

**Overton  
Harriers**



**&  
Athletic Club**

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Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)  
Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

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

November 3 <sup>rd</sup>	<b>LORDSHILL 10 (HRRL)</b>
8 <sup>th</sup>	<b>XC LEAGUE, GOODWOOD</b>
17 <sup>th</sup>	<b>GOSPORT ½ MARATHON (HRRL)</b>
21 <sup>st</sup>	<b>WINTER HANDICAP</b>
24 <sup>th</sup>	Hayling 10 mile
24 <sup>th</sup>	<b>SPORTSHALL, ANDOVER (JUNIORS)</b>
30 <sup>th</sup>	<b>XC LEAGUE, POPHAM</b>

*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 Autumn has well and truly arrived with the dark nights meaning the loss of evening running around the beautiful Hampshire countryside, though this time of year does have its advantages for it means the start of the Cross Country season and the chorus of monthly moans from Harriers about their individual winter handicap times.

I'm never sure which one is more of a challenge, the Hampshire XC League which leaves you exposed to one of the highest running standards in England, or the Winter Handicap; a hard of nails course with your compatriots chasing you down for bragging rights in the bar later.

The Harriers have had a good start in the Cross Country getting a good number of runners out in both the men's and ladies teams and the first Winter Handicap had what Franny assures me is a near record number of Harriers out on the course.

The month saw our biannual trip to the Czech Republic which was as usual excellent though a little more Czech Pilsner than was probably necessary was consumed, especially by me, on the Friday night.

Nest month sees the next tranche of Cross Country races and Gosport Half Marathon, however if you wish to look forward to sunnier times next year's Southern Track and Field dates have been published; it's never too early in the season to practice for the steeplechase.

John Hoare is again organising this year's Christmas Meal, please can you send your menu choices to him as soon as possible, see later for details.

**CENA METUJI 10k, NOVE MESTO NAD METUJI**    **12<sup>th</sup> October**    *from Richard Francis*

Eleven experienced jet setters and one novice flier (or as some club wag christened them “the specially selected swinging set”) gathered at a wet Gatwick Airport for the club visit to the Czech Republic. It was no surprise that I was tagged as the trip “Jonah” as the flight was delayed by almost an hour due to a refuelling hitch but after the quick hop across Europe we landed on the outskirts of Prague where we decamped into a minibuss and a hire car for the two hour drive to Nové Mesto nad Metuji.



The heavy rain at home had already beaten us to Prague and Piers & Dave Vossler both did a sterling job driving in some rather horrible weather and got everyone safely to our luxury hotel on the town’s main street. We had planned to eat at the hotel on our opening night but the owners had opted to host a private function in the restaurant so Monique did a great job in getting us into another restaurant at very short notice. In a rather confined eating area (I think it was the passageway leading to the back door) we met up with our Czech hosts and a very pleasant evening was spent drinking, eating, drinking, chatting & drinking.

The following morning was race day and there was more than one sore head at breakfast although everyone felt much better when they saw how rough Piers was looking. We made our way to the race HQ and negotiated the race entry language barrier and prepped ourselves for the 10k race which was being run for the 53<sup>rd</sup> time, My preparation for the race was a hearty breakfast and a couple of cups of honeyed tea while Piers included a couple of visits to the great white telephone.



The course started with a very long & steep downhill before climbing gently all the way to the halfway point where we doubled back knowing there was the killing climb waiting for us in the final km. Dave was obviously our best runner and he had a great run to get amongst the old git prize winners. Piers definitely needs to drink more beer as he had a fairly good run despite his pre race woes (perhaps he was just nervous?). Steve McNair has been juggling his training around his new job but had his best race in ages finishing well inside his target clocking 45 minutes dead.

Madeline started well and opened a big gap over me, rather sore knees meant I struggled down the first hill but on the return trip I got into the zone and was going well but Madeline was having a private battle with one of the local female runners and had enough in the tank to comfortably hold off my final uphill charge. At halfway Liz had a narrow lead over Monique which widened slightly by the end and would have won an age group prize if they had presented one (The men’s race got one). Monique looked very pleased with her run and seemed quite fresh coming up the last hill.



<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Dave Vosser	39:36	19 <sup>th</sup>
Piers Puntan	43:45	42 <sup>nd</sup>
Steve McNair	45:00	58 <sup>th</sup>
Madeline Vosser	52:37	68 <sup>th</sup>
Richard Francis	52:48	69 <sup>th</sup>
Liz Sandall-Ball	53:35	77 <sup>th</sup>
Monique Van Nueten	54:56	83 <sup>rd</sup>

*87 finished*

Saturday evening began with what had been “described” as a 1500 meter walk to a place where would be entertained by some local musicians. That has to be the longest 1500 in history as we climbed & climbed away from the town for what seemed more than 3 miles until we arrived at a bar in the middle of nowhere. Here we had a fantastic evening with a great local group of musicians playing everything from local folk music to Beatles covers. Another good meal and plenty of beer put everyone in good spirits.



The highlight of the night was performed by Piers who, accompanied by the groups’ very talented violinist, gave a fine rendition of Danny Boy which received a standing ovation and earned him a few drinks from the appreciative audience and later in the weekend a few crowns from a very confused JT. To round the night off there was the nice, long stroll back down the hill to the hotel, surprisingly no one got lost even though it was well past midnight by the time the stragglers got back.

Sunday morning saw a small group go out for a guided run around the outskirts of the town over a course that could best be described as hilly but the experience of running along narrow forest tracks covered with fallen leaves was very enjoyable. A group of intrepid ramblers also did their bit and visited the local wild boar enclosure. When we got back to our luxury hotel we discovered that breakfast had been its last function of the day and our planned evening meal there was a no go.

Whilst some people spent the afternoon sightseeing and Monique went on another tour of the bars & restaurants to arrange an evening meal, another group met up in the local skittle alley to watch the Czech equivalent of the Grand National at Pardubice. Obviously Health & Safety has not had an impact on Eastern Europe, the race & fences made the Aintree classic look a donkey derby, the Pardubice race having stone walls, 8 foot high banks and ploughed up sections of cross country being interspersed with loops around the race course.

However the most important sporting event was the Home International Skittles tournament which was won by Wales (Piers) ahead of England (me), Scotland (Steve) with Northern Ireland (Jude) picking up the wooden spoon. The day was rounded off with another great meal as Monique truly hit the jackpot after persuading a couple of young girls that letting a bunch of Harriers (plus a few Czechs) into their restaurant on a Sunday evening was a good idea. The food was fantastic and it was a rather raucous group that headed back to the hotel to pose for the closing photos on the hotel steps.

The final day was spent sightseeing with both vehicles stopping off on the drive back to Prague at various locations before we caught our flight home and the joy of queuing to get through immigration & back into the Country.

Many thanks must go to the local hosts who made us very welcome and who put on a great race. Thanks again to Piers & Dave for taken on the driving duties & special thanks to Monique who managed to get us fed and watered “Beered” every evening.

So in a real break from tradition and in a moment of madness Richard Clifford decided to do his first half marathon in five or something years. I should know the actual number as he did mention it a few times. Also it was Rebecca Costambey's first half marathon so there were some pre-race nerves between them; Rebecca's confidence seemed to grow after some tips from the people who have run the course before. There was a sense of blasé between Sean, Neil, Lee, Lucy and I for various reasons, notably it was only a week since Sean had run Bournemouth Marathon.

The race started with the usual sprint, which for once I resisted and stuck to the plan to see how close I could stay to Neil. After two miles the head wind started and slotting in behind Neil didn't really give me any protection even with Neil's stature. By mile three I was realising that Neil was flying, probably due to the carrot of Lee being twenty meters in front of us. I knew I could not hold this sub six minute pace and if I did I would blow up later on, so I decided to drop to around six minute pace. Neil quickly pulled away and caught Lee. Lee seemed to keep with him until around five miles but then Neil started to pull away again.



I decided on a new plan of keeping Lee around sixty meters ahead of me and waiting to see if his lack of training due to injury would mean he would blow up around ten miles.



Everything was going to plan until ten to eleven miles. The final steep hill was not as bad as people had made out and I was starting to push on to catch Lee. However as we joined the main road for the last two miles to the finish we hit the head wind again. Lee was with four blokes and I quickly dropped in behind them to get out of the wind; soon I was forty meters back and on my own. The wind took all of the energy out of me and all I could do was hold the gap to Lee. As we hit the last half a mile I tried one last go at closing the gap but to no avail, still having him as a carrot did enable me to take three minutes off my PB. Sean was still the first home for Overton even though he did a marathon the week before; Neil was hot on his heels setting a new PB with Lee and me shortly after. Richard was happy with his run / slightly surprised with his time. Lucy finished strong and was pleased with her time as she was still recovering from her half Ironman three weeks beforehand and Rebecca came well under her two hour target for her first half marathon.

Comical moment of the day: seeing Sean getting out of Richard's car and being in so much pain from racing too soon after the marathon that he walked as though he had soiled himself.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Sean Holmes	1:17:30	11 <sup>th</sup> (2 <sup>nd</sup> V40)
Neil Martin	1:18:52	12 <sup>th</sup>
Lee Tolhurst	1:20:05	17 <sup>th</sup>
Martin Groundsell	1:20:38	20 <sup>th</sup>
Richard Clifford	1:27:39	63 <sup>rd</sup>
Lucy Griffiths	1:50:18	285 <sup>th</sup>
Rebecca Costambey	1:54:44	306 <sup>th</sup>

Three excellent debuts, a large turnout from the club and a team win were the highlights of a superb start to the cross country season. First of these debuts came in the Under 13 Girls race where Molly Wateridge took her track form onto the cross country for the first time and can be well pleased with a place half way up a strong field and she still has another year in this age group.



The senior ladies were led home by Cath whose strong run earned her 4<sup>th</sup> place in the Vets category and in line for an individual prize at the end of the season.

The other two debutants made up a good 6<sup>th</sup> place in the team competition. Hannah made a steady start but worked her way through the field to confirm the earlier promise she has shown on track and road while Rebecca was having her first ever race in club colours and looked strong on the hill. Without doubt she will be a great asset to the Ladies team this season.

Claire put in a good run on the back of a chest infection and Monique and Liz had their usual close battle with Monique taking the honours on this occasion. Their efforts earned the Vets team 6<sup>th</sup> place.

And so to the Men's event; once again Sean proved the strong man with an excellent run that earned him 3<sup>rd</sup> place in the Vets competition and, on this form, another possible season end award. But to me the run of the day came from Martin. His Iron Man training is really helping to improve his running and he is now a vital part of our squad. There was a titanic struggle between our next two. Lee is coming back to some decent form but he had to work hard to hold off Neil who is in the best form of his life. These two together with Sean provided one of the highlights as they finished 1<sup>st</sup> equal with Aldershot in the Vets team competition. Could be an exciting season!!



Keith completed our senior team who produced an 8<sup>th</sup> place in the top division, probably as good as we could expect in one of the strongest leagues in the country. But we are still outside the relegation zone. There were a couple more close finishes among our squad with Richard running strongly to hold off a return to form from Greg, while Keith Clark had a similar battle to hold off Piers, who showed little effect from the hill at Nové Mesto the week before. Dave, who seems to rarely miss a Hampshire League fixture, was well up in the Over 50's category with Steve, another to compete at the notorious Nové Mesto hill the previous weekend completing our sizeable contingent.

Next Fixtures    November 9<sup>th</sup> at Goodwood    November 30<sup>th</sup> at Popham Airfield

## **RESULTS**

### **U13 Girls**

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Molly Wateridge	10:36	43 <sup>rd</sup>

## Ladies

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Cath Wheeler	22:15	20 <sup>th</sup>
Hannah Bliss	23:14	33 <sup>rd</sup>
Rebecca Vincent	25:30	63 <sup>rd</sup>
Claire Boyle	27:19	88 <sup>th</sup>
Monique van Nueten	28:41	98 <sup>th</sup>
Liz Sandall-Ball	29:23	101 <sup>st</sup>

*111 Finished*

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Sean Holmes	30:30	54 <sup>th</sup>
Martin Groundsell	31:18	64 <sup>th</sup>
Lee Tolhurst	31:34	68 <sup>th</sup>
Neil Martin	31:40	69 <sup>th</sup>
Keith Vallis	33:08	91 <sup>st</sup>
Richard Clifford	33:46	107 <sup>th</sup>
Greg England	34:18	116 <sup>th</sup>
Keith Clark	36:07	140 <sup>th</sup>
Piers Puntan	36:16	144 <sup>th</sup>
Dave Titcomb	38:03	167 <sup>th</sup>
Steve McNair	39:03	176 <sup>th</sup>

*213 finished*



## WINTER HANDICAP (Race 1)

24<sup>th</sup> October

*from Richard Francis*

The first handicap of the winter saw one of the biggest fields in years with five runners making their course debuts and five others breaking their PB's. The best improvement came from George who wiped a whopping 1min 32secs of his time from last year. Fellow juniors Robbie and Alex improved by 25 secs & 3 secs respectively, Steve Edwards sliced 11 secs off while Neil Martin improved by 12 sec and looks likely to be our next runner to break 21 minutes (unless others can rise to the challenge).

First runner to cross the finish line was Liz, she had comfortable margin over a sprightly Keith Clark who in turn held off a rapidly closing Joe. Runners then came in thick and fast with both George & Robbie passing Michelle in the closing stretch.

Sean took the honours with the fastest time with Neil's PB taken second place. There was what must have been a fantastic race for third fastest with Richard Clifford & Keith Vallis starting a second apart and also finishing a second apart to clock identical times. Stuart ran well for 5<sup>th</sup> fastest ahead of Robin in 6<sup>th</sup>.

Hannah was fastest lady ahead of Claire & Annette who also had a race long battle, with Claire holding on by 5 seconds at the finish.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	E. SANDALL BALL	32.59	2.46	30.13	22
2	K. CLARK	33.27	9.02	24.25	10
3	J. GRAY	33.34	10.15	23.19	7
4	G. PREECE	33.55	9.17	24.38	11
5	R. DENNISON	33.58	8.16	25.42	14
6	M. BROWN	34.00	0.49	33.11	25
7	S. EDWARDS	34.08	7.05	27.03	15
8	N. MARTIN	34.11	12.52	21.19	2
9	M. WEST	34.14	0.49	33.25	26
10	P. PUNTAN	34.18	10.15	24.03	9
11	A. TILBURY	34.20	4.41	29.39	21
12	L. PEARSON	34.22	6.16	28.06	18
13	H. BLISS	34.25	9.36	24.49	12
14	E. TILBURY	34.26	5.50	28.36	19
15	S. HOLMES	34.31	14.11	20.20	1
16	M. SEYMOUR	34.39	9.36	25.03	13
17	M. NAV NUETEN	34.46	4.22	30.24	23
18	G. ENGLAND	34.50	11.30	23.20	8
19	R. CLIFFORD	34.55	12.53	22.02	= 3
20	K. VALLIS	34.56	12.54	22.02	= 3
21	C. BOYLE	34.56	7.28	27.28	16
22	A. MCINNES	35.01	7.28	27.33	17
23	S. SEARLE	35.13	12.45	22.28	5
24	S. McCANN	35.34	5.00	30.34	24
25	R. OAKLEY	35.29	13.09	22.44	6
26	K. GROUNDSELL	36.12	7.05	29.07	20
27	J. LEAVEY	36.58	GO	36.58	= 27
28	M. BULPITT	36.58	GO	36.58	= 27

## **SOUTHERN ATHLETICS LEAGUE**

The dates of the 2014 fixtures have been agreed with UKA as:

- 19th April
- 17th May
- 22nd June
- 12th July
- 2nd August

**CYCLISTS RACE**

**SUNDAY 22<sup>ND</sup> DECEMBER 2013  
10.30 AM  
AT OVERTON RECREATION CENTRE**

*Followed by*

**CHRISTMAS LUNCH**

**AT TEST VALLEY GOLF CLUB  
1.00 PM FOR 1.30 PM**

**MENU**

Homemade Tomato and Basil Soup  
Smoked Test Valley Trout  
Venison Pate  
Portobello Mushroom with Goats Cheese

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Choice of Roasts with all the Trimmings  
or  
Nut Roast

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Xmas Pudding  
French Lemon Tart with Chantilly Cream  
Profiteroles with Hot Chocolate Sauce  
Fresh Fruit Salad in Meringue Nest with Chantilly Cream  
Cheese & Biscuits

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Coffee with Mini Mince Pies

£20  
Under 12's £10  
Toddlers £5

Orders to John Hoare with choice of starter and pudding as soon as possible (please advise if Nut Roast option required)