

HARRIERS

May 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

At last.... Some sunshine and some warmth, a long awaited welcome relief from the cold, rain and dark evenings. Spring is here and it's another busy month for the Harriers. Two HRRL races, the first of the summer handicaps, our Club AGM and also start of the track season.

Not forgetting the Harriers Presentation dinner, which was a thoroughly enjoyable evening. Congratulations to all of our winners and a big thank you to those who organised the evening. We look forward to another presentation dinner around the same time next 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

Big Way Round Winchester – 19 miles – 1st May 2023 – Race Report by Lucy Pearson

This was the second time I had taken part in the 19mile race at BigWayRound Winchester on May Bank Holiday.

The routes starts at Winchester Rugby Club and winds its way through the city next to river before heading out around St Catherines Hill (not over it) and up to Cheesefoot Head. The course then follows part of the South Downs Way before heading back towards Kings Worthy through Ovington and Avington.

The 50km and marathon runners start before the 19 mile race and from previous experience I knew from about 3 miles in that the trail gets very narrow and technical. It can be very easy to get caught behind a slower moving runners who are running the longer races. Therefore I knew I had to start fast so I had space on the technical section where there would be no passing places.

The weather was perfect conditions dry, slightly overcast and the underfoot had had a chance to dry out with a couple of dry days. I made it up Cheesefoot Head and knew I was in a good position. At this point the 50km and 19mile race part from the marathon and the 14 mile runners. So anyone in front of me moving slowly was a 50km runner and there hadn't been many runners who had passed me.

This hilly route (1,280 ft) is made up of narrow technical paths, wider tracks along the South Downs Way, country lanes and then concluding with running the underpasses under the M3 and A34 before following the river back to the Rugby Club.

At around 14 miles I knew I was making good pace and then suddenly I was overtaken by another lady and she flew past me and my hopes of finishing in the top position was dashed. I continued to push on meeting my own individual pacing targets.

At around 16 miles I saw that this lady had significantly slowed at which point I decided I push on knowing once I overtook her there was every chance she was going to chase me. I took the decision to overtake and then ran as fast I could to the finish which was about 2 miles. A great way to test my stamina which is something I have been working on for these longer races. Pleased to finish 3rd lady overall and 1st in VW40.

Lucy Pearson 2:52:29

3rd Lady overall – 1st VW40



Alton 10 mile – 14th May - Race Report by Charlie Duncombe

Mens team included me, Sean Gareth, Ash and Simon, with Halszak representing the Ladies + Jasmine as chief support from the side lines. I had a lonely and painful (suffering from sore achilles) warm-up running back to my car for sunglasses in case the sun decided to make an appearance. The race started at 9:30am and was a 10-minute walk from the race HQ (the finish was at the race HQ).

The first mile was relatively flat with a slight incline towards the 1 mile marker, then the sun came out and the temperature increased. Between mile 1 to 5½ miles was just a blur of going up and down steep hills, pain, suffering and excessive sweating. At around the 6 mile marker an older gentleman from Totton that I regularly see at the HRRL and XC cycled alongside me for a short time asking if I was alright and why I cut off my blue hair. I spent the next 3 miles of the race not focused on anything other than if I was going to dye it again soon.

Next thing I know, I'm running past the mile 9 marker and getting cheered on by some locals. I suddenly remembered I was in a race and tried upping the pace for the final stretch. After running past the start line it was pretty much 1km straight to the finish and I began targeting people ahead of me to catch up with. There was a sharp right turn and the end with a 100m sprint finish up a slight hill with a couple of speed bumps to hurdle as well.

Going around the corner I had my eyes set on a man 20 meters ahead of me that I wanted to beat. He was in full sprint finish mode and really went all out for it. I turned into prime Usain Bolt and managed to close the distance to him with 30 meters to go but he was not going down without a fight and kicked it up a gear. I found the smallest amount of energy left in me to keep up and we both crossed the line at 01:22:23. His official chip time was 01:22:11 and mine was 01:22:05 so really I'm the real winner in that race :)



Harrier	Time	Position
Sean Holmes	1:04:10	37 th
Ashley Coxden	1:06:29	57 th
Gareth Juliff	1:16:11	150 th
Simon Logan	1:16:14	152 nd
Charlie Duncombe	1:22:05	216 th
Halszka Konieczek	1:45:45	235 th

Netley 10k – 21st May – Race Report by Jasmine Kalton

It was an early start for us as we made our way at 7:30. The weather forecast looked promising and the sun cream was on. Charlie and I loaded our bags into the back of Amy's car, we were bringing enough gear to last a weekend away! It seems like every race we do, we pack more stuff.

After the long queue for the carpark, the pre-race picture and a short warmup, we were ready to stand at the start. Charlie stood near the back with me, telling me how he wanted to jog this one due to injury. After we started, it was slow and crowded, and he zoomed off after 100 meters.

Having not done a road race in some time, I wasn't too confident about the 10K distance and wanted to make sure I don't go off too fast, a mistake I had made the day earlier at parkrun. It didn't take me long to find a good pace and I tried to stick with the runners around me. I had been warned of a hill on the course which we will have to do 3 times, as it is a 3 lap course. Once completing the first lap, I was wondering where the hill was! That's the good thing about running around Overton's hills so much, tiny hills are nothing in comparison.

The second lap was definitely the hardest, knowing you'll have to do it all again, and at this point the sun was really shining on us. Thankfully, there was a lot of the course with shaded areas and I didn't get too hot. I pushed on to keep up with the runners around me.

I actually really enjoyed the last lap. I took in the surroundings - the country park we were running in was lovely! Lots of green, and a little bit of sea. At 8K I started to speed up a little, and picked up the pace for a sprint finish at the end. I stopped my watch and was really happy with my time.

After a breather and a lot of water, we headed back to the car to grab picnic bits, and decided against going for a dip in the sea after discussing the questionable water quality. We met back up with the rest of the harriers and set up our picnics. After sitting in the sun for long enough and everyone was well fed, a few of us decided to head down to the sea. After a slow start, all 6 of us (and three dogs) ended up in the sea. It was so cold your body goes numb, but at least the sun kept it bearable. The worst part was getting out because despite packing a towel, I left it in the car!

Overall, it was a really lovely race, and I look forward to doing it again next year. Well done everyone who took part. :)



Harrier	Time	Position
Sean Holmes	38:25	38 th
Neil Martin	38:29	40 th
Michael Jones	40:42	82 nd
Gareth Juliff	43:07	120 th
Emily Arbuthnot	43:51	128 th
Lucy Pearson	44:24	138 th
Charlie Duncombe	47:41	202 nd
Claire Spencer	48:15	207 th
Amy Jewell	52:35	279 th
Erica Steele	54:06	313 th
Hulya Yadsan-Appleby	55:54	340 th
Katie Brothers	55:56	341 st
Jasmine Kalton	1:00:23	397 th
Marcus Appleby	1:01:37	417 th
Halszka Konieczek	1:04:36	446 th



Thruxton Summer Series - Race 1 23rd May - Race Report by Mike Jones

Having recently joined the Harriers in March, I have had a very busy few months. I am a bit of a late starter on the running circuit so no time to waste and have tried to enter as many events as possible. Joining a club has the added benefit of being part of the team and inspiring you to keep going at it.

I figured out early on that there was a lot of races already in the calendar and there wasn't really any need for me to enter any more. However, I had already committed to doing the Thruxton 10k series.

The first thing to say is that Thruxton 10k was advertised as flat. Ideal for PB chasers and first timers they said, so that's about everyone. The motor racing circuit at Thruxton is 3.8km so it was about 2 and three quarter laps to complete the course. It wasn't flat as there was a steady climb to the pit lane (where they put the finish) so you had to dig deep twice and once more at the end.

There were about 60 entrants in all and it was a beautiful warm evening on Tuesday 23rd May. Certainly a very unique experience to run on a motor racing circuit and because there were very few runners you had a lot of time running on your own. Andover and Basingstoke were represented and were ahead of me most of the time but I held out for a PB and 12th place for OHAC

Entrance was £19 and they gave out a little wooden medal on completion. The coffee guys turned up too with a bit of music and refreshments. Not bad for a Tuesday evening. You can still enter the remaining races on Tuesday 20th June & the 18th July.

<https://eventrexuk.com/thruxton-10k-series/>



Summer Handicap No 1 – 18th May

First of the summer handicaps started with the threat of rain, but luckily the showers held off and we ended up with pretty good running conditions. A reasonable turn out saw a close finish between our top three finishing ladies, but it was Ellen's nights after an impressive run.

Ellen (left photo) on her way to winning the handicap, Sophie and Yolanta in the race for second.



POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Ellen Bealing	30.02	1.00	29.02	14
2	Sophie Walwin	30.04	0.00	30.04	17
3	Yolanta Birch	30.15	0.00	30.15	18
4	Keith Vallis	30.24	4.20	26.04	8
5	Alice Ainsworth	30.28	4.20	26.08	9
6	Richard Clifford	31.11	6.00	25.11	6
7	Michael Jones	31.23	8.00	23.23	3
8	Chris Jenkins	31.26	5.15	26.11	10
9	Charlie Duncombe	31.30	5.50	25.40	7
10	Claire Spencer	31.37	5.00	26.37	12
11	Erica Steele	31.58	1.00	30.58	19
12	Louis McCann	32.01	8.00	24.01	5
13	Amy Jewell	32.11	2.45	29.26	15
14	Chris Cockburn	32.34	10.00	22.34	1
15	Mark Reid	33.05	10.00	23.05	2
16	Gareth Juliff	33.28	9.30	23.58	4
17	Adrian Davey	33.29	6.00	27.29	13
18	Simon Logan	33.52	7.25	26.27	11
19	Piers Puntan	34.17	4.35	29.42	16

Hampshire Veterans Athletics

Match 1 – 24th April – Mountbatten Centre, Portsmouth

Men's Results

100 Metres

M35A - Gareth Juliff - 6th - 15.1s

M50 - Sean Holmes - 8th - 17.4s

400 Metres

M35A - Gareth Juliff - 7th - 73.9s

M35B - Keith Vallis - 6th - 91.9s

M50 - Sean Holmes - 6th - 78.4s

1500 Metres

M35A - Keith Vallis - 8th - 6m 35.2s

M50 - Sean Holmes - 5th - 5m 31.1s

2000m Walk

M50 - Keith Vallis - 2nd - 12m 46.4s

High Jump

M35 - Gareth Juliff - 5th - 1.10m

M50 - Piers Puntan - 6th - 1.10m

Long Jump

M35 - Gareth Juliff - 6th - 3.11m

M50 - Keith Vallis - 5th - 2.24m

Shot

M35 - Piers Puntan - 4th - 7.23m

M50 - Keith Vallis - 8th - 4.74m

Hammer

M50 - Piers Puntan - 6th - 18.83m

Women's Results

400 Metres

W35A - Claire Daly - 4th - 72.5s

W50 - Cath Wheeler - 3th - 78.5s

1500 Metres

W35A - Claire Daly - 4th - 6m 04.2s

W60 - Cath Wheeler - 1st - 6m 09.1s

Match – Final Scores

1 Winchester & District 147.5

2 Southampton 129.5

3 Aldershot, Farnham & District 101

4 City of Portsmouth 52

5 Havant 37

6 Basingstoke & Mid Hants 31

7 Overton Harriers 24

8 Fleet & Crookham 0

Match – Final Scores

1 Southampton 142

2 Basingstoke & Mid Hants 141

3 Aldershot, Farnham & District 104

4 Havant 93

5 Winchester & District 88.5

6 Overton Harriers 49.5

7 Fleet & Crookham 44

8 City of Portsmouth 43

Match 2 – 22nd May – Sports Centre, Southampton

Men's Results

200 Metres

M35A - Gareth Juliff - 7th - 30.2s

M35B - Sean Holmes - 6th - 35.1s

M50 - Chris Dewey - 6th - 31.2s

M60 - Terry Clarke - 4th - 32.9s

800 Metres

M35A - Gareth Juliff - 8th - 2m 42.3s

M35B - Sean Holmes - 6th - 2m 50.3s

M50 - Chris Dewey - 5th - 2m 41.2s

3000 Metres

M35A - Chris Dewey - 8th - 11m 5.8s

M35B - Keith Vallis - 7th - 13m 4.6s

M50 - Sean Holmes - 2nd - 11m 17.6s

Discus

M35 - Piers Puntan - 6th - 16.10m

M50 - Keith Vallis - 7th - 14.12m

M60 - Terry Clarke - 6th - 10.38m

Javelin

M35 - Piers Puntan - 7th - 15.17m

Women's Results

800 Metres

W35A - Claire Daly - 5th - 2m 49.7s

W60 - Cath Wheeler - 1st - 2m 59.3s

3000 Metres

W35A - Claire Daly - 5th - 12m 46.5s

W50 - Cath Wheeler - 3rd - 12m 49.8s

Match – Final Scores

1 Southampton 140

2 Winchester & District 134

3 Aldershot, Farnham & District 62

4 City of Portsmouth 57

5 Basingstoke & Mid Hants 48

6 Havant 39

7 Overton Harriers 22

8 Fleet & Crookham 0

Match – Final Scores

1 Basingstoke & Mid Hants 141

2 Southampton 130

3 Aldershot, Farnham & District 95

4 Winchester & District 94

5 Havant 91

6 City of Portsmouth 57

7 Overton Harriers 43

8 Fleet & Crookham 22

Next Match is Monday 19th June at Sports Stadium, Winchester

Harriers Parkrun Results May 2023

	06/05/2023	13/05/2023	20/05/2023	27/05/2023
Basingstoke				
Terry Clarke	24:58	24:35	25:16	30:42
Louis McCann			20:46	20:08
Sarah McCann			29:33	27:52
Ellen Bealing		25:31		
Amy Jewell	31:21			
Andover				
Pete Mitchell	21:10			
Jasmine Kalton	30:24	33:23	28:58	
Michael Ball	22:35		22:28	22:48
Katie Brothers	27:48		28:58	
Frimley Lodge				
Dave Bush	53:16	20:15		20:08
Winchester				
Katie Brothers				26:15
Hulya Yadsan-Appleby	26:58	27:06	26:25	26:32
Jasmin Kalton				29:50
Newbury				
Amy Jewell			31:23	31:22
Katie Brothers		27:48		
Southwick Country Park				
Lauren Dennison	28:14			
Eastville				
Lauren Dennison			27:39	
Clare Castle				
Ash Coxden				19:33
Lime Park				
Judy Hewitt			37:22	

Bath Skyline				
Lauren Dennison		29:22		
California Country Park				
Kel Ryder		26:56		
Bournemouth				
Neil Martin				19:03
Witney				
Kel Ryder				27:09
Moors Valley				
Cath Wheeler		21:34		
Bracknell				
Kel Ryder	27:26			
Caffarella				
Mark Daly		22:41		
Clare Daly		22:39		
Didcot				
Amy Jewell		32:12		
Great Yarmouth Beach				
Kel Ryder			39:32	
Hellbrunn				
Emily Arbuthnot				30:25
Sheringham				
Pete Mitchell			21:04	
Itchen Valley				
Dave Bush			21:04	
Mark Daly	20:44			
Cath Wheeler	22:43			
Clare Daly	24:40			

DIARY

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>

Monday 19th:

Hampshire Veterans Athletics – Sports Stadium, Winchester

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.

July

Sunday 2nd:

Lordshill 10k. This will be the final race of the 22/23 HRRL season

<https://www.lordshillroadrunners.org.uk/races/lordshill-10k/>

Thursday 20th:

Mob Match vs Basingstoke at Overton.

This will also include the 3rd Summer Handicap.

More information will follow.