

HARRIERS

March 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

Well it looks like Spring is finally here, although a little more warmth would be appreciated, but the longer hours of daylight are always welcome.

March saw the club hold a long overdue party, in celebration of our ladies doing so well in the HRRL league, and also an excuse for a get together. A big thank you to all those involved in the organisation of this event.

Keep an eye out, as there are more social events planned for this year.

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

Salisbury 10m - 26/03 - report by Halszka Konieczek

You all know how it goes, you join the club, you train, you race. When you get told it's a 'PB course' you don't think twice, you sign up for the race. Then, three weeks before the date, you hear the dreaded 'By the way, there are some hills, but nothing too bad'. I thought, never mind, worst case scenario I just walk them.

26th March welcomed us with rather uninviting weather. Heavy rain during the night and huge puddles on the way to Salisbury were not welcomed. I was having second thoughts. Not only it's going to be hilly but also wet. We arrived ahead of time to collect our numbers and t-shirts.

The hall was buzzing with other runners getting ready for race. About 9:45am run director informed the crowd that due to the large number of runners still waiting for their numbers they will need to delay the start. They haven't specified by how long, so judging the time to warm up was difficult. Most of us opted for a warmup around the track which was a good choice as at 9:55 there was another announcement saying we will be starting on time.

Everyone gathered at the start line and we heard the gun at 10:05am. Standing nearly at the front with all of the fast runners wasn't perfect. It was typical novice mistake. Started way too fast and after first mile I was dying. With another 9 miles to go I have quickly assessed the situation and decided to pay more attention to my pace and to just enjoy the views.

With the course heading north of Salisbury, following the banks of the River Avon and through Woodford Valley, scenery of the race won't disappoint anyone.

The clouds started to give way to the sun, legs got into the rhythm and by the time I reached 6th mile I felt comfortable. To my surprise, I was doing a good time too and I still had a chance for a PB. And there is nothing better to keep you going.

Before I knew it, the hills were behind me and I could see Salisbury Cathedral in the distance. We were getting close to the finish. I could hear the spectators, the voice of commentators at the finish line was getting louder.

The track was within the sight now, there were other runners cheering, the last push and I could hear the 'bip' when I crossed the line. I could see familiar faces waiting for me, and despite being the last of the Harriers, I finished with a massive PB, beating my time from October by over 6 minutes.



Harrier	Time	Position
Neil Martin	01:03:35	69
Sean Holmes	01:03:47	72
Martin Groundsell	01:04:58	89
Michael Jones	01:07:25	121
Lucy Pearson	01:13:06	208
Gareth Juliff	01:14:48	233
Claire Spencer	01:19:43	312
Charlie Duncombe	01:27:22	440
Amy Jewell	01:30:43	488
Erica Steele	01:30:53	490
Halszka Konieczek	01:39:16	609

CROSS COUNTRY

Hampshire Cross Country League Match 5 (Final) Kings Park, Bournemouth

For a while it was looking touch and go as to whether we would have a 5th fixture for this season, as it was proving difficult to secure a venue that was suitable.

However, thanks to Bournemouth AC they stepped up to offer their course for a second visit of the season.

I have to admit that Kings Park is not my favourite cross country course, but given the mud baths of both the county champs and then Reading, the park was a welcome relief on the hard packed ground.

No need for spikes or studs here, it was road shoes no problem. Given this is the furthest we have to travel for a league race the turn out was pretty good.

Some of our younger members even braved a quick dip in the sea afterwards. That's taking the 'cool down' to a new level...

Senior Women	Time	Position
Cath Wheeler	25:05	52 nd
Claire Daly	27:26	79 th
Amy Jewel	29:06	95 th
Jasmine Kalton	33:05	112 th
Monique Van Nueten	33:55	117 th
Senior Men		
Peter Mitchell	36:32	92 nd
Neil Martin	37:19	102 nd
Stuart Searle	38:16	115 th
Michael Jones	38:55	127 th
Mark Daly	39:01	129 th
Louis McCann	39:55	142 nd
Charlie Duncombe	43:52	180 th



OTHER RACES

Hundred Hills 50k – 18th March 2023 - Report by Neil Martin

After 18 months away from ultras due to a heel injury (still not fully fixed) I made a return at the Centurion Hundred Hills 50K.

The course consists of two different loops based at Stonor Park in the Chilterns, and although it isn't actually 100 hills (apparently that is the number of hills in the area), it did have over 6000 feet of ascent!

The briefing a few days before the race advised that the trails were mostly dry, but with muddy areas. Unfortunately, I didn't take account of the heavy overnight rain and chose trail shoes that didn't have enough tread depth. Consequently, on the first steep downhill after about 3 miles I found myself slipping down the path and grabbing at trees in order to slow myself down.

This pretty much set the tone for the race: relentless rain, trudging up hills, splashing through sloppy mud or flowing rivulets and avoiding falling over on the downhills.

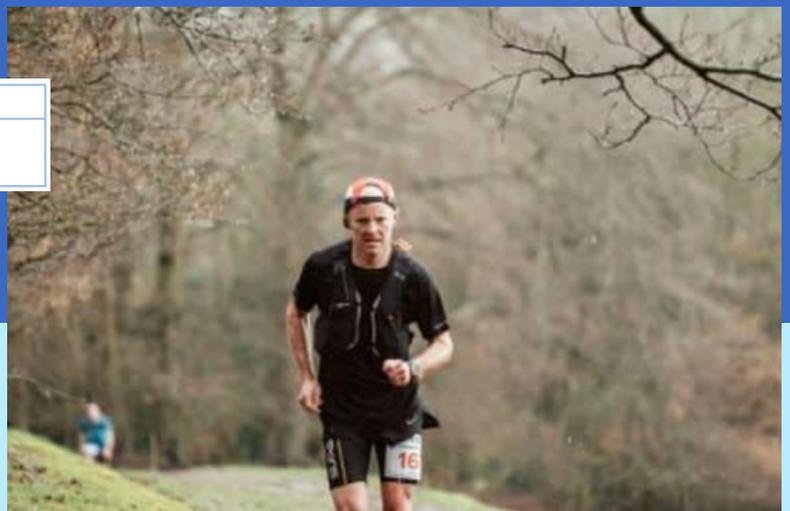
I actually only fell once on a chalky downhill and slid about 5m on my backside, more akin to sledging!

After convincing myself to head out on the second loop, and hence away from my warm car, I initially felt quite strong. However, the lack of hilly distance in my legs started to take its toll and the race became a bit more tactical. i.e. keep a bit of an eye on whether anyone was closing on me, try not to be overtaken, but resign myself to being caught if someone was stronger.

I suspect that others felt the same and in the last 10 miles I overtook one other runner and didn't get caught. Although, I could see someone on a switchback who seemed to be going better than me, but fortunately was further behind than I had thought because they turned out to be in my age category.

Only as I finished did it stop raining and the sun came out, but at that point I would probably just have complained that it was too hot.

After the race I messaged my wife to say, 'well that was hell on earth!' However, it was a useful workout and Centurion races are always fantastically well-organised, so it didn't take me long to start looking at what next.



Name	Time	Position	Category
Neil Martin	4hr 35m 42s	7th	1 st Vet 50

Winter Handicap 5

The final winter handicap saw a very close race with under 30 seconds covering the first 5 runners home, with Chris Jenkins taking the win from Louis McCann in 2nd.

That leaves the final standings as below.

Congratulations to Louis McCann for taking the overall crown and to Sean Holmes for winning the Time League with a perfect score.

We shall see you all for the Summer Handicaps soon.....

MONTHLY HANDICAP – MARCH 23					09/03/23
POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Chris Jenkins	32.40	5.15	27.25	7
2	Louis McCann	32.40	7.15	25.25	3
3	Charlie Duncombe	32.53	6.10	26.43	5
4	Amy Jewell	33.00	2.45	30.15	10
5	Adam Penhaul	33.07	5.15	27.52	8
6	Keith Vallis	33.21	4.20	29.01	9
7	Jack Steed	33.23	9.00	24.23	2
8	Neil Martin	33.26	11.00	22.26	1
9	Monique Van Nueten	33.39	0.00	33.39	12
10	Lucy Pearson	33.44	7.25	26.19	4
11	Piers Puntan	35.40	4.35	31.05	11
12	Gareth Juliff	36.45	9.45	27.00	6
13	Jasmine Kalton	39.28	0.00	39.28	14
14	Alastair Paul	40.36	2.45	37.51	13

HANDICAP LEAGUE							
POS	NAME	Oct	Nov	Dec	Jan	Mar	Total
1	Louis McCann	5	3	3	<u>8</u>	2	13
2	Adam Penhaul	x	4	5	7	5	21
3	Chris Jenkins	x	12	7	4	1	24
4	Amy Jewell	x	14	10	2	4	30
5	Neil Martin	7	6	x	10	8	31
6	Keith Vallis	x	8	6	15	6	35
7	Monique Van Nueten	11	5	<u>13</u>	11	9	36
8	Lucy Pearson	8	<u>15</u>	8	12	10	38
9	Charlie Duncombe	12	13	<u>16</u>	14	3	42
10	Sean Holmes	10	9	12	13	x	44
11	Jasmin Kalton	x	17	22	16	13	68

TIME LEAGUE							
POS	NAME	Oct	Nov	Dec	Jan	Mar	Total
1	Sean Holmes	1	1	1	1	x	4
2	Neil Martin	2	3	x	2	1	8
3	Louis McCann	4	<u>7</u>	4	4	3	15
4	Lucy Pearson	6	<u>10</u>	8	5	4	23
5	Charlie Duncombe	9	12	<u>13</u>	9	5	35
6=	Adam Penhaul	x	10	10	7	8	35
6=	Keith Vallis	x	9	9	8	9	35
8	Chris Jenkins	x	13	11	6	7	37
9	Amy Jewell	x	14	<u>15</u>	10	10	49
10	Monique Van Nueten	13	15	<u>20</u>	15	12	55
11	Jasmin Kalton	x	17	22	16	14	69

Parkrun Results

	04/03/2023	11/03/2023	18/03/2023	25/03/2023
Basingstoke				
Terry Clarke	24:20	24:53		25:06
Amy Jewell		32:22		
Claire Spencer			36:04	
Andover				
Pete Mitchell	25:05	19:26	21:31	38:10
Katie Brothers	27:35			
Jasmine Kalton		34:44		31:29
Charlie Duncombe		34:44		
Michael Ball	21:30		22:31	22:18
Kel Ryder				29:14
Frimley Lodge				
Dave Bush	20:40		20:42	
Clare Castle				
Ash Coxden				19:51
Eastville				
Lauren Dennison				27:05
Newbury				
Amy Jewell	31:41			
Jasmine Kalton			31:08	
Michael Jones		20:43		
Maciek Hulme		23:11		
Charlie Duncombe			31:10	
Julia Cottrell			28:03	
Edenbrook				
Cath Wheeler			24:56	22:27
Poole				
Amy Jewell			32:24	
Whiteley				
Kel Ryder		25:43		
St Marys				
Dave Bush				20:46
Stockley Country Park				
Matthew Wateridge				24:57
Southampton				
Holly Martin		25:25		25:34
Neil Martin		25:26		25:35
Eden Project				
Katie Brothers				26:46
Cassiobury				
Matthew Wateridge		66:26		
Bracknell				
Dave Bush		21:49		
Rugby				
Maciek Hulme	24:41			
Mote Park				
Matthew Wateridge	26:06			
Land's End				
Matthew Wateridge			22:55	
Brooklands				
Kel Ryder	24:57			
Cranbrook				
Katie Brothers			26:41	
Queen Elizabeth				
Kel Ryder			30:05	
Winchester				
Cath Wheeler			22:32	

HELP NEEDED

HBT5 – Help Needed – Saturday 29th April 2023

The HBT 5 relies on the generous support of lots of volunteers. If you are free on 28th or 29th April and could spare a couple of hours please let Greg England know or email: hbt5volunteer@yahoo.com.

We have all sorts of roles, ranging from first aid to marshalling to serving tea and cake.

The HBT5 raises funds for local charities. Since the first race in 2009, we have raised over £38000. This year, we are supporting Andover Young Carers, Enham Trust, Hampshire Air Ambulance and the Countess of Brecknock Hospice.

More information: www.hurstbourne5.org.uk

Alternatively, you could always run the race:



Enter Fun Run Here



Enter 5M Here



DIARY

April

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:

HRRL: 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.

Sunday 21st:

HRRL: Netley 10k.

<https://racesignup.co.uk/entry/login.php?eventid=3157>

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/>

Sunday 18th:

HRRL: Alresford 10k.

<https://www.eventrac.co.uk/e/alresford-10k-8896>