

HARRIERS NEWSLETTER

Overton Harriers and Athletic Club



Message from the editor

August is a quiet month with no league races; however, it wasn't a quiet month for many of our Harriers. August saw the conclusion of the Summer Handicap and some epic adventures across the globe for some Harriers.

With the new season of the Road Race League starting in September there is some info below to ensure you all know how to get involved.

And we couldn't not mention a very special occasion for our Ladies Captain, congratulations to Amy and Caleb on your recent wedding.

If you do take part in an event, please share a little review of how you got on with a photo or two so it can be included in the next newsletter, race reports can be sent to newsletter@overtonharriers.org.uk.

RESULTS

August Summer Handicap – Race 4, 15th August

POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Chris Cooper	27.24	4.20	23.04	2
2	Graeme Ridler	28.40	3.15	25.25	4
3	Jasmine Kalton	30.00	0.00	30.00	11
4	Tim Dolton	30.06	3.30	26.36	6
5	Rachael Groundsell	31.33	5.45	25.48	5
6	Ellen Ridler	32.25	3.30	28.55	10
7	Katie Brothers	32.26	4.00	28.26	9
8	Sarah McCann	32.49	2.00	30.49	12
9	Richard Clifford	33.16	6.00	27.16	7
10	Sean Holmes	33.34	11.45	21.49	1
11	Neil McCann	34.02	1.35	32.27	13
12	John Harrison	34.03	5.45	28.18	8
13	Chris Cockburn	34.28	11.00	23.28	3
14	Greg England	39.52	3.20	36.32	14

Summer Handicap League Table

Position	Name	May	June	July	August	Total
1	Greg England	2	2	3	<u>14</u>	7
2	Graeme Ridler	1	<u>0</u>	5	2	8
3	Tim Dolton	<u>0</u>	3	4	4	11
4	Jasmine Kalton	5	<u>0</u>	6	3	14
5	Keith Vallis	7	1	7	<u>0</u>	15
6	Chris Jenkins	3	4	13	<u>0</u>	20
7	Richard Clifford	<u>0</u>	8	9	9	26
8	Sean Holmes	17	13	<u>20</u>	10	40
9	Katie Brothers	<u>24</u>	16	19	7	42
10	Ellen Ridler	10	<u>0</u>	26	6	42
11	Sarah McCann	<u>22</u>	14	21	8	43
12	John Harrison	15	<u>0</u>	16	12	43
13	Neil McCann	<u>0</u>	17	24	11	52
14	Chris Cockburn	<u>0</u>	18	22	13	53

Congratulations to Greg, Graeme and Tim for your top 3 finish in the table.

Summer Handicap Time League

Position	Name	May	June	July	August	Total
1	Sean Holmes	1	<u>2</u>	1	1	3
2	Chris Cockburn	<u>0</u>	7	5	3	15
3	Richard Clifford	<u>0</u>	9	9	7	25
4	Graeme Ridler	8	<u>0</u>	17	4	29
5	Greg England	10	12	12	<u>14</u>	34
6=	Keith Vallis	13	8	13	<u>0</u>	34
6=	Tim Dolton	<u>0</u>	13	15	6	34
6=	John Harrison	12	<u>0</u>	14	8	34
9	Chris Jenkins	9	10	16	<u>0</u>	35
10	Katie Brothers	<u>20</u>	15	20	9	44
12	Ellen Ridler	14	<u>0</u>	22	10	46
11	Sarah McCann	19	17	<u>24</u>	12	48
13	Jasmine Kalton	21	<u>0</u>	21	11	53
14	Neil McCann	<u>0</u>	18	25	13	56

Congratulations to Sean, Chris & Richard for your top 3 finish in the table.

Well done to all who took part during the summer.

A healthy 14 managed to complete at least three of the races and therefore count in the leagues. The last event was comfortably won by one of our newcomers, Chris Cooper, who unfortunately joined the club too late to count in the overall reckonings, but is certainly one to look out for in the future.

He comfortably beat Graeme into second place, but Graeme did enough to hold on to second place in the league, albeit by just a single point from Greg. It was a spirited run from Greg, who hobbled home in last place on the night with a very dodgy hamstring, but confirmed his win in the handicap league. Well done to another of our newer members, Tim Dolton, who took the bronze position.

The Time League was comfortably won by Sean, who suffered just one defeat over the summer. The very underrated Chris took second place (so much more talent to come) and it was great to see Richard in the medal positions after one of the busiest years I can remember from him.

And now we can turn our attention shortly to the winter handicaps that start in October around the village course. Five events, with four to count to qualify for the league. Dates have been set, so please add them to your diary: Oct 17th, Nov 21st, Dec 19th, Jan 23rd and Mar 6th.

And we will be holding our annual Christmas race around the Harroway course on Sunday 15th December just before the Xmas lunch.

John

RACE REPORTS

Bourne Valley 2024, 4th August – Hulya Yadsan-Appleby

We signed up for the Bourne Valley 10k for so many reasons. It was local, it was scenic, we had not done much running in the summer and we had never heard of this race before.

The day was beautiful. We arrived at the huge car park in plenty of time. I was the first driver to start a new line. Unfortunately, I parked facing the wrong direction which began a long line of wrongly parked cars with the obvious culprit being my car. The marshal looked slightly frustrated but it was too late as I was followed by many cars very fast.

We were surprised to find a small number of runners. There were 47 10k runners and 119 half-marathoners. However, there were many food stalls and families on the green. This created a feel of a big, festive event. We discovered this was the first year of this race after a very long break. Like us, many runners did not know the route and what to expect exactly.

We discovered that the route was hilly! Most of it was on small lanes. The weather was unbelievably hot. I kept



thinking how similar it felt to the Alresford of 2023. I confess I struggled. My legs were heavy and in agony. I had my first ever gym session the previous day after many years.

However, we were happy to have our medals in the end and able to smile at the camera.

As I was walking back to my awkwardly parked car, I thought: despite all the pain, I will probably come back here next Summer.

World Multi Sport Championships - Sprint Duathlon, Mike Jones

Sorry you haven't seen me recently at Thursday night training but in my spare time I have been focussing on this major event since the spring.

Last October, I qualified to represent Team GB in my Age Group in Sprint Duathlon. The only problem or benefit being was that the race was in Townsville, Queensland, Australia. The race is pretty good for runners. It involves running 5k, cycling 20k and then finishing off with a 2.5k run. If you can get the transitions perfect, and you get into the right back on the bike it can be done in about an hour.

I arrived in Australia on the Monday 13th August before the race on the Friday and tried to get my body clock in sync. Although the race was 10:00 local time, this equalled 01:00 British time so I had to adapt pretty quickly. I took my own bike with me and rebuilt on day 1 and went straight to recce the course with a few other athletes. It was pretty flat and straight forward. The run was a little lumpier but had fantastic views. I thought it was best to take them in now before the race. 😊



Race Day

The 50-59 open age group (about 90 athletes) went off in a wave together.

Run 1 - I was quick out of the blocks after what seemed like a huge build up and clocked just over 18 mins for 4.85k and was 5th going into transition.

Bike Leg - unfortunately my elastic holding my bike shoes straight snapped and I struggled getting my feet engaged, losing a couple of places. I was isolated on the bike for about 2k but then joined 2 Brits and we worked together for about 5k until they too pulled away. As I powered ahead with them in sight a wave of 5 Aussies, 1 American and a Brit caught me and I joined their chain, pushing the pace. I was on my limit. I came off the bike in 10th.

Run 2 - The temperature was now 27 degrees and I was not used to running on such conditions. My legs began to complain and I couldn't get them going quick enough on the 1st 750m of the 2nd run. I had hoped to pick off a few athletes on this part but the 3 athletes only 200 m ahead were just beyond me. My legs improved and I did manage to improve 1 more place. Finishing 9th /43 in the V55 category in a time of 1:02:47. I was done 😊

World Masters Athletic Championships, Gothenburg – Helen McMahon

Moira (known as Moi) West has been a member of Overton Harriers for many years. Now she is first claim with Winchester AC. I have known Moi for 29 years and our training was always centred on distance work. It was only when we were at a Harriers winter training weekend about 17 years ago that those at our competitive relays event, all of a sudden realised that Moi could sprint. As an Overton Harrier, Moi was encouraged to change from cross country to track sprinting. So heralded her sprinting career and winning at all levels of competition.

On Sunday 11 August, I accompanied Moi for five days to the World Masters Athletic Championships in Gothenburg, Sweden. Moi had entered the W75 100m and 200m.

Of note, prior to the World championships, Moi competed at the British Masters Athletic Federation Track and Field championships in Derby winning Gold for the W75 100m in 15.84s (27 July) and Gold for the W75 200m in 33.30s (28 July). Both new British records for this age group.



Additionally, both times, second best ever times in Europe in W75 age group.

Now to the Worlds. We arrived at Gothenburg airport at midnight. Transport service is great in this small city - trams and buses. We were able to we a bus to our city centre hotel. On Monday we took the tram to the stadium so that Moi could register for her events. Athletes do not have to qualify through their country to race. 8000 athletes from all over the world were gathering for these championships. Certainly, everyone was very friendly and all were delighted to be taking part - fantastic championships.

On Tuesday we left the hotel at 6.50 am as Moi's 100m heat was at 0915. She won this and we returned to hotel as final was not until 6.30 pm. I felt privileged to watch Moi a world class athlete, win the W75 100m in a time of 16.04s. She was in the front all the time of her race, the Austrian a distant second. If she had been pushed, I know she would have been under 16 secs and indeed may have broken the European 100m record of 15.87s.

Moi puts in the training and thoroughly deserves to be a World Champion - a class athlete. On Wednesday we celebrated with a bottle of wine at the fish market. Certainly, recommend Gothenburg as a city to visit - compact, fresh air, fit folk, scenery and great transport service. Food and drinks prices comparable with UK.

Later in the week Ken joined Moi. Second tremendous success wining the W75 at 200m in 33.30s, again front running all the way. Moi also received a bronze medal in GB W65 4 x 100m relay team. Amazing results - many congratulations Moi 🥳🥳🥳

Great to be with Moi at these championships. Athletes in their 90s were competing - so we can all continue to race at whatever age.



The Big Pilgrimage, 18th August – Katie Brothers

A few weeks ago, on a Thursday night training session Jasmine made the mistake of asking me if I had any races coming up! A few days earlier I took a punt and entered The Big Pilgrimage, motivated by it being where I grew up, but slightly apprehensive by it being 15 miles.

After dropping in that you get a little ferry ride mid-race to cross the River Hamble, you would collect stickers at marshal points of landmarks we would pass and it was an A to B route, I suspected I had persuaded Jasmine to give it a go with me. However, what I may have failed to fill Jasmine in on, was the early start!

Fast forward to 18th August, and a departure time starting with a 6 we headed to Southampton Mayflower Park for the start. From the moment they shouted go (5 mins before the official start time catching us off guard) we could see this was going to be such a relaxed event, no worrying about what pace our watch says, but just enjoying the route, chatting with the marshals and making the distance.



We left Mayflower Park headed towards the Itchen Bridge and over the river, we then joined the Solent Way and headed for Royal Victoria Country Park, the route took us through the country park where we re-joined the coast, and unfortunately a bit of running on shingle along the beach as we headed for Hamble. We then followed the route through Hamble Common and then headed to the marina and the all-exciting river crossing on a little ferry.

Before joining the queue for the ferry, we enjoyed the amazing aid station – pick n mix, jaffa cakes, pretzels, energy drinks and an all-important sticker for our running bib of the Pink Ferry. When it was our turn to hop on the ferry we were marginally disappointed that our boat was going to be a yellow river taxi, the pink ferries were full with other runners. However, our disappointment was short lived when we clocked the yellow taxi docked a couple of hundred meters further along the dock than the pink ferry!

We then hopped off at Warsash and headed along the King Charles III England Coast Path. After a mile of footpaths, we were back to running on the shingle, but the sun was out the views of the IOW from the beach were fab so we put our heads down, had the arm action of running but no speed of running!

We then headed to Titchfield Haven, 12 miles in, where our support crew was waiting where we stocked up on jelly babies and headed inland following the river to Titchfield and our final stop Titchfield Abbey.

I absolutely loved this event, I loved the course, the views, the quirky elements and for a change not being focused on my watch, definitely one to do again, and persuade a few more Harriers to come along too 😊



The Marathon Pour Tous - Paris, Claire Spencer

The “Marathon Pour Tous” (The Paris 2024 Mass Participation Marathon) enabled amateur athletes to run the Olympic marathon route at night, in between the men’s and women’s Olympic marathon, enabling as many people as possible to follow in the footsteps of outstanding athletes.

In late 2022 I started completing running challenges on an app to be in with a chance of winning a bib, even running 8K on a treadmill with no air con in Turkey! Some of these challenges had over 45,000 participants with only 50-150 bibs available per challenge. Last August I had the email saying I had won a place in this once in a lifetime marathon.

Unfortunately, my training didn’t quite go to plan due to unforeseen circumstances in the lead up. On the morning of the marathon, I sat in my air BnB watching the men’s marathon on the TV with the commentators saying what a tough race it was and the hills looked horrific! My start time was 21:20, the temperature was 29 degrees. The start was pretty disorganised, we couldn’t find the bag drop so I left my bag with my daughter and had to push through crowds of people to get into my start pen to find there was only one toilet and a huge queue.

The crowds were so supportive for the entire race, even at gone midnight! I saw my friend and daughter at 8K and was already soaked in sweat it was so hot. In the first 10 miles I jumped the barrier twice looking for a toilet but they were locked. I also struggled with a really tight chest which disappeared once out of central Paris, we found out later the pollution levels were really high. There were plenty of water stations and feed stops with cakes, bananas and sweets, I stopped at every water station due to the heat and was glad of my salt sticks!

The first hill I think was about a mile long, it took us up to 21K and I was really pleased to have run the whole thing. The second big hill at 28K was shorter but much steeper, they had made it less painful by putting up a multi coloured light tunnel and music, pretty much everyone including me walked that! After that it all felt downhill, we went through a couple of tunnels of disco lights and dance music, the crowds banging on the barriers making such a racket.

It was a relief when we were finally running past the Eiffel Tower, the last few miles were pretty tough and lack of training was showing, I guess tiredness was also kicking in as it was getting on for 2am. I was absolutely elated to cross the finish line and collect my medal, my time was 4:36:32, which I was pleased with considering the lack of training, number of selfies taken and spending the previous 2 days doing the tourist thing ... oh, and sampling the local beverages!



Eton Dorney Triathlon – Jo James

My first triathlon (super-sprint) was 15 years ago and it's only taken me 15 years to get back into shape to be able to compete again!! I completed a Sprint Distance at Blenheim Palace in June in 1:53:56.

I chose the Olympic Distance Tri at Dorney Lake because that's where my Tri journey started 15 years ago OK plus it's a flat bike and flat run too!!

An early start saw my wave go off at 08:45 with my support crew that consisted of my husband, parents and good friend and lake-swim training partner.



The 1500m swim in the 2012 Olympic Lake was a mass start and a bit of a 'washing machine' at the beginning but I quickly got myself some space and completed in 29:07. Very happy with a sub 30 min mile.

A quick T1 and out onto the 25k bike, a quick flat course but with no 'freewheeling', your legs are always working! Averaged 17.5mph and completed in 01:18:15.

In T2 took on some fuel for the run by which time the temperature was up to 24' and the long flat 2 lap route up and down the lake seemed like the hardest 10k I've completed and I did walk for some parts so I was a little

disappointed with 01:06:38.

Overall, I was super pleased with the event completed in a combined time of 03:02:13 including transitions. My goal at the start was under 4 hours.

No more triathlons for 2024 and my next challenge will be an Ironman 70.3 in 2025.



HAMPSHIRE ROAD RACE LEAGUE

How to Get Involved & What's it all About?

September 8th, Overton 5 race is the start of the Hampshire Road Race League for the 2024/25 season. We have lots of new members to the Harriers, so thought it would be good to share a bit about the league and different races.

The league is made up of 12 races, from 5 mile to half marathons. Within the races, we need a minimum of 4 runners per team (woman's and men) to score points for the league table, when we have more runners to make up a second team, we also score points for that team.

Individual runners also score points, finish 7 out of the 12 races (any of the 7 races) and at the end of the season you will see your name in on the league mug (for last season they will be dished out at the Overton 5). Do all 12 races and you get yourself a fancy T-shirt at the end of the season.

2023/24 league table results:

Men's – 3rd in A2 league and 9th in B2 league.

Woman's – 4th in A3 league and 4th in B2 league.

It would be fantastic this season to keep growing our numbers at the league races to see us rise up the tables. These are fantastic events, and a great way of keeping motivation up over the winter in training for specific races, and are inclusive for all speeds of runners.



Races are advertised on Spond, reply on here if you are entered so we can co-ordinate lift shares where we have runners travelling from the same area, and we can of course meet for a post-race cuppa on the day.

Details on different races are in the upcoming events section of the newsletter, many of the events do sell out quickly. You can also find the list of all the races that make up this year's league at <https://hrrl.co.uk/>.

Next month we will include everything you need to know about the Cross Country League.

PARKRUN RESULTS - AUGUST

Name	03/08/2024		10/08/2024		17/08/2024		24/08/2024		31/08/2024	
Alice Ainsworth					Newbury	28:23			Newbury	24:40
Marcus Appleby					Andover	29:41	Winchester	28:50	Winchester	28:45
Michael Ball	Tidworth	22:59			Tidworth	22:47			Andover	22:26
Katie Brothers	Andover	24:52	Lee-on-Solent	24:50	Newbury	28:26	Newbury	25:06	Itchen Valley	24:19
Dave Bush	Kagerzoom	19:39					Frimley Lodge	20:52	Woking	20:39
Terry Clarke	Maidenhead	25:48	Basingstoke	25:44	California Country	24:47	Basingstoke	24:51	Andover	24:37
Chris Cockburn					Newbury	28:25	Newbury	22:58	Newbury	23:55
Christopher Cooper					Andover	19:31				
Claire Daly	Basingstoke	25:34	Basingstoke	25:31	Basingstoke	24:39	Lymington	25:07		
Lauren Dennison			Kingston	30:14			Newbury	32:14	Edenbrook	31:10
Greg England	Andover	22:25								
Judy Hewitt					Garvagh Forest	39:03				
Amy Jewell							Newbury	33:38		
Michael Jones					Aplins Weir	18:20				
Gareth Juliff	Andover	22:00	Basingstoke	21:33	Koscian	21:12			Basingstoke	21:16
Jasmin Kalton	Basingstoke	29:13	Andover	27:02	Andover	29:55			Basingstoke	28:10
Halszka Konieczek	Andover	35:28			Koscian	35:11				
Neil Martin	Shepton Mallet	18:45	Exmouth	18:38	Penrose	18:45	Sandy Water	18:29	Brooklands	18:23
Neil McCann			Basingstoke	28:34	Newbury	29:53			Basingstoke	29:46
Sarah McCann			Basingstoke	26:07	Newbury	26:20	Basingstoke	29:59	Basingstoke	28:56
Lucy Pearson									Jersey Farm	24:58
Piers Puntan					Garvagh Forest	26:28	Quakers Walk	25:34		
Ellen Ridler	Basingstoke	26:13			Eastleigh	26:59	Holkham	26:57		
Kel Ryder	Horspath	37:08	Rogiet	32:27	Crane Park	36:32	Newbury	58:57	Wakehurst	34:00
Liam Webb										
Cath Wheeler	Basingstoke	24:55					Basingstoke	23:20	Basingstoke	22:54
Ella Williams	Reading	24:55	Newbury	32:06						
Hulya Yadsan-Appleby					Andover	30:19	Winchester	29:53	Winchester	29:21

JUNIORS

UPCOMING EVENTS

- 8th 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).
- 6th October – **Solent Half Marathon**, entries now open <https://www.hardleyrunners.co.uk/SolentHalf.html>, beautiful course winding through the New Forest around Exbury and along the Solent at Lepe.
- 12th October – **Cross Country @ Popham** – no entry required, just respond on Spond or let your team captain know that you will be taking park.
- 27th October – **New Forest 10**, enter at <https://www.newforestrunners.com/nf10> (this event was cancelled last year, so if you entered in 2023 make sure you have check your emails for confirmation that you entry has transferred over to 2024).
- 9th November – **Cross Country @ Aldershot** – no entry required, just respond on Spond or let your team captain know that you will be taking park.
- 17th November – **Gosport Half Marathon**, enter at <https://gosporthalf.org/>. Gosport are known for their fantastic medals, so if you are motivated by a bit of bling get entering soon.
- Save the date – **Harrier Christmas Lunch**, 15th December, further details to follow. If you are attending, please respond on Spond so we get an idea of numbers.

CLUB CLOTHING

Just a reminder, we have a club website for clothing available, if you would like to purchase any items this can be done by visiting <https://teamwear.nxt-sports.com/shop/overton-harriers>.

Everything is available from here, with the exception of race day running vests that can be collected from the ORC on a training evening.

