

**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

February 3 rd	RYDE 10
9 th	HANTS XC LEAGUE: SALISBURY
10 th	LORD WANDSWORTH XC, Lord Meon Plod, Wokingham ½,
16 th – 19 th	TRAINING WEKEND
16 th	SEAA XC CHAMPIONSHIP
17 th	BRAMLEY 10/20
24 th	Winchester 10k
28 th	FOXDOWN HANDICAP

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

The festive season saw some club members either training hard or taking a well earned rest following their recent racing exploits. Others were struck by one, or another, of the various viruses that were doing the rounds. This impacted on the senior turnouts for the County XC Championships at Eastleigh on the first weekend of the month. The ladies however had a great month on the Country with Cath & Liz winning their age groups at Eastleigh with the team finishing 8th.

This was followed up at Bournemouth where they finished 7th team on the day and, with one fixture to go, they hold a solid 5th place overall in the league.

Only 3 men ran in the Championships and all had fine runs with Sean picking up an age group bronze. At Bournemouth, any thoughts of relegation were comfortably wiped out (providing we finish a team in the last race) as men's team ran so well that they even beat Winchester. The Vets team took a welcome 2nd place which lifts them into third overall.

On the road there were a load of fine runs at Stubbington. In the Road Race League the men's A team currently lie second behind Salisbury with the B team currently 4th in their division. The ladies A team are third in division 2 and only 4 points off a promotion place. The B team is 5th in their division. Individually the men are looking strong; James is 5th but at least 10 of the runners above him look as if they will be eliminated as they will not run enough scoring races. Likewise Sean, who is 20th and Lee (39th), will both climb the table as runners drop out. For the ladies Cath is currently 15th ahead of Hannah (27th), Bex (45th) and Kerri (55th). Lucy could well appear in the top 60 rankings when runners above begin to get eliminated.

COUNTY XC CHAMPIONSHIPS, EASTLEIGH**5th January**

The club had its biggest turnout of Juniors for many years with runners in both the Under 11 & Under 13 races, Congratulations to all those who took part in very muddy conditions and well done to our junior coaches. Results are below and full reports, with photos, can be found in the Junior newsletter on the club website.

Under 11 Girls 1.6k

Harrier	Time	Position
Molly Wateridge	6m 55sec	13 th
Georgia Vallis	8m 00sec	38 th
Jessica Wateridge	8m 23sec	42 nd

*46 Finished***Under 11 Boys 1.6k**

Harrier	Time	Position
Niall Cook	6m 37sec	23 rd
Rory Monaghan	7m 05sec	34 th
Aiden McGill	7m 49sec	45 th

*48 Finished***Under 13 Girls 3.45k**

Harrier	Time	Position
Melanie Hodkin	20m 19sec	68 th

*68 Finished***Senior / Veteran Women 8k**

In muddy conditions the ladies team continued their fine XC season with an impressive 8th place. Cath was first counter in 20th place overall and was a clear winner of her age group. Behind her, Rebecca ran well while Kerri continued to show improved form, they had a close battle and only ten seconds separated them at the line.

Kate showed great recovery following her marathon to close the team and took 5th in her age group as well. Final Harrier home was Liz, who made her annual trip to the Championships and was well rewarded by winning her age group with a fine effort.



Harrier	Time	Position
Cath Wheeler	33m 51sec	20 th (1 st V50)
Rebecca Brady	35m 58sec	32 nd
Kerri Barton	36m 08sec	35 th
Kate Groundsell	41m 05sec	55 th (5 th V35)
Liz Sandall Ball	43m 07sec	62 nd (1 st V60)

67 Finished Team 8th

Senior / Veteran Men 12k



Injury, illness, recovering from a marathon meant a depleted men's squad toed the line for 12k of (by now) very muddy XC. Sean played the team captains role with distinction to take 22nd place overall and third in his age group.

The race to avoid being last Harrier home looks to have been a cracker, Neil & Keith have both shown great form throughout the winter so far with Neil taking the honours this time but, Keith can feel very happy as he was only 19 seconds back at the finish line.

Harrier	Time	Position
Sean Holmes	43m 28sec	22 nd (3 rd V40)
Neil Martin	48m 18sec	68 th (9 th V40)
Keith Vallis	48m 37sec	72 nd (9 th V45)

151 Finished

SANDYFEET RESOLUTION RUN 5K (SAN DIEGO)

6th January

from Lee Tolhurst

I was fortunate enough to head out to San Diego for work and took the opportunity to look-up local races. Luckily I found the SandyFeet Resolution Run 5 & 15km just down the road at mission bay. I decided to enter on the day despite the ridiculous entry fee of \$35, although I'm led to believe that is the norm for US races. For once being jetlagged worked in my favour, waking up at 4:30am on Sunday morning I decided to get ready and head out for the 6:30 registration. This was a soggy affair with San Diego experiencing a strange weather phenomenon, Rain!



After a very loud and wholly inappropriate warm-up it was time for a short walk to the start and to size up the competition, this seemed to be limited to around 15 out of the 2,500 runners. As we set-off I settled into a group of 3 behind the early leader, a Mexican who looked quite handy. Out of nowhere charged a young lad who looked like he would fade quickly, so we all let him go with a knowing smile, he went on to win by about a minute!

By the end of the first mile I had slipped to 5th but felt comfortable, which is more than the competition as they soon faded, leaving me in 2nd as I reached the turn on the out and back course.

It was only then that foolishness of an out and back course no wider than a single carriageway with around 2,500 runners on it struck me. Moments later it struck the lead cyclist too as he was felled by a large lady stepping out in front of him, as she was wearing earphones she couldn't hear him shouting! 2 miles gone and I was starting to feel the pace, but continued to push, at that moment the local equivalent of Blissys came trotting past and barring him being completely like Mike and requiring a pit stop I was destined to stay 3rd. The third mile was much calmer with no back markers to pick our way through and I was slowly gaining, only to run out of road despite the organisers kindly adding on ¼ mile.



Happy with a time of 17:25, 3rd place overall and 1st 30-39, I hoped for some prize money but instead received more bling than Mr. T.

Up to a couple of days before the meeting it looked as though we would struggle to get a Senior Men's team out. So it was a great credit to the small band that eventually did make it that they produced our best result of the season. On a wet and muddy course Sean took the individual honours with a tremendous 4th in the Veterans category, a result that takes him to third overall and a great chance of an individual medal at the end of the season.



With Keith and Neil also having superb runs the Vets team finished second on the day and now sit in third place in the league, while there was excellent backing from Richard, Martin and Dave that gave us a season's best 7th place in the team competition. We are now placed 8th overall in Div 1 and with a similar result in the last fixture at Salisbury we should maintain our position in the top division.

Well done to the ladies as well. The quartet of Cath, Audra, Bex and Claire finished a creditable 7th team and that has given them an impressive 5th place overall in the Ladies competition. Cath finished in 4th place in the Vets race and she still has an outside chance of an individual medal as she is placed 5th overall.

Ladies

Harrier	Time	Position
Cath Wheeler	23m 58s	19 th
Audra Dennison	25m 12s	30 th
Rebecca Brady	26m 23s	48 th
Claire Boyle	29m 00s	72 nd

93 finished

Men

Harrier	Time	Position
Sean Holmes	34m 48s	28 th
Keith Vallis	37m 27s	59 th
Neil Martin	37m 5s	66 th
Richard Clifford	38m 44s	72 nd
Martin Groundsell	40m 47s	109 th
Dave Titcomb	45m 17s	152 nd

176 finished

FOXDOWN HANDICAP

17th January

This run was brought forward by a week to save those who were racing the Southern XC Champs from racing twice in 3 days. The downside of this was a very cold evening but this didn't prevent some fine runs being produced.

Young Robbie & not so young Martin were contesting a closely fought battle for the handicap title and this race really warmed things up with Martin catching Robbie on the line to take a one point lead in the league as both clocked PB's. George finished a close third on the night passing both Claire & Katie towards the end of a hotly contested race. Kerry had another storming run to hold off debut man Chris.

Sean was the clear winner on time ahead of Lee while Richard had a good run ahead of Martin & Neil. Sean needs one more finish to take the time league while Lee cannot afford to miss one or he will drop out of the medal placings. Richard Clifford is looking good for a medal but Neil & Keith are both still in contention. Alex made a very promising and could go sub 30 minutes next time out. Full league tables are on the club website.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	M. GROUNDSELL	28.00	6.17	21.43	4
2	R. DENNISON	28.01	1.21	26.40	11
3	G. PREECE	28.08	2.23	25.45	10
4	C. BOYLE	28.11	1.16	26.55	12
5	K. GROUNDSELL	28.17	59 sec	27.18	13
6	K. BARTON	28.22	2.54	25.28	9
7	C. PEARSON	28.26	3.29	24.57	7
8	R. CLIFFORD	28.29	6.53	21.36	3
9	S. HOLMES	28.36	8.24	20.12	1
10	B. BRADY	28.42	3.29	25.13	8
11	L. PEARSON	29.04	57 sec	28.07	14
12	L. TOLHURST	29.11	8.18	20.53	2
13	N. MARTIN	29.29	7.13	22.16	5
14	R. OAKLEY	30.40	7.09	23.31	6
15	A. TILBURY	31.25	59 sec	30.26	15

STUBBINGTON 10k

20th January

from Piers Puntan

After a week of snow and ice it was a mixed blessing when I found out that the race was on, I quite fancied a Sunday lie-in especially as I was not fully race fit.

There was a good turn out of Harriers and it wasn't long before there was a group of us warming up on the roads around Stubbington. That was the point at which it decided to snow again; but, as the roads were clear of snow, and the only small patches of ice occurring were on the rural back roads it was probably a fair decision to run the race.

James started strong with a group of about six runners which would undoubtedly challenge for the top three places but drifted away from them during the race though he still finished with an excellent PB and he's now in the top 75 10k times in the UK this year.



Sean challenged all the way and was clawing back the time to James before the miles ran out; though again another PB was obtained, the 7th fastest 10k by a V40 this year.



Lee is coming back to full form after his marathon effort comfortably beating last year's time and completing the Harriers Race Team. The team results were calculated slightly weirdly which meant that, whilst we should have won the team prize, we didn't.

Completing the Harrier HRRL team was Richard Clifford with a good solid performance. He was followed by Martin Groundsell who's running better every race and will no doubt soon be on Richard's shoulder, then Robin coming back from injury for a try-out.

Cath, Becky and Kerri made up a strong ladies team with Stubbington being Becky's first 10k for the club and Kerri chalking off another PB. The ladies team finished 5th which given the numbers of runners put out by the south coast clubs was a great result and keeps us high in the HRRL.



I ran with Chris who was hoping to go sub 45 for the first time and, apart from Chris surging up anything that remotely resembled a hill, all was well by the 8k mark; we were well on track for sub-45.

I then raised the pace to try and see what PB we could get Chris, he then responded by breezing past me with 400m to go finishing sub 44.

Not to be outdone Claire took 5 minutes off her PB with Lucy, Steve and Mike Ball closely behind all with good times.

Harrier	Chip Time	Position
James Knight	33.28	8 th
Sean Holmes	34.09	9 th (2 nd V40)
Lee Tolhurst	35.25	17 th
Richard Clifford	37.28	45 th
Martin Groundsell	38.02	64 th
Robin Oakley	40.39	138 th
Cath Wheeler	41.09	149 th (1 st V50)
Rebecca Brady	43.05	220 th
Kerri Barton	43:52	266 th
Chris Pearson	43.53	275 th
Piers Puntan	43.58	282 nd (83 rd V40)
Claire Boyle	46.53	417 th
Lucy Pearson	47.19	434 th
Steve Edwards	47.39	453 rd (131 st V40)
Michael Ball	47.48	486 th

1214 Finished

SEAA CHAMPIONSHIP

16th February

Due to the poor conditions at Parliament Hill this even was cancelled on 26th January. It will now be run on 16th February. As this now clashes with the Training Weekend we will no longer be arranging transport. The club has entered a number of runners in this event; Parliament Hill is an experience every runner should do once in their running career, so if you want to run contact Richard Francis.