

**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

April 13 <sup>th</sup>	<b>London Marathon</b>
19 <sup>th</sup>	<b>Southern Track League: Andover</b>
19 <sup>th</sup>	Compton Downland Challenge 20/40
26 <sup>th</sup>	<b>Hurstbourne Tarrant 5</b>
27 <sup>th</sup>	Wessex League (Juniors): Basingstoke
27 <sup>th</sup>	Houghton 11km Trail, Bracknell Half Marathon
30 <sup>th</sup>	Lakeside 5k

*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 clocks have gone forward and we can look forward to a spring and summer of Track and Field, reps on grass and long sunny Sunday runs through the Hampshire Downs; the first Track and Field, our home fixture, is less than three weeks away.

Last month saw the Combe Gibbet Race, which was an extremely successful day and thanks to Helen, John and all their team for all their help. We also had the last winter handicap race which was closely contested. The summer handicap is going to prove interesting, especially with the number of trees down on the Harroway.

Good luck to all the Harriers running London Marathon on the 13<sup>th</sup> April, from what I've seen and heard, all our entries have trained well and are enjoying their taper.

The preparations for the 40<sup>th</sup> Harriers Anniversary are well underway, full details are inside, and the Annual Prize Dinner is organised. Lastly don't forget Hurstbourne 5, they would welcome Harriers either as runners or as Marshalls.

## **SALISBURY 10**

**9<sup>th</sup> March**

*from Piers Puntan*

Salisbury 10 is a good race, nice facilities, reasonably flat course and well organised. This year was no exception though the unexpected sunny conditions meant that it wasn't really a day for PB's.

I decided to enter the race at the last moment and given that I hadn't really put in the training I elected to go out about 7 minute mile pace and enjoy the race. Cath thought that this was a good idea so we

had a tentative plan to take it as a Tempo Run. Hannah Bliss wanted to go sub 69 minute so we modified our plans and aimed for 6:50 pace.

It soon became clear that Cath couldn't possibly run at 7 minute mile pace, it being far too slow, and she was quickly 100m ahead of me and by the first water station it was obvious that Cath was pushing on with Hannah in tow.

I had to stop to "tie my laces" and by then it was obvious I was going to be on my own from then on. I plodded on round the course but was surprised how hot it was; I stopped at both the next water stations and took on quite a bit of water. The last few miles were hilly but were in the shade so were great for a Tempo Run and I passed quite a lot of runners, always good for the ego.



Finished in 71 minutes, not a good time but a nice morning out and the memento was a good technical T-shirt. Cath continued her pace and finished in 68 minutes and Hannah just missed out on her PB.

Highlights were Mike's Super Veteran victory, Sean's 2<sup>nd</sup> Veteran Place, Cath's 3<sup>rd</sup> Super Veteran place and a PB by Rebecca Costambeys, going sub 1:27.

Harrier	Chip Time	Gun Time	Position
Sean Holmes	00:57:11	00:57:13	10 <sup>th</sup> (2 <sup>nd</sup> V40)
Lee Tolhurst	00:59:51	00:59:55	22 (5 <sup>th</sup> V40)
Michael Bliss	01:00:17	01:00:20	27 (1 <sup>st</sup> V50)
Neil Martin	01:00:39	01:00:41	32 (8 <sup>th</sup> V40)
Richard Clifford	01:06:21	01:06:26	96 <sup>th</sup>
Robin Oakley	01:06:58	01:07:02	101 <sup>st</sup>
Cath Wheeler	01:08:36	01:08:42	140 (3 <sup>rd</sup> V45)
Hannah Bliss	01:09:01	01:09:07	144 <sup>th</sup> (10 <sup>th</sup> SL)
Piers Puntan	01:11:37	01:11:43	190 <sup>th</sup> (54 <sup>th</sup> V40)
Lucy Pearson	01:20:22	01:20:43	386 <sup>th</sup> (84 <sup>th</sup> SL)
Richard Francis	01:25:16	01:25:37	463 <sup>rd</sup> (78 <sup>th</sup> V50)
Rebecca Costambeys	01:26:58	01:27:22	489 <sup>th</sup> (44 <sup>th</sup> V35)
Sarah McCann	01:28:21	01:28:46	515 <sup>th</sup> (50 <sup>th</sup> V35)
Neil McCann	01:31:17	01:31:42	549 <sup>th</sup>

*694 finished*

## **FOXDOWN HANDICAP Race 6**

**13<sup>th</sup> March**

There was a surprisingly low turnout for the final race of the winter season but with trophies to be decided, competition was fierce. First home was Mike Monaghan but as he was set off before his actual handicap start he did not count for the handicap but is included in the time results. This means that Monique was first on the night and finished the season on a high following her injury problems. Lucy took second and her Ironman (woman) training plan seems to be heading in the right direction as she trimmed a second off her 2 year old PB. Neil was looking to hold off Richard Clifford in the time league and did all that could be asked by finishing third with a new PB by 6 seconds. Alastair was a minute faster than last month in fourth while George ran a tactically astute race to take the overall Handicap title. Blissy ran his fastest time in more than 2 years to edge out Martin whose 15 second improvement was the last PB of the night.

Richard was in the running for medals in both leagues but with Lucy edging past him to take handicap league bronze he was left with the time league bronze behind Sean & Neil, Keith Vallis put in another solid effort ahead of Robbie who rounded off a great winter to take second in the handicap league.

Greg made some big boasts before the start (in between the continues griping about his start time) but he lived up to his promises to overhaul Keith Clark before the finish, both of these dodgy characters will move up the start list by a couple of minutes in next winters opener. Last man home was Mark who has put in a lot of effort this winter and was only caught by Greg & Keith in the closing stages.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
	M. MONAGHAN	35.34	8.54	26.40	10
1	M. VAN NUETEN	35.38	5.07	30.31	14
2	L. PEARSON	36.19	8.54	27.25	12
3	N. MARTIN	36.24	15.16	21.08	3
4	A. PAUL	36.39	8.40	27.59	13
5	G. PREECE	36.41	12.29	24.12	7
6	M. BLISS	36.43	15.20	21.23	4
7	M. GROUNDSELL	36.47	15.40	21.07	2
8	R. CLIFFORD	37.13	15.22	21.51	5
9	S. HOLMES	37.18	16.47	20.31	1
10	K. VALLIS	37.48	14.53	22.55	6
11	R. DENNISON	38.14	12.22	25.52	9
12	G. ENGLAND	39.11	13.42	25.29	8
13	K. CLARK	39.22	12.24	26.58	11
14	M. BULPITT	39.42	1.31	38.11	15

## **HURSTBOURNE 5            11:00 Saturday 26<sup>th</sup> April**

Less than four weeks to go, so here are a few reminders:

### **Entries**

If you would like to make sure you get a t-shirt this year, please put your name (and t-shirt size) on the list on the notice board on or before 10<sup>th</sup> April. We will still take entries on the day, but it will cost you £2 extra and t-shirts will be on a first-come-first-served basis.

### **Marshals**

After the recent floods, we will be needing more marshals than usual, so if you are free on the 26<sup>th</sup> but do not want to run, please consider marshalling. You will get to wear a lovely yellow plastic bib and have the opportunity to “encourage” your club mates and cheer on the other competitors. Please put your name on the list on the notice board or email: [hurstbourne5@yahoo.com](mailto:hurstbourne5@yahoo.com)

### **Andover Young Carers**

Once again, we will be making a collection of non-perishable food items for Andover Young Carers. AYC provide support to children and young people with caring responsibilities that are inappropriate for their age. As part of this support, they provide the children with a hot meal. They are therefore very appreciative of donations of non-perishable food and kitchen items, such as: pasta, rice, cake mixes, sugar, jelly, gravy granules, kitchen towels and tinned foods. If you can spare any such items, please bring them along on the day, or pass them on to us at the ORC on 24<sup>th</sup> April.

More details at [www.hbt.org.uk/Hbt5Race.htm](http://www.hbt.org.uk/Hbt5Race.htm) or [www.facebook.com/hurstbourne5](http://www.facebook.com/hurstbourne5)

Cheers!  
Martin & Greg

## EASTLEIGH 10k

23<sup>rd</sup> March

Apologies if I miss any PB's in this report but, as I was not running and no reports have hit my in box I don't have the full details.

Obviously a fine run from Sean to lead the club interest home and Martin had a PB, though two seconds quicker would no doubt have been nice. Mike showing great form with another Super Vet victory and Martin showing good form with another PB to close the men's A team.

Richard just squeezed under the 37 minute barrier by a small margin and Run Britain have this marked as a PB, though I'm not sure about this, I'm sure he's gone quicker and it was good to see Robin racing again, even though it's his last race for the club.

There was a fine run by Hannah to beat the 41 minute mark, a PB, & get into the top 25 Ladies in what is a very competitive race, Dave, Keith and Steve came in all together on the clock but chip time has Steve leading the way by a substantial margin with a PB; perhaps Steve was a bit pessimistic at the start.

Sarah took bragging rights beating Neil by over a minute and just ahead of Rebecca; both ladies getting PBs. Monique was just behind Neil in sub 52 and Mark finished off the Harriers contingent in yet another PB.

<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
Sean Holmes	00:34:22	00:34:21	66 <sup>th</sup> (4 <sup>th</sup> V40)
Neil Martin	00:36:04	00:36:01	116 <sup>th</sup> (10 <sup>th</sup> V40)
Mike Bliss	00:36:14	00:36:11	121 <sup>st</sup> (1 <sup>st</sup> V50)
Martin Groundsell	00:36:41	00:36:37	144 <sup>th</sup>
Richard Clifford	00:37:01	00:36:58	156 <sup>th</sup>
Robin Oakley	00:38:58	00:38:52	239 <sup>th</sup>
Hannah Bliss	00:41:01	00:40:55	345 <sup>th</sup> (23 <sup>rd</sup> Lady)
Dave Titcomb	00:43:29	00:43:14	530 <sup>th</sup> (31 <sup>st</sup> V50)
Keith Clark	00:43:52	00:43:35	550 <sup>th</sup> (76 <sup>th</sup> V40)
Steve Edwards	00:43:54	00:42:41	551 <sup>st</sup> (77 <sup>th</sup> V40)
Sarah McCann	00:50:40	00:49:52	1066 <sup>th</sup>
Rebecca Costambeys	00:51:35	00:50:34	1141 <sup>st</sup> (32 <sup>nd</sup> V40)
Neil McCann	00:52:01	00:51:12	1174 <sup>th</sup> (152 <sup>nd</sup> V35)
Monique Van Nueten	00:52:24	00:51:51	1210 <sup>th</sup> (8 <sup>th</sup> V55)
Mark Bulpitt	01:02:36	01:02:03	1945 <sup>th</sup>

*2336 finished*



## **MOB MATCH**

Basingstoke has confirmed their leg of the mob match on July 10<sup>th</sup> 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 22<sup>nd</sup>, June 19<sup>th</sup>, July 17<sup>th</sup> & August 28<sup>th</sup>.

## **OVERTON HARRIERS 40<sup>TH</sup> ANNIVERSARY EVENTS**

### **Party**

Date: Saturday 10<sup>th</sup> 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](mailto: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 29<sup>th</sup> June 2014  
Run or walk all or part of the club's favourite relay route. More details to follow.

### **Commemorative Vests**

Special 40<sup>th</sup> anniversary vests available for purchase. More details to follow.

### **CLUB AGM**

The AGM is to be held on May 8<sup>th</sup> 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      25<sup>th</sup> 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@g.mail.com](mailto:francisrichard1960@g.mail.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.

**Just when you thought the XC season was over.....**



It's time to put all that winter cross country and hill training into practice. The Hurstbourne 5 will take place on Saturday 26<sup>th</sup> April 2014. This is the 6<sup>th</sup> running of this undulating plod in the country. As ever, we can guarantee mountainous hills, succulent bacon butties and delightful homemade cakes (and probably a little bit of mud!)

This year we will be splitting proceeds between the HBT Development Trust and Andover Young Carers. We would love to see as many Harriers as possible turning out again!

As usual, there will be prizes for SM, SW and vets plus trophies for King and Queen of the hill. We have defending ladies and men's champions from last year in Cath Wheeler and James Knight.

Cath is also reigning Queen of the Hill. Sean lost his King of the hill title to a WADAC junior last year; with a full two weeks to train after London, perhaps he can grab the trophy back?

**There will be Race T-shirts for all entries received before 11<sup>th</sup> April**, so please sign-up on the board ASAP.

Just for the record (and perhaps to inspire little bit of competition), here are the Harrier PB's over the course (maybe we'll see our first sub-30' winner this year?)

Once again, we'll be really grateful for any help setting up on Friday 25<sup>th</sup> or on the day, so if you cannot run, please come along and marshal. Contact Martin or Greg if you can help out.

More details at [www.hbt.org.uk/Hbt5Race.htm](http://www.hbt.org.uk/Hbt5Race.htm) or [www.facebook.com/hurstbourne5](http://www.facebook.com/hurstbourne5).

Cheers!  
Martin & Greg

Position	TIME		FIRST NAME	SURNAME	YEAR	RACE POSITION
	Mins	Secs				
1	30	31	James	Knight	2013	1
2	31	06	Lee	Tolhurst	2011	1
3	31	27	Sean	Holmes	2012	2
4	32	35	Stuart	Searle	2013	4
5	32	36	Robin	Oakley	2012	4
6	33	01	Mike	Bliss	2009	4
7	33	24	Martin	Groundsell	2013	7
8	33	30	Neil	Martin	2012	5
9	33	44	Pete	Williams	2012	6
10	33	50	Neil	Glendon	2012	7
11	33	53	Keith	Vallis	2013	9
12	34	13	Dave	Bush	2011	9
13	34	44	Richard	Clifford	2012	12
14	37	20	Cath	Wheeler	2013	20
15	38	23	Dave	Titcomb	2011	22
16	41	27	Kerri	Barton	2012	32
17	42	08	Eric	Tilbury	2009	36
18	42	09	Michael	Ball	2013	43
19	45	04	Emma	Edwards	2013	56
20	47	20	Monique	van Nueten	2009	55
21	48	23	Sarah	McCann	2012	69
22	49	00	Liz	Sandall-Ball	2010	76

# **ANNUAL PRESENTATION DINNER**

## **THE CLOCK AND THYME OVERTON**

**FRIDAY 16<sup>TH</sup> 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**

## **CHARMOUTH CHALLENGE**

**5<sup>th</sup> 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 5<sup>th</sup> 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**

**30<sup>th</sup> March 2014**

Next month ..... report from someone who lost their Combe Gibbet virginity at a ripe old age!

