

**Overton
Harriers**



**&
Athletic Club**

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July 5 th	Charmouth Challenge
12 th	Southern Athletics League (Kingston)
16 th	Saucony Track and Field Grand Prix (Basingstoke)
20 th	Festival Place 5k
20 th	Wessex Junior Athletics League (IOW)

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 end of another Hampshire Road Race League shower some good final positions to the Harriers and for the club as a whole. Just a short time though until the Overton 5 when the whole thing starts again.

IRONMAN UK 70.3, WIMBLEBALL LAKE, EXMOOR

from Stuart Searle

At IM 70.3 last year, Martin and I were walking around the expo on the Saturday morning, buying arm warmers and trying to figure out just how many layers of warm clothing may be required for the bike section. A year later, and were again walking around the expo, but this time wondering just how many layer we would be able to shed due to the heat, you can't beat the English weather.....

Scenic and hilly Wimbleball in Exmoor, was once again the venue for Ironman 70.3 (1.2 mile swim, 56 mile bike and 13.1 mile run) and was also the first of this season big triathlons.

Like last year, Martin and I checked into our basic caravan accommodation at the "family friendly" Doniford Bay, which would be our base for the duration. Cheap and cheerful, but perfectly adequate for two blokes on a race weekend.

Saturday was the normal pre-race duties: registration, bike and race bag racking, race briefing, transition familiarisation and picking up a few of those must have sale items at the expo. Saturday, for me, is always the calm before the storm, as it's usually when the nerves and the butterflies take control and the anxiety sets in. I begin to feel uncomfortable being at the venue and can't wait to leave, which did seem to amuse Martin who (on the surface) appeared far more relaxed. Although, a speedy escape was never going to happen, as the high-viz clad parking attendants, performed yet another bang up job of letting cars out of the parking areas.

Despite the fact that England were playing in their opening World Cup game against Italy, it was deemed 11:00pm was too late to stay up the night before a tri, and that a decent night's sleep was in order. However, what with the nerves and no sound proofing in the caravans we were both kept awake most of the night, hearing the occasional cheer and groan until about 1:00am.

I always set two alarms for race morning, but as usual neither were needed and at 3:30 I was up and trying to get some breakfast down.

We arrived at Wimbleball just after 5:00am to go through the normal pre-race duties, bike tyres, computers, bottles and nutrition, followed by the all too familiar queue for the port-a-loo.

With nerves and anxiety taking over, I needed to get my wetsuit on, drop my clothing bag and be ready to go with still 45 minutes left to the start. Martin again seemed to be taking the more relaxed approach. If anyone has advice on how to handle pre-race nerves, I would be happy to hear it.

At 6:45, the first of the two waves of competitors were assembled and walked down to the starting area for the 7:00am go. Ironman starts on time, no excuses.

Into the lake, nerves going and heart pounding. 7:00am and were off for the 1.2 mile swim. As soon as the air horn sounded, the nerves and fear vanished and the competitive me took over. I started the swim wide and closer to the back of the pack, to avoid the normal scrum, mass of feet and hands. It was a strategy that paid off as fairly soon I was able to get into some clear water and concentrate on my stroke. 40 minutes later, I was out of the lake and running up into transition to get my bike gear on.

The bike course of this race is billed as the toughest in Europe and it's a billing it lives up to. 56 miles over two laps and almost 5000ft of elevation gain. Luckily having done it last year, I knew what was in store and I was able to ride 15 minutes faster. Another bit of luck, was that the forecast sun, was still hiding behind the clouds, it was warm enough, but the added cloud coverage did make it easier.

After 3 hours and 15 minutes on the bike, I was back into transition and ready for the run. As I was leaving T2, my energy levels were high and I felt good, however the sun was now out, not a cloud in site and it was getting hotter.

The run section of this race is also very tough. 3 undulating laps to make up the half marathon distance. One long hill at the start of the lap with shorter climbs on other sections, added to this it's multi terrain (not so much of an issue when it's dry). My first lap seemed to go well, still feeling strong, and looking to post a decent run time. At one of the out and back sections, I saw Martin and we exchanged a high five and words of encouragement.

After that point and into the second lap things (for me) changed. Like a slap in the face, the sun and the heat got to me and my pace dropped. I was still overtaking people, but gait shortened and it became more of a struggle. At one point, I wondered why there were drips of water running off my cap, only to realise it wasn't simply water, it was sweat, a stark reminder that I needed to keep drinking and take on water at the aid stations.

Despite the oppressive heat, my determination to again go under 6 hours took control and urged me on. It never ceases to amaze me, but no matter what race it is, no matter how lifeless you're feeling, you always seem to be able to produce a sprint finish. This was no exception for me, because as soon as I hit the red carpet *Stuart Bolt* was going for it. *(That's just my opinion. I may have told myself I was Usain Bolt, but I probably looked more like wounded chicken running for its life).*

With the race over, it was time to cool down and do some much needed re-hydration.

I was disappointed with my run, but have no complaints over all, as I was quicker than 2013. Good result for both Martin and me. We now have our eye on the IM 70.3 European champs in Germany this August.

Swim-41:26, Bike-3:19:12, Run-1:42:02, Total time of 5:51:34.
245th of 1635 finishers, 35th in age group.

Martin's report

Everything Stuart said, it was hot, hilly and the real cyclists turned up so got my arse kicked. Run was hot and the same time as last year. Overall did alright, 52nd out of 1,635, 33rd if you take out the 19 Pro's.

Swim – 29.08, Bike – 2.58.11, Run – 1.36.44, total time 5.09.57

BLenheim TRIATHLON 7th June *from Martin Groundsell*

The Triathlon season starts in earnest in June so what better way to kick it off than with a sprint distance triathlon around the grounds of Blenheim Palace. Well it would have been an ideal start if the weather forecast had not been for a months' worth of rain to drop right when Stuart and I would be racing. It turned out to be so wet that the best thing to be wearing while waiting to start was a wet suit.

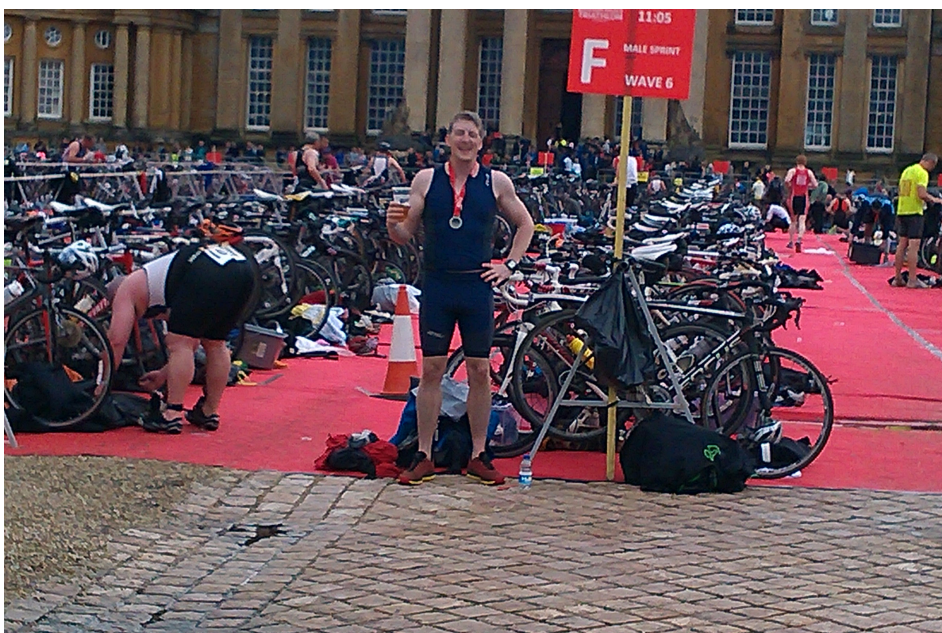
The swim started well but after 20 meters I felt my timing chip slip off my ankle, I managed to stop and grab my chip just before the main pack swam over the top of me. I then managed to swim the rest of the 750m while holding the chip in my left hand. Queue the red mist coming down which meant my swim time wasn't that bad.

On the bike I had to call on every bit of experience to manage going fast without hitting the deck as I had seen many people in Stuart's wave go down on the greasy tarmac. As the miles ticked off a dry line started to appear but that meant it was a fight of who shouts loudest as to whom got the dry line, as you can imagine I did well at this.

The run is an undulating 6K run; I soon locked onto an Oxford Tri bloke just ahead of me and used him as a target. I thought he was from the wave before me but as we started the second lap it became clear we were fighting to win our wave. Luckily the work in the rep sessions paid off as with 1Km to go I managed to kick away from him up the hill and held him off until the finish.

All in all a good event to start the season, roll on the half ironman events for the rest of the year.
Martin – 1hr 12min 11sec - 17th out of 3,997 across the two days, 6th out of the 2,000 who raced in the wet on the Saturday

Stuart – 1hr 24min 6sec – 347th out of 3,997 across the two days



FEEDBACK FROM MEMBERS ON MONDAY AND SUNDAY TRAINING

Summary - Feedback came in from 15 people out of the entire members emailed from the current email list. The main points were;

- People don't want to run on their own, especially the female members.
- No-one knows who will be down for either sessions and so they will opt to run from home instead of take a chance and come to training
- Members with young families cannot make a 19.00 session, they could make a 19.30 session as they do on Thursdays but they generally don't think it is worth the travel for an easy run when they can save a 20 min journey each way to run from home. They will make the effort for a structured session
- The majority said that 19.00 or earlier would be their preference for Monday's session
- Monday is too close to the Sunday run / race and even though it is supposed to be an easy session it usually becomes a tempo session as they try to keep up
- There is a view externally that our club is elitist and that means that the number of slower runners is very few even though there are many slower runners in and around Overton. However speaking to some friends who live near Crowthorn at the weekend they had the same view of any running club.
- A recovery run is a waste of a club night, a few people said they don't want to travel for a recovery run and that they see more value in the Tuesday rep session
- The Tuesday rep sessions by Richard are seen as excellent rep sessions as they have distance and variety
- The regular information on Facebook has helped motivate people but people also want it on the Website as well. Also the Website needs a re-refresh

The committee will be discussing the above with a view of keeping the club attractive to members, both new and old.

OVERTON RECREATION CENTRE

Following the AGM, I said I would undertake a review of the ORC and what it represents in relation to the Harriers. I also attended the recent monthly ORC committee meeting to explain our position and how it came about.

The ORC is a not for profit organisation which manage and develop a wide range of sport & recreational facilities for Overton.

Its funding is made up of an individual membership scheme costing £24 pa or a 5 star scheme at £120 pa. This gives you a monthly chance of winning £2000 in prizes, with £24 one number and 5 star 5 numbers in the monthly draw. Organisations & individuals can hire the use of halls for instance as well on a regular or non-regular basis. Each regular user should be a member of the ORC and pay the £24 pa. Every 5 start member can nominate a club to receive a cashback of £50 of its levy each year.

Each Club i.e. football, cricket, tennis, harriers that uses the facilities on a regular basis are charged to do so, our levy is circa £2k pa around £13 per hour, although we do receive cashback to the tune of £700 from 14 5 start members who nominate the Harriers. The Club tries to encourages regular users to join the scheme although chooses to pay the £24 for regular users (Currently 28) who do not pay the £24 themselves. Any prize wins goes to the Club. Overall in reality we therefore pay the levy £2000 (not including the 5 star member refunds) & ORC memberships at £672. Total £2672.

By comparison looking at local Council charges would be much higher at circa £4k pa, based on an hourly rate at £20 per hour x 4 hours per week x 50 weeks. We actually only get charged for 3 hours per week but do use the facilities for much longer. We would also be looking at juniors at Berrydown

at say 40 weeks x £10 x 2 hours £800 as well. Presently we are not charged for any junior usage by the ORC.

Moving to a paid club rather than affiliated club within the ORC umbrella we would expect to see these charges adopted. Whilst we could look to book the facilities on an annual basis, each annual review would see what other clubs within the ORC wanted and for instance a new football team may wish to play Sunday mornings going forward. We wouldn't therefore be guaranteed usage going forward.

Moving to an outside meeting place outside of Overton could be achieved at around about the same for our usage £13 per hour, but really isn't practical for location, green fields to run on in the Summer, club bar upstairs, and many more.. We are also guaranteed the usage for Overton 5 & Gibbet, which are the main fund raising avenues for the club each year. We are also able to look to the ORC for support on funding requirements for both Seniors & Juniors like the long jump sand pit at Berrydown.

Clearly the disruptions with Sundays recently did cause some issues but we need to work with other clubs to keep these to a minimum. Yes there are going to be times when clashes are inevitable, but hopefully these can be kept to a minimum & worked through, with the four week notice period being on the table with the ORC. Our position being affiliated within the ORC remains key to the club & shaping its future. Piers attends the monthly ORC meetings on the Clubs behalf, and can take forward any views.

The Committee has discussed at length the above and decided to continue on the current basis being affiliated with the ORC paying the levy but encourage as many members as possible to join the ORC themselves and pay the £24.

Mark Dennison
Chairman

D-DAY 8th June 2014

No report as we go to press but it seemed that some good times were had, though it does appear that the course consisted of laps of a car park!

Harrier	Time	Chip Time	Position
Sean Holmes	35:15	35:14	13 th (2 nd V40)
Lee Tolhurst	35:50	35:48	16 th (3 rd V40)
Richard Clifford	38:07	38:03	43 rd
Neil Martin	38:17	38:16	45 th (10 th V40)
Hannah Bliss	42:24	42:20	8 th
Trevor Smith	43:12	43:09	132 nd (19 th V45)
Steve Edwards	44:49	44:42	175 th (25 th V45)
Steve Spence	51:49	51:41	363 rd (6 th V65)
Emma Edwards	52:55	52:24	39 th
Sarah McCann	53:46	53:14	65 th (15 th VL40)
Monique Van Nueten	53:56	53:47	72 nd (5 th VL55)
Neil McCann	54:59	54:27	423 rd (78 th V40)
Rebecca Costambeys	56:01	55:53	102 nd (18 th V140)

649 finished