

**Overton
Harriers**



**&
Athletic Club**

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November 2013 Issue 435

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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December 1 st	Tadley XC Lord Wandsworth XC
19 th	FOXDOWN HANDICAP CLUB XMAS PARTY
22 nd	CYCLIST'S RACE CLUB XMAS DINNER

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 a busy month with the XC Fixtures in full flow. December sees one of the highlights of the winter the Cyclists' race followed by the Christmas Lunch. Hope to see you all there.

Entry forms for Southern and Hampshire XC Championships are up on the ORC, please sign up as soon as possible. The club will endeavour to arrange transport up to London for the Southern XC Championship.

LORDSHILL 10 3rd November *from Piers Puntan*

Lordshill is my PB course so I was definitely up for a good time this year, however even though conditions were good, no wind and no compulsory swim section, I had an awful run struggling from mile 3 onwards.

All the other Harriers seemed to have a good run with PBs from several club runners including Neil, Martin, Steve, Sarah and Hannah to name a few.



The strong performances meant that we were 4th Men's Team and 12th Ladies Team; both teams sitting mid table in their respective divisions of the HRRL.

Harrier	Time	Position
James Knight	00:56:43	10 th
Sean Holmes	00:57:14	12 th (2 nd V40)
Neil Martin	00:59:06	24 th (4 th V40)
Stuart Searle	01:02:08	59 th (11 th V40)
Martin Groundsell	01:02:32	62 nd
Richard Clifford	01:03:04	72 nd
Robin Oakley	01:03:36	76 th
Hannah Bliss	01:08:37	149 th (4 th SL)
Piers Puntan	01:08:47	152 nd (33 rd V40)
Keith Clark	01:10:59	191 st (38 th V40)
Steve Edwards	01:18:40	323 rd (51 st V40)
Lucy Pearson	01:21:29	356 th (25 th SL)
Kate Groundsell	01:23:51	384 th (15 th FV35)
Sarah McCann	01:25:34	399 th (19 th FV40)

509 finished

XC LEAGUE, GOODWOOD

8th November

from John Hoare

Conditions couldn't have been more different than from our first match. Thick mud, slippery underfoot and heavy rain made the going really difficult for our runners and the worst of these came in the under 13 girls race. Molly ploughed through the heavy rain, finding the conditions really not to her liking, but ran bravely finishing a bit down on her first race at Reading.

Thankfully the rain eased for the Senior Ladies race. We were without the injured Cath and it was left to Hannah to lead our team home. She had a cracking run finishing a lot further up the field and looked focussed throughout the race. We welcomed back Audra who ran strongly to lead the vets team and the overall team was completed by the talented Becky.

Claire certainly did not relish the underfoot conditions and it was much to her credit that she completed the course, albeit totally knackered. The race for the remaining vets team places was again close. Liz reversed the position with Monique from Reading with debutant Rebecca, literally thrown in at the deep end, only just behind this pair, but she is going to prove an important part of the team as she gains in strength.

There was a great set of results from the Men's team. Our first three counters were, in fact, the Vets team. Super run from Sean who finished fourth Vet overall and remains in line for an individual award. Lee ran his usual strong race and the trio was completed by Neil who was cursing that he lost two Vets places in the latter stages. No problem. We came away with a comfortable first place in the team ahead of Aldershot. Even better news came out when the results were published.

Having originally been given first equal with Aldershot at Reading, we had now been promoted to first place on the basis of our third counter being ahead of theirs. Well done Neil. It was one place and just five seconds that have now opened up a two point lead in the league and could make all the difference at the end of the season. Just goes to show how important every single place can make. Good news on the main team competition as well. With Martin and Keith running strongly to complete the scoring team we finished ahead of Winchester as well as Wimborne and Eastleigh and with similar results for

the rest of the season should survive comfortably in the top division. But no complacency as I'm sure there wont be.

Only just missing out the team was Robin whose strong run suggested he will continue to challenge for a team place, which can only strengthen our squad. Not too far behind was Richard who was making relatively light work of the conditions and Piers who appeared to be quite pleased with his efforts over the heavy course.

Dave was another to put in a strong performance but Keith was plainly not over impressed with his run. Sometimes it is really difficult to get going. But overall a really good afternoon for the club.

U/13 Girls

Harrier	Time	Position
Molly Wateridge	15m 21s	67 th

73 finished

Senior Ladies

Harrier	Time	Position
Hannah Bliss	24m 41s	30 th
Audra Dennison	27m 11s	65 th
Rebecca Vincent	28m 46s	93 rd
Claire Boyle	30m 55s	107 th
Liz Sandall-Ball	31m 39s	109 th
Monique Van Nueten	31m 55s	113 th
Rebecca Costambeys	32m 07s	114 th

127 finished

Senior Men

Harrier	Time	Position
Sean Holmes	32m 56s	38 th
Lee Tolhurst	33m 49s	47 th
Neil Martin	34m 21s	56 th
Martin Groundsell	35m10s	69 th
Keith Vallis	36m 24s	100 th
Robin Oakley	36m 34s	101 st
Richard Clifford	37m 24s	116 th
Piers Puntan	39m 23s	146 th
Dave Titcomb	40m 54s	165 th
Keith Clark	42m 53s	184 th

219 finished

BRITISH AND IRISH XC MASTERS INTERNATIONAL 16th November *from Cath Wheeler*

This year the annual race took place in Cardiff and I was delighted to again be selected and also asked to be Ladies Team Captain.

I had been looking forward to this race not least because the past few years I have been plagued with Achilles problems but two weeks before the race I picked up a hamstring injury (new one for me) and so it was touch and go if I made the start line.



Needless to say I did, but you're always going to race better if you're focused on your opponents and not your hamstring and I wasn't happy with my run.

The course was fast and flat – I'd been hoping for mud and hills but the weather was perfect and as usual it was a pleasure to be there. Hey ho, I'm still running and looking forward to the next time I can represent Wales.

HARRIERS SUNDAY RUNS

Due to fixture congestion there will be some Sundays when we are not able to use the ORC at Bridge Street.

The Sundays when this will occur are currently scheduled to be: 8 & 15 December 2013, 5 & 26 January 2014, 9 February 2014 and 6 April 2014

This Sunday, 8th December, there will be a run out on the Kennet and Avon Canal at Newbury, meet at ORC @ 08:15. Other away days will be arranged closer to the dates.

GOSPORT HALF MARATHON: A newcomer's experience

from Rebecca Costambeys.

The omens were good. No wind, no rain, no hills What more could a girl ask for in only her second half marathon.

Following on from Goodwood the previous weekend this felt like a walk in the park (kind of). I could actually focus on running rather than the main objective being not to fall over. The event was well organised and marshalled with pre-race music and a band encouraging us along during the race.

Gosport is famous for being a P.B course and it certainly attracted many entrants from quite far afield. I shaved 4 minutes of the Solent Half although I paid the price the following day! The Harriers did really well and it was great to feel part of a team – a new experience for me.

I will definitely be back next year.





Harrier	Gun Time	Chip Time	Position
James Knight	01:11:51	01:11:50	9 th
Sean Holmes	01:15:31	01:15:30	26 th (3 rd V40)
Neil Martin	01:18:19	01:18:17	48 th (9 th V40)
Martin Groundsell	01:19:13	01:19:06	54 th
Stuart Searle	01:22:42	01:22:36	57 th (10 th V40)
Chris Pearson	01:40:43	01:40:08	598 th
Lucy Pearson	01:48:23	01:47:48	820 th (67 th SL)
Rebecca Costambeys	01:52:13	01:51:00	933 rd (45 th VF40)
Steve Spence	01:57:59	01:56:42	1084 th (11 th V65)
Sarah McCann	01:58:02	01:56:40	1087 th (56 th VF40)

1566 finished

FOXDOWN HANDICAP RACE 2

21st November

from Richard Francis

The first chilly night of the winter resulted in a much smaller field than last month or possibly certain runners were easing off before the weekend's big race at Gosport. Alex was a comfortable winner, taking full advantage of his 59 second PB to finish over 30 seconds clear of Robbie who took the runners up spot with another PB (27 sec). Monique just missed out on the 30 minute barrier but will have enjoyed her third place finish ahead of the two fastest runners on the night. Fourth home, and second fastest, was Martin who trimmed another 8 seconds from his best ahead of Neil who clocked the fastest time as he took another 5 seconds of last month's PB. He now moves above Neil Glendon on the all time list and is only a second behind Richard Clifford.....but not for much longer!!!. Richard was actually 3rd fastest on the night ahead of Robin who is starting to get back to better form.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	A. TILBURY	33.24	4.44	28.40	10
2	R. DENNISON	33.56	8.41	25.15	7
3	M. VAN NUETEN	34.05	3.59	30.06	11
4	M. GROUNDSELL	34.15	12.40	21.35	2
5	N. MARTIN	34.18	13.04	21.14	1
6	N. McCANN	34.19	3.46	30.33	12
7	L. PEARSON	34.33	6.17	28.16	9
8	G. PREECE	34.43	9.45	24.58	6
9	R. CLIFFORD	34.46	12.53	21.53	3
10	R. OAKLEY	34.50	12.17	22.33	4
11	E. SANDALL BALL	35.15	3.48	31.25	14
12	S. EDWARDS	35.15	7.20	27.55	8
13	K. VALLIS	36.07	12.36	23.31	5
14	E. TILBURY	36.33	5.50	30.43	13
15	J. LEAVEY	37.22	GO	37.22	15

NORFOLK ½ MARATHON

24th November

from Chris Pearson

With memories of the Norfolk training weekend fresh (ish) in our minds we thought why not go back to Norfolk for the annual Norwich Half Marathon (that and our friend was doing it so invited us up with free accommodation and food).



The weather was mild, albeit rather windy and with 3000 entrants but only 2100 actually starting the only excuse I can think of is people hung-over from drowning their sorrows at yet another Norwich FC loss the day before.....

Both me and Lucy had run Gosport the week before so had some times to beat and although the course was much tougher than the pancake flat Gosport route we managed to beat the previous weeks times; happy days.

Obligatory nutritional replenishment of Big Mac and fries was devoured afterwards and back in the car for a 4 hour trip home; needless to say we had to be crow barred out the seat when arriving home.

Excellent organisation of the event and well supported with the locals waving their six fingered hands and cuddling their sisters/wives....

Hope you've enjoyed my debut race report

Harrier	Gun Time	Position
Chris Pearson	1:39:57	411 th
Lucy Pearson	1:47:42	86 th Lady

2166 finished

SOUTHERN LEAGUE TRACK AND FIELD FIXTURES

Dates and venues finalised; we have two home fixtures this year so no reason why you can't show your prowess on the track or on the field

April 19th (Andover) v Team Dorset, Worthing and Woking

May 17th (Swindon) v Swindon, Tonbridge and Cambridge Harriers

June 21st (Andover) v St Mary's, Bexley and Newbury

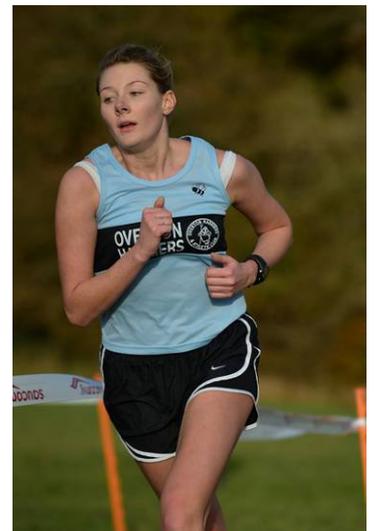
July 12th (Kingston) v Kingston, Ashford and Epsom & Ewell

August 2nd (Crawley) v Crawley, Dartford and Belgrave Harriers

XC LEAGUE, GOODWOOD

30th November

Full report next month. Downloads available at <http://www.justgiving.com/photosfromhammy>



CYCLISTS RACE

**SUNDAY 22ND 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
Portabello Mushroom with Goats Cheese

Choice of Roasts with all the Trimmings
or
Nut Roast

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

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)

DON'T MISS IT. ORDERS MUST BE IN BY
MONDAY 16TH DECEMBER