

HARRIERS

November 2023

The Newsletter of Overton Harriers and Athletic Club



Message from the editor

The Harriers have packed in a few races, some socialising and some positive news; Piers Puntan is recovering well following his heart attack at the Popham XC race and he wants to thank everyone for their help on the day, support in the aftermath and the well wishes from the running community.

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

Hayling 10 mile race – Sunday 5th November

Harrier	Time	Position
Sean Holmes	01:02:20	25 th
Leonard Passingham	01:02:30	27 th
Neil Martin	01:05:38	61 st
Gareth Juliff	01:12:35	130 th

Popham XC – Saturday 11th November

Harrier	Time	Position
Sean Holmes	40:56	125 th
Michael Jones	42:14	142 nd
Neil Martin	43:02	159 th
Mark Reid	43:54	176 th
Chris Cockburn	43:46	187 th
Stuart Searle	45:43	208 th
Jack Steed	46:01	212 th
Richard Clifford	47:00	225 th
Martin Allen	49:07	256 th
Keith Vallis	51:03	268 th

Senior Men – team Aggregate

Division 2

		28/10/23	11/11/23	
1	Reading Roadrunners	310	1 404	1
2=	City of Portsmouth	394	2 665*	10
2=	Havant	681*	8 445	2
4=	Poole AC	485	3 745	6
4=	University of Portsmouth	572	4 522	3
6	Fleet & Crookham	678	6 698	4
7	Stubbington Green Runners	631	5 728	5
8=	Wimborne	955*	10 788	7
8=	Littledown Harriers	885	7 930	9
10	Overton Harriers	923*	9 789	8

Harrier	Time	Position
Emily Arbuthnot	28:47	62 nd
Hannah Kidston	30:24	83 rd
Alice Ainsworth	30:30	85 th
Lauren Dennison	32:43	107 th
Claire Daly	33:10	112 th
Lucy Pearson	33:10	113 th
Katie Brothers	33:40	119 th
Lucy Sykes	34:23	124 th
Jasmine Kalton	34:44	126 th
Hulya Yadsan Appleby	35:33	127 th
Amy Jewell	37:59	141 st
Halszka Konieczek	40:38	152 nd

Womens Team Positions

	1st	2nd	3rd
1 Aldershot, Farnham & District	1	2	4
2 Southampton	6	9	16
3 Basingstoke & Mid Hants	3	10	33
4 City of Portsmouth	17	18	24
5 Winchester & District	8	25	34
6 Hart Road Runners	15	23	32
7 Reading AC	13	27	36
8 University of Southampton	12	31	67
9 Reading Roadrunners	19	46	50
10 City of Salisbury	40	49	56
11 Fleet & Crookham	68	72	76
12 Overton Harriers	62	83	85
13 University of Portsmouth	54	91	111
14 Littledown Harriers	66	73	120
15 Lordshill Road Runners	75	82	110
16 Hamwic Harriers	74	95	101
17 Eastleigh RC	64	92	118
18 Camberley & District	53	100	133
19 Stubbington Green Runners	28	137	140
20 Totton RC	87	117	131



Gosport Half Marathon – Sunday 19th November 2023

Harrier	Time	Position
Leonard Passingham	1:21:28	49 th
Sean Holmes	1:23:25	74 th
Neil Martin	1:25:58	75 th
Michael Jones	1:26:01	99 th
Ellen Bealing	1:56:38	715 th
Katie Brothers	2:00:15	781 st
Jasmine Kalton	2:06:08	877 th
Manuela Patzelt	2:14:57	1006 th

Centurion Autumn 100: 14th October

By Lucy Sykes

I felt apprehensive at the start of my first 100 miler in Goring at 9am: I knew what was ahead as I'd invested time over the previous month checking out the course. The morning was fine but the ground was extremely muddy, not helped by the passing of 250 pairs of feet! Luckily the weather stayed dry, apart from a shower at around 35 miles which provided a double rainbow to inspire us all.

The course takes the form of a cross with each leg being a 25 mile out-and-back along the Thames Path or the Ridgeway. Thames Path leg 1 went quickly chatting to a friend who was running faster than I wanted to. I realised this and dropped back to join 2 other friends at a more comfortable pace: we stayed together for the next 35 miles. Leg 1 is flat along the river through fields and small roads to the turn-around at Little Wittenham. Fuelled by cheese and marmite or jam sandwiches I felt good until around 20 miles when I started to feel horrible with nausea and fatigue. I slipped on the mud, falling into some nettles and generally felt miserable. I think I was dehydrated as my fingers had swollen up, so I concentrated on drinking Tailwind more regularly and distracted myself by chatting to push through this low spot, secretly vowing that my next race would be 10km or less... By the time I felt good again we were well through Goring and almost at the Swyncombe Farm turn-around on the Ridgeway. Leg 2 is the nicest in my opinion, following the Thames before branching east along Grim's Ditch, then crossing a golf course before heading into farmland. The ground was less muddy, but as we returned towards the aid station in North Stoke I took my second, more painful tumble flat on my face onto the hard-packed path. A hot chocolate and a couple more sandwiches later and we headed back to Goring and drop bags at 50 miles.

We'd had head torches on for some time by now and I was diligent with each of my 25 mile stops in Goring. Everything was bagged and numbered with a specific checklist for each stop, plus motivational messages! You're not allowed crew for this race so I had focused on self-sufficiency: actually, the volunteers and aid stations were excellent so I needn't have worried. I hardly ate any of my own supplies and there were lots of people chatting and checking on you. It was getting cold so I had a full change into warm clothes, heading back onto the Ridgeway for leg 3. My friends dropped behind, but the lovely thing about an out-and-back race is that you keep meeting people. By now everyone was tired so motivational hugs were in order as friends came past. I was glad I'd previously done this section in daylight because people find it long and featureless, but I could imagine the views as we headed to the Lord Wantage monument turn-around. Back to Goring I went, moon and starlight glinting on the frosty ground, wearing 2 hats to keep my head warm!

From 75 miles you are allowed a pacer for safety reasons as leg 4 along the Thames Path passes through Reading. My amazing friend came to meet me at 4am and we set off. She regaled me with tales of her recent UTMB success while I focused on putting one foot in front of the other. The final turn-around never comes... it's right through Reading and out the other side. We eventually got there and hurried out again as time was getting on. There was no running left in my legs by this stage so we speed-marched the final miles to collect my finishers buckle in 27:14.

I highly recommend Centurion for race organisation, support, and sustainability.

Winter Handicap - Race 2 – Thursday 23rd November

This must have been a record turnout for a handicap. Congratulations to the ever-improving Ellen, who had a storming run to finish clear by nearly a minute. Darren and Rachael were again in the leading trio and these are the early fore runners in the handicap league. The time league was again, narrowly won by Eddy, but he will continue to be challenged by Sean over the remaining fixtures, with the remaining places wide open. But don't forget, you need to run at least four handicaps over the season to qualify for both the handicap and time leagues. Up to date league tables will be included next month. Next event is on December 21st. Don't miss it. Put it in your diaries, as we also have the Christmas party that evening

<u>POS</u>				<u>ACT</u>	<u>POS ON</u>
<u>S</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>TIME</u>	<u>TIME</u>
1	Ellen Bealing	29.54	1.00	28.54	18
2	Darren Luckhurst	30.49	4.25	26.24	9
3	Rachael Groundsell	31.07	4.30	26.37	10
4	Graeme Ridler	31.21	3.00	28.21	16
5	Chris Jenkins	31.35	4.25	27.10	11
6	Katie Brothers	31.45	0.40	31.05	20
7	Richard Clifford	31.49	6.00	25.49	8
8	Alice Ainsworth	31.55	4.20	27.35	14
9	Keith Vallis	32.19	4.20	27.59	15
10	Louis McCann	32.29	7.00	25.29	7
11	Adam Penhaul	32.34	5.00	27.34	13
12	Claire Whitlam	32.50	0.40	32.10	22
13	Erica Steele	32.57	1.00	31.57	21
14	John Harrison	33.05	5.35	27.30	12
15	Mike Jones	33.10	10.00	23.10	3
16	Eddy Biggs	33.40	12.00	21.40	1
17	Sean Holmes	33.46	11.30	22.16	2
18	Jack Steed	33.51	9.00	24.51	5=
19	Jasmine Kalton	34.19	0.00	34.19	25
20	Gareth Juliff	34.36	9.45	24.51	5=
21	Lauren Dennison	34.42	4.00	28.42	17
22	Neil Martin	34.51	11.00	23.51	4
23	Amy Jewell	35.18	2.45	32.33	23
24	Neil McCann	35.28	1.35	33.53	24
25	Charlotte Bonner	36.37	1.35	35.02	26
26	Martin Crawshaw	37.48	7.00	30.48	19

ParkRun Results - November 2023

Harriers Parkrun Results November 2023	04/11/23	11/11/23	18/11/23	25/11/23
Basingstoke				
Terry Clarke	25:56	25:36	26:04	
Ellen Bealing	24:59			
Lauren Dennison	31:04			
Sarah McCann				27:22
Amy Jewell			32:43	
Andover				
Jasmine Kalton		31:23	41:52	31:54
Katie Brothers	27:07			25:58
Michael Ball	24:22			23:00
Tony Reid				29:20
Hulya Yadsan-Appleby	28:23			
Marcus Appleby	29:29			
Frimley Lodge				
Dave Bush			20:26	
Winchester				
Marcus Appleby			29:01	27:38
Hulya Yadsan-Appleby			27:37	26:18
Newbury				
Katie Brothers		28:08		
Moors Valley				
Cath Wheeler	21:57			
Claire Daly	25:25			
Queen Elizabeth				
Lucy Pearson			25:59	
Fareham				
Claire Spencer			25:11	
Tidworth				
Michael Ball			23:42	
Dallas Burston Polo Club				
Kel Ryder			40:50	
Delaware and Raritan Canal				
Lucy Pearson	25:40			
Erica Steele	27:26			
Hackney Marshes				
Lauren Dennison			29:01	
Woodhouse Moor				
Keith Vallis	23:51			
Georgia Vallis	31:18	31:58		29:51
Tapijn				
Eleanor McDevitt		31:01		
Hafan Pwllheli				
Claire Spencer		46:23		
Sandwell Valley				
Kel Ryder		30:24		
Clermont Waterfront				
Charlie Duncombe	24:25			
Jasmine Kalton	31:39			
Isabel Trail				
Dave Bush		19:40		
Wimbledon Common				
Dave Bush	21:08			
Severn Bridge				
Claire Spencer	26:07			
University Parks				
Ellen Bealing		26:29		
Walsall Aboretum				
Kel Ryder	28:32			
St Mary's				
Monique Van Nueten	55:56			
Edgbaston Reservoir				
Kel Ryder				30:26
Durlston Country Park				
Amy Jewell				43:16
Ganger Farm				
Dave Bush				20:22

OTHER NEWS

Harriers Social

Following the winter handicap, the club extended an invitation to all members to some drinks 'on the house' and some pizza in the cricket pavilion. The unexpected share of the revenue from the sales in the Cricket Pavilion after the Overton 5 was used for this bar tab! And It was great to see so many Harriers packed into the small bar and even better to see Piers starting his journey back to recovery with us.



SIMON MORGAN (1960-2023)

Tribute by John Hoare

It is probable that many of our current members will not be familiar with the name Simon Morgan, who sadly passed away very recently. Simon was a very important member of the club in those heydays of the 1980's when we competed in the now defunct Southern Men's Athletic League. It was a huge league in those days comprising of virtually every athletic club in the Southern half of England divided into 8 divisions of 25 clubs. Without doubt Simon was our most consistent thrower, covering all the throwing events but excelling primarily in the Hammer. He could hurl the 7.26kg object well in excess of 30 metres without blinking. My abiding memory would be a Final league match of the season in Brighton, when he, and his co-thrower, Mike Gregory, were instrumental in little Overton winning the match and gaining promotion on the back of it to the exalted ranks of Division 3, a huge feat for such a small club, definitely punching above its weight.

Simon was a lovely man, always a smile on his face and he had the most wonderful sense of humour, keeping us in stitches with his stories. Thanks for the memories Simon. To those of us who knew you, will know that your sense of humour will be sadly missed

DIARY

December:

Sunday 17th – Cyclist Race and Harriers Christmas lunch at Test Valley Golf Club (details to follow).

Thursday 21st December – Harriers Christmas Party

January:

Saturday 6th - XC Championships Southampton

Sunday 7th - Stubbington 10k HRRL

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
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