

**Overton  
Harriers**



**&  
Athletic Club**

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Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

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September 6 <sup>th</sup>	<b>Overton 5 (HRRL)</b>
13 <sup>th</sup>	New Forest Marathon
19 <sup>th</sup>	<b>Southern Women's Road Relays</b>
20 <sup>th</sup>	<b>Southern Men's Road Relays</b>
28 <sup>th</sup>	<b>Solent Half Marathon (HRRL)</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**

August is usually a quiet month, though this year along with the usual final Track and Field, Harriers have been racing all over the UK and of course we had the inaugural CarFest Dash and thanks to Allan Stinson for all the Parkrun data. As the newsletter goes to press the Overton 5 Race has been run; though report will be in next month's newsletter

## **JUNIORS**      *from Anna Vallis*

The Junior section of the club made their third appearance in the Wessex League this year, this time as a composite team with Andover and has been the most successful yet. The number of children we have competing isn't particularly high, but those that do thoroughly enjoy themselves and we have seen some great performances and have been able to introduce track and field athletics to several newbies this year.

We have also had several of our athletes representing their school and also for Andover schools – notable performances were Amy Simpson (Discus), Niall Cook (Javelin), Molly Wateridge (800m). Molly also achieved a fantastic High Jump PB this year of 1.55m and this gave her a ranking of 48th in the country in the U15 age group. Going forward we are hoping to work more closely with Andover and utilise some of their specialist coaches for those who have potential in particular track and field areas.

## **SUMMER HANDICAP RACE 4**      **13<sup>th</sup> August**

The final race of the Summer series was held in slippery conditions and both titles were still up for grabs. Allan's run not only took first place on the night but was also enough to climb up from 4th to 1st in the handicap league. Svetlana took 2<sup>nd</sup> on the night and was only 4 seconds behind at the finish.

Emma took 3rd after catching Sarah in the closing stages while Tom made an impressive debut to take 5<sup>th</sup>.

Second in the overall Handicap League was Liam who had a point in hand over third placed Dan. Katie has had a great summer of improvement but was sadly off colour on the night & had to finally had to settle for fourth spot.

Time wise Neil was fastest on the night after the fast starting Martin blew up & had to settle for second with Simon (in full Iron man training) taking third. This all meant that Neil took a well-deserved victory in the overall Time League beating Simon to the title by one point. Stuart Searle took third place with Greg fourth.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	A. STINSON	35.48	4.24	31.24	16
2	S. UNITT	35.52	2.56	32.56	18
3	E. EDWARDS	36.20	9.05	27.15	13
4	S. YOUNG	36.27	3.59	32.28	17
5	T. WHEELER	36.28	13.47	22.41	4
6	N. MARTIN	36.42	16.21	20.21	1
7	G. JULIFF	36.47	10.28	26.19	9
8	S. EDWARDS	36.57	11.44	25.13	7
9	H. BLISS	36.59	13.34	23.25	5
10	D. CRONE	37.07	13.34	23.33	6
11	K. BROTHERS	37.10	10.38	26.32	10
12	S. SPENCE	37.12	7.54	29.18	14
13	M. GROUNDSELL	37.13	16.46	20.27	2
14	K. EDWARDS	37.25	2.12	35.13	19
15	A. PAUL	37.34	9.59	27.35	13
16	C. BOYLE	37.41	11.26	26.15	8
17	S. LOVELOCK	38.12	16.29	21.43	3
18	M. VAN NUETEN	38.41	7.32	31.09	15
19	G. ENGLAND	41.59	15.26	26.33	11

## **SOUTHERN ATHLETICS – ANDOVER**

**15<sup>th</sup> August**

*from John Hoare*

The final fixture of the season proved a real anti-climax, when in spite of having home advantage we slumped to another disappointing defeat. Too many events in the Ladies match were not covered and is was left to our trio of Hannah, Monique and Audra to make up points wherever possible. The Men's match was more successful but not enough to prevent us finishing in last place and having to suffer the ignominy of relegation to Division Three. But well done to our athletes who have supported the combined team throughout the season.

## **RESULTS**

1500M	'B'	3 <sup>rd</sup>	Neil Martin	4m 46.7s
	N/S	1 <sup>st</sup>	Sean Holmes	4m 51.9s
5000m	'A'	2 <sup>nd</sup>	James Knight	16m 18.0s
	'B'	2 <sup>nd</sup>	Sean Holmes	17m 10.9s
	N/S	4 <sup>th</sup>	Greg England	18m 42.6s
400m	'A'	4 <sup>th</sup>	Monique Van Nueten	90.4s
800m	'A'	4 <sup>th</sup>	Monique Van Nueten	3m 25.8s
1500m	'A'	2 <sup>nd</sup>	Hannah Bliss	5m 36.6s

3000m	‘A’	2 <sup>nd</sup>	Hannah Bliss	11m 28.8s
	‘B’	2 <sup>nd</sup>	Audra Rawlings	12m 51.8s

## MATCH RESULT

1 <sup>st</sup>	Yeovil Olympiads	198	2 <sup>nd</sup>	Hillingdon AC	184
3 <sup>rd</sup>	Worthing	149	4 <sup>th</sup>	Andover & Overton	135

## FINAL LEAGUE TABLE

1.	Harrow	1113.5	20	
2.	Radley	1028.5	17	
3.	Woking	1009	17	
4.	Newbury	985.5	15	
5.	Plymouth/Erme/Tavistock	873	15	
6.	Yeovil Olympiads	952	14	
7.	Hillingdon AC	861	13	
8.	Winchester	830.5	13	
9.	Highgate Harriers	909.5	12	
10.	Wycombe Phoenix	884.3	12	
11.	Oxford City AC	873.5	12	
12.	Ealing, Southall & Middx	847	12	
13.	<i>Epsom &amp; Ewell Harriers</i>	<i>770.5</i>	<i>8</i>	<i>) Relegated</i>
14.	<i>Andover &amp; Overton</i>	<i>628</i>	<i>8</i>	<i>) Relegated</i>
15.	<i>Worthing</i>	<i>751</i>	<i>7</i>	<i>) Relegated</i>
16.	<i>Barnet &amp; Shaftesbury</i>	<i>570</i>	<i>5</i>	<i>) Relegated</i>

## SERPENTINE RUNNERS HYDE PARK 5K     29<sup>th</sup> August     *from Ed Simpson*

The “Last Friday of The Month 5K” is organised by the Serpentine Runners Club and has over 200 runners in two waves the first for those expecting to be sub 22 mins and the second setting off 2 minutes later round a one lap course of Hyde park.

I had a good run and finished in 24:22 with a WAVA of 81.4% which is better than the current course Vet Male 75-79 record of 80.9% which I set in June 2012 (23:25) but then I was only just 75.

I used to have the V70 record in 2007 (20.58 84.1%) but that has been beaten as is now held by John Batchelor in the astonishingly quick time of 19:40

## CARFEST GREAT FESTIVAL DASH     *from Anna Vallis*

Well, I think we pulled it off in the end! For those of you who don’t know the background of why about 35 Harriers (and friends of the Harriers) ended up at a very early hour on the Saturday of Bank Holiday Weekend in the middle of Jody Scheckter’s farm then I’ll explain a little. Several months ago I saw a tweet from someone to the Carfest team suggesting that a Parkrun was held at the event. This got me thinking, which is normally a bit of a dangerous occurrence. Having camped at Carfest before (ok, the rest of the family have camped there before, I’ve always taken the approach of going home to “charge up the phones and bring in more food”, i.e. a good night sleep in my own bed), I could see how this would work and given our club’s experience at hosting the Andover Parkrun this seemed like a perfect match. So I contacted the Carfest team and suggested that we could possibly help provide marshals etc. for a Parkrun. What could be more simple – a team from Parkrun organise the event and we just help out....

Things sort of evolved and escalated slightly from there onwards, with the end result being Piers, Keith and I pretty much organising the whole event. So my first apologies are for having to rope so many of you into helping us.

I also feel that I need to apologise to The Vale Royal Athletics club in Cheshire! Following “our” offer to assist the Carfest team with their Dash, they felt that if we were doing it in the South then they needed to offer it in the North – so they approached the local club to Oulton Park to organise their Dash. Now this definitely had benefits for us, mainly the fact that the event in the North was 4 weeks before ours, so they were definitely the guinea pigs.



Heavy rain in the week leading up to Carfest South meant that the priorities of the organisers had altered somewhat, so we were left to our own devices on the Friday of the event – when up to 700 people were due to pick up their race numbers. That all sounds quite easy, but not so easy when we had no numbers to give out! A muddy trek over to the production office and digging around in a couple of portacabins solved our problem so we were all set to go, slightly worried that we’d also been forgotten for the actual run on the Saturday.

I didn’t need to panic after all – at 10:30pm on the Friday night I got a call from one of the assistants, slightly worried that she hadn’t been able to get hold of our main Carfest contacts all day, asking what we needed for the run the next morning....

By 7am on the Saturday morning all our marshals and officials had emerged from various footpaths and carparks, ready to entertain our fancy dressed campers. Fully briefed and appropriately dressed (Harriers clothing plus the all-important blue afro wig), we corralled (especially Helen), marshalled, time-kept, number recorded, watered, medalled for a very hectic 30 minutes. The event raised hundreds of pounds for Children in Need.

We had an absolutely fantastic team of helpers on both days – thank you all so much for helping us and I will try not to have any “fantastic” ideas again!

**COLERAINE 5**      **12<sup>th</sup> August**    *from Piers Puntan*

During my 6 months off work I’ve been training with Springwell Running Club based on the north coast of Northern Ireland; a very picturesque part of the world. Following joining them as a second claim member I thought it would be good to do their version of the “Overton 5”; the “Coleraine 5”.

The course isn’t as scenic as Overton 5 but takes in the old Victorian Town Centre and a route along the River Bann before a few short sharp climbs in amongst the housing estates before returning to the centre and a dash along the pedestrianised high street to the finish.

The standard was very high, there weren’t many in the “fun runner” category, the Wednesday evening timing making it more a club runner event. I had a fair run and given all the injury problems I’ve had in the last year was pleased with my time.

Harrier	Time	Position
Piers Puntan	34:22	80 <sup>th</sup> (11 <sup>th</sup> V45)

*263 finished*

## **PARK RUNS**

Thanks to Allan for pulling together all these times; shows where Harriers spend their summer!

	<b>1st August</b>	<b>8th August</b>	<b>15th August</b>	<b>22nd August</b>	<b>29th August</b>
<b>Basingstoke</b>					
Trevor SMITH	00:20:43	00:21:15			
Monique VAN NUETEN	00:25:48				
Morgan COTTRELL	00:32:27				
Martin CRAWSHAW			00:20:26	00:20:26	
Edmond SIMPSON			00:24:52	00:25:00	
Svetlana UNITT				00:28:46	00:27:23
John HODGE				00:28:29	
<b>Andover</b>					
Greg ENGLAND	00:18:34				
Richard FRANCIS	00:24:55				
Mo PARRY	00:26:09	00:26:11		00:26:08	
Sean HOLMES		00:17:21			
Richard FRANCIS		00:24:15			
Cath WHEELER			00:20:22		
Hannah BLISS					00:20:40
Claire BOYLE			00:23:19		
Richard FRANCIS			00:24:17		
Stephen SPENCE			00:25:29		
Rebecca COSTAMBEYS				00:26:31	
Richard COSTAMBEYS				00:27:04	
<b>Newbury</b>					
Stephen SPENCE	00:25:28				
Allan STINSON	00:25:59				
Carole DRIVER	00:27:59				
Stephen J EDWARDS		00:21:15			
Stephen SPENCE		00:24:57			
Katie EDWARDS		00:29:38			
Deborah HEATH			00:24:00		
Neil GLENDON			00:29:36		
Emily JULIFF				00:31:28	
<b>Frimley Lodge</b>					
Dave BUSH			00:20:06		00:20:16
<b>Lee on the Solent</b>					
Allan STINSON			00:26:04		00:25:08
<b>Harcourt Hill</b>					
Neil MARTIN	00:18:28				

	1st August	8th August	15th August	22nd August	29th August
<b>Portrush, NI</b>					
Piers PUNTAN		00:22:02			
<b>Ormeau, Belfast NI</b>					
Piers PUNTAN			00:21:16		
<b>Crane Park</b>					
Neil MARTIN		00:17:58			
<b>Penrose</b>					
Neil MARTIN				00:19:27	
<b>Maidenhead</b>					
Dave BUSH		00:20:57			
<b>Colby</b>					
Dave BUSH				00:25:12	
<b>Rushmoor</b>					
Claire SPENCER	00:20:42				
<b>Alice Holt</b>					
Claire SPENCER		00:20:41			
<b>Lanhydrock</b>					
Claire SPENCER				00:23:00	
<b>Blandford</b>					
Claire SPENCER					00:20:25

### HAMPSHIRE XC LEAGUE

The fixtures this season are

Saturday 10 October 2015 Farley Mount, Winchester

Saturday 7 November 2015 TBA

Saturday 5 December 2015 King's Park, Bournemouth

Saturday 16 January 2016 Prospect Park, Reading

Saturday 13 February 2016 Popham Airfield, Basingstoke

A reminder that those in school Year 6 are eligible to run in the under 13 races; to qualify, athletes will have their 11<sup>th</sup> birthday between 1<sup>st</sup> September 2015 and 31<sup>st</sup> August 2016.

Athletes competing in this age group must be U13 on the 31<sup>st</sup> August 2015 as per the current UKA rule.

## **TRAINING WEEKEND**

After a highly successful week on the Isle of Wight in February, Overton Harriers will be returning to Upper Chine Cottages (<http://www.upperchinecottages.co.uk>) situated close to Shanklin, Old Village for its annual training week(end) in 2016. For those that missed out this year and in 2014, the cottages have a pool, sauna, gym, play area and a number of other amenities and are situated in a picturesque and convenient part of the Island.

The training week(end) will be held in its usual slot of the Spring half term holidays in 2016. This email is to gauge the level of interest in the training week(end) to allow us to book the right number of cottages.

For those new to the Club the training week(end) is an annual tradition that sees the Club decamp from its base in the Hampshire countryside to a location offering a completely different running and social environment with an equal emphasis on both. This will probably be the last time we go to the Isle of Wight before we move to pastures new in 2017 - 3 years being the usual shelf life of each location before we look for a new place. So, if you haven't been yet, this is your last chance to try out the delights of Shanklin! If you have been before, it's the last opportunity to re-live those great memories!

All members of the Club are welcome to attend along with partners and families (whether runners or not). The Club normally books cottages for a week with some people attending for a long weekend (Sat-Tues) and the remainder staying on for the full week (Sat-Sat). There is a slight variation in cost to reflect the differing length of holiday with costs last time being c.£110 per person for the weekend and c.£135 per person for the week (including Saturday and Monday evening meals and Sunday lunch). We have yet to confirm costs since they are somewhat dependent on numbers attending but would not expect prices to vary too much from this benchmark for the coming year apart from the usual level of annual inflation.

The long weekend tends to be relatively organised from a running and social perspective with sessions being organised on a twice-daily basis and meals arranged in the evenings. Participation in the sessions and attendance at the meals is obviously entirely voluntary! After the weekenders leave arrangements tend to become a little more freeform and loose but the emphasis remains on the social with people usually meeting up on a daily basis for a run or a trip out. I'm sure that if you ask any long-standing member of the Club they will confirm that the training week is one of the highlights of the year.

The training week will run from Saturday 13 Feb 2016 to Saturday 20 Feb 2016 (or Sat 13 Feb-Tues 16 Feb for the weekend).

**If you wish to come please contact Richard Clifford ASAP**