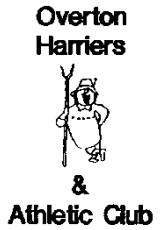


HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletic Club



Roundup

The Club's Combe Gibbet was a great success and a credit to the club. It's one of the few point to point trail races in the country still running, most have died a death with only the Axe to Exe race being comparable.

Invites for the Annual Presentation Dinner on Friday 13th May at the Test Valley Golf Club have gone out to members. Please respond to John Hoare if you want to attend.

As mentioned last month the first Southern Vets Track and Field is imminent being in Portsmouth on 25th April. These events are on Monday evenings and are great fun. Most of us do events that we wouldn't normally consider such as discus and javelin and there is never a problem doing an event "just for a point". If you are a Vet (>35) and fancy giving it a go then contact Monique or Sean for encouragement.

Finally, massive congrats to Lucy Sykes who over the weekend completed the Marathon Des Sables, pretty much the toughest race on the planet! Look forward to her report. 😊

Enjoy your running

Piers

Combe Gibbet

27th March

from Sean Holmes

It seems hard to believe, that due to the Covid Pandemic, the last time I ran the 16 miles back to Overton from the Gibbet was in 2019. I'm sure three years ago I told myself that was my last one.

As I have done in previous years, I prepared for this race by running sections of the course in the weeks leading up to the race and day before spending the morning driving to key locations to check course conditions. This has now become bit of a tradition and I become anxious on the day if I haven't done it.

In the weeks leading up to the race I was concerned it was going to be muddy and especially for the first five miles, which can make for a gruelling run. But luckily the warm weather in the week before dried the course out nicely. The conditions on the day were perfect for running and a fast time.

From the start of the race the two runners who finished in front of me, broke away at the front and gradually the gaps between us grew as the race went on. For most of the first half of the race, I was in third place, but on the decent to the A34 crossing I had a couple of runners close me down and one pass me. On the climb up Ladle Hill from the A34, course knowledge paid off and was able to take the place back and put some time between us. From that point I was running on my own and just had keep going to the finish to keep the position.

The race was won by Basingstoke and Mid Hants Athletic Club Runner Alex Hamilton who was nearly two minutes in front of the race winner last time it was held in 2019, Ben Pitman from Lordshill.

I finished third a further three minutes behind Ben. Now was that my last one...

Big thank you to the Organising Team, Marshals and all involved for putting on this great race.

Harrier	Time	Pos	Vet Pos.
Sean Holmes	1:43:51	3 rd	1 st V50
Hannah Bliss	2:02:38	24 th	1 st Snr Lady
Martin Allen	2:16:04	52 nd	8 th V45
Lucy Pearson	2:20:27	67 th	2 nd WV40
Mike Ball	2:28:53	85 th	11 th V50
Sarah McCann	2:32:28	94 th	4 th VW50
Neil McCann	2:47:51	119 th	17 th V50

149 finished



From Helen McMahon

Many thanks to members of the club and friends who were involved in the planning and preparation of the Combe Gibbet race and the day itself. These events don't just happen - your support is paramount to the success of Combe Gibbet to Overton 16 miles race. We hosted an excellently organised and well marshalled race. We had a lovely, sunny day and for the runners the terrain was very good. So happy faces all round. Runners specifically praised the professionalism and enthusiasm of the Marshals. We received no complaints about any aspect of the race.

The next event is Overton 5 on Sun 4 Sep 22. The next Combe Gibbet to Overton race is on Sun 26 Mar 23.



Hannah's Race Roundup

From Hannah Bliss

This year, I want to break the repetitive cycle of the HRRL races and try some new ones.

There are so many local races and I want to run them for the enjoyment or challenge, not just to score or try and get a pb. Well, except for the 5k distance...

Dorney Lake 5k - 12th Feb

Following my surprising pb success at Stubbington 10k (39:32), and an unofficial 5k pb (19:31), I wanted to try a 5k.

I've done parkruns and track 5k's but I've never ran an official 5k race. What has surprised me is how difficult they are to find! Well, this time of year anyway.

I came across Dorney Lake. I'd been warned it is notoriously windy but a pb is still achievable. Well, I can confirm both!

The wind was horrendous! The final mile is a straight stretch of strong headwind! I gave it my all and achieved a pb of 19:18, 1st female and 3rd overall. Of course I am pleased, but after my performance at Stubbington and all the training I had been consistently attending, I was hoping for a sub 19. However, looking at my splits, it is obvious the wind really did make it a challenge! A great base for the year and hopefully a sub 19 will be in the future!



Hannah obviously not impressed by the showboating

Englefield Multi-terrain 5k - 5th March

I did this race as I got a very cheap entry (under £10!), it's local and in a beautiful location.

The day was miserable, freezing and of course, windy! I wore my trail shoes, which I have never worn in a race, and they were like running in bricks!

The course was hilly and difficult underfoot (often running on uneven, long grass diagonally), but enjoyable!

Running around an estate house and through a deer park certainly made this a scenic course! And to top it off, I won the race!

Bushy Park 10k - 13th March

I have always wanted to run in Bushy Park and when this cheap race came up, I thought, why not? I didn't realise how close Bushy Park actually is, and now I understand why people go there to do their training runs.

The course was completely flat (literally not a single hill! Which is odd as in the description it says 'rolling hills') but it was still strangely tough! There were long stretches of straight and more grassy sections than I anticipated. Also, as it is in public park there were lots of walkers, children, bikes and dogs to weave in and out of. But what made it most difficult was (surprise, surprise) the wind! And my last 2 miles were evident of that!

It was beautiful. An easy route (2 laps) and good for spectators. I had dad cheering me on at various points and half way round ran past Charlotte (Basingstoke runner) training for her marathon who gave me a shout of encouragement.

I finished 2nd female and 6th overall!



Dad wouldn't let me take a deer home though.

Winter Handicap – Race 5

13 runners turned for the final handicap of the winter with Jasmin taking an easy win ahead of John and Sean. A total of 29 Harriers took in at least one race and it was fantastic to see so many new faces post Covid.

Sean took his annual win in the time league ahead of Gareth who, in turn put in a fine series of runs whilst Louis snatched third from Lucy by a point.

The Handicap League was also a close competition with Neil McCann taking the title with runner up Sean pipping the extremely unlucky Lucy on countback.

Many thanks to everyone to all have with recording and timekeeping with special mentions to Stuart and John.

The Summer Handicap series around the Harrow Way will start in May.

Handicap League – Final Table

#	Harrier	Oct	Nov	Dec	Feb	Mar	Total
1	N McCann	5	6	10	3	5	19
2	S. Holmes	4	9	7	9	3	23
3	L Pearson	13	5	3	5	10	23
4	S. McCann	14	18	2	7	4	27
5	R. Clifford	9	8	8	4	50	29
6	G. Juliff	3	12	13	12	8	35
7	L. Mccann	11	3	50	13	12	39
8	M. Van Nueten	10	19	12	16	9	47
9	L. Dennison	50	22	9	10	11	52
10	G. Titcomb	1	50	50	1	7	59
11	I. Collins	50	2	6	2	50	60
12	A. Coxden	7	50	11	50	6	74
13	O. Cox	8	7	50	15	50	80
14	J. Kalton	50	21	50	8	1	80
15	J. Harrison	50	50	15	17	2	84
16	K. Vallis	15	23	1	50	50	89
17	M. Underwood	12	20	50	50	13	95
18	P. Puntan	6	15	50	50	50	121
19	L. Tolhurst	50	17	4	50	50	121
20	C. Wheeler	50	16	50	6	50	122
21	A. Jewell	50	14	50	14	50	128
22	R. Whitfield	50	10	50	18	50	128
23	M. Hulme	50	1	50	50	50	151
24	T. Clarke	2	50	50	50	50	152
25	C Dunscomb	50	4	50	50	50	154
26	M Reid	50	50	5	50	50	155
27	M Bliss	50	11	50	50	50	161
28	D Titcomb	50	50	50	11	50	161
29	G England	50	13	50	50	50	163
30	A Paul	50	50	14	50	50	164
31	L MacMillan	50	50	50	19	50	169

Handicap Time League – Final Table

#	Harrier	Oct	Nov	Dec	Feb	Mar	Total
1	S. Holmes	1	1	1	1	1	4
2	G. Juliff	3	3	6	4	3	13
3	L. McCann	6	6	50	8	7	27
4	L. Pearson	9	9	8	6	5	28
5	R. Clifford	5	10	9	7	50	31
6	S. McCann	12	20	11	10	9	42
7	N. McCann	13	18	14	15	12	54
8	L. Dennison	50	19	12	12	11	54
9	A. Coxden	2	50	2	50	2	56
10	M. Van Nueten	14	22	15	18	13	60
11	G. Titcomb	4	50	50	3	4	61
12	I. Collins	50	5	5	2	50	62
13	J. Harrison	50	50	10	9	6	75
14	M. Underwood	11	11	50	50	8	80
15	K. Vallis	8	23	7	50	50	88
16	J. Kalton	50	17	50	13	10	90
17	O. Cox	15	21	50	17	50	103
18	L. Tolhurst	50	2	3	50	50	105
19	C. Wheeler	50	6	50	5	50	111
20	P. Puntan	7	14	50	50	50	121
21	A. Jewell	50	16	50	14	50	130
22	R. Whitfield	50	15	50	16	50	131
23	M. Hulme	50	4	50	50	50	154
24	M. Reid	50	50	4	50	50	154
25	M. Bliss	50	8	50	50	50	158
26	T. Clarke	10	50	50	50	50	160
27	D. Titcomb	50	50	50	11	50	161
28	C. Dunscomb	50	12	50	50	50	162
29	G. England	50	13	50	50	50	163
30	A. Paul	50	50	13	50	50	163
31	L. MacMillan	50	50	50	19	50	169

Dates for your diary

Hampshire Road Race League

Alton 10	8 th May 2022
Netley 10k	15 th May 2022
Alresford 10k	19 th June 2022

Southern (Track and Field) Athletics League

Sun 22nd May - Swindon
 Sun 12th June - Swindon
 Sat 16th July – ANDOVER – **Home Fixture**
 Sat 13th Aug – Winchester

Monday Night Fixtures commence at 18:30

Southern Vets (Track and Field) Athletics League

Monday 25th April - Portsmouth
 Monday 6th June - Winchester
 Monday 20th June - Southampton
 Monday 11th July – Aldershot

March's Parkrun Results

	05/03/22	12/03/22	19/03/22	26/03/22
Basingstoke				
Kieran Maynard	21:48			21:01
Terry Clarke	25:22	25:07		25:41
Mel Hodkin	28:42			
Newbury				
Amy Jewell			31:27	
Andover				
Sarah McCann	24:56			
Neil McCann	27:12			
Amy Jewell	32:10			
Ash Coxden		19:07		
Peter Mitchell		19:29	20:57	24:50
Jasmine Kalton		29:46	26:54	29:33
James Cowey			23:25	
Winchester				
Jasmine Kalton	29:42			
Ash Coxden			18:44	
Crane Park				
Dave Bush	20:42			
Delamere				
Katie Brothers	25:35		26:13	
Swanley				
Matthew Wateridge	26:48			
Frimley Lodge				
Dave Bush		20:34	20:15	20:03
Southampton				
Mel Hodkin		25:43		
Phoenix				
Katie Brothers		26:06		
Jenny Wilson		29:13		
Didcot				
Gavin Roberts		22:27		
Horspath				
Matthew Wateridge		22:38		
Prospect				
Amy Jewell		21:55		
Mole Valley				
Claire Spencer			22:39	
St Mary's				
Monique Van Nueten			28:27	
Bury Field				
Matthew Wateridge			22:21	
Roding Valley				
Claire Spencer				20:29
Canterbury				
Cath Wheeler				22:24 (1 st)
Letchworth				
Matthew Wateridge				21:58