

# HARRIERS

December 2023

*The Newsletter of Overton Harriers and Athletic Club*



## Message from the editor

With Christmas in the mix, December is busy with a mix of running, socialising, eating and drinking! Well done to everyone who managed to balance all four of these key ingredients. On behalf of the club, I wish you all a fantastic 2024 in whichever goals you set yourselves.

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)

# RACE UPDATES

## Victory 5 – Sunday 3rd December

Harrier	Time	Position
Neil Martin	00:31:31	114 <sup>th</sup>
Gareth Juliff	00:33:37	166 <sup>th</sup>
Cath Wheeler	00:35:40	233 <sup>th</sup>
Lucy Pearson	00:36:22	261
Ellen Bealing	00:41:31	382
Lauren Dennison	00:41:40	387
Katie Brothers	00:42:45	412
Amy Jewell	00:43:37	428
Jasmine Kalton	00:44:14	438
Yolanta Birch	00:44:59	456
Halszka Konieczek	00:47:56	491
Marcus Appleby	00:50:59	522



## Monthly Handicap – 21/12/23

Another good turnout for our December event run prior to an excellent Christmas Party in the Football club. With each runner's worst result dropped, a clear favourite is emerging in the Handicap League, with Darren taking an excellent win and now just needs one more good result to claim the title. But, it still needs to be done and there is a close tussle for the minor places which could go to any of a number of our members. All to run for over the final two events.

The time league is more clear-cut with Eddy and Sean looking to have that sewn up between them with Mike in a comfortable third place. However, any slip up from him could let in any of a number of challengers. These are the latest league tables.

MONTHLY HANDICAP – DEC 2023				21/12/23	
POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Darren Luckhurst	30.26	4.25	26.01	8
2	Greg England	31.17	3.00	28.17	13
3	Mark Reid	31.31	7.45	23.46	4
4	Chris Jenkins	31.46	4.25	27.21	10
5	Katie Brothers	32.13	0.40	31.33	18
6	John Harrison	32.22	5.35	26.47	9
7	Adam Penhaul	32.41	5.00	27.41	12
8	Louis McCann	32.54	7.00	25.54	7
9	Mike Jones	32.59	10.00	22.59	3
10	Keith Vallis	33.28	4.20	29.08	14
11	Dave Bush	33.54	9.10	24.44	5
12	Jack Steed	33.57	9.00	24.57	6
13	Eddy Biggs	34.02	12.00	22.02	1
14	Sean Holmes	34.08	11.30	22.38	2
15	Lucy Sykes	34.44	3.15	31.29	17
16	Cath Wheeler	35.07	7.45	27.22	11
17	Lauren Dennison	35.15	4.00	31.15	16
18	Charlie Duncombe	35.35	4.35	31.00	15

HANDICAP LEAGUE – 2023/24							
AFTER 3 EVENTS							
POS	NAME	Oct	Nov	Dec	Jan	Feb	Total
1	Darren Luckhurst	1	<u>2</u>	1			2
2	Rachael Groundsell	2	3	<u>0</u>			5
3	Chris Jenkins	<u>7</u>	5	4			9
4	Louis McCann	3	<u>10</u>	8			11
5	Katie Brothers	<u>15</u>	6	5			11
6	Keith Vallis	4	9	<u>10</u>			13
7	Richard Clifford	6	7	<u>0</u>			13
8=	Adam Penhaul	<u>0</u>	11	7			18
8=	Erica Steele	5	13	<u>0</u>			18
10	John Harrison	<u>0</u>	14	6			20
11	Eddy Biggs	10	<u>16</u>	13			23
12	Sean Holmes	9	<u>17</u>	14			23
13	Mike Jones	<u>0</u>	15	9			24
14	Jasmine Kalton	8	19	<u>0</u>			27
15	Jack Steed	<u>0</u>	18	12			30
16	Gareth Juliff	14	20	<u>0</u>			34
17	Lauren Dennison	<u>0</u>	21	17			38

TIME LEAGUE 2023/24							
AFTER 3 EVENTS							
POS	NAME	Oct	Nov	Dec	Jan	Feb	Total
1	Eddy Biggs	<u>1</u>	1	1			2
2	Sean Holmes	<u>2</u>	2	2			4
3	Mike Jones	<u>0</u>	3	3			6
4	Gareth Juliff	5	5	<u>0</u>			10
5	Louis McCann	4	<u>7</u>	7			11
6	Jack Steed	<u>0</u>	5	6			11
7	Darren Luckhurst	6	<u>9</u>	8			14
8	Richard Clifford	7	8	<u>0</u>			15
9	Rachael Groundsell	8	10	<u>0</u>			18
10	Chris Jenkins	10	<u>11</u>	10			20
11	John Harrison	<u>0</u>	12	9			21
12	Keith Vallis	9	<u>15</u>	14			23
13	Adam Penhaul	<u>0</u>	13	12			25
14	Katie Brothers	14	<u>20</u>	18			32
15	Lauren Dennison	<u>0</u>	17	16			33
16	Erica Steele	15	21	<u>0</u>			36
17	Jasmine Kalton	16	25	<u>0</u>			41



## Cyclists Race - 17.12.2023

An 'enthusiastic' group of 25 Harriers were joined by a group of cyclists for our annual Christmas event round the Harroway. Remarkably, we were reminded, that this event has taken place for 50 years, and on each occasion we have welcomed our friends from the Basingstoke cycle clubs. The weather was kind, although conditions under foot were somewhat muddy. Eddy won the race for the second year in succession, by nearly a minute from the first cyclist, Matt Melville. The morning followed tradition as we then assembled for our Christmas meal at the Golf Club, which was excellent.

Thank you to the group who went out on the Friday to cut back the fallen trees, and to all the marshals too!

<b>CYCLISTS RACE</b>			<b>17/12/23</b>
<b>POS</b>	<b>NAME</b>	<b>TEAM</b>	<b>TIME</b>
1	Eddy Biggs	Harriers	20.54
2	Matt Melville	Cyclists	21.41
3	Sean Holmes	Harriers	22.01
4	Louis McCann	Harriers	22.54
5	Neil Martin	Harriers	22.54
6	Dave Bush	Harriers	23.05
7	Ashley Coxden	Harriers	23.19
8	Stuart Searle	Harriers	23.56
9	Gareth Juliff	Harriers	24.08
10	Richard Clifford	Harriers	24.15
11	Colin Bezant	Cyclists	24.26
12	Darren Luckhurst	Harriers	24.37
13	Cath Wheeler	Harriers	25.15
14	Martin Allen	Harriers	25.31
15	Adam Penhaul	Harriers	25.42
16	Rachael Groundsell	Harriers	26.11
17	Mark Baker	Cyclists	26.20
18	Martin Cattermoul	Cyclists	26.26
19	Simon Gill	Cyclists	26.26
20	Keith Vallis	Harriers	26.56
21	Claire Spencer	Harriers	28.36
22	Bernie Charlick	Cyclists	29.19
23	Simon Lunskey	Cyclists	29.24
24	Katie Brothers	Harriers	29.28
25	Lauren Dennison	Harriers	30.08
26	Lucy Sykes	Harriers	30.24
27	Amy Jewell	Harriers	30.43
28	Chris Jenkins	Harriers	30.56
29	Sarah McCann	Harriers	31.12
30	Neil McCann	Harriers	31.20
31	Jasmine Kalton	Harriers	31.55
32	Halszka Konieczek	Harriers	36.08
33	Fiona Lunskey	Cyclists	36.22



# ParkRun Results - December 2023

Harriers Parkrun Results December 2023	02/12/23	09/12/23	16/12/23	23/12/23	25/12/23	30/12/23
<b>Basingstoke</b>						
Terry Clarke		30:46	28:40	26:18	26:14	26:19
Amy Jewell	32:35			32:26		
Lauren Dennison						
Sarah McCann	28:05	29:45	27:09		27:56	
Louis McCann		21:45	20:25	21:55	26:05	
Keith Vallis				24:01		
Lucas Steele					26:04	
Lucy Pearson					26:09	
Erica Steele					27:46	
Claire Daly						26:29
<b>Andover</b>						
Jasmine Kalton	30:32	28:51	30:17	30:57	42:08	30:42
Amy Jewell			28:11			
Michael Ball		23:15	22:19	23:17	22:58	23:43
Katie Brothers	26:34				27:18	
Tony Reid					31:58	
Lauren Dennison					29:29	
<b>Frimley Lodge</b>						
Dave Bush	22:22			20:40	20:46	
<b>Winchester</b>						
Marcus Appleby			28:12	28:07		28:32
Hulya Yadsan-Appleby						28:48
Katie Brothers				25:38		
<b>Newbury</b>						
Chris Cockburn		24:26				
Michael Jones					19:27	
Katie Brothers						26:24
<b>Tidworth</b>						
Michael Jones			19:26			
<b>Brockenhurst</b>						
Katie Brothers		26:28				
<b>Wimpole Estate</b>						
Michael Ball	23:44					
<b>Rushmoor</b>						
Dave Bush		20:51				
<b>St Mary's</b>						
Monique Van Nueten		49:50				
<b>Itchen Valley</b>						
Lucy Pearson				26:37		
Erica Steele				29:41		
<b>Maidenhead</b>						
Lauren Dennison				30:26		
<b>Upton Court</b>						
Lauren Dennison			29:17			
<b>Bournemouth</b>						
Claire Spencer						26:13
<b>Portsmouth Lakeside</b>						
Claire Spencer	25:15					
<b>Fingal Bay (Aus)</b>						
Pete Mitchell						42:45
<b>California Country Park</b>						
Lucy Pearson						23:47
Erica Steele						28:11
<b>Jersey Farm</b>						
Dave Bush						21:12
<b>Woodgate Valley</b>						
Kel Ryder	31:12					
<b>Black Park</b>						
Kel Ryder		31:18				
<b>Five Arches</b>						
Kel Ryder			30:45			
<b>Cheltenham</b>						
Kel Ryder				33:39		
<b>Southampton</b>						
Kel Ryder					32:39	
<b>Daventry</b>						
Kel Ryder						31:36
<b>Penryn Campus</b>						
Neil Martin				20:00		
<b>Penrose</b>						
Neil Martin					19:03	
<b>Quakers Walk</b>						
Neil Martin						19:13

# DIARY

**January:**

Saturday 6th - XC Championships Southampton

Sunday 7th - Stubbington 10k HRRL

**February:**

Sunday 4th - Ryde 10 Mile HRRL

Saturday 10th - XC Bournemouth

The half term of February 9th to 16th - Harriers Training Week

**March:**

Sunday 17th - Salisbury 10m HRRL

**April:**

Thursday 18th - AGM @ The Institute