

November 2024



HARRIERS NEWSLETTER

Overton Harriers and Athletic Club

This issue is dedicated to Gosport Half Marathon, two cross country races, Aldershot and Bournemouth and 2nd winter handicap.

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

Gosport Half Marathon– 17th November 2024, Jasmin

After setting my half marathon PB in the gusty rain at last year's event, I wanted to enjoy the Gosport Half this year - and I did!

It was a perfect sunny Sunday as we ran along the coastline. No need for hats or gloves! The first lap flew by as most of my attention was focused on the sea. There were more supporters this year and people were out on the beach enjoying the surprisingly warm weather.

It got tough as we headed back to the turning point for lap one, but seeing other Harriers and our supporters cheered me on.

The second lap was harder. I pushed on, motivated by how strong I had felt running the first lap. Each hill felt steeper, and the promenade felt twice as long running it for the second time, but it remained an enjoyable race. Knowing I was on track for a good time, I found a little bit more energy to push my pace for the final 500m and went through the finish very happy. Plus, the goody bag was once again full of a great assortment of snacks!

Bumping into Harriers at the finish line, there were smiles all around, and lots of PB's had been set. Well done to everyone who ran!



Pos	Race No	Name	Gun Time	Net Time	Cat Pos	Gen Pos
59	631	Sean HOLMES	01:21:00	01:20:57	2	58
65	849	Neil MARTIN	01:21:20	01:21:18	4	63
163	700	Michael JONES	01:28:43	01:28:37	8	152
296	164	Richie BUDD	01:35:32	01:34:57	126	267
305	709	Gareth JULIFF	01:35:49	01:35:15	43	274
391	1014	Lucy PEARSON	01:39:21	01:38:44	10	53
698	149	Katie BROTHERS	01:51:46	01:51:01	26	131
723	1100	Ellen RIDLER	01:52:49	01:51:58	38	136
957	713	Jasmine KALTON	02:04:37	02:03:37	62	235
970	687	Amy JEWELL	02:05:33	02:04:32	64	242
993	1251	Erica STEELE	02:06:37	02:05:37	48	257
1236	1009	Manuela PATZELT	02:26:26	02:25:33	47	401
1239	751	Halszka KONIECZEK	02:27:36	02:26:44	72	403

Winter Handicap No 2 – 21st November 2024, John

I have been at the monthly handicap for some fifty years and I don't think I have ever seen such an exciting finish. Louis and newcomer Jamie had an almighty sprint to the line with Louis just taking the honours. It was a tremendous effort from them both and to add the icing to the cake they were also first and second by time. Well done both. It was also a first time for two other newcomers making their debuts over the handicap course. Welcome to Andy Regan and Simon Randall. For the overall positions in the Handicap league, Adam, Tim and John have all kept themselves well in the hunt.

We look forward to the next event on December 19th which will be the prelude to the Christmas celebrations in football club bar

POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Louis McCann	30.00	7.00	23.00	1
2	Jamie Royal	30.01	7.00	23.01	2
3	Adam Penhaul	31.04	4.00	27.04	10
4	Tim Dolton	31.15	4.00	27.15	11
5	John Harrison	31.43	5.00	26.43	9
6	Katie Brothers	31.48	2.30	29.18	16
7	Richie Budd	32.08	7.00	25.08	6
8	Alice Ainsworth	32.17	4.20	27.57	15
9	Chris Cockburn	32.24	8.45	23.39	4
10	Lucy Pearson	32.48	5.00	27.48	14
11	Piers Puntan	33.10	3.30	29.40	17
12	Andy Regan	33.21	3.30	29.51	18
13	Chris Cooper	33.25	9.00	24.25	5
14	Simon Randall	33.40	7.00	26.40	8
15	Jasmine Kalton	33.57	0.30	33.27	21
16	Darren Luckhurst	33.59	6.30	27.29	12
17	Sarah McCann	34.02	2.00	32.02	19
18	Keith Vallis	34.04	6.20	27.44	13
19	Hulya Yadsan-Appleby	34.10	0.30	33.40	22
20	Neil McCann	34.18	1.00	33.18	20
21	Gareth Juliff	35.05	9.00	26.05	7
22	Sean Holmes	35.09	11.45	23.24	3
23	Megan Phiri	35.26	0.00	35.26	23

Hampshire XC League

XC Aldershot – 9th November, Monique

After a few tough months due to the side effects of my ongoing treatment, I was really looking forward to meeting up with some of my Harrier friends at the Hampshire Cross Country League at Wellesley Woods in Aldershot. The weather didn't look too bad either and it certainly didn't rain.

So John and I set off well packed with our usual 'non runners' gear. On arrival we were directed to a completely different parking area than usual which meant that we had to make a bit of a hike through a big wooded area. As we got closer to the racing area we met Amy and Katie who pointed us in the right direction to where the Harriers tent was set up. When we got to the tent area we met up with Jasmin and Charlie who was dragging our club tent behind him. Confusion all round as it turned out that those who had arrived earlier had simply invaded someone else's tent. I just couldn't stop laughing when they realised it and had made a swift retreat. It made my day and is now officially known as the tent saga.

We had 9 ladies competing in a field of 171. They all put in a brave effort but unfortunately I can't give any details of the course. First home was Cath followed by Hannah with Katie finishing very close behind her. Next over the line was Claire followed by Amy, Sarah and Jasmin who finished within a few places of each other. Next to cross the line was Hulya and finally Halszka. They were all rewarded for their commitment with Amy's lovely chocolate cakes and I might have thrown in a few cookies as well.

Then onto the men race with an amazing turn out of twelve Harriers in a field of 272 runners. Neil was first Harrier to cross the line followed by Chris and Mike with only a few places between the latter two. Next in was Stuart followed by Gareth and Mark who was not far behind him. Then we had Martin, John, Adam, Tim and Keith. Finally Neil crossed the line who had made a great effort of tackling the course and distance without too much training under his belt.

I thoroughly enjoyed cheering everyone on. They all worked really hard.

Pos	Name	Time
86	Cath WHEELER	28:32
113	Hannah KIDSON	30:12
114	Katie BROTHERS	30:18
128	Claire DALY	31:23
139	Amy JEWELL	32:36
142	Sarah MCCANN	33:35
147	Jasmin KALTON	34:21
154	Hulya YADSAN-APPLEBY	35:22
163	Halszka KONIECZEK	40:48

Pos	Name	Time
125	Neil MARTIN	40:36
160	Chris COCKBURN	42:40
166	Mike JONES	42:58
194	Stuart SEARLE	44:39
203	Gareth JULIFF	45:10
206	Mark REID	45:24
231	Martin ALLEN	47:35
232	John HARRISON	47:38
239	Adam PENHAUL	48:24
250	Tim DOLTON	49:00
257	Keith VALLIS	50:20
270	Neil MCCANN	59:21



XC Bournemouth – 30th November, Hulya

It was a busy start. I picked up Katie Brothers' cookies and then Jasmine Kalton. The one-hour journey would have been very boring without Jasmine's company. She took me on a beautiful route from Overton that avoided A303 and A34. We talked about misleading traffic signs, storms stripping the trees untimely, her training plans, and my dream of running a marathon. It was a very enjoyable drive.

When I first saw the route map for Bournemouth XC, I thought it described the random walk of a highly intoxicated person. I did not worry about it thinking that all I needed to do was to follow the runners ahead of me. Unfortunately, it turned out to be a little more complicated than that! The runners ahead of me were moving in many different directions! I was stopped promptly by the marshals for my first mistake. Sadly, there were no marshals to stop me at my second mistake. I missed a turn and followed a peaceful footpath instead where there were no other runners. By the time I noticed that the route was too tranquil and turned back, 3-4 runners behind me were well ahead of me and they got to the finish before I did.

Pos	Name	Time
81	Cath WHEELER	29:39
87	Claire DALY	30:13
109	Lucy SYKES	32:58
111	Jasmin KALTON	33:51
115	Sarah MCCANN	34:54
125	Hulya YADSAN-APPLEBY	37:34
138	Halszka KONIECZEK	42:17

My goal had been to do a little better than I did in Aldershot. This was a mistake because the Bournemouth route was a lot harder. Next time I will be more relaxed and will not be so stressed about getting lost. Despite the route, the weather and the atmosphere were perfect. It was wonderful to see Monique. Her cake was a bonus, much loved by all! We ate, chatted, stretched all at the same time! The support and company of the Harriers team made it a worthwhile effort. The journey back with Jasmine was equally enjoyable. It was still light by the time we got back to the beautiful route. I had plenty of time to cook my veganised alfredo linguini for dinner. I went to bed thinking perhaps I could make up for my lost time today on Victory 5 tomorrow!

Pos	Name	Time
87	Sean HOLMES	39:25
146	Stuart SEARLE	43:37
150	Mark REID	44:02
172	Gareth JULIFF	46:21
177	Adam PENHAUL	47:16
186	Tim DOLTON	48:38
198	Keith VALLIS	50:03



We were 7 out of 142 female runners. From left to right: Cath, Lucy, Jasmine, Halszka, Sarah, Hulya, Claire.



There were 7 Harriers out of 212 male runners. From left to right: Gareth, Sean, Stuart, Mark, Tim, Adam, Keith.

RACE REPORTS

Abingdon Marathon – 20th October 2024, Lucy

Following London, I was determined to give a sub 4 hour marathon another go: Abingdon seemed like the perfect opportunity. The morning dawned wet and windy, with Storm Ashley sweeping across the country and the Great South Run cancelled. Mum dropped me as close to the start as possible but I still got drenched before we'd even begun. After hiding in the changing rooms for a bit, I warmed up and headed to the slightly chaotic start line. Nobody could hear whoever was on the tannoy...suddenly we were off!

The course is flat and mostly on road / pavement but there are some sections on paths which had become muddy and very slippery in road shoes. After running from Tilsley Park through Abingdon, we headed south towards Milton Park industrial estate before looping up through Sutton Courtenay and Drayton. We did this loop twice before heading north through Abingdon again, back to the finish in Tilsley Park.

The first half went according to plan with my pacing and nutrition spot on, and the weather wasn't too bad. The second half, however, was a different story. My pace fell off a cliff, not helped by the increasingly gusty winds and sideways rain. I thought I was keeping track of my gels which I intended to take every 30 minutes, but I finished with two left so something went wrong somewhere. Anyway, I didn't stop and didn't walk, just kept shuffling to finish in 4:19. Not a PB, although it is my second fastest and I am super proud of it given the conditions and various disruptions to my training. The sub 4 will have to wait...I'm heading back to the trails!



PARKRUN RESULTS

Name	02/11/2024		09/11/2024		16/11/2024		23/11/2024		30/11/2024	
Alice Ainsworth	Wendover Woods	25:02					Newbury	24:54	Basingstoke	29:14
Marcus Appleby	Winchester	28:38								
Michael Ball									Andover	38:51
Katie Brothers	Newbury	24:01	Andover	27:33	Andover	25:22	Newbury	24:56		
Richie Budd					Basingstoke	23:37	Andover	23:01	Basingstoke	27:17
Dave Bush	Brunswick Park	50:39	Frimley Lodge	55:05	Winchester	49:30	Frimley Lodge	34:41		
Terry Clarke	Queen Elizabeth	26:47	Severn Bridge	24:37	Rushmoor	24:43	Basingstoke	25:33	Basingstoke	25:11
Chris Cockburn	Wendover Woods	22:59	Newbury	25:11	Andover	20:25	Newbury	24:56	Basingstoke	29:35
Lauren Dennison					Prospect	29:05	Basingstoke	29:17		
Amy Jewell	Newbury	32:53	Basingstoke	34:40						
Gareth Juliff	Basingstoke	20:40								
Jasmin Kalton	Andover	28:12	Andover	58:50	Andover	26:32	Andover	29:31	Andover	31:06
Neil Martin	Southampton	18:01					Andover	19:07		
Neil McCann					Andover	27:19				
Sarah McCann	Basingstoke	26:12	Basingstoke	27:25	Andover	25:27	Basingstoke	27:12	Andover	28:37
Eleanor McDevitt			Woodhouse Moor	35:21						
Lucy Pearson							Felixstowe	23:37		
Tony Reid			Lee-on-the-Solent	42:57						
Ellen Ridler									Basingstoke	29:35
Kel Ryder	Whiteley	34:44	Roundshaw Downs	35:25	Cirencester	35:30	Watermead	33:49	Preston Park	38:30
Lucy Sykes							Andover	27:12		
Hulya Yadsan-Appleby	Winchester	28:16								

UPCOMING EVENTS

- **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.
- **4th January** – Hampshire XC Championships
This is a little different from the normal cross country events. You will need to register in advance so please let Sean know if you would like to attend via Spond.
- **11th January** – Cross country Reading, Prospect Park
- **12th January** – Stubbington 10km
- **18th January** – Social Quiz at St Mary's Hall, Overton