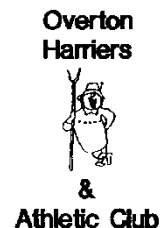


# HARRIERS NEWSLETTER

*Overton Harriers and Athletic Club*



## Message from the editor

There was so much going on in May, well done to everyone that pulled on an Overton vest, and a special shout out to those Harriers that did the triple whammy of Hurstbourne, Alton and Netley.

There are two races left in the Hampshire Road Race League, a couple of cheeky 10K's, a really good starting point if you haven't yet braved a race representing the Harriers. There is Alresford 10k on 16<sup>th</sup> June and Lordshill 10k on 7<sup>th</sup> July, both races are still accepting entries – these races are very much about taking part and very inclusive, catering for speedy runners and those that like to take it a bit slower, and take in the scenery!

Check out the bottom of the newsletter for everything going on in June.

If you do take part in an event, please share a little review of how you got in so it can be included in the next newsletter, race reports can be sent to [newsletter@overtonharriers.org.uk](mailto:newsletter@overtonharriers.org.uk).

## RESULTS

### Hurstbourne 5 – 4<sup>th</sup> May

Fab atmosphere, the sun was shining, the hills were hilly! The bluebells were lovely, amazing t-shirts, and the post run homemade cake was pretty good.

Name	Position	Time
Sean Holmes	5	34.41
Eddy Biggs	10	36.10
Neil Martin	11	36.23
Chris Cockburn	11	36.43
Ashley Coxden	17	37.47
Louis McCann	23	38.52
Graeme Ridler	44	41.51
Keith Vallis	47	42.08
Emily Arbuthnot	53	43.15
Alice Ainsworth	56	43.59
Richard Clifford	59	44.19
Chris Jenkins	61	44.26
Katie Brothers	107	49.58
Amy Jewell	116	50.50
Ellen Bealing	119	59.59
Ella Plumb	136	52.57
Sarah McCann	137	52.59
Hulya Yadsan-Appleby	149	54.40
Manuela Patzelt	163	56.22

Marcus Appleby	180	60.19
Halszka Konieczek	187	61.11

# Thank You!

---

## Hurstbourne 5, Saturday 4<sup>th</sup> May

Another great turnout of Harriers at the 15<sup>th</sup> annual perambulation amongst the bluebells. Thankfully, after all the spring rain, we had a dry day for the race. This year we raised over £7500 for local charities, including £2600 for Andover Young Carers, £2600 for Enham Trust, £1000 for Hampshire Air Ambulance and £1000 for the Countess of Brecknock Hospice. This takes the total raised since 2009 to over £50000.

As ever, this event could not happen without the support of you the Harriers, so many thanks go to our ever-present adjudicator: John Hoare, our marvellous marshals: Paul Wheeler, Eric Tilbury, Mike Bliss, Charlie Duncombe, Michael Jones, Helen McMahon, Monique van Nueten, Martin Allen and Immy Collins; and our super set-up team: Hannah, Julie & Mike Bliss, Eric Tilbury and Stuart Searle. Particular thanks go to Stuart, who as Race Director, has to put up with my musings and rantings throughout the 6-month planning process.

Well done to everybody who ran, particularly Sean, who yet again picked up a trophy.

Hopefully, you all enjoyed the day and will be back for more punishment in 2025.

Cheers!

Greg

Full results are on the website: [www.hurstbourne5.org.uk](http://www.hurstbourne5.org.uk). Photos can be found on Facebook: [www.facebook.com/HBT5RACE](https://www.facebook.com/HBT5RACE). I particularly liked the photos that perfectly demonstrated John and Monique's differing approach to officiating!



## Alton 10 – 12<sup>th</sup> May

24c scorcher, crazy hills, lovely wooden medal, a few smiles, but a few more grimaces!

Harrier	Time	Position	Category Position	Gen. Position
Sean HOLMES	01:03:30	12	1	12
Michael JONES	01:05:54	26	1	25
Neil MARTIN	01:06:35	31	4	30
Gareth JULIFF	01:19:19	111	19	91
Claire SPENCER	01:28:11	188	8	42
Joanna JAMES	01:37:44	249	8	70
Katie BROTHERS	01:38:48	258	10	77
Jasmine KALTON	01:39:46	266	19	82
Halszka KONIECZEK	01:56:10	330	17	128



## Netley 10K – 19<sup>th</sup> May

Amazing turnout (19 Harriers), sunshine, a flurry of PB's, more mud that expected, post run picnic, but no brave swimmers this year!

537 runners.



Harrier	Time	Position	Category Position	Gen. Position
Sean Holmes	37:37	30	2	29
Neil Martin	39:03	46	4	45
Chris Cockburn	39:39	60	37	57
Louis McCann	42:46	107	53	98
Gareth Juliff	43:06	115	18	105
Richard Clifford	45:46	159	21	140
Lucy Pearson	46:23	173	5	21
Alice Ainsworth	47:37	200	14	30
Claire Spencer	49:35	240	6	45
Ellen Bealing	51:45	268	23	57
Lauren Dennison	53:56	306	29	71
Katie Brothers	54:13	315	15	79
Jasmine Kalton	54:28	320	33	82
Sarah McCann	55:05	328	11	86
Joanna James	55:18	333	7	89
Erica Steele	58:48	381	24	125
Halszka Konieczek	58:49	382	25	126
Hulya Yadsan-Appleby	59:05	387	17	130
Marcus Appleby	62:46	441	9	276



## May Summer Handicap – Race 1, 9<sup>th</sup> May

POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Graeme Ridler	28.35	3.15	25.20	8
2	Greg England	29.40	3.20	26.20	10
3	Chris Jenkins	30.34	5.00	25.34	9
4	Adam Penhaul	30.56	4.20	26.36	11
5	Jasmine Kalton	31.10	0.00	31.10	21
6	Darren Luckhurst	31.13	6.00	25.13	7
7	Keith Vallis	31.19	4.20	26.59	13
8	Amy Jewell	31.29	2.30	28.59	16
9	Ashley Coxden	31.30	9.15	22.15	2
10	Ellen Bealing	31.36	3.30	28.06	14
11	Piers Puntan	31.59	0.00	31.59	23
12	Mike Bliss	32.12	4.00	28.12	15
13	Neil Martin	32.17	9.30	22.47	3
14	Mark Reid	32.35	9.15	23.20	5
15	John Harrison	32.38	5.45	26.53	12
16	Matt Clifton	32.56	3.20	29.36	18
17	Sean Holmes	33.01	11.45	21.16	1
19	Charlotte Bonner	33.23	0.00	33.23	24
19	Gareth Juliff	33.30	9.00	24.30	6
20	Charlie Duncombe	33.35	4.20	29.15	17
21	Jo James	33.42	2.30	31.12	22
22	Sarah McCann	34.04	3.40	30.24	19
23	Claire Whitlam	34.45	0.00	34.45	25
24	Katie Brothers	34.49	4.00	30.49	20
25	Eddy Biggs	35.17	12.10	23.07	4

A great start with 25 taking part. Usual banter and a few moans proving the event maintains its popularity. Well done Graeme, who is looking stronger every time I see him, for taking the opening win and setting himself up to be shot at.

But plenty of time for challenges to come in. Sean has set the pace in time league, but this also could prove to be an interesting summer.

A few pointers for the season. Medals for the first three in the Handicap League and Time League. To count for these, you must complete at least three of the four events. Dates for the remaining three are:

- June 20<sup>th</sup>
- July 11<sup>th</sup> – in conjunction with our Mob Match home fixture against Basingstoke
- Aug 15<sup>th</sup>

Put these dates in your diary. Don't miss the chance to challenge for the medals.

John

## RACE REPORTS

### **BigWayRound Winchester – Bank Holiday Monday 6<sup>th</sup> May 2024 – Lucy Pearson**

Having previously run the 19-mile route the last two years, it was time to step up to the marathon distance and complete the full circular route around the hills and trails around Winchester.

Starting from the Rugby Club, in the very last wave, I began my run with Erica, who was running the 19 miler. The aim of today's run was simply a 'training run' over marathon distance for a trail marathon later in the year. We made our way through the City to base of St Catherines Hill to begin our first ascent up and over the M3 motorway bridge. Shortly after this the single-track trail meant we weren't able to run together and we separated. The route headed east across the undulating trails to Cheesefoot Head which was the highest point of the marathon route.



The aim of the training run was to enjoy the route, with no pressure to run a set time and focus on my nutrition to finish the event in a strong condition and still feel good. Once I reached Cheesefoot Head the route headed North past Avington Hall and followed the Allan King Way and St Swithun's Way towards Kings Worthy.

Next the route headed West for the second biggest climb in the run which was up to Lainston House Hotel and through the grounds. This was around the 20-mile mark and by this point I had begun catching other runners who had started in earlier waves. The next milestone in my head was the two golf courses - The Royal Winchester Golf Club which we skirted around but the route went straight across the South Winchester Golf Club course. I don't think the Bank Holiday golfers were expecting runners on the path or were too keen to pause their game!

As we entered back into the city the rain began to fall. The route joined up again with the River Itchen and became much flatter and busier with pedestrians. With a mile to go the rain really began to fall and started to get heavy. The closer I got the finish the more it rained. After 27 miles and 2,018ft of elevation I rounded the corner to the finish line, where Erica and Chris were waiting.

I grabbed my medal and jumped into the car as the heavens opened and there was torrential rain for the rest of the day. Overall, I finishes 6<sup>th</sup> lady (out of 50) in the marathon distance and 2nd FV40 in a time of 4:53:58 – very happy for just a 'training run'.

### **Manchester Great Run – 26<sup>th</sup> May 2024 – Mike Jones**

I must have lived a sheltered life because well into my fifties I have never visited Manchester. What a great opportunity then, to visit such a great city representing my country of birth in the masters age group international on 26th March.

Having only taken up running again regularly recently, I had only ever run 2 half marathons before which were in my mid-twenties. We lived in Poole at the time and I managed to get a very satisfying 1:35:35 at Bournemouth which stayed a personal best for 24 years.

I then foolishly told my son I would join him on the start line at Southampton Half in April 2022 and after he dropped out because of injury - my running journey began and 2 years later I find myself representing Wales against England - what more fun is there 😄?

Firstly, both the England and Wales team met up near the start and we had the necessary photo shoot. There were considerably more White than Red but the team coach whispered the words “quality over quantity”

I was competing in the ...ahem.. V55 category which was very competitive but having ran Gosport in 40 mph winds, I knew that I had the capacity to go faster on a flat course. The course was reasonably flat. There were a few complaints at the end about the first 5k but compared to Hampshire it was like a bowling green.

The course took in a few highlights. We ran from the city centre, west along closed dual carriageways to the Manchester City football Stadium then back past the city centre and out past Old Trafford to the Salford Quays where we turned around for a Speedy 5k back to the finish line.

The weather was also kind. It promised rain and it did drizzle a bit for about 10 mins but it was helpful rather than a hindrance. Cooling me down after a quick start.

I had a disciplined training regime for the race. I had focussed on sprint Duathlon until mid-April but after a few key races, all my focus was on Manchester. I have been running approximately 40km per week since Jan but peaked at 60km a couple of weeks before the race when I used the hilly Alton 10 as a confidence booster  
I also practiced with taking gels at 7k and 14k in Alton which I repeated in Manchester.

My aim was to run a PB by sitting at 4:00 min / k for 21.1k but the slight undulations helped me because I was hitting 3:50 on the downhills and over 4 for the minor rises. I got some great support on the way too which really helped.

I didn't embarrass myself or Overton on my first outing with Wales posting a chip time of 1:23:03, 13th in Age cat. and only 6 minutes behind Paralympic world marathon record holder Richard Whitehead. Pic below at Finish.

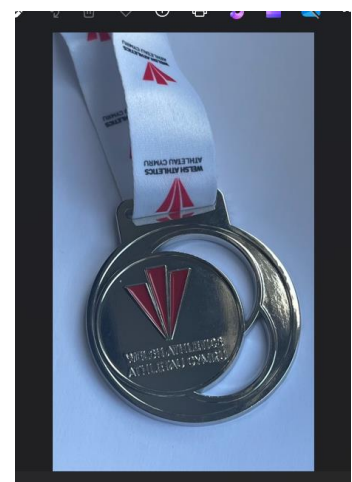


## Cardiff 5K - Race 4 Victory, Mike Jones

I signed up for this race back in December on the basis of my improving 5k times over the previous 12 months. It is apparently one of the fastest 5k courses and it was a chance to enter my first age group championship race in Wales.

I had to forego one of my favourite races locally - the Hurstbourne 5 and opted to drink zero Guinness at the Overton 50th anniversary. All for the chance of a bit of bling in the capital of Wales.

I practised a lot of sprinting and 5k pace in the middle of runs in the four weeks before. I had already run a good time in December and a few park runs since, so if I could just maintain fitness and taper appropriately I was in for a good time.



It is always difficult to know where to place yourself at the start. I was placed in first pen but quite a bit back from the front. With such a big race (1500 people) and some professionals, the start was what I imagine "running with the bulls" would be like. I was dodging and weaving to the sound of street music and the smell of barbecues in the suburbs of Cardiff. It was a super-fast start and I felt I couldn't let up - I hit 2k in just over 7 mins on this slightly downhill section and then knew that I just had to try to keep my form and maintain my breathing for the next corner. The topography took a turn against me after 2.5k rising over the railway bridge at Llandaff but the training on hilly segments in Whitchurch & Overton really helped me maintain my rhythm to 4k where I reached flat ground again. It was here I heard "come on Mike" and realised that I just had to dig deep and give it all I had for the final kilometre. This km was super painful and took everything from me. I had done my best.

I managed to get a selfie with the world record holder for the over 70s. Alan Davies from Swansea. He came in just behind me having beaten me 6 months earlier in a 10k race. A living legend. I was very pleased with my return to Wales and it earned me a Welsh Championship Silver medal in my age group and a PB of 17:49. Not sure I could match that for some time to come. And more importantly all done in an Overton Harriers vest.

## PARKRUN RESULTS

Harriers Parkrun Results May 2024	04/05/24	11/05/24	18/05/24	25/05/24
<b>Basingstoke</b>				
Terry Clarke	25:20		26:17	26:19
Liam Webb				24:46
Katie Brothers			27:38	
Sarah McCann		26:29	27:38	
Jasmin Kalton			28:45	
Louis McCann		19:56		
Neil McCann		29:19		
Terry Clarke	25:20			
<b>Andover</b>				
Ash Coxden		19:25		
Jasmine Kalton	27:42	30:25		
Michael Ball			21:47	22:06
Susanne Logan		39:40	36:16	
<b>Edenbrook Country</b>				
Dave Bush			27:52	
<b>Tidworth</b>				
Michael Ball		22:48		
Louis McCann				20:39
Dave Bush				21:56
Gareth Juliff				22:21
Amy Jewell				35:10
Ellen Bealing				24:31
Lucas Steele				24:58
Claire Spencer				25:32
Jasmin Kalton				26:29
Michael Jones			19:25	
Halszka Konieczek				31:58
Sarah McCann				27:06



Katie Brothers				26:34
Erica Steele				30:50
Piers Puntan				28:29
Neil Martin				27:57
Holly Martin				27:56
<b>Newbury</b>				
Terry Clarke		24:46		
Amy Jewell		39:21		
<b>Tralee</b>				
Piers Puntan	26:32			
Judy Hewitt	37:57			
<b>Bushy Park</b>				
Lauren Dennison				31:58
<b>Frimley Lodge</b>				
Dave Bush	20:45			
<b>St Mary's</b>				
Monique Van Nueten			34:51	
<b>Squerryes Winery</b>				
Kel Ryder	35:41			
<b>Shepton Mallet</b>				
Kel Ryder		34:43		
<b>Longrun Meadow</b>				
Kel Ryder				35:07
<b>Quakers Walk</b>				
Kel Ryder			34:28	
<b>Ross-on-Wye</b>				
Lucy Sykes				27:30
<b>Cannock Chase</b>				
Claire Spencer	24:53			

## Tidworth Parkrun, 25<sup>th</sup> May, Amy Jewell

The harriers 5km championship and next instalment in the consistency league was Tidworth Parkrun and it needed to be completed in the months of April or May. A few harriers braved rougher conditions in early April, but participation numbers were looking quite low until the last weekend in May....when the sun came out and we descended on Tidworth en masse!

At least 17 harriers completed Tidworth parkrun on Saturday 25th May, with guest appearances from several junior harriers, all few family members and a very smiley Twix (the dog).

I personally had a very jolly run with my Dad, chatting away to him as he swore his way up the hill for the third time. So many people had absolutely awesome runs, with massive course PBs for Jasmine, Gareth & Halszka, and parkrun PBs for Ellen & Lucas. Special mentions to Louis for completing his 25th parkrun, and Halszka for completing her 50th.

It was glorious to see so many harriers out in the sunshine. Many capitalised on the opportunity to grab a coffee or breakfast. Parkrun really is the best way to start the weekend. Where should we parkrun next?

# JUNIORS

## JUNIORS

MAY 2024



We will be heading back to training this week, we hope you have enjoyed your half term break and enjoying the fact summer is finally coming. This term will be the last of our training for the 2023/24 season, where we will be having the summer holiday break and will be returning in September. The date of this is still to be confirmed. We have loved seeing the results from the children last month. So many PB and a massive milestone for Liam and to top it off, took over 3 minutes off his adult park run.

Training is starting on getting very warm, so please make sure the children bring a water bottle with them and hat if they need it. Fields are drying up nicely, so road shoes are good for both long runs and field reps.

If you know of anyone that would like to have a trial at Harriers, then please let them know about us.



### SAVE THE DATE

- 8<sup>th</sup> June- Back to training
- 20<sup>th</sup> July- Last training before summer break
- September TBC- Returning back to training
- 8<sup>th</sup> September- Overton 5 kids race/ Marshalling.

### APRIL PARK RUN RESULTS

	4th & 5th	11th & 12th	18th & 19th	25th & 26th
Liam Webb	10.16	9.16		24.46
Lucas Steele	11.50	13.50		24.58
Charlie Hobden		9.16	9.05	10.23
Cyryl Szulc				31.51
Holly Martin				27.56
<b>Star Guests</b>				
Tessa Pearson	18.26	13.49		
Joshua Pearson	20.32	16.57		
Thea Hobden	12.11	11.46		12.51
Ben Webb	10.15	10.18		

Wow lots of pats on the backs this month. Lots of Park runs done and lots of PB's

### ***Congratulations to...***

- Liam a PB at Basingstoke (Adult)
- Lucas a PB at Tidworth (Adult)
- Charlie a PB at Basingstoke (Jnrs)
- Liam's Brother got a PB at Basingstoke (jnr)
- Charlie sister got 2 PB at Basingstoke (jnr)

Finally, a massive congratulations to Liam for completing his 100<sup>th</sup> park run. 95 at junior's and 5 adult park runs!!

## UPCOMING EVENTS

- 13<sup>th</sup> June – **Mob Match vs Basingstoke**, Cliddesden Village Hall (see Spond or weekly Harriers email for address and start time).
- 16<sup>th</sup> June – **Alresford 10k**, entries still available <https://www.atwevents.co.uk/e/alresford-10k-sunday-16-june-2024-8896>
- 20th June – informal **presentation evening** after the summer handicap
- 7<sup>th</sup> July – **Lordshill 10k**, entries still available, this is the last race of the Hampshire Road Race season, be great to get a good turnout from the Harriers: <https://racesignup.co.uk/site/event.php?eventid=3995>
- 8<sup>th</sup> September – **Overton 5** (entries now open) <https://www.evententry.co.uk/start-my-entry> - join us for the first race of the Hampshire Road Race season, and if you are not running it would be great to have you volunteer (further details to follow).
- Save the date – **Harrier Christmas Lunch**, 15<sup>th</sup> December, further details to follow.