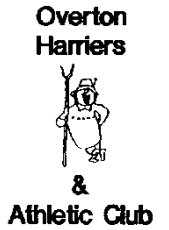


HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletic Club



Roundup

by Piers Puntan

It wouldn't be a proper XC fixture without both Harriers Captains phoning and texting round to try and make up a team for the first XC of the season down at Bournemouth. Fortunately, we had two relatively strong teams out for what was a very competitive race. The men's was particularly fast at the sharp end and it was the largest turn out of runners for a long time.

HRRL reports from Lordshill and Gosport Half are in the newsletter.

Christmas is coming up and there will be the usual Cyclists race around the Summer Handicap Harroway course on the morning of the 19th December. All are welcome, no need to register just turn up at the ORC for the 10:45 start

On the social side the monthly curry has being re-instated next one Tuesday 7th December, John Harrison is organising, and the Christmas Lunch is scheduled for 19th December at the Test Valley Golf Club.

Enjoy your running !
Piers

Lordshill 10k

19th October

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 60 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	Chip Time	Pos (Vet Pos)
Sean Holmes	36:03	18 th (1 st V50)
Cath Wheeler	43:43	130 th (1 st V60)
Keith Vallis	48:19	217 th (37 th V55)
Sarah McCann	53:32	296 th (16 th V55)
Monique Van Nueten	59:18	363 rd (7 th V65)

450 finished



Hants Cross Country League,

Race 1: Bournemouth

13th November

Ladies Race (4 Miles)

from John Hoare

This was a real mixture of youth and experience. Cath took the honours in the over 60 veterans with a clear win in her age category to lead our team home. Monique also worked really hard to achieve a very creditable result in the same age range but between them were three complete novices to the cross country scene. And how well they did.

Gabby, Ali and Jasmine were all making their debuts and put in really impressive performances as they took to the tough conditions like ducks to water. They were not intimidated at all by the conditions or the quality of the field and all three can feel really proud of their efforts. They are proving to be real assets to the club already. Well done to all the ladies.

In the team competition we managed a creditable 14th place but unfortunately, we were unable to complete a Vets team

Harrier	Time	Pos (Vet Pos)
Cath Wheeler	25:35	67 th (14 th)
Gabby Titcomb	26:08	71 st
Ali Wheeler	27:20	88 th
Jasmine Kalton	29:47	110 th
Monique Van Nueten	33:09	135 th (53 rd)

Men's Race (6 Miles)

from Piers Puntan

In most cross country events my aim is, well firstly getting to the start line without a major niggle, and secondly trying not getting lapped by the whippets at the front.

At Bournemouth the course is pretty flat and as it wasn't muddy, in fact you could have worn racing flats, it was always going to be quick at the front. This combined with the fact that the course is four laps meant that I was always likely to be lapped.

What was depressing was that I was lapped on my second lap and the youngsters passed me as if I was jogging, OK I was not going that fast, and they probably thought "what is this old man doing jogging round the park when there is a XC race going on."

Luckily Sean didn't need me to score for the team as even though Sean drove four of us, "the men's team", down to Bournemouth, Dave Titcomb, Peter Mitchell and Neil Martin all appeared to make quite a decent team.

The Harriers put in creditable performances but everyone agreed that it was a very high standard for a Hampshire Cross Country, winning time was 28:28, and there were a lot of runners out.

The men's team finished 7th in Division 2 and were 12th Vets team.

Next Hampshire Cross Country League fixture is on 4th December at Aldershot.

Harrier	Time	Pos (Vet Pos)
Sean Holmes	36:24	109 th (19 th)
Peter Mitchell	38:20	157 th (42 nd)
Neil Martin	40:53	210 th (68 th)
Stuart Searle	42:36	233 rd (84 th)
Keith Vallis	44:14	254 th (100 th)
Piers Puntan	47:36	294 th (133 rd)
Dave Titcomb	50:14	304 th (143 rd)

311 finished



Stuart Searle at Bournemouth XC

Hampshire XC Championships

Fairbourne Manor, Botley

8th January 2022

This seasons event will be on January 8th 2022 at Fairthorne Manor just outside Botley. The club will pay for all entries for this popular competition and we would like to see Overton Harriers prominent on the entry list. If you want to enter, please contact the appropriate Team Captain.

CYCLISTS RACE

ORC

19th December

from John Hoare

A reminder that this year's Cyclists race is on Sunday 19th December. Numbers to be collected from Overton Recreation Centre from about 10.15am with a 10.45am race start. The course is over the 3.5 mile Harroway course. This is a traditional Christmas event that has been going in excess of 30 years and has always proved popular with club members. For those taking part for the first time, the cyclists run the event and no harriers are expected to climb on bikes. Showers and mince pies available after the run.

For those many members who are prolonging the day, the Christmas carvery is at Test Valley Golf Club. Meet at 1.00pm for a 1.30ish meal. Pay on the day.

Hope to see you on the day and a merry Christmas to you all

2021/2022 Consistency League

Bournemouth XC

Gosport Half Marathon *Club Championship*

Aldershot XC

Victory 5 5 Mile *Club Championship*

Cyclists Race

Hampshire XC Champs *Club Championship*

Reading XC

Stubbington 10K *Club Championship*

Ryde 10 Mile

Winchester XC

Basingstoke XC

March to April Andover Park Run *Club Championship*

Salisbury 10 Mile *Club Championship*

For those new to the club, if you run the event, you get points; double points for club championships.

Most points wins the consistency league. There is a men's and ladies competition.

Overton Harriers Juniors

From Keith Vallis

Overton Harriers Juniors Section have returned to action following covid-19 restrictions. They continue to train at Berrydown Sports Ground on Saturday mornings and have started back competing in the Hampshire Sportshall League and the Junior Cross-Country League following both leagues absences for the 2020-2021 season.

Sunday 24th October 2021 – Junior Cross-Country League Match 1, Down Grange, Basingstoke

Our nearest match attracted 12 Harriers, many of whom were competing in their first cross-country race.

We sold quite a few new vests/t-shirts for this one and it was great to see so many of the famous light blue tops on display. Results can be found on the Basingstoke and Mid Hants Athletics website.

Sunday 14th November 2021 – Hampshire Sportshall League Match 1, Portsmouth

Sportshall is indoor athletics that takes place in an ordinary sports hall. No indoor track. Running races are between the two ends of the hall and athletes kick off 'kickboards' to change direction.

Field events are designed to fit into small areas elsewhere in the hall.

All of the 5 Harriers who competed were first timers and performed well. Results can be found on the Hampshire Athletics website.

Sunday 28th October 2021 – Junior Cross-Country League Match 2, Aldershot

Those of you who run the senior's Hampshire Cross-Country League will be familiar with this venue. We're due to run on it this coming Saturday!

A total of 8 Harriers competed well in cold but sunny conditions.

Fortunately, Storm Arwen had already passed through the day before. Results can be found on the Basingstoke and Mid Hants Athletics website.

Thanks go to all the coaches and assistants.

Gosport Half Marathon

21st November

From Gareth Juliff

Half Marathons, they're just a bit too far!

I've always struggled with the Half Marathon distance and this year I knew I hadn't had as many longer runs prior to the race meaning that I may struggle even more than usual. I was though running injury free for the 1st time in a while so went down to Gosport to make the team and do my best.

Having got there at almost perfect time with Mark and found some of the others at the start I made the decision that having repped well recently that I reckon I could help Hannah and Emily who have both been running well to a decent time by taking them through half way in a consistent pace.



Gareth Juliff at Gosport Half Marathon

Gosport Half is a PB course and is relatively flat but does have the drawback of being 2 laps. The laps though would give me a target to try and get through in 7 min mile pace.

Having started with the girls it became apparent within a few strides I wouldn't be pacing Hannah as she raced off into the distance. Emily though was happy with my suggestion and we soon moved into a consistent pace. The 1st lap was almost without incident and was happy with the consistent pace I was setting even if I knew I couldn't keep it up for the last lap. As we turned for lap 2, I was really happy to see we had kept the pace almost exactly to plan but as we turned back into the breeze, I knew I couldn't up the pace. I sent Emily off and slowed slightly for lap 2.

Although a slog I turned for home with aching legs but happy I could get to the end in around 1.35 pace but with a mile to go my nemesis calf cramp struck.

This was especially annoying as had made sure to hydrate really well both the day prior and both before and during the race even lecturing Emily to take a drink.

Unfortunately, I had to stop and stretch, then basically “can can” to the finish as cramped whenever bent legs too much (Hannah has a lovely video of me crossing the line like a man with 2 knee replacements).

This meant time was not quite what I hoped but was really pleased that Emily had smashed her PB (and mine too) so felt even if not my best run at least had helped the team.

On another point was great we had both a men’s A and B team as well as a full women’s team out so hopefully some good points for the road race league

Harrier	Chip Time	Pos (Vet Pos)
Sean Holmes	1:19:08	34 th (1 st V50)
Simon Lovelock	1:20:27	48 th
Ash Coxden	1:23:31	87 th
Peter Mitchell	1:27:14	159 th (22 nd V45)
Neil Martin	1:29:11	194 th (28 th V45)
Hannah Bliss	1:29:31	21 st
Emily Arbuthnot	1:33:29	36 th (7 th V45)
Gareth Juliff	1:36:36	329 th (55 th V40)
Gabby Titcomb	1:38:51	63 rd
Keith Vallis	1:45:06	514 th (38 th V55)
Mark Underwood	1:50:45	656 th
Sarah McCann	1:57:54	211 st (20 th V50)
Neil McCann	2:00:24	878 th (91 st V50)

1321 finished

*Men’s Team 5th Div. 1,
Ladies Team 1st Div. 3*



Ash Coxden at Gosport Half Marathon

Winter Handicap – Race 2

25th November

No report received so just the results; well done to Miciek on his maiden run.

#	Harrier	Time	H/Cap	Actual	Time #
1	Miciek Hulme	31.40	6.42	24.58	4
2	Immy Collins	32.26	6.33	25.53	5
3	Louis McCann	32.47	6.33	26.14	6=
4	Charlie Dunscomb	33.30	5.50	27.40	12
5	Lucy Pearson	33.34	6.23	27.11	9
6	Neil McCann	33.40	1.57	31.43	18
7	Olivia Cox	33.42	0.24	33.18	21
8	Richard Clifford	33.54	6.42	27.12	10
9	Sean Holmes	34.00	12.21	21.39	1
10	Rachel Whitfield	34.04	3.10	30.54	15
11	Mike Bliss	34.07	7.35	26.32	8
12	Gareth Juliff	34.17	9.35	24.42	3
13	Greg England	34.32	6.23	28.09	13
14	Amy Jewell	34.33	3.10	31.23	16
15	Piers Puntan	34.40	6.28	28.12	14
16	Cath Wheeler	34.45	8.31	26.14	6=
17	Lee Tolhurst	34.50	11.55	22.55	2
18	Sarah McCann	35.00	3.10	31.50	20
19	Monique v Nueten	35.06	0.50	34.16	22
20	Mark Underwood	35.28	7.50	27.38	11
21	Jasmine Kalton	36.32	5.07	31.25	17
22	Lauren Dennison	36.54	5.07	31.47	19
23	Keith Vallis	57.00	6.23	50.37	23

Dates for your diary

Hampshire Road Race League

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

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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November's Parkrun Results

	06/11/21	13/11/21	20/10/21	27/10/21
Basingstoke				
Kieran Maynard	22:35	24:36	24:14	22:19
Terry Clarke	24:23	24:33	24:14	24:50
Hannah Bliss		20:26		
Julia Cottrell		30:43		
Amy Jewell		32:02		
Andover				
Lilly Hardy	32:19			
Jasmine Kalton		28:43		
Peter Mitchell			24:44	19:20
Amy Jewell				28:40
Market Harborough				
Claire Spencer	25:05			
Riverside				
Peter Mitchell	18:47			
Didcot				
Gavin Roberts	22:18	21:54		
Frimley Lodge				
Dave Bush	20:15	24:16	20:48	21:07
Barnstable				
Mike Peters	22:42			
Tremorfa				
Matt Wateridge	22:17			
Corby				
Matt Wateridge		21:48		
Newborough Forest				
Katie Brothers		26:19		
Sixmilewater				
Judy Hewitt		37:01		
Central Plymouth				
Steve McNair		26:36		
Riverfront				
Mark Wateridge			23:09	
Barnstaple				
Mike Peters			21:49	
Delamere				
Katie Brothers			27:11	
Plymvalley				
Steve McNair	28:24			
Fulham Palace				
Jasmine Kalton			30:49	
Harcourt Hill				
Gavin Roberts			22:16	
Groe				
Claire Spencer				22:56
Southampton				
Mel Hodkin				28:19
Eastleigh				
Lee Tolhurst				21:12
Abingdon				
Lucy Sykes				26:26
Sittingbourne				
Mark Wateridge				23:30