

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

June 2013 Issue 430

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

You can view or print this and previous editions from our website

July 6 th	Compton Canter 6 mile MT
7 th	KINGSCLERE 5, WESSEX JUNIOR T&F LEAGUE (SWINDON)
14 th	SOUTHERN ATHLETICS LEAGUE (KINGSTON)
21 st	WESSEX JUNIOR T&F LEAGUE (ALDERSHOT)
26 th	Wedding Day 7K
31 st	Woodland 5 mile Series, Thames 10k

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

Well June was a quiet month for the Harriers on the Road Race Calendar with the HRRL completed but it was a busy month for our Triathletes and Track and Field Athletes.

Some good reports from the latest adventurers preparing for their Full Ironman and some great performances down at the Braishfield 5, though that could be just as there was beer involved.

The Track and Field Team produced some good performances at Winchester to win in their latest Southern League match and there are opportunities to compete at Kingston on the 14th July.

This month sees the Kingsclere 5 race as well as the Wedding Day Race up in Bushy Park. There are a few Harriers going up to London on Friday 26th for this race so if anyone is interested in what is a great evening's event we can almost certainly get you a lift.

BRAISHFIELD BEER RACE 5 2nd June *from Richard Francis*

Conditions were perfect for fast times at this popular local event near Romsey. The race is run over country roads with an opening 3 mile lap being followed by a short cut down a lane which brings you back onto the main loop for the last mile back up a long gentle drag through the village to the finish.

Hannah was running in only her second open race, she had planned to pace herself against Keith but pulled away from him early on and had a storming run to finish first lady in a



time of 32:48. This was a great performance and bodes well for the future.

Dad Mike had won this race many years before and this return after several years' absence saw him come home in a very respectable 7th place.

However the Old Gits age groups are very competitive nowadays and his fine run was only good enough for 3rd Vet 50 though the 2 who beat him were not far in front.

Keith had tried to stay with Hannah early on but felt flat after the first mile or so but hung on for a reasonable performance. Steve has been training a bit lately and is slowly getting stronger.



He made a positive start by not going off too fast and then disappeared into the distance to knock around 3 minutes off last year's time. I also started well & was only 20mtrs down on Steve at 1km but like Keith there was no speed in my legs, even on the last climb, and finished 30secs slower than last year.



It's normally Eric who kicks off the annual interest in this race & it was great to see him racing again and although he wasn't happy with his time compared to last year I'm sure he enjoyed himself. Julia was running this event for the second time and was slightly down on last year's run although the previous Thursday Rep session may have still been in her legs.

Harrier	Time	Position
Mike Bliss	29:30	7 th (3 rd V50)
Hannah Bliss	32:42	30 th (1 st Lady)
Keith Clark	34:12	40 th (9 th V40)
Steve McNair	36:37	66 th (18 th V50)
Richard Francis	38:07	83 rd (24 th V50)
Eric Tilbury	43:15	160 th (7 th V60)
Julia Leavey	52:16	283 rd (24 th V40)

278 finished

KINTBURY 5 **2nd June**

Usually Kintbury 5 gets a large contingent of Harriers, however the clash with Braishfield 5 meant that only John Castelli made his way over to the hilly event.

Harrier	Time	Position
John Castelli	34:10	55 th

232 finished

BLENHEIM PALACE SPRINT TRIATHLON**8th June**

from Martin Groundsell

I arrived at the site to what is an impressive venue for a Tri, all of the course is within the palace grounds and transition is within the main courtyard of the palace itself. With 3,500 people competing on both Saturday and Sunday the transition area is suitably large as I was to find out to my cost. On arrival we all found out that a bus had driven into a temporary bridge over the bike course that meant you had to dismount your bike for 10 meters of each lap so they could have a pedestrian crossing point. Needless to say a lot of us and especially me were really annoyed at this especially after paying £70 to enter.

Anyway using the anger to get me going the 750m swim which was short and fast, as usual the course wanted you to swim in an arc but I took the straight line approach as did the other lead swimmers. After exiting the water in about 3rd in my wave we had a 400 meter up hill run to the palace, the crowds were excellent at this point and helped you forget that you were running bare foot on concrete and stones. Onto the 20k bike and the time trial bike was in full swing, my aim was to make sure no one passed me and averaging over 20Mph meant that I spent most of the time passing other people from earlier waves. After a few scary moment when people weaved towards me on the downhill sections and nearly going over my handle bars trying to stop before the dismount point on the first lap (which I totally forgot about, after being so annoyed about it earlier). I ran into transition, where I picked the wrong isle and lost two minutes trying to find my racking point only to do the comical thing and finally look behind me to see my kit in the other isle.

The run was a 5K around the palace and lake which was a nice distraction and at the start of the second lap I achieved my real goal to catch a mate who had started 20 minutes before me. He was not so pleased. All in all not my best Tri but 29th out of 3,500 on the day made up for the mistakes, just need to make sure they are out of the system for next weeks half ironman.

SOUTHERN ATHLETICS LEAGUE (WINCHESTER)**15th June**

from Piers Puntan

After our two fixtures in South East London this was our first local fixture and so we were hoping for a good performance and an improvement in our league places. Sean, Neil and Mike opened with the 5000m. The race was very competitive and even though Sean was only just outside 17 minutes he was 3rd in the A stream. Neil and Mike had good times considering the conditions. Audra and Hannah were the Harriers in the ladies 3000m. Hannah was competing for her first time on the track, was a little nervous and led the first 2000m of the race but the competition, including Michaela McCallum, took her on in the last 1000m and she slipped off the pace, though achieved a creditable PB just under 12 minutes. Lee was late landing from his overseas venture so it was down to me to keep the Harriers steeplechase record going. It was tough wet blustery conditions and I found myself alone between the good runners and the very slow “doing it for a point” group which meant that I was on my own from the off and didn’t really put up a good time.

Harrier	Time	Position
5000m		
Sean Holmes	17:13.9	3 rd A Stream
Neil Martin	18:02.4	N/S
Mike Bliss	18:11.5	N/S
3000m		
Hannah Bliss	11:43.9	3 rd A Stream
Audra Dennison	12:16.2	2 nd B Stream
2000m s/c		
Piers Puntan	9:08.8	3 rd B Stream

In all the joint Overton and Andover team put in an excellent performance and we won the match pushing us up to sixth in the table.

1 st	Andover & Overton	213
2 nd	St Mary's Richmond	182
3 rd	Woking	178
4 th	Winchester	149

Our next fixture is on 14th July at Kingston and we currently have the following “vacancies”:

Men’s:

3000m x2
3000m Steeplechase x2

Women’s:

1500m x1
3000m x2
2000m Steeplechase x2

IRONMAN 70.3, WIMBLEBALL, EXMOOR 16th June

First report from Stuart

The saying goes, “Only Mad Dogs and Englishmen go out in the midday sun”. Well, at Wimbleball Lake on the 16th, there were no dogs, certainly no sun, but quite a few (mad) Englishmen, myself and Martin included.

This half Ironman, or 70.3 (as they are called) was billed and very much hyped as the toughest half in the world, due to the amount of climbing involved on the bike and run course. I was unsure exactly how tough it would be. However, after Martin had ridden some of the bike course a few weeks beforehand, his feedback was less than reassuring of an easy ride (exact wording cannot be printed as children may read this). This was to be further exacerbated when he sent me an article from a tri magazine describing the course, wording such as “the beast”, “gruelling”, “climbing” and “brutal” did little to nothing for my pre-race confidence.

We arrived late on Friday afternoon at Doniford Bay Caravan Park, which was to be our base for the weekend. The accommodation was fine, but the park was a little Hi-de-Hi meets My Big Fat Gypsy Wedding. Saturday was full of the normal pre-tri requirements, such as registration, bike racking and race briefing.



We also enjoyed spending well over an hour trying to exit the car park, as high-vis clad individuals stood idly by, seemingly clueless as to how to let over 500 cars leave the area.

With the pre-race nerves starting to kick in, I decided it was best for an early night, although little sleep was achieved as I sent most of the night thinking about the race and constantly looking at the time.

At 3:45am I pre-empted my alarm and got up. Despite the butterflies now enjoying disco fever in the pit of my stomach, I did manage to get some breakfast inside of me.

We (Martin, Kate and I) arrived at a cold and overcast Wimbleball at 5:00am. Martin's wave was due to start at 7:00, and my wave 15 minutes later. Even though we had 2 hours before race start, the time somehow seems to fly by and before we knew it, we were in our wetsuits and heading down to the start. At this point, I would like to apologise to Kate and thank her for having to get up very early and put up with two very nervous and somewhat panicked (and a little disorganised) competitors.

GAME FACE ON AND BUTTERFLIES GONE..... At just after 7:15 the air horn sounded and my wave was off. Martin was already well into his swim having set off at 7:00. To avoid the mass start brawl, I decided to take the wider line and stay well left of the field. This was a tactic that paid off, as despite the 600 plus competitors in my wave, I actually had little contact in the water and managed to get into a good rhythm. After two right turns around the buoys I was in the home stretch and heading for T1.

Getting out of the swim we faced about a 400m run up a hill and into transition. Luckily due to very cold feet, it was hard to feel the sharp stones as I ran over them bare footed, however, a few cuts on my feet tell a different story.

Due to the weather being on the chilly side and with the risk of rain, I opted to put on arm warmers and a gillet over my tri suit, to try and stay warmer and drier. This did work for the first lap of the two lap ride, however on the second lap the 1 o'clock forecasted rain, arrived a few hours early and I was once again wet and cold. The bike course was challenging, the second half of the lap had the majority of the hills, short and steep, just enough to break your rhythm and mess up your pacing. After three and a half hours, I finished the ride and was back into T2. Unfortunately my hands were frozen, which made it very difficult to tie my shoe laces (note to self, elastic laces with toggles).

As I left T2 to start the run, something very surprising happened. I was actually feeling good, plenty of energy and able to run at a decent pace. I think this was due to eating and drinking on the ride, enough to fuel me for the run. The run course was like Martin noted, a bit like Hurstbourne 5 or Combe Gibbet (just 3 miles shorter).

The run wasn't made any easier by the rain and mass of runners now churning up the grass making it muddy and slippery in places. I managed to catch and pass Martin, although he was 1 lap ahead of me, so beating him was out of the question, I just felt good so continued to push on, making up about 234 places on the run alone.



The finishing line was a welcoming sight, which combined with a warm set of clothes, a hog roast sandwich and a cup of tea, perfectly rounded off a tough morning of racing.

Big thanks to Kate for the incredible, loud and much appreciated support. Congratulations to Martin, despite the puncture and chain issue costing him valuable time, it was a strong performance.

On the 4th August we face the full Ironman, oh boy.....

Final results:

Swim: 40:09, T1 6:58, Bike: 3:30:04, T2: 5:26, Run: 1:30:56. Position 190 out of 1666.

Second report from Martin Groundsell

So the first big race of the season and the weather decided to make it harder by being wet and cold, thus the biggest discussion point during the safety briefing and bike racking the day before was what to wear on the bike, it was a few minutes in transition V Hyperthermia. Sounds like an easy decision until you are in race mode. Knowing I wouldn't opt for a long sleeve jacket I bought a rather girly pair of arm warmers that I thought would do the trick, my bike had other ideas.

Fast forwarding to race day and I am lined up on the side of Wimbleball Lake with 1,044 other people including the Pro's, the start line was wide and everyone seemed to be on the right hand side to take the shortest route to the first buoy. I decided to learn from Alpe D'Heuz last year and went to the left to get a clear run to the first buoy. Stupidly I turned around when I was treading water on the start line to see hundreds of people still getting into the lake, it took a few deep breaths to get my heart rate back under control before we started. From where I started it would be longer to the first buoy but with a sprint at the start I managed to get into clean water and into my rhythm. It was a long drag to the first buoy and so, by the time we got to it, the wave was spread out and there wasn't the usual madness of arms and legs, I managed to draft within a big pack until the turn for home where we all started to push the pace on which split the group.

As I exited the water I realised that I had no feeling in my feet what so ever and it was a really strange feeling running up hill into transition, however it did mean I couldn't feel the stones we were all running across. As expected I opted for only the arm warmers for the bike as the Met Office was predicting rain at 13.00, as we started at 7am we should have been well done by 13.00 on the bike. However the Met Office lied and the rain came half way through the bike.

The bike course was hilly and for the first lap I was keeping up with the last two from the pro race but I could not hold their pace on the second lap. The rain became brutal on the downhill sections and it was a case of hold on and hope that the tyres hold on the slippery roads, but to my surprise the arm warmers were doing the trick.

I got to within half a mile of the top of the last climb of the lap when my back tyre gave out with a puncture, in my haste to change the inner tube I didn't notice that the chain had half slipped off the front cog, as I started to pedal again the chain became jammed and twisted. It took me around 22 min to free the chain and bend it back into shape, all in all I was on the side of the road for 27 min, enough time to get so cold that every limb was shaking. Once I was on the bike again it was a short up hill and then 4 miles of fast downhill which made me even colder.



As I entered transition 2 a nice helper came and helped me get ready for the run, my feet were blue and my hands would not stop shaking, the helper looked at me and asked if I thought I should continue, I answered "I am not giving up now". The run was a half marathon version of Hurstbourne 5, one massive hill per lap and three smaller steep hills with some muddy trail running between.

As I started lap 2 Stuart appeared from nowhere asking if I was on lap 2 or 3, after telling him I was on lap 2 he promptly steamed off knowing he could beat me if he finished within 15 minutes of me.

It worked for both of us as I then had to push to hold him off, he was flying. I managed to only lose 5 minutes to him as the impact of standing on the side of the road took its toll in the run. I managed to pull 1hr 35 for the run which is not bad but could have been better as Stuart demonstrated.

As I crossed the line the cold feeling came straight back and I started to shake, you know you look bad when two helpers at the finish line ask if you are ok and if you need any help... Even with the time fixing my bike I came 131st out of 1,666 so I was happy with that and as expected for this course it was a personal worst time in 5H 44.



In true fashion I have already signed up for next year to get a top 50 place which is where I would have finished if I hadn't had bike issues. Now Stuart and I have a 7 week gap until the full Ironman on the 4th August, how hard can it be.....?

MOB MATCH (CLIDDESSEN) **27th June** *from Richard Francis*

Despite a fantastic turnout of 27 runners we were beaten once more by Basingstoke who took the top 3 individual places. Sean ran well to lead us home with Lee managing to squeeze the race to lead home a cavalry charge of Harriers. Special mentions go to Martin & Stuart who had both completed a triathlon the night before & Hannah who was first woman by over a minute.

Another fine effort came from George who is going from strength to strength this year under Denny's guidance. There were some close finishes farther down the field with Neil McCann showing improved form on last month's race.

4th	S. Holmes	14m 34sec	38th	K. Barton	19m 15sec
6th	L. Tolhurst	15m 52sec	40th	A. Tilbury	19m 24sec
7th	M. Groundsell	15m 10sec	41st	R. Francis	19m 51sec
8th	S. Searle	15m 13sec	42nd	E. Edwards	20m 00sec
9th	N. Martin	15m 20sec	43rd	L. Pearson	20m 01sec
10th	R. Clifford	15m 25sec	44th	D. Mcauley	20m 14sec
12th	K. Vallis	15m 33sec	45th	K. Clark	20m 16sec
13th	R. Oakley	15m 58sec	49th	N. McCann	21m 13sec
18th	G. Preece	16m 22sec	51st	E. Sandall Ball	21m 25sec
20th	M. Crawshaw	16m 32sec	55th	L. McCann	22m 05sec
25th	H. Bliss	17m 14sec	56th	S. McCann	22m 10sec
30th	J. Castelli	18m 19sec	57th	O. Redwood	23m 43sec
33rd	R. Dennison	18m 38sec	59th	J. Leavey	26m 30sec
36th	M. Dennison	19m 00sec			

OVERTON 5 MILE ROAD RACE & 2 ½ MILE FUN RUN **Saturday 7th Sept**

This year is the 25th running of the Overton 5 and is the first race in the Hampshire Road Race League. This year (like every year) we need your help and support. There are a number of ways we need your help including;

- Taking entry forms to your next race – these can be found in the shed
- Putting a poster up in your workplace
- Selling Raffle Tickets – tickets available from JT
- Volunteering to marshal the course
- Helping out on the day
- Setting up St Mary's Hall for the after-race party
- Selling tickets for the after-race party
- Donating a prize for the raffle
- Tweet or Share/Like the race on your Facebook

To keep with tradition there will be the Summer Party in the evening at St Marys Hall and everyone is welcome and the band Stone Gecko will be playing again this year.

Saturday 7th September 2013
7.30pm

Overton Harriers Summer Party

At

St Marys Hall, Overton
Live music from Stone Gecko

Bring your friends and family and come and celebrate the Clubs' achievement this summer with the annual Overton Harriers Summer Party.

This event is in the evening following the Overton 5 Road Race and everyone is invited. Tickets are just £10 (Under 12's are free) which includes hot food but please bring your own drinks.

KINGSCLERE 5 **7th July**

Can anyone who is not competing in this event consider helping out, there is a list up on the ORC notice board, please sign-up if you are available.