

January 2025



HARRIERS NEWSLETTER

Overton Harriers and Athletic Club

This month we've seen Harriers competing in Stubbington 10km race, two cross country events, Reading and XC championships and 3rd winter handicap.

We also have a look at other races our members took part and consistency league standings.

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

Stubbington 10k – 12th January 2025, Gareth

Having not fancied the 2 cross countries in consecutive weeks, my 1st race of 2025 was to be Stubbington. After the stress of parking last year, me and Halszka were there bright and early to find a spot in the already cramped hall to pick up our numbers and to be disappointed that there wasn't to be the usual free long sleeve top this year.

Having now been about 6 months injury free my target was to try to get back to around 43mins for 10k with the hope to then get myself near the 40 mins mark for the spring/summer 10ks with a few more strong training months.

With the 1st half of the course on a gradual downhill/flat trajectory I set off looking to stay a little below 7 min miles but as feeling good went through 3 miles between 6.30 and 6.40 miles. At the halfway mark although slowing on the 1st incline, I was pleased to be a about 20.30, which was way above schedule and faster than I had been running park runs for a few years. It was at point at the water station I attempted to drink out of a cup while still running (multi-tasking was never a strong suit) and had to stop to choke for a little bit.

With my composure back after about a half mile I did manage to get back into my rhythm even if the 2nd half is slightly harder, especially considering the effort I had put in. It was nice at about 4 and a half where runners are coming the other way to see some harriers to cheer on and forget about how hard the race is for a minute.

The end of the revised course for last few years is quite deceptive where come back on yourself but I had tried to push on a bit for about half a mile out. The finish though did still come up quicker than expected hence feel may have pushed slightly quicker and gained a few more places. I was though incredibly pleased to come in at 42mins dead so a minute above target.

A big shout out to all who run and know there were some big pbs on the day on what is to be fair a pb course. Is good to see some of our newer and younger members starting to get faster by competing with each other. Hopefully the more senior members like myself can also be inspired to get to a point I can get that elusive sub 40 mins 10k in the future.



Pos	Race No	Name	Gun Time	Net Time	Cat Pos	Gen Pos
89	812	Sean HOLMES	36:42	33:40	5	87
104	322	Chris COCKBURN	37:00	36:58	60	102
109	1106	Neil MARTIN	37:07	37:03	7	107
188	237	Richie BUDD	39:05	39:01	99	177
231	351	Christopher COOPER	39:42	39:35	116	218
352	917	Gareth JULIFF	42:11	42:01	54	318
487	1312	Lucy PEARSON	45:01	44:42	13	74
550	1320	Adam PENHAUL	45:57	45:19	79	460
683	1436	Graeme RIDLER	48:35	48:00	221	557
703	1373	Piers PUNTAN	49:04	48:21	25	568
798	1435	Ellen RIDLER	50:32	49:57	52	167
928	1126	Sarah MCCANN	52:36	52:01	29	222
987	919	Alan KALTON	53:40	52:56	50	738
1054	920	Jasmine KALTON	54:47	54:03	72	275
1107	892	Amy JEWELL	55:43	55:07	79	296
1265	1987	Hulya YADSAN-APPLEBY	58:43	58:02	50	395
1527	964	Halszka KONIECZEK	01:05:26	01:04:50	93	577
1550	49	Marcus APPLEBY	01:06:03	01:04:00	7	955

Winter Handicap No 4 – 23rd January 2025, John

Well done to everybody for another highly successful handicap evening. It was three relative newcomers that stole the honours, setting themselves up for future races. The handicapper will be on your case!! The handicap league was thrown wide open after another fine effort from Tim, who has opened up a narrow gap of just one point over Adam. And with just five points between 3rd and 7th there is everything to go for at the final event. The time league was wrapped up by Sean after a narrow win, but what a great run from Chris who got within just one second. The battle for the minor places is also wide open and should provide plenty of competition right to the end.

POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Vinny Goodfield	31.34	6.30	25.04	8
2	Blanka Telfer	32.07	2.30	29.37	16
3	Megan Phiri	34.13	0.00	34.13	20
4	Tim Dolton	34.28	8.30	25.58	9
5	Alice Ainsworth	35.02	7.39	27.23	12
6	Gareth Juliff	35.10	10.12	24.58	7
7	Carolyn Jones	35.12	5.16	29.56	17
8	Richie Budd	35.17	10.46	24.31	6
9	Chris Cockburn	35.20	13.05	22.15	2
10	Sean Holmes	35.27	13.13	22.14	1
11	Piers Puntan	35.34	7.04	28.30	14
12	Mike Jones	35.38	12.54	22.44	3
13	Katie Brothers	35.44	6.37	29.07	15
14	Adam Penhaul	35.47	9.12	26.35	11
15	John Harrison	35.52	9.39	26.13	10
16	Lucy Pearson	36.09	8.30	27.39	13
17	Neil Martin	36.18	13.01	23.17	4
18	Hulya Yadsan-Appleby	36.19	1.55	34.24	21
19	Neil McCann	36.46	2.18	34.28	22
20	Louis McCann	36.57	13.07	23.50	5
21	Ellen Ridler	37.10	6.30	30.40	18
22	Sarah McCann	37.18	3.53	33.25	19

Cross Country Championships – 4th January 2025

Well done to everyone who represented Harriers in XC Championships. Ladies competed on a distance of 9km, while men did 11.5km.



Pos	Name	Time
48	Sean Holmes	45:32
49	Neil MARTIN	45:48
73	Stuart SEARLE	49:05
86	Mark REID	50:37
100	Jack STEED	52:49
106	Tim DOLTON	54:48
110	Richie BUDD	55:20
118	John HARRISON	56:06
120	Adam PENHAUL	57:05

Pos	Name	Time
33	Cath WHEELER	41:57
47	Hannah KIDSON	44:54
51	Katie BROTHERS	47:02
52	Jasmin KALTON	48:18
57	Sarah MCCANN	50:26

Hampshire XC League

XC Prospect Park, Reading – 11th January



Pos	Name	Time
54	Cath WHEELER	29:41
64	Claire DALY	31:12
69	Jasmin KALTON	32:55
76	Sarah MCCANN	34:29
81	Amy JEWELL	35:32
91	Hulya YADSAN-APPLEBY	39:12

Pos	Name	Time
84	Sean Holmes	37:31
92	Neil MARTIN	39:05
106	Michael JONES	40:17
118	Stuart SEARLE	41:10
121	Mark REID	41:17
155	Tim DOLTON	45:17
165	John HARRISON	47:19



CONSISTENCY LEAGUE

In the Men's Neil Martin has taken a commanding lead after taking the maximum points from the Hampshire Cross Country Champs and Reading Cross Country, with a good showing at Stubbington too. The chasing pack is all very close with Richie Budd just 2 points ahead of Gareth Juliff, with Stuart Searle only a further 26 points back.

The Women's league has a similar story with ever present Jasmin Kalton with a big lead over second place Sarah McCann. Hulya leads the race for third currently but only 37 points covers the next 5 runners so the final prize could go to anyone currently.

The next races are Ryde 10 coming up shortly in February, followed by the double points available at the 10M Club Championship at Salisbury and the 5k Championship, this year at Winchester Parkrun.

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Hants XC	Reading	Stubbington	Total
Jasmin Kalton	17	15	38	17	40	14	34	18	40	233
Sarah McCann	16	16		16	36	15	32	17	38	186
Hulya Yadson Appleby	15	14		15	34	13		16	32	139
Halszka Konieczek		13	28	14	30	12			30	127
Katie Brothers	18	18	32			17	36			121
Cath Wheeler	20	20		20			40	20		120
Ellen Ridler			34		32				36	102
Lucy Pearson			40			20			34	94
Alice Ainsworth					38	19				57
Hannah Kidston		19					38			57
Claire Daly		17		19				19		55
Erica Steele			36							36
Lucy Sykes				18		16				34
Manuela Patzelt			30							30
Emily Arbuthnot	19									19
Carolyn Jones						18				18

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Hants XC	Reading	Stubbington	Total
Neil Martin	20	20	40			19	40	20	32	191
Richie Budd			36		38	17	30		34	155
Gareth Juliff	17	16	34	18	32	12			24	153
Stuart Searle	19	17		20		15	38	18		127
Michael Jones	18	18	38			16		19		109
Adam Penhaul	12	12		17		10	26		30	107
Chris Cockburn		19			30	20			26	95
Chris Cooper					40	14			40	94
Mark Reid		15		19			36	17		87
Tim Dolton	11	11		16			32	16		86
John Harrison	15	13				9	28	15		80
Louis McCann					36	18				54
Marcus Appleby						28	4			54
Jack Steed						11	34			45
Neil McCann		9			34					43
Keith Vallis	14	10		15		3				42
Piers Puntan						5			36	41
Graeme Ridler									38	38
Martin Allen	16	14								30
Alan Kalton									28	28
Darren Luckhurst	13									13
Ashley Coxden						13				13
Richard Clifford						8				8
Stuart Allen						7				7
Dave Bush						6				6

RACE REPORTS

Basingstoke Parkrun report – 4th January 2025, Cyril

It was my 8th birthday and what was the better way to celebrate than to run my 10th parkrun. We decided to go to War Memorial Park and join 563 runners. It was very cold morning, which was good, because all of the mud was frozen. I was running with Gareth. The hardest part of the run was in the middle when you get tired but think 'urrr' as you still have long way to go. Luckily, I had Gareth to keep me company and talk to me. It was nice to see a friend from school running it too, especially running up the tennis court hill together. It is good to have running buddy because they cheer you on and they keep you going and encourage you when you're tired. The best part of the run was the end of it, because when you finish you feel like 'Finally, I did it!' and you can relax, and it makes you feel happy and that you have more energy. The reason I like running is because it makes my legs strong and makes me fit. It was a very good run for me as I got a new PB, finishing in 29:58 and now I'm officially faster than mummy.



COMMITTEE NEWS

The Harriers committee meets every month and discuss a variety of topics to help the club run smoothly. I'd like to share with you some of the areas that we've covered since the last AGM in April 2024.

- England Athletics have launched a new set of standards that all affiliated clubs must adhere to. We've been working to achieve this standard and are nearly there. The last part involves the support of the whole club. We will be asking you all to agree to a Code of Conduct which includes how we should behave when training, wearing suitable clothing to training (e.g. high vis in the dark), how we speak to others. We will also be asking everyone to renew their membership each year and use this as an exercise to make sure your contact details, medical and emergency contacts are up to date. This is all part of the new standards and policy compliance. The policies are all available on the website under Club Information. Many thanks to Mark Underwood who has done a lot of this work.
- We discuss progress in various leagues and have decided to continue to participate in the Vets League this year – fixtures will be available soon and it is open to all club members over 35 with various track and field events. There are 4 fixtures all on Monday evenings starting late April. Please speak to Sean if you want to find out more.
- Social events are also looked after by the committee and we try and have a variety of events throughout the year from pizza after some handicaps, Christmas lunch and are happy to look at any suggestions people may have.
- Committee members share updates on races that we organise (Combe Gibbet and Overton 5), training weekend, mob matches etc.
- Our committee members are myself, Anna Vallis – Chair; Stuart Searle – Vice-Chair; Sarah McCann – Secretary; Neil Martin – Membership Secretary; Gareth Juliff – Treasurer; Amy Jewell – Ladies' Captain; Katie Brothers – Ladies' Vice Captain; Sean Holmes – Men's Captain; Charlie Duncombe – Men's Vice Captain; Mark Underwood – Website & Comms; Mark Dennison; John Hoare; Olivia Cox; Helen McMahan

PARKRUN RESULTS

Name	01/01/2025		04/01/2025		11/01/2025		18/01/2025		25/01/2025	
Alice Ainsworth			Newbury	25:43	Andover	25:06	Newbury	23:22	Basingstoke	29:44
Emily Arbuthnott					Coed Cefn-pwll-du	26:02				
Michael Ball			Tidworth	25:23	Tidworth	24:31			Tidworth	24:52
Katie Brothers	Andover	25:43	Winchester	26:46			Andover	25:15	Winchester	25:15
Richie Budd	Basingstoke	30:20	Basingstoke	25:02			Newbury	20:11		
Dave Bush	Delftse Hout (Ned)	22:10	Kralingse Bos (Ned)	21:20			Southampton	46:30	Frimley Lodge	33:25
Terry Clarke	Basingstoke	46:10	Basingstoke	36:57			Havant	27:03	Newbury	26:15
Chris Cooper							Bideford	19:30		
Chris Cox			Newbury	25:43	Andover	25:08	Newbury	24:57	Basingstoke	25:48
Claire Daly	Basingstoke	24:42								
Lauren Dennison			Cranleigh	27:57	Basingstoke	29:17	Hogmoor Inclosure	30:15	Wollaton Hall	29:20
Gareth Juliff			Basingstoke	29:59						
Jasmin Kalton	Basingstoke	30:37			Andover	30:11	Basingstoke	30:16	Basingstoke	29:50
Halszka Konieczek			Basingstoke	32:45						
Neil Martin	Heartlands	19:15					Southampton	18:07	University Parks	18:28
Neil McCann	Basingstoke	27:23								
Sarah McCann			Basingstoke	29:55			Basingstoke	30:20	Basingstoke	27:53
Eleanor McDevitt									Woodhouse Moor	31:11
Lucy Pearson					Basingstoke	25:51				
Tony Reid									Whiteley	31:26
Piers Puntan							Winchester	23:56		
Ellen Ridler			Basingstoke	27:56	Basingstoke	31:12			Basingstoke	29:48
Kel Ryder	Warwick Racecourse	36:58	Morden	36:48	Stockley Country	37:02	Linford Wood	40:32	Perry Hall	38:37
Lucy Sykes	Andover	27:04								
Cyryl Szulc			Basingstoke	29:58						

UPCOMING EVENTS

- **23rd March – Combe Gibbet.** This challenging 16 mile multi-terrain event is hosted by Overton Harriers. Entries are open until 21st March and available at <https://www.evententry.co.uk/combe-gibbet-to-overton-race-2025>
- **6th April – Salisbury 10.** This event is part of the consistency league, HRRL event and club championship race. Entries are open at <https://www.salisbury-arc.org/s10-entry>
- **11th May – Alton 10.** Entries are open at <https://www.atwevents.co.uk/e/alton-ten-9101>
- **18th May – Netley 10km.** Entries are open until 16th May <https://racesignup.co.uk/netley-10k>
- **6th July – Lordshill 10km.** Entries are open at <https://racesignup.co.uk/lordshill-10k-2025>

We Need You (or someone you know)!

- This year at the Combe Gibbet 16-mile trail event on 23rd March we would love to capture some drone footage of the start to help advertise the event in future years. If you own a drone or know anyone that does and can help, please speak to a member of the committee. We would also like some film footage of parts of the event, so if you or someone you know is out and about on Gibbet day, please capture some short videos that you can share with us.
- We are looking for more people to get involved with timekeeping for the handicap events. If you would be happy to get involved with timing, please speak with John or Stuart so we can arrange to have you shadow John a couple of times. The next Winter Handicap is Thursday 27th February.