

**Overton
Harriers**



**&
Athletic Club**

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December 2014 Issue 449

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

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January 3 th	HANTS XC Champs
10 th	HANTS XC League, Reading
18 th	STUBBINGTON 10k (HRRL)
24 th	Southern XC Champs, Brighton
25 th	Sportshall, Portsmouth

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

Apologies for the late issue of this month's newsletter, hope it's worth the wait. We have reports from some of the usual races as well as Trevor's report from the Grim and Brutal, something a little bit different. Don't forget that the Ryde 10 takes place on February 1st and, as it is part of the Road Race League, the captains would ideally like to have both Men's & Ladies teams running. If you want to enter contact Sean Holmes asap. Otherwise hope to see you all at the training weekend.

GRIM **6th December** *from Trevor Smith*

The Grim's own website describes the event as "for people who want a dirty adventure" and there was certainly a great deal of mud around ! Neither Becky, Hannah nor I can agree as to who had the original idea but, whoever was to blame, nobody had the nerve to back out and we found ourselves on the start line on Sunday 7 December as a team entitled "The Three Decades". For the record I was born in the 1960's, which mathematically makes the two ladies no older than 44, or "twenty something" to be on the safe side.

The venue for the 7.5 mile course was the Army's tank testing site at Aldershot, if this was horse racing the going underfoot would undoubtedly be described as "soft". Our fellow competitors were a pretty eclectic bunch – the full range of ages, shapes and outfits by far the most disconcerting of the latter were a couple of chaps dressed in nothing more than Speedos and trainers – brave fellows indeed.

The first couple of miles went pretty smoothly with some short, sharp hills but footing was mostly OK. The first few "puddles" occupied no more than half the width of the course and most of the field decided to skirt round them and keep their feet dry laughable bearing in mind what was to follow. The first serious water feature was just after two miles, Hannah immediately decided to get into the Grim spirit, properly fell over and got a real mouthful; the water had an interesting after-taste, blended

as it was with sand, mud, diesel and by-products from the local wildlife. The precedent was then set as the course got harder, wetter and very much muddier with a particularly challenging cargo net section the pick of the bunch. All who eventually emerged from that looked as though they'd been mud-wrestling probably best to let the images below paint the picture:



The camaraderie in this event was like nothing I've ever experienced before – competitors, spectators and the wonderful marshals all contributing to making the Grim something pretty special. Though definitely an event which was all about the taking part, we were nevertheless delighted to be third in the mixed team competition beaten only by Westminster School (too young, too fit, too posh) and three very good athletes from our nemesis Basingstoke (enough said) - my team mates had the good manners to wait for this old man and we all finished together, always the principle objective!

Team Pos	Team / Club	Points	Pos	Bib	Time	Name
1	WESTMINSTER SCHOOL B	71	10	4155	0:52:11	Rupert Stuart-Smith
				3315	0:55:39	Eloise Davison
				4032	0:56:02	Tibo Rushbrooke
2	BASINGSTOKE ATHLETICS CLUB	117	38	3880	0:57:20	Brendan O'Connor
				3227	0:57:20	Luca Chiossone
				3552	0:57:21	Jenny Helyar
3	THE THREE DECADES	483	160	4111	1:05:33	Trevor Smith
				4228	1:05:33	Becky Vincent
				3887	1:05:33	Hannah Oliver

THE BRUTAL 10

27 December

from Trevor Smith

As we'd had so much fun at The Grim, the Internet was duly scanned to find a further opportunity to trash old running kit & trainers, which turned up the Brutal 10. This one was also held on MoD land at Longmoor Camp (near Liss), and had a one or two lap option. The original three idiots were also joined this time out by Becky's husband Pete who'd been "persuaded" it was the best possible use of his Saturday morning, although he sensibly drew the line at running a second lap. The weather was really cold and first off, 10 minutes before the main field, were the dogs (and owners) in the Canicross with around 40 very excited dogs making a hell of a din. Then it was our turn along with just over 500 other runners much like the Grim the course was dry, though very hilly and sandy for a mile or so, before the any water features put in an appearance.



The course was really picturesque with maximum use made of the natural features, and some very steep short hills for which running up was never really an option for most of us mere mortals. However the chief characteristics to pick out were "mud" and "water". With regards to the mud, having tasted both (literally) I can confirm the Brutal was much deeper, thicker although a mouthful of it was a little less disgusting than last time out. As for water, the website stated "it will be no deeper than waist height", though to be fair the chap doing the pre-racing briefing did warn that it was a little higher than that in places - he wasn't wrong!

As athletes both Becky & Hannah have many positive attributes (determination, strength, stamina etc ..) however I'm sure they'd agree that height wouldn't really be on that list – as such the feature water obstacle (see opposite) did prove somewhat of a challenge on both laps, particularly as all were somewhat weighed down with Christmas excess... the look of abject terror on Becky's face was entirely genuine because about two paces further in she was out of her depth, Hannah likewise. The facial expressions on the men in the shot give a clue as to the water temperature!



As the second lap started Pete peeled off towards the finishing with a justifiably smug grin on his face, the rest of us remained strong, though deeply envious, and set off for the second time lap with a thinned out field. However I think we'd got into the swing of it by then and it didn't drag at all, each feature providing its own combination of challenge and laughter – the mud/water sections were a good deal trickier as the field had churned them up so much first time round. Yours truly provided a ferry service for the ladies as we re-crossed the river, favour that was duly returned as they dragged me over the line – see opposite!



The finishing line was a welcome sight, particularly as Pete had put his idle time to good use by sourcing mulled wine which was considerably more appealing than the official cold water and banana! Even more than the Grim this was an event all about the participation – all of us really enjoyed the experience of just running, enjoying the company and the scenery with no regard to timings. However we completed the course in what we thought was a respectable 1:46 with Hannah and Becky the 8th & 9th ladies respectively and me the 30th bloke.

I'd never previously run anything like this, however having been to two such events I would urge everyone to give it a try. The atmosphere feels much more like a friendly Park Run than a “normal” event, you can be as competitive as you want to be, and there are plenty around starting from around 10K. Also Brutal have taster events which start at 3km for 9 years olds, what better way to run the steam out of your kids, although be warned the kit does take some cleaning!!

SEAA VETERANS XC CHAMPS, OXFORD **13th December** *from Richard Francis*

An early start for some whereas the young blokes could afford to have a couple of extra hours in bed. The early races saw a course that was frozen in places although the long stretch through the woods was as muddy as it gets. As the sun climbed more muddy patches formed and, with the men all running a short (2km) lap plus two long (4km) laps it was by far the toughest course of the winter so far, especially with the monster hill on the longer laps. Sadly the organisation had some serious issues with not enough marshals which resulted in at least one of the junior races doing the wrong course.

MV 50:

I was first to arrive & collected the club numbers and set up base camp. After suffering from a head cold since Popham I still wasn't sure about running but after a jog around the field I lined up at the back of the geriatrics race. After a few hundred yards I was surprised that I wasn't last, the opening

short lap didn't appear to be that short but going into the second lap I was feeling good despite a clash with a moron dog walker. This soon changed as I approached the hill which, I had been warned, was 800mtrs long. It didn't look that bad.... uphill, turn left & climb a bit more....so I pushed hard up the first part to the corner only to find it didn't turn left. It went straight on, up & up through the woods before plummeting back down to the original corner. I was still suffering from the unplanned exertion when I heard screaming in the woods ahead. With a junior race coming in one direction and the tail end of my race still going past, a lady Marshall had completely lost the plot, there was plenty of space & little risk of collision until she (still screaming) tried to push me to one side which was a one sided contest that she had no hope of winning. I then had the pleasure of being passed by a junior boy's race as I ran through the thickest section of mud. There was another marshalling cock up as I started my last lap closely followed by a second clash with the aforementioned dog walker but it didn't slow me that much and I finished quite strongly. Definitely one of the most eventful races I have done over the last 40 years and, despite the cock ups, quite enjoyable.

Harrier	Time	Position
Richard Francis	55:24	123 rd (57 th of 60)

131 finished

WOMEN:

The entire lady Veterans ran in the same 2 lap, 8km race with medals awarded in 5 year age bands. Cath was our ever dependable star of the day, finishing strongly after a fantastic run in 17th place overall in a very competitive race and taking second place in the W50 age group.

Audra was in the high quality W45 race which produced the first 3 individual runners. Despite ongoing injury problems she put in a great effort and seemed quite happy with her run. Sadly we couldn't complete a ladies team but hopefully that will change next year.

The winner of the W40 race was ex Harrier Rachel Massa (Kenchington) who was 5th overall despite an encounter with a horse & rider during the race.

Harrier	Time	Position
Cath Wheeler	24:55	17 th (2 nd of 19)
Audra Rawlings	27:27	42 nd (18 th of 25)

94 finished

M40:

Following the road relay success there were hopes of further bling for our M40 squad. A good warm up recce of the course gave them a good idea of what lay ahead and the field quickly strung out from the gun as the eventual winner charged away. James went off quite quickly at well and was in the top dozen as he passed me about 1km into the race.

Sean & Lee were in close contention & Neill was going well. With a lap to go they were definitely medal contenders (by my calculations). James had picked off a good few runners & Sean was pulling away from Lee & Neill was still in the mix as he had at least one clubs 3rd counter behind him. Sadly a medal was not to be as Hillingdon, Chiltern & Herne Hill finished strongly leaving the team in 4th place.

Even so all four can be proud of their efforts, James' 6th place was a quality performance while Sean, Lee and Neil all gave 110% in a race that was a privilege to watch, well done guys.

Harrier	Time	Position
James Knight	34:56	6 th (5 th of 48)
Sean Holmes	36:55	22 nd (15 th of 48)
Lee Tolhurst	37:46	26 th (18 th of 48)
Neil Martin	39:47	41 st (24 th of 48)

93 finished

HANTS XC LEAGUE, POPHAM

16th December

from Richard Francis

A clear cold afternoon with almost perfect underfoot conditions brought out a good turnout of Harriers for the third race of the season.

Ladies

Audra led home the ladies squad but she was chased all the way by Emma who possibly had her best race ever in a club vest. Third counter Charlotte continues to impress in her first season and was only about a minute behind while Sarah had an absolute cracker which bodes well for the rest of the season. Rebecca employed her normal start fast tactics and once more was hunted down by Monique who was tantalisingly close at the end following a great race. Lisa made a very successful XC debut and seemed to thoroughly enjoy it; hopefully she will become a regular in the final two races of the season.

The senior team finished 13th which sees them currently 11th in the league. The Vets team took 7th on the day and are 5th overall in the league.

Harrier	Time	Position
Audra Rawlings	27.36	62 nd
Emma Edwards	27.59	64 th
Charlotte Lewis	29.03	73 rd
Sarah McCann	29.34	81 st
Rebecca Costambeys	31.54	98 th
Monique Van Nueten	32.13	99 th
Lisa Warriner	34.06	106 th

115 finished

Men's

At last a big turnout from the men with 13 toeing the line, although some were not in top condition as cold / sore throat season kicked off.

The top 4 held no surprises as James, Sean, Lee & Neil all ran well. Simon made his club debut and seemed to enjoy it as he closed the scoring team that recorded its best result of the season of 8th. Neil Glendon was next home ahead of an improved run from Keith Vallis who was closely followed in by Bliss with Martin Crawshaw putting in another reliable performance only 30 seconds back. Ben had obviously learnt from his Goodwood run and certainly seemed a lot stronger over the last lap this time. It was good to see Piers having a slow but steady run round following his injury woes while I ran well until the start of the second long lap when it suddenly felt that I'd filled the tank with diesel instead of super unleaded. Richard was running for the second time this season and had an improved result on his Farley Mount debut to close the club interest.

The men's team are still bottom of the table & our position in the top flight looks to be dependent on other clubs missing races but, as that happened twice last season, anything is possible. The Vets team finished second on the day, the same as their current league table placing.

Harrier	Time	Position
James Knight	33.22	20 th
Sean Holmes	34.47	44 th
Lee Tolhurst	36.09	60 th
Neil Martin	37.09	79 th
Simon Lovelock	38.34	115 th
Neil Glendon	39.27	126 th
Keith Vallis	40.46	148 th
Mike Bliss	40.56	153 rd
Martin Crawshaw	41.31	161 st
Ben Johnson	46.52	219 th
Piers Puntan	47.59	231 st
Richard Francis	50.18	236 th
Richard Costambeys	56.29	253 rd

256 finished

WINTER HANDICAP (Race 3)

18th December

from Richard Francis

Three newbies & three PB's filled the top positions in a close finish. First timer Richard timed his run to perfection to pass Emily in a last gasp dash to the line to win while Emily had the consolation of a 39 second PB. Steve Spence was only 2 seconds behind in third with a 12 second improvement as he too timed it just right to pip Rebecca as just 8 seconds covered the top four. Simon ran one of the fastest debuts for some time while Sarah nipped 7 seconds off her PB to continue her good form from Popham.

Fastest runner was Sean in one of his slower times with Simon second fastest and a special mention to third placed Richard Clifford whose 3 times this season have been 22:02, 22:02 & 22:03, in fact only 25 seconds cover his last 9 runs.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	Rich. CONSTAMBEYS	36:03	4:40	31:23	15
2	E. JULIFF	36:06	1:39	34:27	16
3	S. SPENCE	36:08	6:56	29:12	11
4	Reb. CONSTAMBEYS	36:11	6:42	29:29	14
5	S. LOVELOCK	36:17	14:59	21:18	2
6	S. McCANN	36:32	7:16	29:16	12
7	G. ENGLAND	36:52	11:16	25:36	7
8	R. CLIFFORD	36:57	14:54	22:03	3
9	S. HOLMES	37:07	16:38	20:29	1
10	N. McCANN	37:18	7:50	29:28	14
11	M. GROUNDSELL	37:50	15:38	22:12	4
12	R. DENNISON	37:54	12:05	25:49	8
13	K. VALLIS	38:01	13:50	24:11	6

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
14	K. BROTHERS	38:24	9:56	28:28	10
15	H. BLISS	38:28	11:56	26:32	9
16	M. BULPITT	38:57	3:56	35:01	17
17	J. LEAVEY	39:08	GO	39:08	18
18	M. BLISS	39:09	15:22	23:47	5

PORTSMOUTH COASTAL MARATHON **21st December** *from Stuart Searle*

I should have done the Cyclist Race

Portsmouth Coastal Marathon (PCM) has become a bit of an annual pilgrimage, as this was the third year in a row I've run it, (not so sure there will be a 4th year doing it).

For those of you unfamiliar with this race, PCM can be best described as a multi-terrain marathon, with sections of road, trail, mud and also beach. It may well be the only marathon where you could use: racing flats, trail shoes, spikes and waders within its 26.2 mile course.

Training for this wasn't taken too seriously, as on top of my normal mileage; I only did three long runs. One of which was 18 miles on the Newbury Canal path, which turned out to be more of a cross country mud bath than pace run. However, one Saturday morning, I did manage to comfortably run 22 miles in 2:40 which gave me a slight confidence boost.

Sadly, Martin Groundsell was forced to withdraw a few weeks beforehand, due to a minor back injury, lack of motivation, or the prevailing of common sense (the common sense one may not be accurate). Very early on Sunday morning, whilst most sensible Harriers were still in bed dreaming of victory against the cyclist, I drove down to race HQ at the Pyramids Centre in Southsea. The one key advantage of arriving early, means you get to use the facilities before the rush starts, and you need a full body hazmat suit to enter the gents.

At 8:35 we were led out to the start by Scottish bagpiper and at 8:45 were we rather unceremoniously given the go.

I managed to get a good start, which is crucial, because after about 3 miles you get onto some single track which makes overtaking very difficult. It was around the two and half mile mark, that "Patrick" a first time marathoner attached himself to my shoulder, which is where he would stay for most of the race.

After I ran through the six mile mark, I began to notice that I didn't quite have the spring in my step that I would have wanted for a race of this length. And after another run across the shingle beach, I was feeling worse. Approaching the half way turn around, I did contemplate withdrawing; however, as I'd plan to attend the Christmas lunch, I thought it best to push on.

The second half didn't get any better for me, fatigue had set in, my legs were heavy and lifeless. My dream of a sub 3 hour marathon would have to wait; it was now a matter of survival.

By mile 20, Patrick who had been on my shoulder, made a break for it, but that only lasted about 400m before he was bent over and on the verge of quitting. I ran passed giving what encouragement I could and he managed to get running again, but this time quite some way back.

The route had been changed from previous years, meaning the final run across the beach was replaced with sections of road. At mile 23, I had the final push along the promenade to the finish line. I was dragging myself along, the headwind was brutal and exhausting and to add insult to injury, a man running in a tutu overtook me with 2 miles to go.

The finish line was a very welcome sight and I was glad it was over. It was then a question of getting a shower and driving up to get my Christmas lunch at the Golf Course. The walk from the car park to the club house was not that easy....

Finish Time: 03:15:12. Position 45th out of 1254. 1st Overton Harrier.....

CYCLISTS RACE 21st December

<u>Pos</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>
1	Adrian Lansley	Cyclists	19.41
2	Sean Holmes	Harriers	19.41
3	Lee Tolhurst	Harriers	20.03
4	Martin Groundsell	Harriers	20.12
5	Simon Whitlock	Harriers	20.57
6	Richard Clifford	Harriers	21.35
7	Neil Glendon	Harriers	21.45
8	Sam Allen	Cyclists	21.50
9	Mike Bliss	Harriers	22.11
10	Alex Cross	Cyclists	22.15
11	Alex Charlick	Cyclists	22.21
12	Keith Vallis	Harriers	22.23
13	Claire Spencer	Harriers	22.25
14	Chris Minter	Cyclists	22.33
15	Martin Harris	Cyclists	22.37
16	Mark Baker	Cyclists	22.44
17	Matt Melville	Cyclists	22.53
18	Nick Onslow	Cyclists	23.04
19	Tim Richardson	Cyclists	23.16
20	Cath Wheeler	Harriers	23.18
21	Martin Crawshaw	Harriers	23.21
22	Tom Wheeler	Cyclists	23.41
23	Simon Gill	Cyclists	23.51
24	Charlie Charlick	Cyclists	24.05
25	Henry Salmon	Cyclists	24.09
26	George Preece	Harriers	24.20
27	Bernie Charlick	Cyclists	24.24
28	Richard Lewis	Cyclists	24.47
29	Robbie Dennison	Harriers	24.51
30	Dave Watkinson	Cyclists	24.56
31	Dave Wrey	Cyclists	24.59

<u>Pos</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>
32	Callum McKeaveney	Cyclists	25.13
33	Piers Puntan	Harriers	25.26
34	Dave Titcomb	Harriers	25.32
35	Hannah Bliss	Harriers	25.40
36	Ryan McKeaveney	Cyclists	25.46
37	Katie Brothers	Harriers	25.46
38	Damien McKeaveney	Cyclists	25.51
39	Steve Edwards	Harriers	26.32
40	Emma Edwards	Harriers	26.49
41	Simon Lunskey	Cyclists	27.10
42	Matthew Taylor	Cyclists	27.14
43	Andy Cracknell	Cyclists	27.22
44	Claire Boyle	Harriers	27.26
45	Jay Allen	Cyclists	27.26
46	Charlotte Lewis	Cyclists	27.36
47	Sarah McCann	Harriers	27.44
48	Neil McCann	Harriers	27.53
49	Gareth Juliff	Harriers	28.13
50	Richard Francis	Harriers	28.16
51	Steve Spence	Harriers	28.19
52	Rebecca Costambeys	Harriers	29.09
53	Steve Hobden	Cyclists	29.55
54	Ian Sheldrake	Cyclists	30.27
55	Richard Costambeys	Harriers	31.28
56	Emily Juliff	Harriers	35.34
57	Katie Edwards	Harriers	36.38
58	Julia Leavey	Harriers	37.03
59	Keith Clark	Harriers	37.04
60	Paige Dixon	Harriers	38.10
61	Dave Bush	Harriers	38.10

Match Result

Cyclists 769
 Harriers 871

SOFT TISSUE THERAPY

from Martin Allen

You may be aware that I am half way through a Diploma in Sports and Remedial Massage therapy, at the Oxford School of Sports Massage. Part of my diploma requires me to conduct 100 hours of soft tissue therapy, on a variety of volunteers, using the skills that I have acquired throughout the course.

As well as traditional sports massage techniques, this also includes some orthopaedic tests, postural analysis and assisted stretching, to give a thorough assessment and plan appropriate treatment for the individual.

I've already given some treatment to a number of Harriers, but would welcome further volunteers with sports injuries, needing pre and post event treatment or indeed imbalances due to occupational factors.

If you would like to assist me in my studies, please contact me through Facebook or on my mobile :
07779337264