

HARRIERS

January 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

Firstly, a belated Happy New Year to all our members. Seems like we've barely discarded our mince pie wrappers and we're back to it. The start of the new year is always busy, with two cross country races and one HRRL road race straight off.

However, I'm sure you would all agree that it was really good to see some Harriers Christmas traditions back, over the festive period: the informal Christmas party after the handicap, the cyclist race and also the Christmas lunch at the golf club.

A big thank you to all those who were involved in organising or volunteering to make these events happen.

Thank you to all those who contributed race reports, please keep them coming, as the newsletter doesn't exist without them. Send your reports and any photos to: newsletter@overtonharriers.org.uk

RACE UPDATES

HAMPSHIRE ROAD RACE LEAGUE

Stubbington 10k – 8th January

This race was a week earlier than usual this year, which meant an extra challenge for those racing at the XC Champs the day before.

However, still a good turn out from the club.

At the half way stage in the league this leaves the Mens A Team 6th in Division 2, with the B Team 16th in B Division 2

For the Women, the A team also sits in 6th in Div 2, as does the B team in B Division 2

Harrier	Time	Position
Sean Holmes	37:41	74th
Pete Mitchell	38:28	104th
Neil Martin	38:57	117th
Lucy Pearson	44:33	336th
Louis McCann	45:01	360th
Charlie Duncombe	49:06	568th
Gareth Juliff	49:07	572nd
Claire Spencer	49:29	587th
Amy Jewell	53:14	798th
Erica Steele	53:37	819th
Katie Brothers	55:10	895th
Neil McCann	57:06	1007th
Monique Van Nueten	59:13	1129th
Sarah McCann	1:02:31	1267th



CROSS COUNTRY

Hampshire Cross Country Championships Fairthorne Manor, Botley – 7th January Race Report by Charlie Duncombe

After doing a double race weekend in December, (Bournemouth XC & Victory 5) I thought it would be a great idea to start 2023 with another double race weekend.

The XC championship race at Fairthorne manor on the 7th and Stubbington 10k on the 8th .

The weather on Saturday wasn't that bad, a few showers throughout the day but nothing to worry about. Despite the grey sky, I was in a good mood and was looking forward to the race. Jasmine convinced me that the car park at Fairthorne manor would be full, so we parked at the next recommended option. After a 25-minute downhill walk from the car park we arrived at Fairthorne manor (with plenty of parking spaces left) we found Monique and helped her carry the tent/flagpole from her car to the field. The flag was erected, the tent was unpacked... and then packed away again because somebody forgot the pump. Luckily, there was a gazebo nearby for everyone to leave their bags and coats.

I'd heard some horror stories about how muddy and waterlogged the course gets and thought it couldn't be much worse than going up the harroway after a couple of days' worth of rain. I was very wrong! The walk across the field to the start line to watch the ladies set off was a challenge itself. It was incredibly slippery with parts of it being an ankle-deep bog. The first few hundred meters took them through the boggy field and over a small hill (for some reason I just assumed the course magically got less boggy on the other side). After watching them run the first small lap it was time for us to start warming up for the men's race. Part of our warmup involved running around a field which was a small section of the course, and it was mostly okay with just a few muddy puddles. This just confirmed my earlier thoughts that most of the course was going to be fine, and I'll have a nice easy run to stretch out my legs ready for a fast 10k at Stubbington the next day. We finish the warmup and head back to the gazebo to finish getting ready for the race before heading over to the start.

The course was 1 small lap approx. 1200m around the arena field followed by 3 full laps approx. 3600m. Knowing that I was going to take it easy I waited at the back of the starting pen for the race to begin. The race started and the first 100m flew by as I prepared myself to run through the ankle-deep mud. Instantly I regretted my decision to compete in the race, it felt like I was running through glue. Within seconds my legs were aching, and I was out of breath. I powered through for what felt like an eternity (probably around 30 seconds) until eventually I reached the top of the small hill and was over the other side to what I had dreamed would be some lovely, soft grass. My dream was shattered when I realised it was just as bad. When we reached the edge of the field there was a U-turn to take us along the bottom of the field past the start to complete the first lap. Halfway along the bottom of the field, the nightmare began when I almost lost a shoe in the bog. I decided to stop so I could quickly tighten up my laces and ended up making my left shoe too tight. Not long into the full lap is a woodland section which is not only muddy but also has plenty of tree roots to trip over and a very steep, slippery incline. Next is crossing the carpeted road into another woodland section that's even worse. The mud is twice as deep, the tree roots twice as big and some nice sharp corners thrown in as well. I caught my foot on a root towards the end of this section and was incredibly lucky not to fall face first into the mud, however it did cause some pain in my ankle. This led into the field where we did the warmup and I thought there would be some easier running ahead. I was wrong, again. All the runners ahead of me (I was in 2nd to last so there was a lot) had converted this small-puddled section into some more horrible, sticky mud. I managed to trundle my way around the field then it was over another carpeted road, through a gate which led to the bottom of the arena field and then through the bog where I almost lost a shoe. My legs ached, my ankle hurt, and I was miserable knowing I had only completed 1 lap.

Lap 2 went slightly better. I managed to overtake somebody to climb into 3rd from last, but I was also getting lapped by the faster runners. My left foot went numb after tying my shoelaces too tight in the first lap which also meant I couldn't feel the pain in my ankle anymore. Reaching the end of lap 2 knowing I still had another lap to go was heart-breaking. I could see where the course splits for either continuing the lap or going for the finish. Massive shoutout to all the marshals for being supportive on the 3rd lap. They made it slightly more bearable considering how much worse the course had gotten by then. At the end of lap 3 we had to run back past the start for a 400m loop into the finish line. I didn't have a sprint finish in me, but I did pick up the pace at the end to get the race over with.

It was probably the hardest, most energy zapping run I've done so far, yet despite how awful I felt during the race, I still enjoyed it I felt much better after loosening my shoe and having a cheese straw/choccy biscuits (thank you Monique) until I remembered there was a 25-minute uphill walk back to the car...and a 10k race the next day.

Harrier Under 13 Boys	Time	Position	
Matthew Davey	12:45	13 th	
Harrier Senior Ladies			
Hannah Bliss	34:57	34 th	
Cath Wheeler	35:35	36 th	1 st W60
Hannah Kidston	39:22	47 th	
Claire Spencer	40:51	50 th	
Monique Van Nueten	46:56	57 th	2 nd W65
Kelly Ryder	48:54	60 th	
Jasmine Kalton	53:34	65 th	
Harrier Senior Men			
Sean Holmes	43:46	55 th	1 st M50
Stuart Searle	46:17	69 th	
Charlie Duncombe	60:11	112 th	



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

A week after the mudfest of the County Champs, the harriers were hoping for slightly better conditions under foot.

Sadly, this wasn't the case, and we were (for a second week in a row) treated to some very challenging conditions.

Well done to all those who ran and some very good performances given the conditions



Harrier Under 13 Boys	Time	Position
Matthew Davey	11:58	11 th
Harrier Senior Ladies		
Cath Wheeler	25:11	46 th
Lucy Pearson	26:05	55 th
Hannah Kidston	28:31	79 th
Amy Jewell	32:21	94 th
Monique Van Nueten	33:00	96 th
Jasmine Kalton	37:29	108 th
Harrier Senior Men		
Sean Holmes	41:22	79 th
Neil Martin	41:32	83 rd
Stuart Searle	42:55	98 th
Peter Mitchell	43:29	109 th
Louis McCann	46:35	139 th
Keith Vallis	51:41	183 rd
David Bush	52:08	185 th
Charlie Duncombe	56:24	204 th



OTHER RACES

Cyclist Race – 18th December Report by John Hoare

Having had to cancel this event through Covid for the last two years, it was a great pleasure to hold it once again, even though the conditions were less than ideal. Sod's law was that freezing rain would start in the morning making the course slippery and dangerous, but we've put up with worse over some forty years that the event has been run.

We held on to the team trophy but not without a fight, the strong cyclists team closing four in the top seven. But well done to all our Harriers for some excellent results. Particularly impressive were the debut runs from two of our new members, Eddy Biggs, who certainly raised a few eyebrows with an excellent second place, and Sophie Walwin who finished strongly with a smile on her face.

I hope to see a lot more of them over the coming weeks and months.

Welcome to the club both of you. And, on the other extreme, we witnessed the final race from Lee Tolhurst, who has been a stalwart for the club for many years and who is now emigrating. We wish him the very best for his new future.

POS	NAME	TEAM	TIME
1	Sam Allen	Cyclists	19.45
2	Eddy Biggs	Harriers	20.52
3	Liam McMurray	Cyclists	21.03
4	Sean Holmes	Harriers	21.33
5	Matt Melville	Cyclists	22.04
6	Neil Martin	Harriers	22.33
7	Alex Charlick	Cyclists	22.51
8	Stuart Searle	Harriers	23.04
9	Ashley Coxden	Harriers	23.40
10	Louis McCann	Harriers	24.07
11	Lee Tolhurst	Harriers	24.26
12	Simon Gill	Cyclists	24.30
13	Jack Steed	Harriers	24.42
14	Mark Baker	Cyclists	24.49
15	Keith Vallis	Harriers	25.07
16	Richard Clifford	Harriers	25.17
17	Sam Davies	Cyclists	25.22
18	Cath Wheeler	Harriers	25.25
19	Martin Allen	Harriers	25.42
20	Adam Penhaul	Harriers	26.22
21	Charlie Dunscomb	Harriers	26.51
22	Lauren Dennison	Harriers	28.03
23	Bernie Charlick	Cyclists	28.12
24	Simon Lunskey	Cyclists	30.06
25	Amy Jewell	Harriers	30.18
26	Dave Titcomb	Harriers	30.49
27	Katie Brothers	Harriers	30.57
28	Sophie Walwin	Harriers	31.40
29	Halszka Konieczek	Harriers	33.24
30	Piers Puntan	Harriers	35.34
31	Gareth Juliff	Harriers	36.30

Match Results

1 Harriers 63 points

2 Cyclists 82 points

WINTER HANDICAP RESULTS

Winter Handicap Race 3 – 22nd December

Another good turn out for the third winter handicap and another good performance from Greg England see's him tighten his grip on the trophy.

A lower turn out than expected for race 4, but well done to those who turned up on a very cold night.

<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	31.15	5.15	26.00	6
2	Erica Steele	32.53	1.00	31.53	16=
3	Louis McCann	33.02	7.15	25.47	4
4	Simon Logan	33.14	7.25	25.49	5
5	Adam Penhaul	33.20	5.15	28.05	10
6	Keith Vallis	33.23	6.38	26.45	9
7	Chris Jenkins	33.46	5.15	28.31	11
8	Lucy Pearson	33.57	7.25	26.32	8
9	Lauren Dennison	34.00	4.00	30.00	14
10	Amy Jewell	34.08	2.45	31.23	15
11	Cath Wheeler	34.16	7.45	26.31	7
12	Sean Holmes	34.23	12.20	22.03	1
13	Monique Van Nueten	34.39	0.00	34.39	20
14	Dave Bush	34.43	9.10	25.33	3
15	Adrian Davey	35.37	7.00	28.37	12
16	Charlie Dunscomb	35.38	7.00	28.38	13
17	Martin Groundsell	36.17	12.10	24.07	2
18	Katie Brothers	36.23	4.30	31.53	16=
19	Kel Ryder	36.47	3.25	33.22	18
20	Piers Puntan	38.48	4.35	34.13	19
21	Alastair Paul	40.26	4.00	36.26	21
22	Jasmine Kalton	42.11	3.25	38.46	22

Winter Handicap Race 4 – 19th January

<u>POS</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>ACT TIME</u>	<u>POS ON TIME</u>
1	Erica Steele	32.16	1.00	31.16	11
2	Amy Jewell	32.59	2.45	30.14	10
3	Chris Cockburn	33.03	9.00	24.03	3
4	Chris Jenkins	33.09	5.15	27.54	6
5	Claire Whitlam	33.24	0.40	32.44	12=
6	Katie Nelson	33.24	0.40	32.44	12=
7	Adam Penhaul	33.26	5.15	28.11	7
8	Louis McCann	33.31	7.15	26.16	4
9	Yolanta Birch	33.41	0.00	33.41	14
10	Neil Martin	33.50	11.00	22.50	2
11	Monique Van Nueten	34.37	0.00	34.37	15
12	Lucy Pearson	34.39	7.25	27.14	5
13	Sean Holmes	34.43	12.20	22.23	1
14	Charlie Duncombe	35.30	6.10	29.20	9
15	Keith Vallis	35.50	6.40	29.10	8
16	Jasmin Kalton	40.45	0.00	40.45	16

CONSISTENCY LEAGUE STANDINGS

We are now deep into the season and as things stand we have 2 clear leaders atop both the mens and womens leagues.

Claire Spencer holds a commanding lead from Amy Jewell in the Ladies league, but could have her lead cut in the final flurry of races

In the Mens, Charlie holds much less of a lead from Neil Martin, after some excellent results from Neil.

There are still 5 races left to race, with double points available in 2 (the Parkrun 5k and Salisbury 10m) so all could still change!

Runner	Away Mob	Home Mob	Solent	Gosport	Aldershot XC	Bournemouth XC	Victory	Cyclists Race	Hants XC	Stubbington	Reading XC	Total
Claire Spencer	19	19		40	19	19	38		34	36		224
Amy Jewell	14	15				17	36	18		34	17	151
Lucy Pearson	20		20	38						38	19	135
Erica Steele	16			36			40			40		132
Jasmine Kalton	15					14	32		30		16	107
Cath Wheeler						20		20	38		20	98
Sarah McCann	17	16					34			30		97
Hannah Bliss		18			20				40			78
Hannah Kidson						18			36		18	72
Katie Brothers						16		17		32		65
Lauren Dennison	18	17						19				54
Kelly Ryder									32			32
Halszka Konieczek						15		15				30
Immy Collins		20										20
Hulya Yadsan Appleby					18							18
Sophie Walwin								16				16
Sarah Hands	13											13

Runner	Away Mob	Home Mob	Solent	Gosport	Aldershot XC	Bournemouth XC	Victory	Cyclists Race	Hants XC	Stubbington	Reading XC	Total
Charlie Duncombe	15	14	20	36		16	34	9	38	32	14	228
Neil Martin				40	20	19	40	19		40	20	198
Gareth Juliff	19	17		38	19		36	6		30		165
Louis McCann	17	16					38	16		36	17	140
Stuart Searle		19				18		18	40		19	114
Dave Bush	18	18			18	17					15	86
Pete Mitchell						20				38	18	76
Keith Vallis		10			17	15		13			16	71
Ashley Coxden	20	20						17				57
Neil McCann	11									34		45
Richard Clifford	14	11						12				37
Martin Crawshaw	16	13										29
Terry Clarke	12	8										20
Eddie Biggs								20				20
Simon Logan		15										15
Lee Tolhurst								15				15
Jack Steed								14				14
John Harrison	13											13
Greg England		12										12
Martin Allen								11				11
Alastair Paul	10											10
Adam Penhaul								10				10
Oscar Reid		9										9
Dave Titcomb								8				8
Tony Reid		7										7
Piers Puntan								7				7

DIARY

February

Saturday 11th:

Hampshire Cross Country League Match 4. Popham Airfield.
Senior Women start at 13:35 (~6km), Senior Men start at 14:30 (~10k).

March

Sunday 26th:

Hampshire Road Race League: Salisbury 10 mile.
This race is now full, but check the website for available transfers.

<https://www.salisbury-arc.org/salisbury-10>

April

Sunday 2nd:

Combe Gibbet 14:00. Entries available via the harriers website.
Volunteers and marshals are also much needed, please contact Alastair Paul at alastairpaul@btinternet.com if you can help.

Saturday 29th:

Hurstbourne 5 11:00. A great off-road race, with great scenery, bacon rolls, cakes, T-shirts and only two hills.

Plus, it also supports local charities.

<http://www.hurstbourne5.org.uk/community/hurstbourne-5-10412/home/>