

HARRIERS

September 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

We hope you've all had a good summer and are ready for the running season again. Apologies for the delay in issuing the newsletter, this is my first edition and took long than expected to pull the first one together. This newsletter covers the start of the running season, which always kicks off with the Overton 5.

If you want to know what's going on at the Club, events and fixtures will be sent to you via Spond. However, for those members not yet using this app, the weekly email will keep you up to date. Committee members are also around to help members with any questions or even suggestions. Also, towards the bottom of the newsletter is a list of fixtures and events up until Christmas.

Juniors:

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

RACE UPDATES

Overton 5 – 3rd September

Sunday 3rd September 2023 was a beautiful day for a run around Overton. This was my first time running the Overton 5, and I thoroughly enjoyed it.

My day started on the registration table for the Children's races. We had many enthusiastic entrants, aged between 2 and 13. We were able to establish eight different age category races, and everyone ran superbly. There were several photo finishes!

Next came the march up to Berrydown for the main race - this was very well managed considering the last-minute change in facilities access. Then came the race. It was a bustling start, with a downhill section to get our legs moving. I knew that I didn't want to get carried away on this first segment, so I kept my pace steady, before we got to the rest of the lumps and bumps of this course. I had been warned by some of our more experienced runners, that I should expect three main hills, and that I would know when I hit the final one because it is the toughest! The up hills felt extra steep in the afternoon heat, but their advice really helped my mindset as I ran. When I came across the final mighty hill, I felt comfortable because we have conquered it many times during our social Monday night club runs. It also helped that I had a couple of fellow harriers in my sights, so I had to keep up with them! Once the hills were in the bag, it was a lovely mile+ cruise back towards the recreation center. It was brilliant to have so many familiar faces cheering us on, especially on that final stretch. Overall, it wasn't my fastest 5 mile race, but considering the conditions and the undulating course, I was proud of my effort, and happy with my final time.

It's safe to say that the warm temperatures were the main topic of conversation on race day. Unfortunately, there were a few incidents involving runners overheating, but broadly everyone coped well. St John's ambulance were on hand to provide assistance where needed. The water station at the top of the course, and the copious water supply at the finish line, were appreciated (And, dare I say it, we also appreciated some of our junior harriers initiating a water fight!). This year, the Overton 5 organising committee decided to forgo finishers' medals, and instead made substantial donations to local food banks. This was a great initiative, and seemed particularly appropriate in today's climate.

To celebrate a successful race, a group of us set up camp at the Cricket Club bar for the rest of the afternoon, with an occasional visit to the ice cream van/the Scout's cake stall. That evening, an enormous group of harriers met for a well-earned curry.

Big thank you to the organising team, and to all the volunteers for making this a fantastic community event. Looking forward to next year!

Overton 5 – Results

Harrier	Time	Position
Sean Holmes	30:41	36 th
Neil Martin	31:30	49 th
Michael Jones	32:07	60 th
Eddy Biggs	32:20	65 th
Chris Cockburn	34:25	99 th
Louis McCann	35:08	109 th
Gareth Juliff	35:25	125 th
Lucy Pearson	36:39	145 th
Hannah Kidston	38:51	202 nd
Cath Wheeler	38:58	204 th
Adam Penhaul	39:13	220 nd
Keith Vallis	40:35	240 th
Terry Clarke	42:20	258 th
Karen Ryan	42:52	269 th
Lauren Dennison	44:02	282 nd
Katie Brothers	44:16	290 th
Amy Jewell	44:17	291 st
Charlie Duncombe	45:07	311 th
Chris Jenkins	45:35	313 th
Jasmine Kalton	45:35	316 th
Ellen Bealing	47:00	337 th
Erica Steele	47:34	340 th
Sarah McCann	47:09	343 rd
Hulya Yadsan-Appleby	48:18	364 th
Halska Konieczek	53:31	419 th
Marcus Appleby	53:55	425 th


2023 SEAA 6/4/3 Road Relays - Aldershot 23/09/2023

Well done to all the Harriers running in the SEAA Road relays at Aldershot, 3 teams out across the age groups and a good day had by all!

Mens 40+

Overton Harriers & AC

Bib #675

 Share

GUN TIME

01:44:54.400

Finished 24.0 KM

Speed 13.73 km/h

Pace 04:22 min/km

LEG	LEG TIME	POS	TOTAL TIME	POS	
Leg1	00:25:32.100	20	00:25:32.100	20	Richard Clifford
Leg2	00:24:37.700	15	00:50:09.800	17	Gareth Juliff
Leg3	00:27:47.900	18	01:17:57.700	19	Adam Penhaul
Leg4	00:26:56.700	19	01:44:54.400	19	John Harrison

Overall position

19

Out of 21

Mens 50+

Overton Harriers & AC
Bib #697

Share

GUN TIME
01:32:00.750

Finished 24.0 KM
Speed 15.65 km/h
Pace 03:50 min/km

LEG	LEG TIME	POS	TOTAL TIME	POS	
Leg1	00:23:10.100	11	00:23:10.100	11	Michael Jones
Leg2	00:23:16.800	8	00:46:26.900	10	Leonard Passingham
Leg3	00:22:55.550	6	01:09:22.450	7	Neil Martin
Leg4	00:22:38.300	5	01:32:00.750	7	Sean Holmes

Overall position
7
Out of 17

Mens 50+

Overton Harriers & AC B

Bib #698

 Share

GUN TIME

01:50:17.950

Finished 24.0 KM
Speed 13.06 km/h
Pace 04:36 min/km

Overall position

14

Out of 17

LEG	LEG TIME	POS	TOTAL TIME	POS	
Leg1	00:28:29.050	17	00:28:29.050	17	Keith Vallis
Leg2	00:26:52.250	16	00:55:21.300	17	David Bush
Leg3	00:30:09	16	01:25:30.300	16	Piers Puntan
Leg4	00:24:47.650	10	01:50:17.950	14	Mark Reid

28th August 2023: Sur les Traces des Ducs de Savoie (TDS for short) – Race Report by Jack Steed

Firstly, apologies for the length of this report, you may want to get comfy and settle down with a cuppa. The TDS is a 145km race with 9176m of elevation gain set within the Mont Blanc Massif and forms part of the weeklong trail running event culminating in the UTMB (Ultra Tour du Mont Blanc). Although not as long as the UTMB, the TDS is often thought as the more technical and demanding little brother, and while it does not complete a full lap round Mont Blanc itself, the route takes into some more of the more remote and wild valleys and passes of the region.

As race week approached, I was nervously checking the weather as the heat wave that had been shining down on southern Europe started to disappear and was forecast to drop with rain in the valleys and snow showers up in the mountains. There was still hope that it would pass until I got the dreaded message the day before that the bad weather kit had become mandatory. Race day started with a morning walk into Chamonix to collect my bib number and get my kit checked before going back to pack and unpack several times throughout the day while I waited for the Midnight start. To stop me unpacking for the umpteenth, I distracted myself by taking a walk back into Chamonix to cheer on fellow Overton harrier Lucy Sykes in the MCC, a marathon event that takes place for locals to kick start the event.

Eventually the evening rolled around, and it was time for me and my 'Crew' (my Wife Rebecca) to make the journey through the tunnel to the start of the race on the other side of the mountain In Courmayeur, Italy.

1700 runners crammed the streets of Courmayeur for the start. With an hour to go I said my goodbyes to Rebecca to try and get a decent starting position. TDS was the biggest race I'd attempted to date, and I'm not sure who was feeling more nervous for the other. To me, a run through the mountains sounded more appealing than navigating the local buses at night and camping out in doorways waiting to intercept me with fuel, dry clothes and encouragement. To her, it all looked like madness.

By now the rain had stopped, but the temperature had dropped to what felt like just above zero. I held off putting on any layers knowing that as soon as I started, I would want to take them all off, a theme I would face throughout the race. An announcement that the race would be an hour delayed did little to help the cold, and as time slowly ticked by, I tried to maintain fortitude, soaking in the nervous excitement of the other runners. Traditional dancers and musicians had filled the square, and the Courmayeur was alive with anticipation and determination.

Before I really knew it the race had begun, and I was running through the streets of Courmayeur doing my best not to fall over with the stampede of runners around me all jostling for a better position.



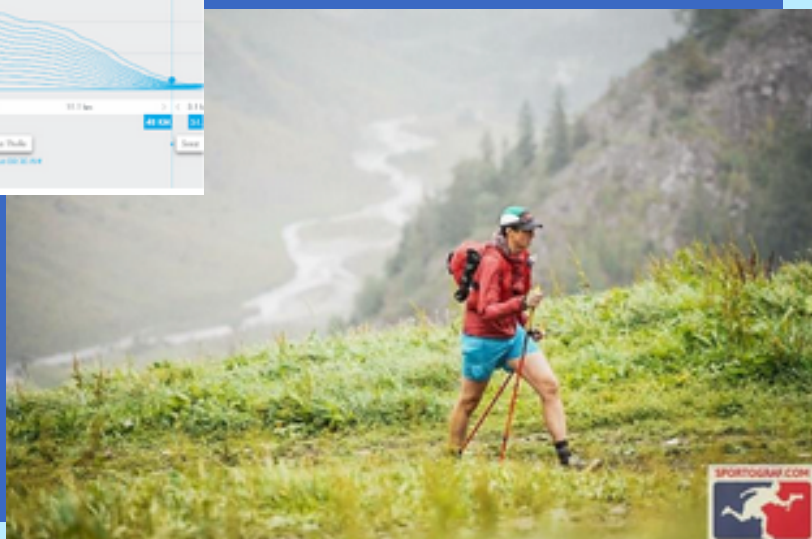
The Course spends a couple of km winding through the streets of Courmayeur allowing us runners to stretch the legs out before the power hiking begins on the first big climb out of the valley on an access road for a ski resort. I had managed to scope out the first 50km during a recce earlier in the summer and had planned to miss out the first aid station an hour in, beating the bottle neck of the upcoming single track to finish the climb in one, before descending into Lac Combal.

The weather had felt calm, but as I pushed up the valley from Lac Combal, I realised the mountains had led me into a false sense of security. A freezing wind started up and then came the snow. I was forced to stop at the aid station to put on warmer layers and grab a hot soup. Not long after leaving to start the climb to the highest point of the course at Col Chavannes my fingers went numb inside my gloves. I decided to stop and put my poles away so I could hold my hands inside my jacket while marching on. Thankfully this worked, but it would sew the seed for second guessing my comfort for the rest of the race.

After ascending the pass at Col Chavannes, we entered a long descent into another valley where I was able to properly stretch my legs again. Soon enough, protected from the elements, I started to feel too hot I stopped to take off my extra warm layer only to find I would need to put it back on 30 minutes later, fumbling around with cold hands as we came out of the valley on the climb to Petit St Bernard.

Although not an official supported aid station, It was a nice surprise to see Rebecca waiting here to cheer me on in the snow storm while I helped myself to another soup. She'd been there a few hours and had watched the sky lighten, first with snow and then with a watery dawn. Luckily there was a small hut, crammed with nervous Crew where 5-euro paper cups of hot chocolate kept them warm. The leader had come by a couple of hours earlier and been their only glimpse into the runner's progress as signal was non existent and they couldn't track their runners through GPS. Rebecca told me she had been going outside every 20 minutes to find out what numbers had come through, knowing roughly where I'd hoped to be in the pack. Despite wearing all her layers she'd not been able to stand more than 2 minutes a time out in the sub-zero blizzard. A real cold in the bones and a rising nervousness in the hut amongst the Crew at the conditions, and the soaked and numb state the runners arriving.

It was a quick stop; conditions were so bad, and the focus was to get to lower ground quickly after this unexpected first night. It was now a quad bashing 15km down to Bourg St Maurice and the first large aid station where I could properly talk to Rebecca, top up supplies and change out of my sodden kit.



Bourg St Maurice - Distance: 51.3km / Elapsed time: 7hr 45mins

The next 50km out of Bourg St Maurice was meant to start with a long, steep and exposed climb up to Le Passeur la Pralognan, but the route changes due to the bad weather meant we would instead follow a winding road around the mountains to join back onto the route at Cormet De Roseland.

Although not steep and technical, it was a constant gradual uphill for 10km, and I found it hard to run physically with the altitude and mentally knowing that I was still in the early stages of the race. As I approached Cormet de Roseland the wind and snow started to pick up again, so it was another quick stop for soup and changing layers again, before heading back out.

Although this was some of the more remote and wildest parts of the course, the poor visibility hid this beauty and ground conditions meant I kept my head down not really remembering much other than being battered for several hours either by the weather or the hills.

On the way down, I started to struggle with fatigue due to the steepness and length of the hills. Whether it was from the constant downhill or lack of sleep or food, I cautiously slowed so as not to trip or slip on any protruding rocks and stones. Conditions I would normally confidently tackle and enjoy were not the same after a night on the mountain.



Beaufort – Distance: 97.7km / Elapsed time: 18hrs 26mins

When I got into Beaufort, I thought I was going to call it quits. My clothes and pack were all soaked through, I had no spare warm layers and the thought of another night in the wind, snow and dark was foreboding.

After some pasta and more time deliberating than I would have liked, I found myself preparing to leave for the next leg, not quite sure at what point I'd switched from my resolute decision to stop, to surrendering back to the race. Crewing, it turns out, is serious business, and other runners had packs of fresh Crew surrounding them with bag after bag of supplies. Around us were full body wash downs, foot massages, no nonsense strategy talks, clean dry clothes, sympathetic but firm responses to tears and emotion.

The runners were like cars in the pits, being refreshed and refuelled before being send back out. We found my 'driest' clothes and I changed socks and shoes. I decided to forego the option of a nap on the mattresses provided for runners and walked out of the aid station with Rebecca next to me to boost my morale and get me out of Beaufort.

Back into the race, into a second night. The temptation of warmth and sleep overcome, and comfort abandoned. Not long after leaving Rebecca at the edges of Beaufort I

bumped into another English runner, and we ended up walking the majority of the next 50km together. Thankfully weather improved, the rain and snow had stopped, and the freezing winds had abated apart from on the highest pass at Col du Joly, but the underground conditions meant that it was slow going through the mud.

Having to use all my body strength to keep upright and pull myself up the hills.

On arriving in Les Contamines at around 4am my mindset had changed, after chatting most of the night away and despite walking the last 30km, time had gone surprisingly quickly. I had recce'd the final 20km back to Chamonix before and knew that nothing was going to stop me now, the hardest part was over.

On the final climb up Col du Tricot the sky started to brighten, and we were greeted by a beautiful sunny day for day 2. It was at this point that I said goodbye to my new friend and made the final dash down to Les Houches and found the last bit of reserves I had to get my legs running again for the final 8km into Chamonix. Using the clapping and cheering of the early morning crowds I mustered as much strength as I could to sprint the final km through the streets, though looking back at the footage now, it felt faster than it looked. Then it was off to find that post race beer.

Chamonix (The Finish) - Position: 304 th / Time: 34hrs



Andover Trail Marathon 2nd September – By Stuart Searle

What better way to celebrate turning 50, than to run a marathon? Well, some if not most of you would disagree, and to be honest it wasn't the only way I celebrated my half century (which was a couple of weeks after the race).

Having seen the race advertised on Facebook, the seed was planted and feeling that I needed to challenge myself after a few years of basically ticking over with my running, this seemed like a good idea.

Once I had received the necessary approvals on the home front, it was time to get training ramped up. The Andover Trail marathon starts in Enham Alamein, heads over to Hurstbourne, up to Combe Gibbet via the Testway, then back down to Vernham Dean, up again to Conholt and then back into Enham Alamein.

Given this was going to be a very hilly race, most of my long runs centred around the Bourne Valley to give me the most hills per mile. Whilst this made for some pretty tough runs, training went well and it was good to feel the strength and fitness return.

The morning of race day (a Saturday) wasn't quite what I had hoped for. Having dodged most of my daughter's sniffles and colds for the last few months, I unfortunately woke up at 2:00am with a sore throat. I wasn't best pleased about this, but decided to get what sleep I could, have a good breakfast and go for it.

Fortunately, by the time I got to the start line the coffee and final energy bar had kicked in and I was ready to go.

With a punctual start, I quickly found myself in second position, the first-place runner rapidly disappearing into the distance. The course has some very basic marker arrows and flags to follow, with only a handful of marshals, so you need to pay close attention. I also had a backup of the course downloaded to a Garmin device which I attached to my hydration pack.

The best (and probably most accurate) description of the course would to be like running 2 laps of the Hurstbourne 5, followed by the Combe Gibbet race. Not an exaggeration, it was brutal. Lots of relentless hills, rutted awkward trails, fair bit of mud. And those advertised and promised "long descents" well I didn't seem to come across those.

My second spot fell soon after the halfway point, as a rather chipper and chatty fella came by me. In the last few miles, the course and terrain was taking its toll and another few places fell, and it was with much relief that I saw the finish line.

The winner (who lead from the start) finished in an impressive 3hrs 12 minutes. I came across the line in 5th place in a time of 3hrs 55 minutes. No age rankings for this race, but looking at those ahead of me, they all looked a lot younger.

Happy to have done it, but not one I'll probably rush back to.....



ParkRun Results - Septemeber 2023

Harriers Parkrun Results September 2023	02/09/23	09/09/23	16/09/23	23/09/23	30/09/23
Basingstoke					
Terry Clarke	24:35	25:12	24:36	24:52	24:36
Louis McCann				20:30	
Sarah McCann	28:26			26:37	26:38
Gareth Juliff	22:21				
Claire Daly	27:49				
Halszka Konieczek	35:02				
Amy Jewell			31:57	32:34	
Andover					
Jasmine Kalton	29:46	28:09	28:14	30:43	
Katie Brothers	26:07		27:02		
Michael Ball	24:25	22:52	22:43	23:17	22:20
Amy Jewell	29:46				
Frimley Lodge					
Dave Bush		20:15		50:07	19:55
Winchester					
Marcus Appleby	27:18	27:36	27:15	27:40	27:19
Hulya Yadsan-Appleby	26:53	26:41	25:58	26:15	25:49
Newbury					
Katie Brothers				26:49	
Maciek Hulme			24:26		
Rugby					
Maciek Hulme				27:52	
Hogmoor Enclosure					
Claire Daly			26:06		
Ormeau					
Lauren Dennison		30:23			
Homewood					
Claire Spencer	25:41				
Central Plymouth					
Tony Reid					30:48
Church Mead					
Kel Ryder			32:37		
Edenbrook Country Park					
Dave Bush			19:50		
Witney					
Neil Martin	21:19				
Upton House					
Dave Bush	20:23				
Methyr					
Katie Brothers		26:06			
Lee-on-the-Solent					
Claire Spencer					24:19
Bolberry Down					
Claire Spencer		24:44			
Whiteley					
Kel Ryder	30:47				
Hartlepool					
Kel Ryder		27:56			
St Mary's					
Amy Jewell		28:11			
Pendle					
Katie Brothers					28:26
Lincoln					
Piers Puntan	25:54				
Heartlands					
Greg England			21:53		
Hove Promenade					
Kel Ryder				29:25	
University of Northampton					
Kel Ryder					30:12

OTHER NEWS

MIKE SCOGGINS – report by Club Chairman, John Hoare

It is with great sadness that I have to report the passing of Mike Scoggins after a long illness.

Mike was one of the originals, becoming involved with a group of keen runners in the early seventies. When the club was officially formed in 1974, Mike became our first Treasurer and set the standards for future administrators to follow. On eventual retirement from that position, he was one of the first to be elected as a Life Vice President. Although he would never set himself up as a regular competitor in the sport, he was often seen in training around the old 3 ½ mile Harroway course, which is still one of the most popular club runs. However it is on record that Mike took part in the original Combe Gibbet to Overton run in 1973, just before the club was officially formed.

But then Mike's involvement with the club took a slightly different course. He was interested in taking up a position within the structure of officiating and quickly became qualified as a timekeeper. Over the following years he rose to become one of the highest qualified timekeepers in the South of England and was regularly seen working at most of the major events in the South of England, both on track and at cross country and road. But Mike never forgot his roots and was often on hand, when available, to help the club out at our events, notably mob matches, cyclist races and handicaps. He carried the club name into his chosen field, and we were particularly proud of his achievements.

Mike regularly worked together with his wife, Emma (still a regular and highly qualified official), and to her and to his daughter, Hilary and son, Andrew, we pass on our sincerest condolences. Thank you Mike, for everything you did for the club and the legacy you left.

And finally, Mike's son Andrew has created a tribute site for Mike – dedicated to his memory. The address for the site is: <https://michaelscoggins-1943-2023.muchloved.com/> and maybe of interest to those who knew Mike.



Spond

61 members have joined us on Spond. If you still want to be part of the conversations, particularly around races, training and regular events, 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.

DIARY

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

Tuesday 7th – Curry Night at Redfort, Overton

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

Tuesday 5th – Thai Curry night at Old House at Home, Overton

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

A big welcome back to the children and welcome to all our new members. September wasn't your normal September weather; it has been very hot and humid during the month making it very hot for the kids to run in. The coaches have adapted the runs to accommodate the heat. The children have done a mixture of sports from hurdles to high jump and some of them have done long runs up to 2 miles, where the others did some reps.

This month's newsletter will include details about cross country season which starts this month and the club's new online clothing shop. Well done to everyone that attended Basingstoke Park run. If you do attend don't forget to put Overton harriers as your club (details can be changed on your park run account)

Thank you all for filling out this year's membership forms and making payment for the Subs. If you haven't done so yet, please could I ask you to fill it out.

Save The Dates

15th Oct- X country (Wellesley woods)

26th Nov- X country (Basingstoke)

18th or 25th Feb- X country (Hartney Whitney)

10th Mar- X Country (Basingstoke)

Cross Country race

We are fast approaching the winter races. Our first race will be held on Sunday 15th at Wellesley woods. A week before the club will receive all the information you need regarding start times, course, distance and AOB. This information will be posted on the Spond app event.

This event is open to any child in year 3 and above, please wear club shirt and running shoes (spikes if prefer) also need water.

If you are interested in coming, please let us know via Spond app.

Club Kit

This month the committee are excited to announce they have launched the new club kit shop. You will be able to order your clothing direct, However the Junior coaches do have a small number of kids running tops already in stock. Please ask Coach Keith. If your child has grown out of their shirt, don't forget you can exchange for larger size.

Order Here:

<https://teamwear.next-sports.com/shop/overton--harriers>

SEPTEMBER PARK RUN RESULTS

	03-Sep	10-Sep	17-Sep	24-Sep	
Basingstoke					
Liam Webb			9.13	9.13	
Lucas Steele	15.39	9.50	9.13		
Charlie Hobden					
Bazyli Szulc					
Cyril Szulc					
Star Guests					
	03-Sep	10-Sep	17-Sep	24-Sep	
Basingstoke					
Tessa Pearson	15.39	16.46	15.29	16.39	
Joshua Pearson		20.28		16.40	
Thea Hobden					