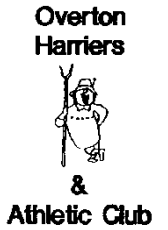


# HARRIERS NEWSLETTER

*The Newsletter of Overton Harriers and Athletic Club*



## Happy New Year

From John Hoare

On behalf of the committee I would like to wish all our members a very happy new year and success in all your ambitions for 2022. Unfortunately we did not have a good end to 2021. Hit by the new variant of Covid we had to cancel our Christmas party, the Cyclists race and the Christmas lunch. It was a devastating blow, especially as it was a repeat of the situation in 2020. But given the close proximity of individuals for all three events we decided that it would be prudent to cancel. We had a duty of care which we exercised. Personally I found it most regrettable but believe we made the right decision.

I can promise that we will make every effort to bring back social events in the coming year and hope that this wretched virus doesn't play havoc with club races as well as social events.

In the meantime it is great to see the club sessions growing in numbers and more Harriers taking part in races. On a positive note, long may that continue

John

## Victory 5

5<sup>th</sup> December

from Amy Jewell

The 75th anniversary of the Victory 5 mile race was my road race debut, and my first race since joining the Harriers. I was quite nervous before starting, but despite the breezy conditions I had a brilliant time.

I ran much faster than I expected, and as Gareth correctly predicted before the start, I managed to maintain my 5km PB pace all the way round.

Pleased to see that training with the Harriers has already improved my running!

There was a good turnout from the Harriers, with full teams for Men and Ladies.

Special mention to Sean who came 2nd in Male Vet 50, Hannah for coming top 20 in senior ladies, Sarah for top 10 for female Vet 50.

Well done to Claire for doing the double this weekend, running Victory 5 after XC the day before! Dave Bush did one better, parkrun, Men's XC and then Victory 5. Impressive.

The men's' team finished 10<sup>th</sup> in Div. 1 of the HRRL putting them in 8<sup>th</sup> place close to the relegation zone.

The ladies team finished 3<sup>rd</sup> in Div. 3 of the HRRL which keeps them in top position of Div. 3

Harrier	Chip Time	Pos.	Vet Pos.
Sean Holmes	29:01	56 <sup>th</sup>	2 <sup>nd</sup> V50
Peter Mitchell	29:39	83 <sup>rd</sup>	9 <sup>th</sup> V45
Hannah Bliss	32:19	169 <sup>th</sup>	
Gareth Juliff	33:39	220 <sup>th</sup>	31 <sup>st</sup> V40
Dave Bush	35:02	268 <sup>th</sup>	16 <sup>th</sup> V50
Lucy Pearson	36:23	304 <sup>th</sup>	
Mark Underwood	36:19	306 <sup>th</sup>	
Terry Clarke	39:38	405 <sup>th</sup>	26 <sup>th</sup> V60
Claire Spencer	40:34	437 <sup>th</sup>	23 <sup>rd</sup> V40
Sarah McCann	40:53	445 <sup>th</sup>	9 <sup>th</sup> V50
Amy Jewell	42:16	466 <sup>th</sup>	

676 finished

## Hants Cross Country League, Race 2: Aldershot

4<sup>th</sup> December

### Ladies Race (4 Miles)

from Gabriella Titcomb

Aldershot was my second cross country race after running my first at Bournemouth a month or so before. I enjoyed Bournemouth but a large part of the course was an open flat field Park Run style, whilst Aldershot's course met my 'off road' expectations. The weather was beautiful, clear cold and sunny and not much wind.

I've discovered lining up at the start of a XC race is much more intimidating than other races as the group running is smaller, faster, and definitely elite looking! I felt very out of place without a Garmin and was one of the few women who clearly missed the French plait memo.

For the women, the course consisted of 3 laps; a small, medium and larger lap. I took the first lap fairly steady as the ground was muddy and I wanted to find my footing. As we started the second lap, I enjoyed elegantly hurtling down a short but steep muddy hill and picked up a bit more speed as we left the field and headed into the woods along a narrow undulating trail.



Leaving the woods, I felt the pace pick up and not wanting to be left behind I stuck close to a runner just in front of me. I kept this up for the rest of the medium lap and some of the larger lap as I'm not great at pacing myself especially when it's a new course.

As the course ventured through more woods and we began a small climb I plucked up the courage to overtake my buddy. I caught up with a group ahead as we climbed the last steep hill and we estimated there was 1km left so decided to go for it.



I was pretty tired at this point so relied on my competitiveness!

I was happy with my effort and the course was great. Once I'd finished and layered up, we cheered on the men's team, bacon sandwich in hand, knowing that our part was thankfully over.

Harrier	Time	Pos (Vet Pos)
Gabby Titcomb	28:21	76 <sup>th</sup>
Rachel Whitfield	31:40	111 <sup>th</sup>
Claire Spencer	32:46	116 <sup>th</sup> (35 <sup>th</sup> )

### Men's Race (6 Miles)

from Keith Vallis

The 2nd race of the 2020/2021 season provided good conditions for both runners and spectators alike. Cold but sunny and pretty dry underfoot. This year we would not be seeing the stream crossing turn into a river crossing as the race progressed. It was looking like the men's team would be one short (5 to count) when all of a sudden, a knight in shining armour appeared, Dave Bush.



Bushy lives about 5 miles from the course and had not only run the local Parkrun that morning but was due to run the Victory 5 the following morning. Full marks to you Dave. We all ran well but with Sean away university hunting with his daughter we all finished in the bottom half. Hampshire League cross-country is as competitive as ever but, as always, our main aim is to field teams that will always give their best. Well done to all those who ran.

Harrier	Time	Pos (Vet Pos)
Stuart Searle	41:56	162 <sup>nd</sup> (60 <sup>th</sup> )
Dave Bush	43:44	187 <sup>th</sup> (75 <sup>th</sup> )
Keith Vallis	44:58	199 <sup>th</sup> (84 <sup>th</sup> )
Piers Puntan	48:42	230 <sup>th</sup> (107 <sup>th</sup> )
Dave Titcomb	51:30	239 <sup>th</sup> (116 <sup>th</sup> )

247 finished

## Dates for your diary

### Hampshire Road Race League

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

Wellesley, Aldershot	4 <sup>th</sup> Dec 2021
Prospect Park, Reading	15 <sup>th</sup> Jan 2022
<del>Sparsholt College, Winchester</del>	<del>19<sup>th</sup> Feb 2022</del>
Popham Airfield, Basingstoke	19 <sup>th</sup> Feb 2022

### Note change to February's XC League

## 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.



# Winter Handicap – Race 3

16<sup>th</sup> December

A storming run from Keith gave him a comfortable win from Sarah and Lucy.

Once again Sean was first on time and looks odds on to take the time league. Should that happen the competition for runners up looks to be between Ashley and Lee with Gareth poised to take advantage of any slip to make the medal positions.

The race for the Handicap League is wide open.

With four races out of the five to count picking a favourite at this stage is virtually impossible, apart from the group in the running for the time league, add Immy and Lucy who have been producing impressive runs and don't rule out Olivia or the McCann pair of Louis and Sarah.

Having done all three to date maybe Lucy is favourite but it will be all to play for over the final two races.

#	Harrier	Time	H/Cap	Actual	Time #
1	Keith Vallis	32.22	6.23	25.59	7
2	Sarah McCann	32.40	2.10	30.30	11
3	Lucy Pearson	32.59	6.30	26.29	8
4	Lee Tolhurst	33.04	10.07	22.57	3
5	Mark Reid	33.10	9.33	23.37	4
6	Immy Collins	33.16	8.08	25.08	5
7	Sean Holmes	33.46	12.21	21.25	1
8	Richard Clifford	34.02	6.42	27.20	9
9	Lauren Dennison	34.05	3.14	30.51	12
10	Neil McCann	34.09	2.17	31.52	14
11	Ashley Coxden	34.11	11.55	22.16	2
12	Monique Van Nueten	34.42	0.50	33.52	15
13	Gareth Juliff	35.23	9.35	25.48	6
14	Alastair Paul	35.51	4.22	31.29	13
15	John Harrison	37.46	7.35	30.11	10

## Handicap League

#	Harrier	Oct	Nov	Dec	Sub	High	Tot.
1	L. Pearson	13	5	3	21	13	8
2	I. Collins	50	2	6	58	50	8
3	S. Holmes	4	9	7	20	9	11
4	N. Mccann	5	6	10	21	10	11
5	L. McCann	11	3	50	64	50	14
6	G. Juliff	3	12	13	28	13	15
7	O. Cox	8	7	50	65	50	15
8	K. Vallis	15	23	1	39	23	16
9	S. McCann	14	18	2	34	18	16
10	R. Clifford	9	8	8	25	9	16
11	A. Coxden	7	50	11	68	50	18
12	L. Tolhurst	50	17	4	71	50	21
13	P. Puntan	6	15	50	71	50	21
14	M. Van Nueten	10	19	12	41	19	22
15	L. Dennison	50	22	9	81	50	31
16	M. Hulme	50	1	50	101	50	51
17	G. Titcomb	1	50	50	101	50	51
18	T. Clarke	2	50	50	102	50	52
19	L.McCann	50	3	50	103	50	53
20	C. Dunscombe	50	4	50	104	50	54
21	M. Reid	50	50	5	105	50	55
22	R. Whitfield	50	10	50	110	50	60
23	M. Bliss	50	11	50	111	50	61
24	G. England	50	13	50	113	50	63
25	M. Underwood	13	50	50	113	50	63
26	A. Paul	50	50	14	114	50	64
27	A. Jewell	50	14	50	114	50	64
28	J. Harrison	50	50	15	115	50	65
29	C. Wheeler	50	16	50	116	50	66
30	J. Kalton	50	21	50	121	50	71

Time league is currently being re-calculated and will be in next month's newsletter though Sean, Ash and Lee are the current top 3.



# Sherfield 10k

19<sup>th</sup> December

The Sherfield 10K is one of 3 local winter races organised by racing line running. They have a dedicated canicross start before the main race which makes it a popular race for runners with dogs.

It was an early start, 8.10, as the course goes across a golf course and we needed to be gone before the golfers were out (it wasn't early enough, we still had to dodge golfers !)

The start was a mass start but as it was chip timed, we were given a 10 minute window in which we could start, unfortunately everyone wanted to start straight away so it was a bit crazy for the first half a mile with all the dogs trying to race each other not caring about the human on the other end of the line !

We led out for the first couple of miles dropping under 6 minutes for the first mile, but my hound likes to stop at all the doggy drink stations (also known as rivers and puddles!) so we got overtaken by a couple of people. The course goes around Sherfield on Loddon and was a mix of single track and fields with a few short road sections, there was plenty of mud and a couple of gates to negotiate. At one point the lead runners went off the wrong way, it would have been my chance to win but my conscience got the better of me and I shouted them back.

We finished in second place, just 14 seconds behind first place in 40.27 ... a canine assisted 10K PB so very happy with.





## December's Parkrun Results

	04/12/21	11/12/21	18/12/21	25/12/21
<b>Basingstoke</b>				
Kieran Maynard		24:31		
Terry Clarke		24:48	24:44	25:44
Hannah Bliss				20:27
Mel Hodkin				29:13
Amy Jewell		32:56		
Matt Davey				31:20
Hannah Davey				31:28
<b>Andover</b>				
Peter Mitchell	20:52	18:47	19:03	19:29
Jasmine Kalton	26:58		29:09	29:29
Sarah McCann			26:30	25:29
<b>Newbury</b>				
Terry Clarke	26:26			
Amy Jewell	32:32			
Ash Coxden			18:42	
Piers Puntan			28:04	
<b>Bury St Edmunds</b>				
Ash Coxden	19:10			
<b>Frimley Lodge</b>				
Dave Bush	21:14	20:06	19:56	
<b>Darlington South</b>				
Matt Wateridge	22:21			
<b>Warwick Racecourse</b>				
Lucy Sykes	25:14			
<b>Central, Plymouth</b>				
Steve McNair	27:37		27:16	26:31
<b>Cinder Track, Whitby</b>				
Katie Brothers	25:37			
<b>Bramhall</b>				
Lucy Sykes		26:07		
<b>Sherwood Pines</b>				
Mark Wateridge		22:55		
<b>The Pastures</b>				
Katie Brothers		27:07		
<b>Delamere</b>				
Katie Brothers			27:12	25:56
Jenny Wilson				29:12
<b>Sharpham Road</b>				
Mark Wateridge			24:47	
<b>Barry Island</b>				
Emily Arbuthnot				27:24

Congratulations to Matt Wateridge who in December completed 300 different Parkruns.