

HARRIERS

August 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

Something quite unusual for the Harriers in August, a fairly quiet month. Although not a bad idea to have a little respite after the last few months, and also given the busy period of racing we're about to enter.

If you want to know what's going on at the Club, keep an eye out for the weekly email, Facebook posts and Spond, or feel free ask a committee member. Also, towards the bottom of the newsletter is a list of fixtures and events up until Christmas.

In some other news though, we now have an online club shop for all your kit needs.

Simply visit our website at <http://overtonharriers.org.uk> and click the club shop link in the menu!

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

Summer Handicaps

August saw the final summer handicap of the season, with a pretty good turnout. We can also name our summer handicap winners: congratulations to Richard Clifford who won the league position and also to Eddy Biggs for winning the time league. Thank you to John Hoare for his continued support in timekeeping and results.

MONTHLY HANDICAP– AUG 2023				17/08/23	
POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Jasmine Kalton	30.09	0.00	30.09	18
2	Yolanta Birch	30.39	0.00	30.39	20
3	Adam Penhaul	30.50	5.15	25.35	10
4	Alice Ainsworth	30.52	4.20	26.32	13=
5	Greg England	30.57	5.45	25.12	9
6	Richard Clifford	31.02	6.00	25.02	8
7	Michael Jones	31.04	8.20	22.44	4
8	John Harrison	31.25	5.45	25.40	12
9	Claire Spencer	31.32	5.00	26.32	13=
10	Erica Steele	31.51	1.00	30.51	21
11	Louis McCann	31.52	8.00	23.52	7
12	Lucy Sykes	31.57	2.00	29.57	17
13	Manuela Patzelt	32.09	0.00	32.09	24
14	Chris Cockburn	32.10	10.00	22.10	3
15	Ellen Bealing	32.11	2.45	29.26	16
16	Jack Steed	32.37	9.00	23.37	5
17	Simon Logan	33.02	7.25	25.37	11
18	Gareth Juliff	33.13	9.30	23.43	6
19	Eddy Biggs	33.15	12.30	20.45	1
20	Sean Holmes	33.45	12.20	21.25	2
21	Kel Ryder	34.07	2.00	32.07	23
22	Sarah McCann	34.11	3.40	30.31	19
23	Lucy Pearson	35.23	7.25	27.58	15
24	Piers Puntan	35.46	4.35	31.11	22

FINAL LEAGUE TABLE – SUMMER HANDICAP 2023						
		HC1	HC2	HC3	HC4	Score
1	Richard Clifford	6	5	<u>0</u>	6	17
2	Mike Jones	7	<u>0</u>	3	7	17
3	Keith Vallis	4	1	13	<u>0</u>	18
4	Chris Jenkins	8	2	9	<u>0</u>	19
5	Claire Spencer	10	<u>0</u>	1	9	20
6	Ellen Bealing	1	<u>0</u>	4	15	20
7	Louis McCann	<u>12</u>	9	6	11	26
8	Eddy Biggs	<u>0</u>	4	8	19	31
9	Jasmine Kalton	<u>0</u>	7	25	1	33
10	Erica Steele	11	<u>0</u>	15	10	36
11	Simon Logan	<u>18</u>	6	17	17	40
12	John Harrison	<u>0</u>	16	16	8	40
13	Mark Reid	15	10	18	<u>0</u>	43
14	Gareth Juliff	16	<u>0</u>	22	18	56
15	Sean Holmes	<u>0</u>	15	27	20	62
16	Lucy Pearson	<u>0</u>	17	24	23	64
17	Piers Puntan	19	<u>0</u>	29	24	72

FINAL TIME LEAGUE TABLE – SUMMER HANDICAP 2023						
1	Eddy Biggs	<u>0</u>	1	1	1	3
2	Sean Holmes	<u>0</u>	3	3	2	8
3	Mike Jones	3	<u>0</u>	4	4	11
4	Mark Reid	2	5	6	<u>0</u>	13
5	Louis McCann	5	6	7	<u>7</u>	18
6	Gareth Juliff	4	<u>0</u>	8	6	18
7	Richard Clifford	6	8	<u>0</u>	8	22
8	Simon Logan	<u>11</u>	7	11	11	29
9	Keith Vallis	8	10	17	<u>0</u>	35
10	Chris Jenkins	10	11	15	<u>0</u>	36
11	Claire Spencer	12	<u>0</u>	13	13	38
12	Lucy Pearson	<u>0</u>	14	14	15	43
13	John Harrison	<u>0</u>	15	16	12	43
14	Ellen Bealing	14	<u>0</u>	19	16	49
15	Piers Puntan	16	<u>0</u>	20	22	58
16	Jasmine Kalton	<u>0</u>	17	31	18	66
17	Erica Steele	19	<u>0</u>	27	21	67

Harriers Parkrun Results August 2023

	05/08/2023	12/08/2023	19/08/2023	26/08/2023
Basingstoke				
Terry Clarke			28:06	24:42
Louis McCann	20:34	20:52	20:01	19:44
Sarah McCann	25:57	26:21	26:24	
Neil McCann	28:59		28:38	
Gareth Juliff	21:05			
Erica Steele		31:22		
Andover				
Gareth Juliff		20:54		
Greg England		21:39		
Jasmine Kalton	28:59	28:18	28:57	
Katie Brothers		26:37	26:06	25:52
Michael Ball	22:46	29:38	28:57	
Amy Jewell			28:58	
Halszka Konieczek		34:30		
Terry Clarke	24:58			
Frimley Lodge				
Dave Bush	20:16	19:17		52:53
Winchester				
Tony Reid				29:51
Marcus Appleby	26:19	26:21		26:52
Hulya Yadsan-Appleby	26:30	26:30		26:37
Newbury				
Hulya Yadsan-Appleby			26:48	
Marcus Appleby			27:42	
Kel Ryder				38:06
Lauren Dennison				31:14
Conwy				
Maciek Hulme				25:47
Tidworth				
Mark Daly			28:12	
Claire Daly			28:12	
Exeter Riverside				
Lauren Dennison		28:58		
Mallards Pike				
Claire Spencer		26:17		
Osterley				
Cath Wheeler		22:26		
Mark Daly		22:27		
Claire Daly		27:05		
Harcourt Hill				
Kel Ryder			27:23	
Clare Castle				
Ash Coxden		20:21		
Sharpsham Estate				
Neil Martin		20:00		
Blythe Links				
Neil Martin				18:34
Daventry				
Neil Martin			20:32	
Reading				
Lauren Dennison	30:20			
Broadwater				
Claire Spencer			24:25	
Stockley Park				
Kel Ryder		28:00		
Lydiard				
Kel Ryder	27:11			
St Mary's				
Sarah McCann				27:10
Neil McCann				29:01
Monique Van Nueten				37:21
Hanley				
Katie Brothers	26:28			
Rugby				
Maciek Hulme			21:26	
Trelissick				
Greg England			23:10	
Tetbury Goods Shed				
Erica Steele				26:44

DIARY

September:

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)

Thursday 19th – Winter Handicap No 1

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

Thursday 23rd – Winter Handicap No 2

December:

Saturday 2nd – HXCL Venue TBC

Sunday 3rd – HRRL Victory 5

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

Thursday 21st – Winter Handicap No 3 (followed by Harriers informal Christmas Party TBC)

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

JUNIORS

Where has the summer holiday gone? All the coaches hope you had a lovely break and are looking forward to seeing the juniors back at training on the 9th September for 2023/24 season. The training times and venue will remain the same and so will the yearly membership fee. You can renew your membership by clicking on the following link, which will also have the price and bank details.

<https://forms.gle/4BVZMHrvbuCzT3f57>

As the weather is changing, please remember to bring along some winter bits (hats/buffs, jumper, jacket, winter shoes and gloves) The children might get warm during training, but they will need to layer up once the cool down. Also, they will need to bring along a water bottle.

Save The Dates

September:

9th - Return To Training

October:

15th - X Country - Wellesley Woods

November:

26th - X Country - Basingstoke

Club Kit

Coming soon!!

You will be able to order directly a selection of shirts, jumpers and accessories

Big Congratulations

Well done Lucas Steele for winning the NATB Juniors Cani-Cross Championships 2022/23



Junior Harriers Parkrun Results August 2023

	06-Aug	13-Aug	20-Aug	27-Aug	
Basingstoke					
Liam Webb	9.58		9.18		
Lucas Steele			9.19		
Charlie Hobden			10.04		
Bazyli Szulc					
Cyryl Szulc					
Matthew Davey	7.25	7.43			
Hannah Davey	9.49	9.32			
Star Guests					
	06-Aug	13-Aug	20-Aug	27-Aug	
Basingstoke					
Tessa Pearson		16.11	14.35		
Joshua Pearson		16.08	18.15		10th Park Run
Thea Hobden			14.51		