

HARRIERS

February 2024

The Newsletter of Overton Harriers and Athletic Club



As signs of spring begin to emerge and the days get slightly long, the mud and saturated ground continues to dominate every run! For those who are training for a marathon, we hope the rain hasn't dampened your spirits too much and that the training is going to plan.

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

Hampshire Cross Country race – Saturday 6th January

It was my pleasure to be working at the Cross Country Championships at Fairthorne Manor last month and witness some sterling results from the brave (?) band of Harriers. After seemingly endless days of rain the course was extremely muddy in places but that did not deter our Mens Vets team. The quartet of Sean, Mark, Neil and Stuart ran strongly took a highly commendable fourth place in the team event behind Guernsey, Winchester and Basingstoke, losing out on the bronze medals by a mere 9 points to Basingstoke (263 points to 272).

Before this our Ladies took to the field and pride of place once again went to Cath who took the vets 60 title with a dominant performance in her category and the Gold medal (well she would have done if she hadn't left it behind). An error by one of the marshals unfortunately led to an extra lap being run, which didn't go down too well with all the competitors, the air being positively blue when Claire crossed the finish line. But the rest of our group finished philosophically with smiles (or was it grimaces?) on their faces, Amy even having managed a swim in the mud on the way round. I thought Jasmin had a really strong run just ahead of the mud laden Amy, while Manuela could also feel proud of her run on such a difficult course

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

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



Ryde 10 miles - Sunday 4th February - race report by Halszka Konieczek

Only 4 Harriers decided to sign up for this year's Ryde 10mile race.

It had a 11am start, beautiful views (leading through Ryde, Puckpool, Seaview, St. Helens, Nettlestone, Seaview and back to Ryde), a lot of downhill running, great atmosphere, and amazing medal. Even weather wasn't too bad (surprisingly rain held off, and sun managed to cut through the clouds few times). Not sure what else would you like in the race, but clearly that wasn't enough to convince others into joining.

Yes, there were few flaws into the story. To start with, we needed to catch the ferry, which meant 6am wake up, freezing cold wind was challenging only in few places, and there were 'few' hills to climb. But in the end, the last mile was all running down, and that's all I'm going to remember when I sign up again next year



Harrier	Time	Position	Team
Sean Holmes	01:03:33	22 nd	Senior Men
Katie Brothers	01:33:14	322 nd	Senior Women
Halszka Konieczek	01:49:49	462 nd	Senior Women

Hampshire Cross Country race – Saturday 10th February - Bournemouth

Harrier	Time	Position
Cath Wheeler	0:26:32	42nd
Lucy Pearson	0:26:52	45th
Hannash Kidston	0:27:39	53rd
Alice Ainsworth	0:28:27	61st
Lauren Dennison	0:29:43	73rd
Katie Brothers	0:30:03	74th
Claire Spencer	0:30:08	75th
Ellen Bealing	0:30:13	77th
Claire Daly	0:30:15	78th
Ali Wheeler	0:30:27	81st
Amy Jewell	0:30:44	83rd
Lucy Sykes	0:31:31	87th
Jasmin Kalton	0:32:37	94th
Halszka Konieczek	0:36:14	112th

Harrier	Time	Position
Sean Holmes	0:38:18	64th
Michael Jones	0:39:11	79th
Mark Reid	0:39:58	87th
Neil Martin	0:40:35	97th
Chris Cockburn	0:41:12	107th
Stuart Searle	0:41:36	112th
Jack Steed	0:43:22	128th
Gareth Juliff	0:46:21	154th
Graeme Ridler	0:46:42	159th
Keith Vallis	0:48:07	166th



South Downs & Arundel Marathon by Lucy Pearson – 21st January

In the middle of January I was expecting a cold frosty hilly run, what I woke up to was Storm Isha, 11 degrees and weather warnings of high winds. What better place to run a marathon than on the South Downs Way high up on the ridge overlooking the English Channel.

The morning started early with a 7.15am coach ride from Arundel heading west to Heyshott where we were going to climb up to the SDW path. The race started at 8.30am and it was the calm part of the morning before the storm really took hold.

The first 10 miles were mainly puddle jumping along the path, through woods and open farmland all very uneventful. I was making good time and was on track to meet my race prediction. The hills were rolling with ups and steep downs and I had already passed through 2 checkpoints at this point.

After checkpoint 3 the course split the 15 mile runners headed back to Arundel and us marathoners crossed the road for the second half. Crossing the road to continue the marathon course it became super muddy so out came my new poles. It was proper cow sludge wet mud alongside the River Arun.

Then it was back onto the SDW path and miles 13 to 15 was just sideways wind, had trouble using the poles as they were being blown everywhere so down to walk/shuffle. At 15 miles was the next checkpoint and we turned off the SDW, finally a break from the wind but only to be met by the next challenge of chalky mud – which was the same colour as the sky and the everything suddenly was in grey scale. The chalky mud was just shoe sucking and the mud just stayed stuck to my shoes.

At 18 miles there were 50 steps down (which just made everything ache) to a track next to the river (which had been flooded) and was just deep mud (again). By this point I was focused on getting to the CP at 22 miles and believing I just had to survive 5 miles (it was a 27.3mile marathon) kept me going.

Then the last massive hill, which I ended up hiking up and then it was just a steep on the way down so no chance of picking my pace up again. The final bit alongside the river was back to chalky sticky mud.

Crossed the last road with mile and a half to go, aim by this point was to finish in under 6 hours, picked up the pace to a jog/run. Made it to Arundel there was the finish line. Another cup of coke and a bag of cheese onion crisps. Never have I been so grateful for the heated seats in my car to soothe my aches on the drive home.

The majority of the field finished between 5-6 hours that day and I'm sure in drier and less windy conditions it is a stunning route with amazing scenery of the castle and the views.

Total course elevation was 935m over 27.3 miles.

Finish time - 5:55:00

116th overall – 12th - FV40



Big Weekender – Portsmouth – 17th & 18th February 2024

One weekend, two half marathons. This event consisted of two half marathons, the first on Saturday from Hayling Island around the Langstone Harbour to Eastney, Portsmouth and the second on Sunday running the Portsmouth Coastal Half Marathon route from the South Parade Pier up to the motorway and back.

Saturday morning I parked at the finish and then caught the Hayling Island ferry across to the start line. Another blustery morning, with the first mile on the shingle beach – the perfect warm up! Then straight onto the Billy Line which mainly consisted of big puddles – not nearly as bad as it was 2 years ago at the Hayling 10! Nice and flat I was just focused on keeping a consistent pace. I knew the course quite well as it used the same route as the Portsmouth Coastal Marathon which I have run a few times. Around Langstone Harbour and back into the Portsmouth and then back to the Lifeboat Station to make a good time of 1:52:18 and finish 5th lady overall

Sunday morning we started from South Parade pier and the field was much larger. At the race briefing those doing the double got a round of applause and those only doing that day thought we were a little crazy. The sun decided to make an appearance and it turned into a warm morning which meant vest and shorts. My aim was to match my time on Sunday with Saturday's time and I knew the key was consistent pacing and not go off too fast, so I had something left for the last few miles into the wind. So with the aim of 8.30-8.40 pacing I set off. I fell into pace with some guys and they started chatting me asking me my pace etc which I answered with the caveat that I was 'doing the double'! The last two miles were along the seafront and anyone who has done Great South Run will know how strong the wind can be along here. In my mind I was sprinting in reality I really wasn't. Saw the pier with the finish line just after it and crossed the line in 1:52:23 and stopped my watch to see I had almost match my time!

Day 1 – Langstone Harbour Half Marathon – 1:52:18

48th out of 240 overall – 5th female out of 102

Day 2 – Portsmouth Coastal Half Marathon - 01:52:23

98th out of 348 overall – 15th female out of 149



HANDICAP LEAGUE – 2023/24

A staggering 41 club members took part in one or more events over the winter, Unfortunately, only a magnificent seven managed four or more to qualify for a final place in the league tables. The winner of the Handicap league had already been decided before this event with newcomer Darren Luckhurst a worthy winner over a most consistent series of runs. The same applied for Chris Jenkins who confirmed his runners up spot with another fine run. But the bronze medal was up for grabs. Keith Vallis had his best run of the winter to win on the evening, but had to give best to Katie Brothers, who was rewarded with third place overall after finishing third on the night. The Time League had already been decided before the evening with Eddy Biggs and Sean Holmes taking the first two places. But although Louis McCann was not available this evening, his first four runs were enough to give him the bronze by just a single point from the impressive Darren.

I would like to express thanks on behalf of all the runners to Stuart who had the unenviable job of producing the handicaps every month. A very difficult job that I'm sure we all appreciate. And now our thoughts will turn to the Summer Handicap runs over the Harroway course. Keep your eyes open for dates.

MONTHLY HANDICAP – FEB 2024

29/02
/24

<u>PO</u> <u>S</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>ACT</u> <u>TIME</u>	<u>POS ON</u> <u>TIME</u>
1	Keith Vallis	31.45	4.20	27.25	5
2	Darren Luckhurst	31.59	5.00	26.59	4
3	Katie Brothers	32.12	0.40	31.32	11
4	Chris Jenkins	32.26	4.25	28.01	8
5	Jasmine Kalton	33.04	0.00	33.04	12
6	Amy Jewell	33.11	2.45	30.26	9
7	Richard Clifford	33.48	6.00	27.48	6
8	Matt Clifton	33.52	2.45	31.07	10
9	Jack Steed	33.58	9.00	24.58	2
10	Sean Holmes	34.12	11.30	22.42	1
11	Lucy Pearson	34.56	7.00	27.56	7
12	Gareth Juliff	36.13	9.45	26.28	3
13	Claire Whitlam	36.16	0.40	35.36	13
14	Megan Phiri	38.22	0.00	38.22	14

HANDICAP LEAGUE

<u>POS</u>	<u>NAME</u>	<u>Oc</u> <u>t</u>	<u>No</u> <u>v</u>	<u>De</u> <u>c</u>	<u>Ja</u> <u>n</u>	<u>Fe</u> <u>b</u>	
1	Darren Luckhurst	1	2	1	1	2	5
2	Chris Jenkins	7	5	4	3	4	16
3	Katie Brothers	15	6	5	6	3	20
4	Keith Vallis	4	9	10	8	1	22
5	Louis McCann	3	10	8	4	0	25
6	Sean Holmes	9	17	14	12	10	45
7	Eddy Biggs	10	16	13	13	0	52

TIME LEAGUE

<u>POS</u>	<u>NAME</u>	<u>Oc</u> <u>t</u>	<u>No</u> <u>v</u>	<u>De</u> <u>c</u>	<u>Ja</u> <u>n</u>	<u>Fe</u> <u>b</u>	
1	Eddy Biggs	1	1	1	1	0	4
2	Sean Holmes	2	2	2	2	1	7
3	Louis McCann	4	7	7	4	0	22
4	Darren Luckhurst	6	9	8	5	4	23
5	Chris Jenkins	10	11	10	7	8	35
6	Keith Vallis	9	15	14	9	5	37
7	Katie Brothers	14	20	18	13	11	56

Parkrun Results

Harriers Parkrun Results February 2024	03/02/24	10/02/24	17/02/24	24/02/24
Basingstoke				
Terry Clarke	24:24	26:48	25:17	25:53
Claire Spencer	25:15			
Andover				
Jasmine Kalton	46:02		28:21	
Michael Ball			22:41	27:46
Sarah McCann	27:03	27:57	26:57	
Katie Brothers	27:11			
Neil McCann	28:16			
Frimley Lodge				
Dave Bush	26:46	20:58	20:43	
Winchester				
Hulya Yadsan-Appleby	27:21	29:09		
Marcus Appleby	28:04	29:09		
Blaise Castle				
Lauren Dennison	31:16			
Newbury				
Chris Cockburn	22:45		23:55	23:05
Ash Coxden	21:24			
Amy Jewell	33:16		33:24	
Hulya Yadsan-Appleby				27:30
Marcus Appleby				28:49
Tidworth				
Michael Ball		24:59		
Medina (IOW)				
Neil Martin			20:51	
Gareth Juliff			21:44	
Claire Spencer			26:00	
Bazyli Szulc			33:25	
Halszka Konieczek			34:07	
Cyryl Szulc			34:07	
Havant				
Lucy Pearson	23:11			
Kingston				
Cath Wheeler			21:31	
Claire Daly			27:09	
Upton Court				
Cath Wheeler	22:12			
Clare Daly	24:56			
Oxford				
Katie Brothers				25:26
Cranleigh				
Kel Ryder			34:50	
Banstead Woods				
Kel Ryder		32:45		
Lloyd Park				
Kel Ryder	32:34			
Gladstone				
Kel Ryder				33:27
Alice Holt				
Lucy Pearson				25:05
Hove Promenade				
Michael Jones				18:50
Yarborough Leisure Centre				
Dave Bush				19:43

Harriers Training week - Report By Gareth Juliff

It feels a long time since 2020, this was the last time the Harriers enjoyed the February half term tradition of the running week. After the long hiatus it was with great anticipation that last year it was agreed this would return to the annual calendar in 2024 and with a new venue of Wootton Bridge near Fishbourne which was close to Ryde on the Isle of Wight.

Now since 2020 we have had so many new faces at the club and it was great to see so many of these as well as old stagers make it over for the fun.

Usually the week starts with a short run on the Saturday, which did still take place with some of those who had got over earlier on the Saturday led by Richard. Unfortunately, Hampshire Cross Country had selfishly arranged for the last cross country of the season to take place in Bournemouth on our day of arrival and me and Halszka like many of the others club members thought this would be a perfect way to start a week of running. There was both some great performances by both men and women's teams as well as fantastic numbers out which started the week in a great way, then it was straight to each car's ferry of choice and over the channel for the start of holiday.

The first thing to say, and a view I believe shared by many, was how nice the accommodation was (much posher than my house). After a quick bag drop and shower most of harriers went for our 1st team meal at The Sloop Inn to discuss the various runs and adventures from the first day. There were a few mishaps as the food cut off meant those who got to the pub slightly late missed out (you snooze you lose). It was good though to see the mix straight away of ages everywhere between 7 up to 82. A good chinwag and all off to bed before the start of usual runs as planned.

Sunday, as always the planned run is the rep session and we all went down to Ryde to do these along the coast. As is a Harriers running week tradition the session is always an out and back of 1 min, 1, 2, 2, 3, 3, 2, 2, 1, 1 with varying recoveries. It's a great out and back session meaning all should finish each pair set together as should run as far as you run back. It was a lovely day and some of the younger crazier members even went for a dip in the sea after. As a bonus on Sunday afternoon some of us snuck in a cheeky 2nd run so we could welcome late comer Eddie and also those of us who wasn't there early Saturday could see the run they had done the day before. Always nice to have a chatty run.

Monday, this is always the long run and this was completed at a venue from a previous Harriers venue on the Isle of Wight. Due to where it was many of us were sent on a magical mystery tour by our sat-navs before arriving at a lovely, relatively flat cycle path near Sandown. The nature of the path meant you could run as far as you wished before turning back. Many decided on a roughly 45 minutes out and 45 mins back and a speed which suited them either running or walking.

For the 3rd day in a row the weather gods were kind especially for the time of year and great to see so many out. Another Monday tradition is the main big meal which was at The Boathouse in Ryde where we were treated to a hearty meal and Richard would spend his time trying to organize the Tuesday tradition of the Harriers relays. By the end of the meal teams were announced and plans discussed while taking a nice walk along the promenade.

Tuesday, as above the relay! This is a great running week tradition where a route of roughly 1 mile is mapped out and 2 legs each are run by teams of 4 (sometimes 5 as some of the younger/older members choose to take 1 leg each). In what was a cracking finish, the relay was won by the team of Captain Neil Martin, Holly Martin, Lauren Dennison and Ellen Bealing. The win coming with Ellen finishing just before her boyfriend Graeme by a couple of meters (might have been a rocky week if he'd caught her on the line). This was again followed by the crazier harriers going in the sea. Was great to see so many harriers including both kids and partners joining in so to have so many teams. As with all years when I didn't win, it was clearly a fix 😊.

It is at this point on the running week that we often say goodbye to a proportion of the party who couldn't get the week off work and the rest of week is a bit more ad-hoc as far as runs go. A few highlights though were the Wednesday "mudbath" run. Sean being the only one to run every day. Ellen and Graeme going for a valentines meal with Eddie in tow, Thursday's crazy golf tournament (I won!) and reps where we were joined by a random Australian girl on her travels. Although I didn't make the curry night, from the stories I've heard that evening will go down in Harriers folklore up there with any classic sitcom sketch. Lastly a pre ferry the Saturday Morning parkrun.

A big thank you to everyone who came and for making it a big family atmosphere. We had probably the youngest family group but were made to feel included by all despite as stated many being at different points in life. The biggest thanks though must go to Sean and Richard who put a lot of their own time into organizing the week for us all and who without we would have not had this great week away.

I for one cannot wait for next year and hope to see everyone again and hopefully some new comers as well.



And an alternative view of the Training Week 2024 by Piers Puntan

With the cross country being at Bournemouth on the Saturday of the training week it wasn't the usual mass group of Harriers on the IOW ferry and there was a staggered arrival into Woodside Cottages on the Saturday afternoon.

The first run of the week was led by Sean and involved heading down the estuary road and then up a never ending Kite Hill before arriving at the ferry terminal. The route then went through the grounds of Qarr Abbey before heading back down Kite Hill and back to the cottages. The cottages were of a high standard and the three bedrooms had two ensembles and a family bathroom so no waiting for showers, luxury.

Evening meal was at the The Sloop Inn at the head of the estuary; the inn was a little overwhelmed by the numbers of Harriers so service was a bit hap hazard however the company was good and most people managed to get fed and watered in reasonable time.

Sunday saw the traditional pyramid reps; this year it was on the Ryde Esplanade made more enjoyable by the good weather a break from the incessant rain of the previous weeks. The afternoon was spent exploring the island before another evening meal at the Sloop; Harriers were wiser for this visit and everyone was prepared to ensure the ordering of food and drink was less hectic.

Monday was the day of the long run which was along the disused railway line along the River Yar, again it was a lovely sunny day allowing everyone to get a decent run in. Lunch was at The Boathouse in Seaview where we had the pub to ourselves and they served an excellent lunch while Richard cajoled people to run the relays scheduled for the next day.

Appley Tower was the location for the relays and it was a very close event with Emmy just holding off Graham to win the relay for her team captain, Neil, who was suitably pleased and it obviously impressed a visiting runner from Australia who interrogated Neil about who were we and when could she join in with the runs.

Theoretically the weekend finishes with the relays but a large number of Harriers stayed on so Sean hosted a very muddy Tuesday afternoon run around the fields either side of the IOW steam railway.

Thanks to Sean and Richard who organised the Training Weekend it was a great success and thoroughly enjoyable.



DIARY

4th May 2024 at 11:00am

Don't forget to enter Hurstbourne 5, your local friendly race and this year a part of the Harriers consistency league.

A beautifully scenic 5 mile course with only 2 hills. Changing is available. Tea, coffee, bacon butties and cakes are available. What better way to spend a Saturday morning.

To enter visit:

<https://www.hurstbourne5.org.uk/community/hurstbourne-5-10412/how-to-enter/>

Upcoming Events:

17th March – Salisbury 10 mile

7th April – Come Gibbet

18th April – AGM at the Institute

4 May - Hurstbourne 5 mile

4 May – Harriers 50th Anniversary Celebrations at the ORC – please e-mail committee@overtonharriers.org.uk if you have not received an e-mail about this.

6 June – Informal presentation of trophies after training – some refreshments will be provided