

**Overton
Harriers**



**&
Athletic Club**

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October 2012 Issue 422

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 4 th	LORDSHILL 10 MILES (HRRL)
10 th	HANTS XC LEAGUE: GOODWOOD (Club Championship)
18 th	GOSPORT ½ MARATHON (Club Championship)
22 nd	Foxdown Handicap
25 th	Hayling Island 10 miles

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

Rather a rushed edition I'm afraid but many thanks to everyone who has contributed this month. Could those of you who still have items that were promised please forward them in time for next month's edition.

Marathon running (and slightly further) seems to be the "in" thing this month and well done to those who achieved their goals. The XC league got off to a good start for the ladies at Farley Mount but the fixture clash with the Solent half affected the men's team somewhat.

The first handicap went off OK and I would just like to say well done to everyone for heeding my numerous emails about making oneself visible to other road users the road up to the Station is now significantly busier than it used to be and we need to take into account this extra traffic. Thanks to Piers in his efforts to put up signs to warn the motorists.

Please note the Fixture list above.....Both the XC at Goodwood & the Gosport half marathon are Club Championships and therefore carry double points in the Consistency league.

Final call for Christmas Lunch, organised by John Hoare, details are on the back page.

Apologies to Keith Vallis who slipped through the net in last month's Park Run round up, Keith clocked 19m 06sec in the August 18th race; the Consistency League has been corrected to reflect this. Keith has also sent in the first of several long distance race reports this month

THE FARNHAM PILGRIM MARATHON

16th September *from Keith Vallis*

One Saturday in September 2011 I took part in the Surrey Tops 50 mile challenge walk. At about a quarter distance and not far from Farnham, I started noticing that some of the tree roots that I passed had been sprayed Day-Glo orange. I carried on and it took about 5 minutes to work out what was going on. Of course, it was the Farnham Pilgrim Marathon (and Half) the following day.

I decided to give it a go this year and thoroughly recommend it. A tough but very scenic, out and back course over bits of the Pilgrim's Way (linking the cathedrals of Winchester and Canterbury) and the North Downs Way. Anna, Georgia and Edward followed on in the car giving much appreciated support at various points. The halfway point is marked by a steep climb to St Martha's Church before heading back on some quite sandy tracks. I ended up posting a time of 3.43.41 and my slowest marathon time in 25 years. That said I still enjoyed the challenge of training for and completing such a tough course.



One interesting point to note was that the overall race was won by a lady named Holly Rush in a time of 3.07.03.

Harrier	Time	Position
Keith Vallis	03:43:41	35 th (9 th V40)

291 finished

RED BULL STEEPLECHASE CHALLENGE

7th October *from Lee Tolhurst*

I headed out on Saturday afternoon to Bakewell, my base before heading to Castleton the next morning. On arrival I was pleasantly surprised as the hills were relative small & rolling and there was a plentiful supply of tarts (Bakewell that is).

The next morning after breakfast, where the chef was brought in an hour early to cook for me, I set off in search of Castleton. As I got closer the mist drew in and hills became significantly bigger and steeper. As I came into Castleton one hill dominated, Mam Tor; steep bordering on vertical and intimidating to a road runner. Once parked the organisation was superb, from the ease of registration to the chill out tent to relax in before the race plus no queues thanks to ample toilets.



The race briefing before the event centred on following the signs and marshals, so there was no need for a map making, and it would be very difficult to get lost! The final list of starters was in, so we were told how many would get cut after each stage:

- 160 start
- End of stage 1 – 70 get cut (90 continue)
- End of stage 2 – 35 get cut (55 continue)
- End of stage 3 – 25 get cut (30 continue)
- 30 Finish

My plan (yes I had a plan!) was to get into the top 30 from the start and stay there until stage 3, then up the pace on the flattest leg to try and place as high as I could.

On a day perfect for running; 10°C, windless and sunny, we were ready for the off. Looking around the start line there were few if any runners just there to make up the numbers, this was going to be tough.



Stage 1 – Castleton to Bamford

Under the shadow of Mam Tor and the Red Bull gantry we waited for the town crier to complete his proclamation and on the third O'yay we were off. A mad dash of ¼ M on tarmac up a significant (station hill like) gradient we turned and followed the most direct route up Mam Tor (515m). This can only be described as vertical. I was as close as I could be to the runner in front and his feet were at my nose level, needless to say the whole field was already walking. Once through the early morning cloud, we reached blue skies and the top, my Garmin beeped to signify 1 mile in 11:37!



Turning right we then ran down and then up Hollins Cross (411m) followed by Lose hill (476m) before disappearing over the edge, descending at an alarming pace (peaking at 3:40 per mile). On the way down I overtook about 5 runners, despite my speed a runner from South London Harriers flew past me; from then on we would trade positions for much of the race.

No sooner were we down than we start to climb again although this time it was through woodland rather than exposed ridge to Wooler Knoll (383m) in which there was a short sharp climb allowing me to take another three places. From here the descent took us into Yorkshire and the banks of Ladybower reservoir. My eyes lit-up as we had 3 blessed miles of road/made trails, my pace increased as I caught and then passed a group of 5 runners including the South London Harrier.

I was contemplating at this point there are three types of runner in this race: the climber, the descender and the road runner; I was certainly the later. After crossing the river Derwent on a wooden bridge then stepping stones I was into Bamford village and almost at the first church steeple. Signs counting down the last 500m and for the first time an update on my position...6th! 9 miles, 600m of accent in 1:11:15. I get to continue! I grabbed a water and downed a gel and started stage 2.

Stage 2 – Bamford to Hope

This leg promised to be short and very sharp, put simply it was to climb from Bamford on the banks of Ladybower to the top on Win Hill before descending straight back down to Hope. The climb was steep muddy and long 1,000ft in 1.5miles. I was slipping all over the place for the first half mile, losing all 5 places I gained on the road. They remained in sight as I reached the top and to a spectacular view. I remember thinking “*I was down there on the banks of Ladybower only moments ago*”. At the top was a Red Bull support crew with an iron Red Bull weather vane, cameras and a mid-stage chip reader, which must of been carried-up and presumably back down again. I turned and started on the steep and rocky decent where the trainers I had on didn’t quite have enough protection to protect the soles of my feet, leaving them bruised and painful.



On into Hope itself and a small but steep climb to the steeple and knock-out point 2, slipping those 5 places in 11th. 4ish miles and 310m of climb in 36:14. I downed a water and gel and started stage 3.

Stage 3 – Hope to Edale

As per my plan, now was the time to push, making the best of the easy leg. In reality this was the hardest stage, underfoot conditions were at their worst. The recent rain had made every footstep challenging as you had to pull your foot from the ground, making even the flat and decent hard work. As the leg continued the South London Harrier and I traded places, each time exchanging a few encouraging words to each other before his fatigue finally got the better of him at about 17 miles. A little further on standing in the middle of nowhere was a chap from the last series of the apprentice, Adam Corbally (the blonde market trader) who had got lost on a previous leg, even I don’t know how!



After 3 quick down and ups to cross streams, came a long decent during which 2 mountain bikers came charging past shouting “*out of the way, coming through*”; I took great pleasure in showing them a clean pair of heels on the next climb, leaving them way in the distance.

Edale loomed into focus. I could see the steeple and hear the bells ringing, only 500m to go and I would have made it to the final stage. I was by my calculations still in 11th. However if a group of 20 runners had sprinted past in the last few hundred metres I would not and could not of responded. They fortunately didn’t show-up, leaving me to cross the line at knock-out point 3 in 11th covering the 6ish miles in 55:43.

Delighted in the knowledge that I would complete the challenge, I stopped to walk took a water, Red Bull energy shot and a caffeinated gel, before embarking on the 4th and final stage.

Stage 4 – Edale to Castleton

My delight at making it through to the final stage was quickly tempered as I looked up; all that was left was 3 miles up and over Hollins Cross! 14 minutes later I was 1 mile further on but more importantly I was at the top of the last climb where a crowd stood cheering me on. It was simply now a charge downhill. Well no, the initial downhill was rocky, steep and treacherous still I was getting used to that. Finally into the last mile a gentle downhill on tarmac, time to stride out to the finish...almost immediately my calves started to cramp so I slowed to a fast jog crossing the line after 22miles, 4656ft of climb in 3:09:46 and 11th place.



From the finish I was whisked away to have the chip removed and be presented with amazing goody bag, before then being deposited in the town square with Red Bull flowing (of which I had six to aid the drive home), brass band playing, free bar (not for me due to the drive), hog roast turning, burgers sizzling and of course cakes.

The only downside was the 15 minutes to walk to the race car park and the 5hr drive home! Stopping at some services on the M1 I got cramp in my hamstring whilst getting out of the car, much to the amusement of the passers-by. The various pains for the next week were: shoulders, triceps, ribs, hips, glutes, hamstrings, quads, calves, shins, left ankle, Achilles and the soles of my feet; plus I had to remove a splinter out of the end of my little toe.

It was the hardest race I've ever done but at the same time so much fun. I would do it again in a heartbeat just don't tell my body (or the wife).

On the same day as Lee was climbing uphill & down dale Kate & Lucy decided on something a tad longer. Thanks to Lucy for this report.

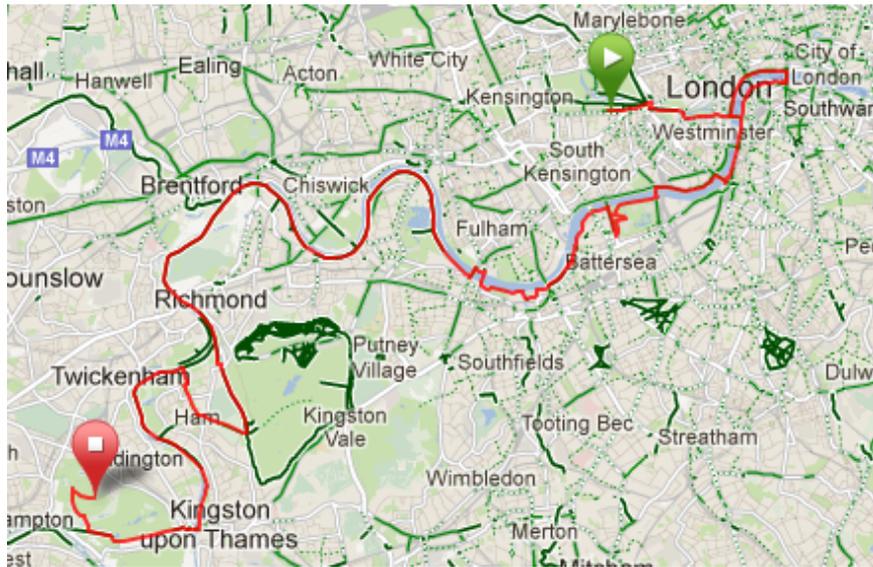
ROYAL PARKS ULTRA 50K **7th October** *from Lucy Pearson*

A couple of months ago, Kate told me about a 50km run - I refuse to call it a race as there was no racing involved. Kate had entered as she had missed out on a place on the Royal Parks Half Marathon. The run which Kate had entered instead was the Royal Parks Ultra Marathon which was 50km starting in Hyde Park and following the River Thames to Bushy Park.

Each entrant had to raise money for Scope and the Royal Parks Foundation and after the organisers launch the 'buddy' scheme it didn't take long for Kate to convince me to be her buddy. This meant that between the two of us we were required to raise £1000.

Our training went well and we were both able to get some long runs in before the big day, including running the Combe Gibbet and finishing in Whitchurch. Both of us had run several marathons so we were confident with the first 26.2 miles but after that anything could happen.

We travelled to London and on the morning of the 7th October we met the other 250 participants in our own special Ultra marquee in the middle of Hyde Park, while thousands of others descended upon the park for the half marathon.



Kate and I had planned that we were going to run a pace of 9.30 – 9.40 minute miles and see how long we could keep this going. As the run started everyone charged off and we thought we were going to be left at the back. In the beginning as we worked our way through London passing Buckingham Palace, London Eye and Westminster Bridge it was hard to run so slowly. But our pacing was spot on and after 8 miles of weaving our way along the Thames we began to catch up other runners who had set off fast and were now slowing. So much so as we ran along the tow path we collected a little group who decided to use us as pacemakers.

The run was really well organised with checkpoints every 10km and lots of marshals to make sure we stayed on the correct route. We also had our own personal support crew in the form of Martin and Chris you set up their on cheer points with camping chairs, water and oranges.

The 9.30 pacing was working well until I reached 22 miles when the pace suddenly stepped up a gear and got a little faster. There was no way I could go any faster so Kate and ‘our little group’ ran on and left me.

I think the psychological effect of seeing them run off and how tired I was meant that by mile 23 which was in Richmond I had hit the wall. I walked for a bit, and then convinced myself that I should really need to get a move on and began running again by which point I had reached a Chris and Martin cheer point and Chris ran with me for a while convincing me that I was doing well.

Once I began running again I started to overtake other runners who were now walking. I reached the 42km point and ran through the marathon point where there were lots of supporters. Knowing that there was only 8km left to go, I knew that I was going to be able to do this. I reached Bushy Park but there was still 4km to complete once I was in the park. Bushy Park was a refreshing open space to following the narrow shaded tow path.

The final part of the run was around the park to the finish chute - I had made it, finally in 5 hour 30 minutes!!! As I crossed the finish line Mimi Anderson (who is a record breaking Ultra marathoner) placed my medal around my neck and gave me a massive hug – afterwards she said I looked like I needed a hug!

Kate had finished 22 minutes ahead of me and had enjoyed every moment of the run and she had continued with a strong pace until the final few miles.



Thank you to everyone who sent us messages of support and has sponsored us. If you would like to sponsor us here's the link - www.virginmoneygiving.com/team/Lucyandkate

Harrier	Time	Position
Kate Groundsell	05:08:21	91 st (20 th Lady)
Lucy Pearson	05:30:10	115 th (27 th Lady)

163 finished

BASINGSTOKE ½ MARATHON

7th October



Following last year's soaring temperatures it was likely that this year's Basingstoke Half would be run with snow on the ground; not quite, though the foggy still conditions were perfect for running a quick race even if the course profile wasn't. The race which takes the runners out from Basingstoke up to Ellisfield via Cliddesden and back again is hilly but has closed roads, is well organised and has a downhill last three miles. The Harriers had a very strong men's team out, with Sean hoping that his recent solid training would allow him to duck under 75 minutes and it would take a strong performance by the local clubs to pip the Harriers.

Sean was unsurprisingly first Harrier home, though finished the wrong side of 75 minutes, there was then quite some time gaps between the runners, Neil coming in only a few places behind Sean though there was a gap of nearly 5 minutes.

Robin and Neil Glendon had a battle royal down the last few miles from Cliddesden to the finish with Sean passing a fading Neil to take bragging rights. Great to see Martin continuing his long path to full recovery with a great time though quite a few minutes behind his PB, let's hope his recovery continues. Alistair completed the men's line up with what is, we believe, an age group PB.

The ladies were a bit depleted however Sarah had a PB and it shouldn't be long before she is well under the 2 hour mark at this distance.

With respect to the men's team prize, it was nip and tuck with BHAC, the team prize being decided on total time, not position. BHAC had beaten the Harriers last year on time but this year the tables were turned and Overton picked up the men's team prize.

Harrier	Time	Position
Sean Holmes	1:15:36	4 th (1 st V40)
Neil Martin	1:20:14	10 th (4 th V40)
Robin Oakley	1:26:06	28 th
Neil Glendon	1:26:32	31 st (7 th V40)
Martin Allen	1:43:00	245 th
Alistair Paul	1:48:10	357 th (36 th V50)
Sarah McCann	2:02:31	769 th (30 th V40)

1310 finished

HANTS XC LEAGUE – FARLEY MOUNT 13th October

This was one of those really annoying weekends when a XC fixture and an HRRL road race clashed. With most of our mens team opting for the Solent half we were severely depleted on that front. However we got the afternoon off to a really good start with young Mel Hodkin making her debut in the U13 girls race. She worked hard and showed much promise and will surely get even better results as she gains in experience and fitness. In the U15 Boys, without a team, Robbie turned out for his second claim club, Winchester, and showed much improvement and I felt it shouldn't pass without comment. Nice to see you out there Robbie.



The Ladies team were well supported with Cath leading the way with a strong run that earned her a commendable 13th place. There was a real battle for the other team places with a tight finish between Rebecca and Audra. Audra had the early advantage but a strong finish from Bex saw her gain a narrow advantage at the line. The efforts of this trio earned them a good 6th place in the team competition. Not far behind came Kerri who showed a quick return to form after her operation. You would hardly know she had been out! Clare is now establishing herself in the Ladies team and ran strongly to finish ahead of Deb who put in a really good last lap to earn the Vets team 4th place on the afternoon.

Our depleted Men's team was led home by Neil who ran well to finish inside the top 100 and gain a narrow victory over Keith who looked to suffer a bit over the second half of the race. There was a promising first run from Martin who managed to hold off Richard by a half minute while the Senior and Vets team was completed by Piers. Dave was the only other competitor we had out as he picked up a good position in the V50 category. Unfortunately our Senior team managed only 9th place, beating Reading Road Runners, but has left us in one of the relegation positions early in the season. The Vets team were marginally better picking up 7th place.

U/13 Girls	Time	Position
Mel Hodkin	18:09	81 st

84 finished

U/15 Boys	Time	Position
Robbie Dennison	19:54	61 st

70 finished

Ladies	Time	Position
Cath Wheeler	26:31	13 th
Rebecca Brady	28:20	37 th
Audra Dennison	28:38	40 th
Kerri Barton	29:10	48 th
Clare Boyle	30:58	65 th
Deb Heath	31:38	73 rd

105 finished

Men	Time	Position
Neil Glendon	41:26	91 st
Keith Vallis	42:08	103 rd
Martin Groundsell	42:39	114 th
Richard Clifford	43:10	125 th
Piers Puntan	44:48	160 th
Dave Titcomb	47:56	205 th

253 finished

SOLENT ½ MARATHON

14th October

With the previous days Cross Country it was a depleted squad who took on the challenge of an undulating 13.1 miles through the stunning scenery of the New Forest. Sean had his serious head on and was aiming to break the 75 minute barrier that had just eluded him the previous week and he ran a perfectly paced effort to beat his target with ease. He has been putting in some very consistent & high quality sessions recently and will be looking to improve further over the flatter Gosport course.



James put in a fine run over a distance he has not raced too often and decided to “pace” rather than race even so he was only 2 places behind Sean and looks to be in good form for the upcoming races, it’s a shame he can’t get down for the Thursday sessions as this could push both himself & Sean to higher targets.



Robin has been suffering with a foot injury but put in a fine run that was comfortably inside 90 minutes.

Keith seemed to be having some doubts about tackling a half marathon the Thursday before the race but he put in a strong run that saw him finish just outside the top hundred.

The men’s team finished a credible 7th on the day but slipped to 4th in the overall table, sadly we failed to turn out any ladies and the A team dropped to 4th in division 2 although our ladies B team maintained their place at the top of their division.

Harrier	Time	Position
Sean Holmes	1:14:22	5 th
James Knight	1:17:17	7 th
Robin Oakley	1:28:32	62 nd
Keith Clark	1:34:30	105 th

372 finished

ABINGDON MARATHON

21st October

from Neil Martin

So here is the plan; wait until I am (ahem!) 40 and then do a marathon and go under 3 hours to get the British Standard. The potential difficulties; my current pb is 3hr 13 something (albeit from 2009 when I was quite a bit slower generally) and in that race I 'hit the wall' at 13 miles!

So in February I entered the Abingdon Marathon as it is well known for being a flat course where PBs are to be found, weather permitting. I worked out my training plan and started in earnest in mid June. Fortunately, I realised early on that my weekly mileage was copied from the percentage of peak mileage, rather than actual miles. So I immediately got to revise the highest week down from 100 miles to 85. Was this a planned psychological boost, or a lucky realisation of my own stupidity and the opportunity for others to mock? You decide!

Early training went well, with the advantage of an autumn marathon quickly becoming evident with light, warmish evenings to get the long runs in. My race performances started to improve as well, including my demolition of Lee and Robin at Race the Train (milk it while I can) and a novelty win at Basingstoke parkrun. However, that was too good to last and a slip in the mud when practising my Test Way relay leg resulted in a string of niggling issues leading right up to the marathon. I seemed to develop a combination of ITB syndrome, pulled hamstrings and a sore Glute that made me adopt a stooped limp in the first half mile of any training run. I did at least manage to keep these injuries completely quiet and never complained – but it was really bad!

With the injury I had to battle the runner's desire to keep to the program with a decent mileage, while trying to let my leg get better. Despite this setback the races still went well with a big pb at Basingstoke half. This was followed by my planned taper until 4 days to go when I basically stopped all running to try and be as pain free as possible come marathon day.

Up early on the day itself I dragged my family through the dark and mist toward Abingdon. The weather seemed pretty much perfect – around 11C, little wind and a misty overcast. The race starts and ends on the athletic track and a friendly chat with Mark Curtis of Andover and words of encouragement preceded the slightly delayed start. My aim was to start out at 6:30 pace to build some slack for the second half and I started pretty much on target, holding myself back when necessary. The first 13 miles were spent with a small group including the leading women as we made our way out of Abingdon for two approximately 8 mile loops around the countryside. I went through 13 miles in 1hr 25 and, feeling quite strong, I ended up on my own doing around 6:20 pace. My experience of marathons is that feeling strong often heralds feeling weak! Sure enough at 18 miles I suddenly thought 'ok am I getting tired?' It was probably the 23rd mile when things went south of 7:00 minute mile pace and other runners started to pass me.

With three miles to go I had the encouraging thought that I only had to do around 10 minute per mile to get under three hours. Unfortunately, this was accompanied by an overwhelming sense of doom and a question of whether I would actually get to the finish at all. After Abingdon High Street there is a subway and my mood wasn't improved by the keen fellow who sprinted up the slope. Of course speed is a relative thing and it is entirely possible that he was running normal pace, while I floundered in my self-induced treacle! Mile 26 was a massively impressive 8 minutes, but I was safe by that point.

Back on the track I actually overtook someone in the last 300m, before being overtaken by someone else bothering with a sprint finish. I was well within the 3 hour target, so unable to do my usual whinge later in the day about being too slow.



Monday morning – muscles not too bad. My left knee on the other hand is completely screwed.
 Wednesday – getting better and may actually get to run again!

Harrier	Time	Position
Neil Martin	2:55:15	48 th (14 th V40)

732 finished

FOXDOWN HANDICAP **25th October**

A very dark & rather windy evening was the setting for the opening winter handicap. Despite a bit of whining from some runners who thought I had got his handicap wrong, the winner on the night was Martin, his handicap was correct so due credit to him in showing how much he has improved which resulted in a 92 second PB. Robbie clocked the second PB (31 secs) which on any other night would have seen him home first instead of second. Kerri ran her fastest time for a year to take a very pleasing third place as she just pipped Claire & Kate in the finishing straight. Claire however seemed pleased with her 24 second PB while Kate ran well considering her recent Ultra.

Keith Vallis wound the clock back with his fastest time in 3 years while Rachel ran her first handicap for several years it was Alan Sawyer who broke the club record for the longest absence as he ran his first handicap since February 1984, had the handicapper stuck to the rules Alan would have started 28 seconds after the last runner but was only moved up the field so that he would finish before the bar shut. Sean is in blistering form and despite the poor conditions was only 5 seconds off his best time. Richard Clifford ran a cracking time to finish second fastest and seemed very pleased afterwards once he realised he had hammered Bliss by a whole second. Neil Glendon ran well for fourth ahead of Robin who was slightly down due to his dodgy toe.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	M. GROUNDSELL	32.02	9.32	22.30	7
2	R. DENNISON	33.03	5.19	27.44	18
3	K.BARTON	33.09	7.22	25.47	13
4	C.BOYLE	33.10	6.03	27.07	16
5	K. GROUNDSELL	33.11	5.47	27.24	17
6	K.VALLIS	33.15	10.59	22.16	6
7	R.CLIFFORD	33.28	11.52	21.36	2
8	S.SEARLE	33.34	11.01	22.33	8
9	S.HOLMES	33.35	13.23	20.12	1
10	E. SANDALL BALL	33.36	2.59	30.37	22
11	M. BLISS	33.42	12.05	21.37	3
12	J. CASTELLI	34.02	9.04	24.58	10
13	R. BRADY	34.07	8.47	25.20	11
14	B. HAY	34.16	7.39	26.37	14
15	N. GLENDON	34.19	12.17	22.02	4
16	R. OAKLEY	34.26	12.20	22.06	5
17	R. HESSOM	34.27	3.55	30.32	21
18	K. CLARK	34.34	9.13	25.21	12
19	P. PUNTAN	34.43	10.24	24.19	9
20	L. PEARSON	34.59	6.08	28.51	19
21	E. TILBURY	35.09	5.01	30.08	20
22	A. SAWYER	36.45	9.49	26.56	15
23	M. BULPITT	42.08	2.59	39.09	24
24	S.McNAIR	42.08	3.55	38.13	23

CHRISTMAS LUNCH

I have booked the Test Valley Golf Club again for our annual Christmas lunch. This will be on Sunday 16th December after the **CYCLISTS RACE** (starts 10.45 am). Lunch will be 1.00pm for 1.30pm sitting. Cost will be same as last year £20 per adult and £10 for children under 12. There will be no charge for toddlers in high chairs. Menu is:

Starter

Homemade Vegetable soup
Melon with Winter Berries
Salmon Terrine

Main

Traditional Carvery
Roast Nut Cutlet

Puddings

Xmas Pud
Chocolate Profiterole
Raspberry Pavlova
Fresh Fruit Salad in a brandy snap basket

Coffee and mince pies

When booking I will only need to know which starter you want and if you would prefer the vegetarian option as a main course.

No deposit required – pay on the day. **Early booking appreciated**

John Hoare