

HARRIERS

June 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

Whilst June was the hottest month on record, it certainly wasn't summer holidays at the Harriers, with another month packed with action. We had action on the track, on the road, over 24 hours, a handicap, a mob match, Parkruns and let's not forget the Beer Mile (although some may want to).

If you want to know what's going on at the Club, keep an eye out for the weekly email, Facebook posts, or feel free ask a committee member.

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

Green Park 10K - 4th June Race Report by Mike Jones

I planned to do this event with my son but unfortunately he got an injury in the weeks before and so I was the sole family member and the sole Harrier

Green Park was a mixed event family event. It had a 3km kids race before the main event and full families were enjoying the Sunshine. There were lots of entrants, lots of colours, a city run atmosphere in Green Park and surrounding area. Officially the Green Park -Reading 10k, the race used to be called the Royal Berkshire 10k.

Although advertised as flat, suitable for beginners or PB chasers, the course wasn't flat, flat. I would say not hilly, but certainly had a few undulations. The heat had a factor in the race but I felt there was plenty of shade to temper this in the second half. I had to slow down to take some water at 6k which is unusual for me as I usually push through on a 10k but the first half of the race was full sun.

The route essentially took you 2km inside Green park and then 7km on closed rural roads (parallel to the M4) and about 1km final push for the finish in Green Park

The route is here on my Strava account.

<https://www.strava.com/activities/9200001452/segments/3100399671770021710/sharing>

I would really recommend this race. It was well organised, well attended, lots of facilities and a nice setting. The parking was easy and although the charge was high at £8 (Reading FC obviously needed the money) it was a short walk to the start where there was all the normal refreshments, facilities etc... It felt like a big race on a smaller scale.

The added bonus was an ice cream van parked strategically on the way back to the car park. The best tasting ice cream ever 😊



Endure 24 – 10th June – Race Report by Sarah McCann

Endure 24 is an endurance race held at Wasing Park in Aldermaston in June that lasts for 24 hours; starting at midday Saturday and finishing at midday the next day.

Competitors take part as solo runners, as duos or in teams of up to 12 members. Our team of 4 consisted of Lucy, Erica, Louis and myself.

The course is an off road route of approximately 5 miles, starting and finishing at the same point. The aim is for each team to complete as many laps of the course as possible in the 24 hours. Ideally one of the team is out on the course at any one time within the 24 hours.

On the Saturday temperatures reached 31 degrees and it was pretty gruelling. However, the atmosphere was fantastic and everyone was so friendly and encouraging.

Highlights were seeing Dave and Paige and a special visit from Mr Vallis early on the Sunday morning who had cycled over to see us. We worked fantastically as a team and all pulled together and successfully completed 35 miles each, totalling 140 miles, and came 24th out of 82 in our category. Not bad for a day's (and night's) work.

Endure is the name of the game and I was on a high for the rest of the week after what we achieved. I would thoroughly recommend this race. It has a festival like atmosphere and is great for families who might want to camp. Entries are already open for next year!



Summer Handicap No 2 - 15th June

18 runners turned out on a rather warm evening and following plenty of moaning about their given handicaps all runners set off.

A good run by Keith "I'm taking it easy" Vallis, saw him get the win, with Chris "I'm still injured" Jenkins a few seconds later.

<u>POS</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>ACT TIME</u>	<u>POS ON TIME</u>
1	Keith Vallis	30.40	4.20	26.20	10
2	Chris Jenkins	31.39	5.15	26.24	11
3	Adam Penhaul	31.47	5.15	26.32	12
4	Eddy Biggs	31.50	10.20	21.30	1
5	Richard Clifford	31.57	6.00	25.57	8
6	Simon Logan	32.16	6.45	25.31	7
7	Jasmine Kalton	32.47	0.00	32.47	17
8	Charlie Duncombe	32.47	5.50	26.57	13
9	Louis McCann	32.55	8.00	24.55	6
10	Mark Reid	32.56	10.00	22.56	5
11	Neil Martin	33.36	11.00	22.36	4
12	Ashley Coxden	33.41	11.45	21.56	2
13	Cath Wheeler	33.55	7.45	26.10	9
14	Kel Ryder	34.19	2.00	32.19	16
15	Sean Holmes	34.20	12.20	22.00	3
16	John Harrison	34.52	5.45	29.07	15
17	Lucy Pearson	35.32	7.25	28.07	14
18	Alastair Paul	38.50	2.45	36.05	18

HRRL Alresford 10km - 18th June

By all accounts from the feedback, it was extremely hot and not the best racing conditions, which is reflected in the times below. Well done to those who raced and to John Hoare as race adjudicator.

<u>Harrier</u>	<u>Time</u>	<u>Position</u>
Sean Holmes	39.28	39 th
Neil Martin	40.28	52 nd
Hannah Kidston	51.13	207 th
Gareth Juliff	53.31	227 th
Charlie Duncombe	53.02	231 st
Amy Jewell	57.03	286 th
Yolanta Birch	57.27	290 th
Hulya Yadsan-Appleby	58.47	301 st
Jasmine Kalton	1.05.25	351 st
Halszka Konieczek	1.08.33	372 nd
Marcus Appleby	1.11.39	398 th



Beer mile - 22nd June

The annual post Thursday session madness returned to the ORC, better known as The Beer Mile.

4 laps, 4 beers, 1 mile in total, don't throw up (during), don't cut corners and drink all your beer.

It was actually the perfect night for sipping a couple of cold ones, however, at the beer mile, the quicker you down one, the more chance you have of winning.

All you need to do is hold it together for 4 laps.

This year we were joined by a few (well pretty much half the field) of Cricket Club members, and in shocking turn of events, a Cricketer actually won.

Although, a notable run from Harrier Gareth Juliff who held it together to clinch second (and kept all his beer down after the race, unlike the winner).

Same again next year, so plenty of time to train

1	Jake Carvell	8.29
2	Gareth Juliff	9.10
3	Dave Bush	9.17
4	Chris Cockburn	9.44
5	David Thomson	10.01
6	Piers Puntan	10.22
7	Andy Regan	11.07
8	Charlie Spaul	11.18
9	Ian Clark	11.22
10	Keith Vallis	12.13
11	Sean Holmes	13.22
12	Neil McCann	13.24
13	Adam Penhaul	14.22
14	Emma Clark	15.29
15	Kitty Brockbank	15.34
16	Annette Edwards	16.24
17	Mich Bowery	17.05
18	Neil Buckthorpe	17.05
19	Charlie Duncombe	17.40
20	Sam Beeston	18.59
21	Lizzie Rainbow	DNF (2 laps)
22	Claire Spencer	DNS
23	John Harrison	DNS



Mob Match vs Basingstoke AC - 29th June

We had a pretty good turnout of 20 Harriers for the annual visit to Cliddesden for the mob match against Basingstoke. Whilst this off road course is only 2.5 miles, it is rather unforgiving, with an uphill start which then leads to a long drag uphill, a very short flat section, followed by a downhill over a rutted and overgrown footpath. Finishing with a final 500m dash up to the finish line. Just go hard and hang on..

Some good performances from Overton, but sadly the strength and quality of Basingstoke was to prevail.

Home match will be 20th July, hope you can be there

Position	Name	Club	Time
1	Alex Bigg	Basingstoke AC	14:08.0
2	Ben Nutley	Basingstoke AC	14:31.0
3	Justyn Moore	Basingstoke AC	14:42.0
4	Rob Wood	Basingstoke AC	15:04.0
5	Chris Furness	Basingstoke AC	15:20.0
6	James Bate	Basingstoke AC	15:34.9
7	Stuart Searle	Overton Harriers	15:49.5
8	Marc Soane	Basingstoke AC	15:52.6
9	Cameron Furness	Basingstoke AC	15:54.1
10	Neil Martin	Overton Harriers	15:55.0
11	Sean Holmes	Overton Harriers	16:08.1
12	Ashley Coxden	Overton Harriers	16:15.4
13	Dave Bush	Overton Harriers	16:34.7
14	Nick Onslow	Basingstoke AC	16:44.6
15	Chris Wood	Basingstoke AC	16:52.4
16	Louis McCann	Overton Harriers	17:15.3
17	Michael Hill	Basingstoke AC	17:40.5
18	Mark Slaney	Basingstoke AC	17:50.5
19	Gareth Juliff	Overton Harriers	17:57.3
20	Mark Norris	Basingstoke AC	18:01.8
21	Alison Edwards	Basingstoke AC	18:03.9
22	Rob Harrison	Basingstoke AC	18:06.4
23	Kevin Nicholson	Basingstoke AC	18:16.6
24	Ray Gartland	Basingstoke AC	18:43.0
25	Emily Arbuthnot	Overton Harriers	18:47.7
26	Michael Hickey	Basingstoke AC	18:49.3
27	Keith Vallis	Overton Harriers	18:56.1
28	John Vickers	Basingstoke AC	18:59.6
29	John Harrison	Overton Harriers	19:08.6
30	Peter Grigoleit	Basingstoke AC	19:12.8
31	Mitch Lloyd	Basingstoke AC	19:25.6
32	Terry Wegg	Basingstoke AC	19:29.7
33	Adam Penhaul	Overton Harriers	19:39.2
34	Charlie Duncombe	Overton Harriers	19:59.7
35	Naomi Holborough	Basingstoke AC	21:35.2
36	Marie Shone	Basingstoke AC	21:50.8
37	Terry Clarke	Overton Harriers	22:29.2
38	Tracey Grigoleit	Basingstoke AC	23:11.7
39	Erica Steele	Overton Harriers	23:31.0
40	Sarah McCann	Overton Harriers	23:46.4
41	Marcus Appleby	Overton Harriers	24:08.5
42	Neil McCann	Overton Harriers	24:10.4
43	Hulya Yadsa-appleby	Overton Harriers	24:16.1
44	Halszha Konieczek	Overton Harriers	24:49.5
45	Jasmine Kalton	Overton Harriers	26:03.3
46	Steve Till	Basingstoke AC	33:14.0

Position	Club	Score
1	Basingstoke AC	296
2	Overton Harriers	567

Hampshire Veterans Athletics

Match 3 – 19th June – Winchester

Men's Results

100 Metres

M35A	- Seam Holmes	- 7 th	- 17.5s
M35B	- Keith Vallis	- 7 th	- 20.8s
M50	- Neil Martin	- 5 th	- 15.2s

400 Metres

M35A	- Keith Vallis	- 7 th	- 1m 34.5s
M35B	- Sean Holmes	- 6 th	- 76.4s
M50	- Neil Martin	- 4 th	- 67.5s

1500 Metres

M35A	- Seam Holmes	- 7 th	- 5m 27.4s
M35B	- Keith Vallis	- 7 th	- 6m 41.3s
M50	- Neil Martin	- 3 rd	- 5m 26.3s

High Jump

M35	- Gareth Juliff	- 4 th	- 1.25m
M50	- Piers Puntan	- 7 th	- 1.00m

Long Jump

M35	- Keith Vallis	- 6 th	- 2.46m
M50	- Neil Martin	- 6 th	- 3.52m

Shot

M35	- Tony Reid	- 2 nd	- 8.84m
M50	- Piers Puntan	- 6 th	- 6.99m

Hammer

M35	- Tony Reid	- 5 th	- 17.57m
M50	- Keith Vallis	- 6 th	- 10.23m

Match – Final Scores

1	Basingstoke & Mid Hants	147
2	Aldershot, Farnham & District	125
3	Southampton	122
4	Winchester & District	105
5	City of Portsmouth	89
6	Havant	78
7	Overton Harriers	58
8	Fleet & Crookham	32

Women's Results

100 Metres

W35A	- Claire Daly	- 2 nd	- 15.2s
W35B	- Erica Steele	- 4 th	- 20.4s
W50	- Kay Noyce	- 4 th	- 17.4s

400 Metres

W35A	- Claire Daly	- 4 th	- 73.5s
W50	- Kay Noyce	- 1 st	- 77.8s

1500 Metres

W35A	- Claire Daly	- 5 th	- 6m 09.4s
W50	- Kay Noyce	- 3 rd	- 5m 53.2s

Medley Relay

W35A	- Overton	- 4 th	- 5m 52.7s
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High Jump

M35	- Claire Daly	- 1 st	- 1.30m
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Javelin

M35	- Erica Steele	- 6 th	- 9.46m
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Match – Final Scores

1	Winchester & District	138
2	Southampton	136
3	Aldershot, Farnham & District	104
4	Havant	66
5	Overton Harriers	56
6	City of Portsmouth	22
7	Basingstoke & Mid Hants	17
8	Fleet & Crookham	0

Next Match is Monday 24th July at Athletics Stadium, Aldershot.

Harriers Parkrun Results June 2023

	03/06/2023	10/06/2023	17/06/2023	24/06/2023
Basingstoke				
Terry Clarke	24:27	24:47	24:06	24:27
Liam Webb	28:27			
Lucas Steele	28:28			
Erica Steele	28:35			
Andover				
Jasmine Kalton			30:17	30:52
Michael Ball	22:06		22:58	22:34
Frimley Lodge				
Dave Bush		22:30	19:52	
Winchester				
Katie Brothers				26:08
Hulya Yadsan-Appleby		26:19	26:28	26:10
Newbury				
Amy Jewell	31:08			
Hulya Yadsan-Appleby	27:10			
Maciek Hulme	31:19			28:54
Southampton				
Neil Martin	18:40			
Amy Jewell				36:24
Chippenham				
Neil Martin		19:24		
Lauren Dennison				29:49
Abingdon				
Lucy Sykes		27:09		
Alvaston				
Dave Bush				19:40
Nanty Pandy				
Imogen Collins		25:55		
Melksham				
Kel Ryder	27:00			
Marlborough Common				
Neil Martin				19:42
Bournemouth				
Kel Ryder			27:19	
Medina				
Michael Jones			20:19	
Lymington Woodside				
Kel Ryder		28:18		
Forest Rec				
Charlie Duncombe		31:16		
Jasmin Kalton		32:15		
Malmo Ribersborg				
Amy Jewell			28:05	
Leavesden Country Park				
Dave Bush	20:21			
Woodhouse Moor				
Eleanor McDevitt	32:37	31:37		
Itchen Country Park				
Katie Brothers	27:47			
Penrose				
Martin Allen		23:13		
Cath Wheeler		21:53		

DIARY

July

Thursday 20th:

Mob Match vs Basingstoke at Overton.

This will also include the 3rd Summer Handicap.

More information will follow.

Monday 24th:

Vets Athletics League, Military Stadium, Aldershot.

First events start at 18:30. Please speak to your captain for more information.

Way ahead, but a date to pencil in the diary: Sunday 17th December will be the Cyclist Race followed by the Harriers Christmas Lunch at the Test Valley Golf Club. More details will follow in the autumn.

Way Way ahead

The Harriers Training Week(end) is back, following a few years of disruption due to Covid.

The half term of February 9th to 16th 2024, will see the training week return to the Isle of Wight at the Woodside Bay Lodge Retreat near Fishbourne.

The training week is a great running and social event for runners and their families.

For more information or to register your interest to attend, please contact Richard Clifford richardclifford1974@gmail.com