

October 2024

# HARRIERS NEWSLETTER

Overton  
Harriers



&  
Athletic Club

*Overton Harriers and Athletic Club*

## Message from the editor

*Race season is well and truly back and October was a busy month with two Hampshire Road Race League races and the start of Cross-Country season at Popham.*

*We also saw lots of Harriers taking on their own challenges and adventures from Snowdonia, to Chicago and a Parkrun completed in Singapore.*



*Sunday long runs had a change of scenery, venturing out of Overton and to Stockbridge to tackle a very wet and muddy Test Way, with the reward of coffee and cake afterwards.*

*Keep an eye out on Spond for further Sunday morning adventures, the run caters for all, run for 45 mins, see how far you get and run back.*

*We would also like to welcome Vinnie to the Harriers, Vinnie recently completed the Parkrun Alphabet ticking off the list with a visit to Zuiderpark, well done Vinnie & welcome, we look forward to seeing you in a Harriers vest.*

*We love to include your race reports and write ups, if you would like to share any of your adventures, please ping over a write up with a photo to [newsletter@overtonharriers.org.uk](mailto:newsletter@overtonharriers.org.uk)*



# Race Results

## Solent Half Marathon – 6<sup>th</sup> October 2024 (HRRL League Race)

Name	Overall Position	Category Position	Gun Time	Chip Time
Sean Holmes	11	3	1.21.50	1.21.50
Neil Martin	14	4	1.22.28	1.22.27
Jack Steed	87	29	1.36.35	1.36.28
Gareth Juliff	90	11	1.37.18	1.37.18
Katie Brothers	218	12	1.58.04	1.57.40
Ellen Ridler	220	9	1.58.55	1.58.29
Jasmine Kalton	262	13	2.09.53	2.09.27
Halszka Konieczek	303	15	2.29.08	2.28.42

### Solent Half Marathon – Halszka Konieczek

Finishing last season, I have started to think what could be my next goal in my running adventure. I have started few years ago with C25K, struggling to get myself through 3km distance, but gradually was able to do the parkrun. A few months later, a friend asked me if I would fancy doing a 10km race with her. I trained for that. Half a year later decided to do my first 10mile race. There was just one way I could go from there - a half marathon.

I have signed up for Solent and Gosport right away (so I cannot change my mind) and started looking into training plans and found one that looked like something I could commit to. Surely, I could run-walk the distance.

12 weeks later, on 6th October we made our way to Blackfield. Weather was not great. It was drizzly and a bit chilly. But at least the wind was not too bad and it is always better to run in rain than in full blast of sunshine.

I have programmed the race as a run-walk-run and headed to the start line. It was the longest reps session I have ever done. In the end it was only 18 reps of 800m run and then 300m walk to rest (plus a little extra). The route took us through beautiful countryside, by the seafront and back to where we started. I was promised some hills, but was concentrating so hard on doing yet another rep, I missed all of them.



The atmosphere was great, all the runners I was passing by were super encouraging. And the signs by the side of the course made every mile just a little bit easier. I even got the energy in the last mile to race few people and to overtake them on the last stretch. I had two goals set for the race: to finish the distance

and not to be last. I have achieved both and even managed to finish under 2.5hours with official time of 2:28:42.

## Popham Airfield XC, Race 1, 12<sup>th</sup> October (XC League & Harriers Consistency League)

Position	Name	Time	Position	Name	Time
73	Cath Wheeler	28:45	103	Sean Holmes	40:34
83	Emily Arbuthnot	29:31	126	Neil Martin	42:03
95	Katie Brothers	30:43	155	Stuart Searle	44:25
114	Jasmine Kalton	33:12	169	Mike Jones	46:07
117	Sarah McCann	33:57	170	Gareth Juliff	46:08
130	Hulya Yasdan-Appleby	37:43	178	Martin Allen	47:12
			193	John Harrison	48:28
			196	Keith Vallis	48:55
			201	Darren Luckhurst	49:23
			203	Adam Penhaul	49:36
			209	Tim Dolton	51:20

### Popham Airfield XC – Hulya Yasdan-Appleby

It was a bright and beautiful October morning until I stepped out! There was an unexpected and brief downpour as I walked to my car. On my arrival at Popham Airfield, there was another one. Together with a few other Harriers, I took refuge in our tent and almost instantly we noticed two things.

First, there was a big balloon bulging out of the tent's tube which held the tent up. It looked

*We were 6 out of 142 female runners. From left to right: Cath Wheeler, me, Emily Arbuthnot, Katie Brothers, Jasmin Kalton, and Sarah McCann.*



like it could explode any moment collapsing the tent on us. Second, we spotted a wasp inside the tent.

Halszka, who was also in the tent, was allergic to it. So, in no time Halszka and a few others were trying to get rid of the balloon by de-inflating and re-inflating the tent.

Meanwhile, Bazyli (Halszka's son) and I were trying to kill the wasp. This was quite different from my expectations for the start of the day: I imagined watching

the planes in a clear blue sky peacefully. However, soon enough, the tent was repaired and the wasp was dead and we were all satisfied with our success.

Overall, there were 634 runners at Popham Airfield on this Saturday. Of the 634, 266 were under 17, and 368 were all above 17.

There were 11 Harriers out of 226 male runners. Three of them are in the picture from left to right: Darren Luckhurst, Adam Penhaul, and John Harrison.



The path was completely dry. The sun was out during the first lap which made the zig-zagging field too hot to run. I started running very close to Sarah McCann for the first 1.5 k but I could not keep up. I had to slow down in the second lap due to the insertional Achilles tendinitis on my left foot. Still, I enjoyed the second lap more because the sun had gone in and there was a nice chill.

All the Harriers and their friends were cheering till the end. The support really makes a difference. I stayed for the boys to return the cheering. I clapped and shouted for all the boys for the first two laps but the sun had gone and the breeze was so cold by this time. I had no gloves no coat and decided to leave just as the boys started their third lap.



One of the best things about the XC is the cookies after the race. Katie Brothers' Halloween-themed cookies were much appreciated by all.

It was a lovely day and a lovely atmosphere. The news was going around that this was the last XC at Popham Airfield. This is very sad and disappointing for hundreds of runners. However, I will keep my hopes up that we will have an equally beautiful place to run and

cheer in 2025.

## Winter Handicap – Race 1, 17<sup>th</sup> October 2024

NAME	TIME	H'CAP	ACT TIME	POS ON TIME
Adam Penhaul	31.03	4.00	27.03	11
Tim Dolton	31.06	4.00	27.06	12
Greg England	31.17	2.30	28.47	16
John Harrison	31.19	5.00	26.19	8
Katie Brothers	31.29	2.30	28.59	17
Ritchie Budd	31.50	7.00	24.50	6
Mike Jones	32.03	9.00	23.03	2
Carolyn Jones	32.20	2.00	30.20	19
Chris Jenkins	32.25	5.15	27.10	14
Chris Cockburn	32.32	8.45	23.47	3
Charlie Duncombe	32.33	2.00	30.33	20
Darren Luckhurst	32.54	6.30	26.24	10
Chris Cooper	32.59	9.00	23.59	5
Simon Randall	33.21	7.00	26.21	9
Ellen Bealing	33.25	4.20	29.05	18
Keith Vallis	33.27	6.20	27.07	13



Sean Holmes	33.43	11.30	22.13	1
Mike Bliss	33.49	5.30	28.19	15
Sarah McCann	34.05	2.00	32.05	22
Gareth Juliff	34.42	9.00	25.42	7
Neil Martin	34.52	11.00	23.52	4
Piers Puntan	35.27	3.30	31.57	21
Jasmine Kalton	35.43	0.30	35.13	24
Hulya Yadsan-Appleby	36.25	1.30	34.55	23

### *Winter Handicap – John Hoare*

A great turn out for the opening Handicap of the winter season. Congratulations to Adam for taking the win but he was pushed all the way by Tim who finished a mere three seconds behind with the summer handicap winner Greg in third place.

Winner on time was last year's overall winner, Sean, with Mike and Chris filling the minor places.

Among those it is well worth mentioning that both Tim and Mike were making their debuts over the winter course, but there were also impressive debuts from Ritchie Budd, Carolyn Jones, Chris Cooper and Simon Randall. Welcome to the monthly handicap.

They have all set their standards for the event and hopefully can continue to improve as the season progresses. Next event is on Thursday 21<sup>st</sup> November. Don't miss it!!

### **New Forest 10 – 27<sup>th</sup> October 2024 (HRRL League Race)**

Name	Overall Position	Category Position	Gun Time	Chip Time
Sean Holmes	34	3	1.02.39	1.02.36
Neil Martin	39	4	1.03.47	1.03.44
Gareth Juliff	142	39	1.12.12	1.12.02
Lucy Pearson	288	27	1.20.32	1.20.16
Chris Jenkins	329	74	1.22.52	1.22.10
Katie Brothers	407	29	1.27.19	1.26.41
Jasmine Kalton	515	165	1.34.03	1.33.23
Ellen Ridler	534	173	1.35.19	1.34.39
Amy Jewell	549	182	1.36.28	1.35.48
Halszka Konieczek	714	86	1.51.03	1.50.22

## *New Forest 10 Race Report – Amy Jewell*

After a cancellation last year, it was great to finally get to the start line of the New Forest 10 for the next instalment of this year's road race.

We had strong teams out for both ladies and men - a total of 10 harriers enjoyed this lovely course.



This was advertised as a mixed-terrain race. I think most of us knew that this was not going to be a typical road race, but we did not know how little tarmac there was going to be, and we certainly did not know about the ankle-deep ford at mile 5! Fortunately, our Monday night club runs mean the harriers are well equipped to deal with a bit of mud.

I had the pleasure of running the first 7 miles with Ellen. Blue skies, beautiful surroundings, a live saxophonist to spur us on, and we even spotted a New Forest pony. What a treat!

This was my first 10 mile run in a long time, my first time attempting to fuel on the go, and my first attempt at loading a pace plan into my watch. The miles flew past, I managed to keep the snacks down, and I ran the pace I planned. So, I consider it a success! The hills at mile 8 were tough, but we kept going and made it to the end. It was a brilliant event and it reminded me why I love running so much.

And as always, it was amazing to see the team supporting as I reached the finished line. Especially since Katie bought delicious homemade cookies, yum.

I look forward to next year already! Highly recommend this event to all - great atmosphere, very welcoming, beautiful course and a great run to help train for upcoming half marathons in the league.



# Race Reports

## Chicago Marathon – 13<sup>th</sup> October 2024, Lucy Pearson

We arrived in Chicago on the Friday afternoon before the marathon and rushed across the city to get to the Expo to collect numbers before it closed at 6pm. The World Marathon Major expos are a great way to learn about the course as well as some excellent shopping!



Last year, Erica and I completed New York Marathon and this year we were both looking to achieve our 3<sup>rd</sup> Star as part of the Abbott World Marathon Majors.

Saturday is always parkrun day and on Facebook we had already found the British parkrun addicts and arranged to go to Cornerstone parkrun which was about an hour outside Chicago.

Sunday brought race day. The time difference in the States is always beneficial to us. An early marathon start time of 8am meant we had to be leaving our hotel at 6am resulting in being awake from about 4am.

I was in coral G which was the second group of runners in wave 2. The course is very flat and therefore it was even more important not to go off to fast, but everyone always rushes out of the pens, excited to be starting a big city marathon.

I had had a good solid training block over the Summer with no injuries and my goal was to beat my New York time. Due to the high skyscrapers in the city the GPS watched do not work, so there was no auto-lap and every mile marker I had to lap my watch. I managed to remember to do this for all but three of the miles.

My target pace was between 8:25 and 8:40 a mile. The first three miles were all below 8:20 a mile and I had a feeling I was going too fast. The route heads through the city centre past the famous Chicago theatre and goes North before coming back to the city. As the race got underway the weather began to get warmer and by mile 8, I had the feeling that if it continued to get warmer I wouldn't be able to maintain this pace. But the weather has begun to be overcast and cool down by the time I reached the half way point. I passed halfway in 1 hour 50min 53sec, quick calculation told me that if I maintained this I was looking at a finish of 3 hours 42.

At half way I started counting down the miles which mentally made it easier. I had practiced my nutrition and hydration and it was paying off. I can't





remember the much of the route as between lapping every mile and gels every 3 miles it seemed to go by quickly.

At 20 miles I got my second wind and had a mental lift that there was only 10km to go and if I really pushed on, resulting in my fastest 5km of the day between 35km and 40km. The closer I got to the finish the messages from home began coming through on my watch saying keep going, you got this which just spurred me on more.

I crossed the finish line in 3 hours, 41 minutes and 27 seconds, to complete my third major. After collecting my medal, all the runners were given a beer, a bag of ice, fruit, and chocolate bars.

Next stop Berlin marathon in 2025 where I'm aiming to qualify for the Boston Marathon!

Lucy Pearson - 3:41:26 – 15,457<sup>th</sup> overall, 4,042 female, 632<sup>nd</sup> (F40-44)

Erica Steele – 4:50:48 - 37599<sup>th</sup> overall, 15,043 female, 2,176<sup>th</sup> (F40-44)



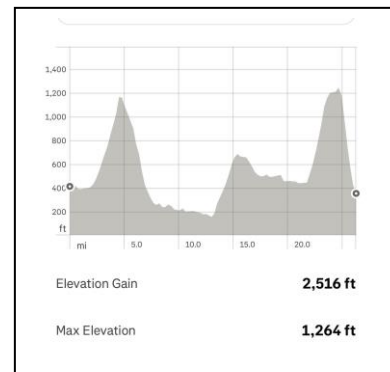
### ***Marathon Eryri (Snowdonia Marathon), 26<sup>th</sup> October – Claire Spencer***

I did not get a place in the ballot for Marathon Eryri but was offered a transfer from the waiting list about 7 weeks before so there was no official training plan in place but I managed Basingstoke Half Marathon and Bournemouth Half Marathon in my tapering weeks!

We stayed in Chester the night before and travelled up early on the morning of the race. The weather was perfect, cool,



and clear with no rain!! The start line was a half mile uphill walk, we had a lady singing the Welsh national anthem and then we were off!



The first hill was long and winding and steep (but there was worse to come!), it made me realise how much hill training I lacked, running round Overton did not cut it! So, I “jeffed” the first hill ran 2 mins and walked 1 min. It got me there and into the first water station. The next section was a brilliant downhill and I made a bit of time up flying



down that, this then went onto a bit of an off road section which was slippery in places especially as I was wearing slick road shoes!!

The weather had warmed up significantly and I was grateful for the abundance of water and feed stations, these are all run by different charities and the selection of snacks was amazing and the people so friendly and encouraging. I am rubbish at eating when I run so I ended up passing over the amazing cakes to just suck on oranges.



The final hill was extremely steep, I did name it but not sure it is printable, thankfully everyone else was walking so I did not feel so bad going with the crowd, even walking it was hard work. At the top was the best feed station “the saloon” they were all dressed up as cowboys, they even had horses up there. The selection of food was outstanding, you could even have a cup of tea with a jam sandwich if you wanted, I just took some water and a couple of oranges slices to suck on!

Then it was downhill to the finish ... off road!! This section was a bit slippery and very uneven; some sections I did not want to risk running in my overly cushioned road shoes as was paranoid about turning my ankle. It was then onto a pathway where I sang along to Take That with a lady who had headphones in so don't know if she realised I was singing with her ... although she must have wondered why I was waving my arms in the air.

The finish was epic, a massive crowd lined the street cheering as you headed to the finish line where you were given a brilliant slate coaster medal and a water bottle ... then I had to try to get my bearings to find the van where I had left Elsie dog sitting all day !

It was a great run, with amazing views and supportive crowds , I did take loads of photos .. of course! My time was 4:41, I thought I'd be around 5 so I wasn't displeased and swore I wouldn't do it again but as I've recovered I think I'd like to give it a shot with some proper hill training .....

## Parkrun Results - October

Name	05/10/2024		12/10/2024		19/10/2024		26/10/2024	
Alice Ainsworth	Newbury	24:07			Basingstoke	24:19	Newbury	24:32
Michael Ball	Tidworth	24:29			Andover	23:10		
Katie Brothers	Andover	25:10			Newbury	24:21	Itchen Valley	25:26
Dave Bush	Frimley Lodge	45:47	Sheffield Castle	45:39	Frimley Lodge	45:22		
Terry Clarke	Southampton	23:47	Bracknell	24:36	Frimley Lodge	25:38	Basingstoke	25:04
Chris Cockburn	Newbury	23:43			Basingstoke	24:19	Newbury	24:00
Ash Coxden							Newbury	19:43
Claire Daly	Basingstoke	24:16					Jersey Farm	24:43
Lauren Dennison	Woking	28:21	Basingstoke	30:37			Valentines	27:47
Amy Jewell	Newbury	38:00			Basingstoke	33:20		
Michael Jones							Winchester	19:52
Gareth Juliff							Basingstoke	22:04
Jasmin Kalton	Basingstoke	29:08			Andover	30:14	Basingstoke	28:40
Susanne Logan							Andover	39:45
Neil Martin	Andover	19:15			Andover	19:45		
Neil McCann	Basingstoke	27:40			Andover	28:34		
Louis McCann	Basingstoke	20:28			Andover	20:03		
Sarah McCann	Basingstoke	26:01	Basingstoke	30:37	Andover	26:53	Basingstoke	26:28
Eleanor McDevitt	Woodhouse Moor	34:34						
Lucy Pearson			Cornerstone Lakes	26:28				
Piers Puntan	Portrush	29:32					Armley	26:21
Ellen Ridler	Basingstoke	30:54					Hilly Fields	30:06
Kel Ryder	Chippenham	33:00	Y Promenad	32:25	Wakehurst	34:12	Malling Rec	36:35
Erica Steele			Cornerstone Lakes	30:29				
Georgia Vallis	West Coast	30:17						
Cath Wheeler	Oxford	21:25			Jersey	22:14	Jersey Farm	22:59

## Upcoming Events

- 9<sup>th</sup> November – **Cross Country @ Aldershot** – no entry required, just respond on Spond or let your team captain know that you will be taking park. **Consistency league race.**
- 17<sup>th</sup> November – **Gosport Half Marathon**, enter at <https://gosporhalf.org/Gosport> are known for their fantastic medals, so if you are motivated by a bit of bling get entering soon. **Consistency league and club championship race.**
- 21<sup>st</sup> November – **Winter Handicap No.2**, plus pizzas and drinks in the Cricket Pavilion afterwards. The kit shed will also be open, selling of a range of Harriers running tops.
- 30<sup>th</sup> November – **Cross Country @ Bournemouth** - no entry required, just respond on Spond or let your team captain know that you will be taking park. **Consistency league race.**
- Double weekend of racing following the Cross Country we then head to Portsmouth on 1<sup>st</sup> December – **Victory 5**, enter at <https://register.enthuse.com/ps/event/The78thVictory5Mile2024> **Consistency league and club championship race.**
- 8<sup>th</sup> December is the **Whitchurch Santa Run**. This is an informal event/ unmarshalled 5k route around Whitchurch, fancy dress is of course strongly encouraged.
- 15<sup>th</sup> December – **Cyclists Race & Harrier Christmas Lunch**, 15<sup>th</sup> December, further details to follow. **Consistency league race.**
- 23<sup>rd</sup> March 2025 – **Combe Gibbet 16 miles** – Overton Harriers host this challenging 16 mile multi-terrian event in March, entries are now open [Combe Gibbet to Overton Race 2025 - Sunday 23 March 2025 - Online entry via EventEntry](#)



*For further details on all the above events please see Spond which gives addresses for the event and start times.*

## Harriers Christmas Lunch – Sunday 15<sup>th</sup> December 2024



Cross Country season is underway, which means it's time to start thinking about Christmas, and with that our annual run against Basingstoke Cyclists and Christmas club lunch.

There will be our annual low key mob match against the Basingstoke Cyclists. This starts at 10.45am from Overton Recreation Centre and takes in the Summer Handicap Harroway course. Pick up your race numbers from the pavilion from 10.15. Refreshments will be available and there is always the chance of a spot prize.

Once again, we shall be heading down to Test Valley Golf course on Sunday 15th December at 13:00, for a 13:30 sit down, after our usual Cyclists Race.

This year's menu choices are:

### Starters:

Parsnip and apple soup with toasted cheese ciabatta (VG/GF)  
Chestnut and mushroom arancini, tomato sauce (V)  
Slow cooked pork terrine, apple chutney and toasted ciabatta (V)

### Mains:

Roast breast of turkey, apricot stuffing, pigs in blankets.  
Fillet of trout, crushed new potatoes and herb cake, lemon veloute.  
Nut roast en-croute, mushroom gravy (VG)

### Desserts:

Christmas pudding with egg nog custard  
Spiced ginger sponge pudding, poached pear and vanilla ice cream  
Baked chocolate and hazelnut cheesecake, creme fraiche and cherry compote.

*All including coffee, mini mince pies and Christmas crackers*

**Costs: we've been able to keep adult prices the same as last year: £35 for 3 courses and £28 for 2 courses. For the under 12's all meals (2 or 3 courses) will all be £5 each.**

Payment: there are two ways you can pay, either by direct transfer to the Harriers account Overton AC 60-01-13 83142339 or by contact payment to the clubs SumUp payment machine (available on the day). **Please do not pay the golf club directly.**

If you'd like to come along, please contact John Hoare [johnhoare41@gmail.com](mailto:johnhoare41@gmail.com).

**If you've already replied via the club Spond app, please confirm your menu choices and anyone who will be attending with you. Please confirm your attendance and menu choices no later than 6th December.**