

**Overton
Harriers**



**&
Athletic Club**

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May 2015 Issue 454

Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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

June 7 th	D-DAY 10k (HRRL)
7 th	Festival Place 5k
7 th	Juniors Wessex League – Woking
8 th	Southern Vets League – Basingstoke
18 th	Summer Handicap
20 th	Southern Track League - Parliament Hill
25 th	MOB MATCH - Cliddesden
28 th	Juniors Wessex League – Swindon

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 Bupa 10k and triathlon season is in full flow. We also have results from the various Track and Field Competitions Don't forget the trip to Charmouth that will happen next month, contact Keith Clark if you are interested..

HURSTBOURNE 5 **2nd May** *from Greg England*

What a great turnout of harriers, from juniors to pensioners and every age in between! Hopefully one of the HBT5 virgins will talk us through their first experience of Hurstbourne Hill in their race report. All I can do is quote Harold Macmillan: "You've never had it so good". The course was dryer and faster than ever, resulting in new course records for both the men and the ladies.

We had a record entry in both the main race (207) and the fun run (57). This along with the sale of hundreds of bacon butties and homemade cakes ensured that we raised over £3000 for the community hall and Andover Young Carers.

As ever, this event could not happen without the support of you the Harriers, so many thanks go to Martin Allen for managing to drag himself to the pub for committee meetings; Jayne Tolhurst (Race Official); John Hoare (Race Adjudicator); Eric & Martin for setting up the course; Keith Vallis for setting up on the day; Eric, JT, Mike Bliss, Gwyneth, and Mark Dennison for marshalling; and lastly, the sweepinator himself, Franny (amazing how that sweeper bib shrinks every year).

Many thanks also to those of you that provided food donations to Andover Young Carers. They were much appreciated.

It was a shame that the community hall wasn't ready in time for the race, however, I am assured it will be ready soon. In 2016, we will therefore have changing rooms, showers, a kitchen and LOTS of toilets in a nice warm building.

Cheers! Greg.

Harrier	Time	Position
Sean Holmes	30:50	2 nd
Stuart Searle	34:05	7 th (1 st V40)
Neil Glendon	34:35	9 th
Keith Vallis	35:38	13 th
Richard Clifford	35:53	14 th
Cath Wheeler	36:51	16 th (2 nd Lady)
Hannah Bliss	39:14	26 th (3 rd lady)
Dave Titcomb	40:38	33 rd
Steve Edwards	41:08	40 th
Katie Brothers	41:29	44 th
Robbie Dennison	42:46	55 th
Claire Boyle	43:33	67 th
Neil McCann	44:13	77 th
Mike Ball	44:50	82 nd
Steve Spence	47:49	102 nd
Monique van Nueten	50:12	122 nd
Lisa Warriner	52:19	144 th
Julia Leavey	56:15	163 rd
Keith Clark	56:16	164 th
Katie Edwards	56:50	167 th

188 finished



PRESENTATION DINNER

Thanks must go to John Hoare, Monique and numerous others for organising the evening. Key prizes awarded on the night were:

Club Person of the Year:	Richard Clifford
Most improved Athlete:	Katie Brothers
Best Marathon Performance:	Sarah McCann
Track and Field Award:	Keith Vallis (Race Walking)
Best Individual Performance:	Lee Tolhurst (Hampshire Steeplechase Veteran Champion)
Consistency League Winners:	Sean Holmes & Rebecca Costambeys.

ALTON 10 10th May *from Piers Puntan*



Theoretically there weren't going to be many Harriers at the Alton 5; however Keith Clark convinced Steve Spence and me after many drinks at the Presentation Dinner that we should run to make up a men's B team as we were struggling in the league.

This really wasn't a good idea as the most I'd run in the previous 6 months was about 7 miles and Alton is not the flattest of courses.

Keith and I decided that Katie Brothers would have a pacer, whether she wanted one or not. My pacing was rubbish as I picked up a seriously bad blister at about 3 miles and spent the next 6 miles taking socks off and applying Vaseline in order to be able to complete. After taking several ibuprofens I was able to continue and just caught Keith and Katie with less than a mile to go.

Harrier	Chip Time	Position
Sean Holmes	57:41	7 th (1 st V40)
Lee Tolhurst	1:00:15	18 th
Neil Martin	1:01:39	21 st
Neil Glendon	1:06:39	47 th
Piers Puntan	1:20:23	201 st
Katie Brothers	1:20:24	202 nd
Keith Clark	1:20:25	203 rd
Sarah McCann	1:25:49	267 th
Neil McCann	1:27:59	295 th
Steve Spence	1:30:51	321 st
Emily Juliff	1:41:18	390 th

424th finished

SOUTHERN VETERANS LEAGUE (WINCHESTER)

11th May

The weather was a little bit kinder for our second outing of the year at the new Bar End track at Winchester. We were a little bit more organised and were able to cover nearly all the events in the men's events and the ladies team put up athletes in a large number of events. The men's team included Mike Gregory and John Hodge and the ladies team included Helen McMahon all of whom haven't competed for the club for a number of years.

MENS

200 metres

M35 A		
5 th	James Coney	27.4
M35 B		
7 th	Keith Clark	31.8
M50		
8 th	Greg England	31.4
M60		
6 th	John Hodge	35.3

800 metres

M35 A		
6 th	Sean Holmes	02:29.0
M35 B		
4 th	Neil Martin	02:26.4
M50		
5 th	Greg England	02:29.6
Non-Scoring 1		
6 th	Richard Clifford	02:32.4
8 th	Keith Clark	02:40.4

3000 metres Steeplechase

M35 A		
1 st	Lee Tolhurst	10:51.5
M35 B		
2 nd	Piers Puntan	13:27.2
M50		
3 rd	Martin Crawshaw	14:12.8

LADIES

200 metres

W35 A		
5 th	Claire Spencer	37.4
W35 B		
6 th	Katie Edwards	40.6
W50		
5 th	Monique Van Nueten	39.5

800 metres

W35 A		
7 th	Claire Spencer	03:28.5
W35 B		
5 th	Sarah McCann	03:22.8
W50		
4 th	Monique Van Nueten	03:19.6

3000 metres

W35 A		
7 th	Sarah McCann	14:20.2
W50		
5 th	Monique Van Nueten	15:08.9

4x400m Relay

7 th	Overton Harriers	04:22.7
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Pole Vault

M35		
6 th	Lee Tolhurst	1.1m

Triple Jump

M35		
9 th	Keith Clark	5.4m
M50		
8 th	John Hodge	5m

Discus

M35		
6 th	Matthew Wateridge	22.41m
M50		
8 th	Martin Crawshaw	11.31m
M60		
6 th	Mike Gregory M60	19.39m

Javelin

M35		
5 th	Matthew Wateridge	28.02m
M50		
8 th	Martin Crawshaw	13.01m

4x400m Relay

6 th	Overton Harriers	
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Long Jump

W35		
8 th	Katie Edwards	2.53
W50		
5 th	Helen McMahan	2.1

Shot

W35		
7 th	Julia Leavey	5.02
W50		
4 th	Helen McMahan	4.43

Discus

W35		
8 th	Julia Leavey	11.21
W50		
8	Helen McMahan	9.05

NETLEY 10K**17th May**

Thanks to the hard work of Seam, Emma, Monique, Richard, Susan and others the Netley race was followed by an excellent BBQ in the park.



No reports received but for the record the results were as follows:

Harrier	Chip Time	Position
Sean Holmes	34:28	6 th (1 st V40)
Martin Groundsell	35:34	15 th
Neil Martin	36:53	25 th (6 th V40)
Richard Clifford	37:54	38 th (9 th V40)
Neil Glendon	38:33	54 th (13 th V40)
Dave Bush	40:55	111 th (12 th V45)
Keith Vallis	41:51	131 st (16 th V45)
Hannah Bliss	42:02	136 th (7 th Lady)
Keith Clark	42:31	142 nd (28 th V40)
Piers Puntan	43:32	163 rd (19 th V45)
Sarah McCann	48:54	280 th (9 th VL40)
Emma Edwards	50:36	326 th (11 th VL35)
Rebecca Costambeys	50:50	327 th (12 th VL40)
Neil McCann	50:47	328 th (48 th V40)
Monique Van Nueten	54:25	392 nd (5 th VL50)
Richard Costambeys	55:07	406 th (41 st V45)
Emily Juliff	1:00:38	468 th (26 th VL35)
Julia Levey	1:00:44	469 th (35 th VL45)
Katie Edwards	1:04:08	492 nd (27 th VL40)

520 finished

SUMMER HANDICAP (Race 1) 21st May

We had good weather for the opening Summer Handicap and this resulted in 5 PB's with the field being led home by 3 runners who have shown big improvements of late. Katie Edwards took the honours on the night & followed up her massive Netley PB with another, this time by 99 seconds and there is surely more to come. Second placed Richard had a great run and improved by 63 seconds, narrowly holding off Rebecca who in turn improved by 53 second. New lads Liam & Dan both made promising debuts ahead of another PB (22 sec) from Katie Brothers as she just held off the fast finishing Michael who clocked a very good debut time.

The last PB of the night went to the fastest runner as Martin snipped 3 seconds from his best time and he should surely go Sub 20 later this year. Neil was second fastest and only 4 seconds outside his best whilst Richard Clifford took third ahead of Stuart, Greg & Blissy.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	K. Edwards	34.39	GO	34.39	22
2	Richard Costambeys	35.48	5.23	30.25	20
3	Rebecca Costambeys	35.57	7.42	28.15	18
4	L. James	36.09	11.05	25.04	11
5	D. Crone	36.14	11.05	25.09	12
6	K. Brothers	36.29	11.05	25.24	13
7	M. Monaghan	36.30	13.09	23.21	8
8	R. Clifford	36.40	15.33	21.07	3
9	M. Groundsell	36.44	16.39	20.05	1
10	L. Warriner	36.52	5.28	31.29	21
11	N. Martin	36.55	16.25	20.30	2
12	P. Puntan	37.01	13.09	23.52	9
13	N. McCann	37.14	9.51	27.23	15
14	B. Johnson	37.23	10.38	26.45	14
15	S. Spence	37.30	8.32	28.58	19
16	S. McCann	37.33	9.26	28.07	17
17	S. Searle	37.35	15.56	21.39	4
18	J. Castelli	37.44	13.18	24.26	10
19	K. Vallis	37.52	14.35	23.17	7
20	G. England	38.08	15.49	22.19	5
21	E. Edwards	38.16	10.22	27.54	16
22	M. Bliss	39.26	16.29	22.57	6

MOB MATCH

A reminder to everyone that the first mob match, against Basingstoke, will take place on Thursday June 25th. The venue is Cliddesden Village Hall over the same 4.2km course as last year and refreshments will be available after the race. The race starts at 7:30 so please get there at least 20 minutes beforehand to collect your number and to get to the start.

For the newer club members this is an annual "friendly" event over 2 legs with our return fixture being run over the Harrow Way course. The scoring is simple....First runner home scores one point, second runner scores 2 etc. If Basingstoke has 45 runners and we have 37 then it becomes a 37 a side match with the lowest aggregate score over the legs being victorious therefore, we really need to get as many runners as possible to turn out.

If anyone needs more information please speak to Franny, Monique or Sean.

Why oh why did I enter when this is how it's described on the official website.

IRONMAN Lanzarote Canarias, located on the northern edge of the Canary Islands off the northwest coast of Africa, offers you the ultimate challenge, and is considered by many to be one of the toughest IRONMAN events in the world.



I arrived in Lanzarote 3 days before race day to check out the bike route and to acclimatise myself ready for race day. As soon as we arrived the first thing I noticed was the wind, it was non-stop with palm trees being blown all over the place. During a test run on my bike I even binned the ride after 14 miles as I didn't feel safe being blown across the dual carriageway from the crosswinds.

Onto race day, after the usual race morning flapping around of trying to stomach breakfast at 4:30am and final prep to the bike I was lining up on the beach with 1800 athletes ready for a long day ahead. The swim start was crazy, for some reason the organisers wanted to keep us restricted to a narrow holding pen with it being only about 20 people wide. I managed to push my way down and got about 6 rows back and was ready for the gun to go off. It was a quick dash to the sea and then the fun started for the fight for your own space.

The first lap was good fun with arms and legs everywhere but I managed to avoid any real contact. The second lap wasn't so uneventful the wind picked up and caused a bit of a swell and also I received a hefty blow from another competitor's arm which dislodged my goggles. I completed the swim in 1:03 not my fastest swim and was slightly disappointed with the time.

A reasonably quick transition and straight onto the bike. The wind for the day was forecasted at 22-25 mph this was going to make it a long day in the saddle. The course is stunning with super smooth roads cutting through lava fields and big climbs with amazing views of the island and the turquoise blue seas below. The main climb is Mirador del Rio this took a good 30 minutes to climb to the top but the view from the top eased the pain slightly and knowing the decent was going to be fast and

furious with technical corners had me back to full concentration. I topped out at 49.7 mph on the way down, I thought I was going quick but I was being passed by nutters from France and Spain.

Returning to transition was a great feeling after 6hrs 18 minutes in the saddle and 8700 feet of climbing completed I just couldn't wait to get off the bike and see what the legs had left in them.

Heading onto the run is a strange feeling. You've just swum 2.4 miles, ridden 112 and now you're about to run a marathon. Yes, a full 26.2 mile marathon. That is one hell of a warm up for a marathon! This is when you hope that the nutrition strategy that you've been following for the past 7+ hours is going to put you in good stead for the next few hours running in the heat of the day. I was aiming high on the marathon and had programmed in a 3hr10 marathon pace into the Garmin, was I aiming too high! I felt good and the first mile was done in 7:06. I was passing so many and was really enjoying the run even though the heat had reached 26 degrees now and I felt confident I could continue at this pace.



View from top of Mirador del Rio

I reached mile 20 averaging 7:17 so if I could continue it would be just under the 3hr10 target. Well at this point it all suddenly went wrong and I got a stitch that I was unable to run off, I had to walk for about 5 minutes for it to fade away so I could start running again. I finally crossed the line with a marathon time of 3:18:11 and a total time of 10:50:08. Finishing in 103rd place and 20th in my age group.

This was by far the toughest Ironman race that I've done. The wind, hills, heat and exposed nature of the run make it tough. But to cross that finish line makes it all worthwhile. In my fourth race over this distance it was my slowest time but a race result I am still proud of and I have learnt a lot from it ready to take onto the next one.

ROPLEY 10k**24th May***from Neil Martin*

Fresh from a moderate performance at Netley 10k I entered the Ropley 10k to try and get a better performance in. Ropley is a lower key race than HRRL, but with some familiar fast runners at the front end. It also had the advantage of some kid's races, a playground and a cricket pitch for the girls to run around on.

On arrival, I entered Samara into the 100m fun run hoping that she would enjoy it more than the Overton race where she burst into tears and had to be carried! A nice touch was the children's size technical t-shirts (at a small cost) which definitely made Samara feel the part. She was very excited and also taking it very seriously, with comments like "Daddy and I have got big races tomorrow." Pleased to say she ran all the way and was very proud of her finisher's medal.

Having checked the field for the main race, the focus was on seeing if I could win the Vet40 prize. This was reaffirmed on the start line where 2 'youngsters' discussed target times; "This is only my 2nd 10k, I ran 33 minutes last time" summed it up.

The first 2k is uphill and I settled into 7th place with another Vet on my shoulder. He seemed to be working hard, dropping off me and then working to get back. I figured that I needed to maintain my pace and eventually the elastic would snap. Once over the hill the race follows mainly flat ground with a few undulations. At 4k I was caught by a Lordshill Vet, who beat me the week before, and soon after by the leading lady.

I knew I could beat her on a good day and changed my strategy to trying to stay with them. But soon after the 5k mark a short sharp hill saw me start to go away again. With a long straight flat road before a few km of downhill I knew that I needed to build the small gap and I started to pull away.

The downhill kilometres to the finish make it quite a nice finish, but I had to work hard all the way to maintain the gap. I finished in 6th place and 1st VET.



A kick around with the football and picnic on the cricket pitch were a nice way to spend the rest of the morning. Plus a shiny piece of silver and blue plastic to decorate the lounge! I'd recommend this race to others as a good course and a really nice atmosphere (as long as you aren't a Vet40 and faster than me).

Harrier	Time	Position
Neil Martin	37:09	6 th (1 st Vet)

NEW FOREST TRIATHLON**24th May***from Stuart Searle*

The weekend Simon was doing a proper Triathlon; I decided to get my season underway with a race in the New Forest. *Race New Forest* events are an ideal way to start the season, as they are low key, very friendly, and attract the absolute beginners to the more hard-core competitors.

The low-key aspect would become even more apparent during the race briefing, when we were told *“If you can’t manage the swim, don’t worry, you can still go on and do the rest of the race”*. Not sure the likes of Ironman or Challenge will adopt the same attitude.

This triathlon is based roughly around the standard distance event, comprising of an 1100m open water swim, a 1km run from the swim to transition one, 20 miles on the bike and then a 6 mile run. Race HQ and transitions were based at the scenic and very peaceful Moyles Court School with the race starting at Ellingham Lake (both not far from Ringwood).

The start was split into 3 waves (of about 40 to 50 people), based on surname alphabetical order, each starting five minutes apart. This meant you were grouped with all ages, sex and ability.

I was in the third and final wave, 10 minutes behind the first group. At approximately 7:32 we were off. With the small waves, it did mean that you avoided the normal white water carnage; however I still managed to get on the receiving end of a heavy hand from some lumbering oaf crashing through the water. Luckily the group quickly opened up and it was easy to get into a decent rhythm. As I rounded the first buoy at the far end of the lake, I could see some white caps of the wave that started in front of me. This was now my challenge, try and pick off as many as possible, it worked as I managed to get a handful of them. I even caught one of the red caps, from the first wave, however to be fair, he was doing a very slow breast stroke.

Out of the lake, wetsuit off and the 1km run to transition. Distances and precision are NOT the forte of Race New Forest, so after further analysis, the 1km, did in fact turn out to be just shy of a mile, Oh well, it was the same for everyone.



The bike was fairly uneventful, pretty flat, a little breezy, with only the local horses creating moving obstacles in the road. With the 20 miles on the bike done in just over an hour, it was onto the 6 mile run.

The run course was mostly off road, on gravel trails. It was undulating, but dry so road shoes were fine. I felt my left hamstring pulling for a while but after a mile or it they loosened up. As I was wearing my Garmin I could clock the miles and get ready for the turnaround point on the out and back course.

However, instead of turning at around 3 miles, we turned at just under 2.5, meaning the 6 mile run would only be 5 at the most. I was a little confused at this point, wondering if there would be more before the finish, or whether we’d be sent out for another lap. I knew these events were loosely based on exact distances, but in the past all runs have been over, not under. All I could do was push on and continue to chase down anyone in front of me. The run did prove to be short at 4.9 miles, but no one was complaining.

First tri of the season done, now lots more training for the June 28th Ironman 70.3 in Exmoor.

Swim	Run and T1	Bike	Run	Overall	O/A Finish	Age Group
23:43:00	10:29:60	1:05:55	36:03:15	2:16:11	38 th of 120	9 th

SOUTHERN T&F LEAGUE (HARROW)

31st May

Results will be published in next month’s newsletter; however rumour was that the joint Andover/Overton team were well beaten into 4th place.

This race has now turned into an annual fixture for some and this year's event started with every one arriving, bright eyed and bushy tailed for the 7:20 train to Waterloo, although Monique managed an extra 5 minutes sleep before boarding at Basingstoke. The morning was perfect for the walk over Westminster Bridge to the reception area in Green Park. Baggage stowed and the long toilet queues negotiated it was off to the Mall and our respective start pens. The temperature was creeping up by now but not as fast as the pollen count as even non sufferers were feeling the effects of hay fever.



The usual selection of motivational music was pumping out with some (hands up the guilty parties) joining in with the actions to Y.M.C.A. before the first wave set off at 10am. The course had changed from when I had previously done this race and this year instead of turning right after Admiralty Arch we went straight past Trafalgar Square and along the Strand before running a loop around Holborn and taking in the Bank of England and St. Paul's.

Returning back down the Strand where there were several opportunities to shout encouragement at runners going the other way. A left turn took us through Whitehall before a last dash down Birdcage Walk to the finish at Buckingham Palace.

With no sign of James it was left to Steve Edwards to have the glory of finishing first Harrier in what must have been a very pleasing time on the crowded course. Rebecca's running has moved up a notch recently and she had a fine run to give me a pasting as she ducked inside 51 minutes. Injury, illness & work issues have restricted my training but, following a steadier start than normal due to the crowds, I spent the second half passing literally hundreds of runners to finish well inside my pre-race prediction.

Next home were the best two results of the day with Steve Spence having a cracking run to finish a remarkable 13th in his age group. Not to be outdone was Monique who, despite missing some training a few weeks ago, also had a great run to finish 25th in her age group. In such a large field both of these runs were exceptional and well done to both of them.

Richard Costambeys first raced at the Farley Mount XC last October and his improvement since then has been a pleasure to see (although I was a tad concerned when he was still with me at the 2k marker). This was another strong performance from him and he will surely improve further during the summer. Emily was next home with another great run and would have run a PB but according to her (and hers was not the only one) Garmin showing the course as being long. Last home was Katie who had clocked a 4.5 minute PB at Netley the previous week and was confident of another improvement here. Her training is obviously going well as this time she took another 2min 30sec more off to round off an excellent set of results from everyone.

Harrier	Time	Position
Steve Edwards	43:07	1051 st
Rebecca Costambeys	50:47	3135 th
Richard Francis	51:53	3520 th
Steve Spence	53:15	4064 th
Monique Van Nueten	54:09	4423 rd
Richard Costambeys	55:21	4951 st
Emily Juliff	58:06	6114 th
Katie Edwards	62:00	7661 st

11,998 finished

PARKRUN

Age Graded Scores Slightly confused?

The score is the SPEED as a percentage of the world record. Statisticians have a world record for every year of age. For a man of 41 this is about 4 mins for a mile race. A man of 41 taking 8 mins for the mile has half the record speed. So his score is 50%. Maths is easy.

For the Basingstoke Parkrun the best score up to last year was held by our own Cath Wheeler. This year it has been taken by Margaret Moody at 94.06% no less. Margaret has recently moved to Kingsclere and has joined Tadley Runners. She is 66 years old.

Even though they were relatively poor that day, the top three scores on 16 May were put on the Parkrun website, as follows:

Edmond Simpson	Overton	75+	78.77%
Richard Shaw	unattached	60+	77.37%
Robin Smith	unattached	50+	76.51%

CHARMOUTH CHALLENGE 2015 **4th July 2015**

Reminder that on the weekend of 4th July we will 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.