

**Overton
Harriers**



**&
Athletic Club**

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August 2013 Issue 432

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September 7 th	OVERTON 5
14 th	TEST WAY RELAY
15 th	VICTORY 5
22 nd	Butser Hill Challenge, Hursley 10k, Swallowfield 10K
29 th	Highclere 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

After a quiet July the month of August has been exceptionally busy, this newsletter is 16 pages long, with reports from all over the country from 800m to Ironman in distance with some excellent results by all.

The Coop fundraising reached its target in record time, so thanks for everyone who used their green community card. The club has yet to get our hands on the money, hopefully this will be soon; the Treasurer's getting nervous with club funds being spent in anticipation.

We had the first Mob Match against Chineham Park Runners which was well received both by the Harriers and the runners from Chineham; big thanks to Geoff Cloake, Monique, Liz and the others for helping get the food organised.

This weekend is the Overton 5 one of the highlights of the Harriers' year and the start of the Hampshire Road Race League Season. If any of you are available 2-4pm on Saturday (assuming that you're not taking part!) then Helen and her team would be very appreciative of some help. It's nothing technical, handing out medals, water, marshalling, etc.

In the evening we have our annual party which is at St Mary's Hall, with Stone Gecko playing (this is the band we had last year and they were excellent). It costs £10 for adults and children under 12 are free – hot food is included, all you need to bring is some drink.

The evening kicks off at 7:30 and is a relaxed, family friendly event – it's not a fundraiser, just a chance for a social and is open to all villagers, not just members of the Harriers. If you would like to come along, and the more the better, then please Monique know as soon as possible.



This was the first running of this event which was created as a replacement for the very popular Milland Valley half marathon Trail race that I had run several times in the distant past.

With the race HQ being located just north of the South Downs Way it was fairly obvious that race director would include a hill or two in his course.

Lucy and Chris were also running and so the usual pre race excuses were exchanged.

Lucy's 55 mile bike ride the previous day was swiftly countered by my brisk Park run, she then retaliated with having competed in an Aquathon on Friday evening..... all I could fight back with was the fact I was old & fat.

The toughness of the course became apparent from the start as the start was uphill (only for 4¹/₂ minutes) and as we reached the top, Chris & Lucy cruised past me. Following some disruption involving a couple of horses and their mad owner the next few miles were on tracks or quiet roads where we were constantly climbing or descending hills of varying length and steepness.

With Chris well ahead, Lucy had forged well clear of me but by the halfway mark I had managed to get back in contact and passed her as we started on the longest climb of the day. This was a 1¹/₂ mile climb on very rough, stony track that brought us back over the downs.



Helpful marshals told me a drink station was just over the top but following a superb downhill plummet through the woods I realised that we then had to climb back (on the road) to the top.

Another long downhill followed before the drinks stop finally appeared.

Chris had a fine run and ducked under the 80 minute mark with the only downside being a bad case of runners' nipple.

I was delighted with my run and was quite chuffed at running the whole course while Lucy picked up after the long climb and finished strongly to finish 8th lady to round off a very busy weekend.

Harrier	Time	Position
Chris Pearson	79min 57sec	72 nd
Richard Francis	85min 18sec	110 th
Lucy Pearson	88min 19sec	122 nd (8 th Lady)



First Report from Martin Groundsell

From the Friday afternoon when we arrived at the hotel that was to be home for the weekend, there was a reoccurring conversation between Stuart and me. “Whose stupid idea was this again?” We agreed it was Stuarts, as he sent the text message of “I’m signed up, you going to man up and join me?”

After nine months of training in the snow, rain, heat, on the turbo trainer in the garage during the winter, a freezing cold lake in the spring and a tough weekend cycling in the Brecon Beacons. Kate was looking forward to having a husband who was awake and able to do all of the DIY I had been promising. My boss at work wanted to be in a meeting where I wasn’t yawning from over training. Yet as we prepared for the event I wasn’t as nervous as usual and for the first time in a while I was really excited about the race.

The pre-race briefing was not the usual mix of people in terms of size and obvious ability; everyone looked like they were there to race. However Greg’s moral boosting comment on Facebook of “Everyone else looks a lot fitter than you! Good luck!!” did make us laugh.

So it came down to race day, the alarm went off at 3am but I was already awake, I wasn’t going to oversleep this time as I have done in the past. We arrived at the start and double checked our bikes just as the rain started to come down. With the food and drink mounted on the bike I started to feel confident, however after a longer than usual toilet queue I was stuck in the slow march to the lake. After a bit of pushing my way through I was in the water and heading to the start line with 3 minutes to spare. As with the 70.3 race in June I lined up for the wider line to the first buoy and stupidly looked behind me only to see ~2,000 swimmers and a good few hundred spectators. It was a great sight but one that did need a few deep breaths to get over.

The clock hit 6am, the sun came out and the horn sounded to start the race. Instantly what had been calm water turned into white water.



By keeping wide I had a clean run to the first buoy, however at the first buoy it all converged and the usual jostling for positions started. I had a few smacks on the head and some people swimming into

me but even though I have lost some weight during the training I can still bounce people off me quite well. We hit the second buoy and were instantly blinded by the sun. I caught a glimpse of a pink swim hat of the pro race and followed her, assuming she could swim straight. As we exited the water for the short run before we started the second lap I heard Kate cheering but could not see her. I managed to get my goggles and hat back into position and started the second lap. My swim was feeling smooth and effortless and at the time I thought it would be slow but as I exited the second lap I saw the race clock had hit 55 minutes which was 5 minutes faster than any training session in the lake. This gave me a massive boost going into Transition 1, however saying "F*** that's a quick swim" this may not have been what the spectators wanted their kids to hear.

As I jumped onto the bike I felt fresh and ready to use the Time Trial bike to its full, but managed to calm myself down to stick to my race plan which was to hold an average of 20Mph for as long as I could. The first 15 miles were flat and fast with the main challenge to not break the "no drafting" rules as I was flying past what seemed like loads of cyclists. Just after 15 miles I hit the big hill that everyone had been talking about in the briefing. It was a good hill but the training on Combe Gibbet and surrounding area meant that the hill was nothing to worry about. After the first of three laps the crowds started to build up and at certain points the atmosphere was superb, especially when they closed in on the road and made it single file just like you see on the Tour de France. After 100 miles on the bike I had the strange realisation that I had already been going for six hours and still had twelve miles on the bike and a marathon to run, but yet I was not fussed. The course as a whole was very scenic in the Pennines, the sun came out but at 19 degrees it was perfect conditions which helped me maintain my pace.

Even though a lot of strong cyclists had passed me on the bike I entered T2 to see most of the run bags still waiting for their owners to come in off the bike. One bloke who was getting changed pointed out that it was a beautiful sight as it meant we were flying. He left T2 before me and made some comment about catch me if you can, the volunteer helping me to get my bike kit into my bag suggested that I put him in his place which made me laugh as I started the run. I checked the time and saw it was 12.50, this meant I had 4Hr 10min to do the marathon to come in under 11 hours and even though I was going into the unknown I was still feeling strong.

I quickly caught the bloke from transition and did a Greg on him, AKA give him some encouragement to stick with me and then put a kick in to drop them. Everything was going beautifully until 15 miles into the run. My pace was well on for a 3.30-3.40 marathon but then the thing I feared the most happened, my stomach started to shut down. This started with cramps and four Blissys were required in the last ten miles. This resulted in a fair amount of walking so that I did not become an advert for Imodium. Kate told me afterwards that someone else had taken that honour. As I passed Kate on each lap, even with her loud and enthusiastic support I knew I was getting slower and slower but I was determined to get finished by 17.00 to get a 10Hr time. On the last lap I managed to grit my teeth one more time to get to the finish. I knew Stuart was catching me as he was running really strongly when we passed each other and it was obvious that the worries of his hamstring were not going to stop him from finishing.

As I came off the last lap and into the finish section Kate was bouncing once again shouting "You've done it" then the noise from the crowd deafened me. There was not even an attempt of a sprint finish as I wanted to soak it all in, the announcer shouted the words I desperately wanted to hear as I crossed the line "Martin, you are an Ironman".

At this point my legs let me know that they were done and I fell to the floor, as this was all shown on the big screen that Kate was watching, it did worry her to see paramedics around me. However I could not allow myself to be wheeled off in a wheelchair so they agreed to help me walk into the recovery area where yet again another volunteer kept an eye on me and gave me food and water. Over 300 volunteers are needed to run the event and they are all superb as was Kate's support bearing in mind she was up at 3am as well as Stuart and I.

After a minute or two in the recovery tent the feeling of achievement started to sink in, I had made it in 10hr 43min and 7 seconds. I came 99th out of 1,602 finishers and 25th in age group. It is true what they say, pain is temporary and pride is forever.....

Even though Bolton is not everyone's idea of a great race venue, the local people are really proud of the event and their enthusiasm and pride is contagious. It's a great event that I totally recommend and will be back to do one day. However at the moment Kate has made it clear that signing up for another full Ironman straight away will result in a divorce, so 2015 it is then.



Second Report from Stuart Searle

When I was about 15 or 16 (many years ago) on a weekend, I would get up, go downstairs, plonk myself in front of the TV and wait for my breakfast to be delivered by one of my parents. As I sat there glued to the TV, I would find myself watching Channel 4. Early in the morning, they would air a programme called Trans World Sport, a show which would focus away from the mainstream of football, rugby and cricket.

Trans World Sport, would show a sport called "Triathlon" where competitors would: swim, bike and then run.... Crazy I thought, not for me. They would then dedicate an entire show to something called the "IRONMAN" an event where you would swim 2.4 miles, bike 112 miles and finish off by running a full 26.2 mile marathon. ABSOLUTE MADNESS, I thought, there's **NO WAY** I'm ever doing that. Well, fast forward a few years, and on Sunday 4th August 2013 at 6:00am I was about to start the long journey to being an IRONMAN.

To be an IM, is a lot more than just a day of racing, the training was epic. In early October, after some online banter and text messages between me and Martin, (the words "Man Up" were thrown about a little), we found ourselves signed up and entered. There was a little bit of "what have I done now" but neither of us turned back, instead we embraced the challenge and the journey began.

Training was tough, to say the least. One of the coldest and longest winters on record did not help, and I lost count of how many times it rained when I was out riding. I was already running and swimming during the week, so my base fitness for those disciplines was in good shape. A weekend biking in the Brecon Beacons and getting lost, helped boost the bike fitness.

Once the lake at Reading was open, my Saturday's became day long training sessions. Out the door at 6am, ride to the lake, swim 2 or 2.5 miles, bike home, drop my bag, grab a bite to eat then out for another 60 to 70 mile ride, this was then followed by a 3 mile easy run. Some Saturday's I would

leave the house at 6 in the morning and not finish training until 3:00 – 3:30 in the afternoon. The rest of the week would be filled with running, early morning pool sessions and more biking. I was eating like you wouldn't believe but still losing weight (much to the dismay of my family). Finally the summer came and along with it a heat wave. Welcomed by some, but for Martin and I, our Monday night long runs just became harder. The heat really had a negative effect on me, so much so, that I ended more than one long run by throwing up. Still, training didn't stop, and my life became totally dedicated to the goal of being an Ironman.

As the big day drew closer, the more nervous I became. However, my biggest scare came on the Thursday, just before I was due to drive up to Bolton. I was supposed to be well into my second week of taper, but decided to do the Thursday night group session of 2 x 15 minute paarlauf. The plan was to do just one set easy, but somehow I started the second set. Boys being boys, I thought I could race them, with an attitude of what could possibly go wrong? On about the 3rd interval, there was a sharp pull in my left hamstring followed by a great deal of pain. All I could think of was my Ironman dream going out the window and 9 months of training down the drain. Stupid, stupid boy.... Martin and Franny rushed to get me an ice pack and after a few minutes I was able to hobble around. All I could do was hope and pray it would be okay for Sunday.

On Saturday morning, I went for an easy 2 mile run, the hamstring was a little sore but good enough, there was no turning back now, I would finish this thing, even if it meant walking. Saturday evening I set two alarms for 3:00am; neither of them were needed, as I had a mostly sleepless night. In fact the only people who were awake at that time, were triathletes and guests stumbling back from the wedding reception at the hotel. I managed to get some breakfast down, got my stuff together and went outside to meet Martin and Kate for the 4:00am drive to the start. A couple of drunk girls did give me a strange look, wondering what on earth I was doing, however I think their questions were soon answered by another bottle of WKD.

At the start it was the usual bike check and prep, making use of the portaloos before the masses descended and also my second breakfast of the day. It was raining at this point, but I could see blue sky and hoped it would appear in time for the bike section. Before I knew it, my wetsuit was on and I was in line with about 2000 other athletes making my way to the swim start.

Due to the sheer volume of competitors it took a while to get us all into the water, however the 6:00am start meant a 6:00am start, and no sooner had I got into the water than the air horn sounded and we were off. No time to panic, it was race time; I simply focused myself, allowed all the nerves to leave me and got on with.

The swim was the normal mass of bodies thrashing about, everyone desperate for some small space where they could swim, arms and legs everywhere. As we turned the second buoy and headed back to shore, the sun appeared, low and bright, dazzling us. Even with my tinted goggles it was almost impossible to spot the marker buoys and I just had to follow the other swimmers. On the second lap of the swim, the masses had thinned out a little bit and I was able to get into a rhythm. Out of the water and swiftly through T1, I was on my bike just after 7:30 and on target.

I prepared myself for the long 112 mile bike. I knew where and when I had to feed, I took on plenty of water and focused on the ride. The course was challenging, however having been up Combe Gibbet a few times, the climbing didn't trouble me. The crowds and support was fantastic and in a few sections, the spectators lined the roads just like the Tour de France, it was amazing.



The weather was near perfect too. The rain had passed, it was breezy and a little overcast, although I do have some sunburn that suggests otherwise. Towards the end of the ride, we had a brief shower, but nothing to worry about.

Within six and half hours I was finished on the bike and with a quick and clean T2 I was off on the final section of the Ironman, the Marathon. I was also quite happy to see loads of red transitions bags still waiting to be picked up for the run, meaning I was doing quite well for position.

It was now 2:00pm, I wanted to be finished by 6:00pm to beat my goal of 12 hours total. I had 4 hours to run 26.2 miles. I started tentatively, wondering if my hamstring would hold out, not sure if I had the energy to run that far after the swim and bike, but I had one thing in my arsenal that would help me, my determination to be an Ironman NO MATTER WHAT...

As I started to run, I felt okay, not too tired, no injuries and I had eaten enough during the ride to fuel me for a while. I settled into a steady pace and feeling comfortable I began overtaking people.



After about 8 miles you get into the area where you start the laps. Each lap is approximately 6 miles long, the out and back is nearly flat, but there is a short and sharp hill as you leave the town centre. You also run past the finish turn off 3 times before you finally peel in and finish. This does tease you a little, but it reminds you of what you're about to achieve. Up until mile 13 I was feeling comfortable, after that point the fatigue started to set in and it became harder to maintain pace.

I saw Martin who was a lap ahead of me, so we were able to give each other some encouragement. Although, it's only 3 laps, counting by that point in the day was rather difficult, so they handed out lap bands, small coloured elastic bands which have second life as hair scrunchies.

First you get a green, then a red, until finally you get the yellow, which means last lap and you're heading for the finish.

The last 6 miles hurts, sore legs, sore back, blisters on my feet and pure exhaustion. But all of that was nothing, with every step and every stride I was getting closer to my dream. Finally, as I entered the town square I had the glorious moment of turning left to finish. The crowds were going crazy cheering you on, the atmosphere was electric. I crossed the finish line to those unforgettable words "STUART YOU ARE AN IRONMAN". A truly incredible day, that despite what was involved, went by surprisingly quickly.

Also a massive thank you to Kate, who got up at 3:00am, stood out there for over 11 hours, in whatever the weather, giving her unfaltering support and encouragement

I have been asked if I'd do another Ironman. Right now it's the furthest thing from my mind, but never say never.

Harrier	Swim (2.4 Miles)	T1	Bike (112 Miles)	T2	Run (26.2 Mile)	Overall	
						Time	Position
Martin Groundsell	55:46	4:27	5:45:47	4:37	3:52:55	10:43:07	99 th (25 th V35)
Stuart Searle	1:27:51	5:41	6:24:44	2:42	3:34:02	11:36:59	247 th (52 nd V40)

SOUTHERN ATHLETICS LEAGUE – TIDWORTH **10th August** *from John Hoare*

The season ended on a slightly disappointing note in our home match that I felt that we could and should have won, especially if we could have covered all events. But hats off to those who did turn out. In an effort to gain precious points Monique turned out for an almost unprecedented four events that included a PB for 800m while Hannah picked up two 2nd places over the longer distance to complete an excellent afternoon for the ladies. In the men's events Bliss took a clear win in the 'B' 5000m covering for Sean who ran as a non scorer as a precaution against an injury he was carrying. Once again Piers took on the Steeplechase (probably not his favourite event) to gain extra points in our cause and came home in 3rd place. His expression at the end said it all!!

Harrier	Time	Position
5000m		
Sean Holmes	17:20.0	N/S
Mike Bliss	17:55.8	1 st B Stream
3000m		
Hannah Bliss	11:43.8	2 nd A Stream
Monique Van Nueten	14:38.5	3 rd B Stream
2000m s/c		
Piers Puntan	8:39.1	3 rd B Stream
1500m		
Hannah Bliss	5:43.7	2 nd A Stream
Monique Van Nueten	6:55.3	3 rd B Stream
800m		
Monique Van Nueten	3:23.3	3 rd B Stream
400m		
Monique Van Nueten	86.9	3 rd B Stream

In all the joint Overton and Andover team put in a fair performance and we missed second place, or even first, by only a few points.

Match Result: 1st Ashford 207 3rd Andover & Overton 198
 2nd North Devon 203 4th Swindon 92

For the records results not published at the previous meeting at Kingston.

Harrier	Time	Position
3000m		
Neil Martin	10:30.2	3 rd B Stream
Mike Bliss	10:37.2	N/S
3000m		
Hannah Bliss	12:05.6	1 st A Stream
Audra Dennison	12:24.8	1 st B Stream
3000m s/c		
Lee Tolhurst	11:04.7	1 st A Stream
Piers Puntan	14:34.1	2 nd B Stream
1500m		
Hannah Bliss	5:43.2	2 nd A Stream
Monique Van Nueten	7:02.4	2 nd B Stream
800m		
Monique Van Nueten	3:24.9	2 nd A Stream

Match Result:	1 st Epsom & Ewell	187	3 rd Kingston & Poly	185
	2 nd Andover & Overton	186	4 th Team Kennet	118

Final League Table:

1 Brighton & Hove	1073	19	9. Epsom & Ewell	840.5	13
2. Croydon Harriers	974.5	18	10. Cambridge Harriers	875.5	12
3. Kingston & Poly	974	16	11. Swindon	739	10
4. Woking	940	16	12. Team Dorset	689	10
5. Tonbridge	955.5	15	13. North Devon	770	9
6. Ashford	935	14	14. Havant	721.5	8
7. Andover & Overton	944	13	15. Winchester	713	7
8. St Mary's Richmond	912	13	16. Team Kennet	665.5	7

IRISH MASTERS CHAMPIONSHIPS, TULLAMORE

17th August *from John Hodge*

Having been doing Masters Athletics for many years, one of my ambitions was to run in my "home" Championships in Ireland. I finally made it this year, though not without some difficulties. The entry system required an Irish registration number, which I finally sorted out by joining my home town club of Waterford as a second claim club. After that, the club sent in my entries, and paid all the entry fees!



Earlier in the year when I won some events at the South of England Indoor Championships, I thought I might be able to have a go at the Irish over 70s 400m record.

Unfortunately the series of niggling injuries which I had earlier in the year (sprained an ankle a week before S of England, then the other the week before British Masters) continued, with first a pull in my calf/ Achilles which went on for about 2 months, as every time I felt I had rested it enough and recovered it went again; Then when this finally recovered I had a pull in my upper hamstring / groin and a badly bruised heel, so in the last four weeks before Ireland I could do very little training, relying on my bike for keeping up a decent level of fitness. Even four days before I left for Ireland I was still hobbling around, and if I hadn't already booked flights I might have cancelled.

However, further rest including a few days touring around in Ireland, helped recovery, and by the day of the Championships I was able to jog comfortably... I didn't dare try anything too fast in fear of pulling something again!

My first event was the 800m, which I took fairly steadily for the first lap, then struggled to keep up some pace as my lack of training was kicking in; I finally finished in third which I was really pleased about despite the slow time. Fortunately I then had about 90 minutes before the 400m, enough time to massage some life back into my legs. After the 800m I was clear that I would not be able to manage the 1500m, so I could give it my all in the 400m, though I knew that any aspirations for a record were long gone, just hoping I could last out for a medal.

Then I came in for another surprise; it was obligatory use starting blocks (which were provided) ! I had never encountered this in Masters events, always using a standing start. So I settled into the blocks as best I could, with no time to try different settings. When the gun went off I left the blocks, but was in such a low position I very nearly fell flat on my face! I just managed to avoid falling with a massive stumble before settling into my stride. I was in an outside lane and with 150 to go I could see the runner inside catching me, but I managed to go up a gear and run well clear to the finish to win the

Gold ! It was enough to aggravate my hamstring injury again, but by the I was more than happy to trade an injury for this result.

I made a lot of friends on the day with the very welcoming Waterford team (*Ed, yes we can see that; the photos were online!!!!*), and was invited to join them in a dinner they had booked afterwards in my hotel... this also paid for by the Club!



Now to get on with some training for the British Masters in September I might even be finally able to join in some OHAC training!

Irish Masters Championships:

O/70 400m 1st in 77.74s
O/70 800m 3rd in 3m 11.24s

And for the record, from earlier in the year (apologies for not submitting results at the time)

South of England Masters Championships, Lee Valley, 24 Feb

400m 1st in 76.29
800m 1st in 3m 06.48s
1500m 1st in 6.41.89

British Masters Indoor Championships, Lee Valley, 10th March

800m 3rd in 3m 01.71s

54321 CHALLENGE, SALISBURY

11th August

from Richard Francis

This was another race that I had not run for many years and following my good run at South Harting the previous weekend I was looking forward to it. It soon became clear to me that this event had ballooned in popularity since I had finished 4th and 2nd in a couple of my earlier outings over the 30km event as was proved by my final position on the day.

The organisation was well practiced with runners in each event.....50k, 40k, 30k, 20k & 10k going off in waves 30 minutes apart. We set off at 10am and after a mile slowed to a walk over the narrow

stretch up & over Sarum Hill. After this it was steady running back through the City before we set out on the climb up to the remains of Clarendon Palace.

I was going well at this stage with 6 miles behind me but at this point the course had been altered from my earlier attempts and the nice flattish 3 miles to Longford Castle now included an extremely long (and I mean loooooonnnngggg) hill. After the Longford Estate the drink stops became rather scarce and I also lost a minute or so trying to cross the dual carriageway near Odstock hospital. The cross country stretch to Coombe Bissett was a test but the long climb up to Salisbury race course was the time to man up in the now boiling sunshine.

I struggled on the long run along the Shaftesbury Drove track which was heavily rutted by the 4 x 4 brigade which caused a flare up off an earlier ankle problem but once I was back in the City I put in a great finish, scattering tourists and their guides in the process with polite shouts of " runner coming through" and several other shouts that were not so polite but at least some of the numerous Japanese tourists learnt some proper Anglo Saxon.

I was a bit disappointed with my run which was down to not using the plentiful drink stops in the early stages but finding a beer festival on my way home soon lifted my spirits.

Harrier	Time	Position
Richard Francis	3:08:57	74 th (50 th V50)

142 Finished

HANDICAP MOB MATCH v CHINEHAM PARK RUNNERS

By the look of the photo below a rather motley bunch of Harriers were out for the Mob Match, luckily our numbers were supplemented by a few more and it was a comfortable victory for the Harriers, though the first runner home was from Chineham.

Final Scores: OHAC 510 CPR 766.



The BBQ was a big success and we think that Chineham may want to repeat the event next year, though now they know the course it may not be as easy. Full results are on the website

SUMMER HANDICAP (RACE 4)**15th August***from Richard Francis*

The final summer handicap was included into the Mob Match against Chineham Runners with the Handicap Tile wide open with about 10 runners in contention for the medals. Sean had already sewn up the men's Time league but again the place medals were still to be won. First Harrier home on handicap was Greg who has been steadily improving over the recent months. Second place went to Hannah Oliver (running for the first time this year) and the next two home decided the Handicap title with Hannah Bliss beating Annette home by 3 seconds to that the trophy by only 1 point.

Keith Clark was leading the Handicap league before the start but his 15th place on the night saw him slip to 3rd overall closely followed by Robbie & Emma Edwards.

Sean was fastest yet again on the night ahead of Martin, Blissy, Stuart & Greg. With Sean home & dry it was Stuart who did enough on the night to take second in the Time league with Mike only 2 points behind ahead of Richard Clifford & Keith Vallis.

The Ladies Time league was won, not surprisingly, by Hannah Bliss with Annette piping Emma by 2 points for second place.

Pos	Runner	Total Time	Handicap	Race Time	Time Pos
1	Greg England	36:33	14:58	21:35	5
2	Hannah Oliver	36:50	12:28	24:22	13
3	Hannah Bliss	37:01	14:19	22:42	8
4	Annette McInnes	37:04	11:43	25:21	15
5	John Castelli	37:06	13:32	23:34	10
6	Cath Wheeler	37:07	14:55	22:12	7
7	Martin Groundsell	37:08	17:00	20:08	2
8	Mike Bliss	37:12	16:50	20:22	3
9	Steve McNair	37:26	10:59	26:27	16
10	Monique Van Nueten	37:29	07:45	29:44	22 =
11	Robin Oakley	37:30	15:51	21:39	6
12	Piers Puntan	37:33	14:05	23:28	9
13	Sean Holmes	37:34	17:50	19:44	1
14	Robbie Dennison	37:36	13:18	24:18	12
15	Keith Clark	37:49	13:32	24:17	11
16	Gavin Duncan	37:51	10:59	26:52	19 =
17	Emma Edwards	37:58	11:18	26:40	17
18	Stuart Searle	38:00	17:05	20:55	4
19	Liz Sandall-Ball	38:13	09:04	29:09	21
20	Alex Tilbury	38:28	11:40	26:48	18
21	George Preece	38:55	14:30	24:25	14
22	Mel Hodkin	39:02	04:37	34:25	24
23	Claire Boyle	39:10	12:18	26:52	19 =
24	Katie Edwards	39:41	00:00	39:41	26 =
25	Julia Leavey	39:41	00:00	39:41	26 =
26	Steve Spence	40:20	10:36	29:44	22 =
27	Mark Bulpitt	42:02	04:55	37:07	25

Many thanks as usual to those who have helped out with the timekeeping & recording this summer especially the ever present John Hoare & JT. The first of the Winter Handicaps will be in October.

THE “MUSHROOM” ROAD RACES**19th August***from Richard Francis*

Somewhere near the Belgian / Dutch border.....

Last year we decided not to run in this event due to the very high temperatures. This year there was heavy rain throughout the morning and it was due to pass over before the start so we had no excuses this year.

Monique took the option of running the 5.5km race which took in an extended lap of the course and included 2 good hills and a long descent through the town before a gentle uphill burst to the finish. She had an excellent race and clocked a very respectable time considering the strong wind and the rain that continued for most of the run to finish 4th lady overall which was also good enough to win the first Veterans prize.

In the 13.5km race I started well into a strong headwind thinking the return stretch would be better with a tailwind.....big mistake as the cooling effect of the wind vanished leaving me thinking I was running in a sauna. The second lap saw me go backwards through the field and the third lap was mostly a solo affair until I realised someone was struggling in front of me and I slowly pulled him in before thrashing him on the finishing climb where John Hoare failed to photograph my Mobot finish.

Liz was our final runner and like Monique she had a good (if eventful) race to take the third lady overall prize. She was going well as she neared the end of the first lap when a marshal didn't call her back when she took a wrong turn. She realised her mistake and turned back but lost a couple of minutes. Undeterred she ran on and her strong finish saw her steal the third place prize on the final climb.

The atmosphere throughout these races is fantastic with an open air bar situated 5 metres past the finish line and this, with a very enthusiastic commentator on the loud speaker meant that you got great support at the end of each lap plus the finish.

5.5k

Harrier	Time	Position
Monique Van Nueten	28:36	34 th (1 st Vet Lady)

60 Finished

13.5k

Harrier	Time	Position
Richard Francis	1:09:35	44 th
Liz Sandall-Ball	1:16:19	48 th (3 rd Lady)

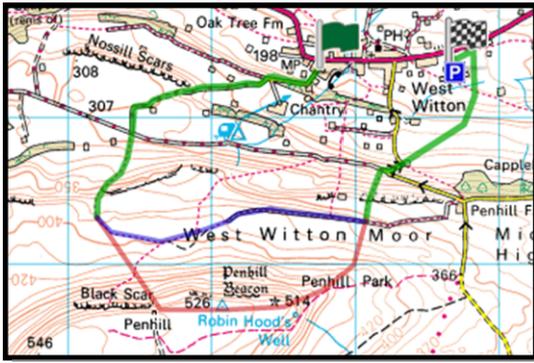
49 Finished

WEST WITTON FELL RACE (4.3miles/1116ft of ascent)**24th August***from Lee Tolhurst*

After a year off fell running due to Olympic commitments, Jayne's not mine; it was time to reacquaint myself with the fells of Yorkshire. This time joined by Daisy, Georgia (my niece) and Lynda (Sister-in-law).

A reasonable field of about 30 – 35 runners turned out with the seniors starting a minute or two ahead of the juniors. So the pressure was on to stay ahead of Daisy until the course split. As always my race tactics were start slow and get faster, something I had told Daisy to do as well. Once the whistle went, both of I shot off like a scolded cat as Daisy worked her way through the field! The initial stages are steep uphill on tarmac before getting steeper on un-made paths, which gets steeper still on a grass path

which peters out as you climb. My early pace meant I had started to build a lead over the various local club runners.



The course splits after about 1½ miles with the juniors (blue line) following a dry stone wall across the hill, while the seniors push on to the top. Initially after the split the course flattens to cross a bog giving no rest to already tired legs without a path to follow it was a struggle over tussocks of reeds, small rivulets and calf deep mud. The “path” finally started rising out of the bog and running was easier for 5 or 6 paces before final and steepest climb. There are 2 options to run/walk a traverse route or scramble/climb straight-up, I decided to traverse and was surprised and pleased to run most of this section. The route now follows the ridge of Penhill which dominates the Wensleydale area, I was still in the lead but conscious that by adding on 800m extra I may have lost some of that lead. On reaching the top of the ridge where stands the old man of Penhill, a cairn that all runners must touch before starting the nerve wracking decent, I noticed a lace was undone, I retied it before plummeting lemming style over the edge convinced I was about to be caught. Previously and unsurprisingly I have got lost on the decent but this time I had taken a few landmarks to guide me in. Two things were achieved by this incredible flash of forethought and planning; 1. I didn't get lost! and 2. I found that as the world goes past in a blur it is difficult to focus on distant objects and stay upright, leading to multiple falls and a very sore ankle. The later was witnessed by the amassed spectators, initially amused then slightly concerned as I tumbled time and again. I was however not going to be beaten; each fall served to drive me on, until I cleared the last dry stone wall and “sprinted” across the line to claim the win.



Daisy looking rather more composed on the run in to the finish

My thoughts now turned to Daisy and her safety, the next home was the first junior and a very accomplished looking runner too. Jayne then pointed to a dot in the distance and said “Look Daisy”. I told her “not to be daft it can't be, it will be one of the other juniors with a county vest on who looked very similar”. As the runner drew closer it became clear that Daisy was in fact 2nd beating some experienced and accomplished junior fell runners, her smile still hasn't faded.

Her cousin Georgia put in a spirited performance to take 5th. Before my sister-in-law took first lady honours! After the presentations and well a deserved pint we took a trophy laden car home.



BASINGSTOKE PARKRUN 5KM**17th August***from Lee Tolhurst*

As part of the club champs it was time to turn out for another year, this time in Basingstoke. My only complaint about the park run is that it too early in the morning to run quickly. Of the 348 runners only 3 were from Overton, Cath, Claire and me. We all took up positions toward the front and quickly made the running in both the women's and men's races. Cath kept the pace going to win the ladies race in another yet time just over 19min, Claire taking it easy this week came 13th while I faded after starting too fast to come 2nd in 17:09.

BASINGSTOKE PARKRUN 5k CHAMPIONSHIP

Current standings as of 1st September are:

Harrier	Time	Date
Lee Tolhurst	17:09	17 th August
Neil Martin	17:33	31 st August
Mike Bliss	17:49	24 th August
Dave Bush	18:08	31 st August
Cath Wheeler	19:01	17 th August
Hannah Bliss	20:07	24 th August
Piers Puntan	20:27	31 st August
Hannah Oliver	21:19	24 th August
Claire Boyle	22:14	10 th August
Richard Francis	23:34	24 th August
Mel Hodkin	32:55	17 th August

PORTSMOUTH COSTAL MARATHON**22nd December***from Martin Groundsell*

Stuart and I have signed up again for the Portsmouth Costal Marathon on the 22nd December, a lot of you said you fancied it last year but used the excuse that you hadn't done the training, so I thought I would let you know in plenty of time this year. Fancy joining us?

CROSS COUNTRY 2013-2014

Confirmed Fixtures for 2013/2014 Season:

19 th Oct 2013	Prospect Park	Reading AC
9 th Nov 2013	Goodwood	Chichester Runners and AC
30 th Nov 2013	Popham	Basingstoke and Mid Hants AC
11 th Jan 2014	King's Park	Bournemouth AC
8 th Feb 2014	Hudson's Field	City of Salisbury AC

HRRL 2013-14

Confirmed Fixtures for 2013/2014 Season:

7 th Sept 2013	Overton 5	2 nd Feb 2014	Ryde 10
15 th Sept 2013	Victory 5	9 th Mar 2014	Salisbury 10
13 th Oct 2013	Solent Half	23 rd Mar 2014	Eastleigh 10k
3 rd Nov 2013	Lordshill 10	4 th May 2014	Alton 10
17 th Nov 2013	Gosport Half	18 th May 2014	Netley 10k
19 th Jan 2014	Stubbington 10k	8 th Jun 2014	D-Day 10k

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.