

HARRIERS NEWSLETTER

Overton Harriers and Athletic Club



February 2025

Message from the Editor

February was a busy month! We started the month with Ryde 10, had a fantastic training week on the Isle of Wight and ended the month with the last Winter Handicap of the year.

This month's newsletter is filled with results tables galore and plenty of photos. Don't forget, please please please ping over race reports, we love sharing the adventures you have taken, just ping over to newsletter@overtonharriers.org.uk

Ryde 10 – 2nd February 2025

No	Time	Chip Time	Name	POS	SEX	GEN POS	CAT POS
229	01:01:55	01:01:54	HOLMES, Sean	13	M	13	2
318	01:02:33	01:02:33	MARTIN, Neil	19	M	19	4
255	01:05:45	01:05:42	JONES, Michael	33	M	32	2
116	01:07:55	01:07:44	COXDEN, Ashley	56	M	51	24
261	01:14:19	01:14:03	JULIFF, Gareth	118	M	99	18
382	01:16:51	01:16:34	PEARSON, Lucy	163	F	35	9
68	01:26:09	01:25:54	BROTHERS, Katie	263	F	66	13
263	01:34:14	01:33:55	KALTON, Jasmine	348	F	111	16
424	01:37:20	01:37:02	RIDLER, Ellen	373	F	125	19
279	01:52:18	01:51:57	KONIECZEK, Halszka	476	F	200	34



At Ryde, the Harriers scored really well in the team category.

- Our men's team came in 5th place (out of 65 teams), scoring 64 points.
- Our woman's team came in 17th place (out of 55 teams), scoring 212 points.

For the team scoring – less points the better! And to score team points we need 3 runners per team. Therefore, the more runners the better, we have 6 men or woman running we score points for two teams!

Longleat 10K – Mike Jones

In late January I decided to test my fitness at the famous safari park. Only an hour from Whitchurch, I was watching the weather closely as gales heavy rain and high winds were expected.

I was starting to regret entering when I looked at the weather and the topography. Any thoughts of a super-fast 10k at the start of the year were washed away when the first hail stones that hit my arms on the warm up and the look of the 10% hill that would have to be negotiated twice.

Having said that, there were equal amounts of downhill and the finish line heading directly towards Longleat House was one of the best scenic finishes for a race in the south.

The pictures tell the story well - it was a really tough morning workout, and my afternoon warm down bike ride was cancelled in favour of a warmup big meal and sleep 😴

Forgetting about the weather, I raced as hard as I could and whilst I didn't break the 40 min barrier this time, I did come close on a very hilly route.

As a race itself, I would highly recommend it for all abilities. It has 95% closed roads and long cut off times.

First Aid Training

Massive thank you and shout out to Lucy Sykes who gave up her evening to do First Aid training with some fellow Harriers.

The group covered CPR, slings, taping, ankles and first aid kits! Although 12 of them are now prepared for whatever might come their way.

Let's hope they don't have too much practice with their new skills (however they were almost called into practice when Alice did a very impressive mudslide on a recent Monday night run)!

Thanks Lucy 😊

Current Hampshire Road Race League Team Standings

Men A2

Club ▲	League Score ▲	League Points ▲
Winchester RC	14	816
Liss RC	15	1,119
Overton Harriers and AC	27	1,636
Hedge End RC	29	1,678
Southampton AC	41	1,655
Totton RC	43	2,774
Eastleigh RC	44	2,481
Portsmouth Joggers	49	2,995
Isle of Wight RR AC	65	3,062
Winchester and District AC	74	3,757

Men B2

Club ▲	League Score ▲	League Points ▲
Portsmouth Joggers	28	4,803
Hardley Runners	30	4,234
Ryde Harriers	47	3,462
Stubbington Green Runners	47	4,715
Bournemouth AC	56	3,586
Isle of Wight RR AC	60	5,445
Overton Harriers and AC	65	5,188
New Forest Runners	68	6,350
Hamwic Harriers	69	6,017
Gosport Road Runners	75	6,756
City of Portsmouth AC	77	5,078
Winchester and District AC	91	6,824

Women A2

Club ▲	League Score ▲	League Points ▲
Winchester RC	7	382
Overton Harriers and AC	28	2,171
Stubbington Green Runners	29	2,006
Portsmouth Joggers	29	2,369
New Forest Runners	33	2,008
Netley Abbey Runners	48	3,484
Gosport Road Runners	54	3,601
Eastleigh RC	55	2,651
Isle of Wight RR AC	57	3,393
Winchester and District AC	77	4,002

Women B2

Club ▲	League Score ▲	League Points ▲
Winchester RC	17	1,636
Alton Runners	46	3,951
Gosport Road Runners	47	4,377
Overton Harriers and AC	55	4,130
Isle of Wight RR AC	56	4,535
Hamwic Harriers	59	3,807
Eastleigh RC	61	3,958
Winchester and District AC	77	4,565
Hardley Runners	77	4,565
City of Portsmouth AC	77	4,565

All our teams have a fantastic opportunity to leap frog a team or two ahead of them in the standings, and to do this it really is about getting more Overton Harriers on the start line. There are still 5 events left for this season.

HRRL events are very inclusive for all, for speedy runners, to those that like to take running at a bit more of a leisurely pace and take in the scenery!

And talking of scenery, the next HRRL race is the Salisbury 10-mile race on Sunday 6th April, where there is plenty of scenery.

We currently have 7 ladies signed up, and 6 men, it would be fab to see a few more pull on a Harriers vest and join us in Salisbury, entries are still open (but selling very fast) - [Salisbury 10](#) | [City of Salisbury Athletics & Running Club](#) | [Salisbury](#)

Jane Austen Trail Run – Alastair Paul



In collaboration with the Overton Jane Austen Trails Group, It took no *Persuasion* for the Harriers to agree to swallow *Pride and Prejudice* and run a newly launched circular 9-mile trail from Overton to Steventon in the footsteps of Jane Austen.

Twenty-eight runners and 2 dogs (Anton du Bark and Axel) set off on a chilly morning, first having posed for a photograph outside St Mary's Church, Overton, modelling Regency bonnets and top hats. Generously loaned to us by the Overton Dramatic Society. A great turn-out for a club run!

The 9-mile trail takes in our beautiful North Hampshire countryside as it leaves Overton and passes through Ashe, Deane and Steventon (Jane Austen's birthplace) and returns to Overton using waymarked country lanes and paths. Taking in landscapes and personal connections en



route that influenced Jane Austen's early years.

This trail is one of 2 newly launched walking trails, the other walking trail being a 2.5-mile self-guided trail round Overton village, and a 12-mile cycling trail created by the Overton Jane Austen Trails Group, to celebrate 2025 being the 250th year of Jane Austen's birth. The aims of this initiative are to promote the health and wellbeing benefits of walking (and running!), strengthen pride in local history and literary heritage and attract visitors to Overton.



They are an example of a truly local community-driven project, run by volunteers, supported by the community, overseen by Overton Parish Council and funded from Basingstoke and Deane Borough Council's Pride in Place Fund via UK government's Shared Prosperity Fund. The trails have been designed to celebrate Jane Austen's legacy and have been endorsed by the Jane Austen Society UK.

Mike Bushell, well-known BBC presenter and local resident, has endorsed the Trails calling them "A truly magical historical experience which combines beautiful natural images and the power of stepping back in time. An English wonder". Mike also ran the trail later in the morning and joined us all for a very sociable 'Cafe et Gateau' afterwards in the cricket pavilion.

All 3 trails officially start from the centre of Overton village at the Jane Austen Trails Information Board and have been designed for anyone to participate in and to self-guide themselves. They provide an incentive for visitors and locals to actively explore Overton and the surrounding villages and learn more about local heritage and connections to Jane Austen. No prior knowledge of Jane Austen or her novels is required!

Jane Austen was born at Steventon and spent the first 25 years of her life in Northeast Hampshire. Shopping in Overton and living and socialising in Ashe, Deane, and Steventon. The trails bring to light the Austen family's ties to the Northeast Hampshire area. Jane's brother, James, was curate at St.

Mary's Church in Overton, where his residence, Court House, still stands, overlooking the village. Overton itself was a bustling village during Jane's time, known for its sheep fair, merchants, post office and the mail coaches that carried Jane's letters from Steventon, all of which were postmarked Overton.



Special thanks to Amy, Keith and Piers for their help in staging the event.

Welcome to the Club - Vinnie



Hi all, I thought I'd write a little bit to introduce myself my name is Vinny and I joined the club towards the tail end of last year.

Thank you to everyone for being so welcoming I have been enjoying the Thursday night sessions and the odd Sunday long run too.

I recently completed a parkrun A-Z as I travel around a lot

watching football, mainly the England team so I always scout out the nearest parkrun. I've done them in Japan, the US, Finland, Germany and lots of other places. The hardest one is definitely Great Yarmouth it's running in deep sand! Here are a couple of pics of the elusive Y and Z!

I'm doing the London marathon for Children with Cancer in April, if anyone would like to make a donation thank you so much if you are able to.



<http://2025tcslondonmarathon.enthuse.com/pf/vinny-goodfield>

Cheers, Vinny

Winter Handicap – John Hoare

What a great finish to the season.

Well done to our newcomers Stuart, Carolyn (not quite a newcomer) and Oliver who finished in the first three positions. But run of the day to my mind came from Tim, who smashed his PB to come out as overall winner of the league.

Throughout the season he has been getting stronger and stronger and richly deserved the title. But always pressed by Adam who took a deserved runners up spot. Another to excel was Chris, who produced the fastest time of the night, a result that lifted him to the bronze medal position.

The time league produced the closest finish for many years. Sean hung on for the title with Chris's effort lifting him to overall second and Louis taking the bronze. But the wins were well spread out over the season with Sean and Louis two each and Chris one. But there is plenty of competition in the offing from the likes of Mike, Neil and Chris Cooper and Richie also likely to be in the picture.

Which takes me to the summer handicap. Four events over the Harroway course with the best three counting. Try not to miss any. Keep your eyes open for the dates.

Finally, many thanks to Stuart for keeping the records and producing the starting times each month. A thankless task having to take the stick he does on the starting line. But the handicap is based on the best of the last three runs over the course.

Well done everyone and I look forward to seeing you all on the start line.

Results from February's Winter Handicap – 27/02/25

POS	NAME	TIME	H'CAP	ACT TIME	POS ON TIME
1	Stuart Allen	33.53	6.30	27.23	13=
2	Carolyn Jones	34.05	4.25	29.40	19
3	Oliver Cumberlege	34.08	5.03	29.05	17
4	Ashley Coxden	34.13	10.10	24.03	6
5	Blanka Telfer	34.14	4.35	29.39	18
6	Tim Dolton	34.30	9.35	24.55	9
7	Vinny Goodfield	34.38	10.15	24.23	8
8	Chris Cockburn	34.51	13.27	21.24	1
9	Piers Puntan	35.09	7.04	28.05	16
10	Mike Jones	35.12	12.54	22.18	3
11	Amy Jewell	35.16	3.54	31.22	22
12	Adam Penhaul	35.19	9.12	26.07	12
13	Sean Holmes	35.24	13.28	21.56	2
14	John Harrison	35.25	9.39	25.46	11
15	Chris Cooper	35.42	11.37	24.05	7
16	Hulya Yadsan-Appleby	35.49	1.55	33.54	25
17	Lucy Pearson	35.53	8.30	27.23	13=
18	Neil McCann	36.07	2.18	33.49	24
19	Gareth Juliff	36.09	10.42	25.27	10
20	Sarah McCann	36.14	3.53	32.21	23
21	Louis McCann	36.20	13.07	23.13	4
22	Neil Martin	36.31	13.16	23.15	5
23	Darren Luckhurst	36.38	9.15	27.23	13=

24	Katie Brothers	37.53	7.07	30.46	21
25	Alice Ainsworth	38.48	8.04	30.44	20

Winter Handicap – Overall Standings 2024/25

<u>PO</u> <u>S</u>	<u>NAME</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Ma</u> <u>r</u>	<u>Total</u>
1	Tim Dolton	2	3	5	4	6	14
2	Adam Penhaul	1	2	7	14	12	22
3	Chris Cockburn	10	8	4	9	8	29
4	John Harrison	4	4	10	15	14	32
5	Piers Puntan	22	10	2	11	9	32
6	Richie Budd	6	6	19	8	0	39
7	Katie Brothers	5	5	17	13	24	40
8	Mike Jones	7	0	12	12	10	41
9	Lucy Pearson	0	9	6	16	17	48
10	Louis McCann	0	1	9	20	21	51
11	Sean Holmes	17	19	16	10	13	56
12	Gareth Juliff	20	18	13	6	19	56
13	Chris Cooper	13	11	18	0	15	57
14	Hulya Yadsan-Appleby	24	16	13	18	16	63
15	Neil Martin	21	0	3	17	22	63
16	Sarah McCann	19	14	11	22	20	64

Winter Handicap – Time League Overall Standings 2024/25

<u>PO</u> <u>S</u>	<u>NAME</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Ma</u> <u>r</u>	<u>Total</u>
1	Sean Holmes	1	2	3	1	2	6
2	Chris Cockburn	3	3	2	2	1	8
3	Louis McCann	0	1	1	5	4	11
4	Mike Jones	2	0	5	3	3	13
5	Neil Martin	4	0	3	4	5	16
6	Chris Cooper	5	4	6	0	7	22
7	Richie Budd	6	5	10	6	0	27
8	Gareth Juliff	7	6	8	7	10	28
9	John Harrison	8	7	9	10	11	34
10	Tim Dolton	12	9	11	9	9	38
11	Adam Penhaul	11	8	12	11	12	42
12	Lucy Pearson	0	12	13	13	13	51
13	Piers Puntan	21	15	15	14	16	60

14	Katie Brothers	17	14	16	15	<u>21</u>	62
15	Sarah McCann	22	16	18	19	<u>23</u>	75
16	Hulya Yadsan-Appleby	23	19	20	21	<u>25</u>	83

Consistency League Update – Mark Underwood

In the men's, Neil continues his good form for the season with another strong showing at Ryde, with Gareth still holding onto second ahead of Richie Budd.

With just 3 events left 2nd and 3rd are still up for grabs, especially with double points available at both Salisbury and for our 5k Championship at Winchester Parkrun which runs in April.

In the ladies, Jasmin continues her domination and run of turning up to every race so far this season and once again took maximum points at Ryde – well done Jasmine. Sarah holds a strong lead in 2nd with a 42-point gap over 3rd placed Halszka, who holds just a 5 point lead from Hulya and Katie.

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Hants XC	Reading	Stubbington	Ryde	Total
Neil Martin	20	20	40			19	40	20	32	19	210
Gareth Juliff	17	16	34	18	32	12			24	17	170
Richie Budd			36		38	17	30		34		155
Stuart Searle	19	17		20		15	38	18			127
Michael Jones	18	18	38			16		19		18	127
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			22		54
Jack Steed						11	34				45
Neil McCann		9			34						43
Keith Vallis	14	10		15		3					42
Piers Puntian						5				36	41
Graeme Ridler									38		38
Ashley Coxden						13				20	33
Martin Allen	16	14									30
Alan Kalton										28	28
Darren Luckhurst	13										13
Richard Clifford						8					8
Stuart Allen						7					7
Dave Bush						6					6

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Hants XC	Reading	Stubbington	Ryde	Total
Jasmin Kalton	17	15	38	17	40	14	34	18	40	20	253
Sarah McCann	16	16		16	36	15	32	17	38		186
Halszka Konieczek		13	28	14	30	12			30	17	144
Hulya Yadsan Appleby	15	14		15	34	13		16	32		139
Katie Brothers	18	18	32			17	36			18	139
Cath Wheeler	20	20		20			40	20			120
Lucy Pearson			40			20				34	113
Ellen Ridler			34		32				36		102
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 Arbutnot	19										19
Carolyn Jones						18					18

IOW Training Weekend – Katie Brothers

What a fantastic running adventure!

With lots of great running, great company, beautiful walks, lovely weather, lots of coffee stops, games and laughs thrown in!

The weekend kicked off with the Harriers heading on mass to the Parkrun at Medina Park. We had lots of runners, lots of supports and lots of Harriers also volunteering. There was a fantastic battle for 1st place, with a local runner piping the speedy guys to the finish.



With a shake up to the usual agenda, Sunday returned to being the usual long run day. Once again, we took on the Squirrel Trail starting just north of Sandown, with the aim of running out as far as you wish towards Newport, before turning back.

We had lots of runners, with the Manchester Marathon crew properly kicking off their training with a 14 miler, and lots of Harriers enjoying a walk along the path.



Sunday afternoon for many consisted with walking as little as possible, with lots of games happening across many of the lodges, lots of rest & TV time and lots and lots of stone throwing in the sea (it's amazing how long you can

spend watching people aiming stones at an almost impossible buoy to hit).

Amy and I spent a long time! Getting very cold watching our significant other halves getting extremely competitive at trying to hit a buoy! The celebration when the buoy was finally hit was huge - there was dancing, 5 fives, hugs (and huge relief that I could finally go back) 😊 I can also report that the stone throwers reported an extremely achy arm the next day! There will be a Spond invite next year for this epic and very addictive competition!

After fuelling up once again at the Bargeman's rest on Sunday evening (great find) everyone was up Monday morning for reps along Ryde Esplanade. With the flag in place letting everyone know the Harriers were in town we kicked off the usual Pyramids reps session.

The sun was shining, the skies were clear, and it was very cold (and lots of stiff legs getting ourselves going).

After the reps session and a quick shower and change back at the lodges we headed on mass to Seaview for a lovely well deserved lunch, and somehow after a late lunch, a very committed few still managed 5 at 5, I heard stories about lots of gurgling tummies (many



Harriers completed 5 at 5 every day, not 5 pints at 5, but of 5 miles at 5pm).

As Monday was the last evening for some, we took over the site bar and had an impromptu quiz put together by Jenny, thanks Jenny 😊 (I may have been responsible for giving her 30 mins notice to come up with a quiz)! But the spontaneous quiz had a fab turnout, lots of controversy, disagreements about correct answers and a win for the biggest quiz team possible!

back to Ryde Esplanade on Tuesday morning for the extremely competitive relays! The sun was back out, and there was a wind to tackle on the return leg, but once game plays & tactics were sorted it was time for relay battle to commence.



As always it was a well fought battle, we didn't quite have the excitement of the super tight finish from last year, but Jasmine, Gabriel, Keith and Louis were victorious taking the victory, from Amy, Piers, Charlie and Chris C in a well-deserved 2nd place.

Following the relays there will still time for the annual mini golf tournament (which I am only mentioning because I won 😊), thanks for organising Piers (this also reminds me I haven't yet paid you for it, opps)!



And although some of the Harriers left on Tuesday and headed back to the mainland, the remaining runners kept up the 5 at 5 and also ventured back to Sandown on Wednesday morning for a session on the track and took an adventure of the Isle of Wight Steam Railway for their Ale Festival.



Massive thank you to our organisers Sean and Richard. Roll on 2026's adventure.

Parkrun Results

Parkrun Results February 2025

Name	01/02/2025		08/02/2025		15/02/2025		22/02/2025	
Alice Ainsworth	Andover	22:34	Andover	26:03	Medina	22:26	Newbury	25:42
Michael Ball	Andover	24:09	Tidworth	24:28	Andover	23:09	Tidworth	23:58
Katie Brothers	Newbury	26:28	Basingstoke	24:36	Medina	24:04	Andover	26:58
Dave Bush	Mole Valley	23:05	Zuiderpark	20:33	Medina	21:04	Frimley Lodge	21:43
Terry Clarke	Portsmouth Lakeside	25:21	Basingstoke	26:08	Basingstoke	25:37	Basingstoke	26:02
Richard Clifford					Medina	23:09		
Chris Cox	Andover	22:35	Andover	26:03	Medina	18:23	Newbury	27:08
Claire Daly	Newbury	23:16					Basingstoke	22:52
Lauren Dennison	Lydiard	29:33			Medina	29:06	Newbury	31:21
Charlie Duncombe					Medina	29:47		
Judy Hewitt	Carrickfergus	39:21			Medina	42:29		
Sean Holmes					Medina	18:38		
Amy Jewell	Newbury	39:25	Basingstoke	37:50	Medina	28:26	Dinton Pastures	33:28
Gareth Juliff					Medina	21:08		
Jasmin Kalton	Andover	30:26	Basingstoke	29:43	Medina	29:45	Andover	26:47
Halszka Konieczek					Medina	31:36		
Neil Martin					Medina	18:40	Southampton	18:12
Louis McCann					Medina	19:06	Basingstoke	20:52
Sarah McCann			Basingstoke	27:16	Medina	26:43	Basingstoke	31:20
Alastair Paul					Medina	30:42		
Piers Puntan	Ganger Farm	23:58			Medina	24:16		
Ellen Ridler	Basingstoke	30:38	Basingstoke	25:22	Medina	29:05	Basingstoke	31:59
Graeme Ridler					Medina	50:14		
Kel Ryder	East Brighton	45:02	Black Park	43:18	Moors Valley	41:22	Newbury	44:00
Stephen Spence					Medina	34:15		
Claire Spencer					Medina	57:19		
Cyryl Szulc					Medina	56:48		
Liam Webb							Basingstoke	28:03
Cath Wheeler	Newbury	22:03						

Dates for Your Diary

- 9th March – **Combe Gibbet Taster Run**. An opportunity to run all or part of the Combe Gibbet course, please see Spond for further info.
- 23rd March – **Combe Gibbet 16-mile trail race**
- 6th April – **Salisbury 10** - [Salisbury 10 | City of Salisbury Athletics & Running Club | Salisbury](#)

- 24th April – AGM
- 3rd May – **Hurstbourne 5** - [How to enter - Hurstbourne 5 - Hurstbourne 5, Hurstbourne Tarrant, Andover](#)
- 11th May – **Alton 10** - [Alton Runners : Alton 10 - 2025](#)
- 18th May – **Netley 10K** - [Netley 10K 2025 - Information and sign up](#)

Hurstbourne 5

Saturday 3rd May 2025 11am

Hills, mud, cakes.....and more hills. What's not to like!?



Enter 5M Here



Enter Fun Run Here



More information: www.hurstbourne5.org.uk