

**Overton
Harriers**



**&
Athletic Club**

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May 2013 Issue 429

Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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June 2 nd	Braishfield Beer Race 5, Kintbury 5
5 th	Yateley 10k
8 th	South Downs Marathon
10 th	Barton Stacey 10k
15 th	SOUTHERN ATHLETICS LEAGUE (WINCHESTER)
16 th	Alresford Rotary 10k
26 th	Woodland 5
29 th	Micheldever to Sutton Scotney Fun Run
30 th	Festival Place 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

ROUNDUP

Following many years of contributing to the newsletter Richard Francis, aka Franny, has decided that his ink has run dry and "Franny's Bits" will be no more.

Thanks to Franny for all his efforts over the last ten plus years and hopefully he will still write the odd article for the newsletter. Until we can get a suitable replacement I'll include a generic Roundup section.

With that in mind, May has seen the start of the Summer Season with the first mob match being held, Track and Field starting in earnest and the end of the HRRL and BBQ at Netley.

We've also seen that start of the Co-op Community Grant scheme, where subject to the Co-op registering enough "community" sales then Overton Harriers could benefit up to £5000. Things are going well so far but if you do shop at the Overton Co-op please use your green community card; if you don't have one ask at the till.

Finally the HRRL has finished, full details in the newsletter, and next year's races have already been decided; Bramley 20 has been dropped and replaced by the D-Day 10k.

Lastly there is a new 5k on 30th June at Festival Place that is being arranged by the Basingstoke ½ Marathon Team so it should be well organised and I can confirm the course has been officially measured.

THE COMPTON 40 DOWNLAND CHALLENGE

6th April *from Jill Tuck*

The weather was unseasonably warm for the time of year which suited me as I didn't relish the thought of running for hours in bad weather.

The race was very well attended with approx 165 runners entered for the 20 mile and some 100+ doing the 40m. What I also liked about the race was that runners from both the 20m & 40m race could change distance if they wanted to; all the runners had to do was inform the marshals at the halfway cut off point.



The race is usually a figure of eight shape with 20m for each loop (the first loop is the hillier of the two) but as the second loop was too flooded to race over we had to go round first loop twice. I wasn't sure if I could do the 40 miles as I'd had a few illnesses and had missed a few weekends of long mileage runs.

I set off at an easy running pace knowing if I was to stand any chance of doing the 40 miles I would need to reserve as much energy as possible. It was quite an undulating course with some nasty hills. One of the worst climbs wasn't so bad as in steepness but it had steps cut into it at the top which just sapped your energy. The marshals were very good and there was drink and food stops every 5 mile or so with plenty of encouraging words which really helped.

Just before I reached the end of the first 20 mile loop I wasn't sure if I could get round another lap of the same hills / steps etc. but I just said to myself "I'm not on my knees yet & I still have energy to keep going" so 20 miles turned into 25 which turned into 30 then 35 miles & finally I was running across the field to the finish line in 8hrs 42mins. I was very happy but worn out. It was a great race and I hope to be back next year.

Harrier	Time	Position
Jill Tuck	8hrs 42min 36sec	85 th (16 th Lady (5 th V40))

101 finished

If you like mud, you'll love this run

THE GENERAL XC 10K

12th May *from Carole Driver*

On Sunday 12th May, 10 of us took part in 'The General'. This is a 10k cross-country run near Winchester, with army-style obstacles thrown in – just for fun. The race cleverly lulls you into a false sense of security at the start – a nice run across a couple of fields, and then a flat mud track through some woods. The first three obstacles are no problem – 3 cats cradles strung between the trees that you have to climb through (easy!!) , shortly followed by a man-made hill and steep descent, and a long jump over a ditch filled with water.

As you continue along the run, it all feels deceptively easy. In the distance some paths snake up and down a hilly field – but when you get there the undulating terrain seems to have grown a lot, stretches of clay have been watered to make the running a bit slippery, and carrying a car tyre round part of it as an extra challenge.

And that's when the army-style obstacles appear, and the only option is to throw yourself into it (literally). Three muddy pools one after the other to climb in and out of and run across – you can't see the bottom when you step in, and being a bit of a shorty, the water came well over my waist. As you

emerge from the final pool there are two army tanks to crawl under – and to make it even more fun, the mud is saturated. The second tank is lower than the first, which means you have to act like a slug to get under it.... And emerge fully covered in mud and wet through.

A bit more running – uphill of course – and you come to the first water stop half way through the course. It feels like it should be the end. The remaining obstacles consist of more tyres to run over, a barbed wire fence to crawl underneath (lovely luscious grass this time – wet, of course), some hay bales to climb over and wooden fences to roll under, some planks to walk along, and a wall to climb over.

And then the last mile or so is simply a run, with a bloody steep hill towards the finish.

I even managed to do a bit of recruiting on the way round – 2 of the friends I ran with will be turning up at the Harriers some time soon,

If you like cross-country running, getting muddy, and having some fun, then I strongly recommend this run. How about we put a Harriers Team in next year?

MARLBOROUGH DOWNS 33 MILE CHALLENGE **12th May** *from Richard Francis*

This was my 4th time competing at this event and training had not gone well, my last long run had been the Gibbet a month before so I was hoping to get round on a mix of runs varying from 40 to 90 minutes. Last year I had the benefit of a good marathon preparation but had cramped up badly over the last 7 miles to finish just outside 6:25, this years target was to duck under 6:30 without any major discomfort.

The early morning sun & blue skies meant that the opening climb out of Marlborough was quite pleasant but within 10 minutes the clouds rolled in and it was soon apparent that the strong wind would be blowing into our faces for most of the first 10 miles. The steady climb up through bluebell woods were as spectacular as ever but after emerging from Gopher Wood and the climb up to Tan Hill we could enjoy the spectacular views from the top of the Wansdyke.

I had stuck to my plan to start much slower than last year and walk the steeper climbs but I felt so fresh that I abandoned the walking part after Tan Hill and made good progress until the drink station at Devizes where I was nearly taken out of the race by someone's great grandmother who was wandering aimlessly in the road. The next climb, up past the white horse on Roundhay Hill, meant the wind was now behind me but the next 2 mile stretch of stony track was hard on the feet and this plus the second climb up & over the Wansdyke had me questioning my sanity as the steep descent played havoc with my Quads, calves & feet.

The long, long drag up to the monument & white horse on the top of Cherhill were as pleasant!!! as ever and the photographer asking us to smile halfway up was on the receiving end of some good old "Anglo Saxon" comments. The next stretch is normally the worse for me but the 2 mile run along the Harepath was OK this year despite the light rain that was now being whipped across the fields as the wind picked up.

At Avebury the marathon distance was reached in a tad under 5 hours, this is where my wheels fell off last year but this time I was looking forward to the challenge of the last 7 miles. Sadly I had to walk a fair bit on the climb up onto the Ridgeway but this was not down to injury or cramp but because the rain at made the rutted chalk track very slippery and I had memories of seeing a woman who had fallen in similar conditions on the Clarendon and had broken her leg (not a pretty sight).

The last 5 miles contained another couple of nasty climbs before the final long descent towards the finish at the Marlborough Sports Centre in a time just inside 6:21. Apart from a bit of chafing , the only damage was a badly blistered toe and I was able to go for short jog only 2 days later.

Once again the organisation for this race was faultless and I strongly recommend it to anyone thinking of trying an “Ultra”.

Harrier	Time	Position
Richard Francis	06:20:50	101 st

152 finished

ALTON 10 12th May

A motivated group of Harriers went down to Alton for the penultimate race of the season with only Lucy preventing it being an all male affair.



The men’s team had an excellent race and whilst not winning on the day (3 runners to count) they were first HRRL team (4 to count) showing the strength in depth within the men’s team confirmed by a 5th place for the men’s B Team in HRRL.

Harrier	Time	Position
James Knight	57:24	4 th
Sean Holmes	58:22	7 th (2 nd V40)
Lee Tolhurst	1:00:07	13 th (3 rd V40)
Neil Martin	1:01:27	18 th
Neil Glendon	1:05:26	44 th
Robin Oakley	1:07:59	63 rd
Lucy Pearson	1:20:31	197 th
Steve Edwards	1:21:57	211 th
Steve Spence	1:29:18	278 th

366 finished

NEW FOREST TRIATHLON

19th May

from Martin Groundsell

After what has seemed to be a long off-season of snow, wind and rain while training, the season started for me and Stuart with a 03.50 wake up and a 06.45 start line in the Beaulieu River at Bucklers Hard. Thankfully the forecasted rain didn't happen and while it was grey it was warmer than expected. The water temperature was 12 degrees so everyone was desperate to get going once we were lined up. One quote from the start "internal wetsuit heating system activated". The start line was wide and so the start was clean with a long drag until the first buoy, after a quick start I managed to get into the lead group and decided to sit in rather than lead as after the turn point we would be into the current. However after the first buoy I took too long to spot the next buoy and lost the lead group, I then spent the rest of the 1,500m swim just off the lead group but maintained the gap until I exited the water in around 7th place.

With the current it was a slow swim for everyone, followed by an uphill run into transition. The adrenalin of the race meant that sensible thoughts left me; I ignored the lack of feeling in my feet and didn't bother to put a top over my tri suit to ensure I was warm on the bike. This did mean I made up two places in transition but also ran the risk of cramp from being too cold on the bike or not being able to put my trainers on in transition 2 due to numb hands. Luckily after 2-3 miles on the bike I had warmed up but my feet were numb, one bonus of training in the cold all winter means I am used to numb feet on the bike so I pressed on. The bike route was mainly flat and fast, with the new time trial bike the weekly rides up Combe Gibbet paying off as I was easily holding 22mph or above for most of the two lap course. Four or five blokes did fly past me at around 24mph but I kept my head with the belief that I could catch them on the run. After passing three people ahead of me I entered Transition 2 in 12th with the people in 10th and 11th only a few seconds ahead of me. Yet again a quick transition and I exited T2 in 10th.



It was only in the first mile of the run that some sort of feeling came back into my feet but by the end of the first mile I was warm and spotting the blokes in 9th and 8th up the path and started to close them down. I recognised them as two of the ones who flew past me on the bike and that made me close them down within the first two miles. The course was an out and back lap that we had to do twice, it was mainly flat with a hill at the turn points and on gravel that seemed to sap my energy. After averaging 6.28 min miles I was starting to close down on the bloke in 7th and tried to kick after the last turn for home to catch him over the last mile and a half. However I burnt out with about 400m to go and had nothing left for the final uphill bit to the finish, this was all the bloke who had been following me for the run needed to see and he closed down the gap and passed me just before the line. I hate losing a place like that but I can honestly say that I had nothing left to out sprint him and I need to learn from it as pushing myself that hard early in the run could mean a long walk in the Ironman in August.

Overall I finished 9th out of 215 finishers, it's my first top ten finish, my fastest bike and run pace so it meant the rest of my birthday was spent in a knackered daze but we were home by 11am to open presents.

1,500 Swim plus run to transition and T1 - 27 min 22sec (actual swim time probably 25-26min, current added 3-4 minutes over a usual swim)

21.33m bike – 59min 10sec (average pace 22Mph)

Transition 2 plus 6.96 mile run – 45min 41sec (average pace 6min 28sec per mile)

Total time 2hr 12min 15sec

from Stuart Searle

It doesn't seem that long ago, that I was hanging up my wetsuit after Henley Triathlon and looking forward to a brief rest. However, with the endless winter we endured, those warm, rain/snow free days were definitely a distance memory. The past winter was not conducive to triathlon training and I lost count of the amount of bike rides I did in the rain, constantly having to clean grit and grime off my bike afterwards. However, like they say "What doesn't kill you....."

Having done this New Forest tri last August, I had the confidence to know exactly what lay ahead and what to expect. During week before the race, the weather forecast was looking less than favourable, with rain and cool temperatures due for Sunday. This was further exacerbated when the race organisers sent out an e-mail warning of the cold water temperatures and the potential risk of hypothermia. Luckily the weather gods smiled (only a little) on us and the rain stayed away, and it was around 12 to 14 C, which made for near ideal race conditions. As usual, I had my pre-race nerves kicking in, even at this low key race, so it doesn't bode well for the full Ironman. After the race briefing, the first wave of competitors (which included Martin) were into the Beaulieu River and were off. I was in the second of two waves, and as soon as wave one was gone; we were into the water awaiting the start. The river was on the cool side, but certainly not as cold as expected, early season training at the Reading Lake, had readied me for that.

Within a couple of minutes we were off. With each wave consisting of approximately 100 people, and the river being wide enough at the start to accommodate the volume, we didn't have the usual mass chaos of being punched and kicked. I was fairly near the front when we started and was happy that I held reasonable pace throughout the swim finishing around mid-pack. The only issue was the salt water and sucking in some boat fuel at the turning point on the first lap (luckily no side effects as yet).

Transition 1, wasn't quite the smooth operation I was hoping for, as I struggled to get my socks on wet feet. I also wore a jacket to keep me warm, but ending up having an argument with the zip, which cost me some time. On the bike for the 2 lap nearly flat course, I was worried as my legs felt heavy and tired. I was also constantly looking down at my rear tyre wondering if I had a flat, causing my pace to drop. After about 3 miles, I had warmed up and started to get on to my target pace of average 20mph. The ride went well, overtaking a number of riders, but still being passed by a few riders on time trial bikes. The big frustration for me, was getting stuck behind cars, unable to pass slower riders from the sprint race. I did think about doing an overtake move on all 3 cars, but this would have been quite dangerous and could well have got me disqualified.

Transition 2, was much better than T1, and with running shoes on and another gel consumed, I was off on the 2 x out and back 11km run course. The run course is not the best; the gravel makes it harder and energy sapping. It's also slightly undulating, with a kick uphill to the turn around. Adding to the difficulties, is the fact that you have about 200 people running on the track, which made overtaking tricky. After a mile, my legs were back from cycling mode to running mode and I steadily moved my way through the field, managing to pick up some places. You finish with a final kick up hill which is about 200 to 300 metres; this was made a little easier as our support crew (Kate Groundsell) managed to inspire the other spectators to shout my name. The support was most definitely appreciated.

First tri of the season done, countdown to Ironman is underway..... I finished 59th of 215 and 11th in age group.

Swim and T1 – 39:05 (slow T1 for me)

Bike – 1:06:06

Run and T2 – 46:39

Overall 2:31:50

Following the struggle at Eltham the previous month a much stronger team went up to Croydon. Harriers were represented by Sean, Lee, Neil Martin and for her debut Kate Groundell.

Sean opened with a 1500m and was 2nd in the B stream. The next race was the 3000m with Neil in the B stream. The race was very competitive and even though Sean was only just outside 10 minutes he was 4th in the A stream. Neil had an excellent run to finish 1st in the B stream in a new PB.



Kate was competing for her first time in the steeplechase and her nerves showed, undoubtedly not helped by the fact that there were only two other athletes in the race, both from Havant and one of them having a top 20 position in the UK rankings. Notwithstanding Kate put in a great effort and achieved a creditable PB just outside 10 minutes. Lee competed in the steeplechase and had a solid performance with good points coming 2nd in the A string

A strong combined performance meant that we finished 2nd overall behind the host club. Our next fixture is on June 15th at Winchester.

Being so local there is no excuse for not taking part and we desperately need men and especially ladies to compete at distances of 1500m and above. Andover's key Lady athlete Haley Coney dislocated her shoulder at Croydon so Monique had to run the 1500m even though she was just meant to be timekeeping. Haley's loss leaves a pretty big gap to fill so ladies please volunteer.

If any ladies are interested in the throwing events we now have all the correct implements at Berrydown so if you fancy a practice before you commit contact Piers.

Harrier	Time	Position
Sean Holmes		
1500m	4:55.9	2 nd B Stream
3000m	10:00.5	4 th A Stream
Neil Martin		
3000m		1 st B Stream
Kate Groundsell		
2000m s/c	10:02.0	2 nd A Stream
Lee Tolhurst		
3000m s/c	10:59.4	2 nd A Stream
Monique Van Nueten		
3000m s/c	14:36.2	1 st B Stream

A large number of Harriers went down to the South Coast for the last Road Race league Meeting of the season no doubt the lure of the Barbecue had something to do with it as it certainly wasn't the weather.

I have had a rubbish Spring training and so whilst I wanted to run it, I wasn't entirely sure what time I was going to do, however Steve wanted to see if he could get under 44 minutes so that was the plan, lay down a 4' 24" minute kilometre pace and see what happens.

Steve and I started a little too far back and very soon we were having to weave round slower runners, difficult considering how congested the course was and it took until the 2k marker before I was happy with the pace and we were cruising along quite nicely until the middle of the second lap; we'd slowed a little bit and as I pushed on back onto the pace Steve slipped away from me. Steve and I agreed that if this happened each was to run his own race so I didn't drop my pace. Two nearby runners were confused as to why I was turning round and when I explained they asked if they could follow my pace, which they did until about 7k when they also slipped off the pace.

I then spotted Dave Titcomb in the distance and some way ahead Hannah, having a storming first 10k race and I was determined to catch both of them. I caught Dave with about a kilometre to go but had no chance of catching Hannah who seemed to get stronger and stronger in the last few kilometres.

The rain sort of held off for the start of the barbecue, though the tree cover made for a reasonably dry event. Thanks to Sean, Emma and Monique for sorting out the food and barbecue.

Our strong performances at Netley meant very good men's and ladies team results such that we jumped up the HRRL tables.

Harrier	Time	Position
Sean Holmes	35:08	8 th (2 nd V40)
Lee Tolhurst	36:04	15 th (5 th V40)
Neil Martin	36:43	23 rd (6 th V40)
Mike Bliss	36:51	26 th (4 th V50)
Richard Clifford	37:28	40 th
Keith Vallis	37:38	43 rd (13 th V40)
Neil Glendon	38:06	49 th (16 th V40)
Robin Oakley	39:37	59 th
Hannah Bliss	42:20	79 th (7 th Lady)
Piers Puntan	43:51	169 th (58 th V40)
Dave Titcomb	43:59	174 th (28 th V50)
Steve McNair	47:01	251 st (41 st V50)
Steve Edwards	47:24	258 th (85 th V40)
Richard Francis	48:17	276 th (45 th V40)
Sarah McCann	51:18	339 th (31 st W40)
Carole Driver	54:08	394 th (15 th W50)
Monique Van Nueten	54:14	339 th (16 th W50)
Mark Bulpitt	62:33	475 th

505 finished

MOB MATCH V BASINGSTOKE (Harroway Course)**23rd May**

Not much to say really, Basingstoke brought out all the artillery and we were second best on the day. Big thank you to Geoff Cloake and his team for sorting out the BBQ and for the timekeepers and helpers for all their assistance.

Match Result: 1st Basingstoke & MH – 1012

2nd Overton – 1367

Position	Runner	Club	Time
1	D. RAGAN	BMH	18.59
2	A. HAMILTON	BMH	19.21
3	M. SHAYLOR	BMH	19.29
4	S. BEVAN	BMH	19.45
5	S. HOLMES	OHAC	19.49
6	M. SOANE	BMH	20.02
7	D. SHORT	BMH	20.04
8	S. SEARLE	OHAC	20.15
9	M. GROUNDSELL	OHAC	20.20
10	M. BLISS	OHAC	20.30
11	R. CLIFFORD	OHAC	20.35
12	K. VALLIS	OHAC	20.44
13	B. FURNESS	BMH	20.54
14	N. MARTIN	OHAC	20.58
15	A. CACKETT	BMH	21.01
16	J. BIGG	BMH	21.07
17	M. HALLIN	BMH	21.12
18	R. BURTON	BMH	21.21
19	B. BURGHESS	BMH	21.23
20	M. SLANEY	BMH	21.41
21	M. WALKER	BMH	21.43
22	R. OAKLEY	OHAC	21.47
23	C. WHEELER	OHAC	22.24
24	M. CRAWSHAW	OHAC	22.31
25	A. O'ROURKE	BMH	22.41
26	M. BEVAN	BMH	22.48
27	M. LYNESS	BMH	22.56
28	P. GRIGOLEIT	BMH	22.58
29	D. POWELL	BMH	23.04
30	P. PUNTAN	OHAC	23.15
31	A. CULLEN	BMH	23.24
32	H. BLISS	OHAC	23.26
33	B. CRISP	BMH	23.31
34	T. STECKIW	BMH	23.52
35	J. CASTELLI	OHAC	24.01
36	G. PREECE	OHAC	24.02
37	K. CLARK	OHAC	24.14
38	G. BIGG	BMH	24.35
39	A. SHELTERUM	BMH	24.37
40	R. DENNISON	OHAC	24.40
41	A. DENNISON	OHAC	24.57
42	C. BOYLE	OHAC	25.02
43	S. EDWARDS	OHAC	25.21
44	T. PERRET	BMH	25.26

Position	Runner	Club	Time
45	R. BRUCE	BMH	25.37
46	A. TILBURY	OHAC	25.40
47	R. BOWDEN	BMH	25.52
48	EDWARDS	OHAC	26.02
49	A.McINNES	OHAC	26.05
50	D.EDWARDS	OHAC	26.07
51	K. BARTON	OHAC	26.13
52	S. McNAIR	OHAC	26.15
53	R. FRANCIS	OHAC	26.21
54	Z. TAME	BMH	26.24
55	M. SHONE	BMH	26.26
56	L. PEARSON	OHAC	26.45
57	C. PARTNER	BMH	27.09
58	C. ALLEN	BMH	27.46
59	S. BLACKALL	BMH	27.46
60	A.LEWIS	BMH	28.16
61	E. BLACKALL	BMH	28.49
62	S. McCANN	OHAC	28.55
63	A.BLACKALL	BMH	28.58
64	C. WADESON	BMH	28.58
65	N. WALSHE	BMH	29.27
66	J. FROUD	BMH	29.36
67	M. VAN NUETEN	OHAC	30.04
68	T. GRIGOLEIT	BMH	31.09
69	L. McCANN	OHAC	31.46
70	N. McCANN	OHAC	32.06
71	M. BULPITT	OHAC	32.25
72	N. MUIR	BMH	32.26
73	W. THORPE	BMH	38.47
74	J. ROBB	OHAC	38.51
75	E. SANDALL-BALL	OHAC	38.51

BUPA 10000 27th May *from Piers Puntan*

Following last year's elite treatment there were quite a few Harriers up for this years race though we were all a bit disappointed to find out that there was a much smaller "elite" this year and we weren't in it.

Following a reasonably sedate drive up to London we parked in Hammersmith and got the tube into Green Park were we decided it was far too busy to try and find anyone either before or after the event so we'd do the race and just meet up back in Hammersmith.

The organisers are the same as VLM so it was well organised though very congested and this was the case all day. The majority of Harriers were in the second pen which was for "fast club" runners though it was pretty obvious that the system wasn't working, Neil threatened to quit running for ever if he didn't beat some of the "athletes" lined up in the first pen. We got held about 90 seconds after the elites set off and very quickly we caught the rear of the "elite" runners causing quite a lot of congestion down Whitehall and it was only at the 3k point that the race thinned out and you were able to get any sort of rhythm together, though very quickly my race went down the swanny, the lack of a



proper warm up meant my system started to rebel and two trips off course were required losing me quite a lot of time. Managed to lave a good last two or three kilometres to the finish but generally disappointed.

Met up with Sean, Steve and Franny back at Hammersmith for coffee and cake before return home. Consensus was that no-one had a great race and whilst it was nice to get free entry the event is too congested and too “charadee fun-runner” to become a regular occurrence.

We did have a team result and the men’s team finished 52nd out of 100 teams and the ladies finished 41st out of 68 teams.

HAMPSHIRE ROAD RACE LEAGUE RESULTS

A Teams

Men’s Division 1				Ladies Division 2			
1	Salisbury ARC	12	442	1	Totton RC	11	532
2	Overton	20	592	2	Lordshill	18	692
3	Stubb'n Green	21	580	3	IOW RR	22	874
4	Lordshill	29	854	4	Victory AC	26	944
5	Winchester	37	891	5	Overton	28	909
6	Denmead	50	1453	6	Hardley	37	1140
7	New Forest	63	1842	7	Gosport	51	1476
8	So'ton AC	64	1723	8	Portsmouth AC	59	1293
9	Farnham	64	2074	9	Andover AC	65	1559
10	Pompey JC	67	2222	10	West Wight RR	66	1817

B Teams

Men’s Division 1				Ladies Division 2			
1	Lordshill B	18	1889	1	IOW RR	14	1712
2	Stubb'n Green B	21	1839	2	Lordshill C	17	1914
3	Winchester B	26	1986	3	Victory AC	22	1987
4	Salisbury ARC	36	2344	4	Hardley	43	1906
5	Overton	44	2859	5	Overton	66	1743
6	Winchester C	57	3191	6	Gosport	67	2006
7	Eastleigh	74	3445	7	Poole AC	81	1917
8	Fareham	77	3654	8	Andover AC	86	2017
9	Denmead	79	4160	9	Ryde Harriers	92	1987
10	Pompey JC	78	3892	10	So'ton AC	96	2021
11	New Forest	84	4073	11	Aldershot FD	104	2043
12	So'ton AC	100	3651	12	Portsmouth AC	104	2043
13	Farnham B	103	3619				
14	Andover B	104	3442				

Individual

Men’s		Ladies	
5	James Knight	12	Kerri Barton
6	Sean Holmes	30	Lucy Pearson
10	Lee Tolhurst	48	Sarah McCann
23	Neil Martin		
37	Neil Glendon		
45	Robin Oakley		
107	Stephen Edwards		

JUNIORS NEWS *from Keith Vallis*

Molly Wateridge was our sole junior representative at the recent Hampshire Track and Field Championships which were held at the Mountbatten Centre, Portsmouth. In the under 13 girl's high jump, despite vast family support, she narrowly missed out on a bronze medal on count back. In the 70m hurdles a second place in her qualifying heat saw her progress to the final where she finished a very credible 6th. Well done Molly.

Under 13 Girls High Jump: 4th 1.25m

Under 13 Girls 70m Hurdles (Qualifying): 2nd 13.31 secs

Under 13 Girls 70m Hurdles (Final): 6th 13.24 secs

OVERTON HARRIERS RACE WALKING SECTION

(aka Keith Vallis)

I took the opportunity to walk in what I believe to be Hampshire's only race walk by attending the Hampshire Track and Field Championships and came home with a bronze medal around my neck. The National Lottery saying of 'you've got to be in it to win it' certainly rang true with only three finishers out of the 4 who started the 3000m race.

3rd 17mins 52.9secs

Earlier in the year I travelled up to Hayes, near Heathrow, to take part in the England Race Walking Half Marathon. This was held on Hillingdon Cycle Circuit which is a smooth flowing but twisty tarmac track and at 0.93 miles in length it meant just over 14 laps.

7th 2hrs 22mins 09secs

TRAINING WEEKEND **14-18th February 2014**

The Training Weekend will be on the Isle of Wight. The self-catering holiday cottages are based in Shanklin, Old Village, adjacent to parkland and just off the coast path and the Worsley Trail, and are walking distance from several local watering holes and restaurants.

The cottages have an indoor heated swimming pool complex with Jacuzzi, sauna, gym and hot tub. There is an on-site spa with all sorts of treatments available.

Details of cottages are available <http://www.upperchinecottages.co.uk/index.php>

If you are interested in coming contact Richard Clifford asap as places are the cottages are filling up fast and there is a limit on numbers



TRAINING WEEKEND 14th – 18th FEBRUARY 2014