

# HARRIERS NEWSLETTER

*The Newsletter of Overton Harriers and Athletic Club*

Overton  
Harriers  
&  
Athletic Club



## Roundup

by Piers Puntan

Due to COVID the London Marathon was moved from its usual April slot to October, and such is the dominance of the London event there were very few other events around the region in October.

The club had three runners at London; Sean Simon and Emily and we have report from Simon, one of the disadvantages of getting the club place is the pain of putting your thoughts down on paper for the newsletter.

Hannah was also running marathons, having spent most of the summer training with Emily, and she had a great result at New Forest.

Cross Country season starts in earnest with the juniors having already having competed at Basingstoke. The Seniors will have their first XC at Bournemouth on 13<sup>th</sup> November and both the men's and ladies' captains are keen for Overton to get a full team out.

On the social side the monthly curry has being re-instated and the Christmas Lunch is scheduled for 19<sup>th</sup> December at the Test Valley Golf Club

Enjoy your running !  
Piers

# London Marathon

5<sup>th</sup> September

from Simon Lovelock

After losing my Good for Age slot, I decided it was time to put my name in the hat for the club spot and give it another go. Getting the text to say I got the slot was joy and oh bugger at the same time. The last few years training has been difficult, having only raced one long distance triathlon in 2 years. That didn't end well, as I came off the bike and got some serious road rash along the way. The crash was 6 weeks out and had taken a lot out of my body so had to have a little more recovery than I normally would post ironman. I only managed to get one 30km run in between the Ironman and Marathon. I knew distance wasn't an issue, but speed would be.

So off me and Sean went to London with Martin being a Sherpa for the day, carrying our essentials due to the new COVID restriction and not being able to take a bag drop. The build up and start is always tense, and you could see this on Sean's face. We split up and went to our different start pens.



My plan for the race was to go hard and aim to get time in the bank and try to hold back the "wall" as long as possible.

The start was hectic but after 5km it began to thin out a little, I was on plan and the HR and pace felt good and got through the half way stage in 1:19:57.

This was my third time competing at London and this point it gets mentally tough as at this point you are roughly 5km from the finish but you head out towards Canary wharf.

I held the pace for a few more k's but then I could start to feel the quads starting to tighten up. I knew this would come but was hoping for a little later into the race. My left one went first and seemed to go rock hard and then the right followed. It was all a case of managing the pace to get through to the end in a decent time. The crowds massively helped and some supportive words from Martin 😊 (he has video evidence) got me along that final stretch along the Thames, with a sub 2:50 in shot. I hung in and finished in 2:48:13 a time I was happy with considering coming off the back of a bike crash 6 weeks ago.

Those finish line "feels", when you can hardly put 1 foot in front of the other, and that struggle back to Waterloo Station makes everyone chuckle.

On the train and the compulsory train beers to relieve some of the pain. This was never going to be a PB going into the race but a race I will look back on in years to come and feel proud of. Thanks for the support along the way and especially to Martin and Sean on the day and build up.

Harrier	Chip Time	Pos (Vet Pos)
Sean Holmes	02:46:57	737 <sup>th</sup> 26 <sup>th</sup> V50
Simon Lovelock	02:48:13	817 <sup>th</sup>
Emily Arbutnot	03:32:07	1093 <sup>rd</sup> 224 <sup>th</sup> FV40



# New Forest Marathon

25<sup>th</sup> September  
from Hannah Bliss

This time 3 years ago, I was so badly injured I could barely walk. I was going to give up on running and coming back has been a real journey. But I am so glad I never gave up.

I finally got back into running in 2020. I ran 2 times a week, no reps and no races. In the summer of 2020, I finally began long running again (around 10 miles). And in September 2020, I ran my first half marathon in 2 years! I almost got taken out by ANOTHER injury but I managed not to succumb to it.

In April 2021, I returned to reps, which I hadn't done since 2018! I managed to increase to 3 runs a week too. Running a marathon was not even a thought at this point. Even the thought of a parkrun scared me!

Emily began joining us on our Sunday long runs and it was lovely to have another female with us. We were also running at a similar pace. Emily was running the London Marathon in October and would therefore be increasing her mileage. To begin with, she was just going to extend on after our long runs, and on the first run where she was going to do extra, I decided to join her! Our first long run was 14 miles and it felt amazing! The furthest I had ever run (and I have only done it 3 times) was the 16-mile Coombe Gibbet race.

From then on, we became training partners! Over the summer, we went on some amazing adventures and worked together. She really pushed me and I am so thankful, as for years I had been stuck in a comfort zone with running. A lot of that was doubting my ability and it really does prove that running is a very mental sport.

I decided to put my name in the hat for a club place for the London marathon. I think many, including my dad, didn't think this was a good idea. But this was the last distance on my bucket list and I was finally running injury free and doing the training.

Running the marathon itself is not the hardest bit, it is the training. And I knew I would really struggle to train by myself.

So now was a perfect opportunity. However, I said that if I didn't get in, I would still continue to train with Emily...I didn't get in, so it was back to training with no plans of a marathon.

At the end of August, someone offered me their Brighton marathon place. But it wasn't meant to be as the transfer deadline had passed (but now I am grateful since it turned out to be a disaster this year!).

I searched for marathons to see if I could do one within the next few weeks but there were no road ones left. I came across the New Forest Marathon and it sounded relatively appealing. A beautiful location, on a Saturday (meaning Sunday to recover) and it started at 10am. I was sold.

I had spoken to people who had previously done it and I looked it up. But it wasn't until the night before I actually realised the course I was going to do was a new one due to Covid!

The course was 2 laps of multi-terrain (lots of uneven, long grass sections) and many hills! It was TOUGH! I would NOT recommend as a 1st marathon.

The first half flew by. It was scenic, there were people to run with and I generally felt quite good. My parents were there, Matt cycled to different points on the course and Emily even came to support!



The pressure was on very early into the race. I had no goals for time or position, I simply wanted to finish. I was in the first pen and before the race started, I truly felt I shouldn't have been there! I started at the back of that wave.

Within the first mile, I had overtaken a few but hadn't realised I had actually become 2<sup>nd</sup> female until dad shouted on mile 3 and told me to aim for the 1<sup>st</sup> woman who wasn't far ahead.

.I wasn't too concerned about getting to her but now I wanted to maintain a top 3 female position.

On mile 7, I managed to catch up to the 1<sup>st</sup> woman and after running together for a short time, I overtook her. This was my first marathon, how was I now in first place?!

As I approached the finish line on the first lap, you turn just a couple of meters in front of it, and that's when the reality suddenly hit that I have to do it all again!

The second half was unbelievably tough. I ran for miles on my own (literally), and as the course goes off into the remote countryside and woodland, there were barely any spectators for the majority of it. I was tired and I was questioning why am I doing this?

On mile 15, there's a long climb on thick, uneven grass that leads to a hill. Luckily, dad appeared and gave me the encouragement I needed. But as I was going up a hill at 16.5 miles, I suddenly hit the wall. From then on, it was mentally one of the most challenging things I've ever done.

I had a toilet stop at mile 19 and instantly felt better (never hold on in a marathon - just go!). I continued to drink and by this point was feeling quite sick from the sports drink.

The Marshall's were fantastic and supportive. There were plenty of water stations and paramedics (luckily, I didn't need them). The course was well signposted and there were hilarious quotes throughout, which were brilliant.

Dad met me on mile 25 and I was so happy he was witnessing me doing it! I then passed mum at the beginning of the finish straight. I felt elated. As I approached the finish line, there was a drumming band and the crowd was cheering. Matt was stood on the finish line with a beaming smile.

The finish was a moment I will never forget. Crossing the finish line is always the best feeling but this was another level. I felt very emotional and if I hadn't sweated out every bit of moisture in my body, I would have cried!

My mind has never been able to comprehend the distance of 26.2 miles! And even now that I've achieved that, I still can't quite believe it.

But being the daughter of an incredible marathon runner, long distance is in my blood.



Harrier	Chip Time	Pos
Hannah Bliss	03:45:00	1 <sup>st</sup> Lady

## Destination Basingstoke Juniors XC League

Down Grange, Basingstoke

24<sup>th</sup> October

The junior XC league is aimed at encouraging participation in athletics and giving competition experience for athletes in the U9 (normal age for school year 3 minimum) to U15 (normal age for school year 10) age categories. Under 17s can compete, but as non-scoring athletes in the U15 race.

There are 4 matches over the season, on Sunday afternoon and a number of local clubs are involved other than the Harriers including:

Wessex Wyverns  
Team Kennet  
Andover AC  
Basingstoke & MH  
Fleet and Crookham AC  
Reading Rascals  
Aldershot Farnham and District  
Tadley Youth

The first meeting was very encouraging for the Harriers with some excellent results a testament to the Saturday morning training through the mud and up and down the hills.



Harriers Results as follows:

**U9 Girls (1400m)**

1<sup>st</sup> Emily Battershall 5:45

**U9 Boys (1400m)**

16<sup>th</sup> Charlie Hobden 6:44

18<sup>th</sup> Theo Edwards 7:00

**U11 Girls (2200m)**

25<sup>th</sup> Alia Mariezkurrena 10:26

35 Ivy Juliff 12:12

**U11 Boys (2200m)**

19<sup>th</sup> Leo Macmitchell 8:53

37<sup>th</sup> Lucas Steele 10:01

**U13 Girls (3000m)**

13<sup>th</sup> Grace Turner Cox 12:32

**U13 Boys (3000m)**

4<sup>th</sup> William Horobin 10:44

5<sup>th</sup> Matthew Davey 10:49

23<sup>rd</sup> Edward Hollis 13:14

Next XC is on the 28<sup>th</sup> November hosted by Aldershot Farnham & District.

## Christmas Lunch

19<sup>th</sup> December

Test Valley Golf Club

To be held at the Test Valley Golf Club at 1.00pm for a 1.30pm meal. Menu is £24 and will also include tea and coffee. Under 12's will be £10 and for those under 3 there will be no charge. Payment on the day.

We need to pre-order the food so would be grateful if you could email John Hoare with your choice of starter and dessert together with that of your partner if applicable, and let me know if you wish to order the vegetarian option of the main course. If the meal does not appeal to the younger members, I'm sure we could arrange an alternative, possibly garlic bread as a starter and ice cream as a dessert.

And for those running, don't forget we will be holding the annual race around the Harroway with the Basingstoke cyclists. Meet at the Overton Recreation Centre to pick up your numbers from 10.00 am onwards for a 10.45 start. Hope you can make it. An enjoyable event and an ideal way to build your appetite for the meal

*3 Courses @ £24*

Curried Parsnip Soup (V,GF)

Poached Salmon Mousse with lemon dressed herb Salad (GF)

Creamy Garlic Mushroom with bacon vol au vent

Sliced chicken breast with avocado and bacon on mixed leaves with balsamic dressing ((GF)

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Roast Breast of Turkey

Roast Topside of Beef

Roast Gammon

Mixed Nut and Cranberry Cutlet (V)

All served with Yorkshire Pudding, a selection of vegetables and herb roast potatoes

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Christmas Pudding with Brandy Sauce

Baked Vanilla Cheesecake with blueberries, raspberry sauce

Homemade chocolate fudge brownie served with ice cream and chocolate sauce

A trio of cheese with grapes and biscuits

# Test Way *Fastest Known Time*

27<sup>th</sup> June

From Lucy Sykes

During 2020 when all races were cancelled many people turned to the challenge of running a Fastest Known Time, the American term for a record along a recognised route.

Records are curated by [www.fastestknowntime.com](http://www.fastestknowntime.com) which has a set of guidelines including:

- The route must be notable and distinct enough that others will be interested in repeating it
- Must be at least 5 miles long or with at least 500 feet of climbing
- Can be on any surface - road, trail, or off-trail
- Primarily entail running and hiking
- Can be solo or in groups
- Attempts can be unsupported, self-supported, or supported
  - Unsupported means you carry everything you need from start to finish, except water from natural sources or public taps. You are not allowed spectators (except at the start / finish) or anyone pacing you during the attempt
  - Self-supported means you can find support along the route but this must be available to anyone not just you e.g. shops, B&B, finding / begging food, advance caching of supplies. You are not allowed a support crew or anyone specifically helping you along the way
  - Supported attempts can have as much support as you like, but you must remain self-powered.

My interest was piqued, so I looked for a local route to attempt an FKT. During Autumn 2020 two chaps had a go at the Test Way with the male records being set at 09:40:37 (Tom Meldrum, unsupported) and 11:08:27 (Jamie Hurrell, self-supported). There was no female FKT, so I decided to give it a go.

The Test Way will be familiar to many Harriers: it is a long-distance footpath running from Walbury Hill near Combe Gibbet, through Hurstbourne Tarrant, St. Mary Bourne, Longparish, Chilbolton, Stockbridge, Mottisfont, Romsey, and Totton to the marina in Eling near Southampton. From Longparish the route follows the River Test. The route is waymarked by discs with TW and a green arrow, so navigation is easy. The FKT website lists it as being 79km long with 1026m elevation, and it is mostly on well-marked paths / tracks with some on-road sections.

Over the following months I gradually recce'd the route in sections, sometimes alone, sometimes with others, but the only person who knew my plan was Paul. I was nervous to share it in case it didn't come off for some reason.

Then in late June 2021 a window of opportunity presented itself and the date was set for Sunday 27th.

In order to maximise the daylight, I started at 05:30 from Combe Gibbet car park (you can't get to the Trig point in a field on Walbury Hill, and the consensus between the two previous attempts was to start from the car park). It was mizzling and cool but once I got going, I warmed up and settled into my stride. I was carrying all my nutrition including Philadelphia / avocado sandwiches, Marmite cashew nuts, Clif and Nakd bars, and followed my strategy of nibbling a bit every 45 minutes. In retrospect this was not enough and I have subsequently learned that I need to eat more carbs more frequently to maintain energy.

I benefitted from knowing the route and was making good progress as I came down to Chilbolton Cow Common where I filled up with water from the river for the first time using an MSR Trailshot microfilter hand pump. This is the first real opportunity to do this, but luckily the weather wasn't hot so my 2x 500ml bottles had lasted ok up to this point.

The long straight section of disused railway through Stockbridge proved a challenge. By this point I was getting tired and the relentless flat took its toll. From about Horsebridge onwards I adopted a 15-20 mins run (trot!) then 5 mins walk strategy. I also started eating more by trying to nibble during my walk sections. My main aim was to keep moving forwards at all costs, and not stop.

My second water stop was on the Broadlands Estate south of Romsey, this lasted me to the finish. By now I was really starting to struggle with my lower back and hips aching. Paul and a couple of friends were regularly texting and calling me (this is allowed!) to give me moral support and I knew that it wouldn't be too long before I saw Paul at the finish. After passing underneath the M27 at Nursling the route goes through the Lower Test Nature reserve before becoming much more urban into Totton and Eling. I finally ran along the quay at Eling to be greeted by cheers from Paul who had responded brilliantly to my request for a cup of tea and a sausage roll as an after-race snack!

I am proud to say that my female solo unsupported attempt was later verified and posted on the FKT website: 10:25:00.

I had some nasty chafing from being damp and sweaty under my running pack, but no blisters and the next day I felt more-or-less ok. However, the following day was horrible, like I had the 'flu or something. This is a phenomenon I have heard of in other endurance athletes but I don't know why it happens. After that I felt fine, and I'm now plotting whether I might be able to do it faster in the future!

## Winter Handicap

19<sup>th</sup> December

Test Valley Golf Club

Reasonable turn out for the first handicap of the winter. Gabby took the honours on her first winter handicap. Now her handicap has been set will she do it justice next month?

#	Harrier	Time	H/Cap	Actual	Time #
1	Gabby Titcomb	31.55	5.30	26.25	4
2	Terry Clarke	33.32	5.16	28.16	10
3	Gareth Juliff	33.53	9.30	24.23	3
4	Sean Holmes	34.03	12.47	21.16	1
5	Neil McCann	34.09	2.06	32.03	13
6	Piers Puntan	34.26	7.13	27.13	7
7	Ashley Coxden	34.28	11.45	22.43	2
8	Olivia Cox	34.43	1.07	33.36	15
9	Richard Clifford	35.12	8.13	26.59	5
10	Monique V. Nueten	35.29	2.19	33.10	14
11	Louis McCann	35.31	8.23	27.08	6
12	Mark Underwood	36.18	7.50	28.28	11
13	Lucy Pearson	36.57	8.45	28.12	9
14	Sarah McCann	37.06	5.16	31.50	12
15	Keith Vallis	37.35	10.14	27.21	8

## Dates for your diary

### Hampshire Road Race League

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

### Hampshire Cross Country League

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

### Hampshire Cross Country Championships

Fairthorne Manor, Curdrige	8 <sup>th</sup> Jan 2022
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## October's Parkrun Results

	02/10/21	09/10/21	16/10/21	23/10/21	30/10/21
<b>Basingstoke</b>					
Cath Wheeler	21:54				
Kieran Maynard	23:55	22:24	24:32	23:58	26:14
Terry Clarke	24:41	24:34	24:52	24:27	
Hannah Bliss		20:40	20:39		
Hannah Davey			35:32		
<b>Andover</b>					
Jasmine Kalton	26:22	25:41		24:31	
Peter Mitchell		18:57	22:38		19:21
Michael Peters			21:05		
<b>York</b>					
Peter Mitchell	18:35				
<b>Delamere</b>					
Katie Brothers	26:13				
<b>Seaford Beach</b>					
Mark Wateridge	23:46				
<b>Frimley Lodge</b>					
Dave Bush	19:44				20:28
<b>Peel</b>					
Piers Puntan	22:50				
Judy Hewitt	38:13				
<b>Old Deer Park</b>					
Dave Bush		21:07			
<b>Moors Valley</b>					
Neil Martin		19:38			
<b>Ecos</b>					
Judy Hewitt		39:22			
<b>Isabel Trail</b>					
Katie Brothers		25:18			
<b>St Mary's</b>					
Mark Wateridge		45:55			
<b>Wycombe Rye</b>					
Dave Bush			19:46		
<b>Lee-on-the-Solent</b>					
Steve McNair			26:30		
<b>Oaklands</b>					
Mark Wateridge			22:52		
<b>Plymvalley</b>					
Steve McNair				28:41	
<b>Citypark Craigavon</b>					
Judy Hewitt				37:22	
<b>Didcot</b>					
Gavin Roberts				22:52	
<b>Dinton Pastures</b>					
Claire Spencer (K9)				20:38	
<b>Ifield Mill Pond</b>					
Mark Wateridge				21:57	
<b>Eastville</b>					
Cath Wheeler					22:23
Claire Boyle					28:04
<b>Portrush</b>					
Judy Hewitt					39:18
<b>Chalkwell Beach</b>					
Mark Wateridge					53:03