

April 2025

HARRIERS NEWSLETTER

Overton Harriers and Athletic Club



Message from the Editor

April, wow what a month, we also have a cheeky of couple of March race reports making a sneaky appearance!

We've seen Harriers run the Thames Tow Path for some epic Spice Girls bling (yes, it is as random as it sounds), we've had a fantastic turnout for Salisbury 10-mile road race, we've had a Harrier tackle a Duathlon in Poland, we have a Harrier competing in the Testway Ultra and of course with it being marathon month we've had runners tackle London and Manchester. Make a cuppa, sit back, enjoy and have a read.

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

Race Results

Salisbury 10M – HRRL Event – 6th April

	Overall	Gender	Category	Time
Chris Cox	25	24	17	1.00.09
Sean Holmes	31	30	4	1.00.43
Neil Martin	57	52	7	1.03.46
Michael Jones	70	64	10	1.04.33
Louis McCann	87	77	44	1.05.24
Chris Cooper	148	130	58	1.10.38
Gareth Juliff	243	200	67	1.16.08
Alice Ainsworth	278	51	20	1.18.18
Oliver Cumberlege	340	272	55	1.22.28
Claire Spencer	392	91	34	1.25.26
Amy Jewell	518	147	57	1.31.52
Katie Brothers	520	149	45	1.31.53
Sophie Bennett	536	160	63	1.32.45
Sarah McCann	568	177	43	1.34.44
Alan Kalton	583	398	90	1.36.06
Jasmine Kalton	648	219	77	1.40.24
Ellen Ridler	649	220	78	1.40.24
Halszka Koniecek	761	302	83	1.54.12

820 finishers, 350 females, 470 males.

Race Reports

Spice Up Your Run (Saturn Running) – 9th March – Claire Spencer

If you wanna be my lover, you gotta run with my friends. Make it last forever, running never ends

A few of us decided to enter this race as part of our marathon training. It's a time challenge and you can run whatever distance you like within 7 hours. The course is an out and back "lap" along the Thames in Staines. Each lap is just over 4 miles.

We arrived in Staines and parked up then wandered along a high street strewn with kebab wrappers wondering what on earth we were walking into looking for the start. The start was outside a pub undergoing refurbishment, but we were allowed in to use the toilets and get changed.

It was a very relaxed and friendly race, fancy dress optional ... some of us wore clothing as a nod to the spice girls! we started in our own time, counted our own laps and reported in when we finished! The route was very pretty along the Thames and most importantly flat! We could leave our nutrition and drinks at the start which was useful. They also had a great feed station with pick and mix !!!



I had been struggling with my long runs in training, but I found this race mentally easier for some reason, everyone did really well, I did 4 and a bit laps giving me 20 miles, my longest training run so far in that block so was very happy. We got amazing spice girl medals and had so many laughs at the randomness of it all. The highlight was we had walked the long way to the start, realising afterwards it was literally a 2-minute walk had we turned left instead of right!

There were results, but I'm not sure they really made sense. Would definitely recommend one of these races though for motivation!

Fleet Half Marathon – 16th March – Claire Spencer

I entered Fleet half to motivate my marathon training. It was a busy run and you start in waves. The course is different to the one I ran in 2019, it's pretty undulating with a switch back. My watch died

within the first mile so I ran it all with no clue on pace so was happy to have run sub 1:50.



Hullavington 20 – 23rd March – Claire Spencer

The Hullavington 20 is a 20-mile road race taking you on 2 slightly different laps around quiet country lanes. It wasn't a particularly busy race but was very friendly and well organised. I ran the first 10 miles chatting to someone about all things running, dogs and roast dinners! I realised I couldn't keep that pace for another 10 miles so backed off a bit for the second half, there were some pretty big hills on the course so I was pleased to come in under 3 hours.



Salisbury 10M – 6th April – Alice Ainsworth

Conditions: Sunny, 10°C, Light winds

The course briefing shared by Chris (Cockburn) during the Monday run was 'first half net uphill, second half net downhill with one big hill soon after halfway'. While this was a *mostly* accurate reflection of the route, Gareth ran past me shortly after what I thought was the big hill over and done with and shouted, 'just one more hill to go!'. I don't think I was the only victim of Chris' misinformation.



Not really knowing where I was at in terms of race fitness and without having run Salisbury before my plan was to go hard from the start and see what I could do. A departure from my previous approaches which have always been pretty conservative, opting for paces I know I can sustain over the set distance. The outcome? A pretty hard time, the longest last 2km of my life and a PB of 7 minutes. My takeaway? Don't be afraid to take a risk and race hard, you might surprise yourself.

It was great to have so many Harriers out racing, and I can understand why! The race itself is well organised, a beautiful route, nice finishers t-shirts, and a really fun atmosphere around the track for the start/ finish area. True to form, there were also some great bakes from Jasmine (peppermint brownies) and Katie and Jenny (mini egg cookies). I definitely appreciated the post-race sugar hit.



Here's what a few fellow Harriers had to say...

'Absolutely loved the beautiful course, stunning scenery (which really helped to distract from the running!), and brilliant atmosphere on the start and finish lines. It was a sunny morning and great to be in the company of so many lovely Harriers and the rest of the running community!'

Sophie Bennett and Charlie Bowden

'Glorious sunshine, lovely scenery, wonderful company. I was knackered by 8 miles though – in absolute awe of the ladies who did crazy marathon training mileage this weekend!'

Amy Jewell

'8 seconds too long...'

Chris Cockburn

Testway Ultra 40 – 5th April – Lucy Pearson

The Testway Ultras follow the Testway path from Linkenholt (near the start of the Combe Gibbet) and follows the river Test all the way to the sea at Totton in Southampton. Training for the 40-mile (its actually 41.5miles) race had started back in January and over recent months I had spent a lot of time out on the Testway becoming familiar with the route.

After many months of training in the cold and wet, race day was predicted to be a warm sunny day – the thought of spending 7+ hours running in warm humid conditions was not what I had planned for. Even though this race had Checkpoints approx. 10 miles apart, I had prepped the family to be additional water stops in the second 20 miles, given how warm the day was going to be.

At the start I knew I had to get near the front to allow the stiles in the first couple of miles. But I wasn't expecting to feel as fresh as I did and as I completed 5 miles pace was sub 10min/mile. Luckily the Hurstbourne Tarrant hill slowed me down and my speed hiking came into play. As I pushed on into St Mary Bourne and onto Wherwell the pace was back to 10min/mile. I knew I wanted to get as many miles in before it got too warm but I also knew that I could pay for this later in the race and I just needed to keep eating and drinking.

I reached the layby just outside Stockbridge (22miles) to be met by Chris and the kids and the choice of a full car boot of food and a cup of tea. I topped up the water bottles, downed the tea and headed out. By this point there were very few other runners around me and I was on my own. The next 10 miles were mentally going to be tough as it was a very flat section along the old railway line. But made it through 26.2 miles in 4 hours 30 minutes. There was a real party at 30 miles where I met by Chris, the kids, Erica, Lucas, my sister Zoe and Lee, again bottles were refilled and they informed me I was well ahead of the plan.

By this point I knew I was going to make it and my head was full of calculations as to how fast could I make it, knowing there were only 12 to go. Another cheeky water refill by the crew at 34 miles and some Coke, ensured I was ready to make it through Romsey and make my way to motorway. At 38 miles Zoe and Eric appeared to let me know I was easily in the top 20 overall and possible 2nd lady. By this point I had been running for 6hours 45 mins and knowing this was all I needed to push through to the end. This last section on the boardwalk was the one part I hadn't run earlier in the year due it being flooded. Made my way through Totton to find the finish at the hall and to be presented with my 2nd Female Trophy.



41.6 miles completed in 7hours, 32 minutes and 40 seconds.

2nd Female, 13th Overall (out of 51)

European Sprint Duathlon Championship – Rumia, Poland – Mike Jones



During the winter, I have been striving towards this one main event. Etched in my diary as “big race” and notably the day before the London and Manchester marathons.

The sprint Duathlon consists of three legs - Run 5k, Cycle 20k and then finish off with a 2.5k sprint. I have been doing this event for just over 2 years, and it is my second major event for the GB age group team. Competition at the Harriers in the Summer & Winter Handicap has really helped my competition legs.

With Sprint Duathlon, it is essential to get a good first 5k time. You are then able to join a faster group on the bike. Working as a group is permitted in Sprint Duathlon so you don't have to be as strong on the bike but it does help.

In this race I managed to get a first 5k of 18:15 allowing me to get into the 2nd group of age group riders and was able to cover the 20k in just over 32 mins. My transitions were really good too as often I can't find my bike or my slot allocated but managed this with finesse for the first time ever.

I gave it all I had on the final run but was just pipped for 6th place in the final km, clocking 9:08 for 2.5k. I finished 4th Brit and 7th overall in my age band. Slovenia took gold in 00:58:39 but I managed a PB at 01:01:40 so super pleased.

That's it for sprint Duathlon until next year but I made some great memories and great friends in Poland.

Also, shout out to Carolyn who managed to do her first international park run there at the same time. (pic)



London Marathon – 27th April – Neil Martin

Well, that was quite warm!

The regular warning emails from the organisers in the days leading up to the race were testament to the fact that the weather was going to be a bit hotter than ideal. However, it was difficult to determine a race strategy because it was not so hot as to require a definite reduction in pace and there was also potential benefit in getting some time in the bank before it really warmed up.

Lining up at the start while it was only 15C, the sky was clear with the full glare of the sun and no cooling breeze. Fortunately, I was in the first wave and quickly across the start line and I decided to go with my target pace of around 6:30 minutes per mile and see what happened. Taking advantage of the showers around every two miles and using every water station I was going well until around halfway at Tower Bridge. At this point although I was still on pace it became noticeably harder work, and the number of runners around me being forced to walk was increasing. At 16 miles my calves started to get twinges of cramp and my pace dropped noticeably. The focus turned to maintaining an overall average pace to stay under 3 hours using the buffer I had built up, because things only became harder.

At the 21 mile point I felt a bit of a wave of warmth sweep through my body with an accompanying sense of doom 😊. Luckily, I was next to a water station at the time, so I grabbed a drink, took a few paces at a walk to get as much down as possible and pushed on. The last 10K was pretty much a haze and I just focussed on reaching the finish. Unfortunately, there were a few runners on the Embankment collapsed and receiving medical support, so hopefully they recovered ok.

In the end I finished a couple of minutes inside three hours, when my training suggested I was in around 2-hour 50 shape. But the weather conditions can't be controlled, and I was pleased that I was able to grind this one out.

Results

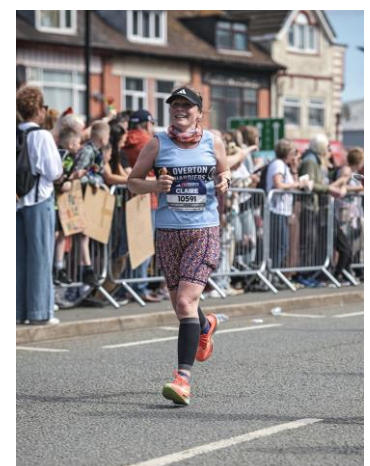
Harrier	Time	Position	Age Category Position
Neil Martin	02:57:38	2468	121 (V50)
Vinny Goodfield	03:52:07	14996	1518 (V45)
Stuart Allen	04:19:45	23740	2605 (V40)

Number of finishers - 56,640

Manchester Marathon – 27th April – Claire Spencer

I didn't really have a plan for Manchester, I hoped for a sub 4 but knew I hadn't put in a solid enough training block for it. On the day I set my watch for a pace that would get me just under 4 hours. With a wish and a prayer, I set off at the front of my wave to give me the best chance.

I decided in the first few miles, as my watch constantly beeped "pace high" that I would go all out until I had nothing left then drag myself to the finish! This worked for the first 21 miles, but it was hot, I'd hit my nutrition but hadn't drunk enough water, my pace dropped by a min per mile and I was thirsty which isn't a good sign, I'd already seen several people passed out on the side of the road being attended to.



I grabbed what water I could in that last 5 miles (was tempted to ask for a swig of someone's pint outside the pub) and kept a reasonable pace whilst being told "pace low"! Rounding the corner to the finish straight I dared to glance at my watch and gave it everything I had in that final 400m ... finish time 3:50:11, a 5 second marathon PB, I was totally stunned, happy, overwhelmed and shattered! (Then a bit disappointed when I realised London had moved the GFA goal posts again!)

I really loved Manchester, the crowds were amazing, and the course was great, there were a few little hills, but they were over before they really hurt. I've loved training with our little group, it's been massively motivating and fun. It was great having so much support both during the race but also before and after, it was a really fun weekend.

Manchester Marathon – 27th April – Katie Brothers

What an awesome weekend!

If you are going to train for a marathon, train with others, I loved the training and the Sunday runs (I know nuts, you aren't supposed to enjoy the training, I think I enjoyed the training more than the actual marathon)! And it was so nice to do so many long Sunday runs with Sarah especially, after we last trained for a marathon together 10 years ago when she did London and I did Brighton.

Although we had the inconvenience of a marathon slotted into our weekend in Manchester, we managed to have laugh after laugh. The laughs were nonstop for the weekend.

We were all in different waves so didn't have the opportunity to run together, but it was amazing to be there together. The day was hot, however the spectators were amazing, the streets were crowded with so many supporters, there was so much live music along the route and a rave in an under-pass. The downside was that for us all the wheels fell off at 21 miles, and I think we all agreed that we spent 5 very long, slow miles questioning many of our life choices!

Claire pulled off an epic PB out of the bag (she passed me around mile 18 running so well, massive smile on her face - I'm hoping I pulled off a smile back while grimacing). Bloody brilliant. **Jasmine** conquered her first marathon, and absolutely smashed it, and has the giant blister to prove it. And **Sarah**, once again accompanied by the giant headphones, showed amazing patience watching us all set off while waiting for her wave to start and persisted in challenging temperatures that got hotter and hotter later into the day and did brilliantly.

And for me, I really wanted 4.15, I felt capable of 4.15, I was on track for 4.15 till I blew up around mile 21 and came in at 4.23, which I was a bit gutted about. 16 weeks of hard work and 8 mins off target! I had a little sulk for 24 hours and soon got over it, reminding myself I did it 35 mins quicker than 2022, and managed



my 2nd fastest marathon time, 10 years after my fastest time, not bad for being 10 years older – yeah right who am I kidding, I'm still pissed off! I'll have to do another one 😊

After staggering back to the hotel (somehow with the energy for yet more laughs on the way), with some interesting walking styles we had a celebratory drink in the bar, which was the best beer I've ever had. The weekend ended on Sunday evening after dinner when we were all so tired and ready for our beds we managed to get on the wrong tram back to our hotel, more laughs, and a look of horror from us all that we might have to walk! Luckily Sat Nav Jenny soon got us back on track (Sat Nav Jenny got us in the right place at the right time throughout the weekend)!

Shout out to our amazing support crew who we wouldn't have survived without - Jenny, Anna, Ellie, Charlie, Sarah's Mum & Dad, Jasmine's Mum - thank you!

Harrier	Time	Position
Claire Spencer	03:50:00	6301
Jasmine Kalton	04:23:11	11,835
Katie Brothers	04:23:50	11,940
Sarah McCann	04:58:23	17,355

Hampshire Athletics Vets League – Match 1, Portsmouth 28th April

The Harriers ladies were represented by Clare Daly and Cath Wheeler who both put in amazing performances competing in the 100m, 400m and 1500m. With Clare also taking on and coming first in her age category for the high jump.

In the men's Gareth Juliff, Sean Holmes, Stuart Searle, Keith Vallis & Tony Reid pulled on their Harriers vest. There were fantastic performances from all, standing them in good stead going into match 2 in Southampton.

Athletics vets league – what's it all about? There are a variety of track and field events at each match open to club members aged 35 years old and over. It's an extremely sociable and supportive environment with many participants having not given these types of events a go since their school days.

We would love to welcome more Harriers to the athletics vets league, why not give it a go in Southampton on 19th May?

Consistency League 2024/25 – Mark Underwood

As we draw to a close for this year's Consistency League there are still prizes up for grabs in both the Ladies and Men's leagues.

In the Ladies, Jasmin Kalton is the first over the line confirming her win as this season's Ladies Champion after continuing her streak of appearing in every race so far, and with another strong showing too. The Silver medal is also now confirmed after a great season for Sarah McCann. There is still the bronze medal to decide though, which now only has 3 points in it with Katie Brothers edging ahead of Halszka.

In the Men's Neil has extended his lead again after another strong showing at Salisbury with Gareth in second place 48 points adrift. Michael Jones has now snuck into 3rd ahead of Richie by just 6 points.

All members have until the 10th of May to get a result at Winchester ParkRun for our 5k Championship so there is still time for things to change, with the Hurstbourne 5 on the 3rd of May also, good luck!

Tables below, apologies you'll have to do some zooming in.

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Hants XC	Reading	Stubbington	Ryde	Salisbury	Parkrun	HBT5	Total
Jasmin Kalton	17	15	38	17	40	14	34	18	40	20	30			283
Sarah McCann	16	16		16	36	15	32	17	38		36			222
Katie Brothers	18	18	32			17	36			18	34			173
Halszka Konieczek		13	28	14	30	12			30	17	26			170
Hulya Yadson Appleby	15	14		15	34	13		16	32					139
Ellen Ridler			34		32				36		28			130
Cath Wheeler	20	20		20			40	20						120
Lucy Pearson			40			20			34	19				113
Alice Ainsworth					38	19					40			97
Hannah Kidston		19					38							57
Claire Daly		17		19				19						55
Claire Spencer											38			38
Erica Steele			36											36
Lucy Sykes				18		16								34
Sophie Bennett											32			32
Manuela Patzelt			30											30
Emily Arbutnot	19													19
Carolyn Jones						18								18

Name	Popham	Aldershot	Gosport	Bournemouth	Victory 5	Cyclists	Hants XC	Reading	Stubbington	Ryde	Salisbury	Parkrun	HBT5	Total
Neil Martin	20	20	40			19	40	20	32	19	38			248
Gareth Juliff	17	16	34	18	32	12			24	17	30			200
Michael Jones	18	18	38			16		19		18	34			161
Richie Budd			36		38	17	30		34					155
Chris Cockburn		19			30	20			26		40			135
Stuart Searle	19	17		20		15	38	18						127
Chris Cooper					40	14			40		32			126
Adam Penhaul	12	12		17		10	26		30					107
Louis McCann					36	18					36			90
Mark Reid		15		19			36	17						87
Tim Dolton	11	11		16			32	16						86
John Harrison	15	13				9	28	15						80
Neil McCann		9			34						24			67
Marcus Appleby					28	4			22					54
Alan Kalton									28		26			54
Jack Steed						11	34							45
Keith Vallis	14	10		15		3								42
Piers Puntan						5			36					41
Graeme Ridler									38					38
Ashley Coaden						13				20				33
Martin Allen	16	14												30
Oliver Cumberledge											28			28
Darren Luckhurst	13													13
Richard Clifford						8								8
Stuart Allen						7								7
Dave Bush						6								6

Current Hampshire Road Race League Team Standings

With 4 races of the season to go, it's still all to play for in the league tables. With fantastic turnouts for both the men's and ladies' team at Salisbury (well done everyone) the teams scored well, and the ladies are still in with a fantastic chance of promotion.

Men A2

Club ▲	League Score ▲	League Points ▲
Winchester RC	16	912
Liss RC	16	1,212
Overton Harriers and AC	30	1,770
Hedge End RC	36	2,214
Totton RC	47	3,079
Southampton AC	52	2,430
Eastleigh RC	52	3,246
Portsmouth Joggers	54	3,331
Isle of Wight RR AC	71	3,564
Winchester and District AC	85	4,532

Men B2

Club ▲	League Score ▲	League Points ▲
Portsmouth Joggers	31	5,337
Hardley Runners	35	4,952
Stubbington Green Runners	53	5,614
Bournemouth AC	57	3,783
Ryde Harriers	60	4,529
Overton Harriers and AC	67	5,683
New Forest Runners	72	7,075
Isle of Wight RR AC	73	6,512
Hamwic Harriers	82	7,084
Gosport Road Runners	82	7,813
City of Portsmouth AC	90	6,145
Winchester and District AC	104	7,891

Women A2

Club ▲	League Score ▲	League Points ▲
Winchester RC	8	398
Overton Harriers and AC	31	2,511
Portsmouth Joggers	33	2,762
New Forest Runners	35	2,144
Stubbington Green Runners	36	2,574
Netley Abbey Runners	59	4,062
Gosport Road Runners	60	4,147
Isle of Wight RR AC	62	3,802
Eastleigh RC	66	3,229
Winchester and District AC	88	4,580

Women B2

Club ▲	League Score ▲	League Points ▲
Winchester RC	18	1,771
Alton Runners	48	4,360
Gosport Road Runners	51	5,022
Overton Harriers and AC	58	4,705
Isle of Wight RR AC	67	5,190
Hamwic Harriers	70	4,462
Eastleigh RC	72	4,613
Winchester and District AC	88	5,220
Hardley Runners	88	5,220
City of Portsmouth AC	88	5,220

We also have some fantastic results in the individual standings with [Sean Holmes](#) in 2nd place, [Neil Martin](#) in 3rd place and [Gareth Juliff](#) in 14th place for the men. And [Ellen Ridler](#) in 13th place, [Jasmine Kalton](#) in 15th place and [Halszka Konieczek](#) in 19th place for the ladies – well done everyone. And remember, there are still 4 races to go, score in a minimum of 7 races to appear in the individual race standings.

Parkrun Results

Parkrun Results April 2025

Name	05/04/2025		12/04/2025		19/04/2025		26/04/2025	
Alice Ainsworth					Winchester	23:03	Winchester	22:06
Michael Ball					Tidworth	23:11		
Katie Brothers	Abingdon	27:46	Winchester	24:25	Winchester	24:42		
Richie Budd	Donaupark	21:23						
Dave Bush	Cycle Route 43	20:39			Princes	21:24	Frimley Lodge	50:36
Terry Clarke	Henley	27:11	Higginson	25:35	Reading	25:43	Fareham	25:28
Chris Cox					Winchester	17:40	Winchester	22:07
Ash Coxden			Andover	20:06				
Lauren Dennison			Hazelwood	29:01	Winchester	29:10	Marlborough Common	30:05
Charlie Duncombe							Philips Park	51:14
Greg England			Ganger Farm	23:35				
Vinny Goodfield	Grove Fields	19:44	Poole	19:06	Heartlands	20:39	Southwark	22:23
Amy Jewell			Newbury	34:34	Simmons Park	27:21		
Carolyn Jones					Winchester	24:51		
Michael Jones					Winchester	18:41		
Gareth Juliff					Winchester	20:32		
Alan Kalton	Basingstoke	27:37	Winchester	24:31	Basingstoke	25:15	Basingstoke	24:25
Jasmin Kalton	Basingstoke	30:00	Winchester	28:36	Basingstoke	25:15	Philips Park	51:15
Halszka Konieczek					Winchester	32:11		
Neil Martin	Andover	20:12	Torbay Velopark	18:09	Winchester	18:24		
Louis McCann					Winchester	18:35		
Sarah McCann	Basingstoke	28:17	Basingstoke	26:27	Winchester	26:26		
Neil McCann					Winchester	27:03		
Ellen Ridler	Market Harborough	26:29	Ganger Farm	29:48			Basingstoke	29:33
Graeme Ridler					Sheringham	33:51		
Kel Ryder	Newbury	43:40	Crawfordsburn	42:05	Newbury	49:47	Newbury	38:27
Cyryl Szulc					Winchester	32:10		
Anna Vallis					Winchester	40:00		
Keith Vallis					Winchester	36:22	Winchester	36:25
Liam Webb			Groe	24:49	Basingstoke	26:07		
Jenny Wilson	Abingdon	35:06						
Hulya Yadsan-Appleby					Winchester	28:38		

Dates for Your Diary

- 11th May – **Alton 10M** – HRRL Race, entries are still available [Alton Runners : Alton 10 - 2025](#)
- 16th May – **Presentation Evening** at The White Hart in Overton.
- 18th May – **Netley 10K** – HRRL Race, entries are still available [Netley 10K 2025 - Information and sign up](#)
- 19th May – **Hampshire Vets League** - Southampton Athletics Track. No pre-entry required, just select YES on Spond.
- 15th June– **Alresford 10K** – HRRL Race, enter at [Alresford 10k 2025 - Eventrac](#)
- 20th June– **Social Drinks @ Honesty Bar, Overton**
- 6th July– **Lordshill 10K** – HRRL Race, enter at [Lordshill 10K Road Race 2025 – Lordshill Road Runners](#)