

# HARRIERS

July 2023

*The Newsletter of Overton Harriers and Athletic Club*



## Message from the editor

July wasn't quite the summer we were expecting, cooler and wetter than usual, but still plenty of racing going on for the Harriers.

July saw the end of the 22/23 HRRL season, well done to all those who took part in those races, some standout efforts this season.

Don't forget the 23/24 season kicks off on Sunday 3rd September with the Overton 5. Entries still available. We still need volunteers to help marshal, so please lend a hand if you can.

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. Also, towards the bottom of the newsletter is a list of fixtures and events up until Christmas.

Want to know what our Juniors are up to, check out the new Juniors section in our newsletter (thank you to Erica Steele for putting that together)

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)**

# Spond

As the Harriers continues to move with the times, we have now adopted the Spond app for better and improved communications.

We will still continue to use emails and Facebook for a while, but if you want to be keep up to date via the app, it's quite easy.

To get started with Spond:

1. Download the Spond app on your smartphone from the App Store or Google Play Store
2. Create a personal account using your preferred email address and set up your profile.
3. Once logged in, search for our club using the following unique club code: JNOJR.
4. Join our club on Spond and explore the various features and events available.

# RACE UPDATES

## Lordshill 10k – 2 nd July

No race report for this one, but a good turnout for the club.

Harrier	Time	Position
Sean Holmes	38:11	74 <sup>th</sup>
Michael Jones	40:09	122 <sup>nd</sup>
Gareth Juliff	43:57	227 <sup>th</sup>
Louis McCann	44:01	230 <sup>th</sup>
Erica Steele	53:40	485 <sup>th</sup>
Lucy Pearson	53:42	487 <sup>th</sup>
Hulya Yadsan-Appleby	55:46	534 <sup>th</sup>
Katie Brothers	56:33	558 <sup>th</sup>
Yolanta Birch	56:48	565 <sup>th</sup>
Ellen Bealing	57:23	572 <sup>nd</sup>
Kel Ryder	59:57	612 <sup>th</sup>
Marcus Appleby	1:01:48	640 <sup>th</sup>
Halszka Konieczek	1:02:13	650 <sup>th</sup>
Jasmine Kalton	1:02:13	651 <sup>st</sup>
Charlie Duncombe	1:02:14	652 <sup>nd</sup>

# Home Mob Match vs Basingstoke AC - 20th July

A good turnout from both teams, but it was Basingstoke who once again took victory.

POS	NAME	TEAM	TIME
1	Alex Bigg	BMH	18.57
2	Ben Nutley	BMH	19.13
3	Alex Hamilton	BMH	19.24
4	James Bate	BMH	20.29
5	Chris Furness	BMH	20.38
6	Cameron Furness	BMH	20.47
7	David Jones	BMH	21.03
8	Michael Bursak	BMH	21.11
9	Eddy Biggs	OHAC	21.23
10	Stuart Searle	OHAC	21.24
11	Marc Soane	BMH	21.25
12	Sean Holmes	OHAC	21.47
13	Michael Hill	BMH	22.10
14	Michael Jones	OHAC	22.23
15	Mark Slaney	BMH	22.44
16	Dave Bush	OHAC	22.53
17	Mark Norris	BMH	23.00
18	Nick Battison	BMH	23.01
19	Mark Reid	OHAC	23.02
20	Rob Harrison	BMH	23.14
21	Louis McCann	OHAC	23.19
22	Luke McAra	BMH	23.20
23	Gareth Juliff	OHAC	23.42
24	Kevin Nicholson	BMH	23.56
25	Alison Edwards	BMH	23.59
26	Emily Arbuthnot	OHAC	24.19
27	Ray Gartland	BMH	24.39
28	Greg England	OHAC	24.53
29	Simon Logan	OHAC	25.01
30	Cath Wheeler	OHAC	25.18
31	Claire Spencer	OHAC	25.22
32	Peter Grigoleit	BMH	25.35
33	Jon Vickers	BMH	25.49
34	Lucy Pearson	OHAC	25.59
35	Chris Jenkins	OHAC	26.30
36	John Harrison	OHAC	26.32
37	Kylie Juden	BMH	27.51
38	Keith Vallis	OHAC	27.53
39	Cat Coveney	BMH	27.54
40	Mike Hedderley	BMH	28.49
41	Terry Clarke	OHAC	29.11
42	Ellen Bealing	OHAC	29.50
43	Piers Puntan	OHAC	30.23
44	Katie Brothers	OHAC	30.30
45	Mark Underwood	OHAC	30.33
46	Tracey Grigoleit	BMH	30.36
47	Hulya Yadsan-Appleby	OHAC	30.47
48	Sarah McCann	OHAC	30.52
49	Kel Ryder	OHAC	31.09
50	Marcus Appleby	OHAC	31.12
51	Erica Steele	OHAC	31.16
52	Olivia Cox	OHAC	32.05
53	Manuela Patzeat	OHAC	32.11
54	Halska Konieczek	OHAC	33.00
55	Jasmine Kalton	OHAC	33.44

MATCH RESULT	
Basingstoke	455
Overton	721

## Summer Handicap No 3 (raced as part of the Mob Match)

<b>POS</b>	<b>NAME</b>	<b>TIME</b>	<b>H'CAP</b>	<b>ACT TIME</b>	<b>POS ON TIME</b>
1	Claire Spencer	30.22	5.00	25.22	13
2	Greg England	30.38	5.45	24.53	10
3	Mike Jones	30.43	8.20	22.23	4
4	Ellen Bealing	30.50	1.00	29.50	19
5	Marcus Appleby	31.12	0.00	31.12	26
6	Louis McCann	31.19	8.00	23.19	7
7	Hulya Yadsan-Appleby	31.27	0.40	30.47	23
8	Eddy Biggs	31.43	10.20	21.23	1
9	Chris Jenkins	31.45	5.15	26.30	15
10	Dave Bush	32.03	9.10	22.53	5
11	Emily Arbuthnot	32.04	7.45	24.19	9
12	Manuela Patzelt	32.11	0.00	32.11	29
13	Keith Vallis	32.13	4.20	27.53	17
14	Olivia Cox	32.15	0.10	32.05	28
15	Erica Steele	32.16	1.00	31.16	27
16	John Harrison	32.17	5.45	26.32	16
17	Simon Logan	32.26	7.25	25.01	11
18	Mark Reid	33.02	10.00	23.02	6
19=	Cath Wheeler	33.03	7.45	25.18	12
19=	Mark Underwood	33.03	2.30	30.33	22
21	Kel Ryder	33.09	2.00	31.09	25
22	Gareth Juliff	33.12	9.30	23.42	8
23	Stuart Searle	33.19	11.55	21.24	2
24	Lucy Pearson	33.24	7.25	25.59	14
25	Jasmine Kalton	33.44	0.00	33.44	31
26	Terry Clarke	33.56	4.45	29.11	18
27	Sean Holmes	34.07	12.20	21.47	3
28	Sarah McxCann	34.32	3.40	30.52	24
29	Piers Puntan	34.58	4.35	30.23	20
30	Katie Brothers	35.00	4.30	30.30	21
31	Halska Konieczek	35.45	2.45	33.00	30

# Hampshire Veterans Athletics

## Match 4 – 24th July – Aldershot

### Men's Results

Event/Age Group	Harrier	Position	Time
<b>200 metres</b>			
M35 A	Sean Holmes	6	35.87
M35 B	Gareth Juliff	5	29.95
M50	Dave Bush	4	29.74
<b>800 metres</b>			
M35 A	Michael Jones	9	02:39.7
M35 B	Gareth Juliff	7	02:37.1
M50	Dave Bush	4	02:30.9
M60	Greg England	5	02:53.1
<b>3000 metres</b>			
M35 A, M35 B	Michael Jones	12	11:08.3
	Keith Vallis	14	13:43.4
M50, M60	Sean Holmes	11	11:06.9
	Greg England	15	12:16.2
<b>2000m Walk</b>			
M35, M50, W35, W50	Keith Vallis	1	12:44.1
	Halszka Konieczek	21	15:25.0
<b>4x200m Relay</b>			
M35	Overton	5	02:16.5
<b>Pole Vault</b>			
M50	Dave Bush	3	2
<b>Discus</b>			
M35	Paul A Reid	7	19.9
M50	Piers Puntan	11	19.91
<b>Javelin</b>			
M35	Paul A Reid	3	30.81
M50	Piers Puntan	5	15.66

### Match - Final Scores

1	Basingstoke & Mid Hants	161
2	Southampton	127
3	Aldershot, Farnham & District	109
4	Winchester & District	104
5	Havant	87
6	Overton Harriers	81
7	City of Portsmouth	31
8	Fleet & Crookham	22

### Ladies Results

Event/Age Group	Harrier	Position	Time
<b>200 metres</b>			
W35 A	Halszka Konieczek	6	45.98
W60	Cath Wheeler	2	35.82
<b>800 metres</b>			
W35 A	Halszka Konieczek	5	03:50.8
W35 B, W50	Cath Wheeler	6	03:02.6
<b>3000 metres</b>			
W35 A, W35 B, W50	Cath Wheeler	6	12:56.6
	Claire Daly	10	15:06.5
	Halszka Konieczek	13	17:06.5

### Match - Final Scores

1	Southampton	152.5
2	Winchester & District	146.5
3	Aldershot, Farnham & District	94
4	Basingstoke & Mid Hants	61
5	Havant	54
6	Overton Harriers	41
7	City of Portsmouth	17
8	Fleet & Crookham	0

# Harriers Parkrun Results July 2023

	01/07/2023	08/07/2023	15/07/2023	22/07/2023	29/07/2023
<b>Basingstoke</b>					
Terry Clarke	27:11	25:43	25:02	25:00	24:47
Louis McCann		20:48			21:05
Sarah McCann	27:12	26:50		26:29	26:44
Neil McCann		29:33			30:30
Lucas Steele					30:09
Erica Steele					30:57
<b>Andover</b>					
Jasmine Kalton	30:29	29:42	42:36	28:39	27:41
Katie Brothers			27:01		
<b>Frimley Lodge</b>					
Dave Bush		20:58	20:28		
<b>Winchester</b>					
Katie Brothers				25:14	
Michael Jones				18:53	
Marcus Appleby	26:38			26:12	
Hulya Yadsan-Appleby	26:44			26:14	
Lauren Dennison	28:16				
<b>Newbury</b>					
Amy Jewell					34:49
Hulya Yadsan-Appleby			27:25		
Marcus Appleby			27:27		
Gareth Juliff					20:58
Halszka Konieczek					32:07
Katie Brothers		27:27			
Lauren Dennison		29:21			
<b>Bishan</b>					
Amy Jewell				28:44	
<b>Rushmoor</b>					
Mark Daly					21:05
Claire Daly					24:33
<b>East Coast</b>					
Amy Jewell			28:48		
<b>Roding Valley</b>					
Hulya Yadsan-Appleby					26:22
<b>Homewood</b>					
Dave Bush				20:55	
<b>Moors Valley</b>					
Kel Ryder				26:15	
<b>Abingdon</b>					
Lucy Sykes	27:22				
<b>Wendover Woods</b>					
Neil Martin		22:23			
<b>Edenbrook</b>					
Dave Bush	19:08				
<b>Melksham</b>					
Neil Martin	20:29				
<b>Cosmeston Lakes</b>					
Emily Arbuthnot		22:28			
<b>Woking</b>					
Kel Ryder			27:13		
Claire Spencer		23:17			
<b>Pontypridd</b>					
Kel Ryder		26:06			
<b>Durlston Country Park</b>					
Kel Ryder					32:51
<b>Guildford</b>					
Mark Daly		24:31			
Claire Daly		29:19			
<b>Blaise Castle</b>					
Kel Ryder	27:04				
<b>Medina</b>					
Dave Bush					19:53
<b>Trelissick</b>					
Hulya Yadsan-Appleby		29:10			
Marcus Appleby		30:28			
<b>Netley Abbey</b>					
Katie Brothers					26:19
<b>Torvean</b>					
Cath Wheeler					22:45

# DIARY

## September:

Sunday 3rd - HRRL Overton 5 (entries still available)

Saturday 23rd – Southern Road Relays – Rushmoor Arena Aldershot. Please speak to your Captain for more information.

Sunday 24th - The Farleigh Wallop 10k Trail Race - <https://www.webscorer.com/register?pid=1&raceid=311188>. A pub lunch is planned for after the race, please speak to Amy Jewell for more information.

## October:

Sunday 1st – HRRL Solent Half Marathon

Saturday 7th - SOCIAL Harriers Quiz Night (please speak to Olivia Cox for more details)

Saturday 28th – HXCL Aldershot

Sunday 29th – HRRL New Forest 10 mile

## November:

Sunday 5th – HRRL Hayling 10 mile

Saturday 11th – HXCL Popham

Sunday 19th – HRRL Gosport Half Marathon

## December:

Saturday 2nd – HXCL Venue TBC

Sunday 3rd – HRRL Victory 5

Sunday 17th – Cyclist Race and Harriers Christmas lunch (details to follow).

## 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](mailto:richardclifford1974@gmail.com)



# JUNIORS

This month we welcome a new section to the Overton Harriers newsletters, where will be sharing all the exciting events and achievement for our littlest legs, the Overton Juniors!

Firstly, I would like to introduce myself. I am Erica, Mum to Lucas, like Lucas, an Overton Harrier Runner. Over the summer I will be taking over the role of admin for the juniors and I would like to say a big thank you the Anna who has handed over the baton and has done a wonderful job over the years. 'Thank you, Anna,'

In this section we will be keeping you updated on all track n field and cross-country events, along with some fun events. I'll be asking you to send in some race reports for to be included in the newsletters. Summer Holidays have started so juniors will not be returning to training until the start of the new school term. I would love to hear what you get up to over the holidays, so please share me you experience and of course photos.

## **Save The Dates**

### **August:**

20th - Overton Juniors social Park run

### **September:**

Return to Training (date TBC)

3rd- Overton 5, Club race, Junior fun run and Helpers.

## **20th August- 9am at Stratton park**

Come along to junior park run and run a 2km route at your own pace. If you are a first timer, register online at parkrun website and bring along your individual barcode to claim your results. At the end we will be having a social gathering with cookies and a game of football (or other games) 6 weeks is a long time not to see your mates

## **Overton 5**

**12:30pm at ORC, Overton**

First Hampshire Road race for the adults (23/24 season) and Harriers will be hosting.

This a 5 miles race from Berrydown (home of the juniors) and finish at the Rec centre There is a kids fun run before for all ages and not just Harriers. Members from different Hampshire club will be joining in on the fun.

Harriers will also be looking for some helpers on the day, Marshalling the course, medals, water stations etc and would really appreciate your help.

Please let me know.

## Junior Harriers Parkrun Results July 2023

Park Run results						
	02-Jul	09-Jul	16-Jul	23-Jul	30-Jul	
<b>Basingstoke</b>						
Liam Webb	9.31		9.07			
Lucas Steele		9.40	9.08		8.54	
Charlie Hobden			9.49	9.38		100 JPR
Bazyli Szulc			12.01			First timer
Cyryl Szulc			12.03			PB
Star Guests						
	02-Jul	09-Jul	16-Jul	23-Jul	30-Jul	
<b>Basingstoke</b>						
Tessa Pearson		19.10	14.04			PB

### Big Congratulations

**Well done Charlie Hobden for completing 100 Junior Park runs! Amazing work.**