

# HARRIERS NEWSLETTER

Overton  
Harriers



&  
Athletic Club

*Overton Harriers and Athletic Club*

## Message from the Editor

### ***Happy New Year!***

*December did not see the running slow down for many with Victory 5, a Winter Handicap, Cyclists Race, Whitchurch Santa Run, and a Monday night social run taking in the best Christmas Lights Overton had on offer.*



*We also saw a few Harriers reach parkrun milestones – well done to **Claire Spencer** on 200, **Sarah McCann** on completing her 100<sup>th</sup> and to **Ellen Ridler** and **Chris Cockburn** who both reached 50 parkruns in December.*

*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

## Victory 5 – 01/12/2024 (HRRL League Race)

Name	Overall Position	Gender Position	Time	Net Time
Sean Holmes	73	68	30:06	30:01
Louis McCann	99	87	31:06	30:58
Chris Cockburn	100	88	31:06	31:00
Richie Budd	132	115	32:02	31:54
Christopher Cooper	141	123	32:26	32:21
Gareth Juliff	185	160	33:47	33:39
Alice Ainsworth	331	65	38:09	37:51
Ellen Ridler	424	102	42:22	41:58
Jasmine Kalton	442	114	43:06	42:39
Sarah McCann	446	116	43:08	42:42
Neil McCann	480	349	44:55	44:26
Hulya Yadsan-Appleby	518	152	46:49	46:08
Marcus Appleby	561	380	50:10	49:30
Halszla Konieczek	584	194	52:01	51:31



## CYCLISTS RACE – 15/12/24

One of our traditional events that has taken place for as many years as the club has been in existence. Always a pleasure to see the Basingstoke cyclists arriving on their bikes in their Father Christmas outfits ready to take us on over the Summer Handicap course.

In theory it is a mob match but the occasion is far more important than the results. Mince pies and spot prizes make up the rest of the morning before they disappear to the Old House and us to the Golf Club for the Christmas lunches.

Our dinner at the Golf Club has been part of the Christmas celebrations for many years. Once again, an excellent meal in great company in an ideal venue. It is a highlight of the year for me and I thank you all for the support and look forward to doing the whole thing again next year.

Times for the run as follows . . .

POS	NAME	TEAM	TIME	POS	NAME	TEAM	TIME
1	Sean Holmes	Harriers	21.31	21	Chris Minter	Cyclists	26.46
2	Chris Cockburn	Harriers	21.36	22	Anna Melville	Cyclists	27.13
3	Matt Melville	Cyclists	21.50	23	Stuart Allen	Harriers	27.22
4	Neil Martin	Harriers	22.07	24	Simon Gill	Cyclists	27.40
5	Louis McCann	Harriers	22.09	25	Bernie Charlick	Cyclists	27.53
6	Richie Budd	Harriers	22.53	26	Alice Ainsworth	Harriers	28.06
7	Mike Jones	Harriers	23.05	27	Dave Bush	Harriers	28.25
8	Stuart Searle	Harriers	23.14	28	Martin Cattermole	Cyclists	28.28
9	Chris Cooper	Harriers	23.40	29	Piers Puntan	Harriers	28.45
10	Henry Salmon	Cyclists	24.02	30	Simon Lunskey	Cyclists	29.04
11	Ashley Coxden	Harriers	24.31	31	Carolyn Jones	Harriers	29.14
12	Gareth Juliff	Harriers	24.45	32	Katie Brothers	Harriers	29.14
13	Jack Steed	Harriers	24.48	33	Amy Jewell	Harriers	29.37
14	Mark Baker	Cyclists	25.08	34	Lucy Sykes	Harriers	29.51
15	Alastair Marnoch	Cyclists	25.17	35	Sarah McCann	Harriers	30.53
16	Adam Penhaul	Harriers	25.25	36	Jasmin Kalton	Harriers	31.54
17	Lucy Pearson	Harriers	25.35	37	Hulya Yadsan-Appleby	Harriers	36.13
18	John Harrison	Harriers	25.41	38	Marcus Appleby	Harriers	37.02
19	Geoff Wrey	Cyclists	25.48	39	Keith Vallis	Harriers	39.04
20	Richard Clifford	Harriers	26.01	40	Halszka Konieczek	Harriers	40.18

## DECEMBER HANDICAP – 19/12/2024

A truly competitive handicap this month. Five of the leading contenders for the Time League all finished within 13 seconds of each other. And with three of them having missed one event do not rule out Chris Cooper and Richie in the race for overall honours. Could go anywhere.

Mark was a comfortable winner of the handicap on the night, but he has missed two and will not qualify for the end of season medals. Adam and Tim are the leading contenders to date but there are any number of possibilities. It just takes one bad run or one exceptional run to change the whole picture. League tables included here. All to play for. Next event is January 23rd. Do not miss it!

POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Mark Reid	33.22	8.00	25.22	7
2	Piers Puntan	34.18	5.56	28.22	15
3	Neil Martin	34.19	11.44	22.35	3=
4	Chris Cockburn	34.28	11.57	22.31	2
5	Tim Dolton	34.33	8.30	26.03	11
6	Lucy Pearson	34.54	7.48	27.06	13
7	Adam Penhaul	34.59	8.35	26.24	12
8	Jasmin Kalton	35.02	2.32	32.30	19
9	Louis McCann	35.05	12.36	22.29	1
10	John Harrison	35.12	9.15	25.57	9
11	Sarah McCann	35.13	3.30	31.43	18
12	Mike Jones	35.15	12.33	22.42	5
13	Gareth Juliff	35.18	9.54	25.24	8
14	Richard Clifford	35.22	7.48	27.34	14

15	Hulya Yadsan-Appleby	35.54	1.55	33.59	20
16	Sean Holmes	35.58	13.23	22.35	3=
17	Katie Brothers	36.14	6.37	29.37	16
18	Chris Cooper	36.17	11.37	24.40	6
19	Richie Budd	36.46	10.46	26.00	10
20	Amy Jewell	36.52	5.10	31.42	17

Current Standings in the Time League:

POS	NAME	Oct	Nov	Dec	Jan	Mar	
1	Louis McCann	<u>0</u>	1	1			2
2	Sean Holmes	1	3	<u>3</u>			4
3	Chris Cockburn	3	<u>4</u>	2			5
4=	Neil Martin	4	<u>0</u>	3			7
4=	Mike Jones	2	<u>0</u>	5			7
6	Chris Cooper	5	5	6			10
7	Richie Budd	6	6	<u>10</u>			12
8	Gareth Juliff	7	7	<u>8</u>			14
9	John Harrison	8	9	<u>9</u>			17
10	Adam Penhaul	11	10	<u>12</u>			21
12	Tim Dolton	<u>12</u>	11	11			22
11	Darren Luckhurst	10	12	<u>0</u>			22
13	Keith Vallis	13	<u>13</u>	<u>0</u>			26
14	Lucy Pearson	<u>0</u>	14	13			27
15=	Katie Brothers	<u>17</u>	16	16			32
15=	Piers Puntan	<u>21</u>	17	15			32
17	Sarah McCann	<u>22</u>	19	18			37
18	Jasmin Kalton	<u>24</u>	21	19			40
19	Hulya Yadsan-Appleby	<u>23</u>	22	20			42

Current Standings in the Handicap League:

POS	NAME	Oct	Nov	Dec	Jan	Mar	
1	Adam Penhaul	1	3	<u>7</u>			4
2	Tim Dolton	2	4	<u>5</u>			6
3	John Harrison	4	5	<u>10</u>			9
4	Louis McCann	<u>0</u>	1	9			10
5	Katie Brothers	5	6	<u>17</u>			11
6	Chris Cockburn	<u>10</u>	9	4			13
7	Richie Budd	6	7	<u>19</u>			13
8	Piers Puntan	<u>22</u>	11	2			13
9	Lucy Pearson	<u>0</u>	10	6			16
10	Mike Jones	7	<u>0</u>	12			19
11	Jasmin Kalton	<u>23</u>	15	8			23
12	Neil Martin	21	<u>0</u>	3			24
13	Chris Cooper	13	13	<u>18</u>			26
14	Sarah McCann	<u>19</u>	17	11			28
15	Darren Luckhurst	12	16	<u>0</u>			28
16	Hulya Yadsan-Appleby	<u>24</u>	19	13			32
17	Gareth Juliff	20	<u>21</u>	13			33
18	Sean Holmes	17	<u>22</u>	16			33
19	Keith Vallis	16	18	<u>0</u>			34

## Race Reports

### Goodwood Running Festival Marathon – 1st December 2024, Neil Martin

Needing an Autumn challenge and training focus I decided to find a marathon to run and entered the Runthrough event at Goodwood Motor Circuit. There are races from 5K up to 50K with varying numbers of loops around an approximately 2.5 mile circuit to make the distances. The marathon was 11 laps plus a short out and back.

Training went well with some decent shorter races in the build-up, so I was aiming for around 2:52 as an A target, and otherwise just making sure I was under 3 hours.

The weather was not exactly ideal but was at least the weekend in between Storms Bert and Darragh. For those that did Victory 5 you will remember that it was driving rain and fairly cold.

The race format meant that I ran past the start/finish area ten times with the promise of a warm car if I gave up. I started out around 6:35 mile pace in a group of 6 runners. The track is pretty flat with a couple of short, gradual inclines and I was keeping a consistent pace until around 15 miles when I was dropping away from the pack. Although it was more that they sped up. I was also feeling some twinges in my calves, but luckily this did not develop into full-on cramp.

With the cold and wet the pace really dropped off in the last five miles but I had already done enough to ensure that I was comfortably under three hours.

After a few weeks of lower mileage, I now start building again for London Marathon. I will be back at Goodwood in February for the 20-mile race as a longer, fast-paced training run – only 8 laps instead of 11 and hopefully a bit drier!

#### Results

Neil Martin 2hr 57 min 17 sec 15/143 (1st Vet 50)

## Harriers Consistency League

Consistency league tables have been updated, and we have some early leaders. Well done to **Jasmine** and **Gareth** who are currently leading the way! There is still a long way to go, will they both still be top of the table at the end of the season?

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Total
Jasmin Kalton	17	15	38	17	40	14	141
Sarah McCann	16	16		16	36	15	99
Halszka Konieczek		13	28	14	30	12	97
Hulya Yadson Appleby	15	14		15	34	13	91
Katie Brothers	18	18	32			17	85
Ellen Ridler			34		32		66
Cath Wheeler	20	20		20			60
Lucy Pearson			40			20	60
Alice Ainsworth					38	19	57
Claire Daly		17		19			36
Erica Steele			36				36
Lucy Sykes				18		16	34
Manuela Patzelt			30				30
Emily Arbuthnot	19						19
Hannah Kidston		19					19
Carolyn Jones						18	18

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Total
Gareth Juliff	17	16	34	18	32	12	129
Neil Martin	20	20	40			19	99
Richie Budd			36		38	17	91
Michael Jones	18	18	38			16	90
Stuart Searle	19	17		20		15	71
Chris Cockburn		19			30	20	69
Louis McCann					36	18	54
Chris Cooper					40	14	54
Adam Penhaul	12	12		17		10	51
Neil McCann		9			34		43
Keith Vallis	14	10		15		3	42
Tim Dolton	11	11		16			38
John Harrison	15	13				9	37
Mark Reid		15		19			34
Marcus Appleby					28	4	32
Martin Allen	16	14					30
Darren Luckhurst	13						13
Ashley Coxden						13	13
Jack Steed						11	11
Richard Clifford						8	8
Stuart Allen						7	7
Dave Bush						6	6
Piers Puntan						5	5

Races still to come in the consistency league:

- 4th Jan 24 Hampshire XC - Champ Cross Country Club Championship
- 11th Jan 24 XC Match 4 - Reading
- 12th Jan 25 Stubbington 10K - **10K Club Championship**
- 2nd Feb 25 Ryde 10 Mile
- 8th Feb 25 XC Match 5 - TBC
- 6th April 25 Salisbury 10 Mile - **10 Mile Club Championship**
- April – May 25 Winchester Parkrun - **5K Club Championship**
- 3rd May 25 HTB5

And it is not all about the top spot, awards are given to top 3 finishers, and to those that win the Club Championship Event (highlighted in red on the consistency league table, Club Championship events have double points available).

*How points are calculated – a handicap is applied to your finishing position based on your winter and summer handicap times, so anyone can win the big points on a good run.*

# Parkrun Results - December

Name	07/12/2024		14/12/2024		21/12/2024		25/12/2024		28/12/2024	
Alice Ainsworth			Newbury	25:19	Newbury	24:38			Blickling	23:04
Emily Arbuthnott					Basingstoke	25:55				
Michael Ball			Tidworth	33:15	Tidworth	30:37	Andover	30:48	Tidworth	29:08
Katie Brothers			Brueton	24:20	East Grinstead	29:36	Andover	26:01	Winchester	24:43
Richie Budd							Basingstoke	19:58	Basingstoke	25:52
Dave Bush	Frimley Lodge	30:09	Frimley Lodge	30:12	Frimley Lodge	34:14	Frimley Lodge	30:27	Frimley Lodge	26:52
Terry Clarke	Brooklands	26:03	Netley Abbey	25:19	Brockenhurst	26:40	Basingstoke	27:31		
Chris Cockburn			Newbury	24:50	Newbury	24:38			Blickling	19:16
Chris Cooper									Newbury	19:58
Claire Daly							Newbury	25:53		
Mark Daly							Newbury	25:53		
Lauren Dennison	Curl Curl (Aus)	28:09	Mosman (Aus)	28:29			Basingstoke	29:08		
Charlie Duncombe							Andover	31:14		
Amy Jewell			Newbury	35:00	Basingstoke	36:12				
Carolyn Jones							Newbury	24:50		
Michael Jones							Newbury	19:37		
Gareth Juliff					Basingstoke	22:59			Newbury	21:28
Jasmin Kalton			Andover	28:01	Basingstoke	29:14	Andover	31:18	Basingstoke	31:03
Halszka Konieczek					Basingstoke	47:50			Newbury	37:16

Neil Martin			Newbury	19:18	Andover	20:03	Southampton	18:07	Penryn Campus	19:19
Louis McCann					Basingstoke	22:14	Basingstoke	19:38		
Neil McCann					Basingstoke	28:49	Basingstoke	28:09		
Sarah McCann					Basingstoke	27:44	Basingstoke	26:34		
Lucy Pearson					Basingstoke	27:45	Basingstoke	39:10		
Tony Reid							Lee-on-Solent	43:40		
Ellen Ridler					Basingstoke	28:19			Basingstoke	30:57
Kel Ryder					Winchester	40:04			Three Brooks	27:23
Lucy Sykes							Winchester	26:36	Andover	26:20
Claire Spencer					Basingstoke	26:26				
Erica Steele					Basingstoke	29:42				
Bazyli Szulc									Newbury	36:52
Cyryl Szulc									Newbury	37:15
Keith Vallis					Basingstoke	36:57			Bay East Garden (Sing.)	35:09
Cath Wheeler							Newbury	22:08	Newbury	21:55

## Upcoming Events

- 11<sup>th</sup> January – **Cross Country @ Reading (Prospect Park)** – no entry required, just respond on Spond or let your team captain know that you will be taking park. **Consistency league race.**
- 12<sup>th</sup> January – **Stubbington 10K**, entries are now sold out, but transfers are allowed until 6<sup>th</sup> January, so if you are keen to give this 10K a go it is worth keeping an eye on Facebook groups. **Consistency league, HRRL event and club championship race.**
- 23<sup>rd</sup> January – **Winter Handicap No.4.**
- 2<sup>nd</sup> February – **Ryde 10 Mile** – entries are filling fast; you can enter at [The Ryde 10mile Race | Ryde Harriers](#). **Consistency league and HRRL event.**
- 23<sup>rd</sup> March – **Combe Gibbet 16 miles** – Overton Harriers host this challenging 16 mile multi-terrain event in March, entries are now open [Combe Gibbet to Overton Race 2025 - Sunday 23 March 2025 - Online entry via EventEntry](#)
- 6<sup>th</sup> April – **Salisbury 10** - [Salisbury 10 | City of Salisbury Athletics & Running Club | Salisbury \(salisbury-arc.org\)](#). **Consistency league, HRRL event and club championship race.** This event sells out, so if you are interested in a 10 miler, where you usually get a pretty good t-shirt enter soon!

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



*Happy New Year – and here is a to a fantastic 2025.*