

**Overton
Harriers**



**&
Athletic Club**

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July 2014 Issue 444

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

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August 2 nd	SOUTHERN ATHLETICS LEAGUE (CRAWLEY)
9-10 th	British Masters Championships
10 th	Salisbury 5-4-3-2-1
16 th	Brutal 10
17 th	IOW Half Marathon
28 th	HOME MOB MATCH
30 th	HARRIERS PARKRUN ANDOVER
31 st	Saucony Hampshire Grand Prix (Southampton)

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

SUMMER HANDICAP RACE 2 3rd JULY

Despite being run in July this was actually the June race which was rescheduled due to the World Cup. Due to Jack Mills Lane being heavily overgrown it was decided to run it over a shortened version of the Pigs course which resulted in everyone recording a PB.

The course was nearer to 4 miles compared to the normal 3.5 but Sarah made light work of the extra distance to finish almost a minute clear of fastest man Sean who was closely followed by third fastest Richard Clifford who, in turn, was chased throughout by Neil who, only narrowly failed to catch him with the second fastest time of the night.

Greg managed to stop complaining long enough to finish 5th ahead of a good run from Keith Vallis with Emma finishing next as fastest lady.

It was tough going at the back of the field with the rough ground, extra distance and the lovely little climb out of Turrill Hill Farm all adding to the challenge so well done to Julia & the 2 Marks for getting round and still having a smile on their faces.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	S. McCANN	34.56	4.15	30.41	9
2	S. HOLMES	35.45	13.48	.21.57	1
3	R. CLIFFORD	35.54	12.32	23.25	3

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
4	N. MARTIN	36.02	12.52	23.10	2
5	G. ENGLAND	36.48	11.43	25.05	5
6	K. VALLIS	37.05	12.15	24.50	4
7	E. EDWARDS	37.10	6.52	30.18	8
8	M. VAN NUETEN	37.29	3.34	33.55	12
9	G. PREECE	37.30	10.28	27.02	6
10	N. McCANN	38.06	5.01	33.05	11
11	A. TILBURY	38.20	6.30	31.50	10
12	R. DENNISON	39.26	9.15	30.11	7
13	M. DELLAFERA	39.54	0.56	38.58	13
14	M. BULPITT	42.59	0.56	42.03	14
15	J. LEAVEY	43.00	0.56	42.04	15

Jill Tuck has been targeting some long distance races this year, here is a summary of her races so far.

MARLBOROUGH DOWNS 20

10th May

Jill had been putting in a lot of training during the spring, including many long Sunday runs along the coastal footpaths around Wittering, and had originally planned to run the 33 mile event with a friend as she had done a couple of years before. However the wet weather leading up to the race and a chilly & wet race day was enough to convince her friend that 33 miles may be too far so they transferred to the shorter distance.

This proved to be a sensible option as the wet / muddy conditions combined with gale force winds on the exposed hill tops slowed them a lot and despite running in full kit (tracksters / jacket / hat etc.) Jill found the slow pace a hindrance and never really felt warm through the entire run which included far too much walking while encouraging her partner. The finishing time was much slower than expected as can be seen below and left Jill looking for another event to make use of her earlier training.

Harrier	Time	Position
Jill Tuck	4:35:51	102 nd

117 Finished

THE OX ULTRA

25th May

A quick search on the Internet and Jill decided that this 36 mile event was ideal. Superbly organised by White Star Sports this was another challenging (hilly) event held in the Cranbourne Chase, again the weather took its toll and flooding caused at least one last minute course change with the final course distance ending up closer to 38 miles.

The course followed several large loops including thick woodlands, downlands and numerous farm trackways with lengths of rutted tracks knee deep in water for half a mile at a time. Naturally Jill found this a tough event but was pleased with her run which she described as the hardest she had ever run.

Harrier	Time	Position
Jill Tuck	7:32:25	51 st

75 Finished

GIANTS HEAD MARATHON

28th June

After her exertions only a few weeks previously Jill decided to cut back in distance and have a little 26 mile trot around this Cross Country Marathon also organised by White Star. The Giant in the race name is the Cerne Abbas Giant and anyone knowing that part of the country would have guessed the terrain would be undulating, Jill (being Jill) thought it couldn't be any worse than the previous race but soon learnt otherwise as virtually the entire field walked up the opening climb to the one mile mark. The weather was quite warm and Jill made good progress over a course that on all accounts was a succession climbs & descents with hardly any flat ground in between.

At 16 miles with another hill looming the wheels fell off and Jill thought she would have to DNF but she battled on cursing the race director and eventually made the finish. Jill took several video clips on her phone as she laboured towards the finish and the voice overs give a clear picture of how she felt.

Harrier	Time	Position
Jill Tuck	5:53:39	180 th

272 Finished

OVERTON HARRIERS TRAINING WEEK(END) 2015

After a highly successful week on the Isle of Wight in February, Overton Harriers will be returning to Upper Chine Cottages (<http://www.upperchinecottages.co.uk>) situated close to Shanklin, Old Village for its annual training week(end) in 2015. For those that missed out this year, the cottages have a pool, sauna, gym, play area and a number of other amenities and are situated in a picturesque and convenient part of the Island. The training week(end) will be held in its usual slot of the Spring half term holidays in 2015.

Reminder that the deposit is due; contact Richard Clifford for details if you've lost the email reminder.

MOB MATCH **10th July**

Unfortunately no reports received though I understand we lost though there was a "massive turn out" by the Harriers, possibly the biggest ever turnout we have had; well according to Franny's memory.



SUMMER HANDICAP RACE 3 31st July

After a bit of cutting back I decided that the Harrow Way course was runnable again so apologies from me to anyone who managed to tag any of the brambles that I missed.

Sarah recorded her 2nd win in a row and now feels the edge of the handicappers axe. Meanwhile second placed Steve paced his effort well and will only be trimmed a few seconds while third placed Emma's fine run after her injury problems was outside her best so she should start as favourite next time out. Sean (I'm not pushing it tonight) ran his best time for a year and picked up quite a few places in the closing stages. Neil comfortably took second fastest on the night having over a minute in hand over Martin with Keith Vallis not far back in fourth. One run worthy of mention came from Alex who ran strongly throughout and was a highly respectable 7th fastest on the night.

With one race to go Sarah leads the handicap league on 2 points but with her start time being cut & a large entry expected in the last race her 16th place in the first race could cost her the title with husband Neil and Sean being only 4 points behind. Emma is also still in with a good shot for the title with four or five others having a chance to medal.

Sean has the time league sewn up while Neil Martin has a point lead over Martin with Keith Vallis still in with a chance of a medal if either miss the final race. Full tables will be on the website shortly.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	S. McCANN	35.50	7.15	28.35	9
2	S. SPENCE	36.15	5.50	30.25	12
3	E. EDWARDS	36.22	9.52	26.30	6
4	S. HOLMES	36.35	16.48	19.47	1
5	N. McCANN	36.42	9.30	28.41	10
6	A. TILBURY	36.47	9.30	27.17	7
7	N. MARTIN	36.53	15.52	21.01	2
8	M. VAN NUETEN	37.00	6.34	30.26	13
9	K. CLARK	37.13	12.20	24.53	5
10	K. VALLIS	37.31	15.15	22.16	4
11	R. FRANCIS	37.42	8.47	28.55	11
12	B. JOHNSON	38.05	9.54	28.11	8
13	M. GROUNDSELL	38.14	16.10	22.04	3
14	M. BULPITT	39.33	3.53	35.30	14
15	J. LEAVEY	39.33	0.56	38.37	15

CHARMOUTH CHALLENGE 5th July

Seventeen Overton Harriers took on the Charmouth Challenge, an eight-mile fell race, on Saturday 5th July. The Charmouth Challenge is the most southerly fell race in England. The eight-mile course goes through some of the finest coastal scenery in the South West. It includes an ascent of Golden Cap, the highest point on the south coast of England at 191m. The setting for the run is Dorset's beautiful Jurassic Coast, a World Heritage site, and is metres from Charmouth's famous fossil beach

Sean was first Harrier in, blasting through the gruelling course in the blazing heat in under 57 minutes, the time being important as the team prizes were based on overall time, not position. Richard Clifford came in 4th finisher just quick enough to beat Axe Valley Runners in the men's team prize.

The Charmouth Challenge could become an annual event, especially if Richard Clifford's memory of the hills fades, with the camping, the coast, camping, barbecue, gazebos, beach towels and making a fun weekend of it. It was tough to run the hilly race in hot and humid conditions, but two firemen were stationed at the finish, squirting every runner with their high pressure hose which some of the runners enjoyed!

Harrier	Time	Position
Sean Holmes	56:12	5 th (2 nd V40)
Neil Martin	58:29	9 th (3 rd V40)
Keith Vallis	1:04:24	25 th (7 th V40)
Richard Clifford	1:09:22	43 rd
Keith Clark	1:17:04	82 nd (23 rd V40)
Annette McInnes	1:22:34	126 th (11 th FV 40)
Emma Edwards	1:22:34	127 th (24 th Lady)
Neil McCann	1:29:00	158 th (38 th V40)
Monique Van Nueten	1:36:44	187 th (8 th FV50)

234 finished



ANDOVER PARKRUN 30th August

The Harriers are taking over the Andover ParkRun on 30th August providing all the volunteers as well as pace makers.

Greg England is organising so if you want to help please contact him. He also wants to have as many Harriers as possible running on the day, so please do encourage others to come along.

The Harriers plan to have a practice run around the Andover course on Monday 18th August at 19:30. Greg will be there from 19:00, in case anyone wants a jog around the course to check on Km markers etc.