

**Overton  
Harriers**



**&  
Athletic Club**

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November 2014 Issue 448

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December 6 <sup>th</sup>	<b>HANTS XC LEAGUE: POPHAM</b>
7 <sup>th</sup>	Tadley XC
12 <sup>th</sup>	<b>Southern Masters XC Championships, Oxford</b>
15 <sup>th</sup>	<b>WINTER HANDICAP &amp; CHRISTMAS PARTY</b>
23 <sup>rd</sup>	<b>CYCLISTS RACE &amp; CHRISTMAS LUNCH</b>
26 <sup>th</sup>	Boxing Day Run

*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*

## **ROUNDUP**

A busy month saw the two road race fixtures, Lordshill and Gosport, as well as the XC at Goodwood. Next month sees more XC at Popham where a good turn-out would be welcomed by the Captain's, especially in the men's team as we are struggling in last place in Division 1. Juniors' completions are in full swing with the club entering the two local XC as well as Sportshall, details in the newsletter.

For those of you who have recently joined the club there will a Christmas Party with food provided after the Thursday Handicap on December 18<sup>th</sup> in the ORC Bar. The draw for the club London Marathon places will also take place during the party. On the following Sunday there is the cyclists race around the Harroway Course followed by the Christmas Lunch at the Test Valley Golf Club.

## **LORDSHILL 10 2<sup>nd</sup> November**

As I understand it the day was good for the Harriers, James and Sean being the first two V40s home with James bagging a PB and being in the top ten.

Stuart got a PB in a Harriers vest and Richard Clifford can look forward to a few more Masters PB's now he has entered that age category

Reports were sparse though Rachel Costambeys was happy.

"First time I had ever run Lords Hill. Such a P.B potential yet didn't really realise it at the time. Next year I intend to really go for it!! The day was very soggy and the walk to the start seemed as long as the actual race!! On the whole a great 10 mile for anyone who is going for a



PB or who is a 10 mile 'virgin'"

Some were less happy, Martin Groundsell's comments have had to be moderated, though "I was rubbish, the end" is pretty close to what he said.

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<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
James Knight	54:23	54:23	9 <sup>th</sup> (1 <sup>st</sup> V40)
Sean Holmes	56:25	56:24	13 <sup>th</sup> (2 <sup>nd</sup> V40)
Neil Martin	01:00:51	01:00:50	39 <sup>th</sup> (6 <sup>th</sup> V40)
Stuart Searle	01:01:46	01:01:44	50 <sup>th</sup> (11 <sup>th</sup> V40)
Richard Clifford	01:02:32	01:02:30	59 <sup>th</sup> (15 <sup>th</sup> V40)
Martin Groundsell	01:02:49	01:02:47	65 <sup>th</sup>
Steve Edwards	01:17:11	01:16:56	276 <sup>th</sup> (78 <sup>th</sup> V40)
Rebecca Costambeys	01:30:00	01:29:47	412 <sup>th</sup> (39 <sup>th</sup> V35)
Richard Costambeys	01:35:42	01:35:28	447 <sup>th</sup> (105 <sup>th</sup> V 40)

*499 finished*

### **GOODWOOD XC 8<sup>th</sup> November 2014** *from Richard Francis*

The Goodwood course was in good condition with some slippery areas but surprisingly little proper mud, the wind however was extremely strong and due credit should be given to those wives, and children, who braved the open hilltop especially when the heavens opened during the latter stages of the men's race.

The ladies were the first away and Cath had another great run and looks to be getting into good shape for her upcoming Vets International outing. Claire was making her season debut and looked strong over this undulating course coming home as second senior counter. Charlotte anchored the senior team and was second club Vet home. She looks to have had another good run as, despite this being a bigger field she was only two places down on her Farley Mount run.

The race to anchor the Vets team was a cracker with Rebecca (reverting to her normal race plan) going off like the clappers but Monique never let her get too far ahead and was hunting her down over the final lap. The look on Rebecca's face said it all as the gap narrowed but she found one last effort to hold of her team captain. The senior team finished 11th and sit in a comfortable mid table while the Vets also took 11th place & are currently equal 6th in the league.

<b>Harrier</b>	<b>Time</b>	<b>Pos.</b>
C. Wheeler	23:46	33 <sup>rd</sup>
C. Boyle	27:43	90 <sup>th</sup>
C. Lewis	29:42	118 <sup>th</sup>
R. Costambeys	30:53	126 <sup>th</sup>
M. Van Nueten	30:57	127 <sup>th</sup>

*152 Finished.*

We were missing a few people in the men's race and, despite the fine efforts put in on the day; the team again finished a disappointing last place & are now 3 points adrift at the bottom. Hopefully a full turn out at Popham can turn the season around.

Sean again led from the front and kept himself in with a shout of an end of season Vets medal as I'm certain that the 2 league leaders won't run the required amount of races. He had the usual excellent support from Neil & Richard and they took 4th place in the Vets race & currently lie second in a very competitive division.

Keith Vallis was possibly still feeling the effects of a bad chest infection but put in his usual gutsy performance while Dave Titcomb's fitness level is obviously high as he had another strong run to anchor home the Senior team. Farther back I continued my plan to race every XC league race this winter and set off quicker this time and had a cracker, passing at least 10 runners over the last lap & I even enjoyed the rain....Ben made his club XC debut and ran well, he will soon be working his way up the field with a few more outings under his belt.

<b>Harrier</b>	<b>Time</b>	<b>Pos.</b>
S. Holmes	30:57	39 <sup>th</sup>
N. Martin	33:29	84 <sup>th</sup>
R. Clifford	34:54	118 <sup>th</sup>
K. Vallis	37:31	155 <sup>th</sup>
D. Titcomb	39:13	182 <sup>nd</sup>
R. Francis	42:38	217 <sup>th</sup>
B. Johnson	43:11	223 <sup>rd</sup>

*241 Finished*

### **GOSPORT HALF MARATHON**

**16<sup>th</sup> November 2014**

No reports received though James and Sean are continuing to dominate the V40 category. The men's team is currently in 5<sup>th</sup> in the HRRL, we could potentially be much higher once the poor Victory performance is taken out, and the Ladies are in 7<sup>th</sup> place in Div 2.

<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
James Knight	01:11:33	01:11:32	8 <sup>th</sup> (1 <sup>st</sup> V40)
Sean Holmes	01:14:43	01:14:42	24 <sup>th</sup> (2 <sup>nd</sup> V40)
Lee Tolhurst	01:19:08	01:19:05	57 <sup>th</sup> (10 <sup>th</sup> V40)
Neil Martin	01:19:48	01:19:45	62 <sup>nd</sup> (11 <sup>th</sup> V40)
Stuart Searle	01:23:31	01:23:23	109 <sup>th</sup> (23 <sup>rd</sup> V40)
Trevor Smith	01:32:50	01:32:42	318 <sup>th</sup> (32 <sup>nd</sup> V45)
Katie Brothers	01:47:58	01:47:04	736 <sup>th</sup> (34 <sup>th</sup> V35)
Claire Boyle	01:50:22	01:50:03	813 <sup>th</sup>
Rebecca Costambeys	01:59:41	01:59:10	1070 <sup>th</sup> (52 <sup>nd</sup> V40)

*1574 finished (29 Runners disqualified for wearing headphones!)*

## WINTER HANDICAP      Race 2

There was a much closer finish this month as Katie chased down the in-form Mark and passed him on the last corner to win with a 65 second PB. Mark virtually collapsed over the line after chopping another huge chunk (56 sec) from last months' time with Emma only 5 seconds back in third with another PB (51sec).

Rachel made a welcome appearance to take 4th ahead of another PB runner, Claire, who improved by 32secs. Neil McCann equalled his best but the unluckiest runner was Emily whose 76 second PB would have won her the race if she had not missed her starting time.

Sean improved on last months' time and was comfortably the fastest on the night. Neil came back with a much better run than last month to turn the tables on Richard Clifford with Keith Vallis, continuing his comeback from illness, in fourth with debut man Ben in 5th.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	K. Brothers	35.40	8.51	26.49	7
2	M. Bulpitt	35.49	3.00	32.49	18
3	E. Edwards	35.54	8.25	27.29	9
4	R. Hessom	36.02	6.14	29.48	14
5	C. Spencer	36.13	6.10	30.03	15
6	S. Spence	36.34	6.21	30.13	16
7	B. Johnson	36.37	9.57	26.40	5
8	S. Holmes	36.37	16.30	20.07	1
9	N. McCann	36.45	7.50	28.55	12
10	S. McCann	36.51	7.22	29.29	13
11	N. Martin	36.56	15.37	21.18	2
12	L. Pearson	36.56	9.18	27.38	10
13	R. Clifford	37.07	15.05	22.02	3
14	M. Van Nueten	37.18	6.14	31.04	17
15	S. Edwards	37.40	10.35	27.05	8
16	D. Titcomb	37.51	11.10	26.41	6
17	C. Driver	38.04	Go	38.04	20
18	E. Juliff	38.26	3.20	35.06	19
19	K. Clark	38.34	10.35	27.59	11
20	K. Vallis	38.39	14.36	24.03	4

## JUNIORS NEWS      *from Anna Vallis*

### Cross Country

The first Border League fixture, at Down Grange, saw debuts from Orla, Martynas and Emile. They all faced tough competition, with the standard in this league improving year on year.

U9 Girls	13 <sup>th</sup>	Tilia Harris
	46 <sup>th</sup>	Orla Bracken
U9 Boys	31 <sup>st</sup>	Matthew Johnson
U11 Girls	54 <sup>th</sup>	Jessica Wateridge
	63 <sup>rd</sup>	Amelia Gray

U11 Boys	59 <sup>th</sup>	Harry McDevitt
	80 <sup>th</sup>	Martynas Ivoncius
	95 <sup>th</sup>	Silas Harris
	98 <sup>th</sup>	Aidan Johnson
U13 Girls	41 <sup>st</sup>	Molly Wateridge
	55 <sup>th</sup>	Emile Ivoncius

The Lord Wandsworth XC series second fixture saw a strong turn-out of Harriers, and don't forget these are open to seniors as well.

U9 Boys	5 <sup>th</sup>	Josh Martin
U11 Girls	5 <sup>th</sup>	Jessica Wateridge
	9 <sup>th</sup>	Amelia Gray
	17 <sup>th</sup>	Eleanor Matthews
U11 Boys	13 <sup>th</sup>	Aidan Johnson
	15 <sup>th</sup>	Matthew Johnson
U13 Girls	2 <sup>nd</sup>	Molly Wateridge
U15 Girls	7 <sup>th</sup>	Mel Hodkin
Senior Men	3 <sup>rd</sup>	Ben Johnson

Several of our athletes have also represented their school in the Basingstoke schools and Andover schools cross country, with Emma Davies and Georgia Vallis being selected to represent Andover Schools in the next round and Mel Hodkin selected for Basingstoke Schools. More recently six took part in the Hampshire Inter-Schools cross country at Fleming Park – well done to Lauren Dennison, Niall Cook, Molly Wateridge, Emma Davies, Angelina Ribicka and Georgia Vallis for all taking part on a cold afternoon at Eastleigh. Also, many thanks to our club officials who regularly turn out to help support the schools and other junior events – John H, Emma & Mick Scoggins, Eric, Mo and Piers, without them and the support of PE staff at the schools these events wouldn't be able to take place.

### **Sportshall**

Our union with Andover resulted in another successful Sportshall match. Aidan, Joe, Bertie and Matthew all competed well for the U11 boys; Amelia and Jess had strong performances in the Long Jump and Triple Jump for the U11 girls; The U13 girls also did well, particularly Molly and Zara in the Triple Jump and new-comer Emile as a non-scorer. Both Under 11 teams currently lie a respectable 4th in the league and the U13 girls are a very creditable 3rd. Due to the higher number of competitors in our composite team we now have the opportunity for our younger or less experienced athletes to non-score and give the events 'a go', which is a fantastic opportunity for them.

### **Track and Field**

The AGM of the Wessex League also took place in November and saw the approval of our composite team with Andover, so hopefully we will be able to continue our successful partnership on the track in the summer.

### **CHRISTMAS LUNCH      Sunday 21<sup>st</sup> 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



**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

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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

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Freshly brewed coffee served with mini mince pies