

September 2024



HARRIERS

Overton Harriers and Athletic Club

This issue is mainly dedicated to start of the new season and Overton 5 race.

We also have a look at other races our members took part.

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.

RESULTS

Overton 5 mile – 8th September 2024 by Katie

Overton Harriers get the privilege of hosting the first league event of the Hampshire Road Race season each year, and this year a whooping 25 Harriers lined up on the start line, along with a local sports news presenter / former strictly contestant, did you spot him?

On many occasions for the Overton 5 the weather has been scorching, this year the morning was filled with heavy downpours but guess what? The sun came out in the afternoon, and it was another warm one.

It is fantastic doing a race on home turf, getting to see everyone's hard work come together on race day. One of the best bits is getting that extra bit of support on the route from our marshals and supporters.

I won't say too much about the actual race, it's hilly, but we all know that. I've done it a fair few times now, it doesn't get any easier, but it definitely gets more enjoyable with every year having more and more new Harriers joining in on race day and doing their first event.

Having so many Harriers pull on a blue vest meant there was lots of support for each other and many of us ran in a pack which helped spur each other along (we all of course aimed to outrun each other in the final stretch which is how of the should be).

Big shout out and thank you to everyone involved with the organising of the event, all the marshals, the scouts and everyone that turned up on race day.

Being the first race of the season, we also get to play host to hearing the final result standings of last season. All those that completed 7 races received the very popular mugs with their names on (I am completely motivated by medals and momentos - these lovely mugs should provide motivation for lots more Harriers completing 7 HRRL races this season). And if you cannot do 7 races, still enter as the team points are just as important and they are always great events to do as a team.

Category winners were also given their trophies, and there was a very well deserved trophy for our men's captain **Sean Holmes** who won the V50 category, massive congratulations Sean.

This was a fantastic start to the season for the Harriers, we have lots more events coming up over the next few months it would be amazing to continue with high turnout numbers, if you have any questions about future events be sure to speak to your captain or reach out on Spond.

Po s	Race No	Name	Gun Time	Net Time	Cat Pos	Gen Pos	Pace
33	330	Sean HOLMES	00:29:5 3	00:29:5 2	3	33	3:43 min/km
48	105	Neil MARTIN	00:30:3 7	00:30:3 3	4	47	3:48 min/km
64	436	Edward BIGGS	00:31:3 6	00:31:3 2	37	61	3:57 min/km
91	305	Louis MCCANN	00:32:5 9	00:32:4 9	51	83	4:06 min/km
10 8	6	Edward BRADY	00:34:0 1	00:33:4 9	16	98	4:14 min/km
11 3	3	Ashley COXDEN	00:34:3 0	00:34:1 9	59	102	4:17 min/km
13 1	25	Gareth JULIFF	00:35:1 5	00:35:0 3	17	120	4:23 min/km
14 4	11	Elliot BURGE	00:35:3 7	00:35:1 8	64	130	4:25 min/km
14 5	284	Jack STEED	00:35:3 7	00:35:2 7	65	131	4:25 min/km
18 1	7	John HARRISON	00:37:2 5	00:37:0 7	24	158	4:39 min/km
18 2	200	Craig TEDRIDGE	00:37:2 6	00:37:0 9	73	159	4:39 min/km
19 7	49	Graeme RIDLER	00:38:0 9	00:37:4 3	77	171	4:44 min/km
20 6	307	Cath WHEELER	00:38:3 4	00:38:1 7	2	29	4:47 min/km
24 6	369	Keith VALLIS	00:40:4 5	00:40:2 2	21	206	5:04 min/km
25 7	193	Katie BROTHERS	00:41:3 1	00:41:0 5	7	45	5:09 min/km
25 8	27	Martin CRAWSHAW	00:41:3 2	00:41:1 6	13	213	5:10 min/km
26 6	20	Terry CLARKE	00:41:5 4	00:41:2 9	12	219	5:12 min/km
26 9	48	Ellen RIDLER	00:42:0 9	00:41:4 2	8	49	5:14 min/km
27 4	1	Claire SPENCER	00:42:5 0	00:42:2 3	9	52	5:19 min/km
28 8	29	Jasmine KALTON	00:43:2 8	00:42:5 8	10	58	5:24 min/km
30 0	325	Sophie BENNETT	00:44:1 0	00:43:4 3	11	64	5:29 min/km
30 4	306	Sarah MCCANN	00:44:3 3	00:43:5 3	12	66	5:32 min/km
33 6	358	Mike BUSHELL	00:46:2 7	00:45:3 6	29	253	5:46 min/km
34 7	36	Joanna JAMES	00:47:1 4	00:46:3 3	10	90	5:52 min/km

39			00:51:0	00:50:2			
5	278	Hulya YADSAN-APPLEBY	6	4	20	119	6:21 min/km
40			00:52:4	00:51:5			
8	17	Halszka KONIECZEK	1	3	24	129	6:33 min/km



Hampshire Road Races League 2023/2024 results

Men individual standing

Display Order	Rank	Name	No of races	Score Avg
13	13	Sean Holmes	11	91.93
23	23	Neil Martin	11	84.39
69	69	Gareth Juliff	10	58.64

Women individual standing

Display Order	Rank	Name	N races	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

Team Results

Division A2 – Men's Team, 3rd place

Division B2 – Men's Team, 9th place

Division A2 – Ladies Team, 4th place

Division B2 – Ladies Team, 4th place

XC Season

Cross Country season is upon us, with the first race being in Popham (nice and local) on 12th October. If you are new to the Harriers, or haven't done a XC event before, here's the low down!

The season consists of 5 races:

12th October – Popham, Popham Airfield

9th November – Aldershot, Wellesley Woods

30th November – Bournemouth, King Parks Athletics' Stadium

11th January – Reading, Prospect Park

8th February – Location to be confirmed

All courses are multiple laps, which isn't as a bad thing as it helps with support on the course, just not good if there are some particularly muddy areas, but it is XC.

Ladies' races start at 13.35 and are approx. 6km.

Men's races start at 14.30 and are approx. 10km.

XC events are really social occasions, bring warm clothes, a hot drinks flask and arrive early to cheer on ladies, or ladies stay after your race to cheer on the



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guys (and often there is cake around as well).



Like the road race league, points are available for individual runners and more importantly team points, therefore it is really important to get as many Harriers out for the XC races, all you need is a pair of trail trainers, a Harriers running vest (XC events only open to members of running clubs only and every runner must be in their club vest). If you have not tried a XC event before, give it a go. Hopefully see lots of Harriers in Popham on 12th October, as always check Spond for further details.

RACE REPORTS

Overton 5 by Alan Newman

Food banks benefit as inches separate the leaders in the Overton 5.

The Overton 5 has been a key autumn season pipe-opener for local road racers for over 35 years. The 35th edition was held on **Sunday 8 September 2024** from the Recreation Ground at the Hampshire village between Andover and Basingstoke.

Overton Recreation Centre houses the Race HQ, with showers and changing rooms available, and is the venue for the children's races on the field before the main event. The race start is a few minutes jog from Race HQ in Berrydown Lane and the entire route is traffic-free.

The undulating course has produced some rapid times, with course records of 24:49 by Mahamed Mahamed (Southampton) in 2016 and 27:46 by Helen Hall (Winchester) in 2022.

With the unusual Sunday afternoon start time at 2:00pm there is an imperative to complete the race and get back to the Race HQ for the licensed bar opening at 3:00pm. Hot drinks, cakes, and delicious bacon sarnies are on sale to raise funds for the local Scouts.

First in the queue for post-race refreshments was Joseph Arundel (Bournemouth AC, 25:56) who just edged the verdict after a tie on time with 17-year-old Will Atkins (Winchester RC) in the closest finish in memory. Third place went to Mathew Port (Winchester RC, 26:35).

The top three women this year were Erin Willmers (Winchester RC, 29:54), Emma Stevens (Aldershot, Farnham and District AC, 31:01) and Tamsin Anderson (Winchester RC, 31:28).

The oldest runner was Hugh Bethell (Alton Runners, 53:27), aged 82, and there were 466 finishers in 1:08:30. In the 35th staging of the opening race in the 2024/25 **Hampshire Road Race League** there were 35 runners who managed sub-6:00/mile pace and the top 125 runners bettered 35:00.

The host club Overton Harriers has kept the entry fees low at £20/£18 for EA-affiliated athletes and instead of the usual medals/mementos, the Harriers will be donating the money usually set aside to the Andover and Basingstoke Food Banks.

Overton 5 by Gareth

This year rather than being treated with the usual sunshine for our annual race we got to the club to be treated by persistent drizzle as we signed the kids up for their various races. This didn't dampen their spirits as each enjoyed their usual sprint and medal.

Children were then offloaded for their end of race water duties while me and Halszka made our separate ways along with many other Harriers up the hill to prepare for the start. As always, we gathered as many harriers as we could for a picture before heading through the gate to the start funnel while remarking the drizzle may make for quite nice conditions for a fast 5 miles.

As the race started the sun had other plans and made its surprise visit to make sure for a much warmer than expected race (although cooler than last year). Still on my way back to full fitness post injury I started relatively

sensibly with the aim of running roughly 35 mins. I was soon struggling up the 1st hill with not having the hill strength you only get from hard miles. I pushed through where I could with the plan to try my best on the ups and exploit the downs which are my strength.

Having ploughed through the middle miles best I could I made my way (slowly) up Nutley Bottom and realized I was a little behind schedule. My plan was therefore at the top to push on and try to make back time as well as places lost up the hill. I was happy for this point on for the last mile and a bit, I was able to really push and come in slightly behind schedule at 35.03 but at least better than last year.

As always, all the volunteers and marshals were fantastic and on a selfish note huge shout out to mine and Halszka's small people, Ivy, Bazyli and Cyryl for a great job giving out water and medals at the end.

Lastly, I'm sure you are all bored of the many reports I have done down the years, therefore please can we get some new voices writing reports for the upcoming races. Especially those doing races for the 1st time as always gives an interesting insight.

Cheltenham 10k by Ella



Ella and Elliot kicked off September donning their Overton Vests for the first time at Cheltenham 10k. A relatively flat course starting and ending from the racecourse both came away with surprising results....

Going into race day both were keen to see where those Thursday club reps had got them since joining the club in June. A few niggles the fortnight before set in the classic pre race doubts alongside weather predictions suddenly turning to thunderstorms.

Come the Sunday morning though the sun broke through and a light breeze. A net downhill for the first few kilometers coupled with a wide start and less than 1000 runners meant both eased into their pace feeling comfortable. Just after 5k the 10k runners joined up with the half marathon runners through the party zone for a much needed energy boost. The 10k runners parted ways with the half marathoners at around 8k with a gradual incline back into Cheltenham Racecourse to bring it home Red Rummer style. Both came over the line with suspiciously huge PBs - both taking approx 2 mins coming in at chip time 42.40 for Elliot and 50.59 for Ella.

Meeting back up both clocked the race short on the watch but no subsequent report of short course measurement. Now to look ahead to the next races to test whether it was a fluke!

Winchester 1/2 Marathon 22nd September by Jo

A Sunday morning with forecast of rain for the duration of the event, I came very close to having a lazy Sunday morning at home instead!!

Despite the forecast, it remained dry before the start and I'd planned to find the 2:10 pacemaker and stick as close as I could. I never located them from start to finish!! As an event I was running for the first time, the first 3 miles was all uphill out of the city towards Sarum and beyond, a tough start to say the least!!

A welcome decline and flat route followed for the next 3-4 miles. Out to Hursley and then another steady incline to Oliver's Battery, where at the 10 mile point my right knee decided it wasn't happy! I had passed the 2:30 and 2:20 pacemakers by this point and rain held off too.

I pushed on and ran/walked for the last 3 miles past St Catherine's Hill, St Cross and back into the City centre for the finish at the Guildhall.

Finishing in 2:16 I was pleased overall, taking into account the challenging route and my knee aggravation.

A very well supported, marshalled and challenging 1/2 - any takers for 2025??!!



Hangers Hero's Marathon 29/9/24 by Claire

I was on the road at 6am to travel down to Weymouth for the start of the race. I had the dog, Anton, with me for company, and my poles to help me up the hills with massive thanks to Lucy who took me out for a pole running lesson a couple of weeks previously.

The run was almost exclusively off road, we started heading out along a coastal trail which was quite rocky, I managed to trip about 2 miles in and ended up face planting and bruising my knees and shins! It then went Inland and that's where the climbs really started. We headed out towards Abbotsbury, this was when the directional arrows started getting sketchy, several times I went the wrong way and had to back track, even had a marshal send us the wrong way.

We had to go through several fields of cows, not my favourite farm animals but I did find waving my poles quite useful! One particular field was high up on the ridgeline, the wind was so strong that it blew one of my poles in front of my foot ... and down I went again!!

I hadn't fuelled particularly well and at 17 miles I was starving, the gels hadn't cut it but luckily I had some plant based "no pork" pies and mountain fuel flapjacks ... shared with the dog of course!

As well as getting lost, at some places there weren't any actual clear paths, you had to find your own, the dog was quite good at this. It was massively tiring, the terrain wasn't only hilly but it was tough to run on with overgrown pathways or none at all, some places we were running through really long grass which was energy sapping and then there were the ankle cracking roots and rocks ... oh and stiles, so many stiles!! I ended up walking so much that switching to running became really hard. I was out there for way longer than I'd hoped, but luckily got to the finish just as it started to rain ... we were welcomed back with a medal, hot drink and bacon roll (Anton enjoyed that!)

In total, with getting lost I did about 28 miles and over 3,500ft of elevation. It was a great atmosphere, other runners were friendly, there was even a bagpiper. My legs are saying that we won't be repeating it though!



PARKRUN RESULTS

Name	07/09/2024		14/09/2024		21/09/2024		28/09/2024	
Martin Allen					Yarborough Leisure Centre	22:09		
Marcus Appleby					Winchester	32:33		
Emily Arbuthnot							Cosmeston Lakes	28:21
Michael Ball	Tidworth	23:04	Tidworth	22:26	Tidworth	23:17	Andover	22:36
Katie Brothers	Andover	25:11	Congleton	23:57	Skipton	24:14	Andover	24:27
Dave Bush	Edenbrook	26:10	Frimley Lodge	26:16	Hogmoor Inclosure	23:42	Edenbrook	46:41
Terry Clarke	Osterley	24:03	Sandhurst	23:43	Prospect	24:23	Bushy	24:10
Claire Daly	Claire Daly	25:19	Newbury	24:40	Basingstoke	24:57		
Lauren Dennison			York	30:01	Newbury	31:09	Queen Elizabeth	29:51
Greg England	Penrose	26:15						
Amy Jewell			Basingstoke	35:15	Basingstoke	34:00	Great Field	35:11
Jasmin Kalton	Andover	28:37	Andover	25:50	Andover	26:52	Andover	29:53
Neil Martin	Southampton	18:51	Southampton	18:11			Andover	18:44
Neil McCann					Basingstoke	28:15	Basingstoke	28:00
Sarah McCann	Andover	26:46			Basingstoke	27:23	Basingstoke	25:50
Eleanor McDevitt							Woodhouse Moor	31:43
Manuela Patzelt					Basingstoke	33:21		
Ellen Ridler	Basingstoke	33:23			Winchester	24:40	Harcourt Hill	29:40
Kel Ryder	Quakers Walk	34:15	Blyth Links	32:03	Amager Strandpark	33:16	Woodley	33:29
Cath Wheeler			Newbury	22:20	Yarborough Leisure Centre	21:25		
Hulya Yadsan-Appleby			Winchester	29:37	Winchester	29:39		

UPCOMING EVENTS

- **6th October** – **Solent Half Marathon**, entries are now open www.hardleyrunners.co.uk
 - **12th October** – XC Popham
 - **17th October** – October Winter Handicap
 - **27th October** - New Forest 10 mile, <https://www.newforestrunners.com/nf10>
 - **1st November** – Drinks at Honesty Bar in Overton (come along for a social drink, arrive from 7pm)
 - **9th November** – XC Aldershot
 - **17th November** – Gosport Half Marathon, <https://gosporthalf.org>
 - **21st November** – pizza in the cricket club after the handicap.
 - **8th December** – Whitchurch Santa Run https://allevents.in/mobile/amp-event.php?event_id=200027290488251
 - This is a 5km (unmarshalled) run around Whitchurch and the organisers would love Overton Harriers to take part. Festive fancy dress is strongly encouraged.
 - **15th December** – Running event against the Cyclists around the summer handicap course followed by Christmas lunch at Test Valley Golf Club.
- Please see Spond for details, if you could also indicate if you will be bringing partners / plus ones / family with you that would be great (3 courses will be £35; 2 courses £28 and children's meals £5).