

HARRIERS

October 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

It's been a busy month for Harriers as we approach the countdown to Christmas. As the nights draw in and the reflective clothing and head torches come out of the cupboards, there is still plenty of news and results to share. 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

Solent Half Marathon – Sunday 1st October

Well done to everyone who represented the Harriers and took part. Some good results across the Harriers team

Harrier	Time	Position
Sean Holmes	01:23:33	14 th
Neil Martin	01:27:08	25 th
Gareth Juliff	01:41:46	98 th
Lucy Pearson	01:47:59	138 th
Erica Steele	02:07:48	268 th
Ellen Bealing	02:08:17	270 rd
Katie Brothers	02:09:42	281 st
Jasmine Kalton	02:10:33	286 th



Bath Half Marathon- 15 th October 2023 by Lauren Dennison

Almost a year to the day I was watching the 2022 Bath Half Marathon from right outside my house in the centre of Bath, supporting and cheering my fellow Bath Uni athletes and the atmosphere was absolutely amazing. I was thinking to myself- maybe I can do that next year and so a week later, I signed up for the 2023 race before I could talk myself out of it.

My final year of uni flew by and after what I call my summer of fun, I soon found myself in my training block for the half. The training went well overall so I was feeling somewhat confident going into the race. However, the week before, my calf started playing up which I had struggled with earlier this year so come race weekend, I really didn't know how it was going to go. But all of this was overshadowed by the fact I was back in my favourite city with good friends. A group of us running the race went for brunch the day before and came to the realisation that the hill in the last km of the race was going to be a brutal one (more on that later). This wasn't realised before because last year, there had also been a horrible hill at the end of the race but as the course loop was reversed this year, we would in fact be running down the horrible hill right at the beginning- forgetting there is still a hill to run up at the finish...

Almost perfect weather conditions arrived on race day- sunny, dry, not windy and not too hot- if anything, a little on the chilly side but I think we can all agree from those that ran the Overton 5 this year, it is always better to be colder than too hot. Bath always looks its best in the sun so I was excited to get going. The course is 2 laps starting at Royal Avenue (in front of the Royal Crescent) and then you head out in the direction of Bristol and loop back to the city centre and apart from the unmentioned hill, is mostly flat. I was in the 2nd of 3 waves so after wishing good luck to some friends in the 1st wave, I warmed up, and made my way to the start line. If you then don't make running conversation with the people around you on the start line, are you even a runner??

I managed to get quite close to the front of my wave so within 30 seconds I was past the start line. Before the race, I was aiming for around 2 hours but on the day, I didn't pay too much attention to this and just wanted to enjoy the experience. The first 1-2 miles I had to keep reminding myself 'Lauren slow down, slow down, you still have a long way to go' because I knew it's easy to get caught up in the atmosphere and your legs are also feeling good because you've just started! My calf was behaving though, and continued to, for the entire race. For the whole of the first lap, I couldn't stop smiling. The atmosphere and support from spectators was everything I thought it would be. I heard Chris and Alice shouting my name at around mile 4, which was a lovely surprise, as I didn't know they were going to be there and that made me smile even more. One of my particular favourite handmade signs I saw was 'Pain is just French bread'. I maintained a good pace and felt good. On the 2nd lap at around the 8-mile mark, the tiredness in the legs started to hit, the smile became more of a grimace at times but I tried to maintain a decent pace. Of course, Dad came to watch me make my half marathon debut and each time I saw him, I got a little emotional- this was not very helpful on that hill in the last km when this was interfering with my oxygen intake. Just before the hill, my uni running friend Abianne who had decided to be cheerleader this year cheered for me and screamed 'just the hill to go...'

The hill was tough as I expected it would be. Dad said afterwards that I did not look my best running up it... but we kept pushing and as always, gave it everything for the finish. When I looked down at my watch and saw 2:04.35, I had a couple of tears for the 4th time that day. I was in disbelief and also proud of what I had just accomplished. I found out from Luke and Dad that my time fluctuated between 2:03 and 2:05 the entire race so my pacing was pretty spot on (if I do say so myself). Next year's race has been moved back to March as it was before the pandemic so I will almost definitely be doing the race again in less than 6 months... and potentially a sub 2-hour time on the cards.

Chip time: 2:04:34

5174th place out of 9226 finishers

Great South Run – 15th October – Claire Spencer

This year was my first Great South Run and a bit of a last minute entry.

The GSR is a 10 mile run that starts on Southsea common, it takes you around Portsmouth then back along the promenade to the finish. There were wave starts and pacers and people from all levels including para athletes.

The support on the route was amazing with a choir, steel band, DJs and a couple of bag pipers ... even had some Naval Officers cheer us on. Best of all the route was flat !

It was only a week after my ultra so I wasn't expecting great things, I started behind the 1:15 pacer and managed to keep him in my sight most of the way round, lost him towards the end . I was pleased with a 10 mile PB of 1:17:54

Name	Bib	Club	Pos	Finish Time	Gun/Chip
Louis Mccann	18522	Overton Harriers & AC	1080	01:11:48	
John Harrison	4283	Overton Harriers & AC	1829	01:16:37	
Claire Spencer	16398	Overton Harriers & AC	2124	01:17:54	
Manuela Patzelt	17761	Overton Harriers & AC	5347	01:29:36	
Katie Brothers	3521	Overton Harriers & AC	5547	01:30:16	<input checked="" type="checkbox"/>



Winter Handicap - Race 1 – Thursday 19th October

The revised course was run in horrible, wet conditions. Well done to the brave 17. The new course seemed popular and the new course records for both time and handicap have been set by Eddy.

Up there to be shot at Eddy. Congratulations to new member Darren on his win on handicap to set up an early lead for the season. Next handicap will be on 23rd November.

<u>MONTHLY HANDICAP– OCT 2023</u>			<u>19/10/23</u>		
<u>POS</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>ACT TIME</u>	<u>POS ON TIME</u>
1	Darren Luckhurst	30.52	4.25	26.27	6
2	Rachael Groundsell	31.34	4.30	27.04	8
3	Louis McCann	32.10	7.00	25.10	4
4	Keith Vallis	32.11	4.20	27.51	9
5	Erica Steele	32.48	1.00	31.48	15
6	Richard Clifford	32.57	6.00	26.57	7
7	Chris Jenkins	33.06	4.25	28.41	10
8	Jasmine Kalton	33.41	0.00	33.41	16
9	Sean Holmes	33.55	11.30	22.25	2
10	Eddy Briggs	34.00	12.00	22.00	1
11	Chris Cockburn	34.35	10.00	24.35	3
12	Claire Collins	34.42	3.50	30.52	13
13	Piers Puntan	34.52	4.35	30.17	12
14	Gareth Juliff	35.07	9.45	25.22	5
15	Katie Brothers	35.18	3.50	31.28	14
16	Lucy Pearson	36.12	7.00	29.12	11
17	Alastair Paul	40.16	1.00	39.16	17

Abingdon Marathon 22nd October 2023 (Neil Martin)

With no particular race targets for the autumn and having not run a marathon since 2020 I made a late decision to enter the Abingdon Marathon. As much as anything it gave a bit of focus to my training and I followed the last 8 weeks of the free Caffeine Bullet sub-3 training plan.

Abingdon is a pretty flat course that is popular for fast times providing the weather is favourable. Remarkably, in amongst the recent poor weather, one day stood out as dry, 10C and very light winds - race day!

The main objective was to do around 2 hours 58 minutes and, if that didn't pan out, then to go as far as possible under the 3 hour 15 good for age qualifier for London 2025.

After a bit of stress with toilet queues, I got to the start on the athletics track and soon headed out of Abingdon for a few miles before two 9 mile loops and a return to the track. The course is a mix of countryside, villages and business park, and there was good support all the way. I stuck to around 6:40 per mile to build a bit of leeway under the 3 hour limit, but not overdo it. I was pretty consistent with this until around 21 miles when my limited number of recent long runs meant I slowed to around 7:10 pace. However, by then I knew I would have to blow-up pretty badly to miss my target and I wasn't really up for pushing too hard! After a relative slog back through Abingdon I finished just under 2 hours 58 minutes. So job done and it should be enough for a 2025 London place.

Harrier	Time	Position	Age Category
Neil Martin	02:57:44	91 (of 741 finishers)	5 (of 112)

Results from Hampshire cross country league fixture at Aldershot - 28th October

Senior Ladies

59th Emily Arbuthnot	27m37s
70th Cath Wheeler	28m14s
92nd Hannah Kidston	29m47s
109th Lauren Dennison	32m02s
115th Lucy Sykes	33m51s
120th Hulya Yadsan-Appleby	35m08s
139th Halszka Konieczek	40m01s

Senior Men

107th Sean Holmes	39m42s
136th Stuart Searle	41m14s
210th Gareth Juliff	46m09s
218th Richard Clifford	46m52s



ParkRun Results - October 2023

Harriers Parkrun Results October 2023	07/10/23	14/10/23	21/10/23	28/10/23
Basingstoke				
Terry Clarke	24:48	24:40		25:26
Sarah McCann		27:51	27:52	
Neil McCann			27:58	
Lucy Pearson				26:43
Amy Jewell		31:45		
Erica Steele				29:09
Andover				
Jasmine Kalton	29:46		31:29	
Katie Brothers			26:38	
Michael Ball		25:53	23:54	23:11
Peter Mitchell			27:07	23:40
Frimley Lodge				
Dave Bush		26:11		
Winchester				
Katie Brothers	25:18			
Marcus Appleby	25:27	26:13		
Hulya Yadsan-Appleby	26:55	27:24		
Newbury				
Amy Jewell	31:33			
Katie Brothers		26:26		
Tony Reid				29:54
Clermont Waterfront				
Charlie Duncombe				28:46
Jasmine Kalton				29:07
Tapijn				
Eleanor McDevitt		31:46		
Maidenhead				
Claire Spencer			24:44	
Tidworth				
Jasmine Kalton		27:48		
Lauren Dennison			30:09	
Kingsbury Water				
Kel Ryder				30:32
Salisbury				
Cath Wheeler	22:09			
Dave Bush			19:42	
Old Showfield				
Neil Martin			22:04	
Sandhurst Memorial				
Dave Bush	20:08			
Chippenham Playing Fields				
Katie Brothers				25:55
Southsea				
Claire Spencer		24:16		
Leavesden Country Park				
Kel Ryder			32:11	
Mensola				
Hulya Yadsan-Appleby			26:47	
Marcus Appleby			29:50	
Netley Abbey				
Neil Martin	21:45			
Derrynoid Forest				
Dave Bush				20:04
Piers Puntan				25:15
Judy Hewitt				39:36
Edgbaston Reservoir				
Piers Puntan			25:00	
Judy Hewitt			39:20	
Luton Wardown				
Kel Ryder		29:03		
Bury Field				
Kel Ryder	31:14			

OTHER NEWS

Consistency League 23/24

Date Race Championship

28th Oct 23 XC Match 1 - Aldershot

11th Nov 23 XC Match 2 - Popham

19th Nov 23 Gosport Half Marathon Half Marathon Club
Championship

2nd Dec 23 XC Match 3 - TBC

3rd Dec 23 Victory 5 5 Mile Club Championship

17th Dec 23 Cyclists Race

6th Jan 24 Hampshire XC Champ Cross Country Club
Championship

7th Jan 24 Stubbington 10K 10K Club Championship

13th Jan 24 XC Match 4 - Reading

4th Feb 24 Ryde 10 Mile

10th Feb 24 XC Match 5 - Bournemouth

17th March 24 Salisbury 10 Mile 10 Mile Club Championship

April – May 24 Tidworth Park Run 5K Club Championship

4th May 24 HTB 5

Harriers Quiz Night

50 Harriers and guests took part in the Harriers Quiz Night on the 7th October in St-Mary's Hall. There were 9 teams of varying degrees of sizes and congratulations to the winning team – Sarah, Neil and Louis McCann and Keith, Anna and Edward Vallis who won a voucher for dinner at the Redfort.

If anyone wants a picture quiz for the family at Christmas you could try this one from the same marketing company who produced the sweets and chocolate quiz! <https://world-cup.reflectdigital.co.uk/play>.

Harriers Golden Jubilee

2024 is the 50th Anniversary of the Harriers.

The committee are starting to make some plans and discuss ideas which we will share with you soon. If anyone has any ideas, requests or suggestions of how would you like to celebrate or commemorate this milestone please email us at committee@overtonharriers.org.uk or talk to any of the committee members after training – we always welcome your ideas.

DIARY

November:

Sunday 5th – HRRL Hayling 10 mile

Tuesday 7th – Curry Night at Redfort, Overton

Saturday 11th – HXCL Popham

Sunday 19th – HRRL Gosport Half Marathon

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 at Test Valley Golf Club (details to follow).

Thursday 21st December – Harriers Christmas Party

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 please contact Richard Clifford
richardclifford1974@gmail.com

JUNIORS

Welcome back after a very wet half term. The coaches hope you still managed to get out and about making some amazing memories with the family. As the weather has turned for the winter, we recommend you wear warm cloths and trail shoes (if you have them) the fields can get very slippery.

I have been informed over the half term; the club kit shop has added some more children's sizes to the products, don't forget to check it out. Please check our website for more info Harriers always welcome new members, if you know of anyone that would like to give it a go. Please tell them about us. They are welcome to come up a give it a go first. We will just need them to contact us first with details and confirm what weekend they would like to come up and try.

Save The Dates

26th Nov- X country (Basingstoke)

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

10th Mar- X Country (Basingstoke)

Junior races

Earlier this month the adult harriers took part in Basingstoke or Solent half marathon. Some of our juniors went along and raced the junior's races. Well done to

Liam and Charlie for running at Basingstoke and Bazyli and Caryl for running at Solent.

Cross Country race

A big Well done to Holly and Bazyli for competing in the October junior cross-country race.

Next cross-country race will be closer to home this month as we will be heading to Down grange, Basingstoke on 26th November. A spond event has been created if you could let coaches know if you are coming.

All final race information will be sent to us a week before and will pass them on to you as soon as we have them.



OCTOBER PARK RUN RESULTS

	01-Oct	08-Oct	15-Oct	22-Oct	29-Oct
Liam Webb				9.36	
Lucas Steele				17.50	
Charlie Hobden			10.37		
Bazyli Szulc					
Cyryl Szulc					

Star Guests

	01-Oct	08-Oct	15-Oct	22-Oct	29-Oct
Tessa Pearson	16.18	16.49		17.17	19.13
Joshua Pearson	16.18			17.36	19.16
Thea Hobden					