	40	20	38	20	375
N. Martin		18	18	40		38			18	36	18			36	19	241
G. Juliff	17	14	15		17	36		36	15	34	13			32		229
M. Underwood			15	36		34		34		32	11					162
S. Searle		17					17	38			15	32	19		17	155
L. Tolhurst		19			19		19		19		19	38				133
K. Vallis		13	14		16		14		16		14	30			16	133
P. Mitchell										38		36		34	18	126
M. Groundsell	20		20											40		80
M. Reid					18		18					34				70
R. Francis	16	8	11	30												65
T. Clarke		12		38												50
T. Buxton							16		17		17					50
M. Daley			17				15						18			50
D. Titcomb				34												34
J Steed		16	16													32
G. Scott				32												32
T. Clarke	16		14													30
R. Clifford		15									12					27
J. Harrison		11	12													23
M. Bliss			13								10					23
S. Lovelock	19															19
P. Puntan		9									8					17
D. Bush											16					16
N. McCann		10														10
M. Allen											9					9
A. Paul											8					8
M. Whitelaw		7														7
S. Spence											7					7

## Consistency League - Women

	Netley 10k	Away Mob Match	Home Mob Match	Newbury Parkrun	XC Bournemouth	Hayling 10 mile	XC Lge Sparsholt	Gosport Half	XC Aldershot	Victory 5 Miles	Cyclists Race	XC Champs Botley	XC Reading	Stubbington 10km	XC Popham	TOTAL
K. Brothers	19	18	15	34		36	19	38	19	36	16	38	18	36		342
M. Van Nueten	18	16		28	16		15		18	34	15	34	17	34	14	259
L. Pearson		20		40	19			40		40	20			40	19	238
C. Spencer	20		19	36	17	38						36				166
C. Mitchell							18			38	18	40			16	130
L. Sykes		15		32		34	16								15	112
C. Wheeler					20				20		19		20		20	99
R. Groundsell			20		18	40	20									98
M. Stares			16											38	18	72
J. Cottrell			14	30			14								13	71
C. Boyle			17				17						19		17	70
K. Ryan		19	18								17					54
S. Hands				26	15											41
Z. Hyde Peters				38												38
E. Arbothnot Smith		17														17
J. Wilson	17															17
S. McCann		16														16
J. Tuck		14														14
J. Mizon			13													13

## Eastleigh 10k, March 2000

### Eastleigh 10K Sunday 19<sup>th</sup> March

THE FOLLOWING REPORT COMES FROM OUR CLUB "ADONIS"

MARK SIMCOX.

In perfect conditions fifteen harriers turned out to race in what must be one of the best 10k's in the country. With over 1000 finishers this event has grown to become a top class race with several runners clocking sub 29m 30sec.

Winner of the club championship was young Mike Bliss who is in good form to run near 32 minutes and take the overall vets prize. Next home was Ian who ran strongly but is capable of a faster time. Completing the A team was myself who scraped a PB by one second. As everyone knows I don't race to my full potential but I'm determined to improve during this year. Keith Clark obviously had me in his sights as he ran an excellent 35:36. It is great to have another senior man who is at least still fertile and with a full head of hair.

PC Mills ran his 2nd race of the weekend and is showing a great return to form to clock 38:02. I think he ought to run sub 3 hours easily in London. After a recent illness Gavin ran 38:17 and will certainly go faster later in the year. A slightly below par Cath was next to finish 10th lady and 3rd vet.35. Running his fastest 10k in donkeys years was Eric who blitzed 38:46. What is he on? Obviously a lethal combination of nandrolone and real ale has had a devastating effect on ET's fast twitch fibres. The clubs other finishers were Dave Vossier, Nick "arse" Dalton, Audra (going sub 40 ), Dave Henery, JT and finally Liz who finished 3rd O/45 Vet. I was very sorry to hear of young Nicky taking a tumble at 8k. With some great XC performances behind her she could run seriously well on the roads.

pos	name	time	h/cap	total	pos	
14th	M.BLISS	32.06	10.30	42.36	7	1st vet
39th	I.FORD	33.49	9.30	43.19	=9	6th vet
47th	M.SIMCOX	34.35	7.00	41.35	1	
66th	K.CLARK	35.36	6.30	42.06	6	
128th	D.MILLS	38.02	4.00	42.02	5	
134th	G.DUNCAN	38.17	3.30	41.47	3	
135th	C.WHEELER	38.19	5.00	43.19	=9	10thlady,3rdvet
144th	E.TILBURY	38.46	3.00	41.46	2	5th vet 55
158th	D.VOSSER	39.09	6.00	45.09	14	
160th	N.DALTON	39.11	4.00	43.11	8	
175th	A.DENNISON	39.27	2.30	41.57	4	14th lady
261st	D.HENERY	41.48	3.00	44.48	12	
344th	J.THOMAS	43.50	GO	43.50	11	
381st	E.SANDALL-BALL	44.35	0.30	45.05	13	37thlady,3rd o/45

1007 finished.

MENS TEAM = 4th PLACE.

## Combe Gibbet, March 1996

A Glorious day for this annual fixture in the Club's calendar, topped off by a win and a third place in the men's and a third in the Ladies event

Combe Gibbet to Overton 16.5 mile  
cross-country run  
31st March 1996

*Report from the longest serving entrant  
John Thomas*

It is hard to remember when conditions were as good for this years Combe Gibbet run. With just a light cool breeze and excellent conditions underfoot good times were on the cards. Even the notoriously wet and muddy sections in the first five miles were almost completely dry which was surprising considering the very wet winter we have had.

Karl Wellstead slid off at the beginning, no doubt to establish an early lead, but by halfway Mike was well ahead of him and by the finish had established an enormous gap of two and a half minutes to claim the Pugh cup. Well done, Mike, on an excellent run. In 3rd place came Hefin who must have been delighted with his run a mere 42 secs behind Wellstead.

Next to cross the line was Dave Vosser who seems to improve with every outing, and on this occasion finishing in 6th place. Steve was pleased with his run finishing some 6 minutes better than his previous best, but things hadn't gone entirely to plan because he started off too quickly for his own good. Fortunately his hard winter training enabled him to finish strongly.

Sabrina also had a fine run to finish as 3rd Lady overall in a very creditable sub two hour time of 1:56:49.

Nick Dalton is a relative newcomer to the club and he admits to being inexperienced at running this kind of event. He won't be too disappointed with this run then, particularly as he bagged the 3rd club place Gibbet trophy. Then came Richard (in his 22nd run) and JT who weren't too far apart at the death. JT was particularly pleased with his finishing five miles picking off a number of 'dying' runners on the run in. This completed the top 50 runners in a smidgen over 2 hours and John completed an unblemished series of 23 Combe Gibbets.

Frank must have thought that this distance was a sight too far for his training programme (about 2.5 miles too far, John!) but nevertheless battled it out with Richard Mason who was putting the finishing touches to his "London" training.

### BIONIC OF THE MONTH

Rarely in one month can an athlete achieve such success at a high level, but it has happened in March for one of our ladies.

At the beginning of the month she had a superb run to take her first major title when she outclassed the opposition to win the Southern vets cross-country title by an impressive margin of 20 seconds. This was followed the next day with a PB in the Woking 10. Two weeks later it was the national vets title at stake and, in an equally fine run, she took a superb runner's up spot just 6 seconds behind the winner, Sheila Allen.

Just for good measure, in between these races she took a further 23 secs off her PB for the Foxdown handicap. And finally at the end of the month she gained a Welsh representative vest and, although suffering with the after-effects of a cold, finished fifth overall and first vet. It was probably indicative of her sensational form that this was a disappointment for her. By any standards this was a fabulous month for our winner.

### CATH BOYLE

Liz took the first club trophy for her good run in a time of 2:12, well ahead of her lady rivals in the competition. Then came Ed, Fran and Colin Dibley in very close contact with about 1.5 minutes between them. Debbie completed the Overton contingent with a steady run of 2:34. This was again a very satisfactory event for the club which was attended by runners coming from very long distances to compete.

### RESULTS

1 M. Bliss.....	1:31:27
3 H. Richards.....	1:34:47
6 D. Vosser.....	1:39:13
19 S. McNair.....	1:46:37
39 S. Diggins.....	1:56:49
44 N. Dalton.....	1:58:20
47 R. Francis.....	1:59:24
50 J. Thomas.....	2:00:28
62 F. Kenny.....	2:02:44
65 R. Mason.....	2:03:21
94 E. Sandall-Ball.....	2:12:32
117 E. Holmes.....	2:20:59
118 F. Carter.....	2:21:25
119 C. Dibley.....	2:21:29
136 D. Stevens.....	2:34:34
145 finished	

## Hants XC League, Basingstoke, February 1985

Far and away our best result of the season in this league as we took a highly creditable fourth place, and it was somewhat unfortunate that it was not enough to avoid the drop into Division 2. Andrew had easily his best run of the season in the league, as he led the 'A' team home after a fabulous 15th place in good class company, an effort which secured him the overall bronze medal in the Junior section. Another best ever came from Hefin Richards who had an excellent run just three places behind Andrew, and with Denny also in superb form in 25th place, we looked set for a good result if we could finish our other two counters high enough. The two Dave's did not let us down, with Voss running well up to the standard he has been showing this season in the Hants League, and Dave Perren gaining his highest ever placing in this competition after another tremendous run. At the end we were left trailing behind only Aldershot, Bournemouth and Basingstoke, a first class result.

Equally worthy of merit was the performance of our 'B' team, whose result lifted them to a best ever third place in their league, only Aldershot and Portsmouth finishing ahead. Eric led them home with another determined run that earned him the second medal of the day, as he finished with the bronze in the Vets section. Good packing from the other four members of the team secured our position, with Mo leading the charge in 73rd place hotly pursued by Pete just eleven seconds behind. Mike Purser had an excellent run in his first league match for the club, while the team was completed by Chris, who made a most welcome return for the club. I hope we shall be seeing a lot more of him in the future.

Outside the team positions, we were boosted by another five athletes who completed a tremendous turn out for the club. Derek Graves headed a group of three, gaining a narrow advantage over Dave Gallagher, who in turn was only four seconds ahead of Brian Sharp. Less than a minute behind came Brian Clements, who looks to be thoroughly enjoying his racing, while John Lister continued to improve as he completed the contingent.

### RESULTS

15th	A. Hoare	34m. 22s.	88th	M. Purser	38m. 39s.
18th	H. Richards	34m. 32s.	89th	C. Sharp	38m. 43s.
25th	M. Dennison	34m. 58s.	113th	D. Graves	40m. 06s.
42nd	D. Voss	35m. 50s.	115th	D. Gallagher	40m. 14s.
54th	D. Perren	36m. 55s.	117th	B. Sharp	40m. 18s.
67th	E. Tilbury	37m. 39s.	125th	B. Clements	41m. 12s.
73rd	M. Parry	37m. 50s.	135th	J. Lister	42m. 23s.
79th	P. Nutley	38m. 17s.		146 finished	

## Mad March 20 Miler, March 2007

On probably the wettest day of the year three intrepid heroes went down to Dorset for lashings of Ginger Beer and cake. Unfortunately before the cake there was a small matter of a 20 mile race to be run.

Lee and Piers arrived early, so early that their pre allocated parking space was waiting for them, meaning they only had a small distance to dash into the Scout hut and didn't get soaked. This was not where we were to change as we were constantly reminded as the organisers had erected luxury-changing tents. Luckily these were on the driest part of the bog: there being only 1" of standing water, the loo queue and finish being in 2" of water. Franny joined the Harriers huddled in the tent deciding that that, for a 20 miler in a howling gale and vertical rain, no warm-up was necessary. Eventually we emerged and squelched our way to the start line with Lee taking up prime position, and after what seemed a ridiculously long time, to a chorus of "get on with it" the usual old duffer started the race.

Lee decided that on such a wet and cold day a suitable pace for the first warm up mile was 5' 45", which certainly put the wind up the pace car. From here he eased of a bit, if only for the company, and set a good even pace passing five miles in 29' 50" and ten in 59' 40" though by this point the main "elite" pack had eased past him. Between 13 and 14 miles the course doubles back on its self and gives the mortals a glimpse of the leaders, here Piers and then Franny were able to provide Lee with some encouragement. This did not have the desired effect as Lee then had a bad two miles slipping back down the field. At this point racers started to wonder if the Mad March 20 was a road race or a XC fixture: for over 500 metres the course was down a 6" deep river and Lee was passed by an Eastleigh runner and 2 mallards. Chastised at being passed by an Eastleigh runner he buckled down and dug deep to finish in 2' 04" 59" a stonking time.

Piers was determined not to take the race too seriously, a view reinforced by his reluctance to get out of Lee's comfortable car, so it was a paced run rather than a full on race. Piers churned out nice, comfortable 7' 30" miles round the course, chatting amiably to any ladies who would listen. This pace was abruptly stopped at about 14 miles when an electric cable crossing the road was brought down by the wind, causing chaos with the traffic and the race. Runners are not put off by a little high voltage wire and, whilst there was some apprehension, eventually everyone just hopped over it. The wire however did have the advantage of stopping the traffic which, on a particularly busy section of the course, was a welcome relief. As with Lee, Piers had a bad patch, though his was after the compulsory swim section and although he didn't completely sort things out he did record 2' 31" 45".

Franny was not in a racing frame of mind and only made the trip as he thought he was needed to make up the team. Sadly we were one runner short and if the race had started at 12:00 he and Piers would have probably gone to the pub instead. Still struggling to find any form with his marathon training he had planned to run 7:30 miles up to 15 miles and then take it from there. Already soaked after a long trek from his car and having been harangued by one of the organisers ("Why is your Gibbet race clashing with the Bournemouth Bay half?") He set off at a comfortable pace alongside Piers. A steady 10 miles was passed only seconds outside his schedule but he was not finding it as easy as it should have been and purposely eased off at the 12 mile point to finish fairly comfortably though 12 minutes slower than the previous year.

Whilst we all agreed that this is a good course and the superb marshals did their utmost to keep the runners spirits up on a dreadful day this event had some serious downsides. The facilities at the event are non-existent: there are no changing facilities, no showers and minimal loos which, for a HRRL fixture is unacceptable, especially when you consider what the Harriers put on at the Gibbet for a similar price.

Oh and the Ginger Beer, they only had instant coffee at £1 a cup!! (Though Franny cheered himself up with several pints at the superb Royal Oak at Fritham on the way home.)

12th	L.TOLHURST	2hr 04min 59sec	8 <sup>th</sup> Senior
104th	P.PUNTAN	2hr 31min 45sec	46 <sup>th</sup> Senior
123rd	R.FRANCIS	2hr 37min 11sec	42 <sup>nd</sup> Vet

**378 Finished.**