

HARRIERS

April 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

Well, it's been quite a busy month.

We started with the Combe Gibbet (more on that below), we then moved onto the London Marathon, with some very good performances from the Harriers.

Finishing off with a club favourite: Hurstbourne 5.

We also started on our summer training on field at the ORC, which was promptly met with 2 weeks of rain.

There's still plenty going on at the Harriers, the Club AGM, Presentation dinner, Summer Handicaps, Mob Matches and also hopefully some social events too. Keep your eye open for emails and club messages.

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

Combe Gibbet - 2nd April

This year saw the 47th running of this very popular race from Combe Gibbet back to the ORC at Overton.

Sadly numbers were down on previous years, whether that was due to the cost of living crisis or the wet weather, we're not too sure, but still a decent turn out on the day.

Despite the favourable weather on the day, I think it fair to say that conditions under foot were rather challenging due to significant rainfall leading up to the event, but that didn't seem to hamper our winner: Ben Neale of Tavistock AC in an impressive time of 1:37:27.

The Harriers had a good turn out of runners this year and a few of our newer members having a go for the first time.

Well done to all those who took part, and also a massive thank you to the organisers and those who helped and volunteered on the day.



Harrier	Time	Position
Neil Martin	1:53:59	9 th
Sean Holmes	1:56:37	12 th
Ashley Coxden	2:06:05	23 rd
Michael Ball	2:13:46	39 th
Emily Arbuthnot	2:18:59	51 st
John Steed	2:20:42	58 th
Lucy Pearson	2:22:53	60 th
Richard Clifford	2:22:54	61 st
Charlie Duncombe	2:29:30	76 th
Adam Penhaul	2:30:05	77 th
Keith Vallis	2:33:06	79 th
John Harrison	2:43:36	101 st
Claire Spencer	2:46:40	107 th
Charlotte Lewis	2:50:53	115 th



London Marathon – 23rd April – Race Report by Claire Spencer

I did the London Marathon last year after receiving a ballot place, I finished 16 seconds off my good for age time so was really happy to get the club place for this year to have another crack at it.

Unfortunately training didn't go to plan after badly spraining my ankle in March but I decided to give it a shot anyway.

The first half went ok, apart from a toilet stop at 10K thanks to the massive queues at the start ! Unfortunately from 16 miles I started to get stomach bloating, I was prepared for it with medication but it didn't work, from 18 miles I was in a fair bit of pain and had to walk sections until it subsided and I was able to run for a bit until it built up again forcing me to walk... seriously frustrating especially when a T-Rex came jogging past me ! At mile 22 I stopped to help out a guy who was wobbling all over the place and quite delirious, I found an official to leave him with but doubt he managed to finish.

Once I got to Big Ben and knew I was on the home straight I had to really dig deep and keep going, it was absolute agony running the last 800m to the finish but not a chance I was walking any of that bit !

I know my time wasn't shocking but it wasn't what I wanted and I'm disappointed as my legs still felt good. Fingers crossed I'll get another shot at it as I absolutely love London, even in pain the crowds, steel bands etc really keep you going.



London Marathon – 23rd April – Race Report by Erica Steele

London baby!! one of the world's most famous cities and home to one of the Abbotts majors marathons.

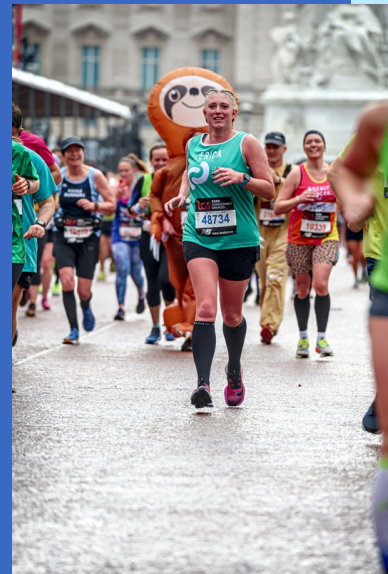
Last October I supported a friend Lucy with her training for the London 2022 marathon and I was so inspired, I entered the ballot for 2023 but sadly I was not selected. I then contacted CCLG charity, the children's charity which is close to Lucy's heart and they kindly gave me an opportunity to run London for them.

I was so excited to get going, I started my training straight away, earlier than most people. Thankfully I did, as I received a hamstring strain in Feb and then covid 5 weeks before the actual race.

Luckily I had some long runs in the bag. I was buzzing to be part of this amazing race, receiving motivational texts on my watch as I was running past Lucy.... My support crew!

The heavens opened for the start, then sun came out as we hit tower bridge. With the crowds and live music carrying me through concrete jungle over taking 2 Rhinos and a broken witch, I managed to get to 25 miles before seeing a personal coach in the crowd which gave me a massive boost as I was really struggling. I ran over and gave her a sweaty wet hug :) and finished my race in a 4h49m -11 mins under my target and to beat the sloth across the finish line.

I am so pleased to have completed my first marathon and also raising a massive £2100 for CCLG. Good luck to all those entered 2024.... enjoy



Harrier	Time	Position
Peter Mitchell	3:12:12	4769
Claire Spencer	4:16:19	23099
Adrian Davey	4:38:15	29494
Erica Steele	4:49:21	32542
Kelly Ryder	5:01:36	35889



Hurstbourne 5 – 29th April 2023

Back for the 14th running, the Hurstbourne 5 continues to be a very popular and well organised race which also does a tremendous amount to raise funds for local charities.

Thank you to the harriers who volunteered to help make this race a success. We do have a race report below, but here a few comments from some of our harriers.

“It was lovely” “I liked it, but it was very muddy” “Those hills....” “That second hill is a killer” “Hills, mud and cake” “Slippy, slidey, glorious” “why do I do it” “stunning scenery” “plenty of mud”

Race Report by Sophie Walwin

My first Hurstbourne 5. A sunny day, hill climbing and lots of bluebells - I really enjoyed it!

The start was a bit intimidating as I was trying to get to the back of the group, but the atmosphere was really friendly and fun. The first hill was steep and muddy, and the mud continued into the woods, but I really loved running along the slippery paths, keeping an eye on the terrain (lots of roots!) and the bluebells surrounding us as we ran. The final hill was a fun scramble to the top and most people, myself included, were walking at this point.

The atmosphere at the finish line was great - so lovely to be cheered on by fellow Harriers. I bought a HBT5 medal, made by a Hurstbourne Forge, to celebrate the completion of this fantastic race and such a lovely event. I'll definitely be there next year.



Name	Time	Position
Sean Holmes	35:53	9
Michael Jones	36:57	12
Ashley Coxden	37:29	15
Emily Arbutnot	40:48	35
Louis McCann	41:13	39
Keith Vallis	41:14	40
Cath wheeler	41:31	42
Gareth Juliff	43:26	53
Charlie Duncombe	46:01	77
Christopher Jenkins	46:14	79
Hannah Kidston	48:08	97
Amy Jewell	50:19	115
Dave Titcomb	50:24	116
Katie Brothers	51:27	121
Sophie Walwin	54:37	141
Yolanta Birch	54:37	142
Ellen Bealing	54:38	143
Jasmine Kalton	57:47	158
Hulya Yadsan-Appleby	57:55	163
Monique Van Nueten	58:52	170
Marcus Appleby	59:00	172



A young Harrier enjoying the fun run!



ParkRun Results

	01/04/2023	08/04/2023	15/04/2023	22/04/2023	29/04/23
Basingstoke					
Terry Clarke		25:01	25:25	25:01	26:26
Mark Daly					20:16
Claire Daly	26:27				23:15
Kel Ryder				27:05	
Julia Cottrell				28:40	
Amy Jewell	33:31				
Andover					
Pete Mitchell		24:38	22:24	26:53	
Jasmine Kalton				29:51	
Frimley Lodge					
Dave Bush			20:26	20:50	20:29
Bath Skyline					
Lauren Dennison					27:56
Newbury					
Amy Jewell		31:48	25:22	31:16	
Gareth Juliff		20:49			
Cath Wheeler				21:52	
Mark Daly				21:53	
Claire Daly				23:06	
Katie Brothers		26:33	26:17	26:31	
Michael Jones	19:53				
Maciek Hulme		23:28	25:43		
Claire Spencer	25:03				
Terry Clarke	25:12				
Richard Clifford			22:02		
Charlie Duncombe	32:59		23:01		
Lauren Dennison		26:09	25:29		
Kel Ryder			26:21		
Ellen Bealing			27:28		
Jasmin Kalton	32:59		29:24		
Piers Puntan			29:28		
Lucy Pearson					22:04
Lucas Steele					28:35
Somerdale Pavillion					
Lauren Dennison				25:53	
Flegg High					
Julia Cottrell			28:13		
Ormeau					
Piers Puntan					25:33
Judy Hewitt					38:20
St Marys					
Monique Van Nueten		28:34	28:39	29:14	
Cheltenham					
Holly Martin		27:51			
Neil Martin		27:52			
Gloucester North					
Neil Martin			19:42		
Fareham					
Kel Ryder		26:39			
Edenbrook					
Mark Daly		20:28			
Claire Daly		24:18			
Tidworth					
Jasmine Kalton		30:17			
Littlehampton Prom					
Kel Ryder	26:09				
Penrose					
Michael Ball		21:47			
Salisbury					
Kel Ryder					26:54
Queen Elizabeth					
Cath Wheeler		23:37			

DIARY

May

Sunday 14th:

HRRL: Alton 10 mile.

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

Thursday 18th:

Summer Handicap No 1

Overton Harriers Club AGM, 8:45pm at the ORC Bridge Street. All are welcome to come and listen to reports from our Chairman and club captains. This is also your opportunity to ask any questions you may have.

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

Thursday 15th:

Summer Handicap No 2

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>

Thursday 22nd:

The Beer Mile. Following our normal training, we will host this slightly mad, but quite popular race of drinking beer during a one mile race. More information will follow.

Thursday 29th:

Mob Match vs Basingstoke at Cliddesden. More information will follow.