

HARRIERS

March/April 2024

The Newsletter of Overton Harriers and Athletic Club



A bumper newsletter with updates across both March and April for you this month. For some members, March was about preparation for the London marathon – on behalf of the club, I want to take the opportunity to wish everyone all the best if they are running the race. For any members heading to London in a supporting capacity have fun, enjoy the day and take plenty of Haribos to hand out to the runners.

Congratulations to Michael Jones for being selected to represent Wales at the Manchester Half Marathon on Sunday 26th May 2024 – Llongyfarchiadau and pob lwc!

And also a final well done to Ellen Bealing and Graeme Ridler for competing in the Eastleigh 10k race on Sunday 24th March.

On behalf of the club, I'd like to thank John Hoare for all his tireless time and work as Chairman of the Harriers. Fortunately, we will still have his experience, enthusiasm and commitment for the club as he remains on the committee but we now welcome the first female Chairperson as Anna Vallis was elected to take over the baton. The future of the Harriers continues to be in great hands! I also want to take the opportunity to thank Claire Spencer for her time as she steps down from the committee and welcome Katie Brothers and Mark Dennison (returning) to the committee. Charlie Duncombe and Katie Brothers are also supporting the team captains as Vice Captains.

In the spirit of 'handing over the baton', the baton of the newsletter is now going to be compiled by Katie Brothers and Halska Konieczek – the newsletter will be in very capable hands.

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

Salisbury 10 mile - Sunday 17th March

Harrier	Time	Position	Team
Sean Holmes	01:01:21	30 th	Senior Men
Neil Martin	01:04:23	63 rd	Senior Men
Chris Cockburn	01:09:45	132 nd	Senior Men
Jack Steed	01:12:29	171 st	Senior Men
Gareth Juliff	01:13:10	181 st	Senior Men
Lucy Pearson	01:16:25	237 th	Senior Women
Katie Brothers	01:32:20	536 th	Senior Women
Halszka	01:41:11	652 nd	Senior Women
Jasmine Kalton	01:42:19	673 rd	Senior Women



Fleet half marathon 24/3/24 - By Lucy Sykes

The morning of Fleet half dawned bright and sunny. Not too hot, not too cold, a bit windy but otherwise perfect race conditions. I made my way there with my friend Lyndsey who was also running. After a super-slick arrival, find the loos, find more loos (pre-race nerves!), a Ministry of Silly Walks warm up and short jog to the start we tucked in behind the 1:55 pacers. The pacers did an excellent job, keeping us 20-30 seconds ahead of time without any big surges or variations, making sure everyone was doing ok.

The course has three overlapping loops: small, medium and large, with out-and-back sections on the small and large loops. This has pros and cons. With loops you know what's coming which can be good and bad! I quite like out-and-backs because you get to see runners in front and behind you. We ran along the high street twice where there were crowds cheering us on and a choir singing motivational songs. The large loop heads out of town into countryside. The whole course is on closed roads and is well marshalled.

I held pace pretty well up to around 7-8 miles, at which point another runner tapped me on the shoulder to complain that the Combe Gibbet clashed with Brighton marathon and was too close to London. I didn't have the breath to engage with this so he got 'you'll have to do it next year instead' as the best reply I could muster!

From this point I was beginning to dig deep, holding on to the pacers until around 10 miles when they started to slip ahead of me. I pushed on, sticking to my nutrition plan of a high carb gel every 30 minutes, the third one with caffeine. The second out-and-back was up and over a small hill (and back) which felt much more difficult than it really was, then we began to head back into Fleet. The last section towards the finish was lined with supporters willing us on, and I gave it everything to cross the line in 1:54:34 which is a 3:30 PB for me! Good motivation as I head for London on 21/4/24.



London Marathon - 21/04/24 - by Lucy Sykes

Having won the Harriers marathon ballot place in December, I had been training hard for weeks. I diligently followed my plan, including practicing taking on unpalatable volumes of gels at pace, buying a semi-fancy pair of shoes (nearly-new off a FB group: bargain!), and prioritised training on the road to get my legs used to the impact.

The morning of the marathon was cool, sunny, and breezy. I'd stayed the night before in Blackheath so it was a short walk up to the start area. This was well organised with security checks, loads of toilets and space to rest / warm up, and the trucks for runners to drop bags in. After the multiple obligatory nervous loo visits and a few drills (Ministry Of Silly Walks) it was over to the wave start gate where we were led down to the start line.

From the very first there were people lining the route, cheering with signs, balloons, and banners. At times the crowds were so enthusiastic that they pressed in on the route making it quite narrow. The first 3+ miles are net downhill and I was careful to manage my pace through this section. From the Cutty Sark at 7 miles the course is basically flat. I heard (but didn't see) the Harriers ladies cheer-squad at around 11 miles. I did see Chris C later on though.

I don't know London well so I had studied the route map carefully and it was lovely to run past various famous landmarks. Turning the corner onto Tower Bridge was emotional and after this the crowds got increasingly loud. I passed through the halfway point on pace but from around 15 miles this became harder to sustain. My watch was still telling me that I was on pace, but I think it may have been getting confused by the tall buildings. Around Limehouse, Alice flew past me looking fresh and strong and disappeared into the distance, heading for a very impressive finish.

The final stages of any marathon are tough and this was no exception. Increasing numbers of people walking / randomly stopping made the last few miles a bit of a dance (Strava says I ran 800m more than the true marathon distance) and I was starting to struggle. However, I didn't walk at all which is a first for me, and my successful nutrition plan kept me going. I gave it everything I had and crossed the line in 4:07:49 which is a new 25-minute PB!



Well done to all the other Harriers who ran London, top work from everyone!

Harrier	Time	Position	Category
Alice Ainsworth	3:57:00	5282	18-39
Lucy Sykes	4:07:49	11755	40-44
Chris Jenkins	4:10:28	17091	40-44



Frimley 10k 5/5/24 – Lucy Sykes

After Fleet half, an email came through offering a discount (a whole £2!) off Frimley 10k so I thought I might as well enter. As it was 2 weeks post-marathon there was a chance I might get a PB, and the race raises money for Frimley Health hospital charity.

The morning was bright and sunny with no wind. The venue was easy to find with plenty of parking; the race village had lots of stalls including plenty for children to do and enough toilets. There was also a 5k and a colour fun run being held, so there were quite a few people gathered for the group warm up before the 10k runners were led to the start.

The course is described as 'flat' but 'undulating' is a better description. It's out-and-back with a loop at the far end, all on closed roads through woodland. There was good support along the route, excellent signage, and 2 water stops (which I didn't use).

As soon as I set off I knew a PB was unlikely, because I had run the Yorkshire 3 Peaks three days earlier and my legs were tired (I'm glad I ran them though - they're stunning!). I maintained a steady pace throughout, picking off multiple over-keen early sprinters later in the race. I crossed the line in 53:34, which is only 20sec off my PB, so actually I'll take that as a win at the end of a 50k hilly week!



Parkrun Results - March

Harriers Parkrun Results March 2024	02/03/24	09/03/24	16/03/24	23/03/24	30/03/24
Basingstoke					
Terry Clarke	26:26		26:05	25:21	25:24
Claire Spencer	26:25				
Andover					
Jasmine Kalton			52:41		31:41
Michael Ball	24:17				24:00
Sarah McCann		26:56	28:05		
Katie Brothers				26:36	
Neil McCann		29:21			
Edenbrook Country					
Cath Wheeler			22:02		
Claire Daly			28:38		
Lucy Pearson			28:38		
Newbury					
Chris Cockburn			21:56	26:18	
Alice Ainsworth			26:59		
Amy Jewell	33:14		28:09	27:06	
Hulya Yadsan-Appleby	27:25		29:34		28:17
Marcus Appleby	30:03		29:33		29:19
Charlie Duncombe	26:51				
Jasmin Kalton	29:02				
Michael Jones					19:31
Cath Wheeler					22:30
Sarah McCann					26:58
Katie Brothers			28:09		27:00
Mark Daly					29:06
Claire Daly					29:06
Neil McCann					30:49
Kel Ryder	34:23				40:12
Tidworth					
Michael Ball			23:13		
Rushmoor					
Dave Bush	20:02				
Cath Wheeler	21:57				
Claire Daly	27:15				
Blickling					
Chris Cockburn					19:32
Alice Ainsworth					25:10
Lloyd					
Chris Cockburn		20:32			
Ganger Farm					
Lucy Pearson		23:38			
Fountains Abbey					
Dave Bush					20:00
Thetford					
Neil Martin			19:22		
St Mary's					
Monique Van Nueten		37:34	36:01		
Mole Valley					
Katie Brothers	29:02				
Barry Island					
Emily Arbuthnot					29:12
Burnham and Highbridge					
Amy Jewell					25:10
Thornbury					
Kel Ryder				35:50	
Wormwood Scrubs					
Kel Ryder		37:07			
Southampton					
Kel Ryder			32:44		
Horsham					
Dave Bush			20:27		
Harleston Magpies					
Lucy Pearson					23:18
Mile End					
Jasmin Kalton				31:06	
Ifield Mill Pond					
Dave Bush				20:26	

Harriers Parkrun Results April 2024	06/04/24	13/04/24	20/04/24	27/04/24
Basingstoke				
Terry Clarke	28:24	24:52		25:27
Gareth Juliff		21:11		
Claire Spencer		24:56		24:40
Louis McCann				20:53
Sarah McCann		26:49		26:20
Neil McCann		29:22		
Halszka Konieczek		31:52		
Andover				
Jasmine Kalton	30:21	28:01	27:07	
Louis McCann			21:02	
Sarah McCann			26:43	
Katie Brothers	27:22			
Peter Mitchell				29:51
Newbury				
Chris Cockburn	22:51	23:44	29:13	24:54
Alice Ainsworth		23:43		
Terry Clarke			24:42	
Amy Jewell		26:55	29:13	
Katie Brothers		26:57		26:55
Kel Ryder			35:10	34:59
Tidworth				
Michael Jones	20:12			
Gareth Juliff	22:47			
Richard Clifford	23:56			
Halszka Konieczek	32:44			
Neil Martin			19:56	
Michael Ball			22:07	
Jasmin Kalton				27:00
Winchester				
Hulya Yadsan-Appleby			27:33	27:27
Marcus Appleby			27:31	27:20
Clare Castle				
Ash Coxden			19:47	
Aberfields				
Ash Coxden				20:00
Frimley Lodge				
Dave Bush		20:25		57:50
Clapham Common				
Neil Martin				19:46
Cinder Track				
Katie Brothers			26:23	
Severn Bridge				
Lauren Dennison		31:10		
Rugby				
Dave Bush	22:15			
Fareham				
Kel Ryder		34:56		
Hogmoor Enclosure				
Dave Bush			21:01	

DIARY

6th June – Beer Mile at ORC

13th June – Mob Match vs Basingstoke, Cliddesden Village Hall

16th June – Alresford 10k

20th June – informal presentation evening after the summer handicap

7th July – Lordshill 10k

8th September – Overton 5 (entries now open)

Save the date – Harrier Christmas Lunch, 15th December, further details to follow