

# HARRIERS

February 2023

The Newsletter of Overton Harriers and Athletic Club



## Message from the editor

Two months down and it's starting to look like spring (except for the forecast snow), but things will be warming up and the evenings will be getting lighter, which is welcome news to most runners.

Spring and summer will see quite a lot of activity for the club, with plenty of races and also a few social events planned (see the upcoming events below).

Don't forget the club's first big race of the Year The Combe Gibbet will be here soon, Sunday 2nd April (details on our website). If you're free to volunteer or marshal, please contact Alastair Paul at [alastairpaul@btinternet.com](mailto:alastairpaul@btinternet.com)

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](mailto:newsletter@overtonharriers.org.uk)

## What's going on at the Harriers

Not sure what's going on at the club during the week, here's what you need to know.

Firstly, keep an eye on the "Week Ahead" email that goes out every Sunday, and is also posted on the members Facebook page on Monday.

**Mondays:** Steady Run from the ORC Bridge Street at 6:30pm. These runs are a mix of on and off road and generally suit all abilities.

**Tuesdays:** Keep an eye out for the curry night, usually the first Tuesday of the month.

**Thursday:** Rep Sessions from the ORC starting at 7:30pm. Suitable for all abilities and the session is listed on the weekly email and Facebook posts.

Thursday post training drinks. The Cricket Pavilion is open most Thursdays after training for anyone who fancies a drink and a chat.

**Sundays:** The Sunday medium to long run is open to all. Distances often vary so keep an eye on Facebook for locations and times.

If you need anymore information on what's going, please speak to Sean, Stuart or Monique.



# RACE UPDATES

## HAMPSHIRE ROAD RACE LEAGUE

Ryde 10 – 5th February

Four Harriers took the trip across the Solent to brave the hills of Ryde.



Harrier	Time	Position
Sean Holmes	1:02:53	27th (2nd M50)
Neil Martin	1:05:02	44th (3rd M50)
Charlie Duncombe	1:22:58	222nd
Claire Spencer	1:25:44	251st

# CROSS COUNTRY

Hampshire Cross Country League  
Match 4 – Popham Airfield – 11th February

A good turnout from the Harriers at this local event. Thank you to the Harriers who volunteered at this event.

Senior Women	Time	Position
Cath Wheeler	27:26	55 <sup>th</sup>
Lucy Pearson	28:01	60 <sup>th</sup>
Hannah Kidston	29:54	73 <sup>rd</sup>
Claire Daly	30:35	79 <sup>th</sup>
Claire Spencer	32:48	87 <sup>th</sup>
Yolanta Birch	34:59	97 <sup>th</sup>
Monique Van Nueten	35:20	99 <sup>th</sup>
Halszka Konieczek	36:05	103 <sup>rd</sup>
Jasmine Kalton	38:51	111 <sup>th</sup>
Senior Men		
Sean Holmes	39:34	71 <sup>st</sup>
Peter Mitchell	40:57	82 <sup>nd</sup>
Ashley Coxden	42:30	97 <sup>th</sup>
Mark Daly	43:25	109 <sup>th</sup>
Michael Jones	43:46	114 <sup>th</sup>
Keith Vallis	47:36	142 <sup>nd</sup>
Gareth Juliff	49:43	153 <sup>rd</sup>
Charlie Duncombe	49:57	156 <sup>th</sup>



## Race Report BUCS XC- Pembrey Country Park, Wales, 04/02/2023 By Lauren Dennison

British Universities & College Sport (BUCS) XC is the big cross-country event of the year for UK universities. This year, Swansea University hosted the race which wasn't too far to travel from Bath (the 2020 BUCS XC was in Edinburgh which I was told involved an 8-hour coach journey each way) and as this was my first and final time that I would be able to compete in BUCS, it was a no-brainer.

The day involves 4 races: an A and B race for both the men and women with the A races having your top 4 female and top 6 male athletes respectively from each university and the B races involving everybody else.

It was an early start as we left Bath at 7am to get to Pembrey for 9.30am. My race (ladies B race) was up first at 11.30am so this gave us plenty of time to check out the course and warm up.

It became clear very quickly that their version of hills was different to ours as the course was described as hilly but really only had 1 short hill in it (admittedly we did have to run up it 3 times) but as we walked the rest of the course, it was relatively flat and not muddy at all. Part of me was happy about this and part of me felt cheated as without hills and mud, can you really call it a cross country?

The realisation that my name was printed on my number made up for this though.

The obligatory blue and yellow face paint was applied to match the University of Bath colours and we were off. I settled into a good pace for the 6km race after everyone in front of me decided to come to a halt 300m in as the sand pit section of the course was causing congestion.

My favourite part were the logs added going down the short hill which you had to hurdle although my legs did not agree with this when jumping over them on the last lap, 200m to the finish. As the route was 2 small loops and 1 big loop, I decided to not go off too hard on the first small lap and then pick it up after and overtake a few runners which worked well. I thoroughly enjoyed the course and the race although I have no idea if and when I will run it again! It was soon time to put the layers back on and cheer on the rest of the team.

Bath came 8th out of 35 teams in my race with Loughborough, Birmingham and St Mary's as the top 3 universities.

We were also positioned 7th in the ladies A race, 9th in the men's B race and 12th in the men's A race.

The day ended with an evening group pasta dinner (standard post-race) and an after party at the Swansea University Student Union which ended with getting back to the hotel at 3am to wake up 5 hours later to head back to Bath.

Overall, a great weekend!

Lauren Dennison Gun time- 00:32:18 358 out of 406

# OTHER RACES

## ParkRun Results

Congratulations to Dave Bush for running his 500th Parkrun at Frimley Lodge on New Year's Day.

And, Amy Jewell for her 100 th Parkrun at Basingstoke on 21st January.

	01/01/202 3	07/01/202 3	14/01/202 3	21/01/202 3	28/01/202 3
<b>Basingstoke</b>					
Terry Clarke	24:45	25:04		24:03	24:21
Amy Jewell		33:58		31:37	
Lauren Dennison		28:54			
Matthew Davey	25:11				36:31
Hannah Davey	37:57				36:50
<b>Andover</b>					
Pete Mitchell		22:56			
Jasmine Kalton	54:11			34:01	
Charlie Duncombe	54:10			34:02	
Michael Ball		22:56			21:49
<b>Frimley Lodge</b>					
Dave Bush	23:02	20:31	23:06		
<b>Llanishen</b>					
Matthew Wateridge					21:56
<b>Weymouth</b>					
Kel Ryder					26:02
<b>Newbury</b>					
Amy Jewell					25:04
Katie Brothers		27:46	28:16	26:38	
Jasmine Kalton					31:41
Charlie Duncombe					31:42
Julia Cottrell				28:20	
<b>Valentines</b>					
Dave Bush					54:43
<b>Poole</b>					
Kel Ryder			26:07		
<b>Wimpole Estate</b>					
Michael Ball			23:32		
<b>Queesnstown, NZ</b>					
Matthew Wateridge			26:14		
<b>Maribyrnong, Aus</b>					
Matthew Wateridge		21:10			
<b>Havant</b>					
Kel Ryder		30:37			
<b>Dinton Pastures</b>					
Matthew Wateridge				24:12	
<b>Huddersfield</b>					
Kel Ryder	28:11				
<b>Albert park, Melbourne</b>					
Matthew Wateridge	22:16				
<b>Bedworth</b>					
Kel Ryder				28:28	

# CONSISTENCY LEAGUE STANDINGS

The Consistency League is now heading into its final races now and its looking like we may have found our winners.

With 80 points to play for Claire Spencer now has insurmountable lead at the top of the womens league, but only 37 points seperates the next 5 runners who could still win the silver and bronze

In the mens its not a done deal, Charlie holds a 38 point lead from Neil so it will take some effort not to get the required points.

Gareth still holds onto 3rd spot closely followed by Louis

Runner	Away Mob	Home Mob	Solent	Gosport	Aldershot XC	B'Mouth XC	Victory	Cyclists Race	Hants XC	Stubbington	Reading XC	Ryde	B'Stoke XC	B'Mouth XC	Total
Claire Spencer	19	19		40	19	19	38		34	36		20	16		260
Amy Jewell	14	15				17	36	18		34	17			18	169
Lucy Pearson	20		20	38						38	19		19		154
Cath Wheeler						20		20	38		20		20	20	138
Jasmine Kalton	15					14	32		30		16		13	17	137
Erica Steele	16			36			40			40					132
Sarah McCann	17	16					34			30					97
Hannah Kidson						18			36		18		18		90
Hannah Bliss		18			20				40						78
Katie Brothers						16		17		32					65
Lauren Dennison	18	17						19							54
Halszka Konieczek						15		15					14		44
Claire Daly													17	19	36
Kelly Ryder									32						32
Immy Collins		20													20
Hulya Yadsan Appleby					18										18
Sophie Walwin								16							16
Yolanta Birch													15		15
Sarah Hands	13														13

Runner	Away Mob	Home Mob	Solent	Gosport	Aldershot XC	B'Mouth XC	Victory	Cyclists Race	Hants XC	Stubbington	Reading XC	Ryde	B'stoke XC	B'Mouth XC	Total
Charlie Duncombe	15	14	20	36		16	34	9	38	32	14	19	14	14	275
Neil Martin				40	20	19	40	19		40	20	20		19	237
Gareth Julliff	19	17		38	19		36	6		30			15		180
Louis McCann	17	16					38	16		36	17			15	155
Stuart Searle		19				18		18	40		19			18	132
Pete Mitchell						20				38	18		20	20	116
Keith Vallis		10			17	15		13			16		16		87
Dave Bush	18	18			18	17					15				86
Ashley Coxden	20	20						17					19		76
Neil McCann	11									34					45
Richard Clifford	14	11						12							37
Mark Daly													18	16	34
Michael Jones													17	17	34
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

## 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](mailto: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/>

### Club 5k Championship

As part of the consistency league, April will be our 5k championship month. All you need to do is run the Newbury Parkrun any weekend in April and your fastest time will be used. This event is also worth double points for the consistency league



## May

Sunday 14th:

Hampshire Road Race League: Alton 10 mile.

<https://www.atwevents.co.uk/e/alton-ten-9101>

Thursday 18th:

Overton Harriers Club AGM, time and location to be confirmed.

Friday 19th:

Overton Harriers Awards Dinner, Test Valley Golf Club, more information will follow, but please pencil in the date as we recognise the efforts of our club members over the last year.

## June

Sunday 18th:

Hampshire Hoppit. Our friends at Basingstoke AC are hosting their annual off road race with a choice of full and half marathon. This is a very well organised race that takes in some fantastic scenery.

<https://hampshiretrailmarathon.co.uk/>