

March 2025



HARRIERS NEWSLETTER

Overton Harriers and Athletic Club

This month we take a good look at Combe Gibbet race.

With dates of marathons approaching faster than anticipated, March definitely has been quietest month in regards of events participation, as many Harriers concentrate on getting more miles in, while avoiding races.

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

RACE REPORTS

COMBE GIBBET 23rd March 2025, Chris C.

Having entered the Combe Gibbet in 2024 and been spared the foul conditions by the cancellation of that year's race, I lined up for my first Gibbet this year full of nervous excitement. The weeks before the race were consumed by thoughts about the weather, the terrain and the optimal shoe choice, but being part of the club hosting the race means that there is no shortage of people happy to offer their advice!

The fine weather at the start, combined with the great views over Hampshire, Berkshire and beyond lent the start line a particularly convivial atmosphere, with everyone smiling and joking. With no way to gauge what I might be able to do, I set off fast, tracking Sean and quickly settling into 7th place. By the time the rain started I was well on my way and focused on the running. Yo-yoing, I caught Sean up every time we hit a muddy patch – I was grateful for my choice of trail shoes!

Just after the first water station, I suddenly found myself overcome by an unrelenting fit of coughing which lasted more than two miles, the last thing I needed as I was desperately trying to gasp in as much air as possible with the prospect of 10 tough miles still ahead of me. Fortunately, the coughing passed and I began to feel better as we ran down to the A34. Sean and I ran through halfway together and my thoughts turned to the ascent of Ladle Hill which I was grateful to have recced a few weeks prior. Sean shot off and, knowing full well what lay in store and not wanting to overcook it, I dropped back and settled in to running my own race.

I lost a position halfway up to the hillfort but kept plugging away and was incredibly grateful to crest the top in the knowledge that the bulk of the climbing was behind me. For the last couple of miles I followed the Basingstoke runner in 7th place but the miraculous turn of speed I hoped for never materialised and I was left hoping that he would succumb to a spectacular loss of form, which didn't come about.

It was wonderful to hear loads of runners praising the race, I can completely understand why it holds such a cult status and brings people back time and time again! What an amazing day, thanks to everyone involved in organising and running the event, it was great to see so many familiar faces at all the marshal points and at the end.

Of course, a report of the day wouldn't be complete without a mention of The Redfort's absolutely delicious lamb kurzi, now a tried-and-tested way of restoring the energy left out on Wayfarer's Walk. What a treat it was to celebrate another successful Combe Gibbet with the Harriers over a curry. Sign me up for next year!

Pos	Race No	Name	Gun Time	Cat Pos
6	105	Sean HOLMES	1:44:46	1
8	44	Chris COCKBURN	1:45:50	6
10	142	Neil MARTIN	1:47:39	3
12	34	Tad BUXTON	1:51:26	7
18	146	Louis MCCANN	1:56:11	9
38	183	Jack STEED	2:12:18	17
45	1	Alice AINSWORTH	2:17:55	2
46	160	Lucy PEARSON	2:17:57	2
57	8	Mike BALL	2:24:11	9
75	194	Keith VALLIS	2:30:21	12
78	26	Katie BROTHERS	2:31:28	4
103	186	Lucy SYKES	2:45:02	7
112	147	Sarah MCCANN	2:48:31	6





Combe Gibbet Thank you - From Stuart Searle

First of all, congratulations to all those who ran the challenging Combe Gibbet on the 23rd March, especially to those tackling it for the very first time. There were some very impressive performances this year.

Fortunately, this year the weather was on our side (despite a brief but heavy downpour), which meant we didn't have to cancel or revert to the contingency route, this in turn led to another successful race with lots of positive feedback from runners and our race adjudicator.

I would like to say from the race committee, a massive thank you to all those who contributed to helping put this race on. From the early days of the behind-the-scenes planning, setting out the course and all the help we get on race day. No matter how small a role you played, it makes a big difference to the race and helps us hold another great event. Thank you.

We have taken on board some feedback and will be looking to make some improvements to next year's race, which will be held on Sunday March 29th 2026.

Thank you for your support

Overton Harriers Race Committee

HANTS VETS ATHLETIC LEAGUE

The vets athletic league kicks off at the end of April.

The events take place on a Monday evening (usually between 6.30pm and 9pm), you just need to be over 35 years old and have a Harriers vest, there are also age categories V35, V50 and V60 within each event.

Every fixture has a variety of track & field events, and events are rotated throughout the season. You don't need previous experience; you just need a bit of enthusiasm to give the events go.

2025 Fixtures

- 29th April – Portsmouth
- 19th May – Southampton
- 9th June – Basingstoke
- 21st July – Aldershot



Details on the location of the fixtures and the specific events will appear on Spond, and if you have any questions, please ask your Club Captain (Amy or Sean).

PRESENTATION EVENING

This year's presentation evening will take place at

The White Hart, Overton on Friday 16th May.

This is a fantastic opportunity to come together as club and celebrate the amazing achievements of the last 12 months while enjoying good food, fab company and awarding lots of trophies.

If you can make the evening please let us know via the invite on Spond or by emailing committee@overtonharriers.org.uk by 30th April.

Details around food options are being finalised, and once confirmed will be sent round.



PARKRUN RESULTS

Name	01/03/2025		08/03/2025		15/03/2025		22/03/2025		29/03/2025	
Alice Ainsworth			Andover	27:59	Newbury	23:09			Newbury	22:14
Marcus Appleby	Winchester	29:53								
Michael Ball	Tidworth	24:03			Tidworth	23:49	Tidworth	23:17	Bug Hunters	22:17
Katie Brothers	Shrewsbury	25:23	Andover	26:35	Winchester	25:20	Andover	24:15	Winchester	25:43
Richie Budd					Caffarella	26:32				
Dave Bush					Frimley Lodge	20:34	Frimley Lodge	20:48	Blandford	20:18
Terry Clarke	B'stoke	25:48	California Country	25:11	Victoria Dock	24:46	Newbury	26:05	Andover	25:26
Chris Cooper					Woking	20:15				
Chris Cox			Andover	26:05	Newbury	23:13	Newbury	24:14	Newbury	22:14
Ash Coxden					Clare Castle	23:23			Clare Castle	19:57
Lauren Dennison	Burnham & Highbridge	29:09	Andover	28:49			B'stoke	31:46	Milano Nord	29:12
Vinny Goodfield							Brooklands	19:48	Lydiard	19:44
Amy Jewell	B'stoke	33:56			B'stoke	33:26			Newbury	33:14
Alan Kalton							B'stoke	27:30	Benguela Cove	29:22
Jasmin Kalton	B'stoke	28:54	Andover	28:24	B'stoke	32:32	Newbury	31:58	Andover	31:02
Simon Lovelock									Rushmoor	19:01
Neil Martin					Southampton	19:23	Andover	19:56		
Sarah McCann						27:26	B'stoke	27:15	B'stoke	26:34
Neil McCann									B'stoke	28:37
Piers Puntan			Edenbrook	25:48						
Ellen Ridler	University Parks	34:24	Andover	28:45	Canterbury	31:17			B'stoke	29:01
Graeme Ridler										
Kel Ryder	Newbury	48:06	Mole Valley	42:26	Newbury	41:01	Salisbury	40:58	Thoulstone	44:37
Claire Spencer			Andover	25:22						
Cath Wheeler	Chipping Norton School	22:55	Newbury	22:01						
Hulya Yadsan-Appleby	Winchester	28:53								

UPCOMING EVENTS

- **3rd May Hurstbourne 5.** Entries are open <https://racesignup.co.uk/event.php?eventid=4718>
- **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>
- **15th June – Alresford 10km.** See [Alresford 10k 2025 - Eventrac](#) for entries
- **6th July – Lordshill 10km.** Entries are open at <https://racesignup.co.uk/lordshill-10k-2025>

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