

**Overton
Harriers**



**&
Athletic Club**

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October 2014 Issue 447

Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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November 2 nd	LORDSHILL 10 (HRRL)
8 th	HANTS XC LEAGUE: GOODWOOD
16 th	GOSPORT HALF MARATHON (HRRL)
20 th	FOXDOWN HANDICAP
23 rd	Hampshire Sportshall League (Andover)
30 th	Hayling 10

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

RUNNING DOWN UNDER

from Steve Spence

I have now done 4 Parkruns here in Sydney. The instructions say that your existing registration will work here and this does indeed turn out to be the case - together with complete integration to the UK results system. The format of the event is also exactly the same as at home although it's a bit of a pain getting up for a 7:00am start (I gather there's a bit of variation of start times here). People are very friendly, asking me where Overton is - one chap asks me when Hampshire last won the County Cricket Championship (1961 apparently). The course at Curl Curl Park is around a saltwater lagoon and is almost completely flat. Most of the track is on tarmac or concrete paths making it a great place for PB's.



Week 1. Lovely morning - sun is just up but it's cool with a low mist lying over the ground. I have looked at the course map but I'm disoriented because they don't turn where I expected and I realise that we are going the opposite way around to that which I had assumed! To make it worse there are no Km. markers. I do a quite an average time - must do better next week. As I walk back to the car I see that there's frost on the grass where the mist had been - most unusual for Sydney.

Week 2. Better this week. I have prepared waypoints and timings so I know how I'm going. Good sprint finish against a nice young lady who didn't quite get past me. Just outside my PB time from Basingstoke.

Week 3. Going very well but nobody to sprint against at the end. Equalled my PB from Basingstoke - pleased with that - great hopes for next week.

Week 4. I've had no training runs this week - the weather has been hot and I had a stomach upset midweek. There's no frost on the grass this time - it's been 26 degrees all night and the sun is already well up making it hotter by the minute! I don't go well in the heat so it's not looking good. So it turns out, I'm wilting and I do a very mediocre run - only enlivened by a sprint finish against a chap who thought he might get past me at the end - but didn't.

Sadly, that's my last Parkrun here for this stay because we're going away to the Hunter Valley next weekend (running around wineries?). Pity to end on a low note but there's always good old Basingstoke Parkrun where it will almost certainly be somewhat cooler.

BUCKLERS HARD STANDARD(ISH) DISTANCE TRIATHLON

5th October

WHOSE STUPID IDEA WAS THIS????

From Stuart Searle

Challenge Weymouth half Iron distance, was supposed to be the final triathlon of a pretty busy season. However, the choppy sea swim left more than just a salty taste in the mouth, some in our triathlon camp, were hungry for just one more race.

No sooner had Martin unpacked his bags after Weymouth, he was online and signing up for the Race New Forest - Bucklers Hard Triathlon. My intention wasn't to race this, as my cross country season had started and it was the weekend of my brothers' birthday. However, my brother had a prior engagement, which meant instead of a far more civilised family Sunday roast, I was free all day. Suffice it to say, I was soon signed up for one final triathlon.

Triathlon is generally a summer sport. Exmoor had been a heat wave and even Weymouth (despite the sea conditions) had been a glorious day. In fact, England was in the grip of a late summer and the driest September on record, what could possibly go wrong?

The race was due to start at 7:45, which meant getting to Bucklers Hard for about 6:30 in order to do registration and bike racking. I picked Martin up at 5:30, as we loaded up his bike and kit, we noticed how cold it was, in fact the car thermometer was reading 2C, not to worry we thought, it will soon warm up, it will be fine.

As we drove down to the New Forest, we noticed that the temperature wasn't raising, it was actually getting colder, barely reading over 1C. Not to worry the sun will soon be out and warming up (to at least 15C hopefully). As we arrived at Bucklers Hard in the early morning gloom, it was no better, as the temperature was now hovering around the zero mark. We decided to have a cup of tea in the café and hope it would get a little warmer, as the river swim was not looking that appealing.

It was at that point in the morning, not much after 6:00am, still dark and very cold, that the question was asked "whose stupid idea was this", the answer was Martin. Martin had wanted to do this one,

and somehow I'd foolishly signed up too. However, no amount of moaning and grumbling would improve the situation, we simply had to 'Man Up', get on with it, deal with the cold and wait for the run, when we would be able to warm up. IT WAS STILL MARTINS FAULT, NO QUESTION.

After, we'd racked our bikes and set up T1, we decided to go for a short run, just to try and get our bodies a little warmer before braving the swim. The sun did manage to make an appearance, but was still very reluctant to give off much warmth (if any).

With the start delayed by 15 minutes due to the cold, any benefit of our warm up run was soon lost. Wetsuits on and it was time to make our way down to the water's edge for race briefing, the walk down was to be the first painful experience. Making our way bare footed across frost covered grass then gravel was not pleasant, in fact by the time we'd walked the 200 metres, our feet were like lumps of concrete. The sight that greeted us was less than ideal. The Beaulieu River was enveloped in thick fog, with visibility down to less than 10 metres, it was impossible to see the any markers buoys.



With the harbour master refusing to let us swim the set course, an alternative plan was put into place. We would still swim, but it would be much shorter. Unfortunately the change of course required another cold and painful walk about 100 metres along a gravel footpath; cash offers for any type of shoe were readily made.

Race New Forest are experts at the 'make it up as you go along' type racing, and this was no exception. The 1500m swim was now to be roughly 300m, when I say roughly, I do mean roughly. We set off in waves of twenty about 30 seconds apart. We had to swim back towards the original start line, swim around a post and back. This was not that easy, the fog was thick and once in the water, it was near impossible to see where you had to go. Luckily we had quite a few volunteers in canoes to help us navigate the shortened swim.

A few minutes later, we exited the water and ran up the still frosty grass into transition.

The bike course is a 20 mile route consisting of 2 laps and is fairly flat, except for one slight hill at the start of each lap. Whilst the course is relatively easy and only took just over an hour, we were cold, with our feet and hands feeling the worst of it. Back into transition, my hands managed to regain some feeling, so I was able to tie my shoelaces. The start of the run was less than comfortable; my feet were still frozen, so it felt like I was running with bricks as feet.

The run course is a non-standard 11km instead of the normal 10km, and is run over an out and back slightly undulating track, which you do twice. Luckily by this time, the sun was working its magic and we were getting warmed up. Feet almost back to normal and feeling more like a triathlete, it was time to put in that final effort and finish the race and make the final sprint up the hill to the finish line.

Martin and I were both happy for this one to be over and were ready to enjoy a hearty lunch at the café. Martin did sustain a cut to his hand as he negotiated the turn during the swim, mistaking the metal post for a rubber marker buoy. The on hand (no pun) St John, took care of him.

Harrier	Swim	Bike	Run	Overall	Position
Martin Groundsell	07:07:00	01:00:08	00:46:19	01:53:35	5 th (4 th in cat)
Stuart Searle	11:25:04	01:09:09	00:48:39	02:09:14	17 th (7 th in cat)

A good start to the season for our ladies team with Cath leading the team home with a fine run taking 7th place in the Vets category. It was a race she needed to impress the Welsh selectors who duly picked her for the 18th – yes 18th – consecutive season for the Home Countries match, the last 10 of which she has been the Welsh team captain. Very impressive.

Both Hannah and Audra were on the comeback trail after injury and completed the team with strong efforts that gained us 7th place. We then had the bonus of three new members making their debuts over the country and how well they did. Katie was only a few seconds outside the Senior team but completed the Vets team which took 5th place on the day.

Paula was running as second claim as she just got the better of Charlotte, who had already shown her ability in the Test Way relay. This trio are going to be a great asset to the ladies team and I hope to see them out competing so well for the rest of the season. Rebecca had her best race for some time and finished strongly ahead of our team captain who was thrilled to see such a large turnout, the best for many years.



It was a slightly depleted Men's team that took to the field and it showed just how hard it is going to be to compete in the main league as we finished bottom of the pile in Division 1, albeit not by a huge margin. But it will need a huge effort to avoid relegation in the teeth of the top teams in the county.

Our first three counters, Sean, Lee and Neil ran really impressively in an effort to retain the Vets title we won last year, but on this occasion had to concede victory to the immensely strong Aldershot club.

But it is still early days and the prospects are still bright that we can hold on to the title. It was a case of welcome back to Neil Glendon who had a fabulous run and welcome to the Vets category for Richard who also had a fine race as this pair completed the "Senior" team.

Outside the team positions it was well done to Keith and our two Super Vets, Dave and Franny. And a particular welcome to Richard Costambeys in his first ever cross country race. A super, gutsy effort over a long and difficult course. Hope to see more of him in club colours.

Harrier	Time	Position
Sean Holmes	37m 09s	46 th
Lee Tolhurst	37m 53s	56 th
Neil Martin	39m 04s	71 st
Neil Glendon	41m 38s	124 th
Richard Clifford	42m 00s	132 nd
Keith Vallis	45m 39s	170 th
Dave Titcomb	48m 22s	207 th
Richard Francis	52m 03s	220 th
Richard Costambeys	60m 14s	235 th

236 finished

Senior Team 10th Vets Team 2nd

Harrier	Time	Position
Cath Wheeler	26m 21s	31 st
Hannah Bliss	28m 12s	56 th
Audra Dennison	30m 18s	88 th
Katie Brothers	30m 30s	91 st
Paula Parsons	32m 06s	104 th
Charlotte Lewis	33m 32s	116 th
Rebecca Costambeys	34m 08s	119 th
Monique Van Nueten	35m 08s	124 th

135 finished

Senior Team 7th Vets Team 5th

GREAT SOUTH RUN **26th October 2014** *from Katie Brothers*

Back in 2012 The Great South Run was the first running event I ever participated in and has become a bit of an annual Brothers family tradition, I run 10 miles as quick as I can while the Brothers family are on bag and dog duty and head off for bacon rolls where they can watch the thousands leave Southsea Sea Front and meet me at the end with a Twix (I like Twix's).

This year for me was all about going quicker, 2012 1hr 28mins, 2013 1hr 22mins, this year was all about beating 1hr 20mins on the clock. The weather was beautiful and even better didn't have the ridiculously strong wind of last year. Since joining the Harriers my preference has been the lower key events where you don't have to fight your way through the crowds however at The Great South I always find a little different never have I done any other races where every part of the course is crammed with thousands of loyal spectators cheering everyone on and the atmosphere is pretty darn cool.



I often find myself to be a bit of a lazy runner early on in races and am pretty slow out of the starting blocks plodding my way round the first few miles before realizing the race is coming to an end and I still have a bit more in the tank. This year my aim was to go out fast, pick a faster runner and stick with them which worked until about mile 3 when I got distracted waving at a TV camera and lost my pacer.

However I continued pounding the streets completely focused on getting to the sea front when I knew it was a straight 2 miles to the finish, and more importantly getting to the sea front means you get to the guys handing out the jelly babies and I was in need of a jelly baby or two.

Once I had taken on a sugar supply I enjoyed the last couple of miles along the sea front being encouraged on by the smell of fish and chips from the pier and by this point I still had a little left in the tank to up my pace going into the finish where I crossed the line in 1hr 19mins. My reward for beating the 1hr 20min mark – a Twix and an added bonus this year of a bacon sarnie waiting for me (shame it was stone cold)!

Harrier	Time	Position
Audra Dennison	01:16:28	1663 rd
Trevor Smith	01:17:51	1986 th
Katie Brothers	01:19:21	2395 th
Claire Boyle	01:27:25	4824 th

16042 finished

BRITISH MASTERS MEDALS 2014 **Age Category M75-79** 2 Gold and 2 Silver.

From Edmond Simpson

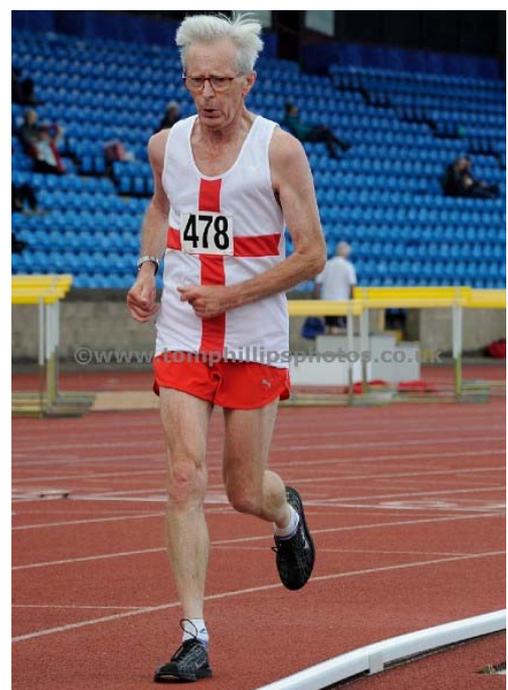
In the newsletter 2 months ago Lee was telling of his triumph in the British Masters steeplechase - nothing to do with racehorses – that means jumping solid timber barriers designed to take the rhythm out of your running. That is not for the faint-hearted and Lee has every right to be proud of his achievement.

That was at the Alexander Stadium, Birmingham in August. What Lee did not know was that later the same day I won Silver in the 5000m.

At 24.01 it was my best of the season, so the right place to do it. My friend Fred Gibbs from Bingley Harriers beat me soundly but there is no shame in that. There was one other runner behind me, so I was not last.

Six weeks after that I was back there for the 10000m. Again Fred thrashed me. But I ran it steadily clocking 2.03 per lap with a bit of a sprint finish, and it was about half a minute faster than last year, which I won. Sadly there was no-one behind me. I had hoped to beat two people but they did not turn up! History only records what actually happened, not what might or could or should have happened.

Now the Gold. Fred has a corny saying “There is nothing beats winning”. How true.



Back in March was the Indoor Championships at Lee Valley. There were no others in my age group. If they don't enter they can't win! And the history books won't say who did not enter or who was injured. To get the medal one has to run better than the medal standard, so you can't just cruise around. In case you are thinking I ran the race all by myself, what actually happens is that all the guys over 60 ran in the same race, so there was company, but I was getting lapped by these young chaps.

Second Gold was for the Road Mile at Cardiff on 4 October. This is a new British Masters event. Welsh Athletics have organised this for some time. They had a race every 15 minutes from noon to 5.15 starting with children and working through to the oldies. Start and Finish were outside the main entrance to the City Hall.

The initial lap was 400m round the hall, so you pass the start again, and then the remaining loop. Well organised. Good fun. I was a bit anxious as I had not done a mile or 1500m for two years. All the training at Overton worked wonders, and the other two in my age group were well behind me.

BASINGSTOKE HALF MARATHON **5th October**

A glorious day saw nearly 1500 runners take on the hills of Cliddesden and Farleigh Wallop including a handful of Harriers.

The course is quite tough, though as the hills are in the first nine miles up to the top of Farleigh Wallop, you get a nice coast down the last four miles to the finish.

Unsurprisingly there weren't too many PBs on offer however Martin Crawshaw's second place in the Vet 50 Category was definitely a highlight

The aim of the organising team behind the event is to eventually get the event included in the Hampshire Road Race League so in a few years we may have a few more Harriers running.



Harrier	Chip Time	Gun Time	Position
Martin Crawshaw	01:29:42	01:29:47	53 rd (2 nd V50)
Dave Titcomb	01:41:21	01:41:36	239 th (15 th V50)
Katie Brothers	01:51:42	01:52:14	527 th (23 rd V35)
Stephen Edwards	01:53:25	01:53:41	575 th (58 th V45)
Trevor Smith	01:53:10	01:54:00	580 th (60 th V45)
Alastair Paul	01:56:44	01:57:57	703 rd (67 th V50)

1443 finished

CHRISTMAS LUNCH **Sunday 21st December**

Don't forget this year's Xmas lunch at the Golf Club on Sunday 21st December – 1.00pm for 1.30pm. This follows the Cyclists Race at 10.45am from the Rec Centre.

Cost £20.50 per adult, £10 for under 12's and free for toddlers

Menu on back page – orders to John Hoare. Please include choice of starter and pud

Hampshire Sportshall

Our first joint venture with Andover at the Hampshire Sportshall in Winchester saw strong performances from our combined teams, where our U11 Boys finished 4th with competition debuts from Josh Martin and Aidan and Matthew Johnson.



The U11 Girls came 4th and U13 Girls 3rd. Individual performances to note were Amelia Gray in the Triple Jump, Jessica Wateridge in the Vertical Jump and Chest Push, Molly Wateridge in the Triple and Vertical Jumps and on the track, Georgia Vallis in the Speed Bounce and Zara Crapper in the Long Jump.

Cross Country

The cross country season has also kicked off, with our first fixture of the Land Wandsworth league having taken place and the first Border League event on Sunday at Down Grange.

Lord Wandsworth Results:

U9 Boys (600m)

3rd Jasper Jones 2.41

U11 Girls (1k)

6th Amelia Gray 4.59

16th Eleanor Matthews 5.46

U11 Boys (1k)

8th Bertie Jones 5.10

10th Matthew Johnson 5.30

11th Aidan Johnson 5.32

U15 Girls (3k)

5th Mel Hodkin 15.45



Training is continuing twice a week at Berrydown, now with a focus on building endurance for the winter season. We are particularly short of coaches / adult helpers on a Thursday evening, so if anyone is able to help out on an ad-hoc (or more regular) basis between 6:15-7:15pm please let Keith Vallis know.

WINTER HANDICAP (RACE 1)**30th October***from Richard Francis*

Conditions for the first race of the winter season seemed ideal for fast times but with most of the runners being "Old hands" over this course; PB's were hard to come by. In fact there was only one PB and that went to race winner Mark who has been putting in some vastly improved sessions on recent Thursday nights and he ran out a comfortable winner by slicing 38 seconds from his previous best. Emily took second in her course debut and just ducked under the target time set by the handicapper. Edmond was having his first run over this course in 2 years and took a good 3rd place ahead of Sean.

Sean had looked in full flow at half way but was disappointed with his final time despite being almost 2 minutes faster than anyone else. Second fastest was Richard who seemed happy with his run and had the glint of handicap medals in his eyes while Neil was a minute off his best form in third. Other good runs came from Monique & Mike who were both just outside their predicted times while the other debutant was Claire who could well break the 30 minute barrier next time around.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	M. BULPITT	34:59	1:14	33:45	14
2	E. JULIPP	36:23	GO	36:23	15
3	E. SIMPSON	36:33	6:32	30:01	10
4	S. HOLMES	36:35	16:20	20:15	1
5	M. VAN NUETEN	36:48	6:14	30:34	11
6	R. CLIFFORD	37:07	15:05	22:02	2
7	E. SANDALL BALL	37:09	GO	37:09	16
8	M. MONAGHAN	37:19	11:16	26:03	5
9	K. BROTHERS	37:20	8:51	28:29	9
10	D. TITCOMB	37:24	11.10	26:14	=6
11	N. MARTIN	37:56	15:37	22:19	3
12	G. PREECE	38:48	12:34	26:14	=6
13	R. DENNISON	38:55	12:05	26:50	8
14	K. VALLIS	39:09	14:36	24:33	4
15	C. SPENCER	39:26	8:51	30:35	12
16	A. TILBURY	40:20	8:05	32:15	13

FUTURE EVENTS**Stubbington 10k**

A reminder to all club members that entry for the Stubbington 10k are on-line only and is filling up fast so please visit the Stubbington Green Runners Website or enter directly at:

<https://www.fullonsport.co.uk/fos/index.php?module=events&action=profile&eventId=5596>

This is one of the fastest 10k's in the south of England and is run on January 18th and demand for places always exceeds the entry limit.

Southern Masters XC Championships

On the club notice board there is an entry list for the SEAA XC Championships at Oxford on December 13th. Following our recent medal winning success at the SEAA Road Relays it is hoped that we can put out both Men's & Ladies teams in the Vet 40 and Vet 50 races.



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