

**Overton
Harriers**



**&
Athletic Club**

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July 2015 Issue 456

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August 15 th	SOUTHERN ATHLETICS LEAGUE (ANDOVER)
23 rd	Saucony Hampshire Grand Prix (Southampton)

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

Apologies for the delay in sending out the newsletter; the summer break somewhat dampened my enthusiasm for typing it up. Anyhow July was a busy month with the club's trip down to Charmouth as well as the home Mob Match, Track and Field and exploits from outside the Hampshire area.

IRONMAN UK WIMBLEBALL 70.3 30th June *from Simon Lovelock*

This was a bonus event that the three harrier triathletes decided to enter about 2 months before the event after a few emails and peer pressure we had all entered and raring to go.

I had heard a lot about racing at Wimbleball prior to this race, not a lot of it being positive with the poor weather and the relentless hills the most common talking points; this year had all of this. My training going into this wasn't as I wanted it to be and was hoping that my fitness was going to carry over from ironman Lanzarote.

Three men staying in a static caravan built up the pressure nicely; you could tell we just wanted to get the race underway.

The Race

After the usually flapping around transition we were lined up down by the lake ready for a 7am start. I decided to situate myself to the left for the start hoping to get a clear swim to the first buoy. This ended up being a bad decision as wind was causing everyone to be pushed to the left. The swim was rough and didn't thin out at all for the whole lap. I excited the water in 29:58. I knew this would be roughly 2 mins slower than Martin so the chase was on. The run from the lake to transition is up hill, I put myself into the red here and had to take transition easy as I felt a bit dizzy.

Onto the bike, the rain was coming down hard now and the wind had also picked up. The first 5 miles are a killer I couldn't get into any rhythm and you are pretty much climbing all of this. Onto the ridgeway and you can finally get into your zone and start to get the speed up although extra

concentration was needed due to the side winds, TT bikes are good for going into the wind but extremely unstable with side winds. The second half of the lap is the hardest with the big climbs and technical descents in the wet. I felt confident on the descents I think this has improved since racing in Lanzarote. Onto the second lap and still no sign of Martin, I finally noticed him in the distance at around the 42 mile point and I finally caught him a mile later. I got alongside Martin and told him to hang onto me as I was feeling pretty good. I picked the pace up and got into transition after 3:05:07 very slow for 56 miles but on incredibly tough course.

After a quick cup of tea in transition, well that's what it felt like as Martin was in after me and out 20 seconds before me, what the hell was I doing!

I quickly got into my stride and was determined to catch Martin quick and make up for lost time. Everyone had talked about how tough the bike course was and forgot to mention the run, it was brutal it was like doing laps of Overton but trail running.

The run went well and I made up a lot of places it was good to see Martin at the turnaround points and he was getting stronger as the race went on, so that made me push on even more. Finally the finish line was in view and I managed to break a smile as I crossed the line with a 1:27:50 half marathon, this being the 7 fastest on the day.

After checking the results I had finish 9th in my age group and 39th overall. Was there a chance of a roll down slot for the World Champs? Seven places were up for grabs in the 30-34 age group so I needed two people to decline their slots. After a 5 hour wait the prize presentation and slot allocation had started, I sat there thinking I hope I hadn't made Martin and Stuart sit there for 5 hours for nothing. Lucky enough two people didn't take the slots so one happy Simon as I am now off to Austria in August to compete in the world champs. Not ideal as I have Ironman Wales 2 weeks after but I could never turn down the chance to race against the best triathletes from around the world.

CHARMOUTH CHALLENGE 4th July

Warm and dry weather greeted the Harriers to Charmouth on the Friday evening which meant that everyone could get their tents up in a reasonably calm manner before hitting the campsite bar and then further carbo loading until midnight before getting a good restful night's sleep; well as much as can be expected in a tent.

Saturday was another glorious day which meant that getting fully hydrated and getting on the suncream was essential before tackling what is a very tough course; it bills itself as the UK's southernmost Fell Race.

The Harriers all had a good run though it was obvious that some liked the hills a lot less than others with some suitably grimaced faces at various points on the route.

Following last year's team victory there was a little pressure on the men; they didn't shirk and we won the men's team prize with the ladies taking third place.



The Harriers then moved onto the George for an early dinner followed by refreshments in the campsite to round off an excellent day.

Harrier	Time	Position
Sean Holmes	54:58	5 th (1 st V40)
Neil Martin	57:06	8 th (2 nd V40)
Keith Vallis	1:06:33	39 th
Richard Clifford	1:11:59	61 st
Keith Clark	1:14:06	72 nd
Gareth Juliff	1:22:03	120 th
Emma Edwards	1:23:53	132 nd
Neil McCann	1:25:47	145 th
Richard Francis	1:29:04	163 rd
Sarah McCann	1:30:51	175 th
Monique Van Nueten	1:32:37	180 th
Carole Driver	1:55:14	228 th
Emily Juliff	1:57:02	229 th
Julia Leavey	1:57:02	230 th

233 finished

SOUTHERN TRACK LEAGUE - ABINGDON

5th July

A better turnout than last month meant that we finished in third place at the Abingdon fixture.

Harriers results:

Mens

3000m

Lee Tolhurst A 4th 10:05.0

3000m SC

Lee Tolhurst A 2nd 10:48.8

Ladies

1500m

Audra Rawlings A 4th 6:17.9

5000m

Audra Rawlings A 1st 22:45.0

The joint Andover/Overton team is now in the relegation zone in Division 2 West, though the final home fixture of the season should see us escape the drop.

SOUTHERN VETS LEAGUE – ALDERSHOT

12th July

The final veteran's track and field meeting was held at the Army's stadium at Aldershot and a large contingent of Harriers made the trip on a sunny Monday evening.

The men's team put together a strong set of performances with virtually every event at all age groups being covered leading to a 5th place on the night.

Men's Results

200 metres

M35 A	Matthew Wateridge	M40	5 th	27.7
M35 B	Gareth Juliff	M35	5 th	29.1
M50	Greg England	M50	6 th	30.6

800m

M35 A	Chris Dewey	M45	5 th	02:21.0
M35 B	Neil Martin	M40	5 th	02:25.8
M50	Greg England	M50	3 rd	02:29.7
M60	Steve Spence	M65	6 th	03:34.9

3000 metres

M35 A	James Knight	M40	2 nd	09:40.4
M35 B	Lee Tolhurst	M40	2 nd	09:55.0
M50	Mike Bliss	M55	5 th	12:02.6
M60	Steve Spence	M65	5 th	14:39.0
Non-Scoring	Sean Holmes	M40	1 st	10:18.6
	Chris Dewey	M45	3 rd	10:26.6
	Richard Clifford	M40	8 th	11:08.6

2000 metres Walk

M35	Keith Vallis	M45	3 rd	11:27.5
M50	Martin Crawshaw	M50	2 nd	12:16.6

4x200m Relay	Overton Harriers		6 th	01:53.4
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Pole Vault

M35	Lee Tolhurst	M40	7 th	1.2
M50	Greg England	M50	6 th	1.5

Triple Jump

M35	Matthew Wateridge	M40	5 th	8.82
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Discus

M35	Piers Puntan	M45	6 th	21.46
M50	Martin Crawshaw	M50	9 th	14.08

Javelin

M35	Matthew Wateridge	M40	2 nd	27.85
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The Ladies team was a little down on previous weeks though it was good to see some stalwarts returning to the track scene. Despite this reduced turnout the Ladies finished in 6th place with AFD being placed behind them.

Ladies Results

200 metres

W35 A	Claire Spencer	W40	38.2	7 th
W35 B	Katie Edwards	W40	40.6	5 th
W50	Monique Van Nueten	W55	39.5	4 th
W60	Liz Sandall-Ball	W60	42.9	4 th

800 metres

W50	Monique Van Nueten	W55	03:30.1	2 nd
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2000 metres Walk

W50	Helen McMahon	W55	16:44.0	4 th
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4x200m Relay

5 th	Overton Harriers	02:43.4
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Long Jump

W35	Katie Edwards	W40	2.34	7 th
W50	Helen McMahon	W55	1.97	6 th
W60	Liz Sandall-Ball	W60	2.28	3 rd

Shot

W35	Katie Edwards	W40	5.22	8 th
W50	Helen McMahon	W55	3.06	6 th

Discus

W50	Helen McMahon	W55	9.43	6 th
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FINAL TABLES

Mens

		Total	
1	Southampton	32	573
2	Aldershot, Farnham & District	28	492
3	Basingstoke & Mid Hants	19	392.5
4	City of Portsmouth	18	391.5
5	Winchester & District	17	372
6	Havant	16	368
7	Overton Harriers	10	294
8	Fleet & Crookham	4	199

Ladies

		Total	
1	Winchester & District	30	511
2	City of Portsmouth	26	452.5
3	Basingstoke & Mid Hants	25	427
4	Southampton	19.5	389
5	Havant	19	337
6	Aldershot, Farnham & District	10.5	228.5
7	Overton Harriers	10	182
8	Fleet & Crookham	2	28

OVERTON V B&MH MOB MATCH (RACE 2)**16th July**

Pos	Runner	Club	Time
1	S. Holmes	Overton	19.59
2	S. Lovelock	Overton	20.36
3	M. Soane	B&MH	20.46
4	N. Martin	Overton	20.53
5	S. Searle	Overton	21.08
6	C. Furness	B&MH	21.21
7	G. England	Overton	21.25
8	A. Chalwin	B&MH	21.46
9	J. Baulch	B&MH	21.54
10	A. Cackett	B&MH	21.58
11	I. Thompson	B&MH	22.01
12	N. Glendon	Overton	22.05
13	R. Clifford	Overton	22.10
14	K. Lloyd	B&MH	22.20
15	R. Chaffey	B&MH	22.41
16	M. Walker	B&MH	22.47
17	M. Monaghan	Overton	22.54
18	R. Gartland	B&MH	22.54
19	C. Wheeler	Overton	23.07
20	L. James	Overton	23.10
21	D. Crone	Overton	23.17
22	M. Hickey	B&MH	23.28
23	A. Cullen	B&MH	23.43
24	R. Cackett	B&MH	23.49
25	D. Hope	B&MH	24.03
26	T. Fowler	B&MH	24.04
27	T. Steckiw	B&MH	24.10
28	C. Earl	B&MH	24.36
29	R. Harrison	B&MH	24.37
30	S. Edwards	Overton	25.07
31	R. Stanley	B&MH	25.20
32	B. Ruffle	B&MH	25.23
33	M. Moody	B&MH	25.27
34	A. Sheltrum	B&MH	25.27
35	C. Boyle	Overton	25.34

Pos	Runner	Club	Time
36	P. Parsons	Overton	25.56
37	K. Brothers	Overton	26.04
38	L. Pearson	Overton	26.07
39	P. Stewart	B&MH	26.26
40	T. Badbury	B&MH	26.31
41	A. Rawlings	Overton	26.34
42	P. Puntan	Overton	26.38
43	R. Bruce	B&MH	26.49
44	G. Juliff	Overton	27.06
45	R. Francis	Overton	27.12
46	B. Johnson	Overton	27.50
47	C. Lewis	Overton	27.51
48	E. Edwards	Overton	27.55
49	C. Coveney	B&MH	28.04
50	N. Watkeys	B&MH	28.15
51	S. McCann	Overton	28.17
52	S. Hurst	B&MH	28.18
53	M. Shone	B&MH	28.40
54	N. McCann	Overton	28.51
55	C. Spencer	Overton	28.53
56	S. Spence	Overton	29.05
57	N. Walshe	B&MH	29.10
58	J. Bradbury	B&MH	29.14
59	M. Van Nueten	Overton	29.35
60	J. Cottrell	Overton	30.25
61	N. Muir	B&MH	30.34
62	A. Ball	B&MH	30.47
63	J. Froud	B&MH	30.48
64	D. Gregory	B&MH	31.52
65	L. Furness	B&MH	31.58
66	P. Steckiwi	B&MH	32.24
67	E. Sandall Ball	Overton	32.28
68	A. Stinson	Overton	32.47
69	G. Kent	B&MH	32.51
70	S. Young	Overton	32.52
71	E. Juliff	Overton	33.36
72	S. Unitt	Overton	33.55
73	K. Edwards	Overton	34.39
74	C. Driver	Overton	34.53
75	L. McCann	Overton	36.07
76	W. Thorpe	B&MH	36.58

Result: Basingstoke & MH 1266 points
 Overton 1515 points

SUMMER HANDICAP (RACE 3) **16th July**

This month's race was run as part of the mob match and there were so many PB's it would take too long to list them. Julia took the honours on the night & had a big winning margin over Emily & Carole

who tied for second. Alan and Dan were next home and currently make up the Leagues top 5 with race winner Julia, Liam & Katie Edwards.

Sean was fastest on the night but Simon seems to be closing the gap while Neil Martin's fine effort was rewarded with third place. With one race to go, both leagues are wide open especially as Sean will drop out of the Time as he will be on holiday.

Pos.	Runner	Time	H'Cap	Act. Time	Time Pos
1	J. Cottrell	33.30	3.05	30.25	29
=2	E. Juliff	34.53	1.17	33.36	33
=2	C. Driver	34.53	GO	34.53	36
4	A. Stinson	35.16	2.29	32.47	31
5	D. Crone	35.18	12.01	23.17	11
6	S. Edwards	35.26	10.19	25.07	12
7	C. Spencer	35.28	6.35	28.53	26
8	E. Sandall Ball	35.33	3.05	32.28	30
9	S. Young	35.57	3.05	32.52	32
10	L. Pearson	36.06	9.59	26.07	16
11	L. James	36.07	12.57	23.10	10
12	K. Edwards	36.41	2.02	34.39	35
13	C. Wheeler	36.46	13.39	23.07	9
14	M. Monaghan	36.47	13.53	22.54	8
=15	C. Boyle	37.00	11.26	25.34	13
=15	S. Unitt	37.00	3.05	33.55	34
17	S. Searle	37.02	15.54	21.08	4
18	S. Lovelock	37.05	16.29	20.36	2
19	C. Lewis	37.06	9.15	27.51	22
20	M. Van Nueten	37.07	7.32	29.35	28
21	R. Francis	37.11	9.59	27.12	20
=22	N. Martin	37.14	16.21	20.53	3
=22	G. England	37.14	15.49	21.25	5
24	N. Glendon	37.18	15.13	22.05	6
25	P. Parsons	37.23	11.27	25.56	14
26	K. Brothers	37.31	11.27	26.04	15
27	G. Juliff	37.34	10.28	27.06	19
28	S. Spence	37.37	8.32	29.05	27
29	S. Holmes	37.40	17.41	19.59	1
30	S. McCann	37.43	9.26	28.17	24
31	R. Clifford	37.54	15.44	22.10	7
32	E. Edwards	38.07	10.12	27.55	23
33	N. McCann	38.19	9.28	28.51	25
34	B. Johnson	38.28	10.38	27.50	21
35	A. Rawlings	38.35	12.01	26.34	17
36	P. Puntan	39.38	12.57	26.38	18
37	L. McCann	41.07	5.00	36.07	37

ENDURE 12/50 – BEALE PARK

18th July

from Neil Martin

After achieving my time target at London Marathon the obvious choice was to sign up for an Ultra. So a couple of days after the marathon I signed up for the 50k race at the Endure 12/50 event at Beale Park, which also has 50 mile and 12 hour solo and relay races.

On the plus side it's a pretty low key event, although it more than doubled in entrants from last year, and had free camping next to the course. On the minus side the race was 6 laps (plus an extra mile), which is always psychologically hard.

After setting up the tent we spent lunchtime and the early afternoon at nearby Basildon Park I registered and set about occupying the few hours until the 7p.m. start.



Unfortunately, other than a couple of 20 mile runs I didn't get to do much training volume in the weeks between London and the race; so I wasn't really sure how I would go and planned to start at 7 minute mile pace. I have a belief that whatever the race, there is always at least one person that will turn up and be faster than you.

This was borne out as I lined up next to Lewis Chalk (Stubington) who I knew would beat me unless he dropped out. His plan was to start out at 6min 30 pace, which is around my road marathon best and so I didn't even contemplate trying to stay with him.

Early into the first lap I was comfortably in 2nd and that didn't change. With all the different races taking place at the same time there were always other runners to pass, or sometimes those reduced to walking. For the first 18 miles I was consistently just under 7 minutes per mile.

A computer screen was showing the lap splits in the race village and the race leader was told that I was closing on him. I wasn't, and unfortunately for him he worked to pick up the pace just as mine was starting to drop.

I didn't hit the wall at all, but my pace did drop in the last 14 miles to around 7:30 per mile. Just into the final lap I checked my marathon split which was 3 hour 5min dead and it helped knowing I was on the last lap.

I finished in the dark in 2nd place in 3hr 36. I had a certain satisfaction from knowing that some people still had over 8 hours of running still to do and following a much appreciated leg massage I went to bed.

Unfortunately, Holly kept falling out of her bed and crying, so it was another two hours before I got to sleep.

Next morning the rain woke us up, along with people still running past the tent! We watched the last runners finish before the presentations and a tired journey home.

Harrier	Time	Position
Neil Martin	3:36:36	2 nd

THE WINDSOR GREAT PARK DASH 25th July

from Katie Brothers

I felt with a couple of missed races recently, a holiday with very little running involving lots of burgers and beer in California I needed to get myself back in race mode so 3 days before the event I entered The Windsor Great Park Dash, a 10km cross country race. As usual my planning wasn't great, I didn't realise I had entered a cross country race until I arrived in my road shoes, something I feel the Harriers may be getting used to! As always I didn't let this faze me, lined up at the start line with no idea what the next 10k was going to consist of.

The course was fantastic mix of woodland and grassland, undulating tracks and paths, a couple of big hills and a really big hill to the Copper Horse statue overlooking Windsor and the Castle. The track in places was pretty soggy after the heavy rain the day before; all the better for being in road shoes! The last couple of kilometres of the course was a long flat path leading to Windsor Castle before cutting back in to the finish.

I tried to keep focused and push my pace keeping under 5 minute km's always aiming for the person in front, it wasn't my best time but it was a great motivation to get back into training mode and start upping my mileage, a little bit.

The course was brilliant and there was a pretty good goody bag at the end (any goody bag with a Mars Bar in it is a winner with me, also got a bag of sweets, a protein bar and a cool little medal).

I would definitely recommend it for anyone with a spare Saturday in July, Windsor is also beautiful so a great place to spend the afternoon wondering around the sites and having lunch by the river in the sunshine which is exactly what I did afterwards.



Harrier	Time	Position
Katie Brothers	51:18	85 th (17 th Lady)

351 finishers

ROTH, the self-proclaimed legend of Ironman races *from Martin Groundsell*

So Roth is a huge Ironman with 5,000 places selling out in a matter of minutes a year in advance. They have over 5,000 volunteers to make the day happen and a massive stadium at the finish. After seeing the race reports last year I had to enter.



Roll forward a year and I am lining up to be part of wave 8, each wave was only 200 people so I thought it would be an easy punch free swim. The canon fired and we were off.

The punch free swim lasted about 3 minutes as I immediately started to swim into the slower swimmers of the wave in front. This then lasted for the rest of the swim as I had to pick my way through wave after wave of swimmers. However it was the same for everyone and I exited the water within the top 150. The bike is known for being flat and fast, however in 28 degrees, 112 miles is

always going to be tough. The first half of the bike was going brilliantly, the GPS on the bike was showing an average of 21.5mph and an average power of 220 watts which meant I was bang on track to go under 10 hours.

As I hit half way on the bike things started to go against the plan. First off the organizers announced at the race briefing that they had signed a new sponsorship deal with 32GI as the nutrition provider and not High5 which everyone had trained with. After switching to the bottles that they hand out at aid stations I started to feel sick.



I had no option but to switch to water, even bananas were not helping the sick feeling. At this point I maybe should have eased off but that's not my style so I continued to ride hard but as I couldn't take on any energy my pace dropped over the remaining 50 miles of the bike.

I managed to convince myself that as long as I get to the run and have to do a 3.30 marathon I stood half a chance of going sub 10 hours. I had stashed 5 of my High5 gels in my run bag as a back-up. As soon as I hit T2 I took one gel and started to feel better but I was still running on empty.



In my head I just thought that every long training run with Sean had been done on empty so this was fine. A gel every 10k and I would be fine.

Well that was the plan, little did I know that on top of the lack of energy I was suffering from a virus and my heart had swollen which meant my body was under power as well as out of fuel.

The pace on the run got worse and worse, lots of coke and water at each aid station helped along with pure stubbornness. As 10 hours passed and I still had 4Km to run it took everything to keep going but the immense crowd kept me going and the thought that I didn't drive for 16 hours to get a DNF.

It is safe to say I didn't look good at the end as I was picked out by medical staff and taken to the medical tent. Apparently not knowing your own name is not a good sign.

I ended up visiting the medical tent and two hospitals. In return I got a rather large medical bill and rather worried Dad who got the call from the doctor saying they didn't like my EPG scan's and so were taking me for more tests. Thankfully it was all due to dehydration and the virus but it took all kinds of tests including dye into my blood while they x-rayed my heart to be sure. Nothing a bit of rest won't sort.

However you have to love the hearty meal I was given at around 23.00, nearly 5 hours after I finished and when I was finally allowed to eat.

All in all finishing in 10 hours 22 minutes, (340th out of 3,500 finishers) and taking 24 minutes off my ironman PB with everything considered is not a bad result.

However I could have gone quicker without the virus so roll on 2016 and Ironman Austria where I expect like Wimbelball, Simon will kick my arse.....

WHAT IS SOFT TISSUE THERAPY? *from Martin Allen*

I'm pleased to announce that I have fully qualified as a Soft Tissue Therapist and would like to thank the Harriers, and their WAGs ☺ who have helped me get the experience needed, to get me through my Advanced Diploma.

So, what is Soft Tissue Therapy? It is an advanced form of soft tissue manipulation, which includes clinical and sports massage, postural and injury assessment, advice and treatment. The aim is to treat injured or dis-functional muscles, tendons and ligaments, assess the range of movement and strength, whilst giving preventative advice for a range of sports, occupational, social or clinical, postural abnormalities.

I'm currently starting my self-employed business on a part time basis, but hoping to go full time in the future - time is currently limited, but doing some work in evenings, weekends, mostly mobile. I'd like to offer a 25% discount on treatment for club members and those that have helped me achieve my practice hours – meaning that an hour's treatment will be £30 or half an hour for £20. I hope that I can help some of you achieve your sporting goals or help you with other musculoskeletal issues.

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