

HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletic Club



Roundup

Apologies for the delay in issuing the newsletter, just didn't get around to doing it. This newsletter covers the events in May and June of 2022 including the Hurstbourne 5 and the first of the track and field events and our away mob match against Basingstoke.

Enjoy your running
Piers

Hurstbourne 5

30th April

from Greg England

Another great turnout of Harriers at the 13th annual gut buster up Hurstbourne Hill. It was great to be back in our regular slot, with the bluebells in full bloom. The return of the fun run, bacon butties and home-made cakes made for a great atmosphere and contributed another £5000 to local charities. This takes the total raised since 2009 to over £38000.

As ever, this event could not happen without the support of you the Harriers, so many thanks go to our outstanding officials: John Hoare & Jayne Tolhurst, our marvellous marshals: Paul Wheeler, Eric Tilbury, Mike Bliss, Audra Rawlings, Franny and Richard Clifford; and our super set-up team: Eric, Stuart & Martin. Particular thanks go to Stuart Searle, who kindly agreed to take on the Race Director role. Hopefully, he has forgiven me for all my rants over the past five months! If any of you would like a t-shirt, we have a few spares. Well done to everybody who ran, particularly our two prize winners Cath & Sean, who continue to show the youngsters the way.

Hopefully, you all enjoyed the day and will be back for more punishment in 2023.

Cheers!

Greg

from Gareth Juliff

Well after running a great Salisbury 10 I contracted the wonder that is covid and found my fitness go dramatically backwards but never mind a simple way to get it back, run the most challenging 5 miles possible a couple of weeks after recovering.

It had been a while since I had run the race having used the excuse of running the junior race with Ivy for the last couple of times I was there. I also persuaded my girlfriend Vic it would be a good idea for her to run it having only taken up running a little over a year ago.

With a decent Harriers turn out as ever I got the start and started at a steady pace, having turned the 1st corner I noticed I had only tied a single bow which had come undone so before the hill had to stop and do up my lace. On the plus side it meant not holding up the very front as I walked up the mountain to the wood. I tried to keep up a decent pace through the tough terrain up in the wood and was able to pick off a few runners as I went.

Although obviously flatter in those middle miles it is no means flat and also you have to contend with roots and in some cases whole trees to jump. Despite like my fitness wasn't percent I was managing to keep my pace up so an ok level.



As you leave the wood there is a lovely downhill section which many find precarious (in fact Vic had a fall and when she came back had blood pouring out of her knee) but I enjoy and raced down feeling like maybe I had some strength. This was soon proved wrong as the steady climb before the big climb was a massive struggle. As I hit the big climb, I realized there was nothing left and just walking up the hill was a massive struggle. I heard Richard marshalling call to Immy solidly going up the hill to catch me as "Gareth's done"...he was right and she had caught me by halfway up. Having just resisted using my hands to crawl I made the top and hoped gravity would take me home and managed to even overtake 1 person on way before struggling to the finish.



from Keith Vallis

I stood at the start right at the back and ran steady to the base of the hill. I was surprised that the number of walking up so I kept trudging all the way to the top. The runners that I normally see were well gone so I just pushed on as hard as I could enjoying the warmth of the sun, the beautiful bluebells and the bone dry underfoot conditions. I could see Ali Wheeler starting to close down and overtook her at the top of hill 2 (sorry Ali!). 2nd 32.34 M50 Sean Holmes. Once again, a well organised run in beautiful surroundings. Well done runners and organisers.



Harrier	Time	Position
Sean Holmes	32.24	2 nd
Cath Wheeler	35.50	6 th Lady
Imogen Collins	39.41	9 th Lady
Gareth Juliff	40:29	52 nd
Gabby Titcomb	40:56	11 th Lady
Michael Ball	42:08	67 th
Keith Vallis	43:12	81 st
Ali Wheeler	43:27	16 th Lady
Dave Titcomb	46:29	98 th
Amy Jewell	48:05	26 th Lady
Monique Van Nueten	53:29	50 th Lady
Sarah Hands	58:40	73 rd Lady

233 finished

Chawton Challenge Walk 20

Saturday 21st May

from Keith Vallis

Not a race or a run but a 'one foot in front of the other' walk. Organised by the Long Distance Walk Association (LDWA) and based at Chawton (Jane Austen's House) on the edge of Alton. Equally in scenic, I'm hoping to walk the 30 mile next year. For the record it took 5 hours and 55mins.

2022/23 Consistency League

Date	Race
13 th Jul 22	Away Mob Match
28 th Jul 22	Home Mob Match
25 th Sept 22	Solent half Marathon
12 th Nov 22	Bournemouth XC
20 th Nov 22	Gosport Half Marathon
3 rd Dec 22	Aldershot XC
4 th Dec 22	Victory 5
TBA	Cyclists Race
TBA	Hampshire XC Champ
8 th Jan 23	Stubbington 10K
14 th Jan 23	Reading XC
TBA	Ryde 10 Mile
11 th Feb 23	Basingstoke XC
TBA	TBC XC
April – May 23	Newbury Park Run
TBA	Salisbury 10 Mile

Races in Bold are club championships

ANNUAL GENERAL MEETING

The Harriers AGM took place at Overton Recreation Centre on Thursday 26th May. The following committee was elected unanimously:

Chairman: John Hoare

Vice Chairman: Stuart Seale

Secretary: Sarah McCann

Treasurer: Gareth Juliff

Membership Secretary: Neil Martin

Men's Captain: Sean Holmes

Ladies Captain: Monique Van Nueten

Communications Officer: Mark Underwood

Junior Team Managers: Anna and Keith Vallis

Also elected onto the committee were: Helen McMahon, Claire Spencer and Olivia Cox

Following many years of support and hard work within the club two of our members, who had been with the Harriers since its formation in the 1970's, received recognition. Congratulations and sincere thanks for all their efforts to Richard Francis and Paul Wheeler who were unanimously elected Life Vice Presidents. Complete set of minutes available from the club secretary on application

Netley 10k

15th May 2022

from Lauren Dennison

A text conversation with Amy was how I was persuaded to sign up for Netley. As I hadn't ran a 10K race before, I was keen to and having a friend who was a similar pace runner too was encouraging. As it turned out, Amy had a work trip to New Orleans (alright for some!) and couldn't make the race in the end, but I suppose the training runs we went on leading up to the race made up for it!

I was given the usual pep talk by Dad aka Denny of 'don't go off too fast' and 'make sure you pace yourself', along with the lucky envelope of 30 safety pins. He also added 'if you want a time to beat, pretty sure 31 minutes is my 10km PB...', cheers Dad!

On race day, we had a good turn out from ladies with myself, Monique, Hannah, Lucy, Erica and Hulya running with Sean, Gareth and Terry for the men. As I put my number on and started to warm up, typical race nerves started to kick in so when Mum arrived to watch, all I said was 'Oh...' which Gareth was keen to point out was probably not the best greeting on my part.

As we approached the start line, I started to move nearer to the back of the group of runners as per following the instructions in the pre-race email. However, Lucy told me to ignore this so naturally, I listened and went a bit closer to the front and got a fairly decent start.

Overall, I enjoyed the course of Netley as it's a relatively flat route around Royal Victoria Country Park. The speed bumps dotted around the course were an interesting addition. For the first half of the race, I was averaging 5:00 min/km splits and I thought sub 50 mins could be on the cards but then the heavens opened (it always seems to rain whenever I race for some reason). Although I felt worse for everyone watching, I saw Mum stand under a tree until she saw me approaching and ran out from underneath to cheer me on! A special thanks to John for moving our bags under shelter.

On top of the rain, I found the 3 laps mentally quite challenging, especially when towards the end of the 2nd lap you start getting lapped by the super speedy runners. As a result, the second half of the race was slower, but I still managed to overtake a few people in the "sprint" finish. I was grateful for the towels handed out at the end!



Everyone ran well, especially Hannah who came home with a new PB of 39:17! Overall, I was happy with my time, with it being my first 10K race, I wanted to set a baseline to have something to improve on. I feel I have now officially caught the racing bug (something I never thought I would say from someone who finds races very nerve-racking) as I signed up for Alresford very soon after Netley!

Harrier	Time	Pos	Vet Pos
Sean Holmes	36:36	23 rd	1 st V50
Hannah Bliss	39:17	56 th	
Gareth Juliff	42:51	129 th	22 nd V40
Lucy Pearson	45:26	180 th	12 th VF40
Terry Clarke	50:34	282 nd	17 th V60
Lauren Dennison	52:39	327 th	
Monique Van Nueten	56:04	388 th	3 rd VF65

536 finished

Alton 10

8th June

from Erica Steele

June... what! Is it really June? the time has gone so quick this year. A few months ago, Overton Harriers welcomed me to the club so warmly.

Although I had been running with my dogs for about 8 years, however I wouldn't have called myself an experience runner as I only used to run alone occasionally here with distances of 5km-8km under my belt.

This year after watching the Overton Harriers kids coaches train my son, I decided to give it a go. You could say I threw myself into it 100%, I trialled harriers training for a couple of weeks and 5 days after I was accepted as a member, I was racing my first club race, the Alton 10 miles.

On the day I rocked up with Lucy, we checked our bags in and proceeded to do a warmup around the school field. I never really warmed up, now that is the first thing I do. There were other members of the team there, wishing me all the best on the running, telling me to "just go out and enjoy yourself" which I found very warming. If you know me you would know I dislike hills and running in circles, so when the team started talking about the route, I was "la, la, la" 2 fingers in my ears not wanting to hear what hills there were, I am one of these people that rather not know what is to come.

So off we went, 10.30am start and you could feel the heat already and before I knew it, other harrier runners had sped ahead, and I was ticking along behind with a small group. It was a lovely course with cheering from people on the side of the road, music playing from the corner shop and then we were in the countryside around Alton.

As the miles clocked up, I had the sound of my feet hitting the tarmac, behind me the sound of someone's else footsteps and I was trying my hardest to sit behind two men chatting about marathons run. I found it very welcoming to listening this, as I would start listening to my own voice and when tiredness started kicking in that was not the best voice to listen to.



Then came water station 2, quick pit stop and off out again but in the back ground all I could hear was the sighs and comments of "that 7 mile hill is coming up" "it's never ending" I'm not going to lie I found it hard and did have to walk a little of it but as soon as I saw the photographer at the top, I said to myself I am not getting another photo of me walking, so off I went. Pushing myself along.

I used the short down hills to recover and before I knew it, I was back on miles 1-2 running it in reverse which meant I was on the home straight.

All I was thinking, was no one else is going to overtake me and I pushed myself. As I approached the final corner, I could see Lucy in the crowd shouting at me, wow that gave me the final push to see and hear another Harrier.

I FINISHED!!!! Yeah. I had a lovely run and the best thing about it was the support and encouragement from other Harriers. I would like to thank you all and I am looking forward to many more runs with you all.

Harrier	Time	Pos	Vet Pos
Sean Holmes	1:01:25	17 th	2 nd V50
Ashley Coxden	1:07:57	62 nd	
Hannah Bliss	1:08:47	71 st	1 st FSen
Gareth Juliff	1:14:45	130 th	17 th V40
Lucy Pearson	1:20:53	207 th	13 th VF40
Erica Steele	1:35:46	320 th	20 th V4F0

445 finished

June Handicap

16th June

#	Harrier	Time	H/Cap	Actual	Time #
1	Maciek Hulme	31.29	8.40	22.49	3
2	Simon Logan	32.23	7.48	24.35	5
3	Michael Ball	32.32	7.00	25.32	7
4	Keith Vallis	32.42	6.38	26.04	10
5	Greg England	32.56	6.38	26.18	11
6	Gareth Juliff	33.18	9.30	23.48	4
7	Charlie Dunscombe	33.40	7.48	25.52	9
8	Ashley Coxden	33.42	11.45	21.57	2
9	John Harrison	33.45	5.38	28.07	14
10	Immy Collins	33.48	9.10	24.38	6
11	Charlotte Coleman	33.55	4.45	29.10	15
12	Louis McCann	34.01	8.23	25.38	8
13	Monique Van Nueten	34.04	1.20	32.44	22
14	Sean Holmes	34.09	12.47	21.22	1
15	Neil McCann	34.14	2.06	32.08	21
16	Lauren Dennison	34.16	5.00	29.16	16
17	Mark Underwood	34.24	6.40	27.44	13
18	Olivia Cox	34.36	1.20	33.16	23
19	Richard Clifford	34.58	7.45	27.13	12
20	Sarah McCann	35.51	5.16	30.35	18
21	Alastair Paul	36.48	4.45	32.03	19
22	Jasmine Kalton	36.50	4.45	32.05	20
23	Martin Crawshaw	37.27	7.40	29.47	17