Overton Harriers & Athletic Club

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February 2015 Issue 451
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March 8th	**SALISBURY 10 (HRRL)**
12th	**Foxdown Handicap**
15th	Meon Valley Plod
22nd	**EASTLEIGH 10k (HRRL)**
29th	**COMBE GIBBET**

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

ROUND UP

The big event of the month was the Harriers Training Week in the Isle of Wight which was a great success. Notwithstanding this week away the club has also been continuing its excellent results in the HRRL with great performances at Ryde 10.

Looking ahead March sees the Combe Gibbet as well as yet more HRRL fixtures. The only cloud is that the final XC of the season saw the men's team relegated from Division 1; gives us a target of promotion for next year.

RYDE 10 1st February *from Martin Groundsell*

Sean has been reviewing the HRRL tables and believes that if we remove all of the teams worst results then we are top of the league. This triggered some nagging to get a team out for Ryde 10. As usual it was cold, windy and the course had been changed to add in another major hill to the already tough course. I wonder why we didn't naturally have a team for the race?

So Sean, Neil M, Simon, Neil G, Ryan and I trekked over for the race. While we were on our warm up it was blowing a gale and bitterly cold but for some reason I felt up for it. It may have been due to the lack of hangover unlike Stubbington. As usual I went off hard and tried to gap Neil and Simon, just as with Stubbington Simon was back with me around mile 4 and was close by until the penultimate big hill at 6-7 miles. I could hear him bearing down on me but a bit of a kick off the top of the hill and he seemed to be dropped.

I knew Simon would come back at me so I focused on hunting down the Stubbington runners ahead of me.

I managed to catch one of them by mile 9 and a Lordshill runner but as I turned to run down the last hill just after 9 miles I looked and thought I saw Simon on my shoulder. This prompted a full gas decent and charge to the line.

It turns out Simon wasn't on my shoulder and I was seeing things....

With Sean finishing high up and Neil, Simon and I packing well around the 16-20 placings it meant we were joint first for the HRRL results so job done.

We are now in 3rd place in the men's HHRL Division 1 with the potential to go even higher when the worst three performances are deleted at the end of the season.

Harrier	Time	Position
Sean Holmes	58:06	5th (1st V40)
Lee Tolhurst	1:01:25	18th
Simon Lovelock	1:01:54	20th
Neil Martin	1:01:58	21st (3rd V40)
Neil Glendon	1:05:45	51st (8th V40)
Ryan Wakefield	1:08:55	77th (42nd V40)

430 finished

HAMPSHIRE XC, BOURNEMOUTH 8th February

The last match of the season is at Bournemouth a reasonable though not hugely inspiring course. The senior men's team was in the relegation zone prior to the event though they did have potential for a win in the Vets League.

The ladies senior and vets teams were mid table so it was a little bit of an empty fixture.

The senior ladies team finished 10th team on the day with the Vets team gaining 6th place Katie Brothers having a great run and a close battle between Emma and Sarah

Senior Ladies

Harrier	Time	Position
Cath Wheeler	21:53	21st (6th V)
Katie Brothers	27:16	65th (26th V)
Sarah McCann	29:13	86th (41st V)
Emma Edwards	29:18	86th (42nd V)
Claire Boyle	30:23	92nd
Rebecca Costambeys	30:48	94th (45th V)
Monique Van Nueten	32:16	103rd (52nd V)

119 finished

Senior Men

Harrier	Time	Position
Sean Holmes	33:41	31st (4th V)
Lee Tolhurst	34:09	39th (8th V)
Neil Martin	36:36	72nd (21st V)
Neil Glendon	36:39	73rd (22nd V)
Keith Vallis	37:38	87th (30th V)
Richard Clifford	37:57	94th (33rd V)
Dave Titcomb	42:53	150th (82nd V)
Richard Francis	47:16	187th (117th V)
Neil McCann	49:32	192nd (12st V)
Richard Costambeys	53:49	204th (133rd V)

206 finished

FINAL XC LEAGUE TABLES

Senior Men – Division 1

1	Aldershot, Farnham & District	10
2	Southampton	12
3	Basingstoke & Mid Hants	16
4	Reading AC	21
5	Bournemouth	29
6	Winchester & District	30
7	City of Portsmouth	33
8	Reading Roadrunners	34
9	Overton Harriers	45
10	Stubbington Green Runners	45

Veteran Men – Division 1

1	Aldershot, Farnham & District	6
2	Overton Harriers	11
3	Winchester & District	18
4	Basingstoke & Mid Hants	22
5	Stubbington Green Runners	35
6	Wimborne	42
7	Hardley Runners	45

Senior Ladies

1	Aldershot, Farnham & District	7
2	Winchester & District	8
3	Basingstoke & Mid Hants	18
4	Reading AC	19
5	Southampton	25
6	Stubbington Green Runners	45
7	Ryde Harriers	53
8	Havant	56
9	City of Portsmouth	56
10	Reading Roadrunners	57
11	Overton Harriers	58
12	Fleet & Crookham	71
13	Totton RC	85

Veteran Ladies

1	Winchester & District	6
2	Reading AC	9
3	City of Portsmouth	29
4	Stubbington Green Runners	30
5	Overton Harriers	34
6	Fleet & Crookham	43
7	Reading Roadrunners	45
8	Totton RC	56

Individual Veteran Men

1	A Hamilton	M40	Basingstoke & Mid Hants	7
2	Scott Smith-Bannister	M50	Aldershot, Farnham & District	13
3	Mark Symes	M40	Aldershot, Farnham & District	13
4	Sean Holmes	M40	Overton Harriers	18

5	Lee Tolhurst	M40	Overton Harriers	35
6	J Bennett	M40	Southampton	52
7	Chris Dewey	M40	Andover	53
8	Peter Mitchell	M40	Winchester & District	61
9	James Ratcliffe	M40	Aldershot, Farnham & District	65
10=	Neil Martin	M40	Overton Harriers	68
10=	Steve Brett	M40	Andover	68

Individual Veteran Ladies

1	Lucy Elliott	V45	Winchester & District	5
2	Nikki Sandell	V35	Bournemouth	25
3	Cath Wheeler	V45	Overton Harriers	27

Congratulations to all our runners but especially to Cath Wheeler on maintaining her impressive record in Cross Country Leagues

FOXDOWN HANDICAP #5 **12th February** *from Richard Francis*

There was a better turnout for this month's race and with the league wide open there was some competitive racing despite the sewage spillage at the bottom of Foxdown Hill. Keith Vallis took the victory on the night and is showing signs of improvement following his chest infection. Second home was Katie Brothers who was pushed to the line by Keith Clark. These positions were then reversed because the useless handicapper had left Katie off the start list. Even so her new PB by 39 seconds now puts her in the Handicap top spot with one race to go.

Fourth place went to Greg, whose start times have been the subject of much discussion, with Simon home next with a 19 second PB which made him the first Harrier to beat the 21 minute barrier since Sean in 2009. Dave Titcomb has been running well of late and he was narrowly ahead of Richard who wrecked his streak of 22:02 / 22:03 clockings with his fastest run for some time.

Fastest was Sean ahead of Simon & Richard with Neil, recovering from illness, fourth.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	K.VALLIS	35:44	12:42	23:02	5
2	K. CLARK	36:01	9:59	26:02	7
3	K. BROTHERS	36:06	9:56	26:10	8
4	G. ENGLAND	36:19	11:15	25:04	6
5	S. LOVELOCK	36:26	15:27	20:59	2
6	D. TITCOMB	36:29	10:12	26:17	9
7	R. CLIFFORD	36:34	14:42	21:52	3
8	S. HOLMES	36:49	16:38	20:11	1
9	B. JOHNSON	37:02	10:05	26:57	10
10	M. BULPITT	37:23	3:56	33.27	18
11	C. LEWIS	37:27	9:16	28:11	13
12	S. SPENCE	37:49	7:33	30:16	15
13	S. McCANN	37:55	8:00	29:55	14
14	M. VAN NUETEN	38:04	6:11	31:53	16
15	S. EDWARDS	38:14	10:35	27:39	11
16	N. MARTIN	38:17	15:37	22:40	4
17	S. McNAIR	39:06	6:57	32:09	17
18	L. WARRINER	40:24	6:11	34:13	19
19	P. PUNTAN	40:42	12:42	28:00	12

So where does this leave the league tables? Sean, Richard and Keith Vallis have the Time league sewn up whereas the useless handicapper has egg on his face again as the Handicap league table on the club Web site has a slight error that even Sean has not spotted.

Following a correction Katie (18) leads Richard (24) by 6 points with Sean's correct score (27) third. Steve Spence misses the last race which leaves Mark Bulpitt (29) in fourth ahead Sarah (31). Therefore the medals are still wide open if everyone shows up for the last race.

IOW TRAINING WEEKEND **14th – 17th February**

A cracking Training Weekend was had in the IOW and thanks to Keith Clarke, Richard Clifford and all the others for organising such a great weekend.

The start of the Training Week was the ferry over to the IOW which was swamped by over 50 Harriers who celebrated Ron's 70th Birthday thanks to Monique who baked two delicious cakes.

Following unpacking and the usual opening Saturday IOW introduction run, which meant undulating paths, cliff collapses and dodging the plethora of elderly Jack Russell's and Westies we had an opportunity to search out the local pubs and then had a Carvery at the Holliers.

After some significant drinking at both the Holliers and the mad Harry's Bar it was back to bed of for more booze until well into the early hours.

The following day was, like last year, glorious with sunshine and no wind; perfect for pyramid reps on the prom.

Some of the Harriers took to their bikes or had another cross country run on Saturday Afternoon. The group run up and over the trig point via Wroxhall had a rather surreal encounter with a Highland Cattle Bull and an RSPCA bloke. However most of the Harriers spent Saturday afternoon having a leisurely lunch, taking a stroll on the beach or honing their skills on 2p drop in the Amusement Arcades.

Following another meal at the Holliers we relocated to another pub where eventually the Landlord did manage to eventually get us to leave.

Monday, the long run along the disused railway from Shanklin to Newport with some runners doing nearly 20 miles with others being satisfied with something a bit more sensible.

Thanks to the forward planning of Mr Clark a coach was arranged for the afternoon lunch at the Spyglass Inn at Ventnor. The huge amount of food provided meant that it was a sleepy rather than rowdy coach trip back to the cottages.

Tuesday saw the highlight of the running weekend; the relays. As usual some took it seriously by not drinking heavily the night before; others took every opportunity to carbo-load with malt beverages.

The relay was a ½ mile loop around a park on the cliff path between Sandown and Shanklin. The teams, set out by Richard Clifford, were captained by Sean, Simon, Neil, Keith, Dave, Stuart, Richard and the Martins and equally matched based on scientific algorithms verified by EA and Theakstons. Each runner did two laps (1 mile) at a time, with each runner having to do two efforts i.e., 2 x 1 mile, with some single laps done by the juniors. As all the teams had used different strategies with regard to their fastest runners it wasn't clear until the first set was complete who had a chance of winning and even then it was quite close.

The winner was Keith Vallis' team with Martin Groundsell's team in second and Sean's third with it being an obvious advantage to have "*one lap*" cameo runs!

		Cum.	**Leg 1**	**Cum.**	**Leg 2**
1st	R. Dennison	5.33	5.33	24.46	6.19
	K. Vallis	11.30	5.37	30.32	5.36
	M. Dennison	18.27	6.57		
	S. Spence			37.43	6.21
2nd	M. Groundsell	4.59	4.59	23.37	5.11
	L. Dennison	8.12	*3.13*	26.49	*3.12*
	G. Vallis	11.26	*3.14*	30.14	*3.25*
	A. Leavey	15.46	*4.20*	35.02	*4.48*
	L. McCann	18.26	*2.40*	38.06	*3.04*
3rd	S. Holmes	5.03	5.03	24.19	5.05
	S. Edwards	11.15	6.12	30.45	6.16
	E. Vallis	14.48	*3.33*	34.23	*3.38*
	A. Vallis	19.14	*4.26*	38.31	*4.08*
4th	R. Clifford	5.09	5.09	24.32	5.23
	S. McCann	12.12	7.03	31.39	7.07
	R. Francis	19.09	6.57	38.41	7.02
5th	S. Whitlock	5.08	5.08	24.59	5.19
	C. Lewis	12.06	6.58	32.01	7.02
	M. Van Nueten	19.40	7.34	39.33	7.32
6th	D. Bush	5.12	5.12	26.06	5.46
	H. McMahon	13.34	8.22	34.44	8.38
	N. McCann	20.18	6.44	41.24	6.40
7th	S. Searle	5.25	5.25	26.09	5.35
	K. Edwards	14.06	8.41	35.09	9.00
	K. Brothers	20.34	6.28	41.40	6.31
8th	N. Martin	5.31	5.31	26.53	5.43
	E. Edwards	12.37	7.06	33.46	6.53
	J. Leavey	21.10	8.33	42.04	8.18
9th	K. Clark	5.54	5.54	26.56	6.05
	P. Dixon	14.40	8.46	35.54	8.58
	P. Puntan	20.51	6.11	42.21	6.27

Despite all this sporting excellence on show the real highlights were the Pancake Race and the Overton Harriers Crazy Golf Tournament.

The Pancake race was won by Neil McCann following a schoolboy error by Dave Bush, showboating before he crossed the finish line.

This year's Golf Tournament saw a record number of entries and some dodgy rules being put in place by one group to "make it easier for the kids" *(it has been noted Mr Bush).*

After the trials and tribulations fought over 18 tortuous "pirate themed" holes we waited for the score cards to come in; some of which were only recently received.

The final results show that Mr "*I'm not a cheat*" Bush took revenge from his earlier defeat in the pancake race by beating Neil by a single stroke.

Harrier	**Score**	
Dave Bush	41	
Neil McCann	42	1st Vet
Mark Dennison	44	
Keith Vallis	44	
Piers Puntan	50	
Emma Edwards	51	1st Lady
Robbie Dennison	51	1st Junior Man
Lauren Dennison	55	1st Junior Lady
Julia Leavey	55	1st Lady Vet
Katie Brothers	56	
Paige Dixon	57	
Judy Hewitt	57	
Keith Clark	63	
Georgia Vallis	66	
Charlotte Lewis	67	
Edward Vallis	69	
Sarah McCann	74	

Other activities included a hard reps session with an invited group of runners from around the IOW, a very windy run up to the Bembridge Monument and back, a 5 mile tempo session with the IOW Running Club followed by a curry and a final outing to the Medina ParkRun.

The Medina ParkRun has been relocated a number of times over the last year or two and is now located at Ryde near the finish of Ryde 10 on a flat out and back course on the promenade. Sean, Piers and Neil showed the Harriers colours and, given the excess mileage of the week did pretty well, though Piers' time was quite pedestrian.

Harrier	**Time**	**Position**
Sean Holmes	17:22	3rd (1st V40)
Neil Martin	18:35	6th (2nd V40)
Piers Puntan	22:47	45th (4th V45)

229 finished

All in all an excellent, if completely knackering, week of running and for those who can't remember all photos are at https://www.facebook.com/OvertonHarriersAC/photos_stream.

CHARMOUTH CHALLENGE 2015 4th July 2015

With the training weekend done for another year, I am sure you are all eager for the next club trip to the seaside, well wait in anticipation no longer! As it was such a success last year the plan is to descend upon the Dorset coast on the weekend of 4th July to rise again to the Charmouth Challenge. For those of you that didn't come last year it is a scenic 8 mile race along the coast path (with some hills), maybe not a course for PBs, but just the pleasure of completion!

As last year those that are coming for a second time will mostly be staying at Newlands Holiday Park for the Friday and Saturday night, where there are camping pitches, camping pods and rooms available, they also have mobile homes and lodges for short breaks. Of course being a seaside town there are plenty of hotels and B&Bs and the race being a Saturday afternoon just staying the Saturday night is an option.

The men managed an impressive team victory last year so they will be there as defending champions, and the women being just one short of a team last year I am sure will be keen to be nearer full strength and not let the men take all the plaudits!

But whether in the scoring teams or running your own race further back it would be good to see the harriers out in numbers again. After the race we did have food and drink in the George Inn, but I think if there is as many as last year it may be prudent to let them know of our impending arrival as we did catch them out a little. If you would like to come please be aware that you will need to enter the race and book any accommodation whether at the campsite or elsewhere yourself. If booking for a tent ask to be in the blue field/next to the Pods so we are all together.

Have a look at the websites, and if you intend to join us then could you let me know keefcl@live.co.uk just so we have an idea of numbers. It would be nice to see all those from last year and those that missed out.

Just don't believe Richard Clifford when he says that he will be just watching this year, he will be packing his vest for sure!

http://www.charmouthchallenge.co.uk
http://www.charmouth.org
http://www.newlandsholidays.co.uk
http://www.thegeorgecharmouth.com

Andover Parkrun

28th February, Charlton Lakes

Another great Harriers turnout in the winter mudfest, otherwise known as Andover Parkrun. Thank you to everyone that turned up to run, pace, time, photograph and cheer. Pace-making in the mud and drizzle is never easy, so well done to everyone that gave it a go.

A special "well done" should go to Dave Bush who was only given 30 mins notice that he was pace-making; luckily he is a Maths teacher and could work out the splits! Official Parkrun results are in the table below. Some of our members were obviously protecting their Run Britain handicap, so we cannot comment on how good or bad their pace-making was.

The aim of the day was to raise awareness of Overton Harriers. With more than 23 Harriers turning out, we can certainly claim to have achieved that!

What is more, Andover Parkrun had their highest ever turnout at 186, plus lots of PB's were achieved despite the conditions. Hopefully we will see some new faces at the club as a result.

Position	Name	Age Group	Target Pace	Actual Time
5	Sean Holmes	VM40-44	20 mins	20:16
7	George Preece	JM15-17		20:38
10	Richard Clifford	VM40-44	21 mins	21:08
15	Stuart Searle	VM40-44	22 mins	N/K
31	Greg England	VM50-54	23 mins	23:00
34	Robbie Dennison	JM15-17		23:20
46	Neil Glendon	VM40-44	24 mins	23:56
51	Piers Puntan	VM45-50	25 mins	25:01
66	Lauren Dennison	JW11-14		25:44
70	Rebecca Costambeys	VW40-44		25:55
71	Keith Clark	VM40-44	26 mins	26:01
85	Dave Bush	VM45-49	27 mins	27:01
88	Emma Davies	JW11-14		27:13
98	Sarah McCann	VW40-44	28 mins	28:01
103	Amelia Gray	JW10		28:33
105	Charlie Reynolds	JM10		28:53
108	Richard Costambeys	VM45-49	29 mins	28:59
122	Luke Davies	JM10		30:32
123	Emily Juliff	VW35-39	30 mins	30:38
132	Julia Leavey	VW45-49		31:15
136	Morgan Cottrell	JM10		31:31
143	Katie Edwards	VW40-44		32:21
155	Eleanor McDevitt	JW11-14		34:12

Greg

HBT5 Saturday 2nd May 11am

Time to tackle Hurstbourne Hill again…….

This will be the 7th running of the Hurstbourne 5. If you haven't run it before, it is about time you gave it a go! It is only five miles and the last one is downhill; the rest is a little undulating……..

If you want to run, please sign-up on the notice board before 9th April. Once again, there will be tech t-shirts for all advanced entries.

There will also be a 2K fun run for the youngsters (senior men - that does not include you!). Proceeds from this will go to Andover Young Carers.

As ever, the event cannot happen without lots of help, so if you cannot run, then please consider acting as a marshal. Please email Greg: hurstbourne5@yahoo.com

Cheers!

Greg & Martin

More info on the race can be found at: www.hbt.org.uk/Hbt5Race.htm or on Facebook: www.facebook.com/hurstbourne5

Just for a little inspiration, here are a few previous prize winners. Could we see the first sub-30 finisher this year?

COMBE GIBBET 2015 **29th March 2015**

The annual Combe Gibbet Race will be held on 29th March, volunteers for marshalling would be gratefully received, please contact Piers or put your name on the board at the ORC.

One of the traditions of the Combe Gibbet is that we provide home-made cakes for runners, and supporters, at the end of the race. Please get baking, if you have any queries or recipe doubts get in touch with Monique.