

**Overton
Harriers**



**&
Athletic Club**

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April 2011 Issue 404

Visit us on our Web Site at www.overtonharriers.org.uk

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You can view or print this and previous editions from our website

May	1st	Fordingbridge 10k
	4th	Portsmouth Prom 5km
	7th	
	8th	Alton 10 mile RRL
	12th	Pewsey 12km Bluebell Run
	14th	Marlborough Downs 20 & 33 miles
	15th	Netley 10k RRL
	19th	Summer Handicap
	21st	Southern Athletics T&F League
	29th	Ropley 10km Newbury 10k

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings.

FRANNY'S BITS.

First a reminder to all members that Subs are now due and Anna would appreciate prompt payment.

The new track & field season has started with a stunning victory for our combined Andover / Overton team. Lee, Sean & Kerri all scored good points on the track while Moira & Keith Vallis got in good early season times in the guest events. You do need to be a top notch athlete to compete in these fixtures and many of us (even ME) could be competitive at this level. Why not bring a picnic to the next match and take a look while cheering on those competing.

A reminder that Sean has booked a BBQ stand for after the Netley 10k. Hopefully the weather will be kind so join the 16 runners who have already entered for an end of season celebration.

Well done to all our marathon runners especially Lucy & Hannah who recorded PB's If you are now looking for a new goal I suggest you read the 2 articles from Andy Hartley in this edition.

EASTLEIGH 10km.

March 27th.

There was a very pleasing turnout of 15 runners for the fast, flat 10k that was run in good conditions for fast times. Lee is having a fine run of form but got up caught by the crowded start but he put in another stunning performance to move through the field and recorded a pb by 50 seconds to be first counter. Sean was another to record an impressive PB and was only 12 seconds behind and just failed to make the top 50. Richard and Neil put in what they both called average runs to close the team to an excellent place although Neil points out his run was more average than Stubbington!!. Robin beat his 40 minutes target but was a tad disappointed to miss sub 39 minutes as he tired in the closing stages. His time was a massive PB, running 2min 24sec faster than before. Bob made a welcome return to racing with a very satisfactory run.

John was another to score a big PB after a race long battle with Dave as they swopped places several times in the last 400 meters. Lets just say the chunkier guy just got the verdict over the slim one as they clocked identical race times though John got the judges decision by a fraction While Dave was only 30 seconds outside his PB. Kerri showed an improvement over her previous outings and recorded a Course best time to be first lady home, she was chased home by Eric who looked very relaxed as he passed me after 4k and must have been pleased with his run. Lucy clocked another PB and looked to be bang on form for Brighton. Clare smashed 50 minutes as she raced her first 10k and was only just behind Lucy. Liz ran an age group PB as she finished 7th W55 in what was her best time since 2006.

		Gun Time	Chip Time
40th	L.TOLHURST	34m 45sec	34m 32sec
51st	S. HOLMES	34m 57sec	34m 54sec
137th	R.CLIFFORD	37m 48sec	37m 43sec
162nd	N.MARTIN	38m 25sec	38m 20sec
196th	R.OAKLEY	39m 16sec	39m 10sec
296th	B.HAWRYLAK	41m 32sec	41m 21sec
329th	J.CASTELLI	42m 22sec	42m 14sec
330th	D.TITCOMB	42m 22sec	42m 15sec
475th	K.BARTON	45m 04sec	44m 55sec
501st	E.TILBURY	45m 27sec	45m 18sec
775th	S.EDWARDS	49m 25sec	49m 25sec
777th	L.GRIFFITHS	49m 27sec	49m 18sec
780th	C.PARSONS	49m 28sec	49m 20sec
890th	E.SANDALL BALL	51m 13sec	50m 52sec

1780 Finished.

"Quote of the month"

Franny has been shouting "use your arms" & "get your heads up" during recent sessions but now has the dilemma of improving Lee's running style. This could be difficult after a friend told Lee that he "ran like a greased weasel". But this month's winner has to be Hannah Oliver for a Facebook posting

"I'm sitting at the wrong wedding....Oooops".

COMBE GIBBET 16 mile.

April 3rd.

The usual faultless preparation from Keith & John meant (as some clown commented on the Runners World web site) that the race started 4 minutes late. Shame on both of you. It goes to prove that you cannot please everyone but everybody else was full of praise and I know of at least two Basingstoke runners who now class this as their favourite race.

This years run took place in almost perfect conditions with the cooling breeze over the second half of the course benefiting most runners. It was won by Matthew Jones of Thames Hare & Hounds who was almost 2 minutes clear of Lee who in turn had almost 2 minutes in hand over Sean who (if you have not already heard) was first Vet with no prize. Pete put in a strong run for 12th place with Neil just missing the 1:50 barrier in 19th.

Stuart made his first outing for the club and was rewarded with the final club man's trophy as both Lee & Sean won individual prizes. Robin found this a whole new experience but he finally got the better of Keith who, in turn, put in a fine run to get the better of the much younger Richard, especially after all the work he had put in before the start. Neil Glendon put in a solid effort and Cath took the 1st Club lady as she finished 4th overall. She also took the glory by being the first club Vet 50 (sorry) to finish with four others filling the next 4 club places.

The clocks were then wound back many years as Paul crossed the line. He won the original Gibbet run (6 runners) in 1973 and has not run this event since ET had a full head of hair. Steve continued his marathon preparation a couple of minutes in front of Dave Titcomb. I put my Eastleigh woes behind me and had a comfortable second half to record finish number 33. Jill found it hard after the opening couple of miles and was evidently affected by the virus that hit her a few days later and forced her withdrawal from London.

Alastair started well and appeared to be suffering in the heat after a couple of miles, he keep going however but was some way off his best time at the finish.

2nd	L.TOLHURST	1 38 56	36th	N.GLENDON	1 58 28
3rd	S.HOLMES	1 40 44	41st	C.WHEELER	2 00 32
12th	P.WILLIAMS	1 49 25	42nd	P.WHEELER	2 00 23
19th	N.MARTIN	1 50 04	47th	S.McNAIR	2 02 14
21st	S.SEARLE	1 51 29	55th	D.TITCOMB	2 04 44
30th	R.OAKLEY	1 55 14	91st	R.FRANCIS	2 17 23
32nd	K.VALLIS	1 55 58	96th	J.TUCK	2 21 03
33rd	R.CLIFFORD	1 56 30	111th	A.PAUL	2 28 15

156 Finished.

Combe Gibbet 2011

Thanks to everyone who helped out with the race. Everything seemed to go well but if you have any comments or ways that we could improve things then please let me know. Also, could you pass on your thanks to any friends and relatives who helped out but are unlikely to see this newsletter. Thanks

Keith Vallis

Black Mountain Roundabout- Crickhowell, Wales- 9th April- 25 miles. (Andy Hartley)

With my race in August on the horizon this race seemed a good chance to get a bit of time on my feet in the nearest mountains to home. I've done this route 3 times now and it has a lot of hard climbing with plenty of chances to run too with some good navigation if the weather's down so all the boxes ticked for my CCC preparation.

The route is on roads for the first mile or two before you hit the hills with a steep ascent out onto the hills. After the first checkpoint at about 6 miles it's a long slow climb to the top of Wyn Fauch which is the highest point in the Black Mountains. It was during this bit that I joined up with Dave a traffic engineer from Croydon and we stayed together for most of the day – although slightly oddly he took a lot of photos at the checkpoints including a few of me but who can blame him- at 20 miles covered in sweat and mud I'd be hard to resist in most people's eyes .

That aside Dave was good company and we steadily went past people He was clearly a decent athlete as he disclosed that he'd successfully done a sub 23 hour Bob Graham a couple of years before. I just hoped I could hang on. At the half way check point we were told there were 4 in front of us which inspired us both. The next climb is 15 minutes long but really tough (or so I thought, Dave slightly diasabused that view as halfway up despite me gasping for oxygen behind him he proceeded to eat a hot cross bun, still climb and talk simultaneously!) but once up there you know there's only 1 really big climb to go. We took one more runner before the 18 mile check point where we passed two more who guys who had hit the wall and were struggling. We were then joined by another guy who seemed less keen to talk and much keener to beat us!

The final climb is about 2 miles long 600 metres high and really tough with quite a lot of it walking across the slope which really hurts the ankles. I lost the other two on the top of this climb. I got a bit shivery and crampy on the top and needed a couple of minutes to gather myself. They disappeared off together- no doubt Dave was going to take a few more photos of a new subject. The ridge on the top is high, windy and very rocky and it took me a while to get going- however I slowly gathered myself and cranked things up again and kept the other two just in sight.

On the big final descent I used a bit of local knowledge to catch up a bit and was happy to let gravity take its course as I bowled down the springy turf to Table Mountain which is the last check point. I eventually caught up with the guys within the last mile on the downhill back to Crickhowell. We all finished in 5 hours 34 minutes with just one runner in front of us. However only about 100 people run it and it isn't a race in the truest sense so don't get too excited. Sat around afterwards I felt pleased with my efforts because all the early finishers were involved in either the UTMB, Grand Raid De Pyrenees, Bob Graham style events. Overall a good day out and almost worth the 5 am alarm for an 8 am start!

Thank You!!

Once again, the HBT5 was blessed with sunshine for the annual canter up Hurstbourne Hill. Small events like this could not survive without your support, so many thanks to Eric and Keith for helping set-up; John, Jayne, Martin and Anna for officiating; Monique, Geoff, Jamie, Mark, Mike, Marie, Paul and Helen for marshalling; and not to forget the ultimate broom himself, Franny, who managed to wrap half a ton of tape around himself while trying to keep up with the last runner, thus ensuring that the course was completely cleared. An excellent job.....although I think he secretly enjoys being bound up in tape!/? Congratulations to Sean who was King of the hill, Stuart who was 3rd SM and particularly well done to Lee, who won the race in an excellent time of 31:06, an improvement of 39 seconds over 2010! An excellent performance!

We may be persuaded to organise it again next year.....if only to enjoy Richard whingeing and cringing from beginning to end!he loves the course really!/?

Greg

BRIGHTON MARATHON.

From Lucy

April 10th.

On the 10th April I arrived at Preston Park which is the start of the Brighton Marathon with the sun already shining. Great, if you were one of the estimated 80,000 spectators, but not if you about to attempt the 26.2 miles around Brighton.

Brighton is transformed on marathon day and the atmosphere is electric. Following last year's marathon I already knew that I had to have a good start as some of the places can be narrow, but I was disappointed to find I was in the 5.30 hour pen, I was not happy as I was originally aiming for 4 hours. I knew I was going to have to make sure I didn't get stuck behind some of the slower runners.

Previously Kate and I had said what a flat course the route took and at mile seven as we were heading east towards Ovingdean and suddenly some hills appeared. At the half way point things were going well, the legs were still working and I was feeling fine. The day was beginning to get warmer and warmer and temperatures were getting close to 21 degrees. I was just trying to stay cool by drinking enough water and pouring water over my head. Even with 15 water stops, other runners were beginning to suffer in the heat and were receiving oxygen and while others were passing out.

As I reached 21 mile and headed out towards Shoreham Port the fatigue started to set in and my pace started to drop. Up until this point I had been running consistently. I had a slowed off the pace until mile 23 when I suddenly thought that there was only a 'Park Run' to go and the thought of this helped me to the finish line. At mile 25 I suddenly felt strong and begun to pick up the pace again and begun overtaking other runners, so much so the last mile was one of my fastest miles. As I crossed the finish line I knew had managed a new PB. The crowds along the seafront were at least six deep and with them shouting my name, this just carried me to finish line.

I even managed an 'ice bath' by jumping into the sea and then finishing the day by sitting on the beach. If you looking to run a well organised marathon with a great atmosphere then I would recommend Brighton and it is expected that there are going to be 20,000 places next year.

From Kate

After taking part in the 1st Brighton marathon last year and thoroughly enjoying it, I was really looking forward to racing there again. I had a PB of 3:50 and was this time aiming for a 3:45 and was well within target of doing it in that time judging by my half marathons on the run up to it and the speed of my training runs. However the day itself ended up very differently from planned. It was hot but it was last year, I didn't feel unwell, I was just incapable of running! Within 4 miles I was tired out and it just got worse and worse. I wasn't sure whether to quit or just try and soak up the atmosphere (which was amazing) and get myself to the end. It was a ruddy long way to walk but there was just no other option. It was gutting. At the 3:45 point I was miles away by the soul destroying power station which I had managed to cruise past last year! I completed in an embarrassingly hideous 4:51 which is half an hour slower than my first marathon 2 years back. The marathon itself was a great day, the atmosphere was amazing, its well organised and I can't wait to do it again next year, just hopefully not feeling so poo!

	Race Time	Chip Time	Split Time	Position
Lucy Griffiths	4:35:54	4:24:06	2:02:18	3778
Kate Groundsell	4:57:14	4:51:03	2:06:47	4979

7,820 finished

Hurstbourne 5 miles

April 16th

This was the third running of this challenging off-road race in the heart of the beautiful North Wessex Downs. A wonderful day for running saw a good mix of club and fun runners start the steep ascent of Hurstbourne Hill. First to the top and thus King of the hill was Sean Holmes from Overton Harriers. Club mate Lee Tolhurst then took the lead and finished the "undulating" five mile course in an excellent time of 31:06. Peter Turrell from Liss runners came in second, with Sean Holmes managing to hang on to third despite losing a shoe on the decent through the woods.



First lady was Kate Towerton in a new course record of 34:23. Kate also managed to grab the Queen of the hill prize on the way. Peter Baker won the first villager trophy for the second year in succession.

There were a number of truly excellent performances, including Tim Hughes of White Horse Harriers, 1st M55 and 4th overall in a time of 32:04; Peter Hawker from Wessex RR, 1st M70 and 39th overall in a time of 41:52 and John Goulding from Andover AC, 1st V75 and 59th overall in a superb time of 46:55.

The 2K fun run was won by Louis McCann from Overton

Harrier	Time	Position
Lee Tolhurst	31:06	1st
Sean Holmes	31:57	3rd (2nd Vet) - King Of The Hill
Stuart Searle	33:36	6th (3rd SM)
Neil Martin	33:56	8th
Dave Bush	34:13	9th
Keith Vallis	34:17	10th
Richard Clifford	35:08	14th
Dave Titcomb	38:23	22nd
Michael Ball	46:14	56th

LONDON MARATHON.

April 17th.

London Marathon blues from Hannah

Up until the Saturday night I was unsure whether I would be running this year's London Marathon, a terrible blow after training hard for the last 3 months and putting myself through Lee's punishing schedule! Anyway with or without pain I thought I would give it a go. The 2 physio sessions and massage the week before had not alleviated the pain in my back, but I had been told I would not do any long term damage. So despite many warnings to pull out I ended up at the Green start of the London Marathon on April 17th only very slightly late!

Unfortunately for us runners the sun came out just as we started and did not subside all morning. Feeling unbearably hot, in lots of pain (possibly the most painful thing I've even done) I managed to finish in 3hrs 24. Although a personal best I was extremely annoyed as I have never felt so awful ever! I wanted to give up from about 14 miles, if not before. I felt like I was getting sunstroke, my injury was like a dagger in my back and then my legs all seized up. I felt miserable the whole way round and felt like crying on numerous occasions, but somehow got to the finish line in a respectable time. I must have seen the glass of wine at the end!

I now unfortunately have it in my head that I must do it again next year to prove to myself that I can enjoy it again! Thanks to all the supporters, Matty and my sister Kate who saw me a few times round where I gave them sweaty hugs and some cries of agony!

London Marathon from Kate

The week after Brighton after proving to myself that that was just a blip and I could still run (I did a 10 mile run mid week just to check I was still capable and I felt like I was flying, I kept such a good pace) I prepared myself for the 2nd marathon. It was hard to know what to hope for as Brighton had gone so badly when I had prepared so well and felt so confident. I thought if I just try to pace myself at 9min/miles than I may just get through on a time I would be happy with.

I must admit as the weather forecast predicted yet again hot, sunny weather I was not happy, but I tried to forget the awfulness of Brighton and go out there feeling positive. Much as I had planned to do negative splits, I also thought as the day was getting hotter and hotter it would be better to get as many miles under my belt before it was too hot. I felt really fresh till about 16 miles, then started to flag. I walked again!!! Its maddening as my first 3 marathons I refused to walk but I managed to jog, albeit slowly the last couple of miles and finished in 4:04:27.

As it was the 2nd in a week I was happy with that time. I'm a bit gutted I never got my sub 3:45 especially as I know I'm quite capable of doing a marathon in that time, but after only doing Brighton the week before, the heat of the day and my longest running then being almost 6 weeks beforehand it was more than I could manage.

I won't be getting another 'good for age' for London for next year but I will certainly be back for Brighton. So far it one-all with Brighton and next year I'm determined to beat it again. I have not received anything in writing from Steve or Rebecca but think both would agree that things did not go their way on the day. Steve's time was well below what he is capable off especially after all the long runs he had put in and the resultant blisters have taken some time to heal. Bex had a horrible time in the heat and will hopefully put this one behind her and show her true form next time out.

3177th	Hannah Oliver	3:24:10	(346th Lady)
5753rd	Steve McNair	3:49:36	(464th V50)
8490th	Rebecca Brady	3:56:48	(1590th Lady)
10238th	Kate Groundsell	4:04:27	(2053rd Lady)

Temperature- Hotter than you can ever imagine

(Andy again)

Another race as part of my preparations for the CCC in August. I ran 30 miles last October but this was another notch up. More conversations surround me of the Caesar's 100, Houseman 100, Fellsman etc. I'm now hanging out in the world of the ultra runner. A world of 6 % body fat, deep wrinkles from squinting into the sun and a stream of reminiscences of near death experiences from round the globe along the lines of hallucinating 122 miles into the Spartathlon/ UTMB/Marathon Des Sables.

If you haven't done this race, do it!! Firstly, it's just up the A34, it has a great 20 mile option, it's in truly beautiful countryside and there seems to be a lot of free stuff for your money (food and drink of all sorts at the aid stations, a t-shirt, free hot meals and drinks at the end). The first 20 miles is the hillier part particularly mile 10 to mile 15 has a couple of big hills. The heat seemed manageable at first and there was plenty of shade as we undulated through woods and farm tracks. I felt really good at this point- I knew it was going to be all about survival but I was trucking along in around 8.45 pace so should have been OK. However from mile 15 we emerged into the sun. Big open fields, the Ridgeway, lots of hills. I felt like I was in a furnace and my pace slowed. I was melting. The man I'd been running with lolloped off effortlessly and although I caught one other in this stage I was struggling.

Following a food stop at 19.5 miles the loop away from Compton for the second time was really tough. A long drag up a shadeless track onto the Ridgeway set the tone for the next 9 miles. From here you head north to Chilton, East and West Hendred. It was all big fields (and I mean big, think Nebraskan prairie.) It was about 12.30 now and when I got to the next food stop I was ready for all the flat coke and biscuits, peanuts, bananas etc they had. That seemed to my nemesis- was I eating too much? .Others seemed to stop for very short times whilst I was there for minutes, but I was ravenous- any suggestions?

I eventually refound my mojo coming out of the quant village of East Ginge when a female PE teacher from Cheltenham Ladies College caught me up. I'd seen her at 20 miles feeding her baby (not as she ran or by her breast but spoon feeding just to clarify). The baby was 7 months old and she was just doing this run to get back to fitness. A 40 miler just to get back to fitness!!! How crap did I feel when she tootled off from me at 34 miles and eventually beat me by 8 minutes. Very impressive! The heat was still blistering as we went up and over the Ridgeway down to West Ilsley and that was where the wheels came off. Charlie met me and had some jelly babies and fresh water for me but it was all a crawl from here. My stomach was cramping from too many gels and Lucozade and my right knee felt sore and I'd been struggling with a hip niggle all week and I missed a turning. It was my nadir. I walked up two big hills but then got running again down to East Ilsley and now there was only 3.4 miles to go. 3.4 miles but three unrunnable hills and an endless track through woods before crossing the worlds biggest field and then down hill to the finish.

It was a bridge further than I'd done before in temperatures hotter than you would wish for a 5 mile never mind a 40 mile. I was exhausted, sore and my stomach was in tatters. I didn't feel comfortable being further than 10 metres from a toilet for the next 36 hours. But I am proud that I had the mental toughness to stick it out. Hopefully this will bode well for the 65 mile alpine adventure in August. Time 6 Hours 54 minutes. Position 24th out 113 finishers. I believe around 150 started.

Whitemoor 10k

24th April 2011

From Neil Martin

With a planned Easter weekend at my parent’s place in Cornwall I flicked through the race directories to see if there would be any local races to help pass the time. There was one, the Whitemoor 10k, described as a challenging and hilly race. Those who know the A30 or have visited the Eden Project will be familiar with the vast open china clay quarries and the consequent mountainous slag heaps that scar the area. It may be unfair, but my diversion to assess the course on the journey down suggested that the most notable thing about Whitemoor was that it sits pretty much in the middle of this landscape. Of more concern was that many of the roads seem to go up the sides of these heaps. Presumably this meant that the roads also go down the heaps, but I was working to the normal club view that if in doubt you follow the hardest looking route.

Fortunately Easter Sunday in Cornwall wasn’t quite as warm as Hampshire and race morning was sunny but only about 13C, with a cooling wind. Around the start I tried to spot the fast looking runners, but only really saw one obvious candidate – lean and sporting an alice-band. It was reassuring to note that my prediction wasn’t without foundation!

The first mile or so went downhill out of the village the sensible thing and held back a bit, although I still easily under 6 minutes. A couple of guys sped past tucked in behind them to shelter from the headwind in 12th place. The first moderate uphill then kicked in I found that those around me tended to immediately die! It was then that I had an insight into the Sean – going up a steep hill might hurt, but if everyone else hurting more than you, then it is strangely motivating. couple of miles through the bottom of the valley the time hearing someone about 10 seconds behind Although the warmth was getting to me a bit, I that if I could still be ahead of them when I got to the the long climb back up then I should be okay.

At 4 miles the climb started and I was perhaps 50m more runners and I could see that I was quickly them in. I took the 2nd guy near a slight plateau in the and kept pushing to ensure he didn’t get on my tail. sharp hill of around 300 metres got me close to the runner but with half a mile to go it was all pretty flat or downhill and that was pretty much it as far as gaining places was concerned. This was a good little race and despite the difficult profile I managed to get under 40 minutes and not berate myself for being too slow (well not too much anyway)!



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Harriers Results:

Runner	Time	Position
Neil Martin	00:39:42	5th

113 finishers

