

**Overton
Harriers**



**&
Athletic Club**

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September 2014 Issue 446

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

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October 5 th	Basingstoke ½ Marathon Clarendon Marathon
11 th	HANTS XC LEAGUE: FARLEY MOUNT
12 th	Isle of Wight Marathon
19 th	Hampshire Sportshall League (Eastleigh)
26 th	Great South Run
30 th	FOXDOWN HANDICAP

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

OVERTON 5 **7th September** *from Martin Groundsell*

Once again the Overton 5 was a sell out and a great success, this is purely down to the planning and hard work of the Overton 5 committee. This race and the Combe Gibbet mean that the club is in a great financial position, which in turn keeps our fees down. If you see any of them in the bar on a Thursday buy them a drink to say thanks.

Helen is on holiday but wants to say – “Thank you to all members of Overton Harriers for your support with the Overton 5. Much work goes into organising this event by the Overton 5 committee. The races on the day would not happen without club members, families and the local community assisting with marshalling, officiating, car parking, manning desks, selling raffle tickets and distributing programs..... A very well organised event by the club - a team effort.”

The race even made Men's Running Website who published the following race report

“The weather gods were smiling on Overton as more than 500 runners descended on the small village for the 26th running of the popular 5-mile road race.

As usual, the event kicked off the Hampshire Road Race League, an annual competition that pits clubs and runners from all over the county in a series of road races throughout the autumn and spring.

Given the near-perfect conditions, entries into the Overton 5 swelled on the day and the packed field assembled on the start line for the very sociable 2pm start.

The five-mile race is run over two fairly challenging laps. There's a small uphill climb after the first 300 meters, and then two much stiffer ones in the rest of the lap. Of course, what goes up must come down, and the sweeping downhill section to the finish gives all the competitors a chance to test their legs.

Course record holder Toby Lambert was back in the field after a couple of quieter years – and was soon to the fore after the gun sounded. With a PB dating back to 2010 of 23.49, Winchester's Lambert

was the class of the field and, while he didn't have it all his own way, he had more than enough in the tank to see off Stubbington Green's Dan O'Boyle in 25.20. The pair were more than a minute ahead of third-placer James Knight who clocked 26.23 – and the V40 prize.

The women's race was an equally competitive affair with Hart Runners' Lesley Locks taking the victory in 30.10, ahead of Erica Fogg (New Forest Runners) and the evergreen Kath Bailey in third."



There was a big turn out by the club as usual and here is how everyone got on.

Harrier	Gun Time	Position
James Knight	00:26:23	3 rd (1 st V40)
Lee Tolhurst	00:28:10	15 th (3 rd V40)
Sean Holmes	00:28:22	19 th (4 th V40)
Martin Groundsell	00:29:25	29 th
Neil Martin	00:29:50	35 th (8 th V40)
Richard Clifford	00:30:16	42 nd
Greg England	00:30:18	43 rd (1 st V50)
Neil Glendon	00:31:18	73 rd (26 th V40)
Keith Vallis	00:33:46	131 st (55 th V40)
George Preece	00:34:27	147 th
Robbie Dennison	00:37:08	194 th
Katie Brothers	00:38:19	54 th (21 st V35)
Sarah McCann	00:39:37	61 st (23 rd V35)
Kate Hickman	00:40:12	72 nd (27 th V35)
Steve Spence	00:40:14	237 th (11 th V60)
Neil McCann	00:40:49	248 th (92 nd V40)
Emma Edwards	00:41:25	78 th (29 th V35)
Michael Ball	00:41:27	254 th (95 th V40)
Monique Van Nueten	00:43:13	94 th (6 th V55)
Rebecca Costambeys	00:43:50	102 nd (36 th V35)
Richard Costambeys	00:45:27	292 nd (105 th V40)

TEST WAY RELAY

13th Sept

from Richard Francis

Ladies Team

Sadly the ladies team was affected by injury & illness which caused a couple of late withdrawals but luckily a couple of our new members made up the numbers. Like the men's race there were only 4 teams competing but they were also competing against the mixed teams.

Leg 1: Katie Brothers got the race underway from Coombe Gibbet and put in a super run over the very testing first leg that includes the notorious climb up to Linkenholt. Obviously her recce run proved successful as in handed over in second place. **35min16sec**



Leg 2: Lisa was the first of our last minute stand ins and had never seen the route before. She started positively and had soon passed a couple of mixed team runners as she climbed to the highest point of the leg. As the route descended into the Bourne Valley she picked off 2 more mixed teams and was running really well.

She was passed by the other 2 ladies teams but maintained her pace and finished with a burst to the finish to claim the first club stage record of the day. **35min 17sec**



Leg 3: Emma drew the short straw and had the longest leg of the race which included 2 large climbs plus numerous gates & stiles.

She obviously had a tough run and put in a great effort and can proudly claim the second inaugural club record for the leg. **65min 49sec**

Leg 4: I have little information on Kate's leg but it's clear that her Ultra training is reaping benefits as her split was the fastest from the club for several years.

Plus she didn't get lost (Men's team please note). **39min 38sec**

Leg 5: Monique started well and realised she was catching a pair of runners from Totton so promptly went in pursuit (burning off her pacer in the process).

Luckily I got back in touch over Chilbolton Down and followed her down the long straight railway as she first passed the Lordshill mixed team before catching her long time targets clocking I think a PB for her leg **42min 13sec**

Leg 6: A storming run from Hannah as she clocked the second fastest leg by a ladies team. Watching her steam up the final climb to Mottisfont bodes well for the winter season. **40min 17sec**

Leg 7: Charlotte was our second late reserve and had a slightly unorthodox warm up routine feeding her daughter only minutes before the off. Accompanied by Piers she ran a fine leg over a course that is notorious for runners getting lost and, like Lisa, she passed her baptism of fire with flying colours. **54min 48sec**

Leg 8: Audra reprised her anchor leg of last year and like Katie & Hannah clocked the 2nd fastest leg by a ladies team despite being hampered by injury. She received a loud cheer as she appeared up the final stretch to round off an enjoyable day in a smelly minibus. **58min 03sec**



4th Team. 6hrs 11min 41sec

Men's Team

As with the Ladies the number of teams was way down on previous years, all the clubs seeming to have entered mixed teams this year. The team performed well on the day and even though we were missing a few stalwarts a third place was creditable on the day and another Bronze to add to the medal table.

Special thanks to Paige for driving the minibus and to all the Harriers who helped with the support, timekeeping and childcare!



Harrier	Overall Time	Overall Position	Leg Time	Leg Position
Neil Glendon	00:28:08	2	00:28:08	2
Keith Clark	00:55:22	4	00:27:14	4
Sean Holmes	01:42:17	4	00:46:55	1
Keith Vallis	02:18:03	4	00:35:46	4
Greg England	02:48:23	4	00:30:20	3
Lee Tolhurst	03:20:52	3	00:32:29	2
Neil Martin	03:57:47	3	00:36:55	2
James Knight	04:39:07	3	00:41:20	1

WEYMOUTH HALF TRIATHLON

14th September

from Martin Groundsell

As the triathlon season draws to an end Stuart and I had one last big race of the year. After the toffs of Henley objected to the roads being closed meaning their butlers would have to walk to get their Sunday paper, Challenge decided to move the event to Weymouth. You start to realise that Stuart and I are getting used to these big races, as even Stuart was able to relax in a deckchair on a Saturday when previously he has been a bag of nerves.

However the pre-race calm changed as we walked the mile from the car park to the start on race morning as the sea swell was over two meters and most of the buoys marking out the swim course had been washed onto the beach. As this was our first sea swim it meant the pre-race nerves came back instantly. We arrived to hear that the start had been delayed by 30 min while the organisers worked out what to do.

Eventually a triangle shaped swim course was marked out which we had to do twice and the starting hooter sounded. For once I was not charging into the water, mainly because the first wave that I tried to dive through flipped me onto my back and pushed back toward the beach. I managed to push on but I now know what it is like to be in a washing machine as the waves battered all of us all of the way around the course. At the halfway point it took a can of man up to go back for the second lap. The conditions added 10 minutes to my usual swim time and on the second lap there were a lot of people hanging onto the safety canoes and surfboards.

I have never been so relieved to get onto the bike and decided to stamp on the pedals to make up some places. Unusually for a Challenge branded event the bike course was hilly and technical with some fast descents and tight corners. One of which caught out a few cyclists just ahead of Stuart but thankfully they didn't catch us out. After working with a group of cyclists I managed to make a break at 45 miles and lead them into transition 2. As this is the first time they have held the event they hadn't worked out where the traffic would queue with the road in Weymouth being closed. This led to some

interesting riding through queued traffic with some riding down the wrong side of the road to the dismay of the marshals.

As usual the run is where the fast cyclists tend to get found out. It was an out and back course along the sea promenade with a short loop of the town centre. As I started the run a bloke in a GB Tri suit started to close me down and passed me at 3 miles. I kept him in sight, as he didn't look to be in good shape. As I hit half way Stuart joined me as he was on his first lap and I was on my 2nd (his start time was 30 min after mine). We worked together for 3 miles until I had to walk through an aid station to take on some cola to get rid of some cramp. At this point I was back with the bloke in the GB suit. I caught him and then tried to break him but he stuck with me and tucked in to let me take the head wind, this triggered the red mist. At the last turn point we had 3 miles to go, I didn't think my sprint would be up to much so I decided to put some hurt into us and wind up the effort. With about a mile to go we caught Stuart who encouraged me to bury myself. With 400m to go the GB bloke was still there but we had caught four people who passed me at the start of the bike so we were eating up the places. At 200m he tried to kick away and then I knew I had him as his kick was weak and only lasted 50m, as he started to slow up and burn out I decided to give it everything and sprinted for home leaving him for dead. He congratulated me at the end but also said a few words that can't be repeated, it's finishes like these that make racing fun.

Harrier	Swim	Bike	Run	Total Time	
M. Groundsell	36.33	2.46.26	1.29.20	4.59.55	41 st (11 th SM30)
S. Searle	47.29	3.02.00	1.31.43	5.31.04	160 th (37 th V40)

A day which makes you question my usual approach of 'how hard can it be' but all in all a good weekend away.

SOUTHERN ROAD RACE RELAYS 21st Sept

Men's Vet 40 *from Richard Clifford and the V40 team*

Before starting on a description of each of the 4 legs of the M40 Southern Road Relays and without wishing to spoil the suspense, it's worth pointing out what this event is and means. I've ripped the following from the Serpentine Running Club website so that you can get a flavour for how the best running clubs in the country view this race:

Each year there are road relays organised ... both regionally and nationally, to allow clubs to compete against each other directly. These races attract the best runners regionally and nationally and are a very high standard. They are the key races on the calendar where clubs measure themselves against their peers and the traditional athletics clubs take them very seriously indeed. These races are one of the best opportunities our better runners have to compete against the best since there are usually international athletes racing for some teams.

I can testify to the truth of this having been lapped on two separate occasions by Mo Farah at the relays in the past. It's fair to say that the standard is high.

The vet's race consists of 4 legs of 6k each with each leg being twice round a twisty and undulating 3k lap. We knew going into the race that we had a strong V40 team capable, based on form and results in previous years, of competing for a top 10, maybe top 5, position. But we were also aware that we would need to perform at our absolute best on the day and require other teams to be under-strength to realise that ambition. The pressure was really on and I can say that at least for my part I had been getting increasingly nervous in the week leading up to the race.

Leg One *from Lee Tolhurst*

I was chosen for leg 1 for a different reason to 2013. Last year it was to see if my damaged hamstring would last 6km thus rendering the rest of the teams efforts redundant, this year however Sean explained that I am "a bit of an idiot and will charge off and try and stay with whoever is around you, so will race harder on leg 1", I took this as a compliment.

Before the start one of the timekeepers from Totton told me "a couple of years ago Totton took 5th, see if you can match that"; "we just might" I thought. That was before the race unfolded better than we could possibly imagine



A couple of minutes to go and 60 runners were corralled into the start area, looking around there were some "handy" athletes in amongst this lot, I positioned myself at the front of the pack in the hope I could mix it with them. On the siren we were off striding up the first hill, Andy Simpson of Stubbington making his usual fast start, I fell in at the back of the first group feeling comfortable. A few corners later and I was at the highest point of the course and in a group of 5 at the front, at this stage I felt easy and running well within myself. We now turned downhill and the group split a little, leaving me in third in sight of second but Woodstock seemed to be flying away from us all. The first mile went past...5:18 too fast, too fast, come on clam down. I was now down to 6th and starting to feel the early pace but still moving well as gaps were appearing between runners. Reaching the end of lap 1 I was ahead of Winchester & Stubbington and determined to keep it that way, dig in.

The second lap is a bit of a blur, I remember being shouted at and cheered on but most of all thinking I can't let the team down and every last second counts. Everything then snapped back in focus as I entered the central arena, the final 1km is visible from the athletes' village that springs up every year and can leave you feeling very exposed when you have given your all, unless you're from Overton Harriers where the support becomes more vocal. Quickly I caught and stuck behind a Kent AC runner into the wind before turning into the final 400 uphill metres; I pushed and pushed with everything I had left, striding out and counting to increase my cadence.

Entering the finish cheered on by Sean and James I handed over to Richard feeling relieved to see him disappear up the road before I collapsed. A few minutes later I was up and shouting encouragement at Richard as he sped around the course.

Leg Two: Richard Clifford

As I've already mentioned I was nervous about this race and that feeling built to a crescendo as Lee was busy demonstrating that he was going to place very high on the first leg. His fantastic run, while obviously a great thing for the team, only served to increase the pressure I was feeling. I was acutely aware that I was the weak link in the team likely to be much slower than Lee, Sean or James. I'd resolved to just focus on what I could achieve, not let anyone down, not worry about the rest of the field and run a consistent pace. If I managed this I hoped to duck under 22 mins, in the process not losing the team too much time or position and (why not) beat Greg's time for the V50s.



Of course as soon as Lee finished I set off like a startled hare and had to mentally scream at myself to slow down. Despite this, 2 things happened: 1) I ran a 5:35 first mile; 2) I was overtaken by 5 other teams in that mile, all of whom seemed to have put extremely rapid runners on Leg 2. After this the race did settle down a bit. I got into a battle with a Stubbington Green athlete who had overtaken me within a minute or so of the start but had failed to pull away. That really helped to focus me and we pushed each other on swapping places consistently round both laps of the course.

Occasionally we would catch another runner (I remember gloriously sweeping past Keith Donkin of AFD at one point) or be caught (Robin Houghton of Winchester came flying past at the end of the first lap) but to be honest for most of the last lap and a half it was like the Stubbington runner and me were in our own private race.

For those that haven't run it, the relay course undulates and turns constantly, you are always going up or down, though not by much, and I never felt like I was running consistently or in a proper rhythm. That combined with going off too fast meant that I didn't really run as I would have liked. Neither did I have a disaster. The guy from Stubbington ended up piping me, I missed a sub-22 min time and took us from 7th to 14th overall but on the plus side I ran the exact same time as Greg and was able to hand over to Sean with us still in contention for a top 10 finish. I then commenced to dying.

Leg Three: Sean Holmes



Nervously I stood on the start line waiting for Richard to appear. I had no idea of our position in the race and I was thinking, pace yourself, you can't pass the field in the first half of the lap. Don't go off too fast, you're blow up. Just in front of Richard was Stubbington's second leg runner and was well up the first climb before I was given 'BLUE GO' by the starter as Richard crossed the line. As soon as I started my nerves and worries about the event were gone.

Pace yourself, forget that, get after that green vested Stubbington runner! Just after the start I passed Keith on the climb, on his second lap, and quite quickly closed the Stubbington runner down and passed him. With not too much damage done, it was now a case of calm down, recover a bit and push on.

On the first lap it was easy to tell when I was passing third leg runners in front of us, and it felt good to be passing people. The second lap I couldn't tell who was on their first or second lap, so I just went with the strategy of close down and pass as many as you can. Third of the way through the second lap, I spotted Dave Blackman from Southampton AC in the distance, and knew they were in front of us in the race. I had my target.

By the short climb up into the trees, I had caught and passed Dave, another place gained. From this point I pushed on as hard as I could. As I entered the Arena, Richard and the Kids were waiting to cheer me on, I don't know what I must have looked like, as it was now starting to hurt! The final climb passed our encampment and to the change over point, I gave it everything I had and just hoped I had given James a chance to get close to the leaders. Once I crossed the line and James was away, I was relieved it was over and physically drained.

The support around the course from our club and other clubs and teams was fantastic and a great motivator to run your best.

Leg Four *from James Knight*

As any runner will know blocking negative thoughts is a usual requirement before a race. These thoughts were made much bigger as none of us wanted to let each other down. I could see Lee, Richard and Sean had given it their absolute all for the team and when your put in that position you do not let them down!

10,9,8,7 secs to go; Lee is screaming at me NOT to pace myself but RACE and overtake as many runners as possible.

I took note and a first mile of 5.02 confirmed this and, as I was lapping many other runners, I couldn't tell who was who; I just picked the next man off. My main focus was to get the first lap done with fuel in the tank. With the first lap done I was now able to gently pull the trigger in terms of effort levels. I didn't know what position we were in as from the screams of everyone I couldn't make any sense 3rd, 4th ?? As I came down for my final 500m the "Team" were all there for me and this time I heard Lee say third was guaranteed (just like when YOU got me lost on the Test way thought!). "You can still get the individual time" was another cry from Lee; I must admit this did take a few extra vital seconds off. There as if by magic were all the team yet again waiting for a group hug. We did it! Bring on the next one I say!



Epilogue *from Richard Clifford*

To finish 3rd at an event of this quality is a tremendous effort. For James to run the fastest leg of the day was phenomenal. It was also really exciting! Our expectations and shrillness rose in proportion with every successive leg.

When I handed over to Sean we were in 14th but I thought that with those two to come we had every chance of cracking the top 10. After Sean had *stormed* round his leg to hand over to James in 7th just behind 6th and 5th, Lee and I had real hopes of cracking the top 5. From there to being told by John Hoare that, James was flying was already in 4th and had half a lap to close down 30 secs on the 3rd place runner, was a small step. We were absolutely going barmy at James to encourage him and to communicate the fact that we had the chance of being 3rd though it didn't apparently make a blind bit of difference to James. He just got on with absolutely destroying everyone in front of him. Cue embarrassing high-fiving and cheering as he crossed the line.



In that excitement it shouldn't be forgotten that our M50 team of Greg, Martin, Franny and Mark and our incomplete B team of Steve and Keith also performed strongly and it's encouraging to know that we have real strength in depth at this level. I don't think any of us would have run as well as we did without the support of everyone that turned out to cheer whether running or not. The Stubbington athlete that I raced over my leg made the observation that "it felt like there were people shouting for you [me] round the entire course" and that's entirely what it felt like to me as well.

We may be a small club but we have a core of quality runners and a spirit and togetherness which few other clubs can match.

That, along with the result, made this a real highlight of my time with the club. Overton Harriers & AC has achieved a lot for a small club in its 40 years of history at both an individual and team level. I think that what the team did at the Road Relays in September deserves to stand as at least a footnote in that list of achievements and James' individual gold should be up there with the best.

Harrier	Race Pos.	Time	Leg Pos.
L. Tolhurst	7 th	20:56	7 th
R. Clifford	14 th	22:22	22 nd
S. Holmes	7 th	20:51	4 th
J. Knight	3 rd	19:28	1 st

Final Position 3rd

Final Time: 1:23:37

Men's V50 *from Richard Francis*

As well as a half decent Vet 40 team we had half of a half decent Vet 50 team which was lead off by Greg who went off like a scalded cat.



He definitely had a super run and matched Richard's earlier time to the second. Martin has been racing a few Parkruns during the summer and put that to good use but in a competitive race he lost places mostly to younger Vet 40 teams.

I was off next and all was well for the first 300 meters before the first team came past. Added to being passed by another 10 teams I had the added pleasure of being lapped by the top 7 teams. Even so I had a good run but will skip the previous day's Parkrun if called upon again.

There was the rare sight of Denny on a race course to round off our team and his main aim was to finish without breaking himself, this he achieved bringing us home in 50th out of 58 teams and 16th in our age group.

Harrier	Race Pos.	Time	Leg Pos.
G. England	24 th	22:22	22 nd
M. Crawshaw	35 th	23:50	37 th
R. Francis	46 th	28:51	58 th
M. Dennison	52 nd	30:28	54 th

Final Position 50th

Final Time: 1:45:31

Super Subs

We also had great support from Steve & Keith who ran the first two legs. Steve really seemed to enjoy the atmosphere and put in a fine run. Keith managed to gain a couple of places before we ran out of runners. Had any other 2 vets been available then our final team would have finished well clear of the tail enders.

Harrier	Race Pos.	Time	Leg Pos.
S. Spence	-	30:14	67 th
K. Clark	-	26:01	65 th



Ladies

Without hitting the heights achieved by our Men's team the following day, our ladies still put in a creditable performance with three Vets included in the Senior competition.

Hannah led us off with an excellent run and was our quickest of the day by a good margin. The second leg was taken up by Emma, making her debut in this event and she can feel well pleased with her performance. The same could be said for Kate, who not only made her debut but also her swansong in her final event in club colours. A superb effort and she will be sorely missed by her teammates. Anchor leg went to our club captain who brought us home in 58th place. As they said 'we were not last', with 62 teams completing and many more who could not get out a full team. A credit to our club

Harrier	Time
Hannah Bliss	16:04
Emma Edwards	17:56
Kate Hickman	17:28
Monique Van Nueten	19:54

SOLENT HALF MARATHON 28th Sept *from Neil Martin*

The 3rd HRRL race of the season, the Solent Half, is one of the smaller of the races and usually an opportunity for scoring good points. But, with only four men running we all had to finish to count and unfortunately that wasn't possible for the women, with only two runners.

A foggy start held the temperatures down and with a slight following wind anticipated for the last few miles it looked right for good times. However, the warm up put that theory to bed and as the fog lifted it was clear that it was going to be a hot one. The race heads out into the New Forest for 3 miles and the early signs were that Sean was up around 2nd place with James following closely behind.

Apparently, James was on one of his race come training runs, with his coach asking him to finish somewhere around 73 minutes! Martin and I were in a small group around 20th place and it is fair to say that running across open countryside in the sun was very hot.

Between 3 and 7 miles the race follows a slightly undulating road down to the coast at Lepe. The tree cover was a welcome relief and Martin and I ran along together, generally on our own. We were passed by one fast runner; it is always a bit disconcerting and sole destroying when someone storms past you as though you were standing still, but at least I knew who he was and not to try and stay with him. It later transpired that he had to stop at 5 miles for a "Blissy" (for those not in the know, this is a forced pit stop of the No.2 variety). At 8 miles the route turns back inland toward the finish. At this point I suddenly noticed that Martin had dropped a few seconds back. There is only one sensible thing to do when you sense weakness – put in a kick, destroy him and get revenge for Overton 5!

Up front Sean was passed by James and he could see that James was closing down on the leader. With one mile to go James did indeed take the lead and pushed away for a great win and surely the club's first individual HRRL winner in some years. Sean held on for 5th place. I took a couple of places in the last mile and although a disappointing time the position was reasonable and Martin completed the team soon after. As a team we finished 2nd in the race and in the League.

Katie Brothers had a great run to record a PB on what certainly isn't a flat course in far from ideal conditions. Sarah McCann seemed less pleased at the finish, cursing Martin for telling her it was a flat course! 'It is compared to Overton' he replied. Both should be in a good position for some good runs in the upcoming races.

Please do sign up for the road races if you can. The next race is a fast 10-miler at Lordshill on 2nd November (good for getting a PB) and then another fast, flat race the Gosport Half Marathon on 16th November.



Harrier	Time	Position
James Knight	1:12:39	1 st (1 st Vet 40)
Sean Holmes	1:16:08	5 th (3 rd Vet 40)
Neil Martin	1:22:12	21 st (6 th Vet 40)
Martin Groundsell	1:23:53	24 th
Katie Brothers	1:49:43	212 th (6 th Vet 35)
Sarah McCann	2:02:25	305 th

387 Finished

VICTORY 5 **14th Sept**

No reports received as we went to press, but given that it was Test Way relay the day before some excellent performances.

Harrier	Gun Time	Chip Time	Position
Sean Holmes	27:40	27:39	20 th 3 rd V40
Neil Martin	29:20	29:19	44 th (7 th V40)
Hannah Bliss	34:24	34:19	180 th (11 th SL)
Keith Clark	34:52	34:46	195 th (40 th V40)
Steve Edwards	35:42	35:30	221 st (17 th V45)
Katie Brothers	38:11	37:49	292 nd (24 th SL)
Rebecca Costambeys	42:33	42:16	373 rd (15 th V40)
Monique Van Nueten	42:57	42:35	377 th (5 th V55)
Richard Costambeys	44:19	44:01	409 th (36 th V45)
Julia Leavey	51:45	51:08	475 th (28 th V40)

495 finished

CLUB 5 K CHAMPIONSHIPS

Basingstoke Park Run Qualifying Times for the Consistency League & Club Championship

Date	Harrier	Time
Aug. 16 th	Lee Tolhurst	16:52
Aug. 9 th	Sean Holmes	17:15
Aug. 9 th	Neil Martin	17:47
Sept. 27 th	Richard Clifford	18:10
Sept. 20 th	Neil Glendon	18:44
Sept. 27 th	Martin Crawshaw	18:52
July 5 th	Cath Wheeler	20:15
Aug. 2 nd	Keith Clarke	20:48
July 5 th	Rebecca Willis	20:53
Aug. 23 rd	Hannah Bliss	21:03
Sept. 6 th	Steve Edwards	21:55
July 5 th	Claire Boyle	21:58
Sept. 13 th	Neil McCann	23:04
Sept. 27 th	Richard Francis	23:18
Sept. 6 th	Sarah McCann	24:04
Sept. 6 th	Steve Spence	24:18
July 26 th	Edmond Simpson	24:40
Aug. 16 th	Monique Van Nueten	25:15
Sept. 20 th	Rebecca Costambeys	25:22
Aug. 16 th	John Hodge	26:49
Sept. 20 th	Richard Costambeys	27:42
Aug. 30 th	Charlotte Lewis	30:40
Sept. 6 th	Julia Leavey	31:46



CHRISTMAS DINNER

Usual Christmas Dinner will be held on December 21st at the Test Valley Golf Club. Choices to John Hoare.



Test Valley
GOLF CLUB

Christmas Sunday Carvery Menu 2014

21st December 2014

Homemade French onion soup topped with a cheese crouton

Pear, walnut and dolcelatte dressed salad

Homemade chicken, pork & pistachio terrine
with cranberry, port and cobnut sauce served with oatcakes

Oven baked Portobello mushroom
topped with goats cheese and served with beetroot chutney

The Test Valley Carvery

Roast breast of turkey

Roast topside of beef

Roast gammon

Roasted Mediterranean vegetable wellington

served with sprouts, broccoli,
buttered carrot batons, honey roast parsnips, orange baked red cabbage
and herb roast potatoes

Christmas pudding served with brandy sauce

Homemade chocolate fudge brownie served with vanilla pod ice cream
and hot chocolate and orange liqueur sauce

Fresh fruit salad served with Chantilly cream and meringue

Very sherry raspberry trifle

A selection of English cheese served with celery, grapes, walnuts & biscuits

Freshly brewed coffee served with mini mince pies



OFFICIATING COURSES

LEVEL 2 COURSES IN STARTING AND MARKSMANSHIP; TRACK JUDGING; FIELD JUDGING; TIMEKEEPING

Courses have been arranged at The Sports Academy, West Portway Business Park, Andover SP10 3LF on Sunday 2nd November 2014.

The programme for the day is:

- 9.30** **Arrival and Registration**
- 10.00** **Generic including Health and Safety Module—you must attend this unless you have already done so**
- 11.45** **Coffee**
- 12.15** **Your choice of one of the four disciplines above**
- 14. 30** **Practical experience on the Andover Track which is adjacent to the Sports Academy.**
- 15.30** **Finish**

Application forms are available on the England Athletics Website www.englandathletics.org

The Application form is also on the Hampshire Athletics website www.hampshireathletics.org.uk

Click Officials tab and then Officials licence application on right.

For Hampshire and Berkshire your Region is South East

Course numbers are:	Health and Safety	SO/0344 HS
	Starting and Marksmanship	SO/0344 ST/SA
	Track Judging	SO/0344 TR
	Field Judging	SO/0344 FD
	Timekeeping	SO/0344 TK

Cost is £20 plus £10 for Health and Safety Cheques payable to England Athletics.

Please apply **as soon as possible** and advise **Eileen and Terry Williams** that you have applied in order to help with local organisation. eileenandterry@ntlworld.com 01252 664455

Please contact Eileen and Terry if you have any queries.

Tea and coffee will be provided but please bring your own lunch. There is an overflow car park a few metres beyond the venue.