

**Overton
Harriers**



**&
Athletic Club**

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February 2014 Issue 438

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Email your reports to me at PiersPuntan@overtonharriers.org.uk

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March 2 nd	Reading ½ Marathon
9 th	SALISBURY 10 (HRRL)
13 th	Foxdown Handicap
16 th	Fleet ½ Marathon, Selsey 10k
23 rd	EASTLEIGH 10k (HRRL)

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

ROUND UP

Despite the terrible weather over the last two months the Harriers have been out in force especially at the XC with Salisbury being the culmination of a great season. The Harriers Training Week in the Isle of Wight was a success with a larger proportion than ever staying the full week. Details of the Annual Harriers Prize Giving Dinner are included in the newsletter as well as the events planned to celebrate the 40th Anniversary of the Harriers founding.

RYDE 10 2nd February *from Neil Martin*

A winter of rain, flooding, but at least mild temperatures meant that for once the Ryde 10 Mile wasn't destined to be the usual sub-zero, horizontal hail and wind-blown sand hell-fest that it often is. At least, that is how it was once and I have never been able to think of it as anything else!

Unfortunately, the calm and sunny ferry crossing from Portsmouth saw only four of us making the trip. Perhaps, the club training week to the Isle of Wight only 2 weeks later, the early morning and previous poor weather may have put others off. Still, we had what was potentially a strong men's team of Sean, Lee, Martin Groundsell and me. The main concern was that Martin had pulled up lame by the school during hill reps on the previous Thursday. Apparently, the cold and a lack of warm up were the likely cause and he had rested his leg since.

Martin's approach, he said, was to take it steady, see how he felt, but mainly make sure he finished. More of that later.



The race starts with a loop around a recreational lake. Unfortunately, the road wasn't closed and there was a fair bit of car dodging in the first mile before we settled down for the uphill out of Ryde. Sean

had disappeared up the road, with Lee in second place having started fast, but remaining in site. Martin kept to his word and paced himself through the first few miles. His mistake was perhaps feeling too good. With 4.9 miles gone he came past me as we started a short, but sharp hill up into St Helens. He quickly gained a couple of yards on me and encouraged me to push on and close down Lee. But, the pressure of a potential pb seemed to become too much for him!



www.justgiving.com/photosfromhammy

At the top of the hill just before the 5 mile mark, Martin let out a dramatic cry of pain, and “woosed” off to the side of the course. I could of stopped, but, in an “every man for himself kind of way”, I pushed on assuming that he would stretch out a bit, man-up and carry on to make up the team.



The rest of the race saw little change in the overall order of runners near the front. Sean finally, managed to beat his Vet 40 Nemesis Andy Simpson, only to be beaten by another Vet. Still, a 7th place finish was good in what was an unusually strong Ryde field. Lee finished 23rd, one place but a decent distance ahead of me.

At the finish I broke the news that Martin had been in trouble. We waited, but it soon became clear that he wasn’t going to finish. In the end he had known as soon as he pulled up that it was a race-ending injury and he managed to get a lift back to the start.

Unfortunately, we didn’t manage to complete a team for the road race league, but fair play to Martin for giving it a go when on another day he might not have run other than to complete a team.

Harrier	Time	Position
Sean Holmes	57:12	7 th (2 nd V40)
Lee Tolhurst	1:00:18	23 rd (8 th V40)
Neil Martin	1:00:53	24 th (9 th V40)

430 finished

HAMPSHIRE XC CHAMIONSHIPS – SALISBURY

8th February

from John Hoare

On a wet and muddy day at Salisbury we produced another fantastic set of performances that has given us our best cross country season for many years. It started with Hannah, whose form has increased dramatically over the season, leading our Ladies team home with a very narrow two second advantage over Cath. Cath has also had a fabulous season and finished 5th overall Vet after a gruelling year. Claire is looking as though she is now enjoying her cross country racing and put in another strong performance to give us 6th place on the day and complete the season in that same place. Emma had her first cross country race of the season and her strong run together with that of our Ladies team captain was rewarded with 5th place on the day for the Vets. And for the first time in many years we were able to complete a Ladies Vets team over the season as they finished in a well-earned 4th position.

And so to our Men’s team; fabulous year. Sean was again in great form to lead the team home but was given a good run for his money by Lee who was only 15 seconds down. Blissly turned the tables for once on Neil, whose training regime is leaving him with tired legs, but still another fabulous performance from both. And another pair who have been having close battles but giving tremendous support to our scoring team were Keith and Richard. Keith got the edge on this occasion, but as I have said before these two are a vital part of the team and we would have struggled without their support.

And the Super Vets flag was flown with some determination from our senior members Dave and Franny who tackled the heavy course with gusto.

Difficult to know where to start with the accolades!! But our Vets team, although beaten narrowly by Winchester on the day, were clear winners of the Vets league, ahead of the might of AFD and Winchester, to add to the county championship they won the previous month. Individually Sean took the bronze medal, but strength in depth was highlighted with Lee taking 4th and Neil 5th.

As for the Senior team, well we picked up 6th on the day (ahead of Southampton and Portsmouth) and even edged out Portsmouth over the season to take a very creditable 7th place. For a small club, overall it doesn't get much better than that.



RESULTS

Senior Ladies

Harrier	Time	Position
Hannah Bliss	21:51	21 st
Cath Wheeler	21:53	24 th (1 st V)
Claire Boyle	25:41	55 th
Emma Edwards	26:40	62 nd
Monique Van Nueten	27:54	73 rd (4 th V)

77 finished

Senior Men

Harrier	Time	Position
Sean Holmes	34:25	30 th
Lee Tolhurst	34:40	34 th
Mike Bliss	36:05	52 nd
Neil Martin	36:52	60 th
Keith Vallis	37:51	69 th
Richard Clifford	38:46	84 th
Dave Titcomb	43:39	136 th
Richard Francis	52:58	156 th

163 finished

FINAL LEAGUE TABLES

SENIOR MEN – DIV 1

1. Aldershot	6
2. Southampton	17
3. Basingstoke	20
4. Reading	22
5. Bournemouth	22
6. Winchester	23
7. Overton Harriers	35
8. Portsmouth	35
9. Wimbourne	46
10. Eastleigh	

VETERAN MEN – DIV 1

1. Overton Harriers	7
2. Aldershot	11
3. Winchester	12
4. Camberley	25
5. Hardley	39
6. Wimbourne	
7. Basingstoke	
8. Southampton	
9. Haslemere Border	
10. Eastleigh	

SENIOR LADIES

1 Aldershot	6
2. Southampton	12
3. Winchester	14
4. Reading	19
5. Basingstoke	26
6. Overton Harriers	38
7. Havant	42
8. Reading Road Runners	69
9. Victory	73

VETERAN LADIES

1. Winchester	6
2. Reading	10
3. Southampton	16
4. Overton Harriers	29
5. Victory	41

WINCHESTER 10K

23rd February

from John Hoare

On a windy Sunday morning on a course that had to be altered because of the floods, two of our Veteran Ladies ran a re-measured but accurate 10k race at Winchester. Both had reason to feel pleased with their efforts with Rebecca taking third place in the Over 40 category and Monique winning the Over 55 category outright. Bit tough on Rebecca as there were only two prizes for over 40's. So near yet so far.

Harrier	Time	Position
Rebecca Costemboys	50:36	234 th (3 rd V40)
Monique Van Nueten	53:08	286 th (1 st V55)

486 finished

TRAINING WEEKEND

A cracking Long Weekend was had in the IOW and thanks to Keith Clarke, Richard, Steve Edwards and all the others for organising such a great weekend.



Following our opening Saturday IOW introduction run, which meant undulating paths, cliff collapses and dodging the dog sh*t we had an opportunity to search out the local pubs and then had a Carvery at the local hotel. After drinking the Holliers out of beer we headed across the road to a quiet castle

themed pub where we were given our own room so we couldn't annoy anyone else. The following day was glorious with sunshine and no wind; perfect for pyramid reps on the prom.



Some of the Harriers had another cross country run on Saturday Afternoon though the sensible ones had a leisurely lunch, watched the Olympics, took a stroll on the beach or honed their skills on 2p drop in the Amusement Arcades.

Following another meal at the Holliers we relocated to another pub where eventually the Landlord did manage to get us to leave.



Monday, so the long run on the disused railway from Shanklin to Newport with some runners doing over 20 miles with others being satisfied with something a bit more sensible.



Monday Lunch was at the Spyglass an excellent pub located at Ventnor doing a large number of local beers and excellent food.



Tuesday saw the highlight of the running weekend; the relays. As usual some took it seriously by not drinking heavily the night before; others took every opportunity to carbo-load with malt beverages.

The relay was a ½ mile loop around a park on the cliff path between Sandown and Shanklin. The teams, set out by Richard Clifford, were captained by Sean, Neil, Keith, Dave, Mile, Richard and Martin and equally matched based on scientific algorithms verified by EA and Theakstons.

Each runner did two laps (1 mile) at a time, with each runner having to do two efforts i.e., 2 x 1 mile. As all the teams had used different strategies with regard to their fastest runners it wasn't clear until the first set was complete who had a chance of winning and even then it was quite close. After 25 minutes of running there was less than 45 seconds between the first four teams, though Sean's team, a pre-race favourite, was decimated by a late withdrawal; apparently the runner concerned withdrew when he heard that there might be doping control.

The second set saw Neil and Mike's teams looking like they would be the contenders for the title; though an excellent final leg by Neil McCann meant that Neil Martin's team took the title with Martin Groundsell taking bragging rights for the fastest mile.



The Winning Team: Neil McCann, Piers, Emma and Neil Martin

TRAINING WEEKEND RELAY RESULTS

Position	Harrier	Set 1	Running Time	Set 2	Running Time
1 st	Neil Martin	5.39	5.39	5.37	30.26
	Emma Edwards	6.42	12.21	6.52	37.18
	Piers Puntan	5.52	18.23	5.47	43.05
	Neil McCann	6.36	24.49	6.44	49.49
2 nd	Mike Bliss	5.23	5.23	5.23	30.32
	Robbie Dennison	5.54	11.17	6.05	36.37
	Steve Edwards	6.36	17.53	6.33	43.10
	Steve Spence	7.16	25.09	7.20	50.30
3 rd	Cath Wheeler	5.57	5.57	6.07	32.32
	Aaron Leavey/ Louis McCann	6.28	12.25	6.17	37.59
	Richard Francis	7.16	19.41	7.30	45.29
	Keith Vallis	5.44	25.25	5.44	51.13
4 th	Dave Bush	5.21	5.21	5.43	31.18
	Stuart Searle	5.22	10.43	5.29	36.47
	Sarah McCann	7.24	18.07	7.23	44.10
	Monique Van Nueten	7.28	25.35	7.34	51.44
5 th	Richard Clifford	5.13	5.13	5.26	31.58
	Keith Clark	5.49	11.02	5.50	37.48
	Steve McNair	6.26	17.28	6.46	44.34
	Paige Dixon	9.04	26.32	9.20	53.54
6 th	Martin Groundsell	5.05	5.05	5.19	32.28
	Katie Edwards	8.44	13.49	9.01	41.29
	Kerrie Barton	6.43	20.32	6.47	48.16
	Mark Dennison	6.37	27.09	6.48	55.04
7 th	Sean Holmes	5.11	5.11	5.16	33.03
	Paul Wheeler	6.08	11.19	6.22	39.25
	Helen McMahan	8.20	19.39	8.46	48.11
	Mark Bulpitt	8.08	27.97	8.23	56.34

Despite all this sporting excellence on show the real highlight of the weekend was the inaugural Total South East Shop of the Year Overton Harriers Crazy Golf Tournament. This tense tournament fought over 18 tortuous “pirate themed” holes with Mr Steve McNair eventually winning on the final hole. We then retired to the amusement arcade to win a suitable prize for the winner.

Harrier	Score
Steve McNair	52
Piers Puntan	53
Paige Dixon	54
Richard Francis	54
Dave Bush	56

Harrier	Score
Sabrina McNair	57
Stuart Searle	57
Martin Groundsell	60
Emma Edwards	64
Judy Hewitt	64

Other activities included a Fartlek Session with the IOW Running Club followed by a curry and a small outing to the Medina ParkRun.

The Medina ParkRun has been relocated a number of times over this wet winter and is now on a flattish out and back course on the Newport to East Cowes disused railway line.

Piers and Neil showed the Harriers colours and, given the excess mileage of the week and Neil's hacking cough, did pretty well, though Neil was slightly annoyed to be beaten by runners who looked only a little bit older than his own brood.

Harrier	Time	Position
Neil Martin	18:15	3 rd (1 st V40)
Piers Puntan	19:57	11 th (2 nd V40)

125 finished



OVERTON HARRIERS 40TH ANNIVERSARY EVENTS

Reunion

Date: Saturday 10th May 2014

Time: 8.00pm 'til late

Venue: Overton Memorial Institute

A get-together for Overton Harriers both new and old. Please add your name to the list on the club noticeboard or let Keith V. know at keith@vallis.org.uk if you'll be attending or not. We'll be trying to put together a display of photos and other Harriers memorabilia so if you can contribute label them up and pass them to Keith V.

Test Way Challenge – 44 miles

Date: Sunday 29th June 2014

Run or walk all or part of the club's favourite relay route. More details to follow.

Commemorative Vests

Special 40th anniversary vests available for purchase. More details to follow.

ANNUAL PRESENTATION DINNER

THE CLOCK AND THYME OVERTON

FRIDAY 16TH MAY 2014

7.30PM FOR 8.00PM

MENU

Starter

Chicken Ballantine on a bed of Baby Salad
Homemade Tomato and Basil Soup served with Baguette pieces
Duck and Orange Pate

Main

Chicken Breast in a Creamy Tarragon Sauce served with Crushed Potatoes
& seasonal vegetables
Salmon Pave served with Crushed Potatoes
& seasonal vegetables
Beef Bourguignon served with Cranberry Mashed Potatoes
& seasonal vegetables
Twice Baked Goats Cheese Soufflé served with seasonal vegetables

Sweets

Apple Crumble served with Cream
Rum & Raisin Cheesecake served with Rum & Raisin Ice Cream
Fresh Fruit Salad served with a Vanilla Ice Cream
Cheese Plate (£2.25 supplement)

Coffee

£25 per person (payable on the evening)

Please let me have your menu choices for all three courses as soon as possible

Please note – only bottled beer available