

**Overton
Harriers**



**&
Athletic Club**

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January 2015 Issue 450

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February 1 st	RYDE 10 (HRRL)
7 th	HANTS XC League, Bournemouth
14 th -17 th	TRAINING WEEKEND, IOW
15 th	Bramley 20
22 nd	Winchester 10k

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

Well another year has disappeared and for those whose hopes of PBs have, like mine been dashed in the pile of Christmas chocolate wrappers then we have a chance to refresh and to start again. Perhaps I should have made more of an effort to get to Stubbington where, according to my various sources a whole raft of Harriers got PBs. Here's wishing you a good 2015 running year and looking forward to the highlight; Shrove Tuesday Pancake Race!

HAMPSHIRE XC CHAMPIONSHIP

3rd January

from Trevor Smith

Talk about starting the New Year with a bang. There was a great turnout for this event and it was clear that the main medal chances would lie in the Veterans age groups. The muddy course was a twisting mud bath with muddy climbs, muddy downhill, muddy flat sections, muddy corners and, despite the best efforts of Keith & Anna, even the inside of the club tent was muddy.

Ladies

The ladies team was led home by Cath with another fantastic run, even though this is her last year in her age group she ran away with the gold medal by over 2 minutes and finished 11th Veteran overall. She even beat the W35 age group champion. Audra's fitness is clearly improving and she followed up her good run at Oxford with an excellent 8th place in a very competitive W45 age group. Emma showed the benefits of her long Sunday morning club runs to take a stunning 7th place in the youngest vets' age group while Katie was 9th in the same age group after suffering from lack of traction control after wearing road shoes. So four runners over the line which resulted with the Senior team finishing 11th out of 16 teams, however the same four combined for the Veterans team with took a stunning 4th place only a few points behind Guernsey.

The great performances didn't end there as Sarah continued her recent run of fine form and chased Katie all the way to the line and finished 15th in the W40 race. Young Claire found the mud tough but ran well and as our only Senior finished 32nd in that age group. Rounding of the squad was Rebecca who possibly had her best XC race of the season making light work of the extra 2km to take a fine 11th in the W45 group.

Harrier	Time	Position
Cath Wheeler	35:01	23 rd
Audra Rawlings	37:16	45 th
Emma Edwards	40:07	59 th
Katie Brothers	41:10	70 th
Sarah McCann	41:15	72 nd
Claire Boyle	43:33	78 th
Rebecca Costambeys	44:15	82 nd

98 Finished

Men's

Sadly Neil Martin had been ill over the Christmas & New Year and was a non-starter but it was great to see him there supporting his team mates. As it turned out the Vets team race was a virtual no contest. James finished a storming 15th overall to take the M40 title while Sean seemed slightly surprised to take the M40 silver medal that, not just this race but his season so far, rightly deserved. Lee had a cracker as he ducked inside the top 50 but more importantly was 6th M40 and it now came down to our final counter. Step forward our oldest runner, Mr Injury himself, Mike Bliss. He not only anchored the team to the Gold Medals but also picked up an individual gold himself as he took the M55 title.



Neil Glendon had a great run for his 13th place in the M40's while Keith had a fine run for 11th M45 as he held off the XC loving Richard Clifford who slipped his way to 24th in the M40's.

Farther back Dave Titcomb had a solid run for 12th M55 and anchored home our Vets B team which finished 10th out of 17 teams. I benefited from a good training period over the holiday period and felt comfortable throughout to finish 17th in my age group.

Neil's first XC race was a real baptism of mud & hills as he finished 32nd M40 but, with a few more longer runs under his belt, he should see some rapid improvements on the road come springtime.

Harrier	Time	Position
James Knight	42.17	15 th
Sean Holmes	44:19	26 th
Lee Tolhurst	46:33	46 th
Mike Bliss	47:53	62 nd
Neil Glendon	49:20	81 st
Keith Vallis	52:04	112 th
Richard Clifford	52:24	116 th
Dave Titcomb	58:07	158 th
Richard Francis	63:27	177 th
Neil McCann	66:01	180 th

186 Finished

HANTS XC LEAGUE (READING) **10th January**

The penultimate race of the season was held at Prospect Park in cold, bright conditions after the earlier rain had ensured that the course would be quite soft in places. The course is quite easy to find.....unless your name is Sarah, she got to Reading then followed a M4 sign. 22 miles later both she and Emma were at Newbury and by the time they got to the start line the rest of the field were over a minute into the race.

Cath continued her fine winter to record her highest league placing this season and was 6th Vet as well. Katie looked far more controlled compared with the previous week (amazing what a difference a pair of XC studs makes) and had a good run Emma & Sarah caught up with the field but of course were down on their normal placings while Monique completed the team with another fine effort.

Harrier	Time	Position
Cath Wheeler	23:29	19 th
Katie Brothers	27:09	68 th
Emma Edwards	30:32	95 th
Sarah McCann	30:54	97 th
Monique Van Nueten	31:43	104 th

119 Finished

While parts of the ladies team were starting late some of the men were finishing early. I was first to drop out with a re-occurrence of an old injury and a lap later, Bliss was out with a calf problem.

However the rest of the squad ran well as they finished 8th team. Sean was first man home but Lee is running really well at present & wasn't too far behind. Neil Glendon needs to get to the club more often but, even so, is running well and was a fine third counter ahead of Stuart who made what I think is his club XC league debut.

Keith Vallis is getting back to form and closed the team ahead of Richard who once again showed that XC is his favourite surface. Simon showed some of the old Harriers ethos by turning up feeling slightly under the weather after the night before and regretting it for every step of the race.

The Vets team finished second and look good for more medals at the last fixture at Bournemouth.

Harrier	Time	Position
Sean Holmes	31:39	40 th
Lee Tolhurst	32:13	46 th
Neil Glendon	34:53	92 nd
Stuart Searle	35:09	101 st
Keith Vallis	35:47	107 th
Richard Clifford	36:07	111 th
Simon Lovelock	36:20	115 th

200 finished

STUBBINGTON 10K 18th January

from Stuart Searle

There is an element within the Harriers; an element that not only wants to beat you, but crush you and destroy you in the process. That element is better known as the Men's Team.

On Sunday the 18th, we made our annual trip down to Stubbington, to compete in the 10km road race, hosted by Stubbington Green Runners. This is the first Hampshire road race of the New Year and usually a good indicator of who maintained their training over the Christmas period.

The course is ideally suited for fast times, as it's almost flat, with the exception of one slight hill in the second mile. Most of the route is run along rural roads, which then drops down to the coast before working its way back up to the green for the finish.

This year (as most years) the weather was going to play its part too. The week building up to the race, had forecasts varying from snow, rain, sleet to sunny, but all still very cold. However, on the day we were lucky, despite some sleet on the way to there, it remained dry, albeit quite cold, but good running conditions. Stubbington also introduced some stringent new measures, when collecting your race number, which caught a few people by surprise.

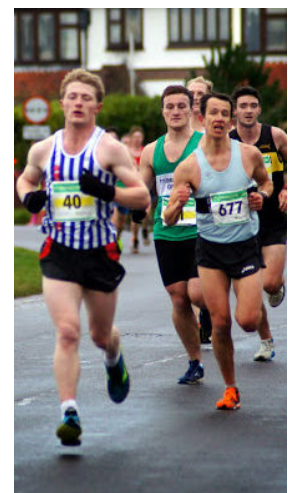
Last years' race saw some close battles to the finish line and this year was promising to be no different. With the usual high level of banter that surrounds the Men's team (hence my opening lines), the "Grudge Match" was truly on. So much so, that a few decided to ditch the winter handicap in favour of a steadier village fartlek the Thursday before the race. The pecking order within the team must be maintained at all costs.....

To add to the excitement of the race, Andy Vernon (an ex Stubbington runner amongst other achievements) was also there, but he opted to lead the race by bike and not on foot.

There were some fantastic performances from the Harriers, individually and team. James was the first Harrier home (and first Vet 40) in an impressive PB time of 32:24; he was followed by Sean and then Lee. Martin ran a PB in 36:06 as he battled to keep another PB runner, Simon Lovelock behind him. Richard ensured there would be no repeat of last years' finish, as he also put in a great run. Neil Glendon was another of our PB runners, despite starting at the back of the pack, he clocked an impressive 37:52.

The women weren't to be outdone by the men, as they also fielded a strong team, which was lead home by Audra.

Apologies if I've missed anyone's PB.



Stubbington 10k from Sarah McCann

It was a cold crisp morning at Stubbington but despite this it was a really good turnout of 19 runners for the Harriers. I insisted that Neil and I only need wear our Harriers vests and shorts despite it being freezing cold but by the time we lined up Neil was cursing me as everyone else (at the back where we were!) were wearing rather more than just vests!

Just as we went off my watch decided to lose its GPS signal. I couldn't judge how long I had been running by the time it kicked in so I had no idea how I was doing. I also realised that I had started far too far back (as John pointed out) but I still don't know where I am meant to start.

There's always so much to think about! Anyway, there was lots of chatting going on where I was (and it wasn't me this time) so I realised I ought to step on it.

By the time my watch picked up a signal I found myself running under 8 minute miles. I felt fine so I decided to push on telling myself that I would slow up if I needed to. I kept a good pace but it must have hurt a little because I didn't see the very large ship stranded when we went past the seafront!



I still couldn't work out how I was really doing but as I was nearing the finish I heard the man commentating that the people around me were going to get under 50 minutes. So I put my foot down and hoped for the best.

Turned out I beat my previous PB by 1 minute 31 seconds. Pretty happy with that!

Harrier	Gun Time	Chip Time	Position
James Knight	32:24	32:24	8 th
Sean Holmes	34:31	34:30	23 rd
Lee Tolhurst	34:58	34:57	30 th
Martin Groundsell	36:08	36:06	47 th
Simon Lovelock	36:39	36:37	62 nd
Richard Clifford	36:50	36:47	71 st
Neil Martin	37:29	37:26	95 th
Stuart Searle	37:50	37:47	116 th
Neil Glendon	38:06	37:52	125 th
Audra Dennison	45:00	44:35	467 th
Katie Brothers	46:37	46:08	565 th
Sarah McCann	49:36	48:21	751 st
Stephen Spence	51:06	50:40	844 th
Neil McCann	52:30	51:08	917 th
Rebecca Costambeys	52:48	51:27	934 th
Monique Van Nueten	55:08	54:41	1067 th
Richard Costambeys	55:30	54:08	1082 nd
Emily Juliff	60:23	58:36	1317 th
Julia Leavey	65:57	64:10	1495 th

And finally:

For most of us, the night before a race usually consist of a nice pasta dinner, may be a glass of wine (just the one) and plenty of water, generally followed by an early night. HOWEVER, if you want to run a 36 minute PB, try this: Start drinking around 5pm, throw in a curry (with more beers) then head to the pub for more beer, then back home for a few more, finally getting to bed around 3:30am, for less than 4 hours sleep, head to the race hung-over. Not the ideal pre-race strategy, but..... it did work for one Harrier. No prizes for guessing who.

TRAINING WEEKEND

14th – 17th February

from Richard Clifford

For those of you joining the Harriers on the annual training week(end) in Shanklin, Isle of Wight, you have just a few days more to wait! A reminder that we will be catching the 12pm ferry from Southampton to Cowes on 14th Feb with the first easy run planned for 3:30pm that day.

If anyone still owes any money for the meals at The Holliers and The Spyglass, please pay to the training week account as soon as possible.

An information pack containing details of accommodation arrangements, running schedule, meals and things to do will be sent out in w/c 09 Feb.

With the winter progressing it's time for a long overdue review of a few club competitions.

CONSISTENCY LEAGUES

This is run over 15 selected races over the year covering all the major road distances plus XC races. Hannah made a great start in the league last summer but sadly injuries intervened and it was Monique who took over until she too got injured. This coincided with Rebecca Costambeys getting the racing bug and her long run of finishes has now put her well clear at the top with 236 points with only 3 races (Bournemouth XC, Salisbury 10 & Eastleigh 10k) to go. Second place looks interesting with Monique & Katie Brothers currently equal on 168 points closely followed by Claire Boyle (157) and Hannah (152). Sarah & Cath are the others to have topped the 100 point mark so far.

In the men's league, Sean missed the away Mob Match which put Neil in pole position. Sean had just about pegged back the lost points when illness ruined Neil's ever present streak and Sean has now taken control with 292 points, Neil has 249 ahead of third place Lee with 207. Richard Clifford has 165 in fourth spot and Neil Glendon, James, Keith Vallis and Franny make up the rest of the 100+ points club.

WINTER HANDICAP LEAGUES

These competitions are run from October to March and the titles are decided on your best 5 results from the six races. The Time league looks as it is going to its regular winner as Sean, with 4 wins so far, only needs a top 6 place in either of his final 2 races. Richard Clifford is second with 7 points with Keith Vallis third on 11. If these 3 finish one more race then the medals will be decided.

The handicap league however, is wide open; Katie Brothers currently tops the table on 15 points. Richard Clifford & Steve Spence are two points behind on 17 but, Steve will drop out as his trip abroad means he will miss his second race. Sarah is next on 18 points followed by Mark Bulpitt & Sean tied on 19 with Emily Juliff still in contention on 22. It should be noted that Sarah, Mark & Emily cannot afford to miss another race or they could miss out at the club presentation dinner.