



# HARRIERS

## *Overton Harriers and Athletic Club*

This issue is dedicated to Mob match against Basingstoke and HRRL results.

July also saw the last race of the road race season, another fantastic turnout at Lordshill, well done to the runners and the supporters.

We also have a look at Wheel Barrow Race, again great turnout and some amazing outfits at the show.

Looking after the newsletter is a tag team effort, as always to make it a newsletter we need the info and write ups from our members, if you would like to share a race report please email it over too

[newsletter@overtonharriers.org.uk](mailto:newsletter@overtonharriers.org.uk).

## RESULTS

### Lordshill 10k – 7<sup>th</sup> July 2024

Weather was interesting (with some sun, some rain and everything in-between), and an amazing glass as a reward for all participants!

Pos	Race No	Name	Gun Time	Net Time	Cat Pos	Gen Pos	Pace
38	102	Sean HOLMES	00:36:54	00:36:51	4	37	3:41 min/km
83	124	Neil MARTIN	00:38:38	00:38:34	10	78	3:52 min/km
131	61	Chris Cockburn	00:40:36	00:40:35	64	114	4:04 min/km
143	372	Louis MCCANN	00:41:07	00:41:01	69	125	4:07 min/km
274	413	Lucy PEARSON	00:45:55	00:45:43	16	47	4:36 min/km
355	494	Keith VALLIS	00:48:48	00:48:37	61	281	4:53 min/km
432	555	Katie BROTHERS	00:52:01	00:51:50	36	106	5:12 min/km
441	656	Jasmine KALTON	00:52:21	00:52:07	43	110	5:14 min/km
456	571	Terry CLARKE	00:53:01	00:52:43	46	337	5:18 min/km
520	687	Sarah MCCANN	00:55:48	00:55:36	32	145	5:35 min/km
537	644	Joanna JAMES	00:56:21	00:55:54	34	152	5:38 min/km
68	665	Halszka KONIECZEK	01:06:55	01:06:38	85	253	6:41 min/km



## Home Mob Match and Summer Handicap – 11<sup>th</sup> July 2024 - John

Pos / Points	Name	Time
2	Sean Holmes	21.00
3	Mike Jones	21.36
4	Neil Martin	21.45
9	Martin Groundsell	22.14
10	Chris Cockburn	22.19
11	Chris Cooper	22.33
12	Louis McCann	22.51
16	Elliott Burge	24.16
18	Richard Clifford	24.41
19	Darren Luckhurst	24.57
20	Gareth Juliff	25.04
22	Greg England	25.18
26	Keith Vallis	25.32
27	John Harrison	25.34
30	Tim Dolton	25.46
32	Chris Jenkins	26.01
34	Graeme Ridler	26.25
35	Alice Ainsworth	26.32
38	Ellie Williams	28.17
39	Katie Brothers	28.37
40	Jasmine Kalton	29.42
41	Ellen Bealing	29.52
42	Piers Puntan	30.32
43	Sarah McCann	30.49
45	Neil McCann	32.28
47	Alistair Paul	35.54
49	Ellie McCann	36.18
50	Georgia Vallis	36.35

What a great result we got against our local rivals. For many years we have been given a hammering from Basingstoke, often due to lack of numbers from our team. Totally different this time as we fielded 28 against their 22. After that close finish the previous month on their home turf it looked possible that we could turn the tables. As the runners came through the finish it looked as though it could go either way. And so, it proved as we took a narrow victory by 23 points. With Basingstoke claiming their home match by just 15 points it was down to just a meagre 8 points in our favour. The beer tasted even better that evening.

Well done everyone who ran. You all played your part. Every opposition runner you beat made a difference to

### Team Result

Place	Team Name	Total Points	Difference
1.	Overton Harriers & Athletic Club	488	
2.	Basingstoke & Mid-Hants Athletic Club	511	+23

### Combined Result

Place	Team Name	Total Points	Difference
1.	Overton Harriers & Athletic Club	1036	
2.	Basingstoke & Mid-Hants Athletic Club	1044	+8

<u>POS</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>H'CAP TIME</u>	<u>H'CAP POS</u>
1	Sean Holmes	21.00	11.45	32.45	20
2	Mike Jones	21.36	10.00	31.36	17
3	Neil Martin	21.45	9.30	31.15	15
4	Martin Groundsell	22.14	9.00	31.14	14
5	Chris Cockburn	22.19	11.00	33.19	22
6	Chris Cooper	22.33	4.45	27.18	2
7	Louis McCann	22.51	8.00	30.51	10
8	Elliott Burge	24.16	3.00	27.16	1
9	Richard Clifford	24.41	6.00	30.41	9
10	Darren Luckhurst	24.57	6.00	30.57	12
11	Gareth Juliff	25.04	9.00	34.04	25
12	Greg England	25.18	3.20	28.38	3
13	Keith Vallis	25.32	4.20	29.52	7
14	John Harrison	25.34	5.45	31.19	16
15	Tim Dolton	25.46	3.30	29.16	4
16	Chris Jenkins	26.01	5.00	31.01	13
17	Graeme Ridler	26.25	3.15	29.40	5
18	Alice Ainsworth	26.32	4.20	30.52	11
19	Ellie Williams	28.17	2.00	30.17	8
20	Katie Brothers	28.37	4.00	32.37	19
21	Jasmine Kalton	29.42	0.00	29.42	6
22	Ellen Bealing	29.52	3.30	33.22	23
23	Piers Puntan	30.32	2.00	32.32	18
24	Sarah McCann	30.49	2.00	32.49	21
25	Neil McCann	32.28	1.35	34.03	24
26	Alistair Paul	35.54	1.45	37.39	28
27	Ellie McCann	36.18	0.00	36.18	26
28	Georgia Vallis	36.35	0.00	36.35	27

Incorporated into the mob match was the July Handicap. I have included both the results and updated league tables which make interesting reading. With one event to go there are 6 or seven who are vying for a podium place.

Don't miss the final handicap on Thursday 15th August. Just a reminder, you need to complete 3 of the four events to count.

### HANDICAP LEAGUE

<u>POS</u>	<u>NAME</u>	<u>Ma</u>	<u>Jun</u>	<u>July</u>	
<u>S</u>		<u>y</u>	<u>e</u>		
1	Greg England	2	2	3	4
2	Graeme Ridler	1	0	5	6
3	Chris Jenkins	3	4	13	7
4	Tim Dolton	0	3	4	7
5	Keith Vallis	7	1	7	8

## TIME LEAGUE

<u>PO</u> <u>S</u>	<u>NAME</u>	<u>Ma</u> <u>y</u>	<u>Jun</u> <u>e</u>	<u>July</u>	
1	Sean Holmes	1	2	1	2
2=	Eddy Biggs	4	1	0	5
2=	Mike Jones	0	3	2	5
4	Neil Martin	3	0	3	6
5	Mark Reid	5	4	0	9

## Hampshire Road Races League 2023/2024

### Men individual standing

Display Order	Rank	Name	No of race s	Score Avg
13	13	Sean Holmes	11	91.93
23	23	Neil Martin	11	84.39
69	69	Gareth Juliff	10	58.64
173	NA	Chris Cockburn	5	70.94
179	NA	Louis McCann	5	61.38
198	NA	Marcus Appleby	5	3.86
211	NA	Michael Jones	4	84.00
431	NA	Leonard Passingham	2	92.60
472	NA	Jack Steed	2	65.30
504	NA	Richard Clifford	2	51.35
534	NA	Adam Penhaul	2	37.65
552	NA	Keith Vallis	2	30.80
570	NA	Terry Clarke	2	22.95
860	NA	John Harrison	1	49.40
1,049	NA	Charlie Duncombe	1	17.20
1,056	NA	Christopher Jenkins	1	16.70
1,122	NA	Alastair Paul	1	6.20

### Women individual standing

Display Order	Rank	Name	N race s	Score Avg
19	19	Lucy Pearson	7	85.47
44	44	Katie Brothers	11	60.57
52	52	Jasmine Kalton	10	52.31
77	77	Halszka Konieczek	9	25.21
98	NA	Ellen Bealing	6	59.05
161	NA	Lauren Dennison	4	61.92

165	NA	Sarah McCann	4	55.12
166	NA	Joanna James	4	53.08
168	NA	Erica Steele	4	50.20
172	NA	Hulya Yadsan-Appleby	4	42.62
221	NA	Claire Spencer	3	73.57
322	NA	Cath Wheeler	2	80.30
323	NA	Alice Ainsworth	2	79.05
372	NA	Amy Jewell	2	51.60
393	NA	Manuela Patzelt	2	39.95
406	NA	Yolanta Birch	2	30.55
535	NA	Hannah Kidston	1	80.40
597	NA	Karen Ryan	1	67.50

## Group results - John

Now the dust has settled on the Hampshire Road Race League for the season I felt it was appropriate to review the season. In a word it was an Improvement. Not that long ago our ladies team were in Division 3 but eventually managed promotion to the second tier. Now, with higher turnouts and improved performances, our ladies finished in a very creditable 4<sup>th</sup> place, and not far off one of the two promotion spots. It was exactly the same for our 'B' team, who finished in an identical position in their league. Well done to all our ladies.

The Men's team, who also compete in their second division, went one better, finishing in third place, just one off promotion to the top league. A splendid effort. Unfortunately, we were hampered by a lack of numbers during the season and the 'B' could only manage 9<sup>th</sup> place in their league.

But it is really promising for the next season. We were getting stronger as the season progressed, and we must be looking optimistically towards gaining promotion to the top division for all our teams. The season opens with our home fixture, the Overton 5 on 8<sup>th</sup> September. We normally put out strong teams for this event, and I hope we get off to a really good start. Please note that a counting team is four runners, so we will need to look at getting as many entries as possible throughout the season. To complete an A and B team we will need 8 counters.

I'm looking forward to seeing as many of the new smart 50<sup>th</sup> Anniversary Overton vests out there for each fixture. For your diaries please note the following races have been accepted for the new season. Provisional dates are:

Sept 8 <sup>th</sup> Overton 5		Feb 2 <sup>nd</sup>	Ryde 10
Oct 6 <sup>th</sup>	Solent Half		Apr 6 <sup>th</sup> Salisbury 10
Oct 27 <sup>th</sup>	New Forest 10		May 12 <sup>th</sup> Alton 10
Nov 17 <sup>th</sup>	Gosport Half		May ?? (TBC) Netley 10K
Dec 1 <sup>st</sup>	Victory 5		Jun 15 <sup>th</sup> Alresford 10K
Jan 12 <sup>th</sup> Stubbington 10K		Jul ?? (TBC)	Lordshill 10K

## Wheel Barrow Race – 19<sup>th</sup> July 2024

With Overton's yearly tradition, a good number of Harriers have joined together to battle their place in Wheelbarrow Race and what an evening it was. We have gathered for refreshments at Richard's (not that he could tell us to leave, as for some reason he lost his voice for the evening), to join other contestants at the start half an hour later. We then made our way around the village stopping at all of the pubs for an obligatory drink. Despite the rumors, not a single battle has been lost, no French have surrendered at any of the pubs and only few onions have been lost.



## PARKRUN RESULTS

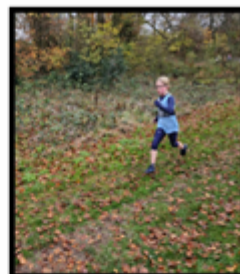
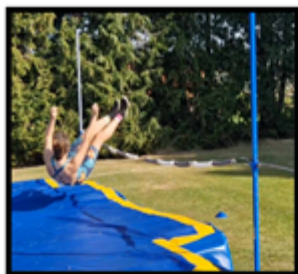
Name	06/07/2024		13/07/2024		20/07/2024		27/07/2024	
Alice Ainsworth			Newbury	26:19			Amsterdamse Bos	25:30
Michael Ball			Andover	22:10	Andover	23:15		
Katie Brothers	Andover	29:21	Basingstoke	24:36	Newbury	25:20		
Dave Bush	Frimley Lodge	21:29	Frimley Lodge	54:16	Frimley Lodge	21:03	Sizewell	21:30
Terry Clarke	Basingstoke	25:21	Winchester	24:06	Basingstoke	25:05	Newbury	25:18
Chris Cockburn	Newbury	21:59	Newbury	21:25			Amsterdamse Bos	25:31
Christopher Cooper					Sheringham	21:35		
Claire Daly	Basingstoke	26:54	Edenbrook	25:51	Basingstoke	25:27	Basingstoke	25:09
Lauren Dennison			Zuiderpark	30:13	Grove Fields	30:49	Eastleigh	28:42
Chris Jenkins							Derry City	33:52
Amy Jewell			Newbury	27:11	Bournemouth	31:45	Newbury	34:03
Gareth Juliff							Basingstoke	22:29
Jasmin Kalton	Basingstoke	28:26	Basingstoke	28:57	Andover	28:09	Andover	26:58
Neil Martin			Southall	19:10	Southampton	18:39	Aberdare	18:47
Louis McCann			Basingstoke	20:28	Newbury	19:47		
Neil McCann	Newbury	29:02			Newbury	28:46		
Sarah McCann	Newbury	27:14	Basingstoke	26:31	Newbury	26:57	Basingstoke	26:09
Manuela Patzelt			Basingstoke	27:40			Hellbrunn	28:28
Lucy Pearson			Fareham	26:34			Medina	24:09
Ellen Ridler					Basingstoke	33:06	Porthcawl	29:22
Kel Ryder	Salisbury	31:23	Chippenham Playing Fields	32:17	Newbury	35:56	Street	38:19
Claire Spencer							Lymington Woodside	25:51
Dave Titcomb							Newbury	28:24
Georgia Vallis							Basingstoke	31:39
Liam Webb					Basingstoke	27:38		
Ella Williams	Gloucester City	31:06			Westpark	29:16		

## UPCOMING EVENTS

- 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).
- 6<sup>th</sup> October – **Solent Half Marathon**, entries are now open [www.hardleyrunners.co.uk](http://www.hardleyrunners.co.uk), this event will be the 2<sup>nd</sup> race of the 2024/25 Hampshire Road Race season, a beautiful course through the New Forest (except the last couple of miles, but who is interested in scenery at that point anyway)!



## JUNIORS



# JUNIOR ATHLETICS

Looking for young and keen runners to come and join us Saturdays at Overton Harrier, Juniors. We are a running and athletic club, coaching kids from the age of 8 years old in running, long jump, javelin and other track and field events  
Come along a have a trial any Saturday, just message us for more information.

Term time training, all year round  
9.30am- 10.30am

Berry Down Sports Field, Overton

Club information: [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

Contact: [juniors@overtonharriers.org.uk](mailto:juniors@overtonharriers.org.uk)

## TRAINING WEEK 2025

Following last years Training Week(end) we will be returning to [Woodside Bay](#), Isle of Wight between Friday 14th Feb and Friday 21st Feb next year - the Hampshire Schools half term week - We are now asking for confirmation of your place with payment of a non-refundable deposit of £50 per person attending.

Deposits can be paid in cash to Sean or Richard or, better, by paying into the Overton Harriers Training Weekend Account. Details as follows

Sort code: 60-01-13

Account number: 44116381

Deposits should be paid by Friday 6th September. Could you please email Richard or Sean to confirm once you have paid?

For guidance we anticipate that total cost of accommodation will be ~£130-150 per person, dependent on final numbers attending. No discount, unfortunately, for those coming only for the long weekend (Fri-Tues) but nothing to stop you coming either for as long as you would like over the week! If you do wish to bring a dog, there is an additional charge of £70 per animal.

We will be booking meals for Saturday and Sunday evenings and Monday lunch for those who wish to attend. Details and cost of these will follow.

Details on running plans will follow in due course but there will be the usual mix of easy social runs, reps, long run and team relays!