

# HARRIERS

January 2024

*The Newsletter of Overton Harriers and Athletic Club*



Happy New Year everyone, and I hope you reach all your goals in 2024! I also thought it might be helpful to share the names of the Harriers Committee: Charlie Duncombe, Sean Holmes, John Hoare, Amy Jewell, Gareth Julliff, Neil Martin, Sarah McCann, Stuart Searle, Claire Spencer, Mark Underwood, Anna Vallis and myself – Olivia Cox. If you have any suggestions or feedback for the committee then please talk to anyone of us before or after a training session or send an e-mail to [committee@overtonharriers.org.uk](mailto:committee@overtonharriers.org.uk). It's your club and your views are always welcome!

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

## Hampshire Cross Country race – Saturday 6th January

Harrier	Time	Position	Team
Cath Wheeler	00:50:25	40 <sup>th</sup>	Senior Women
Hannah Kidston	00:54:21	51 <sup>th</sup>	Senior Women
Claire Spencer	01:05:38	61 <sup>st</sup>	Senior Women
Jasmine Kalton	01:05:41	67 <sup>th</sup>	Senior Women
Amy Jewell	01:06:04	68 <sup>th</sup>	Senior Women
Manuela Patzelt	01:08:03	72 <sup>nd</sup>	Senior Women

Harrier	Time	Position	Team
Sean Holmes	00:54:28	60 <sup>th</sup>	Senior Men
Mark Reid	00:55:52	66 <sup>th</sup>	Senior Men
Neil Martin	00:56:54	72 <sup>nd</sup>	Senior Men
Stuart Searle	00:57:10	75 <sup>th</sup>	Senior Men



## Stubbington – Sunday 7 January

Harrier	Time	Position
Sean Holmes	37:34	119 <sup>th</sup>
Neil Martin	40:15	236 <sup>th</sup>
Chris Cockburn	40:23	239 <sup>th</sup>
Louis McCann	42:06	318 <sup>th</sup>
Richard Clifford	43:43	395 <sup>th</sup>
Lucy Pearson	45:02	453 <sup>rd</sup>
Gareth Juliff	46:00	496 <sup>th</sup>
Adam Penhaul	47:37	590 <sup>th</sup>
Alice Ainsworth	51:10	783 <sup>rd</sup>
Ellen Bealing	52:57	873 <sup>rd</sup>
Katie Brothers	54:05	939 <sup>th</sup>
Sarah McCann	54:09	944 <sup>th</sup>
Lauren Dennison	54:25	963 <sup>th</sup>
Erica Steele	54:49	990 <sup>th</sup>
Manuela Patzelt	58:13	1173 <sup>th</sup>
Alistair Paul	1:03:24	1443 <sup>th</sup>
Jasmine Kalton	1:04:52	1475
Marcus Appleby	1:06:00	1503
Halszka Konieczek	1:11:12	1623



# Reading Cross Country – Saturday 13th January

## Senior Women/ Vets

Harrier	Time	Position
Cath Wheeler	28:27	16 <sup>th</sup>
Lucy Pearson	30:45	75 <sup>th</sup>
Hannah Kidston	30:56	30 <sup>th</sup>
Alice Ainsworth	32:43	83 <sup>rd</sup>
Lauren Dennison	32:48	85 <sup>th</sup>
Claire Daly	33:38	91 <sup>st</sup>
Katy Brothers	34:06	97 <sup>th</sup>
Jasmine Kalton	35:03	99 <sup>th</sup>
Manuela Patzelt	35:47	100 <sup>th</sup>
Amy Jewell	35:47	101 <sup>st</sup>
Hulya Yadsan-Appleby	35:58	102 <sup>nd</sup>

Overton Harriers finished 6<sup>th</sup> overall

## Senior Men/ Vets

Harrier	Time	Position
Sean Holmes	38:55	86 <sup>th</sup>
Michael Jones	39:24	93 <sup>rd</sup>
Mark Reid	39:53	102 <sup>nd</sup>
Stuart Searle	40:19	107 <sup>th</sup>
Chris Cockburn	41:11	116 <sup>th</sup>
David Bush	43:09	139 <sup>th</sup>
Keith Vallis	48:05	180 <sup>th</sup>





# HANDICAP UPDATE

With just one event to go there are only ten members who have done enough races to qualify for a league position. The two competitions are taking shape. Darren, in his first year with the club has shown a clean pair of heels to the rest and have already been confirmed as winner, with one race still to go. The competition for the minor places is still wide open with another four well in with a chance of a season ending medal, The time league has already been settled with dominant performances from Eddy and Sean who will take gold and silver respectively. However, third place is again open with Louis favourite to take the bronze from Darren. This pair have been showing excellent form during the season and whichever way it falls, both will fully deserve their medals.

## MONTHLY HANDICAP – JAN 2024

25/01/24  
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POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME	
1	Darren Luckhurst	31.06	4.25	26.41	5	
2	Graeme Ridler	31.29	3.00	28.29	10	
3	Chris Jenkins	31.41	4.25	27.16	7	
4	Louis McCann	31.41	7.00	24.41	4	
5	Ellen Bealing	31.56	1.40	30.16	11	
6	Katie Brothers	32.00	0.40	31.20	13	
7	Manuela Patzelt	32.01	0.00	32.01	16	
8	Keith Vallis	32.32	4.20	28.12	9	
9	John Harrison	32.45	5.35	27.10	6	
10	Adam Penhaul	33.03	5.00	28.03	8	
11	Amy Jewell	33.21	2.45	30.36	12	
12	Sean Holmes	34.00	11.30	22.30	2	
13	Eddy Biggs	34.13	12.00	22.13	1	
14	Chris Cockburn	34.29	10.00	24.29	3	
15	Sarah McCann	35.17	3.40	31.37	14	
16	Jo James	35.25	3.40	31.45	15	
17	Lauren Dennison	37.12	4.00	33.12	18	
18	Matt Clifton	37.13	4.25	32.48	17	

## HANDICAP LEAGUE

POS	NAME	Oct	No v	Dec	Jan	Feb
1	Darren Luckhurst	1	2	1	1	3
2	Chris Jenkins	7	5	4	3	12
3	Louis McCann	3	10	8	4	15
4	Katie Brothers	15	6	5	6	17
5	Keith Vallis	4	9	10	8	21
6	Adam Penhaul	0	11	7	10	28
7	John Harrison	0	14	6	9	29
8	Sean Holmes	9	17	14	12	35
9	Eddy Biggs	10	16	13	13	36
10	Lauren Dennison	0	21	17	17	55

## TIME LEAGUE

POS	NAME	Oct	No v	Dec	Jan	Feb
1	Eddy Biggs	1	1	1	1	3
2	Sean Holmes	2	2	2	2	6
3	Louis McCann	4	7	7	4	15
4	Darren Luckhurst	6	9	8	5	19
5	Chris Jenkins	10	11	10	7	27
6	John Harrison	0	12	9	6	27
7	Keith Vallis	9	15	14	9	32
8	Adam Penhaul	0	13	12	8	33
9	Katie Brothers	14	20	18	13	45
10	Lauren Dennison	0	17	16	18	51

# Harriers Parkrun Results January 2024

Harriers Parkrun Results January 2024	01/01/24	06/01/24	13/01/24	20/01/24	27/01/24
<b>Basingstoke</b>					
Terry Clarke	27:42	27:16	25:02	24:18	24:35
Louis McCann		22:29			
Sarah McCann	29:09	28:10	26:33		
Neil McCann	30:49		29:55		
Claire Spencer				25:07	
Lauren Dennison	29:50				
Mark Daly	25:36				
Claire Daly	25:34				
<b>Andover</b>					
Jasmine Kalton	33:05			27:08	28:22
Michael Ball	22:59	23:55	22:37		
Katie Brothers				26:07	26:22
<b>Frimley Lodge</b>					
Dave Bush	20:42			21:26	20:04
<b>Winchester</b>					
Katie Brothers	27:16				
Hulya Yadsan-Appleby	28:50				27:40
Marcus Appleby	28:41				27:55
<b>California Country Park</b>					
Dave Bush			20:27		
<b>Newbury</b>					
Chris Cockburn		24:54		19:43	23:35
Cath Wheeler				22:23	
Jenny Wilson		65:08			
Katie Brothers		65:08			
Amy Jewell				34:38	31:37
Claire Daly				26:52	
Mark Daly				26:53	
<b>Tidworth</b>					
Michael Ball				23:14	31:55
<b>Rhodes (Aus)</b>					
Pete Mitchell		49:29			
<b>Didcot</b>					
Lauren Dennison				28:07	
<b>Queen Elizabeth</b>					
Claire Daly		27:09			
<b>Fingal Bay (Aus)</b>					
Pete Mitchell		42:26			
<b>Nonsuch</b>					
Amy Jewell	29:12				
<b>Oakhill</b>					
Dave Bush		20:37			
<b>Phoenix</b>					
Kel Ryder	32:11				
<b>Rickmansworth</b>					
Kel Ryder		29:50			
<b>Wimbledon Common</b>					
Kel Ryder			32:37		
<b>Cannon Hill</b>					
Kel Ryder				31:17	
<b>Edenbrook Country Park</b>					
Kel Ryder					30:30
<b>Southampton</b>					
Neil Martin	18:48				
<b>Wallace Park</b>					
Judy Hewitt					38:31
<b>Bishan, Singapore</b>					
Greg England					22:39

# DIARY

## Harriers Social

If you like having a drink after training at the Cricket Pavilion and would like to help out once in a while, we'd like to know. It would great if we could have some cover for the times Richard or Piers can't be there.

If you can help out, please speak to Richard Clifford. It's quite simple and you'll be shown what to do. We can also ensure we keep the bar open so there's a place to gather and socialise after training or a handicap.

Thank you.

### March:

Sunday 17th - Salisbury 10m HRRL

### April:

Sunday 7th April - Combe Gibbet

Thursday 18th - AGM @ The Institute

### May:

Saturday 4th May - Hurstbourne 5

Saturday 4th May - Harriers 50th anniversary party - date for your diary and invite to follow