

**Overton  
Harriers**



**&  
Athletic Club**

**Overton  
Harriers**



**&  
Athletic Club**

April 2015      Issue 453

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)  
Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

You can view or print this and previous editions from our website

May 2 <sup>nd</sup>	Hurstbourne 5
8 <sup>th</sup>	<b>PRESENTATION DINNER</b>
10 <sup>th</sup>	<b>ALTON 10 (HRRL)</b>
10 <sup>th</sup>	Marlborough Downs 20
11 <sup>th</sup>	<b>Southern Veterans League (Winchester)</b>
17 <sup>th</sup>	<b>Netley 10k (HRRL &amp; Club BBQ)</b>
25 <sup>th</sup>	BUPA London 10k
31 <sup>st</sup>	<b>Southern T&amp;F League (Harrow)</b>

*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**

Bumper filled newsletter with reports from various events including London Marathon. Track and Field season is upon us and we have reports from the Southern League as well as of our first foray into the world of Veterans Track and Field as a Harriers Team.

## **BRIGHTON MARATHON**

**12<sup>th</sup> April**      *from Katie Brothers*

Sunday 12th April - my first ever marathon in Brighton, came around way too quick!

I'd spent the last 5 months building up my mileage (and getting to know the local area really well) in preparation for the big day but standing at the start on a bright sunny morning it did not seem enough! The atmosphere at the start was great, I had a quick exchange with Charlotte to hand over her race number before she dashed off to the luggage drop and I once again joined the massive queues for the loos.

As the hordes of runners headed towards the start I had well and truly lost Charlotte and stood at the start thinking what the heck have I got myself in for? Although I had done training runs building up my distance to 22 miles (with the help of Sarah and Charlotte) and had braved the Combe Gibbet two weeks earlier in wind and rain none of it felt enough lining up with thousands of runners knowing I would be pounding the pavements for the next four hours.



As the start got under way the first 5 miles flew by running is a mass crowd trying to weave in and out of other runners, as we hit the sea front for the first time at about mile 6 it was so hot already but I felt pretty good and at this point some runners were doubling back so I started my people watching looking out for Charlotte, at about mile 9 we exchanged a cheer for each other and I tried upping my pace to catch her knowing if I did she would pull me through the later part of the race. At the halfway point I was still feeling strong and continued keeping a look out for Charlotte but unfortunately never caught her, for the next couple of miles along the sea front Brighton was heaving and the support was amazing which just carried me along my way. From miles 15 to 19 the course took us back into the town, this section felt very long and boring and lots of weaving in and out of streets to build up the miles, by the time I hit the sea front again at mile 19 I felt like my legs weighed 20 stone, each, and from this point every step felt like the biggest effort ever.

I carried on pounding the pavements determined to keep some momentum and not resort to any walking however the finish seemed to be drifting further and further away from me. As we entered the latter part of the course it once again doubled back so I set my sights on looking out for Charlotte again, at about mile 21 (22 for her) I saw her heading towards me with a huge smile, her cheers from the distance and the high five as we passed pushed me on and gave me a much needed lift. By this point I was treating myself to a 20 second walk at every mile point when I took on water, the 20 seconds felt amazing the making my legs work in a run action afterwards did not make it seem so worthwhile!

By the time we reached mile 23 the finish at the pier was in sight, I kept telling myself it's just a Park Run left to go (Charlotte's words of encouragement in our training runs) - it felt like the longest Park Run ever! The knowing I was now in new territory in terms of mileage I had never run before, and the sight of the finish kept me going, I even sacrificed my walking treat at mile 25 as I was so excited about the prospect of getting to the finish and never running again! The crowds built up going into the final stretch and with so much encouragement and thinking I could now see the finish I found the energy for what felt at the time as a sprint to the finish line, in reality it was no more than a slightly faster plod until realising the big blow up arch over the road I had set my sights on was not the finish, on realising this I am pretty sure I shed a couple of tears! I continued further along the seafront and at 4hours and 14 mins since I started the race I was elated to cross the finish, and a tad gutted after so much hard work I hadn't reached my target of 4 hours.

The walk to the exit of the race was a long, slow, painful one, while I scoffed everything that was given to me - chocolate, water, banana, protein drink. I was then greeted with crowds of thousands of people feeling unbelievable drained and exhausted thinking how the heck am I going to find my mum. I took a short walk along the promenade where luck had it bumped into Charlotte for a quick well done you rocked it, she really did rock it, before eventually being re-united with my family and had a lay on the beach which of course I regretted when it came to trying to stand again.

I'm still not really sure how I feel about the whole marathon experience, I loved the training, having the encouragement and company of Sarah and Charlotte made it really enjoyable and not a chore, the actual experience on the day - hmmm, I still feel a little scarred from it! Do I want to run a marathon again, no! Will I, yes I want to beat 4 hours.

I joined the Harriers just about a year ago now, before that I had done a 10 mile race and an half marathon a year later I've done five more half's, lots of other races of various distances, a crazy 16 mile off road race where I feared I was lost in unknown territory and a marathon, no way would I have done that without joining the Harriers so thank you :)

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Katie Brothers	4:14:45	3996 <sup>th</sup> (319 <sup>th</sup> V35)

*9272 finished*

## **HAMPSHIRE ROAD RELAY CHAMPIONSHIPS**

**19<sup>th</sup> April**

*from Lee Tolhurst*

We did not know what to expect going into this event, but knew that as we had our A-Team out we stood a chance in the vets' race. Sean had selected the team order based on the usual criteria; Lee first as he starts hard and enjoys a crowd; Sean second as it is captain's prerogative giving more time for a wee; James last leg to make up all the time we had lost.

### **Leg 1**

After an aborted first start due to the lead cyclist falling off in front of the gathered athletes, spectators and cameras, Lee started like a train staying with Mahamed Mahemed for half a mile before he stopped messing around and started trying. At the end of the first lap Lee was battling with Southampton and Winchester for the lead in V40 race. Lee struggled to maintain the same pace in the second lap and dropped back. Despite this he recorded a time of 21:50 for the 4mile leg, setting a new PB through 5km of 16:37.

The Harriers were 3<sup>rd</sup> vets' team and 7<sup>th</sup> overall.

### **Leg 2**

From the handover Sean set about reducing the arrears from 55s to Southampton and 35s to Winchester and by the end of the first lap the gap had narrowed.



With the usual Harriers relay support Sean pushed on working hard to reel them in on the second lap in the knowledge James would be quicker over the last leg. Sean sprinted the final metres to complete the leg in 22:02, third fastest on the leg (inc. seniors and juniors). James had 54s to make up on Winchester and 25s on Southampton. The Harriers were still 3<sup>rd</sup> Vets but had moved up to 6<sup>th</sup> overall

### **Leg 3**

James took off at full speed to chase Winchester down. The nerves were on edge could he make up a minute? We ran the numbers with the Winchester team and thought it would be very very close at the end. His pace was electric and half a mile in he had already overtaken the Southampton runner. At the end of the first lap James was bearing down on the Winchester runner and soon after past him. James continued to push and was homing in on the senior teams crossing the finish line in 20:14 the 2<sup>nd</sup> fastest leg of the day and fastest vet; bring the Harries home 1<sup>st</sup> V40 and 3<sup>rd</sup> Overall.

## **HOUGHTON TRAIL 11K (AND A BIT)**

**19<sup>th</sup> April**

*from Greg England*

This was my first "race" since I tweaked my Achilles at the Hanney 5 last October. It is billed as a low key village gathering with a non-competitive event, so a good way to ease the legs back into racing. The event has a great village feel to it, with the obligatory home-made cakes and quirky organisation. That said, they do an amazing job to hold 5 events concurrently: 11K run, 4K run, plus 32K, 14K and 5K bike rides. This was the 12<sup>th</sup> year that the event has been held.

The start was a little chaotic, with a selfish, ignorant woman standing right on the start line playing with her iPod, while her unleashed dog wandered around in front of the tall, thin, fast people. When the starting horn was sounded, she ran off at high speed (for 30 yards), while her startled dog acted as a mobile hurdle for the 170 people behind it. Looking at the race photos, it doesn't look like the dog ever caught up with its owner.

Having negotiated the ridgeback hurdle and detoured around the two-legged, iPod-wearing blimp, I set off at a manageable pace (i.e. slowly) up the initial slight incline. This along with the bulk of the route

was on pretty good farm tracks; there were only a couple of short sections on road. The course was really scenic, taking in parts of the Test Way and Clarendon Way.

In the spirit of the event being “non-competitive” (and to spare my embarrassment) I will not publish my result. I will however be entering again next year, as it was a really enjoyable run. Eastleigh RC actually had this as their trail running championship. Perhaps this is something we should do? A bit of a change from the usual road running championships.



## **SOUTHERN ATHLETICS LEAGUE (ANDOVER)      25<sup>th</sup> April**

I'm sure that if we had had a full strength team out, we could have won this fixture convincingly. But, given the absentees, we did remarkably well to take second place behind Plymouth in a tight match. The handful of Harriers that did make the fixture worked their socks off and deserve nothing but praise for their efforts. Sean and Greg doubled up at 5000m and 1500m, while Piers took on the technically difficult Steeplechase as well as doubling up with Sean in the 800m, and that after judging the Pole Vaults.

Hannah had the 'pleasure' of doubling up at 3000m and 1500m as well as a leg of the 4 x 400m relay. And Monique seemed to be on the track constantly taking on the 400m, 800m, 1500m, 3000m and a leg of the 4 x 400m, in addition to her duties as track judge.

There is no question that these five made a massive difference to the team and ensured our second place. I would love to see a few more blue Overton vests out at the next fixture at the end of the month to further complement our team mates at Andover

### **MEN**

5000m	'A'	3 <sup>rd</sup>	Sean Holmes	17m 20.3s	'B'	3 <sup>rd</sup>	Greg England	19m 22.3s
1500m	'A'	4 <sup>th</sup>	Sean Holmes	4m 57.7s	'B'	4 <sup>th</sup>	Greg England	5m 18.6s
800m	'A'	4 <sup>th</sup>	Sean Holmes	2m 30.2s	'B'	3 <sup>rd</sup>	Piers Puntan	3m 03.9s
2000m S/C	'A'	4 <sup>th</sup>	Piers Puntan	9m 06.4s				

## WOMEN

400m	'B'	4 <sup>th</sup>	Monique Van Nueten	95.7s		
800m	'A'	3 <sup>rd</sup>	Monique Van Nueten	3m 34.1s		
1500m	'A'	3 <sup>rd</sup>	Hannah Bliss	5m 50.3s	'B'	2 <sup>nd</sup> Monique Van Nueten 7m 29.2s
3000m	'A'	3 <sup>rd</sup>	Hannah Bliss	12m 03.1s	'B'	3 <sup>rd</sup> Monique Van Nueten 15m 50.0s

## MATCH RESULT

1. City of Plymouth	194 pts	3 <sup>rd</sup> Oxford City	174 pts
2. Andover & Overton	181 pts	4 <sup>th</sup> Epsom & Ewell	145 pts

## LONDON MARATHON

26<sup>th</sup> April

### *A Pacer's View from Lee Tolhurst*

This year's London Marathon was a very different experience for me as in late January Runners World had asked me to pace the 3 hour group. I accepted after checking with my wonderful wife - the marathon clashed with her birthday and a planned weekend away. The next three months were full of long runs and neigh sayers casting aspersions on my pacing ability and navigational skills, for example:

"I'd love to see their faces when you go through half way at 2:36 pace"

"If anyone can get someone aiming for three hours, 2:55 it's you"

"Have they supplied you with a course map?!"

On the day I was in the best shape I had ever been for a marathon due to no injuries or illness in the build-up. After meeting-up with the other 42 pacers for the obligatory photos, I was set free into the red start. Wearing a four foot flag makes you a target for questions by nervous. On entering the start pen I was soon quizzed about pace, target time (apparently wearing a large flag with both of these bits of information on is not enough!) how was I going to approach the marathon, what is my PB, what about the crowds, was it chip or gun time I was aiming at, etc. The answers were respectively; aiming sub-3 but in the range 2:58:30–2:59:30; pace of 6:50–6:52; I will be even paced throughout; best time 2:43; I will try not to weave too much; I was running to chip time as it will take around 1-2mins to cross the start line.

From the start I felt comfortable but the congestion was hampering progress, this soon dissipated enough that after a mile we were bang on time.

I took the opportunity to look around and there was a wall of sub-3 hopefuls behind me reminding me that their races were now in my hands...no pressure!

The initial checks on the Garmin became less frequent the pace became consistent settling at around 6:47 for each mile to allow for the extra distance we had to cover due to weaving through slower runners. In the early stages there was lots of chat both from runners and me, especially when the two starts merged and a blue 3:15 pacer was alongside us, I quickly reassured them that we were 10s up and not to worry. The blue pacer looked over a little bit sheepish.

As the marathon continued we passed fast starters beginning to struggle, some of whom I knew from the local area and after giving the some words of encouragement I continued my duties. By halfway



Photo courtesy of Susan Clifford

the conversation from those around me had reduced to asking if we were on target, the answer was always “yes, with time in hand”. The Garmin continued to read 6:47.

Next was Canary Wharf where so often the marathon can flounder, I kept talking to those around me letting them know that they were running well. I too was receiving encouragement from fellow Harriers and unbeknownst to me my family (I missed their cheers on 3 occasions). There was now a slight glitch in my plan as my Garmin had lost signal through the skyscrapers and could not be relied upon. This meant calculating the split time for each mile in my head as we went along, it’s not that easy to work out 18 x 6:52 while people keep asking you questions and you’re running a three hour marathon.

Coming out of docklands and onto the embankment the noise was building. I took a look around to see who was left in my group, around 20 of which around 4 or 5 had been there from the start. Very few if any looked comfortable, I kept up the encouragement. In the following 2-3 miles the group dwindled further but I picked-up others who were slowing, one of which, a French guy was really working to stay with it until 25.5. In the last 2 miles there were many worried and strained questions about pace and whether we would make it, I assured them we were around 1:10 inside.

Turning onto the mall and I urged everyone to push for the finished as I held the pace and enjoyed the experience of running towards the finish line relaxed in the knowledge of mission accomplished.

After ducking to get the flag under the finish gantry and helping Dougie Brisco (Andover) who had just collapsed, I was inundated with words of thanks two of which will stay with me for a very long time. The first was the French gentleman who approached me I thought to shake hands, instead he hugged me tight and said “Thank you; you have given me my dream!”. The second was a young lad who I had not spoken to but had followed me the whole race, he came up in tears and explain he was running for the RNLI as his brother had died at sea 6 months earlier and a kind benefactor had agreed to double his total sponsorship if he went under 3 hours, he did, the RNLI are now £1,500 better off.

I explained to both these marathoners that they had done all the training, run their best, I was just lucky enough to be there.

After 4 attempts I have now enjoyed the London Marathon. The crowds throughout the route were amazing, the atmosphere was superb and being a pacer allowed me to experience it for the first time.

For the doubters I would like to point out the average pace for each 5km and I did not get lost!

Split	min/km
5K	04:14
10K	04:18
15K	04:17
20K	04:13
25K	04:13
30K	04:12
35K	04:15
40K	04:16
FINISH	04:13

*from Neil Martin*

The London Marathon and I had unfinished business! In 2014 I was on target to go under 2 hours 50 until I ‘hit-the-wall’ in a spectacular way at 21 miles. I dragged myself to the finish while other runners streamed past me. So after initially saying I wouldn’t, I decided to have another go in 2015. To reduce the pressure of counting down the training weeks and hitting specific runs I decided not to follow a prescribed training plan this year. Instead, I identified a weekly mileage target to include 2 long runs and at least one rep session. I also did three long preparation races over three weeks in March. My times and training suggested that I was in good shape, but you never know what issues the marathon will throw at you.

**Issue one - the weather.** It’s a bit rubbish when instead of enjoying the early April heatwave you’re longing for a cold spell. In the end the weather gods seemed to be in a benevolent mood and marathon day was pretty much perfectly cool and cloudy. So a lot of relief and no excuses!

**Issue two – the toilets.** As everyone knows there are never enough and the problem with a big race like London is that you have to get into your pen about 20 minutes before the race start. This wasn’t ideal and had subsequent consequences.

**Issue three – the publicity seeker** – Sean accompanied us to London and left us in the start area to go and support along the route. Some of you may have seen him deliberately run alongside the lead wheelchair athletes just so he could get on the BBC's coverage!

My aim was to start the race at around 6:24 per mile and see how I felt as I went into the second half of the race. After around a mile I passed Stuart (today I'm a South London Harrier) Searle at perfect pace and pushed on. Stuart's aim was to go a bit slower than me and break the 3 hour mark.

**Issue four – the toilets.** Now the advantage of a big race like London is that they do have portaloos along the route, should you need them. I did! At 8 miles I knew that I would inevitably have to make an unscheduled stop. Unfortunately, I decided not to kill two birds with one stone and so I had to make a second pit stop at 10 miles. I lost perhaps 90 seconds in total and after the race Greg kindly suggested I seek some tips from Mike Bliss whose toilet expertise could have shaved around a minute off that time!

**Issue five – the celebrity runner (or my inadvertent stalking of one).** As a result of my stops I ended up passing a Hi-vis Jensen Button three times in around 5 miles. Hopefully he didn't think I was some kind of weirdo (no comments please)!

Once the toilet issues were sorted the rest of the race saw more serene progress as I ran almost even 5k splits at around 20 minutes each. At 20 miles I passed James Cracknell who appeared to be struggling, but I reflected that he has a pretty massive frame to haul around a marathon, especially in well under 3 hours. I didn't hit the wall and only had to fend off some cramp twinges in my calves over the last few miles. With 4 miles left I started to calculate what was required to get under my target time. I made it with 18 seconds to spare – fighting through a last km stitch, but happy with the time (at least for a few hours).

Stuart came in not long after me having gone under 3 hours for the first time. He seemed very happy, but as much as anything that seemed to be because he now doesn't have to run it again next year. And, with the target achieved, nor do I. But maybe 2017!

*from Stuart Searle*

I have been allowed to contribute to the London Marathon report, even though I was running in my first claim colours of South London Harriers, to whom I am a life member.

Despite running it for SLH, I feel I owe my marathon PB to Overton Harriers, who I spend all my time training with, not to mention receiving a good dose of banter and abuse.

Having tried on a few occasions to break the 3 hour barrier for a marathon, the pressure was starting to mount and was like a monkey on my back.

On Sunday, the conditions were perfect, cool, cloudy and with only a light breeze, it was now or maybe never. Despite my pre-race nerves on Saturday, I did feel rather relaxed on Sunday morning and also rather amused by the VERY elaborate pre-race feeding and preparation Neil Martin was going through.

I lined up in the good for age pen and at 10:10 we were off. My initial miles may have been a bit fast, but this proved to be invaluable in the dying stages of the race, where time is against you. Throughout the race I was constantly looking at my watch, checking my pace, making sure I was on target. At 16 miles I did have some massive self-doubt, at 18 miles I was looking "washed out" (true). However, by mile 20, it was all or nothing. At around mile 24 Chris Furness of Basingstoke AC ran alongside me and said we were "going to do it" (as he was also trying for a sub 3).

With sore legs I continued to push out the miles. The last 800m was a blur as I unloaded everything I had, only to have to find a little more in the last 200m, as we could see the clock ticking away. I crossed the line in 2:59:19.

Big thanks to the Overton Harriers support crew who were out around the course. Never again..... (well, until the next one).

*from Trevor Smith*

I finally made London at the 8th attempt so was determined to enjoy the day come what may .... the 06:15 from Basingstoke was a little more crowded than on the average Sunday, with lycra & trainers as the predominant dress code. Arriving at Waterloo with bags of time I took the opportunity to fuel up some more courtesy of the nearest fast-food place before heading down the Blue start at Blackheath.

Sarah and I didn't manage to find each other in the pre-start melee despite us both being somewhere the near the "female urinals" (new term on me) at the same time. I was in Pen #5 so the start was a bit chaotic but resisted to temptation to weave – by mile #3 though we'd been joined by those from the Green & Red starts and a mile later there was plenty of running room. I can't say enough about the crowds, on TV they look & sound incredible but in real life doubly so.

Aside from seeing family (3 times) and friends the highlight was the slight rise up to Tower Bridge as the road narrows .... deafening support for all the competitors and actually quite emotional.



As for the run itself well I think those crowded first miles did me a favour (08:30 & 08:20 to start) as I'd got the average down to 08:01s by halfway way and there it stayed – the attached photo shows me waddling along at 19 miles (Canary Wharf) – I thought on that basis a sub 3:30 could be on but the extra quarter mile I'd run somewhere scuppered that L. However 3:32 was a PB by 20 mins, I ran the second half about a minute quicker than the first and the last mile was my quickest – it seems fourth time around I've finally get the hang of the most effective marathon method ! In summary awesome day, well done to all Overton Runners and supporters.

*from Sarah McCann*

My London Marathon journey started on the Saturday, as we had decided not to catch the 6.15 a.m. train from Basingstoke on the morning of the marathon, but instead to stay in a hotel the night before. After collecting my number and chip and checking into the hotel we decided to head off to grab some food in Covent Garden. By chance, on the way there, we spotted Lee, Jayne and family in Trafalgar Square. That was of course the only time I saw Lee that weekend given that he was going to be running considerably faster than me. I attempted to get an early night but at 1.45 I was woken by a burning sensation in my ankle probably due to having twisted my ankle two weeks before. Panic set in and I could not get back to sleep for some time.

Next morning I headed out to Blackheath full of nerves wondering how my ankle was going to fare for 26.2 miles. Once there I established that I was in Zone 8 (out of 9 Zones). And given that I had to do

my usual last minute visit to the portaloos I made my way over to Zone 8 to find myself right at the back of it. Not a great start. Anyway, I crossed the start at 10.25 and concentrated on trying to keep to the pace I had set myself (which isn't easy when you are nearly at the back of 38,000 people).

Right from the start I could feel my ankle and as time wore on my other ankle hurt too. And then towards the end everything started to hurt so I forgot about the ankle. I kept giving myself little talks like "you've done 10 miles only Combe Gibbet left" (which funny enough didn't help!) or "you've done 23 miles only Park Run left" (which did help).

On the way, I had to negotiate rolling bottles of water, people literally stopping right in front of me and I almost went up the rear of an ostrich who stopped to have his photo taken. That's what happens when you start at the back! Anyway, I finished in 4 hours 10 mins and 11 seconds. And I love the stats they send you....in the last 7.2k, 69 people overtook me but I overtook 1162 people! Plus, I finished in the top 28% of women. Oh and I beat Iwan Thomas....I know he's not a long distance runner but I'm taking it!!

Anyway, my 3 goals were to do a PB (which I did by 32 minutes), to run all the way (which I also did) and not to hit "the Wall" (I didn't). Oh and my watch said I ran 27.2 miles...probably not entirely correct but due to the weaving in and out it was definitely more than 26.2!

<b>Harrier</b>	<b>Time</b>	<b>Overall Position</b>	<b>Gender Position</b>	<b>Category Position</b>
Neil Martin	2:49:57	755 <sup>th</sup>	731 <sup>st</sup>	152 <sup>nd</sup>
Lee Tolhurst	2:58:42	1636 <sup>th</sup>	1570 <sup>th</sup>	348 <sup>th</sup>
Stuart Searle	2:59:19	1774 <sup>th</sup>	1693 <sup>rd</sup>	380 <sup>th</sup>
Audra Rawlings	3:37:33	7635 <sup>th</sup>	1315 <sup>th</sup>	166 <sup>th</sup>
Trevor Smith	3:32:19	6651 <sup>st</sup>	5626 <sup>th</sup>	878 <sup>th</sup>
Sarah McCann	4:10:11	16485 <sup>th</sup>	4014 <sup>th</sup>	759 <sup>th</sup>

*37585 finished*

### **SOUTHERN VETERANS LEAGUE (PORTSMOUTH)**

**27<sup>th</sup> April** *from Piers Puntan*

Following a great deal of negotiation with the leagues organisation Overton Harriers with the support of Andover, who will be providing second claim competitors, we now have a Veterans Men and Ladies combined Team in the Southern Vets League.

We are in the Hants and Surrey Section; one of seven divisions of the Southern Counties Veterans AC Track & Field League. The others are:

- Herts & Middlesex
- Kent
- Mid London
- South London
- Sussex
- Western

Each division stages a series of matches on Monday evenings in April, May, June and July, at various venues within its geographic area. The men's and women's champions of all seven divisions, plus the runners-up in the Kent Division, then compete against each other in the League Finals which take place in early September.

The first meeting was at Portsmouth on a cold and blustery evening not conducive for good performances.

The highlights were; getting nearly a full men's and ladies team, Keith's performance in the 2k walk, though if the AFD judge hadn't so blatantly ignored the winning AFD's "jogging" behind Keith he should have won and Steve Spence's first long jump since he was a kid; though he didn't fully appreciate the Harriers clapping as he got to the runway.

The ladies were a few down on numbers but Sarah showed some speed in the sprints and Anna definitely has a future in the walk as long as the aforementioned AFD judge doesn't disqualify her.

Whilst this was a first try for most people on the track it was good to see that we had very few last "7<sup>th</sup>" places in the ladies and even fewer "8<sup>th</sup>" in the men's.

We will try and organise some practice time so people can try out various disciplines and for our 4x100m relay team to improve on baton handling that was worse than the usual GB Team efforts.

### Men's Match

1	Southampton	147 pts
2	Aldershot, Farnham & District	129 pts
3	Winchester & District	105 pts
4	City of Portsmouth	96.5 pts
5	Basingstoke & Mid Hants	92.5 pts
6	Havant	86 pts
7	Overton Harriers	63 pts
8	Fleet & Crookham	52 pts

### 100 metres M35 A

6<sup>th</sup> James Coney M35 13.0

### 100 metres M50

8<sup>th</sup> Greg England M50 14.9

### 400 metres M35 A

7<sup>th</sup> Richard Clifford M40 67.6

### 400 metres M35 B

3<sup>rd</sup> Lee Tolhurst M40 64.3

### 400 metres M50

7<sup>th</sup> Greg England M50 68.6

### 1500 metres M35 A

4<sup>th</sup> Lee Tolhurst M40 4:49.1

### 1500 metres M35 B

3<sup>rd</sup> Sean Holmes M40 4:52.7

### 1500 metres M50

4<sup>th</sup> Richard Clifford M40, gst 5:09.8

5<sup>th</sup> Greg England M50 5:10.3

### 1500 metres M60

6<sup>th</sup> Steve Spence M60 7:18.1

### 2000 metres Walk M35

2<sup>nd</sup> Keith Vallis M45 11:04.6

### 2000 metres Walk M50

4<sup>th</sup> Martin Crawshaw M50 12:45.9

### 4x100m Relay

7<sup>th</sup> 58.6

### High Jump M35

6<sup>th</sup> Matthew Wateridge M40 1.40

### High Jump M50

8<sup>th</sup> Martin Crawshaw M50 0.72

### Long Jump M35

7<sup>th</sup> James Coney M35 4.30

**Long Jump M60**6<sup>th</sup> Steve Spence M60 2.44**Shot M35**7<sup>th</sup> Piers Puntan M45 7.22**Hammer M35**6<sup>th</sup> Piers Puntan M45 15.83**Women's Match**

1 Winchester &amp; District 128 pts

2 Havant 113 pts

3 City of Portsmouth 107 pts

4 Basingstoke &amp; Mid Hants 92 pts

5= Aldershot, Farnham &amp; District 91 pts

5= Southampton 91 pts

7 Overton Harriers 31 pts

**100 metres W35 A**7<sup>th</sup> Claire Spencer W40 17.7**100 metres W35 B**5<sup>th</sup> Katie Edwards W40 18.9**400 metres W35 A**7<sup>th</sup> Helen Dobinson W45 98.5**400 metres W50**5<sup>th</sup> Monique Van Nueten W55 90.0**1500 metres W35 A**7<sup>th</sup> Emily Juliff W35 7:30.3**1500 metres W50**4<sup>th</sup> Monique Van Nueten W55 7:18.5**2000 metres Walk W35**4<sup>th</sup> Anna Vallis W35 16:22.8**4x100m Relay**7<sup>th</sup> 76.6**Triple Jump W35**6<sup>th</sup> Anna Vallis W35 4.07**Javelin W35**6<sup>th</sup> Claire Spencer W40 8.40**ANNUAL SUBS** *from Piers Puntan*

For those of you who don't pay by Standing Order just a reminder that Harriers Subscriptions for 2015/2016 are due this month.

Please could you transfer subs to the club accounts (details as email) or alternatively set up the appropriate quarterly standing order.

If you prefer to pay cash/cheque please bring down the money to the club.

£10 ORC 5 Star/Social

£40 Full Membership including England Athletics Registration

£80 Family (2 Adults plus Children)

**HURSTBOURNE 5**

Full report next month, but Greg would like to thank all who helped to make the race a success.