

**Overton
Harriers**



**&
Athletic Club**

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March 2015 Issue 452

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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April 16 th	Hampshire Road Relay Championships
25 th	Southern Athletics League (Andover)
27 th	Southern Veterans League (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

ROUND UP

March saw the successful running of the Combe Gibbet with Harriers filling most of the top places. Looking ahead April looks quiet though we have the start of the Track and Field as well as the usual London Marathon.

SALISBURY 10

18th March

No reports received but this is a nice course up the Avon valley before crossing the river and returning down the valley. The course is deceptively undulating with a nasty climb at 6 miles to challenge. That isn't to say that the course is slow; many runners have their PB here and the course record is under 50 minutes. This was proved to be true with Richard and Rebecca Costambeys, Sarah McCann, and Katie Brothers all picking up PBs

Harrier	Time	Position
Sean Holmes	56:53	12 th (1 st V40)
Lee Tolhurst	59:04	20 th (5 th V40)
Neil Martin	59:42	28 th (8 th V40)
Richard Clifford	1:02:54	57 th (14 th V40)
Audra Rawlings	1:14:03	241 st (12 nd VW35)
Katie Brothers	1:17:35	315 th (19 th VW35)
Charlotte Lewis	1:22:08	400 th (36 th VW35)
Sarah McCann	1:22:10	401 st (37 th VW35)
Rebecca Costambeys	1:26:34	465 th (56 th VW35)
Richard Costambeys	1:34:33	567 th (127 th V40)



697 finished

WINTER HANDICAP RACE 5

March 12th.

Another Winter Handicap season came to an end on an evening that seemed perfect for fast times. With the final positions in the Time League already decided, everyone's interest was on the Handicap League and whether Katie's 6 point lead was big enough.

Sarah & Neil McCann looked as if they had their own, personal, family title decider with Neil going off with a 10 lead. They ran the only PB's on the night with Neil's 48sec improvement taking the honours on the night with Sarah finishing second with her 21sec PB. Richard Clifford then staked his claim for the league title in a time that was a second adrift of his starting time (set last month).

Sean then led home a rapid procession of finishers, all of whom were close to their start times with Katie crossing the line in 9th place. This meant that Richard & Katie were tied and the title now had to be decided on the finishing position in their 6th race. Richard's 13th versus Katie's 14th therefore gave him the title by the narrowest of margins with Sean's fine run confirming his third place.

Big thanks as always to John Hoare & JT for their assistance on some very cold evenings; hopefully it will be much warmer for the first summer handicap on May 21st.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	N. McCANN	35:57	7:50	28:07	10
2	S. McCANN	36:24	8:00	28:24	11
3	R. CLIFFORD	36:46	14:53	21:53	3
4	S. HOLMES	36:50	16:34	20:16	1
5	G. ENGLAND	36:58	11:41	25:17	6
6	S. EDWARDS	37:04	10:35	26:29	7
7	C. LEWIS	37:09	8:34	28:35	12
8	S. LOVELOCK	37:11	15:46	21:25	2
9	K. BROTHERS	37:18	10:35	26:43	9
10	G. MEAD	37:41	3:56	33:45	13
11	M. GROUNDSELL	37:43	15:38	22:05	4
12	P. PUNTAN	38:13	11:41	26:32	8
13	N. MARTIN	38:34	15:37	22:57	5
14	M. BULPITT	39:28	3:56	35:32	14
15	S. YOUNG	41:00	3:56	37:04	15

INDOOR ATHLETICS FOR OLDIES

BRITISH MASTERS CHAMPIONSHIPS

from Edmond Simpson

Seven Gold medals at 3000m. 2003-2015.

The Kelvin Hall is one of Glasgow's fine buildings. Until recently it had facility for a 4 lane indoor track with notoriously steep banking at the ends. The 2014 Commonwealth Games was the stimulus for a new venue which included a wider hydraulically operated track.

No idea now what possessed me to go on a bitterly cold weekend all the way from Folkestone, where I then lived, to Glasgow. I was a new 65 and keen to compete but had never even seen an indoor track. On the Saturday I ran the 1500m and was second. On the Sunday I won the 3000m in 11mins 36 seconds. My first Gold medal, indoors or outdoors.

I should remind you that Masters Athletics are competed in 5 year age bands and for track events there is a medal standard. So no medal if you don't reach the standard.

After that the event was held at the University facility in Cardiff. Nice venue, but no gold. Only so-called minor medals.

2007 saw the opening of a brand new venue. The Lee Valley Athletic Centre at Enfield, North East London. It has been held there ever since. Later that year I won my first outdoor gold, actually at the marathon, but that is another story.

2008 I was a new 70 for this event and keen to be increasing the tally of wins. I won gold three years in succession, plus two gold medals and a silver at 1500m in the same years. After that I had to make do with two silvers, then three more gold medals in a row up to March 2015.

Apart from the medals the great thing about running indoors early in March is - it is not wet, it is not windy and it is not cold. You can enjoy a good sweat!

EASLEIGH 10k 22nd March

A fast Hampshire Road Race League race with a good potential for a PB saw 11 Harriers turn up on a breezy Sunday morning.

Harrier	Time	Position
James Knight	00:32:33	20 th (3 rd V40)
Sean Holmes	00:34:19	56 th
Lee Tolhurst	00:34:50	72 nd
Neil Glendon	00:37:12	131 st
Richard Clifford	00:38:12	170 th
Ben Johnson	00:46:31	710 th
Sarah McCann	00:47:15	803 rd
Rebecca Costambeys	00:49:39	938 th
Neil McCann	00:49:58	1042 nd
Richard Costambeys	00:52:46	1261 st
Emily Juliff	00:57:26	1622 nd

2171 finished

COMBE GIBBET

29th March

from Martin Groundsell

So far my Gibbet record is not the best;

2013 - DNF due to a calf injury at mile 3

2014 - the only time I have finished the correct course

2015- a slight detour.....

The day started with four busloads of runners looking at the rain and wind from the bus and wondering what the hell they have let themselves in for. I think we were all thankful for the slightly longer bus route to the Gibbet as it allowed enough time for rain to pass. At the top the wind was so strong that there were a number of interesting fountain displays by men and women. It seems that the saying regarding pissing into the wind is not as common knowledge as it once was. Sean nearly found out the hard way, if Monique and I hadn't been in range we probably would have let him find out.



The race started with the usual mad dash down the hill, even though I didn't go off as hard as I sometimes do I was close to Lee and Sean, after the first hill I settled into my race pace. I was expecting Simon to appear on my shoulder as has happened on number of races recently, however it was a Devon runner who appeared. I quickly decided that this was going to be a Harriers 1, 2, 3 and so paced myself with the plan to break him once we hit the A34.

The plan was working nicely as I was dropping him on the hills and he was blowing on the flats to catch me.

Simon was only 50 yards behind me which meant that I was still going to have to run hard to hold 3rd once the Devon runner broke. After losing my footing and hitting the deck on the mud slide down to the A34 James shouted that I was only 2 minutes 40 behind Sean and he said it in a way as if I could actually catch him. I kicked up the hill after the A34 and all the way to the top of the hill at 11 miles. I saw Lee in the distance and saw how he kicked at the top of the hill to gap me. I used the same tactic on Simon as the Devon runner was broken, however it didn't work out that well for me. At I reached the last water station Richard told me that no one was in sight but that Lee was suffering and could be caught. That was red rag to a bull and off I went pushing myself once again.



The next thing I know I am heading down hill to a farm and started to think this may not be the right way. However I hadn't seen any signs so I carried on. After a couple of minutes I turned round expecting to see Simon and couldn't see anyone. At that point I realised I was off course and headed back up the steep hill, the wind was so strong that I couldn't run up the hill but had to stride up it.

Once I got to the top I saw a line of 6 runners heading down the right way. The positive thing was that my head didn't drop and I then decided to catch and pass all 6 of these runners.

As I hit the Kingsclere road and the laughter from Piers, Neil and Julie I saw the lead lady. I had lost 3rd but I was not going to get "chicked". She put up a good fight and I only managed to get past her with a mile to go. I managed to cross the line in 9th and a minute slower than last year but with an extra 1.1 miles that according to the Garmin lost me 8 minutes. So on a positive note it was a great training run that proved my running form is good as I head into the triathlon season. Even if I doubt I will ever hear the end of this one.....

The Gibbet is a great race and the feedback from people who raced has been excellent. We hope to make nearly £2k profit for the club once the costs are finalised this year which helps to keep membership fees down, cross country races free etc. this only happens because of the hard work and dedication of the Helen, John, Monique, Piers, Steve and the race committee. So feel free to get them a beer at the bar or the awards night as they deserve it.

Harrier	Time	Position
Sean Holmes	1:39:33	1 st
Lee Tolhurst	1:41:38	2 nd
Simon Lovelock	1:45:21	3 rd
Stuart Searle	1:50:16	6 th (2 nd V40)
Martin Groundsell	1:51:24	9 th
Ryan Wakefield	1:57:25	20 th
Neil Glendon	1:59:44	23 rd
Trevor Smith	2:10:35	55 th
Rebecca Vincent	2:11:10	62 nd
Dave Titcomb	2:14:13	75 th
Katie Brothers	2:22:45	88 th
Charlotte Lewis	2:29:02	110 th
Sarah McCann	2:31:37	117 th
Steve Edwards	2:35:02	121 st

189 finished

From Helen McMahon

My thanks to all club members, family and friends for all your support with the Combe Gibbet to Overton Race. There is a lot of organisation required and your support and that of the Combe Gibbet committee is much appreciated. The race was a success and it was clear that runners had enjoyed the event and the support they received from marshals and spectators all along the route.

I felt the Club as whole really took part in this event. My thanks to the ladies that served teas and sold cakes and to those of you who provided cakes. To our car park attendants, those that were marshalling, setting up the route.....the Club did us proud.

It is hoped that the Club will have made a profit of nearly £2000. This includes tea and cakes profit of over £300.00.

HAMPSHIRE & SURREY VETS LEAGUE

We now have the fixture list for this year's Vets League. There will be eight teams competing and split into age groups of 35-49, 50-59 and 60+. Meetings are on Monday evenings and there will be 4 events over the summer months. Doesn't need to be taken too seriously but we would like to encourage all our Vets, Men and Ladies to give it a go.

Track races are from 100m to 5000m and there will be throwing as well as jumping events. Each meeting will have a different set of events

April 27th at Portsmouth

May 11th at Winchester

June 8th at Basingstoke

July 10th at Aldershot

Hurstbourne 5, Saturday 2nd May 11am

One month to go, so here are a few reminders:

Entries

If you would like to make sure you get a t-shirt this year, please put your name (and t-shirt size) on the list on the notice board on or before Monday 13th April. We will still take entries on the day, but it will cost you £2 extra and t-shirts will be on a first-come-first-served basis.



Marshals

The event has earned a reputation for good organisation and enthusiastic support. This is in no small part down to the Harriers that come along every year to help set-up and/or marshal. If you are free on the 2nd May but do not want to run, please consider marshalling. You will get to wear a lovely yellow vest and have the opportunity to “encourage” your club mates and cheer on the other competitors. We also need help with course set-up on Fri 1st May. If you are able to help out on Fri or Sat, please email: hurstbourne5@yahoo.com

Andover Young Carers

Once again, we will be making a collection of non-perishable kitchen items for Andover Young Carers. AYC provides support to children aged up to 18 years with a caring responsibility of a family member within Andover and surrounding villages. Their caring role may be due to a variety of issues, that include mental illness, physical disability, drug and/or alcohol addiction. Family members may also be survivors of domestic abuse or are long term unemployed. As part of this support, they provide the children with a hot meal. They are therefore very appreciative of donations of non-perishable food and kitchen items, such as: pasta, rice, tinned foods, hot chocolate, washing-up liquid, kitchen towels and cloths. If you can spare any such items, please bring them along on the day, or pass them on to us at the ORC on 30th April.

Cheers!

Martin & Greg

More details at www.facebook.com/hurstbourne5.

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.newlandsholidays.co.uk>

<http://www.charmouth.org>
<http://www.thegeorgecharmouth.com>

BUPA LONDON 10K *from Richard Francis*

As a result of the club entering teams in last September's Southern Counties road relays we have been allocated 6 male & 6 female entries for the Bupa London 10k which incorporates the UK 10k road championship. These are free of charge.

The race will be held on Monday May 25th and, in previous years, has been run in waves which are seeded by time. Club entries will be issued on a first come, first served basis by replying to this E Mail. Entries do not have to be finalised until the end of April so I will keep a reserves list in case anyone is forced to drop out. Please let me know if you want a place and also your target time. Only paid up club members may apply.

ROAD RACE LEAGUE ENTRIES *from Richard Francis*

The club will no longer be sending club entries for Road Races so it will now be down to individual runners to send in their own entries. I will continue to send out reminders and if possible put copies of entry forms on the club notice board.

Full entry details for Hampshire Road Race League races can be found on the League Website and entries ARE now open for the Alton 10 mile, Netley 10k & Portsmouth D Day 10k which complete this year's league programme.