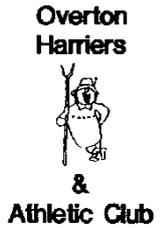


HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletic Club



Roundup

by Piers Puntan

It's been 18 months since the last newsletter, but we are back. Hope lockdown was as "good" as it could possibly have been; mine was made better by being able to get into the countryside and challenge myself with Mark Underwood's "virtual runs".

Obviously, the Combe Gibbet did not happen, but we have had the Overton 5 and the HRRL is continuing with Lordshill 10k and we have loads of reports inside.

The summer had two Vets Track and Field events and by now some normality has returned to the race calendar. Handicaps occurred over the summer and once things have settled down, I'm sure we'll have a newsletter outlining all the prize winners over 2020 and 2021.

The club is very keen for people to race in the Hampshire Road Race League and to that end the club will reimburse the entry cost for one in every three events and will be allowing reimbursement of ferry costs associated with Ryde 10 miler.

On the social side the monthly curry is being re-instated and whilst the training weekend in February 2022 is unlikely to happen, I'm sure the Committee will be working on getting the social side of the club going again.

Enjoy your running !
Piers

Overton 5

5th September

Let's start by saying a huge thank you to everyone who helped to make this event the success it was. We were the opening fixture for the Hampshire Road Race League this season and with all the uncertainties surrounding the return to racing we have every reason to feel proud of the event we put on. Apart from a discrepancy with the two clocks everything went to plan. Congratulations to Helen and her team and to all the marshals and helpers. We couldn't have done it without you.

And a special thank you to Katie Edwards for organising the kids races. With pre-event publicity we had the highest number of children ever, and as a result, the highest number of races. And a pre-race warm up. The kids loved it. Notably there was a race director from another event who was so impressed that he was going away to re-think his event. Can't get a better recommendation than that.

In baking hot weather more than 300 took to the start line of the main event with a very impressive 20 Overton Harrier vests included. Unfortunately, Mark's injury forced a DNF but 19 finishers must rank among the top numbers for a race ever.

For the record results were as follows.

Harrier	Chip Time	Pos
Sean Holmes	29m 38s	14 th
Ashley Coxden	30m 51s	27 th
Hannah Bliss	33m 07s	50 th
Gareth Juliff	34m 32s	68 th
Cath Wheeler	35m 58s	93 rd
Lucy Pearson	37m 46s	108 th
Keith Vallis	38m 33s	110 th
Piers Puntan	38m 38s	121 st
John Harrison	40m 30s	145 th
Terry Clarke	41m 22s	158 th
Karen Ryan	42m 40s	182 nd
Sarah McCann	44m 32s	202 nd
Katie Brothers	44m 41s	206 th
Jasmin Kalton	45m 13s	212 th
Neil McCann	47m 14s	232 nd
Monique Van Nueten	47m 42s	235 th
Olivia Cox	47m 59s	237 th
Sarah Hands	50m 34s	254 th
Julia Cottrell	53m 00s	265 th

Overton 5 Report from Olivia Cox

There are three certainties in life...death, taxes and signing up for a race with intentions of increasing my training only to reach the start line knowing that I haven't done very much training in the last few weeks. On a hot and sunny afternoon, it was reassuring to chat to other Harriers at Berrydown, especially as I knew my back was starting to feel uncomfortable before I'd even crossed the start line. I decided to take the race slowly to start with to see how my back held up with and the realistic time would be about 52 minutes.

After the start, I had a nagging feeling that my back may defeat me before the end of the race, but I would just take it slowly and see how I felt at each mile point. On the first hill I started to notice that some runners from other clubs were not as used to our local hills and for the first time I was slowly overtaking some runners. The Kenyan hill sessions on a Thursday night were paying dividend, even if my pace was more tortoise than hare!

By mile 2, I was starting to feel the heat. But the determination was also setting in. Knowing the course was a definite advantage, but the heat was tough. I just had to keep going even though I was craving water, my back was aching and my legs felt like there wasn't much energy in them.



Mile 3 was over half-way. Thank goodness. I didn't know my exact splits, but I was running approximately 10-minute miles but there was a mountain to climb, figuratively speaking, still to come. My mantra on these hills was just "keep going" and "don't give up". It worked as I continued to pick off some runners from other clubs who were unused to the route.

I also realised that if I could just increase my pace in the last mile, I may be able to finish in under 50 minutes. That was now the new goal. Thoughts of the finish line v the weariness in the heat. Could I do it?

Support from the marshals and locals was crucial at this point. But it is so much easier to increase the pace as the course flattens or gently declines so with as much energy as I could muster, I focused on the last few hundred metres with a close eye on my watch. With the church in sight, I had a “come on Olivia” from Rich and some other Harriers, and the feeling of achievement felt good as I knew at this point that I should be under 50 minutes.

Sprinting towards the line was a mixture of pleasure and pain. Feeling queasy and struggling to gain back control of my breathing, the overwhelming feeling was delight as I saw that my time was in fact 48 minutes and 50 seconds. I did not expect that! And I definitely didn't expect an official time a few hours later of 47 minutes and 59 seconds! The best part of finishing the race was sharing it with other Harriers. There was also the bonus of knowing that there was a well-deserved curry at the Redfort to look forward to.

Overton 5 Report from Karen Ryan

It was reaching the peak of the summer sun and a busy crowd was gathering to run the Overton 5. I caught up with some of the Harriers. Most of which I haven't seen for such a long time, so it was super to catch up the news.

We took out rough positions at Berrydown and set off. I tried to pace as much as I could, but the heat was definitely harder to manage than I anticipated. I'm a 6am runner so running in heat is not something I'm used to at all! The hills brought their usual challenges and opportunities to sneak ahead once or twice.



There was lots of encouragement on the route from both spectators and participants which was great! I suspect we were all glad to see the church in our sights though and we turned the corner to finish.

A much-needed bottle of water and a cheer for our fellow runners and it was all over!

Until next year Overton 5!

Hampshire Veterans Track & Field

The highlights of a much-truncated season came in the Hampshire Vets League. Normally there are four Monday evening meetings, but with the Covid restrictions only two took place.

The first took place at the Winchester track on 21st June. These are always enjoyable meetings with our squad of six men and four ladies working hard to gain excellent 5th= and 6th places respectively. Track events covered were 100m, 400m and 1500m with a medley Relay thrown in at the end. Field events were High Jump, Long Jump, Shot and Discus, all covered in the different age categories by Gareth (short distances and jumps), Sean, Neil and Chris Dewey (middle distance) and Piers and Keith (just about everything) The same events were covered by the ladies' team of Claire (fledgling Vet), Cath, Kay and Monique. Pride of place went to the mother and daughter combination with Claire taking a surprise win in the High Jump and Cath second in the over 50 1500m.

And so, to the second event at Aldershot on 12th July. Our men's team were down to just Piers, Keith and Chris from the first meeting but thankfully we had a late addition from Bushy which gave us a relay team. Again, it was Piers and Keith who took on a massive chunk of events, Keith recording one of our only two wins with a dominant performance in the 2000m walk. Other win came from Dave Bush who shared the honours with the Pole Vault. Our ladies' team were strengthened with the addition of Lucy for the track and a very sporting debut from Judy who took on the much-maligned walk. Versatility was shown by our runners with Lucy (long jump), Monique (shot), Cath and Claire (discus). On this occasion the team results were reversed with the ladies' 5th= and the men 6th. In context of the strength of the competing clubs we were magnificent.

FINAL LEAGUE POSITIONS

MEN	WOMEN
1. Basingstoke 16	1. Southampton 15
2. Southampton 14	2. Winchester 15
3. Winchester 12	3. Aldershot 10
4. Havant 9	4. Havant 10
5. Aldershot 8.5	5. Basingstoke 9.5
6. Overton 6.5	6. Overton 6.5
7. Fleet & Crookham 4	7. Portsmouth 3
8. Portsmouth 2	8. Fleet & Crookham 3

Individual results for all our runners can be found on the Hampshire Veterans League website hampshirevetsleague.org.uk

Southern Track & Field

Not a lot of activity from our athletes this year in this track competition in which we share a composite team with Andover AC. The June fixture was used by Sean to get an early track run as he put in a time of 18m10.8s as a non-scorer. The July fixture was taken a bit more seriously as Sean improved his 5000m time and doubled up with the 1500m. The mother and daughter combination also took on two events and it was great to see them both in a close finish the 800m.

RESULTS

Sean Holmes

5000m 3rd 'A' 18m 06.1s

1500m 4th 'A' 5m 06.4s

Claire Boyle

400m 3rd 'A' 71.4s

800m 3rd 'A' 2m 52.8s

Cath Wheeler

800m 3rd 'B' 02:54.1

3000m 3rd 'A' 12:15.3

Two marathons in one week

from Lucy Pearson

I'm not sure at which point I 'planned' to run two trail marathons in one week but that was how two weekends in June worked out. During the lockdowns, I had explored lots of new local trails and had tended to stay off road with the goal of running the Hampshire Hoppit on Sunday 20th June. My training had gone well and I had managed three 30km runs in the lead up. I had run the Hoppit Half previously so I knew it wasn't going to be easy.

In the lead up to race day the weather had been warm, and I was hoping that by the Sunday the hot weather would break...I was in luck. Race morning brought dense fog across the Kingsclere gallops and much lower temperatures. This was one of the first races post lockdown and there was a full field of marathon and half marathon runners.

It was a rolling start due to Covid with 20 running in each pen. The first 21km flew by in 1 hour 56 mins and the terrain was just undulating with no major hills. Claire and Elsie were easily the best dressed marshals with their tutus and wings.

There had been a route change this year with the finish being back on the gallops, so I knew that the final miles were going to be challenging.

The second 21km started with the Harrowway and then Nutley Bottom, all of which I was very familiar with. By this point the fog had burnt off and it was starting to get muggy and humid. I was taking drinks at very water station to make sure I stayed hydrated and didn't get cramp on the final hills.

At 30km I was so happy to see Piers, there hadn't been many supporters out on the route, so a friendly face was a welcome sight. As we continued towards Hannington and Plantation Hill, the ups were becoming steeper and steeper, and the downs were just a killer on the quads.

As I came out of Kingsclere along the river you could see a snake of people making their way up to the top of the gallops, but I was determined to keep running until I really couldn't run any more. The last hill back up to the top of the gallops was more of a climb and walk than a run.

The finish was a very welcome sight and after 26.2 miles and 650m of elevation I finished in 4 hours and 33 seconds. 32nd Lady and 11th Senior Female.



A week later on Saturday 26th June I was on the ferry to the Isle of Wight for a night marathon with three other ladies. I had done some night trail runs with the head torch and had always liked the idea of running a night marathon.

Less focus on the time and more about the adventure. Before running the Hampshire Hoppit, I had been for a sports massage where I had casually mentioned to Charlotte MacDonald and she had decided to join me on this night out with her friend.

It was a small event called Challenge the Wight, which was a trail marathon across the Isle of Wight at night from The Needles to Yaverland Bay to raise funds for Aspire Ryde.

The plan was to get the ferry to Fishbourne from Portsmouth, leave the cars at Yaverland Beach car park and get the minibus to The Needles for the start. The ferry was late leaving Portsmouth, so this only gave us 20 minutes to get from Fishbourne to Yaverland; the sat nav said 23 minutes. As we neared the car park, we saw the minibus leaving the car park.

After frantically calling what felt like every taxi company on the Isle of Wight, we had secured a taxi to pick us up ASAP to drive us the 40 minutes to the start.



We arrived at the start as the sun was beginning to go down. The walkers had started an hour earlier than the runners. There was a small field of 63 people in total for the full trail marathon and the weather was forecast for a clear night with a chance of rain around 2am, that was my incentive to reach the finish by this time. 9pm was the start time and it was straight onto the track up the cliff heading towards Tennyson Down, and then onto Freshwater Bay.

The routes consisted of rolling hills for the first 21km. My aim was to get as much of this stony cliff track done in daylight which gave me approximately an hour to get 10km done. By 10pm it was time to turn the head torch on as we passed through checkpoint 1.

With such a small field, there was a quite bit of running on your own, so it was nice when you passed the walkers and had a quick chat.

Checkpoint two was Carisbrooke Castle just outside Newport. It was such a relief to reach this point, but mentally it was tough knowing that we had to run this distance again in the dark in the early hours. My legs were ok until about 30km when the tiredness from the Hoppit began to set in. The gradient wasn't as tough in the second half, but it felt kind of strange as there was no-one about as we passed through the villages and the footpaths.

The last village we ran through was Brading, and as we reached here more runners began to group together so there was a stream of lights running through a nature reserve.

Over the top of the last cliff the wind and rain begin to pick up as we made our way down to the Yaverland Beach car park.

After 43km and 895 metres of elevation, we drove back to the ferry and crossed the Solent at 4.30am. I crawled into my bed at 5.30am to get a couple of hours sleep before everyone woke up.

I finished 23rd in a time of 05:48:13.

John Hodge - Obituary

from John Hoare

It is with the deepest regret that we must report the unexpected and sad death of John Hodge. John was a club member for many years and a member of Overton's and Basingstoke's highly successful Over 50's Veteran teams during the nineties.

A true all-rounder John competed in track, road and cross country and in his sixties and seventies met with a great deal of success on the track at national level, specialising at 400m. Although not so much a regular at the club over recent years, he was a keen photographer and many of the club's historical photos were taken by him.

It was comforting to know that when John suffered a heart attack, it was while he was doing what he had enjoyed for his whole life – running.

He will be remembered as a true friend of the club.

John Hodge – My Mentor

from Moira West

John was my friend and first mentor into track athletics for which I am so grateful.

I joined Overton Harriers in the 1990's as a rookie runner. It took me considerable time to even be able to complete the village circuit on a Monday evening but eventually was able to join in the winter cross country league and summer road races.

In 2004 Jamie Jones took me to one side. "Moi no matter how far you run it's the same steady, I think he meant plodding, pace until the last 400mts and then you whizz off.....you're definitely fast twitch. You need to meet and speak to JOHN HODGE....." I did just that!

John, whilst being an Overton Harrier, was representing Basingstoke & Mid Hants on the track being a good 800m runner and he encouraged me and helped me to enter my first British Masters Indoor Champs in Cardiff. He promised I would enjoy the experience of a banked track and even gave me a lift there in his lovely silver sports car.



I was so pleased that day to win a silver medal in the 200m and was hooked on the excitement and close proximity enjoyed indoors plus I was given the outside lane and loved that banked track.

Over the years we continued to share experiences and chats about training and current injuries in the vets summer track league and at Nationals.

In 2008 we went to the Nationals in Birmingham where we both won Silver medals mine in 400mts John's in 800mts. Look at our grinning faces in the photo, we were so chuffed. John loved his racing and I was delighted to see that he was out on this years park run at the end of July.

A very gracious gentleman and very sad that he is no longer with us.

Hurstbourne 5

11th September 2021.

From Monique Van Nueten

For me this was the 8th time that I decided to run the HBT5 but I know that both Sean and Keith have done all 12 of them.

Apart from the 3 of us there were also Cath Wheeler, Richard Clifford, John Harrison, and Julia Cottrell representing the Overton Harriers.

Most of us had also run the sweltering Overton 5 less than a week ago and I think I still had a bit of that in my legs.

On the long drag uphill towards killer hill No 1 already nearly ran out of steam and breath.

Luckily everyone around me was walking up that hill until we got on the flat again.

The course took us zigzagging through the woods and I couldn't believe how muddy it was after all these dry weeks when we have had barely 1 day of rain.

My favourite part of the race is where you run down at the end of the woods, trying not to stumble over any of the tree roots along the way, to come out next to the fields and make your way to killer hill Number 2. At least when you crawl your way to the top of it you know that you only have to do 1 more mile and most of it is downhill.

I was pleasantly surprised that on my finishing photo I appeared to have the energy left to have some sort of smile or perhaps it might have rather been a grimace. Well done to Sean who finished 2nd overall, Cath who was 4th lady and got 1st V35 beating all the younger ladies.

All the other Harriers which took part, pat yourselves on the back as it is simply a hard race to do.

Overton 5: 32 Years of History

from Helen MacMahon

The idea of a road race around the streets of the village appeared as a 'twinkle in the eye' of a small group of Harriers whilst they were enjoying post-race celebrations during a visit to Germany. The 'birth' took place in September 1989 with the first OVERTON INTERNATIONAL 5. This was the Harriers way of saying thank you to friends in foreign parts for their hospitality and, more importantly, to bring to the village some top-class athletics

The event has grown over the years and continued until recent years to have an international flavour with runners from Belgium, Czech Republic, Germany and Poland. The emphasis is also very much on encouraging local people to participate.

1989 - Separate Ladies Race and Men's Race - started and finished on Winchester Street. Two laps of village

1993 - Overton Harriers Festival of Running - Separate Veteran Men, Ladies and Veteran Ladies and Senior Men Races - race started in Winchester Street and finished at Recreation Centre.

Mid 1990s - Added Children's Races and One Lap – 2 ½ miles Fun Run

OLD COURSE RECORDS

Senior Men - Dave Laughlin - Chelmsford AC 23.09
1991

Senior Ladies - Caroline Herbert - Arena 80 AC 27.14
1996

2003 – NEW OVERTON 5 MILE COURSE - starting and finishing at Recreation Centre - This course was used for 13 years. The last race was on Sunday 6 September 2015 at 2 pm.

COURSE RECORDS

Senior Men - Toby Lambert - Winchester AC 24.08
2007

Senior Ladies- Louise Damen - Winchester AC 26.59
2013

2016 - A NEW OVERTON 5 MILE COURSE WHICH AVOIDS THE CENTRE OF THE VILLAGE - A new Overton 5 course was approved by Basingstoke and Deane Council. Due to increase of traffic the 28th Overton 5 course is on quieter roads to the east of B3051 (Overton to Kingsclere Road) and north of B3400 in area of Straight Lane, Quidhampton, Hannington Road, Nutley Bottom to Ashe Farm triangle and back along Harrington Road to Flashetts, Kingsclere Road and Overton Recreation Centre.

The first race on the new course was held on Sunday 4 September 2016 at 2pm. The race started on Straight Lane adjacent to Berrydown Sports Centre. No One Lap race. Children's races at ORC playing field.

COURSE RECORDS

Senior Men - Mahamed Mahamed - Southampton Athletic Club 24.49 - 2016 (Gun Time)

Senior Ladies - Jen Elkins - Southampton Athletic Club 28.31 - 2016 (Gun Time)

2020 – OVERTON 5 MILE RACE NOT HELD ON SUN 6 SEP DUE TO CORONAVIRUS PANDEMIC

2021 – OVERTON 5 RACE HELD ON SUN 5 SEP – CHIP TIMING

New Senior Ladies Course Record – Helen Hall – Winchester AC - 28.19

Alresford 10K

20th June

From Monique Van Nueten

For the last 1 ½ years I had been really struggling with my running and couldn't even seem to manage 5 to 8 miles without stopping several times, hence I assumed that my racing days were over.

One of the first races after all the lockdowns was the Arlesford 10K on the 20th June for which my entry had rolled over from the 2020 cancelled event.

As John was the appointed Adjudicator I decided to go along and give it a go.

When we got there, it was so nice meeting people again other than in someone's back garden or through an open door or window. Everyone seemed cheerful and happy being able to participate in a race again.

After the start you run round a football pitch onto the road and through Alresford High Street into the surrounding countryside. The course is described as undulating but I would just call it very hilly. Halfway we turn back on ourselves and for the last 3k make our way from the opposite direction back to the finish on the football pitch.

I was pleased that I managed to keep running the whole course and tackle all the hills without any walking in a time of 58.31.

As a bonus we got home with a big bunch of leftover bananas and a bag full of delicious homemade cookies so that was breakfast sorted for the rest of the week.

Lordshill 10k

18th September

from John Hoare

What a shame that we could only get two men out for this HRRL fixture. Well done to both Sean and Keith for flying the flag for Overton Harriers, with Sean excelling taking 1st place in the Over 50 category. Unfortunately, this adversely affected our position in Division 1 where we have now slipped down to 7th place after such a promising start to the season at the Overton 5.

Much better news for the Ladies' team. Although relegated to Division 3 last year, they comfortably won their team event and with a second place at Overton behind them, sit proudly at the top of their division. If we can keep turning out full teams at each event, promotion back to Division 2 is a real possibility and from there who knows?



Cath took the honours with a tremendous win in the over 55 category, well supported by Lucy, who continued her great run of form. In their own words Sarah and Monique 'worked their way round the course', but good enough to ensure the team win in their division.

Just a note that for Cath and Monique, this was their third race in three weekends.

Harrier	Time	Pos	Vet Pos
Sean Holmes	36:01	18 th	1 st V50
Cath Wheeler	43:37	19 th	1 st FV55
Lucy Pearson	45:41	30 th	13 th FV35
Keith Vallis	48:13	168 th	37 th V50
Sarah McCann	53:18	86 th	16 th FV55
Monique Van Nueten	59:04	121 st	22 nd FV55

Dates for your diary

Sunday 19th December: Cyclist Race and Harriers Christmas lunch. More details will follow soon.

Hampshire Road Race League

Gosport Half	21 st Nov 2021
Victory 5	5 th Dec 2021
Stubbington 10k	16 th Jan 2022
Ryde 10	6 th Feb 2022
Salisbury 10	3 rd Apr 2022
Alton 10	8 th May 2022
Netley 10k	15 th May 2022
Alresford 10k	19 th June 2022

Hampshire Cross Country League

King's Park, Bournemouth	13 th Nov 2021
Wellesley, Aldershot	4 th Dec 2021
Prospect Park, Reading	15 th Jan 2022
Sparsholt College, Winchester	19 th Feb 2022
Popham Airfield, Basingstoke	19 th Mar 2022

Hampshire Cross Country Championships

Fairthorne Manor, Curdrige	8 th Jan 2022
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September's Parkrun Results

	04/09/21	11/09/21	18/09/21	25/09/21
Basingstoke				
Matthew Davey	23:09			
Terry Clarke	27:09	59:59	25:18	27:17
Hannah Davey	31:47			
Kieran Maynard				23:24
Andover				
Jasmine Kalton	29:22	27:37	26:14	26:09
Frimley Lodge				
Dave Bush	19:44	19:40	19:37	
Fountains Abbey				
Matthew Wateridge	23:27			
Grove Fields				
Neil Martin	19:54			
Didcot				
Gavin Roberts		24:13		
Gnoll				
Matthew Wateridge		22:47		
Sutton Park				
Matthew Wateridge			22:43	
California Country Park				
Matthew Davey			36:43	
Delamere				
Katie Brothers				26:02
Buncrana (Eire)				
Piers Puntan				23:19
Judy Hewitt				38:55
Sutcliffe				
Matthew Wateridge				21:38
Broadwater				
Dave Bush				19:54