

**Overton
Harriers**



**&
Athletic Club**

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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

October	2 nd	Basingstoke Half Marathon	QE XC series 2
	8 th	HANTS XC LEAGUE FARLEY MOUNT	
	9 th	SOLENT HALF MARATHON (HRRL)	
	16 th	Tadley 10mile	Denmead 10k
	20 th	Foxdown Handicap	
	23 rd	Fleet 10km	Minstead Stinger
	30 th	Great South Run	

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

FRANNY'S BITS

What a month: Another hugely successful Overton 5, the men's team victorious & mixed team runners up in the Test Way Relay, Six men clocking Sub 30minutes for the Victory 5 while the ladies put in a sterling effort at the Southern Road Relays. Add to this some superb performances from our Triathletes and Kerri's high finishing position in the Great North Run all shows great promise for the clubs future.

Numbers have been good for the early winter training sessions on a Thursday evening. I am trying to juggle things about so that we do not have so many sessions around the Estate. If you have any suggestions please pass them on to me.

The first winter handicap is on October 20th around the double lap Foxdown course. In the interest of safety please can I remind runners to wear light coloured / reflective clothing and also to take care when running in traffic, please don't assume that they will automatically give you right of way.

Finally thanks to all those who have contributed this month to probably the biggest club newsletter so far, if it gets any bigger we will have to investigate putting out a hard back copy.

WEST WITTON FELL RACE

27th August

from Lee Tollhurst

I was back in the North ready for my annual pot hunting expedition, this time with rather more expectation than hope as I had brought a ringer with me, as Jayne had decided to run.. This was quickly removed as I chatted to one runner on the way to start, as it turned out he had just won the FRA world fell running trials, then his mate piped up he was a previous winner and has the second fastest time on this course. Right I thought lets try and stay with these chaps.



Which as the race started is precisely what I did. I was within 5m of them after the first climb, and followed the previous winner across the bog making up time and hitting the second climb in second place touching distance from the lead, as we reached the top I slipped to third. Jayne meantime was cheerfully bringing-up the rear chatting with the marshals as she went.

The course now flattens across the top allowing for faster paced running, I lost a little more ground and was now about 10m back. Jayne however got into her stride and closed in on a couple of runners overtaking them as the came to the decent.

The decent itself is a free-for-all, simply run around a pile of stones called the old man and run to the finish, any route, any how as fast as you can. At this point the two guys ahead of me disappeared and to avoid the mistake I made last year where I went down too straight I took a more easterly line. However I overcooked it ending up lost in a wood. Taking what I thought was the best line I jumped over a dry stone wall into poison ivy, through nettles into bramble bushes, where I made my way back to the course running an extra ¼ mile and loosing about 2 minutes, finishing 4th by 5sec, doh! I was 5sec quicker than the previous year. Jayne however worked out the best route down, some of it running, but when it was too steep simply sliding on her bottom, overtaking a further 2 or 3 runners in the process.

For our endeavour (and £3) we received a hand crafted earthenware medal made by a local potter, plenty of support and very cheap beer.

OVERTON 5 3rd September

There was a good turn out from the Harriers with over 20 taking part. Here's a selection of photos from the race, more are available on Facebook and Harriers Website.



An excellent event due to excellent organisation by the race committee, especially John and his team and a great party afterwards. Thanks to all the Marshalls, helpers and all who took part.

Overton 5 Times

Harrier	Gun Time	Position
James Knight	27:52	9 th
Sean Holmes	28:08	13 th (2 nd V40)
Lee Tolhurst	28:53	21 st
Neil Martin	29:59	38 th
Richard Clifford	30:22	46 th
Neil Glendon	30:47	55 th (10 th V40)
Stuart Searle	31:12	65 th
Keith Vallis	32:27	91 st (9 th V45)
Martin Groundsell	32:50	98 th
Hannah Oliver	32:57	100 th (8 th SL)
Robin Oakley	33:58	121 st
Keith Clark	34:23	132 nd (25 th V40)
Bob Hawrylak	35:13	155 th (28 th V40)
Kerri Barton	36:45	195 (17 th SL)
Eric Tilbury	37:22	215 th (3 rd V65)
Steve Edwards	37:32	220 th (34 th V40)
Rachel Hessom	39:41	270 th 23 rd SL
Lucy Griffiths	39:45	273 rd 24 th SL
Sarah McCann	40:52	298 th 17 th V40
Monique Van Nueten	42:45	337 th 25 th V50
Katy Rundle	43:20	347 th 18 th V45

424 finished

READING TRIATHLON

Season Finale

compiled by Martin Groundsell

After a week of watching the weather forecasts and hoping that the storms would break for a dry race, luck was on our side and the rain stopped. I thought Kate and I arrived early at 7am only to find Stuart was the first person to arrive at 6am for a 8am start. The overnight rain made the lake nice and cool as we swam out across the near lake to the far lake where the swim course was marked out. Stuart and I were in the first Olympic wave, Kate started in the female wave half an hour later and Lucy was in the sprint wave just after 9am

Martin's bit

The start line was nice and wide but as usual made nice and hectic by people who think they are faster swimmers than they really are, as usual after the first turn it spread out a bit and on lap two of the swim I managed to drop the person who was drafting me trying to get an easy ride in my wake. After the swim laps were done we had to jump out onto a jetty run ten meters and then dive off a make shift ramp and into the other lake to swim over to the exit into transition. It is always reassuring when you hear the marshal say "A shallow dive off the end of the ramp and you should be ok" as you run past him and are half way down the ramp.



The bike was twice round a tough 23Km loop, the new upgrade to my bike wheels seemed to work out well as I was able to hold a decent speed on the flat but the uphill half of the loop also had a tough head wind so it made it hard work. It didn't help that I dropped my water bottle four miles into the bike, I thought I would be fine but the remaining twenty four miles with no water came back to hurt me during the run. I finished the bike in 8th or 9th position and was confident that with a good run I could finish in the top ten.

However almost as soon as I started the run I felt rough and tired, the half cup of water from the water station was never going to get my hydration levels back up however I pushed on. The run was nearly 11Km of laps around the lake. The recent rain made the trail boggy and it zapped the remaining energy, my pace dropped off and I ended up dropping to fifteen person home and eventually twentieth overall.

Stuart's bit

This was to be my first triathlon since 2006 and my first ever Olympics distance. Even though I'd done plenty of training, I was still very nervous, especially for the swim which is my weakest discipline. I was the first competitor to show up, after not sleeping very well and being woken by an almighty downpour around 1:30. After setting up my transition area and chatting to other competitors my nerves settled a little and I made the 70m swim to the start.



At 8:00am with a blast of the air horn and a mass of arms and legs thrashing in the water we were off. My start wasn't great as a mix of adrenaline and panic took over and found myself struggling to breathe and falling behind the main field. However, as we turned the buoys and headed along the back straight of the lap, I calmed down and managed to get into a good rhythm, overtaking a few people in the process. Getting out of the water to head for transition 1, I got cramp in my left calf and spent well over a minute wrestling to get my wetsuit off. After a total of 3 minutes (which seemed like an eternity) I was off on my bike.

I felt comfortable on the ride, as I'd recc'd it before hand, although on race day, the hills did seem a little steeper and longer. The only issue on the bike course was the car boot sale, which had cars entering and leaving a field with little regard for bikes, and also a small section of standing water from the rain.

Off the bike and into transition 2, much quicker than T1, then off for 6 laps to complete the 10k run. At this point my legs were tired, not only from the bike, but from the Test Way Relay the day before. The wet grassy/muddy run was far from ideal, as it quickly sapped what little energy I had. Although I managed to overtake quite a few people, I was happy when lap 6 was drawing to a close and I crossed the finish line.

All in all, I was very happy with my first Olympic distance. Congratulations to Martin, Kate and Lucy. At the end, I asked Martin, if would do an Ironman next year, his reply was "no chance" (or words to that effect), on reflection, I think he might be right.....

Kate's bit

I was aiming for sub 3 hours but it wasn't to be. I did really well in the swim. It was lovely and cold and clear and I was pleased with my time. Transition 1 saw me getting stuck in my wetsuit, then losing my timing chip, then putting on my helmet round the wrong way so it wasn't exactly speedy. The bike I was hoping to do in 1h30 but after one lap I knew that wasn't possible. The wind and the water slowed me a little bit but I think possibly I was unrealistic with my aim.

When I set out on the run, although I didn't have 'jelly legs' as is common straight after a tough long bike ride, I felt shattered and thought I was going to have to walk like a few men were having to do. I pushed myself though and just took it one lap at a time. My pace did get slower and slower but I kept running (think 'jogging' would be the more accurate word!). I could have cried when 6.2 miles passed on my Garmin and I was still a way from the finish line. The marshy ground was very energy sapping. Next year I wanna' be Top 10 woman, be quicker on the run, be speedier in transition and get sub 3 hrs.



Lucy's bit



This was my second sprint at this distance this year and as this was our 'home' lake where I have done all my lake swimming I was feeling confident. It wasn't the best prep as I completed leg one of the Test Valley Relay for the mixed team and attending a party the previous day. Swimming is my weakest discipline and I had only really learnt to swim properly earlier this year after completing six weeks of swimming lessons so when I completed my whole 750m lap of front crawl without stopping I was already feeling good. I was 42nd coming out of the water, but knew I would soon start to make up ground.

The bike route I had practised on and knew exactly where I was going but I had to stop at the right hand turn and let quite a few cars through which meant a number of cyclist I had over taken caught up with me, so knew I had to push on.

The run was all off-road and the straw which has been laid to soak up the previous week's rain was energy sapping. But as I began to overtake both men and women my confidence began to grow again and my three laps soon flew by. As I finished I knew I had moved up through the field as I saw a number ladies finish behind me.

Over the Winter I intend to work on strengthening my swimming so I can become faster in the water.

Overall stats

Olympic

Martin – Position 20, Swim 1.5Km - 23:09.384, Transition 1 - 01:26.447, Bike 46Km - 01:22:18.283, Transition 2 - 00:54.888, Run 10.8Km - 48:38.472, Total time - 02:36:27.474

Stuart – Position 51, Swim 1.5Km - 30:01.411, Transition 1 - 03:00.555, Bike 46Km - 01:27:41.063, Transition 2 - 01:21.745, Run 10.8Km - 46:27.654, Total time - 02:48:32.428

Kate – Position 156 (20th Woman), Swim 1.5Km - 29:56.998, Transition 1 - 03:38.012, Bike 46Km - 01:39:03.791, Transition 2 - 01:30.124, Run 10.8Km - 59:19.144, Total time - 03:13:28.069

Sprint

Lucy – Position 91 (20th Woman), Swim 0.75Km - 21:34.699, Transition 1 - 02:22.289, Bike 23Km - 52:02.446, Transition 2 - 01:25.919, Run 5.4Km - 27:30.966, Total time - 01:44:56.319

All in all a great day for the new Triathlon team within Overton Harriers.

TEST WAY RELAY 10th September

Several years ago a certain runner from Hustbourne Tarrant got lost during this event & has been mercilessly ribbed about it. This year everyone ran their leg at least once before hand so confidence was high that there would not be a re-occurrence. This is a long report, Lee gets mentioned a few times & why not, an awful lot happened.

Everyone had a great day out at the Test Way Relay with good weather at the start & finish and only some light rain affecting the legs between St. Mary Bourne and Stockbridge. The men had been trying to win this event for a couple of years and finally succeeded (despite Lee's best efforts to throw it away).

The mixed team (which did not have Lee in it) finished second behind a strong Totton team, early on we were back in 5th place (can't blame anyone for that.....not even Lee) but a strong run from Piers followed by a blinder from Neil Glendon which (despite verbal assistance from Lee) lifted us up the field.

Huge thanks as always must go to Paige for driving the bus and Sean & Neil Glendon who used their cars to ferry runners between legs without losing anyone (unlike Lee). Further thanks also to Sean for organising the whole shebang, and who remains blameless for the problems (caused by Lee) on the last leg.

MEN'S TEAM

Leg 1 (Lee): After being deposited at the top by Kerri's Mum, Jenny (thank you) I had about 30 minutes to kill, so after some usual faffing, including warming-up and close inspection of the bushes followed by a chat with the organisers. I was ready for the off, however I was then talked at by a Stubbington runner, which removed the usual nagging doubt as to why was I doing this, it was to run away from him.

We set off at the stroke of 11:30 from the dry side of the two puddles so dry feet were preserved running up to the Gibbet, I followed the path round to the left however the chap from Wessex found a innovative path over the Gibbet mound, gaining a few seconds putting him back along side me and into a share of the lead, this inspired me to run faster, despite the head wind. Running well I stretched the lead across Sheepless hill which rather disconcertingly had sheep on it. I gathered pace down the sharp decent before trying to use the flat stretch through he valley to pull away, unfortunately it was straight into the wind resulting in a slower mile than I wanted.

Nobody was on my shoulder or so I thought, as I turned to climb the short sharp hill I looked behind and there was the bloody wily Wessex runner, I ran up the hill to half way, when the lactic truly kicked-in slowing me to a painful fast walk, when I was overtaken and 10secs taken out of me. Once I reached the top I tried to reel him in, to no avail handing over to Sean 12 secs down.

Leg 2 (Sean): I was surprised Lee wasn't in the lead at the change-over, most people at leg 2 had Lee as favourite to be in front, but at least I had someone to chase down, but that didn't last long and we were in the lead within the first kilometre. I went for my normal strategy, run as hard as I could and pray I don't blow up.

The steep climb out of Hurstbourne Tarrant across the field just doesn't get any easier and the path through the woods was muddy and slippery as always and saps your energy.

Thanks for the support and encouragement from Richard, Piers and Lee on the run in at the end of the leg. I was glad to see Stuart at the changeover and the end. I ran the leg a minute quicker that last year which I was very pleased about.

Leg 3 (Stuart): On Saturday 10th September, I could have either been the only senior male to run the Surrey Road Relays, for my first claim club South London Harriers, or join a complete Overton team for the Test Way Relay. I opted for Overton.

After the outstanding efforts by Lee and Sean on legs 1 and 2, Sean handed me the lead with around a 2 minute gap to second place. I set off determined to keep the lead and maintain the gap to second place. I'd recc'd my leg twice, so navigation wasn't a problem, although a mix of nerves and excitement almost saw me take a wrong turn early on. I completed my leg in the time of 40:44, having kept the lead.

Congratulations to both Overton teams, it was a great day and well worth taking part.

Leg 4 (Robin): After a quite frankly disastrous Overton 5, I was very worried about letting the team down in such a big event. However I wasn't prepared to let my 8 (yes really) recces go to waste. Given my lack of navigational skills (it took me 2 recces and 16 miles of running to work out the 5 mile route!) and my fear of taking over in the lead and having no-one to follow I had to make sure I knew the route.

Lee, Sean and Stuart didn't let me down and I did indeed take over in the lead. However I also knew that there was a seriously fast Southampton runner who would be trying to catch me. You might ask how I knew he was seriously fast. My reasons were (a) Everyone told me he was seriously fast and (b) He had clearly shaven his legs and we all know that is the sign of a seriously fast runner.

Anyway, fear of losing the lead and a downhill start made me go off far too quick (I hit the two mile mark in under 12 minutes) but I was still feeling reasonably strong and was way ahead of my practice splits. However, with a mile to go and having passed some runners from the mixed race I started to hear ominous footsteps behind me and realised it must be the aforementioned Southampton runner. I knew if I could just get to the steps at the end of my leg first he would not be able to pass me and it would be down to a mad sprint for the changeover point. I managed that but unfortunately, despite a crazed Lee doing everything but drag me to the changeover point I wasn't quite up to the task and he got there just ahead of me where I handed over to Neil.

Initially I was a bit annoyed he had managed to take 2 minutes out of me but it turns out he ran 16:25 in a recent Pompey Prom 5k so I was a little outclassed! Also I was second fastest on my leg so all things considered I was pleased I had done my job.

Leg 5 (Neil M): As Robin appeared at the top of the slope he was just behind the Southampton 'A' runner. Surprisingly, of the two Southampton guys waiting to do leg 5 it was the older one who set off a second ahead of me. I managed to nip in front of him onto the short bit of single track to the road and it was quickly evident that I was a lot faster than him. By the time I reached the other side of Chilbolton Common he was around a minute behind. So I was left with running in fear of the other Southampton athlete catching me. The disused rail line section was a bit muddy, but mainly long and dull. Fortunately I could chase and pass a few of the mixed and ladies teams.

On arriving at Stockbridge I had the full view of Mr Clifford ranting at a Jaguar driver who, obviously annoyed, drove at me!

To finish the day I ran out for a mile or so to meet James coming in on the last leg, knowing he started with more than 3 ½ minutes lead. The first thing he said to me was 'Lee got me lost!' No surprise there with a man who gets lost in Overton if it involves the reverse direction of a normal run! I was able to let James know that Stubbington and Southampton were about 20 seconds behind him and tell him to get a shift on!

Leg 6 (Richard): It's fair to say that my adrenalin levels were running at a pretty high level standing at the start watching Neil approach at *ferocious* speed. He had obviously had a cracking run, taken the lead and opened up a substantial gap over the second place men's team. I knew that the team would be relying on me to maintain and hopefully extend the lead. So the driver of the car who decided that it would be a good idea to demonstrate his self-importance by ignoring my polite (and repeated) requests to wait for 10 seconds to allow Neil to hand over and for me to get away in safety had to put up with a certain amount of invective.

This, of course, just got me even more pepped up and once Neil had slapped my hand I was off and running ANGRY. I covered the first 100m at errrr...100m pace swearing the whole time before having a quiet word with myself (much like I'd had with the driver a few seconds before) and physically reining myself in. I was still travelling quickly, though, and set my first task to catch Martin who had set off for the Mixed team about a minute before. Leg 6 for those who haven't run it is flat and straight for the first 4.5 miles and within 5 minutes I could see Martin ahead and caught him just after the first mile which I ran, despite my repeated warnings to myself to conserve some energy, in well under 6 minutes.

The next 3.5 miles were odd. I saw no-one ahead but kept imagining that I heard footsteps behind me and that I was being caught by every other team in the race. Running scared in this fashion kept me highly motivated and my pace high. So when I finally turned off the flat, straight path to go over a stile into a field with a mile to go I was able to sneak a look behind and see that there was no-one in sight. This gave me the confidence that I was unlikely to be caught before the end and I concentrated on chasing down the mixed teams I could see in the distance over the field. I got to one of them just after the field but as I turned through the gate (kindly held open for me by Neil demonstrating the kind of support that we gave each other all day long) with half a mile left I was pretty much spent.

That last half mile is a bit hazy. It's the only part of the leg that goes uphill and it is grimly hard under the circumstances. I remember Lee standing on a fence shouting at me. I remember that there were a number of runners from a mixed team ahead of me, that I set myself to catch them before the finish and that I hoped that they would get the hell out of my way on the narrow track (they did!). I remember seeing Keith poised to go and that there seemed to be a huge number of Overton Harriers gathered at the finish. And I remember dying at the end and thinking my time was par and wishing I'd gone off more conservatively. But most of all I remember the pain. That last half mile *really* hurt.

Leg 7 (Keith): Leg 7 is certainly one where a recce run is very beneficial. I ran it with Martin (together with his leg) on the Wednesday prior to the Relay and found that it twisted and turned like a twisty turny thing with plenty of gates and stiles. In addition we discovered a farmer had put his pigs on land which, according to my map, was where the route should have gone. A little further on in the woods a few trees had fallen down. The recce run allowed us to find ways around both. On race day I was hoping to beat 40 minutes (the time ran by Dave Bush in the previous two years) but just went over. Thanks to everyone for making it another great day out and special thanks to all those who looked after Edward whilst I was running my leg.

Leg 8 (James): I knew something must have been good when the mini bus carrying everyone could be heard from quite some distance, the image of rowdy football fans comes to mind.

Lee and Sean gave me a pep talk prior to my leg telling me that there is no chance of anyone catching me if I just run normally! I did inquire about the young, fast and slim Southampton runner warming up behind me the response was that he was in a word "rubbish"! Funny that as on the Power of 10 Athlete profile website says run sub 2 mins for 800m! With the offer of Sean and Lee running ahead to guide me through the route I was not in a position to turn their generous offer down.

Two miles in all good Sean passed me to Lee for the next 2 miles. It was at this stage I realised that I had made a very good decision in following Lee as the route was not at all familiar from the 2 practice runs the week before! That's when I heard Lee swear for the first time!

Six minutes later I'm back on track but to my amazement now only 15 secs oh and guess who behind me yes the Slim, fast etc.... With many of the team coming back on the last mile to support (also hoping Piers could somehow jam the last gate shut) I was able to keep the lead and take us to victory yeeeeeesss.

Leg 8 – A Navigators Perspective (or confessions of a team captain).

Sean and I after chatting with James at the handover point decided that it would be a good idea to guide him through the leg, initially this was just to stand at two key points, but instead we decided to run with James and guide him through the leg at least until the underpass with M27, with Sean handing over to me at the first road section. As we were jogging out I was regaling the story from the previous Thursday when I had got lost running round Lisbon (despite having a map), the penny didn't drop for either of us, that I may have a reputation for choosing the scenic route.

As James approached being paced by Sean, he was looking fresh and full of running, but James looked a little tired, so to inspire him I raised the pace running about 10m in front. Everything was going well until I missed a vital turning. We were well and truly lost. I asked a few passers by, including trying to wave down a motor-home by standing in the middle of the road shouting help; he just swerved and carried on, so we simply followed the sound of the M27. Finally a friendly cyclist travelling in the opposite direction stopped and chased after us to tell us we were on the right road to find the Test Way. After running part of the Lordshill 10 course, asking 4 or 5 passers by, running an extra km and adding a good 5 minutes on to the time we found the underpass and James carried on alone, without a guide for help!!! As ran off the second, then the third and soon after the fourth placed teams followed him down the track, leaving me in a state of near panic and suspense...



The victorious men's team with Stuart keeping a tight grip on Lee to stop him getting lost again.

MIXED TEAM

Leg 1 (Lucy): Standing at the start of the Test Way Relay with all the other competitors from the mixed and ladies team I knew this was going to be more challenging than I first anticipated due to the wind on the exposed hillside. The first part steadily climbs and when my watch beeped and showed 8.12 for the first mile it confirmed the fast pace. On the steep downhill I took my time on being careful not to fall but as soon I hit the valley path I was off again until the massive hill which I did have to walk up, but so did everyone else! As I entered Linkenholt it was great to see the all the Overton Harriers cheering me on, which helped me make it to the hand over point to Kerri who then set off on leg two.

Leg 2 (Kerri): With Lucy having had a clearly good run to be ahead of time when she arrived at the start of leg 2, the nerves really kicked in at the start of my leg as the pressure was now on my for the next 9(ish)K to maintain our great start. After going as hard as I could up the initial climb, the nerves soon melted away and I was having pretty good run with good splits for miles 1-3. I always knew the climb at Hurstbourne Tarrant was going to be hard work and decided the best approach was to push as hard as I possibly could until my legs couldn't take anymore in the vain hope that I could hold on! What I hadn't quite bargained on was running into the woods and finding a runner on the floor with a fairly large quantity of blood coming from her head. In the space of about 5 seconds I had a huge moral dilemma to contend with; to keep going as my previous running colleagues had done, or stop to help the runner on the floor. I knew the hill was always going to be tough and slower than any other part of my leg, but the splits at that time on my watch were showing that I could complete my leg in approx 43 mins. The time spent helping the injured runner cost me in the region of 5 mins and I finally completed my leg in over 47 minutes. I was naturally disappointed that I was unable to continue the great start that Lucy had set out in leg 1, but fortunately the rest of the mixed team were able to make up the time in the 2nd half and gain us 2nd placed mixed team!! Hopefully next year will be a little less eventful - or at least eventful for the right reasons!

Leg 3 (Franny): I covered the opening stretch of stiles comfortably and realised I had closed several minutes on a Winchester runner in the first half mile, she had probably missed the first turn and she gradually set about regaining the ground that she had lost. A guy from Totton passed me as we dropped into the valley bottom and was soon followed by a speedy girl from Southampton. Things changed for the better on the climb up Derrydown as the Totton guy slowed to a walk whereas my safer start saw me pass him and leave him along way behind. It was very warm and a sudden shower did little to cool me down, I knew I was going as well as I could be expected and made up over 5 minutes on another runner and passed her at the crossing of the B3400. The last stretch was tough, luckily I had done a second recce of my finish the previous evening, and I managed a last surge to the finish where the wheels finally fell off.

Leg 4 (Jill): It had been several weeks since Jill's only recce run but she seemed far more confident than Robin about not getting lost. She had managed to get in some reasonable training while away on holiday and was looking to better 42 minutes if possible. Setting off with about a minute advantage over the Totton runner she covered the early stages across the water meadows and through Forton at a good pace before crossing the A303 and entering the stretch through Harewood Forest where a group of Harriers had memorably got lost several months earlier. Jill's sense of direction has never been great but on this occasion it was faultless and despite being passed by the Totton runner she continued strongly and was extremely pleased to beat her target time by almost a minute. (RF)

Leg 5 (Monique): After running about 52 minutes on the 'recce' run in torrential rain the day after the Overton 5, and being set a target of 48 minutes, I was up for the challenge. Thanks to Franny I avoided getting lost in the early stages, as with all the twists and turns that I had forgotten, I surely would have. Thankfully we left getting lost to the last stage in the mens team.☺. Also the ferocious bull they had warned me about had gone missing from the common!! And so to the latter stage along the disused

railway line from the Mayfly to Stockbridge where I was met by a cheering and helpful Piers, who I was afraid was trying to pace me. "I am only protecting you from the traffic" he shouted back. But all the cheering and support helped. It came as a surprise to all, including myself that I managed a time of 42m 50s, for which I was really chuffed.

Leg 6 (Martin): A good start to my leg (well, you have to put some effort in when you have people watching!!!!) and straight into a long straight section through a wooded area. By this stage there were no other teams within sight, although the men's team were quickly catching and Richard who started a minute and a half behind me, passed just after a mile. With a few words of encouragement he was gone and I continued the rest of my leg on my own. Luckily, it is a nice easy leg and you can't possibly go wrong. I managed to put in a bit of pace on my own, although the lack of training showed, especially on the exposed hill to the finish, where the rest of the team awaited full of words of encouragement.....apart from Jamie, who asked if I had got lost!

Leg 7 (Piers): At the start of leg 7 I had a look at the marshals timing sheet and worked out we were in, at best, sixth place, which was to be honest a relief as I'd been a bundle of nerves especially with the continuous adrenalin rush of cheering on a potential men's team victory. As Keith said above this leg is very twisty turny making it difficult to get into any sort of rhythm especially with the fallen trees; it also means that you can't work out if you are catching anyone. I had a reasonable run but could have done better if I'd known how close I was to catching the other mixed teams.

Leg 8 (Neil G): What an absolute fantastic event, thoroughly enjoyable to watch and be part of the build up of both teams performances as the day progressed, it was very exciting going into the last leg knowing the men's team were in the lead, even though I was not even in that team!

From the mixed team perspective I was not really sure where we were, with so many runners of different teams converging together at the end I just took over from Piers and tried to catch the runners I could see in the distance. Within mile two I had overtaken a couple but was not sure what class they were in, it was around here I saw Sean jogging back from pointing James in the right direction, Lee running on with him a little further (the rest I'm sure will be covered by someone else's account of events)!

I latched on to the back of a guy from Romsey who I stuck with till mile 5, this is where I saw Lee and with his encouragement telling me to pass him before a long path section which I managed to do so. Now pushing myself thinking Lee was going to follow me to the finish and shout at me all the way to up my pace I managed to break away from Mr. Romsey who was evidently 2nd in the mixed event to steal this from them. So a thanks to Lee for his encouragement, and to all other supporters and helpers on the day especially Paige and Dave, oh and Sean for his working out of the logistics, there was times when I didn't share his confidence but he had it all worked out perfectly.

Look forward to Next year.

"Quote of the Month"

There has been an absolute glut of quotes this month including Franny marshalling at the Overton 5 and shouting at one runner in the one lap race

:

"well done, you're 10th overall and 4th female"

I was then be told that was a boy, not a girl. What made it worse was the runner in question was a Harrier, apologies to young Sam.

The Test Way Relay supplied numerous quotes (and mis-quotes) from Lee but they all seem to be on the same theme:

“Follow me James, I know the way”

Although Robin’s quote to Neil Glendon at the finish was class:

“Great run Neil, you were even faster than James”

So to win this month the winning quote had to be of the highest level so, step forward Mr Potty Mouth himself Richard Clifford at the relay handover point in Stockbridge who berated an aged Jaguar driver who had the temerity to drive past:

“You t*at, you couldn’t wait a f*** minute, you f***** idiot”**

VICTORY 5 **18th September** *from Lee Tolhurst*

On a good day for running, if a little breezy a hoard of Harriers descended on the Mountbatten centre, despite various sat-navs best efforts to send their owners down unmade tracks. After a brief postponement to the start to allow for Neil Glendon to negotiate his entry despite not being on the list, we got underway. Well some of us did, those with less experience of this race got trapped mid pack for the first ½ mile slowing the normally eager to a mere jog.



Once out on the seawall the battles started shaping up Sean taking an early lead, followed by me with James taking a watching brief. Then in rapid succession came Neil M, Richard, then Neil G, Robin and Stuart. As the race unfolded we all sort shelter behind other runners as we headed into the wind through mile 2 and 3. At this stage it seemed Sean had an unassailable lead but a strong looking James cruised by me at 3.5miles.

As we headed back along the wall I was sure Sean was going to hold off James, only to see James closing rapidly once inside the stadium to pip Sean on the line and take the club championship, leaving me to just out sprint the first lady. All three of us getting well under the national standard of 28 minutes for the first time.



Just as we were exiting the finish funnel, Harrier after Harrier appeared finishing under 30mins, Neil, Richard and Neil, followed in a few seconds later by Robin and Stuart. A little further back was Keith putting in a much better performance than at Overton and John who ran well despite the congested start.

The ladies raced into the finish area, Lucy with Rachel close on her tail, and Sarah and Liz not far behind.

The men finished the day with the 3rd team prize, whilst Sean took away more prize money with a vets 3rd.

Quiz Question: When was the last time the Harriers has 6 runners under 30mins (for a 5M race)?

Harrier	Time	Position
James Knight	27:31 (PB)	24 th
Sean Holmes	27:33 (PB)	25 th (3 rd V40)
Lee Tolhurst	27:45 (PB)	28 th
Neil Martin	29:49 (PB)	64 th
Richard Clifford	29:56	68 th
Neil Glendon	29:58 (PB)	69 th 8 th V40)
Robin Oakley	30:24 (PB)	83 rd
Stuart Searle	30:45 (PB)	103 rd
Keith Clark	33:24	177 th (22 nd V40)
John Castelli	34:50	233 rd
Lucy Griffiths	39:10	372 nd (35 th Lady)
Rachel Hessom	39:40	394 th (39 th Lady)
Sarah McCann	40:36 (PB)	413 th (19 th V40)
Elizabeth Sandell-Ball	40:59	417 th (4 th V55)

641 finished

GREAT NORTH RUN**18th September 2011***from Kerri*

I have always been one for the bigger races as the atmosphere is generally second to none and the 31st Bupa Great North Run was no exception to that. It was a pretty chilly start to the day and with the logistics of getting 54,000 runners from Gateshead to South Shields meant that there was to be a lot of waiting around at the start line. The organisation of the whole event was fantastic with baggage buses, Asics providing foil blankets, Powerade to keep the fluids up and good entertainment to keep us all occupied. The fact that they close the central motorway in Gateshead to perform the race gives you some idea of the enormity of the whole event.



The start for some must have been incredibly crowded, but I was fortunate to be over the chip mats at the start within 30 seconds of Mo Farah starting the race. The road splits in two early on and starts the first of the course's many undulations, before rejoining for the crossing of the Tyne Bridge. The first 3 miles are pretty much downhill, so watched many of the lunatics steam past me knowing that I would most likely get them back later in the race. Throughout the 13.1 miles, there are a number of very gradual but lengthy ascents and descents; the largest starts just past 5K and climbs for about 2 miles.

The support from the locals completely makes up for the distinct lack of scenery (It runs mainly on dual carriageways apart from when you cross the Tyne Bridge and at mile 12 when you drop down for the last mile along the Seafront). You can expect to be offered orange slices, jelly babies, booze, ice pops and even a quick shower from onlookers brandishing hosepipes. There were cheering sections on the remotest sections of the A184 and even the cheeky kids squirting people with water bottles or deliberately missing high-fives were appreciated. The rain falling during my last mile couldn't dissipate the crowds.

It's a very busy race, but organized incredibly well and lined with drinks stations (water and sports drink), live music (at almost every mile) and even a Bupa Boost Zone providing sports massages, Vaseline and jelly beans. And the Red Arrows display is a fitting reward for your hard work after the race. All in all, it's a very emotionally-charged, monster of an event.

Harrier	Gun Time	Position
Kerri Barton	1:39:07	154 th Lady

ALDERSHOT SOUTHERN COUNTIES ROAD RELAY**24th September***from Katie Edwards*

How did I manage to get roped in for this one? I suppose I did volunteer, but I didn't actually realise what I'd volunteered for, until I made the mistake of looking up last year's results online. So, I was more than a little nervous when we met Kerri and she spent most of the journey talking me off the ceiling of the car. In fact, we were lucky to even get this far. After a runner dropped out through injury, Monique kindly agreed to step in, despite the fact she was flying long haul overnight the night before!

When we'd all arrived we decided the running order. I was worried about running last, but in hindsight it was the right decision. Kerri ran the first leg and started strongly, running the 3851m lap in 16:47. She handed over to Monique and sensibly didn't tell the rest of us quite how hilly the course was. Monique did an amazing job, especially as she was so tired, and finished her lap in 18:44. Liz also ran very well and was coming up to the finish at the same time as the final runner for the winning team (Charlotte Purdue for Aldershot, Farnham and District). Liz put on a final push and almost beat her to the line, finishing her lap in 19:00. She handed over to me and I was off, so excited that I forgot to start my Garmin.

The course was described as undulating - I now know this is a euphemism for hilly. There were no really big hills, but it continually rose and fell over the course. I don't know quite how they managed it, but I saw the other ladies at several points of the course, cheering me on. This really helped, because there were no other runners with me at all during my lap. All but two remaining teams were ahead of me and one of those runners overtook me about halfway through my lap. I finished my lap in 24:41, the slowest lap time of the race, but a personal best pace for me. While I felt totally outclassed, the atmosphere of the afternoon was brilliant. I really enjoyed running as part of the team and felt privileged to watch some of the elite women race. I would say "run alongside", but most of them had finished before I even started! The best part was the support of the team, who made this first experience a very good one for me.

Harrier	Gun Time
Kerri Barton	16m 47sec
Monique Van Nueten	18m 44sec
Liz Sandall-Ball	19m 00sec
Katie Edwards	24m 41sec
<i>56th TEAM</i>	<i>1hr 19m 12sec</i>

CHRISTMAS 2011

from John Hoare

Early days but I have now booked Test Valley Golf Club for our Christmas lunch.

Date: 18th December

Programme: 10.45am Cyclists Race

Followed by 1.30pm Carvery at Golf Club

Menu

Choice of Starter	Parsnip Soup Melon with Winter Berries Duck & Orange Pate Crayfish & Prawn Salad
Main Course	Traditional Carvery with all the trimmings Roasted Mediterranean Vegetables and Goats Cheese Wellington
Puddings	Christmas Pudding Chocolate Profiteroles Raspberry and White Chocolate Cheesecake Fresh Fruit Salad in Brandy Snap Basket & cream
	Coffee and Mince Pies

Cost £19.95 (say £20) – same as last year
£10 for Children
£5 for Toddlers

Email or phone me with your bookings. No deposit required – pay on the day.

I will need your choice of starter and pudding and I will need to know if you want the vegetarian option