

**Overton
Harriers**



**&
Athletic Club**

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December 2012 Issue 424

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

January 5 th	HANTS COUNTY XC CHAMPS: EASTLEIGH
12 th	HANTS XC LEAGUE: BOURNEMOUTH
20 th	STUBBINGTON 10k
24 th	FOXDOWN HANDICAP
26 th	SOUTHERN XC CHAMPS: PARLIAMENT HILL

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

Thanks to John Hoare for organising another, highly enjoyable, Christmas dinner at Test Valley Golf Club. A large group attended this year and all had a great time. Earlier that morning we retained the Cyclist race trophy which was probably a good thing as it was still locked in the trophy cabinet upstairs.

The Winter Handicap is at the half way stage and updated tables will be on the website shortly. The Consistency League has been updated to include the Cyclist race results.

Please could all those interested in running the Southern XC Championships please put their names up on the board. If there is sufficient interest transport to the Southern Champs at London's famous Parliament Hill will be via a club hired minibus. If you compete the club will pay the entry fees – if you compete. Who knows this year we may win the elusive Hampshire Cup!

And finally two omissions from last month's edition so apologies to Kerri for not congratulating her on her selection for the Hampshire XC team for the SEAA Inter-Counties Championship at Woodford, Essex on December 8th. Second apology goes to Neil Martin who took the trouble to respond to my request for newsletter articles which, I then forgot to put in, both race reports now make the front page.....

Lordshill 10

Cold, wet, flooded, horrible, Manic Lee.

Gosport ½

Ideal weather, flat course, coughing up phlegm, ran rubbish, too slow.

The local course at Popham Airfield provided our strongest turn out of the season so far. We got the afternoon off to a super start with another excellent performance from Mel Hodkin in the U/13 Girls race. Mel has become a pioneer at this level and is setting a fine example for the Junior squad which will surely grow in the years to come.



Our Senior Ladies team was led home by Cath who had another strong run in 14th and took 6th place in the vets competition. Also finishing well up the Vets field was Audra in 10th, a result of her 25th place overall. Kerri seems to have put her operation well behind her and continued her come back with a fine 32nd place, a result that gave the team 5th place on the day and 5th= overall for the season.

Also running well was Claire who definitely has the taste for racing and Lucy who just ducked under 30 minutes on a difficult course. Well done to Liz who completed our contingent and completed a good team performance for the Vets who finished in 4th place on the day.

It was a tremendous debut over the country from James who led our team home in 34th place and looked quite at home on the different terrain. Well done to Sean, our second counter who finished in 4th place in the Vets competition and is lying in 2nd overall and in with a real chance of an individual award at the end of the season. Lee was never far behind Sean and then there was a bit of a scramble for final team counters with Richard just edging out Neil as this pair completed the team just ousting out Keith. On the day we finished in 8th place and after beating Andover, consolidated our 8th place overall in the top division. With another two races to go we should be able to maintain our position in Div 1. The Vets team of Sean, Neil and Keith got 4th place in Div 1 and are sitting well placed in 4th overall. Good performances from Keith, Dave and Franny completed a really good club turn out.



RESULTS

U/13 G	79 th Mel Hodkin	16m 18s	<i>82 finished</i>	
Sen Ladies	14 th Cath Wheeler	24m 48s	46 th Claire Boyle	28m 06s
	25 th Audra Dennison	26m 03s	63 rd Lucy Pearson	29m 54s
	32 nd Kerri Barton	26m 39s	79 th Liz Sandall-Ball	31m 42s
<i>92 finished</i>				
Sen Men	34 th James Knight	34m 50s	109 th Keith Vallis	39m 38s
	56 th Sean Holmes	36m 16s	168 th Keith Clark	44m 43s
	65 th Lee Tolhurst	36m 55s	178 th Dave Titcomb	45m 39s
	101 st Richard Clifford	39m 05s	205 th Richard Francis	49m 55s
	103 rd Neil Glendon	39m 15s	<i>220 finished</i>	

CONSISTENCY LEAGUE

With 10 of the 15 races completed following the Popham Cross Country Kerri leads the women's league by a clear margin, Lucy looks fairly safe in second but the race for the bronze medal will go to the runner who runs the most races from here on. Sarah is currently third but is only one point ahead of Cath who has scored a maximum from every race she has finished so far. To spice things up Claire is only another point behind in fifth place so.....will the bronze medal all come down to a head to head in the last race of the season...the Combe Gibbet 16 miles.

Sean leads the men's league by a healthy 49 points with James now moving into second place following the latest race. Neil is only 2 points behind in third place with Lee now nipping at his heels in fourth. The last scoring race of 2012 is the Cyclist's race and 2013 will see the Ryde 10, Salisbury 10, Eastleigh 10k & Combe Gibbet race.

TADLEY 5.3 mile XMAS XC **2nd December**

Sadly this race clashed with the previous days cross-country at Popham so John was the only Harrier to turn out this year. This is a true cross-country event and John reports that the streams & ditches were well filled with water this year and the going underfoot was heavy. However he had a good run as is shown by his position in a large field.

Harrier	Time	Position
John Castelli	41:47	51 st

176 Finished

JUNIORS NEWS *from Anna Vallis*

January is a busy month for our junior club members with two cross country and one Sportshall fixture. We have 8 running in the U11s and U13s Hampshire Cross Country Championships on 5th January – the first race is at 11am, so if you're going along and can come down a bit early then I'm sure they'd be grateful of your support. We've been competing in both the Border League Cross Country and the Lord Wandsworth series over the last few months. There have been some good performances from many of our athletes, whilst a few have struggled in their new age groups, as expected.



We're half way through the Sportshall league for the season and we've been building on our experience from last year. Special mention, and congratulations, go to Molly Wateridge and Rory Monaghan who have been selected to join the Hampshire team in the inter-county Sportshall competition this month. Following the cross country season we have decided to enter the Wessex League for Track and Field. More information on this shortly.

Finally, another plea for helpers. Now that our juniors are going up the age groups and some are now running longer distances and in a competitive field we really need some help to push them on further. Ideally we'd like a couple of seniors (or vets!) to join one of our coaches in taking our more advanced runners to help them with some longer distances (we're not talking marathons, more like 2-4km) so we can give them better preparation for their races. Unfortunately we don't have enough coaches to take this smaller group out whilst training the others at the same time. If you're interested in helping (just once a month for 30mins) then please let us know so we can fit it into our training plan.

South of England Inter-County Champs – Claybury, Essex **8th December**

I have been fortunate every year to represent Hampshire in Cross Country events. My 1st year as a Harrier gave me the chance to run at the South of England Inter-Counties which was held in Bedford on that occasion. Last year I travelled to France with Emily for the annual Coutance Cross Country. This year however was slightly different in my opinion...



Looking back at my previous runs for the county I was acutely aware that my position on the team was more of one where I was there to make up the numbers or I had managed to ‘speak’ to the right people at the right time to get a place. Having been struggling with injury on and off since October 2011, I had made slow progress over the summer months, nothing I was doing seemed to be helping me improve my times. From the 1st of October 2012 I decided enough was enough and immersed myself in the most serious block of training I have done to date in terms of speedwork.

The result... I started getting faster – incredible that!

After a very muddy Goodwood, which was another race where I was showing improving form I was asked if I was available to travel to Essex on the 8th December for the South of England Inter-Counties. I knew that if I were to go, then I needed to continue the speed work with a vengeance after my previous experience (or lack of it), saw me the last person over the start line due to the speed of the start at such races and only able to make up two places the entire race.

I decided that these chances don’t always come along and I considered that I had been asked based on my improving form on this occasion and not so much begging for a place.

The weather in the week leading up to the race had been pretty nippy on top of what was a very wet few weeks. I had no idea what the course would be like, but decided that I would avoid wearing spikes at all costs if I could due to the injuries I normally pick up.

The actual day was sunny and warmer than it had been, meaning that the hard ground had defrosted nicely leaving behind Parliament style mud. Fortunately it wasn’t similar in terms of the hills though! Saying that the start was approx. 200 metres steep downhill to a hairpin bend to the left ... with no spikes (gulp!).

Lining up at the start is always a pretty daunting affair as the race numbers are very small in comparison to a normal league race (this is one of the reasons that I was last over the finish line at the last inter-counties because I was waiting for all the other runners to turn-up – there were no more runners to come!). This time we were pretty much all lined up in one straight line. I knew that I needed to go out as hard as I could and try and get down the hill still in touch with the main pack of runners to have a chance of not getting pushed towards the back which I achieved.

The rest of the course was not too bad at all, it was undulating and muddy in places, but I found that my Talons were probably better than those in spikes. You would have needed to have 18mm spikes as a minimum for them to be really effective. There were several areas on the course where you could run on mud or on a tarmac path. This certainly kept me in touch with people as I could avoid the worst of the mud.

It is hard to judge how well this race went based on time, but the average pace was much better than I have achieved in any previous race across the country and my position certainly said that I wasn't completely out of my depth on this occasion – Phew, long may it continue!

Harrier	Time	Position
Kerri Barton	29:33	53 rd

59 Finished

CYCLIST'S RACE 16th December

The weather wasn't too bad for our annual muddy jaunt around the Harrow Way course but underfoot conditions were a quite slippery underfoot in places. This did not deter James who ran out a clear winner ahead of Sean & Lee who showed further signs of returning to his best form. John Hoare's granddaughter Gemma was our first female counter home as she narrowly edged out Audra.

Kerri was next lady home ahead of Becky. George took the club junior honours ahead of Robbie who gave his dad a good hiding in the process. Towards the rear there were several runners taking things rather more gently quoting various excuses such as injury, easing off for a marathon, being a new father and still being drunk from the night before. No excuses from Mark Bulpitt who seem to enjoy his first taste of "mud & hills" and rounded off a good turnout from the club.

1	J. KNIGHT	18.48	25	P. PUNTAN	24.57
2	S. HOLMES	19.46	26	G. PREECE	25.29
3	L. TOLHURST	19.54	28	R. DENNISON	25.39
5	N. MARTIN	21.00	29	M. DENNISON	25.39
6	K. VALLIS	21.05	30	J. CASTELLI	25.46
7	M. GROUNDSELL	21.21	32	R. FRANCIS	26.37
8	S. SEARLE	21.24	34	C. BOYLE	27.04
10	R. CLIFFORD	21.33	35	L. PEARSON	27.20
12	D. BUSH	22.02	36	S. EDWARDS	27.41
14	M. BLISS	22.45	39	S. McCANN	28.43
16	G. WILDASH	23.27	40	K. GROUNDSELL	29.49
17	A. DENNISON	23.30	42	C. DRIVER	31.52
22	K. BARTON	24.08	43	M. BULPITT	34.05
24	R. BRADY	24.19			

43 Finished

**Result: Harriers 198 points
Cyclist's 360 points**

SOUTHERN ATHLETIC LEAGUE – 2013

Please note a correction to this year's Track & Field fixtures, The July fixture now takes place on Sunday July 14th.

My first marathon. A five week training plan. How hard can it be? from Martin Groundsell

So after a massive common sense failure in late October, Stuart and I signed up to do an Ironman in August 2013. I then realised that I needed to do a marathon in 2012 so it didn't mess up my preparation in 2013 and so that I knew that I could do the distance. The only one that fitted was the off road, muddy and windy Coastal one that Kate and Lucy had also signed up to. After a quick bit of baiting on Facebook, Stuart was also signed up even though he has done a few marathons before and knows that a five week training plan was a stupid idea...

So roll forward to race day and all of a sudden my pre-race confidence started to waiver especially when we went out for a warm up jog and realised that the wind would be a head wind as soon as we turned for home at the half way point. It was clear that Stuart had a race plan that he was going to stick to. At this point I realised that I didn't and so I thought I better get as much time in the bag as possible so I decided to go hard and hang on.

Luckily after the first mile I calmed down and settled into 7 min mile pace which was fine for the first half. After two miles, the tarmac ran out and it became a muddy single file track where overtaking spots were few and far between, which meant everyone surged to get past the people in front. At first we all tried to dodge the mud but after a few miles everyone gave up and just ran through the mud and puddles that were up to 10 meters long.



At the half way turn I counted that I was in about 35th position and tried to keep the pace going. At mile 16 I started to suffer which worried me as I was told that anyone could get to mile 20 by Kate.

It was at this point that the mud and wind really started to zap my energy, however I was spurred on because I was catching people. Passing a bloke with a 100 marathon club t-shirt helped at mile 20, by now I was around 30th. By this point we were back on one of the few bits of tarmac and I decided to give it one last push to see me through to the sea front where I expected the home run factor to kick in.

As I ran across the last ~200 meters of beach shingle the first signs of cramp appeared but I tried to ignore them. The sea front was within sight, I looked back and saw that Stuart was about a 30 seconds to a minute behind.

As I got onto the sea front the wind hit me like a sledge hammer, even seeing the 25 mile marker did nothing for the morale. I tried to dig deep and the energy levels were feeling ok but the cramp in my legs came back with vengeance. In the last mile the wheels fell off and I had to stop three times to stretch out the cramp. Stuart caught, passed me and after shouting encouragement put the hammer down and ran well ahead, which to be fair I would have done if I was him. I was not the only one suffering and it became a battle of who out of five of us could get over the line first with their legs cramped up.

I finally managed to cross the line 43rd out of 900 in 3hr 15min which for a first attempt is not a bad effort bearing in mind the mud and wind. However Stuart and I now had the realisation that in August we will need to do that again but with a 2.4 mile swim and 112 mile bike ride beforehand, what could possibly go wrong....."

from Stuart Seale

On Sunday the 23rd of December at around 9:20am, I should have been tucking into one of my Mother's delicious home cooked breakfasts, instead, I found myself lining up for the start of a

marathon on a damp, chilly and very windy morning.

Now, to be honest, it wasn't my plan to run a marathon this year, I wasn't thinking about doing one until August, when it formed part of Ironman. However, on 12th November, I noticed that Martin had tagged my name on Facebook, saying he was going to do a marathon, and that I should "man up" and join him. Having run marathons before (3 of them), I knew that you needed preparation and a structured training plan over a few months. 5 weeks only, was madness, insanity and stupid..... within the hour I had signed up, and as Martin would say, what could go wrong.....

With only 5 weeks to train and the fact it was in the midst of a busy race schedule, I managed to get in only two long runs (20 and a 22 miler). My training pace indicated that I could run around 3:30, so that became my target for race day. (my marathon PB is 3:05)

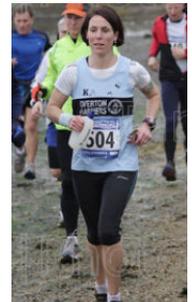
We were quite lucky in the fact, that we were given a break in the persistent rain, and the only thing we would have to deal with would be the very strong winds. At 9:30 I finally let of my usual nauseating pre-race nerves and started out. Martin immediately got off to a strong start, at a pace faster than I wanted to run, so I decided to let him go and just concentrate on my own race.

They call it a multi terrain marathon and I would have to agree. After 2 miles on the paved promenade, we left the pavement and headed out on to a muddy narrow track, which made overtaking very difficult, then down onto the beach, before returning to pavement alongside the main roads.



The rest of the out and back course was a combination of some very muddy tracks with lake like puddles, road and some energy sapping shingle (which was not welcome).

I had Martin in my sight for pretty much all of the race, but was very concerned about hitting the wall, so decided to hold my pace. To my surprise, I was feeling okay, although in hindsight I should had taken more advantage of the drink stations to take on more water and a couple more energy gels.



After one last slog over the beach, we had a blustery 2 mile run in along the sea front. I looked at my watch and seeing that I could go sub 3:15, pushed on.



At around mile 25 I saw Martin was starting to struggle with cramp and was slowing. I offered as much encouragement as I could and pushed hard for the line. To be honest, I was more interested in finishing under 3:15 than beating Martin (I do mean honestly.....).

I crossed the line in 3:13 and 35th of 900. Great effort by Martin in his first ever marathon. Also, well done to Lucy and Kate who ran and gave us a shout when we passed.

Now, all I have to do is run another one in August, after a swim and bike ride. "What could possibly go wrong....."

Harrier	Time	Position
Stuart Searle	3:13:20	35 th
Martin Groundsell	3:15:18	41 st
Lucy Pearson	4:15:19	478 th (61 st Lady)
Kate Groundsell	4:19:47	515 th (72 nd Lady)

900 finished



England Athletics – Membership consultation

Statement from England Athletics Chair, Peter King, and Chief Executive, Chris Jones on behalf of the Board of England Athletics.

We write to you on behalf of the board of England Athletics to provide information, as promised, relating to affiliation fees that will take effect from 1st April 2013.

Following what we recognise to be an inadequate consultation process regarding affiliation we set up the three regional meetings and facilitated emailed submissions to hear views about this and the general concerns over consultation and representation in our sport.

Based on consideration of all the comments received we have made the following decisions. For the affiliation year commencing 1st April 2013 the following will apply:

- **All individual athletes will pay a flat fee of £10 (Ed. Note – increased from current £5) irrespective of age or discipline. (The £10 fee will also apply to the optional Under 11s scheme. Details on the benefits pack for this scheme will be communicated in the New Year.)**
- **The club and affiliated bodies registration fee will remain at £50.**
- **The processes for clubs to affiliate and register athletes will be as in the current year.**
- **Upgrades to the 'Trinity' member portal for clubs and athletes will be undertaken to make it more 'user friendly'. We would like to thank those people who have given specific input on this matter.**

In coming to the above decision, we have been through a challenging process. This has made us clearly aware that, amongst other things, we need to review our approach to consultation and the democratic system of England Athletics that helps to shape and inform decision making. With this in mind we will carry out further consultation with member clubs during 2013 which will include consultation around plans for affiliation and membership in the future. This will include the following:

- How we provide best value to members,
- How we achieve further cost savings,
- How we continue to provide and safeguard the services the sport values most.

Details will be provided in due course, with the first meetings likely to be in early 2013.

A number of themes outside of affiliation fees were also raised through the recent consultation:

- Desire for increased communication, consultation and engagement with the sport around membership and the wider work of EA (including costs and funding of delivery)
- Earlier communication regarding any proposed change
- Desire for any fee increases to be gradual, phased in and/ or subject to greater notice
- Need for improvements to the Trinity membership portal to help volunteers in clubs
- That the more athletes that clubs register the lower the price can be per athlete
- There were very mixed views on whether affiliation should be through the club or individual which require further discussion.

In 2013 we will be looking at ways in which we can strengthen the democratic processes of England Athletics. With this in mind we would like to continue the discussions on Regional Councils and how they can be more effectively utilised. At this time that means making them as representative as possible and capable of both sending ideas and comments up to the National Council and the Board, and being a strong conduit back from the Board and National Council to Clubs for consultation and information purposes. Nominations for the forthcoming elections will shortly open and we will be sending nomination forms to clubs as well as making them available at www.englandathletics.org/elections.

At the consultation meetings we committed to transparency, this included a commitment to making information on comments and views given at the meetings available on the website. These are available at www.englandathletics.org/membership2013.

We apologise for relaying this information to you late in December but have sought to act as swiftly as possible after the final consultation meeting and closing of online submissions.