

HARRIERS

December 2022

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

We're now well into autumn, which not only means getting those hats and gloves out, but also cross-country season has started, more on that below. In this edition of the newsletter, we have some great race reports and also information of lots of upcoming events for your calendar.

NEWS

THURSDAY SOCIALS

Thursday socials are back... If you fancy a drink and a chat after your training session on Thursday, then why not stop by the Cricket Club Pavilion.

The bar will be open most Thursdays so feel free to drop in.

Thank you to all those who contributed race reports, please keep them coming, as the newsletter doesn't exist without them.

Send them and any race photos to:
newsletter@overtonharriers.org.uk

RACE UPDATES

HAMPSHIRE ROAD RACE LEAGUE

Hayling 10, 6th November – Race report by John Hoare

Comments coming back from Lucy and Erica was that the course was in shocking condition, wet and muddy and more like a cross country course and very debatable organisation. So well done to them and Katie for representing our ladies.

Unfortunately, we were one short so scored as an incomplete team.

The men did complete a full team with Sean heading them home from Charlie (who seems to be racing at every opportunity).

Newcomer Adam ran his first race in club colours in partnership with John as they chose to complete the course together.

Both teams maintained mid table places in the HRRL

Harrier	Time	Position
Sean Holmes	1:02:17	63rd
Lucy Pearson	1:17:14	237th
Charlie Duncombe	1:21:26	307th
John Harrison	1:24:11	338th
Adam Penhaul	1:24:12	339th
Erica Steele	1:29:04	375th
Katie Brothers	1:34:25	431st



Gosport Half, 20th November – Race Report by Claire Spencer

The Gosport course is out and back and two laps, it's reasonably flat with a couple of cheeky inclines and you get to see sea ... lots of times !! Being British I can't not mention the weather. It was pretty spot on for a half marathon temperature wise.

The head wind at times was pretty harsh but you did get the benefit on the way back when it was behind you !

At the end we got rewarded with a pretty finishers medal and a bag of snacks...what more could you ask for!

There were a few PBs achieved by those who attended.

Harrier	Time	Position
Sean Holmes	1:21:30	60th
Neil Martin	1:25:00	108th
Gareth Juliff	1:32:03	252nd
Lucy Pearson	1:38:13	362nd
Claire Spencer	1:44:55	516th
Charlie Duncombe	1:53:08	693rd
Erica Steele	2:05:51	894th



Victory 5, 4th December

Hopefully a race report to follow next month, but well done to all those who ran.

Harrier	Time	Position
Sean Holmes	29:17	56th
Neil Martin	31:05	116th
Gareth Juliff	32:59	168th
Louis McCann	34:24	207th
Claire Spencer	37:21	303rd
Charlie Duncombe	37:25	307th
Erica Steele	42:13	393rd
Amy Jewel	42:54	408th
Sarah McCann	43:17	412th
Jasmine Kalton	51:38	494th

CROSS COUNTRY

Hampshire League Match 1– Wellesley Woodlands,
Aldershot, 12th November

The first league race of five and a good turn out for both the mens and womens teams. Well done to all those who ran.

Harrier	Time	Position
Womens		
Hannah Bliss	26:20	55th
Claire Spencer	30:26	134th
Hulya Yadsan Appleby	36:12	172nd
Monique Van Nuetan	36:49	174th
Mens		
Sean Holmes	38:54	131st
Neil Martin	41:07	184th
Gareth Juliff	41:46	202nd
Dave Bush	45:46	251st
Keith Vallis	49:30	274th

Match 2 – King’s Park, Bournemouth, 3rd December

Bournemouth will also be hosting the final match of the league season, ensuring we will get the full 5 fixtures in. Another good turn out from the Harriers.

Harrier	Time	Position
Womens		
Cath Wheeler	25:44	63rd
Claire Spencer	26:54	77th
Hannah Kidson	27:06	81st
Amy Jewel	30:54	105th
Katie Brothers	31:43	112th
Halszka Konieczek	32:28	115th
Jasmine Kalton	36:26	129th
Mens		
Sean Holmes	36:31	104th
Pete Mitchell	37:39	124th
Neil Martin	39:05	153rd
Stuart Searle	39:09	155th
Dave Bush	41:27	192nd
Charlie Duncombe	45:20	222nd
Keith Vallis	46:27	228th



OTHER RACES

Amsterdam Marathon – Race Report by Hannah Bliss

After another disappointing 'no' in the London marathon ballot, and a failed championship entry attempt, it was time to look at what other road marathons were available at around the same time.

This would be my first road marathon (after WINNING my first ever trail marathon last year - any chance to bring that up - sorry, not sorry!). I was looking for something flat that would have a similar atmosphere to London.

Amsterdam kept coming up with high ratings but I wasn't sure. Amsterdam has never really appealed to me as it's renowned as a party city...not really my thing. However, my sister lives just outside of the city and I only get to see her once a year when she comes over here. One of the things that stresses me out about big races is finding accommodation and/or transport to get there.

With Amsterdam, that anxiety would be taken away as I could stay with my sister and it's a simple journey to the start line. I knew my parents would love to see her and also watch me run, so I thought, why not!

My Sunday running group weren't as stupid as me to tackle a marathon, so that meant I did my long runs solo. Running 20 miles on your own is hard. Add heatwaves into that, and it's really hard! But I did it. I got through my whole training block with no illness, no injury and I didn't miss a single long run (even when I went to Madeira for a week!). I even managed to blag a 5k pb in the process!

The summer flew by and before I knew it, I was on a plane to Amsterdam. My taper felt much better compared to last year. I felt physically better (I didn't feel heavy or sluggish). But mentally, my anxiety levels were extremely high. I didn't sleep particularly well that week. But I did eat well. Again, much better compared to last year.

It was amazing exploring a new place. I had so much fun staying with my sister and experiencing her way of life. They say you shouldn't sight see before the race but I ignored this! Something that did throw me was the time difference. The Netherlands are only an hour ahead but it was difficult to adjust. My body doesn't understand time change. So when I got up at 6:30am on race day, it was actually 5:30am to my body!

The expo was great. We actually went when it was very quiet, which meant I collected my number & tshirt with no wait at all. And rather than feeling overwhelmed by nerves whilst walking around, I was excited and enjoyed it.

Then the day finally arrived. It was time to run a marathon. A MARATHON! 26.2 miles! 42.195km! Gulp. I slept relatively well (much better than I was expecting). My kit was already laid out and I ate my breakfast (which of course I had practiced - following the golden rule of nothing new before the race). We walked to the train station in the dark, not knowing what the weather would be like. However, it was already feeling mild. The train was packed with tired runners but this was nothing compared to the amount when we arrived at the Olympic stadium! We arrived in plenty of time. It was no longer dark but the sky was dull, with grey clouds and it looked like it was going to rain. The queues for the toilets were huge. Now I'm a feral runner and happy to go in nature but you literally could only go in a portaloos or in front of thousands on the road/pavement (which I am pretty sure would get me in a lot of trouble!). We decided to split up to find the shortest queue. And it was mum to the rescue. She found a reasonably short queue for a portaloos, so I was able to go and it eased a bit of anxiety. It was then almost time for me to head to the start. I stripped off to my race gear, Vaseline'd up like a slug, and had a final sip of water before leaving my parents and sister.

Heading into the stadium was just magical. I didn't even think it was possible to have that amount of runners on a running track! There were crowds, music and a man on the mic. I spotted the 3:20 pacer flags and wiggled my way through the runners in my pen to get relatively near to them. There was a huge screen that showed the elites lined up. Just before 9am, the music stopped to play a heartbeat that sped up until the Mayor of Amsterdam shot the starting gun and away they went! At that moment, often people think about the finish or the race ahead. But I took a moment to reflect on my training. The hard work I put in. The tough long runs. The days I didn't think I could do it but somehow always did. Everything I had done to get to this moment.

It took 5 minutes to get over the start line and away I went.

Once the marathon started, the weather suddenly changed. After 2 days of rain and grey skies, the clouds cleared, the sky turned blue and the sun shined. It was a beautiful day that stayed like that all day!

I felt a mixture of emotions and for the first mile, I couldn't stop smiling. The crowds were incredible. This was only my 2nd ever mass race, and it was much bigger than my first mass race.

The course is a mixture of city and countryside - the best of both worlds! The city was exciting and where most of the crowds were. You get to run around incredible buildings, including running through the Rijksmuseum museum. The countryside part was stunning. You run along a canal with windmills, farm animals and greenery.

However, the challenge of this section is its narrow and uneven. There were some nasty falls (not me luckily) in this section. The course is mostly flat or slightly downhill. But there are some minor climbs (they would have been insignificant in any other run but when you're running a marathon, the smallest of hills can feel like a mountain). There is also one hill on mile 12 when you run over a bridge.

I started a little back from the 3:20 pacers and worked my way to them for the first couple of miles. I then stuck with them. I was averaging 7:30 pace and felt good. That was until 15 miles... I began to slow down.

This started getting worse until suddenly, I completely hit the wall! If I hadn't sweated out all the liquid in my body, I would have cried. I was so upset and disappointed in myself. I was also angry as I knew I had done the training and ran a decent 20 mile race not long ago. Nothing particularly happened. I just suddenly felt like I just couldn't do it. So I had to quickly set a new goal. I thought 'okay, I'm still ahead of the 3:30 pacers'. And that was my new focus. But unfortunately, it didn't get any better. Those last 10 miles felt like 10 years.

When the 3:30 pacers overtook me in the final part of the race, my heart broke.

One thing I am proud of is that I was able to run the final half mile at a good pace. I wanted a glorious finish & I got it! I just wish I could have had that mentality in the last 10 miles and not given in. But it literally does feel like you've hit a wall. You can push and push but you aren't going through it!

I cannot express how much the crowds and volunteers at the water stations helped. The Dutch are so very kind and supportive. If I didn't have them, I think I would have completely given up.

I think the mental aspect is something I really need to work on. I get too overwhelmed by the distance. I try mind tricks, distraction, breaking it up, but it is always there that it's 26.2 miles!

I think it's safe to say I am not my father's daughter when it comes to the marathon! I am a bit disappointed with my time and I know I am capable of more. My other race times do not reflect the time I did. As a 1:28:02 half marathoner, you'd expect a relatively quick marathon. However, it doesn't work like that!

It is important to remember that you can do all the training, be the most prepared person in the world, and still, anything can happen in those 26.2 miles. I am also new to the marathon. It is in a league of its own.

It's going to take a few to get it right but I'm prepared to work on it.

The whole experience was incredible and I cannot recommend that marathon enough! The organisation, the course, the atmosphere...it was all perfect.

I am ready to work on my weaknesses and tackle the marathon again (even though I said "never again" afterwards)! Famous last words of a runner! I have reset my goals to more realistic ones. Bring on the next one!

I would also like to say a special thank you to Sean for his advice and guidance over the last few months. I feel I let him down this time but I will redeem myself!

PARKRUN

	01/10/22	08/10/22	15/10/22	22/10/22	29/10/22
Basingstoke					
Terry Clarke	25:24	23:59	23:57	24:03	24:21
Annette McInnes					38:21
Mel Hodkin				26:15	
Amy Jewell			31:32		
Dave Bush			20:10		
Andover					
Pete Mitchell		19:28	21:15		19:42
Jasmin Kalton		33:45	33:10	33:15	35:17
Katie Brothers			26:35		
Charlie Duncombe		26:24			35:12
Michael Ball		23:45	22:56	23:11	23:02
Southampton					
Mel Hodkin		25:46			
Piers Puntan				29:04	
Judy Hewitt				37:22	
Market Harborough					
Matthew Wateridge			23:07		
Land's End					
Claire Spencer				25:47	
Newbury					
Gareth Juliff					19:46
Katie Brothers	26:39				25:59
Monique Van Nueten					29:00
Tidworth					
Amy Jewell				31:47	
Frimley Lodge					
Dave Bush	20:08				
Cardiff					
Cath Wheeler					23:07
Edenbrook Country Park					
Dave Bush					21:33
Claire Spencer		23:51			
Winchester					
Neil Martin	19:13				
Castle Park					
Matthew Wateridge					23:00
Bath Skyline					
Lauren Dennison					27:39
Pomphrey Hill					
Amy Jewell					27:01
Cosmeston Lakes					
Matthew Wateridge				22:11	
Lymington Woodside					
Neil Martin				20:10	
Basildon					
Matthew Wateridge		26:30			
Barry Island					
Emily Arbuthnot				31:34	
East Grinstead					
Katie Brothers		27:29			
Salisbury					
Dave Bush				20:25	
Bushy					
Matthew Wateridge	35:29				
St Mary's, Bridport					
Monique Van Nueten			28:47	29:07	

	05/11/2 2	12/11/22	19/11/22	26/11/22
Basingstoke				
Terry Clarke	24:07	23:49	24:04	24:10
Annette McInnes		37:15		
Amy Jewell	30:56			
Andover				
Pete Mitchell				24:24
Jasmin Kalton	31:32			31:49
Katie Brothers				27:38
Charlie Duncombe				29:45
Michael Ball	22:40	22:10		
Frimley Lodge				
Dave Bush		20:34		
Coldham's Common				
Matthew Wateridge		25:28		
Salisbury				
Cath Wheeler	22:12			
Newbury				
Ash Coxden			19:51	
Katie Brothers			26:44	
Cath Wheeler			22:15	
Itchen Valley Country Park				
Amy Jewell				31:54
Trentham Gardens				
Dave Bush			20:46	
Clare Castle				
Ash Coxden		22:11		
Namt y Pandy				
Claire Spencer	27:00			
Ganger Farm				
Neil Martin				19:26
Cinder Track				
Matthew Wateridge				24:13
Bath Skyline				
Lauren Dennison		26:41	26:39	
The Great Field				
Matthew Wateridge	50:57			
Guildford				
Dave Bush				20:57
Walmer and Deal				
Matthew Wateridge			25:49	
Broadwater				
Dave Bush	21:57			

WINTER HANDICAP RESULTS

RACE 2 - 17th November

<u>POS</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>ACT TIME</u>	<u>POS ON TIME</u>
1	Greg England	31.13	5.15	25.58	6
2	John Harrison	31.41	5.20	26.21	8
3	Louis McCann	33.19	7.15	26.04	7
4	Adam Penhaul	33.22	5.15	28.07	10=
5	Monique Van Nueten	33.32	0.00	33.32	15
6	Neil Martin	33.39	11.00	22.39	3
7	Gareth Juliff	33.56	9.45	24.11	4
8	Keith Vallis	34.12	6.38	27.34	9
9	Sean Holmes	34.19	12.20	21.59	1
10	Jack Steed	34.22	9.00	25.22	5
11	Martin Groundsell	34.30	12.10	22.20	2
12	Chris Jenkins	34.55	5.15	29.40	13
13	Charlie Duncombe	35.17	7.00	28.17	12
14	Amy Jewell	35.26	2.45	32.41	14
15	Lucy Pearson	35.32	7.25	28.07	10=
16	Sarah McCann	38.43	3.40	35.03	16
17=	Jasmin Kalton	39.29	0.00	39.29	17=
17=	Sophie Walwin	39.29	0.00	39.29	17=

CONSISTENCY LEAGUE STANDINGS

We are now just over half way in this years revamped consistency league, and below are the current standings.

We have a very close contest in the mens with only 16 points seperating the top 3

In the womens we have a bit of a runaway leader, but with 260 points still up for grabs it all could change

Runner	Away Mob	Home Mob	Solent	Gosport	Aldershot XC	Bournemouth XC	Victory	Total
Claire Spencer	19	19		40	19	19	38	154
Erica Steele	16			36			40	92
Amy Jewell	14	15				17	36	82
Lucy Pearson	20		20	38				78
Sarah McCann	17	16					34	67
Jasmine Kalton	15					14	32	61
Hannah Bliss		18			20			38
Lauren Dennison	18	17						35
Immy Collins		20						20
Cath Wheeler						20		20
Hulya Yadsan Appleby					18			18
Hannah Kidson						18		18
Katie Brothers						16		16
Halszka Konieczek						15		15
Sarah Hands	13							13
								0
								0

Runner	Away Mob	Home Mob	Solent	Gosport	Aldershot XC	Bournemouth XC	Victory	Total
Charlie Duncombe	15	14	20	36		16	34	135
Gareth Juliff	19	17		38	19		36	129
Neil Martin				40	20	19	40	119
Dave Bush	18	18			18	17		71
Louis McCann	17	16					38	71
Keith Vallis		10			17	15		42
Ashley Coxden	20	20						40
Stuart Searle		19				18		37
Martin Crawshaw	16	13						29
Richard Clifford	14	11						25
Terry Clarke	12	8						20
Pete Mitchell						20		20
Simon Logan		15						15
John Harrison	13							13
Greg England		12						12
Neil McCann	11							11
Alastair Paul	10							10
Oscar Reid		9						9
Tony Reid		7						7

DIARY

December:

Sunday 18th – Cyclists Race Mob Match, 10:45am ORC Bridge Street. Look out for club emails and Facebook posts for more information.

Thursday 22nd – 3rd Winter Handicap. Following the handicap we shall be having an informal Christmas Party (a Harriers tradition) in the upstairs bar at the ORC.

Details of Christmas period training runs will be listed on the week ahead email and Facebook nearer the time.

January 2023:

Saturday 7th – Hampshire Cross Country Championships, more information will follow, but if you'd like to run, please let your captain know.

Sunday 8th – Stubbington 10k. This race is sold out, but check their website for possible transfer details.

Saturday 14th – Hampshire Cross Country League, Match 3. Prospect Park, Reading.