

# Overton Harriers



&  
**Athletic Club**

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July 2012      Issue 419

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

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|                        |  |
|------------------------|--|
| August 1 <sup>st</sup> | Yateley 10k Race 3                         |
| 5 <sup>th</sup>        | Lambourn 5 mile, Milland Valley 13m        |
| 12 <sup>th</sup>       | Salisbury 5-4-3-2-1                        |
| 16 <sup>th</sup>       | <b>SUMMER HANDICAP Race 4</b>              |
| 19 <sup>th</sup>       | Burnham Beech Half Marathon    Everton 10k |
| 26 <sup>th</sup>       | Englefield 10km                            |
| 28 <sup>th</sup>       | Promenade 5k                               |

*Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday*

## **FRANNY'S BITS**

Highlights of the month were the big turnouts for the Kingsclere "Twist" 5 and our home leg of the Mob Match, sadly we were narrowly beaten in the latter but the club entry was the biggest ever for any race.

The Southern Track runners have been competing at some distant locations this season and are always on the lookout for aspiring track runners, throwers & jumpers. Please don't be shy in coming forward.

Following the clubs success in supporting the Village Green Olympics last month we also had a good turnout at the Overton Sheep fair where Moira, Cath & Keith opened the Sunday proceedings by parading a replica of the 1948 Olympic Torch through the village. Later there was a great turnout of juniors & seniors for the parade where everyone had a great laugh before a good sized group retired to the Red Lion for some well-deserved refreshments. A huge thanks must go to Monique for organising a great day.

I hope to get current Consistency Leagues on to the Club Web site in the next few weeks and just to remind everyone that they need to compete in at least one of the Newbury Park runs at Greenham Common to record a scoring time for the Club 5k Championships. Please contact Franny for further details if you are not already registered for Park Run.

Don't forget Overton 5 will be in first Saturday in September; if you aren't intending to run please consider marshalling on the event and also don't forget the Party afterwards.

## LAKELAND TRAILS CONISTON MARATHON

1<sup>st</sup> July

*from Piers Puntan*

Let's get this out of the way now. The Lakeland Trails' description of the marathon course from the website stating that 'Most of the course is on hard packed gravel or stony bridleways' is ... wrong. There are some paths like that, true, but there's also an awful lot of hard off-road climbing and technical descents, rocky slopes, and some areas where there's no apparent path at all. Luckily I normally love this type of running; it's what enables me to keep up with Richard, Robin and the rest of the pacy Harriers. However it did mean that this was a much, much harder run than I was anticipating especially as I picked one of the wettest summers on record to attempt this sort of thing.



I ran the first half at my typical 8½ minute mile pace, aware of the adage, 'If you don't think you're running the first half of a marathon too slow; then you're running too fast'. I'd got into a pretty good rhythm and was doing well on what were hard but runnable paths and went through 20 miles in under three hours. What a time! Apart from the pouring rain I could imagine the views, the alleged beautiful countryside, great running, what's not to like?

Answer: the last six miles. They just weren't funny. Fitness-wise I was still feeling pretty good, but my legs were very tired and heavy, and the terrain became either extremely rocky or very boggy and almost impossible to run.

I was up to my calves in mud a lot of the time, and it was very difficult to cross this terrain at any speed; in fact I got demoralised and walked a lot of this section. Then the final 3 miles along the lakeside consisted of paths criss-crossed with exposed tree roots, nicely polished to a slippery hell by everyone passing before.

I ran the last 2 miles at about 9 minute mile pace desperately trying not to get passed, and crossed the line in 4hours 11 minutes. This was one of the very hardest things I've ever done, and a little bit disappointed as I'd walked something I have never done in my last marathons. Would I do it again? No. Would I do another hilly marathon? Yes, as long as it was guaranteed to be dry and runnable.

| Harrier      | Gun Time | Position                                |
|--------------|----------|---|
| Piers Puntan | 4:11:54  | 85 <sup>th</sup> (30 <sup>th</sup> V40) |

*310 Finished*

## KINGSCLERE "TWIST" 5 MILES

8<sup>th</sup> July

*from Richard Francis*

Despite the almost continuous rain over the previous weeks there was another big Overton presence at this race. Lee's pre-race briefing highlighted that the course would be muddy and was particularly bad near the Frobury Farm lakes.

James had a great run to take 2nd place behind Matt Ward & Sean was over half a minute back in 3rd. Neil took the honours with a fine run as he edged out Robin in close tussle for 5th place.



Keith Vallis made the top 10 & clearly enjoyed the conditions while Richard was plastered in more than mud. Cath was 2<sup>nd</sup> lady over the line & had a minute in hand over Piers while John, yet again, got the better of Dave Titcomb. Kerri put in a good run & I believe took the first local ladies prize, I chased Lucy for most of the race & took advantage of the deep mud to go past her in the last mile while

Steve was a little below the form that he has shown in his recent Park runs.

Eric showed he still loves the "mud & hills" with a battling run ahead of a cracking performance from Sarah, who may not have run in mud that deep before. She was followed home by a 3 way battle that saw Carole & Monique crossing the line only 2 seconds apart with Steve McNair recording a DNF when in sight of the finishing line.

| <b>Harrier</b> | <b>Time</b> | <b>Position</b>  |
|----------------|-------------|------------------|
| J. Knight      | 28m 33sec   | 2 <sup>nd</sup>  |
| S. Holmes      | 29m 15sec   | 3 <sup>rd</sup>  |
| N. Martin      | 31m 15sec   | 5 <sup>th</sup>  |
| R. Oakley      | 31m 20sec   | 6 <sup>th</sup>  |
| K. Vallis      | 31m 59sec   | 10 <sup>th</sup> |
| R. Clifford    | 34m 27sec   | 17 <sup>th</sup> |
| C. Wheeler     | 34m 57sec   | 21 <sup>st</sup> |
| P. Punton      | 35m 59sec   | 24 <sup>th</sup> |
| J. Castelli    | 36m 20sec   | 26 <sup>th</sup> |
| D. Titcomb     | 36m. 34sec  | 29 <sup>th</sup> |
| K. Barton      | 38m 28sec   | 40 <sup>th</sup> |
| R. Francis     | 39m 34sec   | 45 <sup>th</sup> |
| L. Pearson     | 39m 38sec   | 49 <sup>th</sup> |
| S. Edwards     | 41m 48sec   | 56 <sup>th</sup> |
| E. Tilbury     | 42m 57sec   | 63 <sup>rd</sup> |
| S. McCann      | 44m 40sec   | 67 <sup>th</sup> |
| C. Driver      | 45m 27sec   | 69 <sup>th</sup> |
| M. Van Nueten  | 45m 29sec   | 70 <sup>th</sup> |

*128 Finished*

### **HAMPSHIRE XC LEAGUE FIXTURES**

Fixtures for the 2012/2013 Cross Country season are

|                           |                 |
|---------------------------|-----------------|
| 13 <sup>th</sup> October  | Farley Mount    |
| 10 <sup>th</sup> November | Goodwood        |
| 1 <sup>st</sup> December  | Popham Airfield |
| 12 <sup>th</sup> January  | Bournemouth     |
| 9 <sup>th</sup> February  | Salisbury       |

Any queries to John Hoare

### **SOUTHERN ATHLETIC LEAGUE – CHELMSFORD**

**14 July**

*from John Hoare*

Just three of our numbers made the long trip to Chelmsford for the penultimate fixture and in a strong match our depleted team managed a commendable third place, which has kept us hovering just above the relegation zone. Sean managed a third place in a very competitive 3000m in a new PB while Neil also gained a new best time in the same race as a guest. The 3000m was also the competition for Monique, who again shared her track judging duties with racing and picked up a very useful couple of points at a critical time in the afternoon.

Unfortunately the final fixture at Worthing clashes with the Overton 5 so we shall be relying on our Andover team mates to try to secure another season at the top level

## RESULTS

|       |        |     |                                    |           |
|-------|--------|-----|------------------------------------|-----------|
| 3000m | Men    | 'B' | 3 <sup>rd</sup> Sean Holmes        | 9m 49.5s  |
|       |        | N/S | 4 <sup>th</sup> Neil Martin        | 10m 25.3s |
|       | Ladies | 'B' | 3 <sup>rd</sup> Monique van Nueten | 14m 37.0s |

## MATCH RESULT

|                  |     |                    |     |
|------------------|-----|--------------------|-----|
| 1. Chelmsford    | 240 | 3. Andover/Overton | 152 |
| 2. Milton Keynes | 194 | 4. Ashford         | 144 |

## MOB MATCH      19<sup>th</sup> July

We were missing a few of our top runners for this rematch but an astonishing turnout of 32 runners almost gave us victory on the night. Sean took the race by the scruff of the neck to record a solid win and good backing from the in-form Robin & the two Neil's gave us a solid foundation. However it was our ability to finish closely grouped packs of Harriers throughout the race that almost brought us victory.

This was truly a team effort with everyone counting and sadly we were only one runner short of victory at the end. Everyone should feel very pleased with their efforts and hopefully we will go into these races next season full of confidence.

| Harrier       | Time  | Position         |
|---------------|-------|------------------|
| S. Holmes     | 19.31 | 1 <sup>st</sup>  |
| R. Oakley     | 20.48 | 3 <sup>rd</sup>  |
| N. Martin     | 20.53 | 4 <sup>th</sup>  |
| N. Glendon    | 21.15 | 7 <sup>th</sup>  |
| Keith Valiss  | 21.38 | 11 <sup>th</sup> |
| R. Clifford   | 21.46 | 12 <sup>th</sup> |
| M. Groundsell | 22.21 | 14 <sup>th</sup> |
| A. Hartley    | 22.28 | 15 <sup>th</sup> |
| C. Wheeler    | 22.59 | 18 <sup>th</sup> |
| P. Puntan     | 23.03 | 19 <sup>th</sup> |
| M. Crawshaw   | 23.47 | 23 <sup>rd</sup> |
| J. Castelli   | 24.03 | 26 <sup>th</sup> |
| P. Randall    | 24.13 | 29 <sup>th</sup> |
| K. Clark      | 24.24 | 31 <sup>st</sup> |
| D. Titcomb    | 24.26 | 32 <sup>nd</sup> |
| G. Preece     | 24.27 | 33 <sup>rd</sup> |

| Harrier         | Time  | Position         |
|-----------------|-------|------------------|
| H. Oliver       | 24.52 | 35 <sup>th</sup> |
| M. Dennison     | 25.22 | 36 <sup>th</sup> |
| K. Barton       | 26.03 | 39 <sup>th</sup> |
| S. Edwards      | 26.09 | 41 <sup>st</sup> |
| D. Heath        | 26.22 | 42 <sup>nd</sup> |
| R. Dennison     | 26.45 | 43 <sup>rd</sup> |
| C. Boyle        | 26.50 | 44 <sup>th</sup> |
| R. Francis      | 26.59 | 45 <sup>th</sup> |
| E. Tilbury      | 27.51 | 48 <sup>th</sup> |
| E. Sandall Ball | 28.16 | 52 <sup>nd</sup> |
| A. Brown        | 29.11 | 54 <sup>th</sup> |
| M. Van Nueten   | 29.17 | 55 <sup>th</sup> |
| E. Hartley      | 29.18 | 56 <sup>th</sup> |
| S. McCann       | 28.28 | 57 <sup>th</sup> |
| C. Parsons      | 30.24 | 60 <sup>th</sup> |
| C. Driver       | 31.07 | 63 <sup>rd</sup> |

## HARROW WAY HANDICAP - RACE 3

## 19<sup>th</sup> July

Apologies but this report is a bit rushed, this month's handicap was run in conjunction with the Mob Match and saw good results for our ladies with Monique winning by 12 seconds ahead of Liz.

Keith Clark took third place ahead Neil Martin & Hannah. Time wise the order was the same as for the Mob Match.

There were PB's recorded by the following runners: Neil Martin, Martin Groundsell, Phil Randall, Steve Edwards, & Liz with Neil Glendon equalling his.

| <b>Pos</b> | <b>Harrier</b>     | <b>Fin. Time</b> | <b>H'cap</b> | <b>Act. Time</b> | <b>Time Pos</b> |
|------------|--------------------|------------------|--------------|------------------|-----------------|
| 1          | Monique Van Nueten | 35.05            | 5.51         | 29.17            | 28              |
| 2          | Liz Sandall Ball   | 35.17            | 7.01         | 28.16            | 26              |
| 3          | Keith Clark        | 35.22            | 10.58        | 24.24            | 14              |
| 4          | Neil Martin        | 35.24            | 14.31        | 20.53            | 3               |
| 5          | Hannah Oliver      | 35.25            | 10.33        | 24.52            | 17              |
| 6          | Phil Randall       | 35.29            | 11.16        | 24.13            | 13              |
| 7          | Steve Edwards      | 35.33            | 9.24         | 26.09            | 20              |
| 8          | Martin Groundsell  | 35.40            | 13.19        | 22.21            | 7               |
| 9          | Deborah Heath      | 35.48            | 9.26         | 26.22            | 21              |
| 10         | Neil Glendon       | 35.56            | 14.41        | 21.15            | 4               |
| 11         | George Preece      | 35.59            | 11.32        | 24.27            | 16              |
| 12         | Claire Boyle       | 36.00            | 9.10         | 26.50            | 23              |
| 13         | Piers Puntan       | 36.01            | 12.58        | 23.03            | 10              |
| 14         | Robbie Dennison    | 36.02            | 9.17         | 26.45            | 22              |
| 15         | Sean Holmes        | 36.04            | 16.33        | 19.31            | 1               |
| 16         | John Castelli      | 36.10            | 12.07        | 24.03            | 12              |
| 17         | Robin Oakley       | 36.14            | 15.26        | 20.48            | 2               |
| 18         | Eric Tilbury       | 36.15            | 8.24         | 27.51            | 25              |
| 19         | Keith Vallis       | 36.19            | 14.41        | 21.38            | 5               |
| 20         | Sarah McCann       | 36.22            | 6.54         | 29.28            | 30              |
| 21         | Dave Titcomb       | 36.24            | 11.58        | 24.26            | 15              |
| 22         | Mark Dennison      | 36.29            | 11.07        | 25.22            | 18              |
| 23         | Carole Driver      | 36.32            | 5.25         | 31.07            | 32              |
| 24         | Claire Parsons     | 36.34            | 6.10         | 30.24            | 31              |
| 25         | Kerri Barton       | 36.38            | 10.35        | 26.03            | 19              |
| 26         | Adrian Brown       | 36.41            | 7.30         | 29.11            | 27              |
| 27=        | Richard Francis    | 36.48            | 9.49         | 26.59            | 24              |
| 27=        | Evan Hartley       | 36.48            | 7.30         | 29.18            | 29              |
| 29         | Martin Crawshaw    | 36.55            | 13.08        | 23.47            | 11              |
| 30         | Cath Wheeler       | 36.58            | 13.59        | 22.59            | 9               |
| 31         | Richard Clifford   | 37.00            | 15.14        | 21.46            | 6               |
| 32         | Andy Hartley       | 37.12            | 14.44        | 22.28            | 8               |

### **BMAF 5K ROAD CHAMPIONSHIPS HORWICH**

**17<sup>th</sup> June**

*from Ed Simpson*

The BMAF (British Masters (formerly Veterans) Athletic Federation) Champs has been held for quite a few years at Horwich – where? – Home of the Reebok stadium where Bolton Wanderers play, somewhere north of Manchester. The prizes for all these events are based on five year age groups. Moira and Cath can tell you all about it. This time I was brand new in the 75-79 category so hoping for great things – a gold medal would do, having had silver in this race 3 times before. However I did not reckon on a very nice guy from Edinburgh called Walter McCaskey, so I have another silver. I ran 23.21, three seconds faster than last time, and also beat Walter last year. But this was his day. By the way it is a nice town centre course but not flat.

### **HYDE PARK “LAST FRIDAY OF THE MONTH” 5K**

**29<sup>th</sup> June**

*from Ed Simpson*

This time held in Kensington Gardens. There are a number of carefully measured courses in the park area to work round other events being held there, like Olympic triathlon preparations this time. The

best time for my age group was set 11 years ago by Ron Hale of Kent AC. My time on this occasion was 23.25 which improved his record by 17 seconds. Ron's record for 80 is 26.23. Do I have that to look forward to?

Five years ago as a new 70 year old I took the course record from Bruce Tulloch with 20.58 and this lasted over two years. It has since been very seriously carved up. I had met Bruce a couple of times and enjoyed his book entitled "Running over Forty". He had spent a lifetime running and coaching and in his youth held British and European records. He was also noted for running in bare feet in the days when that was not fashionable.

#### **BMAF TRACK AND FIELD CHAMPIONSHIPS**

**21<sup>st</sup> - 22<sup>nd</sup> July**

*from Ed Simpson*

Held this year at Moorways Stadium Derby. Usually at Alexander Stadium Birmingham, which this year had been taken over by the USA Olympic team for last minute athletics training.

1500m            6.34    Silver medal.

5000m            24.02 - yes, rather slow but so what – GOLD medal.

And one hour later for "fun" 800m Bronze medal. To get any medal one has to run better than the medal standard which in this case was 3.35. So my 3.24 was a relief. And just to allay any queries, there were other runners behind me in all three events.

Next is the BMAF 10k track race at Oxford on 5 August. Not so far to go. And finally the BMAF 10k road race at Ashford Kent on 12 October. Could there be more shiny hardware? I hope so.

#### **SHEEPFAIR 2012 - OVERTON HARRIERS**

**15<sup>th</sup> July**

*from Monique Van Nueten*

On Sunday 15<sup>th</sup> July the Olympic Gods must have voted in favour of the Sheepfair and the Harriers. After days and weeks of torrential rain that morning started off with sunshine and a nice summery temperature.

For the 2012 Olympic Torch Relay, Overton slipped under the radar and missed out but this was greatly compensated by Keith Vallis, Cath Wheeler and Moira West being a feature attraction for the opening of the Overton Sheepfair on that morning carrying a replica of the 1948 Olympics Torch. There was no need for G4S, they had Richard Baldwin ☺☺



In the afternoon a big Harriers contingent, from Juniors up to the good old third generation, took part in the procession , proudly holding the torch, Olympic flag, blue Harriers Banners and wearing our vests, medals and period running outfits.

A big thank you to everyone from the club who made the effort to participate with great enthusiasm which was well received by the crowd. It was good fun.

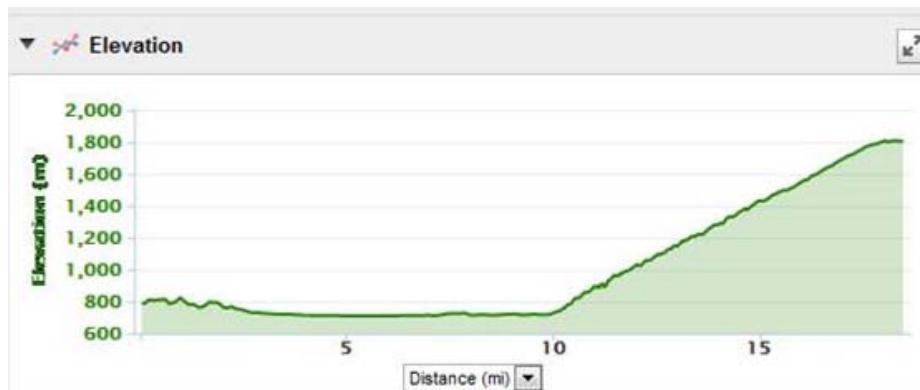
## **ALPE D'HEUZ TRI**      **26<sup>th</sup> July**

.....*from Martin Groundsell*

To say that this triathlon was going to be a challenge, soon became a bit of an understatement as Stuart and I drove up the mountain on the Monday before the event to get to our accommodation. It showed that we simply don't have any hills that enabled us to replicate the length or steepness, coupled with the fact that there was a broken down car on the way up as well only added to the realisation. So on Tuesday we decided to do a practice climb, 75 min later I made it to the top with Stuart beating me by 6 minutes and looking a lot fresher than me. It was at this point where we started to think that we may not be signing up for the long course version next year.

Two days later it was race day and to make things easier the sky was blue and it was 32 degrees by the lake and 28 degrees at the top of the mountain, just what we needed. The start was a mass 800 people start in the lake, this was by far the largest start we had done and it was carnage. Usually the white water madness lasts for about 100-200 meters before it thins out. This time it lasted for around 800 meters of the 1200 meter swim. It was so crazy that at one point I could not get a breath of air and had to spin onto my back just to get a couple of breaths of air. After the second buoy and the turn for home I finally managed to get into a rhythm and with a lot of hard kicks managed to get the person off my feet but it was the hardest swim I have ever done.

On the bike we had 9 miles of flat racing before we hit the climb, even though the roads were not closed to traffic the competitive nature had gone to everyone's head and we were all taking the racing lines and apexing corners that we shouldn't have been. There was also a lot of drafting going on which is supposedly not allowed but with 800 people and about 15 referees on motorbikes the rules were only applicable when you heard a motorbike. Then we hit the climb and it seemed that every French rider then decided to go up a level in pace and started to charge up the climb. I had to drop to the granny gear and get into a rhythm. The climb has 21 hairpin bends over 8.6 miles and the first 6 are the steepest section of the climb at about 10-14% (similar to the hill at Hurstbourne Tarrant but for 2+ miles).



I had a constant stream of thinner riders coming past me but I was also starting to pick off some riders as well. The heat from the sun and tarmac made the middle part of the climb even harder, we were climbing on average 140 meter's in height every mile. I starting to feel good at turn 10 and so I tried to push on with the motivation of holding off Stuart who I thought would be catching me on the climb.

However at the top of the climb I started to de-hydrate and the legs started to cramp, as I have been reading Chrissie Wellington's book on how she handles Iron Men events I thought it's ok mind over matter and this worked until it came to jumping off the bike. As you come into transition there is a line where you have to be off the bike or you get penalties and disqualified. So as I approach I did the usual routine of undoing my shoes and getting my feet out of the shoe and pedalling with my foot on top of my shoe, this time however my hamstring and quad cramped at the same time in my right leg. I had to break before the line and I could not get my other foot out of the shoe and so the comical stop and fall sideways happened in front of the crowd of supporters. One supporter tried to stretch my leg but as both the hamstring and quad had cramped it didn't work. The only option was to try and hobble it off so they picked me up and off I went. The cramp managed to subside and so off I went on the run and I was picking people off really easily. However 2k into the 7k run the cramp came back but in the left leg this time, after I sorted that out it was a struggle against cramp and lack of air as we were at nearly 2,000 meters. I made it to the end but it was not a good run more of a survival jog.



Overall the event was brutal but as I hit the top of the climb on the bike there was a huge crowd and that is the closest I will ever get to experiencing something like a major bike race, as soon as the supporters saw the British flag on my race number they made a lot of noise which really gave you a boost. Overall I came 318th out of 777 finishers and 63rd in category, not my best result but it was an event that was completely outside of my comfort zone and in a field where the calibre was really high so I am happy with it. In two weeks I am back to a flat Olympic length event in the New Forest so back to the events I do best at.

..... from Stuart Searle

I think it was last year, that Martin was telling me about a triathlon in France, that includes a climb up the infamous Alpe d'Huez, the notion of me competing in such an event was quickly dismissed. However..... after purchasing a new road bike, one with a lower gear ratio for hill climbing, Martin again made the suggestion of joining him to race this tri, and after an Overton lads curry night (and a few beers), I agreed to take part. Now all I had to do was train.

As far as training goes, it was pretty simple, swim, bike and run. Swimming wasn't a problem; I was already at the pool twice a week, clocking up about 2000m a session. I also added a lake swim at Reading on Saturday's, getting my distance up to 3000m, which was more than enough for the 1200m we would have to race.

Running was a little tricky, as I'd suffered a serious bout of sciatica in May, my first ever experience of this syndrome. However, by mid-June I was able to jog/walk a few days a week, and after doing some stretching and strengthening exercises I was running by July (albeit very slowly and no more than 5 miles). That only left me cycling to worry about. After swimming on Saturday's (regardless of the British summer) I would head off on the bike in search of any local hill that could challenge me and help improve my hill climbing ability. Martin and I even spent the best part of a Saturday doing laps of Box Hill, taking in the climb six times. Even with all this preparation, as Martin pointed out, nothing around here can prepare you for an 8 mile climb up d'Huez.

After an uneventful (apart from my opinion on tunnel improvements) journey via the tunnel, we arrived in Alp d'Huez around 7pm on Monday night.

After a good night's sleep, I awoke to the spectacular mountain views from our apartment. Tuesday morning was rather laid back, as we collected our numbers and enjoyed the atmosphere created by the expectation of the race. After a lunch of scrambled eggs and several cups of tea, it was time for us to experience the climb. So, on a hot afternoon we set out to recce part of the ride we would be doing on

race day. The fact that it seemed to take so long to descend, and through some pretty tight turns, gave me an uneasy feeling for the climb back up. But no sooner were we at the bottom, we were on the climb. 8 miles and about 70 minutes later I reached the top, over heated, exhausted and wondering what I'd let myself in for. However, having done it once, I was filled with a little confidence that I could do it again.



On Wednesday we recce'd the run, watched some of the long course competitors and started to feel the pre-race nerves set in. At 1:50pm on Thursday, after a fairly sleepless night, myself and another approximately 800 triathletes were in the reservoir treading water and waiting for the GO.

2:00pm I could hardly hear the start command, but a mass of bodies were surging forward and we were off. The swim was complete chaos, arms and leg everywhere, white water all around, it was all I could do to stop myself being punched or kicked, the simple task of swimming was to be very difficult. Somehow I managed to swim through the carnage avoiding injury and was into transition 1. Wetsuit off, I was on the bike and riding along the flat roads of France in 32 degree heat.

At about 9 or 10 miles into the ride you hit the climb, and after the brisk pace of 20 to 25mph you suddenly drop to no more than 6 or 7 mph.



I felt comfortable on the climb, despite the heat I was buoyed by knowledge that I could do it, and slowly managed to work my way through other riders.

Unfortunately, whilst I was focused on my riding, I wasn't so focused on my hydration, and as I got closer to the top of the climb the sun and altitude had hurt me and I was suffering.

I made it through transition 2 without problem, but the 7km run was anything but easy.

The run course was a simple out and back, on gravel trail and some road with one small climb. What should have been an easy run, turned into almost 50 minutes of hell, as I walked, jogged and suffered my way around the route. With half a mile to go, I pulled myself together and ran through the finish, grabbed a drink and found a place to sit down and recover. I was 487 out of 777 in a time of 3:14:38.

After a very slow walk back to the apartment, we sat there having drink and sharing our experiences of the tri. A few minutes later, Martin stood up and suddenly grabbed his back and let out what seemed like a cry of agony. Cramp, I asked, something more serious??? I was a little concerned.... "No" he replied. "My energy gel has burst open and it's stuck to my arse".

All in all, a very tough race, but glad I did it.

Martin and I had talked about doing the long course next year. However, after our experience of the short course, that idea was forgotten (for the time being.....)

| <b>Pos</b> | <b>Harrier</b>    | <b>1.2k Swim<br/>(Position)</b> | <b>30k Bike<br/>(Position)</b>   | <b>7k Run<br/>(Position)</b>  | <b>Overall<br/>Time</b> | <b>Overall<br/>Position</b> |
|------------|-------------------|---------------------------------|----------------------------------|-------------------------------|-------------------------|-----------------------------|
| 1          | Martin Groundsell | 21:27<br>(125 <sup>th</sup> )   | 1:50:03<br>(365 <sup>th</sup> )  | 38:49<br>(375 <sup>th</sup> ) | 2:54:39                 | 318 <sup>th</sup>           |
| 2          | Stuart Searle     | 27:42<br>(531 <sup>st</sup> )   | 01:51:17<br>(387 <sup>th</sup> ) | 49:31<br>(671 <sup>st</sup> ) | 3:14:38                 | 487 <sup>th</sup>           |

*777 finished*

### QUOTE OF THE MONTH

Location: As the Eurostar train pulled out of Folkestone station

Stuart: "Wouldn't it be good if you could see the sea out of the window as we travel to France...."

Martin "No as that means there is no tunnel and we are dead"

### OVERTON OLYMPIC TORCH

