

**Overton
Harriers**



**&
Athletic Club**

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April 2014 Issue 440

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

May 11 th	ALTON 10 (HRRL)
17 th	Southern Track League: Swindon
18 th	NETLEY 10k (HRRL) & BBQ
22 nd	Summer Handicap
25 th	BUPA 10000

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

The summer track and field season is upon us so it's been mostly cold wet and windy, though at least we won our first Southern League Fixture at Andover. The London Marathon brought mixed results with some vowing never again and others perhaps being persuaded to compete again. Hurstbourne 5 was a blast with excellent organisation from Greg and his team

The 40th Harriers Anniversary is almost upon us as is the Presentation Dinner and AGM, full details are inside. Netley 10k is on 18th May and we will be having the usual BBQ. Please email Sean if you are attending.

Finally please could those owing Subs and/or Race Fees please pay the Treasurer or transfer the monies as soon as possible.

LONDON MARATHON

13th April

from Steve Edwards

October 2010 - 'You've started doing parkruns. When are you planning on running a marathon?'

October 2011 - 'You've just finished a half marathon. Are you doing a marathon next?'

October 2012 - 'You've done lots of half marathons now. When are you going to do a marathon?'

April 2013 - Watching a friend running the London Marathon. 'You should try that one day.'

I'd always said a marathon was too far, needed too much training and was not something I was ever likely to do. But, when the London Marathon ballot opened a few days later, I casually clicked on the website, found out I wasn't too late and it didn't cost me anything, I decided 'well I have to be in it to win it...' and registered.

October 2013 - I get my copy of Marathon News, with the blue men on the cover and the 'sorry, you've been rejected' slip.

And then I find out that my rejection slip allows me to enter the club ballot, and then a couple of weeks later, I've got a place. I go onto the London Marathon website, pay my entry fee, and then start looking up training plans. I panic slightly when I find most of them are 20 weeks long and I've only got 16 weeks to go. But then, I look at the plans and decide my regular weekly training is fairly close to what I should be doing by week 6 (according to those plans) - so once again it looks like I can get marathon fit in time, as long as the weather is kind, I don't need to travel too heavily with work and I avoid getting injured.

My long runs quickly ramp up from 10 miles to 16 to 20, and I decide I'm going to do my longest run during the training week on the Isle of Wight. I also decide that I'll do the Fleet Half Marathon as a tune up race (and manage to improve my PB by 7 minutes despite setting out slow) and then also decide to have a crack at improving my 10k PB at Eastleigh (which I manage by two minutes.) Training is hampered a little by the lakes that appear across many of the roads I run regularly.

Marathon day arrives. The weather forecast is a little warmer than I'm comfortable with, but it doesn't look too bad. I make my way to the Blue Start, drop off my bag, get into my start pen and we're off. It only takes me four minutes to get across the start line (much less than I expected) and I then discover I'm bunched in with a lot of people wanting to follow the 3:45 pacer. I don't really want to be paced, so I first try dropping back (only to get caught up in an even larger group trying to follow a 3:59 pacer) and then I up my pace a little, so I get past the 3:45 pacer. I'm now running at a comfortable pace - slightly faster than I planned, but it's all feeling pretty good.

I see Katie and Joe at about 9 miles. Everything is going great. Going over Tower Bridge is the best bit of the course. As I approach halfway I see the back of the elites and the fastest of the championship runners. I'm about 10 minutes faster than I intended to be at halfway.



At about 14 miles I detect a fairly strong smell of weed. By mile 17, I'm feeling sick, my stomach is cramping and my pace drops drastically. I make a dive for the portaloos and emerge a couple of minutes later feeling pretty rough. For the next three miles I sip water, decide I've got no chance of taking on any more gels, and stop at every portaloos I pass. I've only ever felt like it once before while running and that was the first year of the Basingstoke Half Marathon, with the unseasonal heat.

As I approach mile 20, I decide I'm going to give it another mile - and if I'm not feeling any better, I'll retire. But I also tell myself it's only another 10k to go, and I can do it.

The remaining six miles are slightly better than the previous three - still very slow, but I manage to up my pace for the final mile, and I cross the line in 4:04. It's not the time I wanted, but I've finished.

As I'm handed my medal, I'm asked 'will you do it again next year?' My answer is a diplomatic 'ask me again in a week.'

By the time I've picked up my bag and shuffled to the meeting point, my legs are feeling really stiff, and the medal feels heavy round my neck. And then it sinks in - I have run a marathon.

22 April 2014, 9am- I log on the London marathon website and enter the ballot for 2015. And I start looking for other marathons I can run later this year....

Harrier	Chip Time	Position
Sean Holmes	2:39:13	172 nd (25 th V40)
Neil Martin	2:56:14	968 th (207 th V40)
Steve Edwards	4:04:55	12906 th (1986 th V40)

35876 finished

SOUTHERN TRACK & FIELD MATCH 1, ANDOVER

19th April from John Hoare

Our composite team got the season off to a winning start at our home fixture. Just two of our ladies, Hannah and Monique, took part and gained valuable points including a PB for Hannah in the 3000m. Bliss took on a non-scoring 5000m and came away ranked 2nd in the UK for the season in his age group

RESULTS

800m	'A'	4th Hannah Bliss	3m. 31.6s	'B'	4th Monique Van Nueten	3m. 33.8s
1500m	'A'	2nd Hannah Bliss	5m. 50.5s	'B'	2nd Monique Van Nueten	7m. 11.5s
3000m	'B'	2nd Hannah Bliss	11m 37.9s			
5000m	N/S	Mike Bliss	17m. 50.4s			

MATCH RESULT

1 st	Andover & Overton	196
2 nd	Woking	176
3 rd	Worthing	153
4 th	Team Dorset	143

HURSTBOURNE 5

26th April from Claire Boyle

Here goes for my first race report!



I only decided to run the Hurstbourne 5 on Friday so it was a last minute decision. I'd been warned about 'the hill/mountain' but I kind of thought "how bad can it be??" especially after managing to get up Ladle Hill last month in the Combe Gibbet.

Well...when we got into the woods I realised how bad when everyone in front of me was walking/crawling! I made it to the top half walking half trying to keep jogging with Annette and Emma close behind. I loved the crown at the top, so cool. Also it meant we'd got there. So the next bit was more pleasant running through the woods and seeing all the lovely blue bells. My legs were tired though and Emma and Annette came past and I couldn't keep up.

Knowing it was a tough course I hadn't gone in with any time expectations so just concentrated and kept going. I was glad I'd been warned about the second hill towards the end otherwise that would have been a nasty shock but I made it up with Mum cheering me on from the top and from then on it was a nice downhill finish.

A shame I got out sprinted at the end but I just saw the results and am very pleased with 6th lady! Everyone in the Harriers did really well and it was certainly an experience but I'm glad I ran it. A very friendly race, thanks Greg!

Harrier	Time	Position	Prizes
Lee Tolhurst	32:39	2 nd	2 nd Senior man
Sean Holmes	33:10	3 rd	3 rd Senior man
Michael Bliss	33:15	4 th	1 st M50
Martin Groundsell	33:51	6 th	
Neil Martin	34:09	7 th	1 st M40
Stuart Searle	34:56	10 th	
Keith Vallis	35:29	13 th	
Richard Clifford	36:56	18 th	
Piers Puntan	39:32	29 th	
Keith Clark	42:27	41 st	
Steve Edwards	43:18	47 th	
Katie Brothers	43:44	49 th	3 rd Senior Woman
Robbie Dennison	43:56	51 st	
Annette McInnes	44:25	54 th	1 st W35
Emma Edwards	45:40	59 th	
Claire Boyle	46:40	67 th	
Stephen Spence	49:09	86 th	
Monique Van Nueten	51:08	94 th	1 st W55

147 finished



HBT5
Multi
Terrain
Race
26th April 2014



A THANK YOU FROM HURSTBOURNE TARRANT!

from Greg England

Mud, mud and then some mud....

Another great turn-out from the Harriers young and old for this year's rather wet and slippery HBT5. Even Keith Clark bowed to the pressure accumulated over six years of nagging from me! There were lots of prize winners from the Harriers, who I am sure will all be detailed in the race report.

Unfortunately you all now have reputations as alcoholics, as despite the double quick processing of results, each prize winner announcement was followed by a chorus of "AT THE PUB!"

As ever, this event could not happen without the support of you the Harriers, so many thanks go to Martin Allen for pretending to listen to me at committee meetings; Jayne Tolhurst for turning up on her birthday to act as timekeeper (apparently this was the highlight of her day Lee Tolhurst you do know how to spoil your wife, don't you!); John Hoare (Race Adjudicator); Keith Vallis, Eric & Martin for spending three hours in torrential rain setting up the course; Kate Groundsell for nanny services in the fun run; Eric, Geoff, Paul Wheeler, JT, and Mark Dennison for marshalling; and lastly, the HGV sweeper himself, Franny (I hope you managed to squeeze into that specially sourced XXL t-shirt Franny).

Many thanks also to those of you that provided food donations to Andover Young Carers. They were much appreciated.

For next year's event, we are hoping to be able to unveil a shiny new community hall with changing rooms and showers. You will then be able to share war stories of Hurstbourne Hill at the newly refurbished George & Dragon in HBT.

Cheers!

MOB MATCH

Basingstoke has confirmed their leg of the mob match on July 10th at the usual Cliddesden course. Our return leg of the Mob Match will probably be run in June; date will be confirmed as soon as possible.

SUMMER HANDICAP

The dates proposed for the summer handicap are May 22nd, June 19th, July 17th & August 28th.

OVERTON HARRIERS 40TH ANNIVERSARY EVENTS

Party

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.

CLUB AGM

The AGM is to be held on May 8th in the ORC at 20:30 after Thursday night Training please contact the committee if you wish any issues to be discussed that will require a vote.

BUPA LONDON 10K **25th May 2014** *from Richard Francis*

The course is the same as last year, starting & finishing on the Mall, taking in Trafalgar Square, Whitehall, The Embankment, St. Pauls, Leadenhall Market & the Houses of Parliament.

The club has 6 male & 6 female entries (free) so if you are interested please contact me ASAP on francisrichard1960@gmail.com

I will need name, address, D.O.B, EA registration number (if you have one) and estimated finish time. Please do not reply to my Delarue E Mail address.

ANNUAL PRESENTATION DINNER

THE CLOCK AND THYME OVERTON

FRIDAY 16TH MAY 2014 (19:30 FOR 20:00)

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

CHARMOUTH CHALLENGE

5th July 2014

from Keith Clark

After the demise of the Sidmouth 10k that we used as our “Summer Camp” for several years, the search for a replacement has led me to find, just a little further down the coast to Charmouth, hopefully a suitable alternative.

On Saturday 5th July is the Charmouth Challenge, which is a well-established 8 mile race along the Coast path to the Golden cap and back (a little hilly), with a 2 mile fun run also available. Being on a Saturday afternoon I propose that it would be ideal for a Friday/Saturday night Camping trip.

There are several campsites in Charmouth but Newlands Holiday Park looks like a good bet as they not only are a campsite but have apartments and rooms available for single nights. For the Glampers amongst you there are “camping pods” with proper beds and electricity, I will be camping properly of course! There are also “Luxury” Pine Lodges with three double/twin bedrooms, Piers & Judy are looking at this option if there is anyone who wishes to share. Being a holiday town however there are plenty of B&B's/hotels etc. if preferred.

There has been some interest from various members already, but to gauge wider interest from members that may be interested in making it a weekend or even just the Saturday night, could take look at the links below and please let me know if you fancy it and are likely to come. I don't want to make it too structured and over organised but it would be good to know if there may be a large number of campers so we can make sure the campsite has enough space, and let the local pub know if we are likely to descend on them for a post-race meal etc.

I will definitely be doing it, and that lover of hills Richard Clifford has already booked a pod for the weekend, but it would be nice for as many of you to join us as possible.

<http://www.charmouthchallenge.co.uk>

<http://www.newlandsholidays.co.uk>

<http://www.charmouth.org>

<http://www.thegeorgecharmouth.com>

COMBE GIBBET

30th March 2014

After two decades of ducking and diving with excuses ranging from injury, foot & mouth, marshalling duties through to general being slovenly this year I finally made it to the start line of the Combe Gibbet.

I am sure I would have found another reason not to do it again this year but Richard Clifford had offered to run it with me so I felt under some pressure to actually turn up, which I think was his plan!

The bus ride to the start made me just a little anxious about my ability to complete 16 miles in one go as I generally count that as a good weekly mileage these days. However, by the time we alighted from the bus I had somehow convinced myself that a flat 10 mile run on the training weekend followed by a 12 mile Sunday run trying in vain to keep up with Clifford and Bliss was all the endurance training I needed for such an event.

Miraculously after the damp winter months that we had, the word from the course markers was that the going was good underfoot and the flooded A34 underpass was now passable. The weather for the day was dry and bright but the wind, especially up at the start, was a little bracing. I took my place on the start line with my pacer and then decided to move us back a little to a suitably slower section of the

field and away from the ensuing battle for first Harrier home. Surely this would be Lee's year with a whole 12 months training geared to this moment and what competition did he really have, just some old bloke who used to be pretty useful and a tri-athlete wearing a rucksack full of water who didn't even make it to the first drink station last year!

So the starting klaxon sounded and Richard and I settled into a nice civilised pace that I thought may give me a chance of making it back to Overton in one piece. To my surprise a couple miles in I was feeling OK and was beginning to actually enjoy the experience, well until after the first drink station which I usually man where the muddiest section of the course was, although probably not as bad as some years. I did struggle here a little, probably due to reminding myself of just how far I still had to go, but once through here our early gentle pace seemed to pay off and we began overtaking those that had been less conservative.

Knowing all the marshals along the route meant we had the benefit of updates of the afore mentioned tussle for the coveted Gibbets, and to our surprise even though as predicted Lee initially took the lead, it was Mike that had now taken the lead not just of the Harriers but the race, Martin along with his rucksack was a little way behind.

As half way neared, along with the notorious Ladle hill that I had been constantly warned about started to play on my mind, so against all sensible advice I decided to consume my first ever energy gel, I would now either finish fresh or spend the rest of the afternoon in the A34 underpass doubled up with stomach cramp. Thankfully the former was true, even though the photos dispute this!

Later Richard suggested that I had surged up the hill overtaking the group in front, but if the truth be told it was more born out of a fear of stopping and never starting again, and I not sure 10min mile pace can be described as a surge!

At the sharp end of the race Mike had lost the lead but managed to hold onto a superb 3rd place, which, dare I mention, was one place better than Lee! Martin made it to the finish this year and was next Harrier home in 6th; Keith Vallis was the last Harrier to make it under 2 hours. While the elite Harriers tucked into tea and cake the real heroes were still battling out on the course! Myself and Richard were by now on the descent into the village from Willesley Warren Farm, somehow we still managed to pick up a couple of places before I out sprinted Richard to the finish.

Lucy was a little way behind us in her last race before leaving the country, Trevor Smith completed I believe not only his first Gibbet but his first race for the club, next was Claire and Cath. Franny did not have the best of days and pulled up lame at 12 miles.

Although upon finishing I said the obligatory 'never again' I do now wonder why I have never done this race before, I have to admit that I really enjoyed it and may just do it again. However Piers can probably rely on me to Marshal next year.

