

**Overton
Harriers**



**&
Athletic Club**

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September 2015 Issue 458

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

October 4 th	Basingstoke ½ Marathon, Clarendon Marathon
10 th	HANTS XC LEAGUE: FARLEY MOUNT
11 ^h	IOW Marathon
18 th	Sportshall League (Andover)
25 th	Great South Run

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

September was a busy month starting with the Overton 5 which was again a great success mainly due to Helen and her team of organisers, marshals and helpers; thanks to you all. The club took teams to the Southern Road Race Relays at Aldershot, we had the Solent Half Marathon and the triathletes have been showing prowess again. We also have a late, surprise surprise, report from Lee on his exploits at the Masters Champs. The Christmas Meal will be after the cyclists' race on Sunday 20th December, see inside for more details on menu choices.

OVERTON 5 6th September

I can't remember an Overton 5 that has had bad weather and 2015 was no different, a glorious sunny day showing Overton at its best. For the first time we had sold out the event before the day, which is good as this year's traffic management costs were astronomical, so we had a large turnout of over 500 runners on the start line including twenty one Harriers. The race was a huge success, mainly due to the efficient organisation and the scores of marshals and helpers around the course and at the ORC.

The race was won by Toby Lambert with Martin taking the first Harrier place shortly followed by Sean as first V40 and then Neil Martin as third V40. Cath was first Lady Harrier home, seventh lady, and she took home the Vet 55 prize.



Looking at Run Britain there were an awful lot of PBs, 159 out of 495 runners, which is surprising given that the Overton 5 is considered a tough course. Harriers that achieved PBs included Martin Groundsell, Richard Costambeys, Katie Edwards and Lisa Warriner.

Harrier	Time	Race Pos.
Martin Groundsell	28:07	15 th
Sean Holmes	28:15	16 th (1 st V40)
Neil Martin	29:12	27 th (3 rd V40)
Cath Wheeler	33:04	117 th (1 st V55)
Hannah Bliss	33:50	139 th
Keith Vallis	36:49	220 th
Audra Rawlings	37:33	243 rd
Trevor Smith	38:01	250 th
Robbie Dennison	38:17	259 th
Katie Brothers	39:09	280 th
Sarah McCann	39:33	287 th
Neil McCann	41:19	324 th
Steve Spence	41:33	327 th
Rebecca Costambeys	43:37	373 rd
Richard Costambeys	44:31	395 th
Monique Van Nueten	44:36	401 st
Svetlana Unitt	45:10	411 th
Allan Stinson (2 nd Claim)	46:25	430 th
Lisa Warriner	49:42	452 nd
Mark Bulpitt	50:36	457 th
Katie Edwards	51:57	460 th

495 finished

SOUTHERN WOMEN'S ROAD RELAYS

19th September

A very mixed age group team entered the Southern Relays, and as such we had a "Senior" Ladies Team.

Hannah led us off with an excellent run and was our quickest of the day by a good margin. The second leg was taken up by Charlotte, making her debut in this event and she can feel well pleased with her performance. The same could be said for Rebecca.



The anchor leg went to our club captain who brought us home in 71st place. As they said 'we were not last', with 75 teams completing and many more who could not get out a full team. Well done

Harrier	Race Pos.	Time	Leg Pos.
Hannah Bliss	59 th	15:39	51 st
Charlotte Lewis	73 rd	18:39	72 nd
Rebecca Costambeys	76 th	19:08	73 rd
Monique Van Nueten	72 nd	20:14	73 rd

Final Position 71st

Final Time: 1:30:40

75 complete teams finished

SOUTHERN MEN'S ROAD RELAYS 20th September

from Piers Puntan

Following what seemed to be months of team emails and cajoling from Sean we got three teams, two V40 and one V50, to the Southern Road Race Relays at Aldershot. There was then another worry as Neil Martin who is usually at a race a good hour and a half before the start was nowhere to be seen, was injured spectator Dave Bush going to have to take part; luckily not as Neil appeared before the start.

All three teams lined up at the start with Lee, Richard and Blissy taking the first 6k leg. All three performed well especially Mike who hasn't been long back from injury handing over to Neil Martin, Piers and Greg in 10th, 35th and 6th (V50) positions respectively. Neil and Greg had storming runs, though mine was the classic go out too hard on the first lap and die on the second. The third leg was Sean, Keith Vallis and Martin Crawshaw starting in 11th, 43rd and 6th positions; Sean ran well pulling the A team up to 4th place, Keith took a place raising the B team up to 42nd and Martin consolidated us in 6th position. The final legs were down to James, Neil Glendon and Franny. Neil had a good run dragging the V40 B team up to 35th overall and Franny slipped a few places the V50 team finishing 13th.

However whilst this was happening most Harriers eyes were watching the A team as James took over only 30 seconds behind 2nd place Bedford runner and was only a second behind the 3rd place Orion Harrier. James and the Orion Harrier chased down and passed the Bedford runner before the end of the first lap though the Orion Harrier was proving more difficult; with 1000 metres to go the Orion Harrier still had 10 yards on James.

The end of the lap has a little incline which at the end of 6k feels like Nutley Bottom and it was here that James pulled alongside and past the Orion Harrier, who then fought back and it was a sprint finish to the line with James taking the A team to 2nd place by 2 seconds with the second fastest time of the day.



V40 A Team

Harrier	Race Pos.	Time	Leg Pos.
Lee Tolhurst	10 th	20:56	10 th
Neil Martin	9 th	21:30	11 th
Sean Holmes	6 th	20:41	4 th
James Knight	2 nd	19:40	2 nd

Final Position 2nd

Final Time: 1:22:47

V40 B Team

Harrier	Race Pos.	Time	Leg Pos.
Richard Clifford	36 th	23:12	35 th
Piers Puntan	43 rd	25:41	51 st
Keith Vallis	42 nd	25:37	44 th
Neil Glendon	36 th	23:24	25 th

Final Position 35th

Final Time: 1:37:54

V50 A Team

Harrier	Race Pos.	Time	Leg Pos.
Mike Bliss	32 nd	22:54	31 st
Greg England	29 th	22:48	27 th
Martin Crawshaw	29 th	24:59	38 th
Richard Francis	44 th	29:39	57 th

Final Position 43rd (13th V50)

Final Time: 1:40:20

58 complete teams finished

SOLENT HALF MARATHON

No reports received on this race as we went to press but the times look good and Power of 10 shows PBs for Simon and Sarah. Sean picked up the V40 prize and Audra the V45 prize and we had good team performances, the men being 2nd and the ladies 6th.

Harrier	Gun Time	Chip time	Race Pos.	Cat Pos.
Sean Holmes	1:16:09	1:16:08	7	1 st V40
Neil Martin	1:18:44	1:18:44	12	3 rd V40
Lee Tolhurst	1:19:19	1:19:18	13	4 th V40
Simon Lovelock	1:21:21	1:21:21	17	12 th Senior
Audra Rawlings	1:39:20	1:39:10	142	1 st VF45
Dan Crone	1:43:19	1:43:15	160	55 th Senior
Steve Edwards	1:47:57	1:47:46	195	33 rd V45
Katie Brothers	1:52:07	1:51:57	218	7 th VF35
Sarah McCann	1:52:18	1:52:08	219	7 th VF40
Rebecca Costambeys	2:00:33	2:00:25	270	13 th VF40
Richard Costambeys	2:09:07	2:08:58	299	42 nd V45

385 finished

HACKPEN HILL CHALLENGE

13th September

from Claire Spencer

This was a brand new event run on an exclusive farm. The race was completely off road using the tracks and farm fields skirting the historic Ridgeway trail and surrounding areas. It was a "people" race in which they allowed us to run with dogs.

The race was organised to raise money in memory of the landowner's wife. It attracted an entry of 193 and with a nice (?) twist the landowner decided to lead the race out on horseback!

First let me say, many people see the sport of Canicross (running with dogs attached) as "cheating" yes they do help our speed, but we also have another being to care for on the course, warm up, cool down, feed, water it's not all plain sailing, they are unpredictable and if they don't like the course or it's too warm they will destroy your legs in the first mile then give up, as happened to me at Hackpen Hill.

The start wasn't on a particularly wide track, I had warmed my dog up and stayed well away because he has a thing for horses (as in he would like to eat one!) as soon as people started making their way to the start I went over, got set up at the front (behind the landowner and his friend on their horses, hanging onto Murph like my life depended on it!) then they decided to do the race brief, so I have to hang on to my over excited hound a bit longer, then just as we are about to start the landowner rides right over and gives a speech about the charity ... finally they start the countdown, which I couldn't quite hear due to the noise of dogs behind ... I just heard words, which I thought were 3.2.1 but as I went to go I realised he was counting down from 10 .. who does that?? I was really fighting to hold onto my dog by this point, he wanted horse for breakfast!



Finally we were off, the riders didn't quite realise how fast the dog's runners set off and quickly had to put a spurt on. My dog was on a mission, we managed the first mile in 5.53, then as the horses disappeared into the distance (followed closely by my rather fast friend and his 2 dogs) Murph decided to alter his pace quite dramatically, just as we got to the hill, I will confess to walking up that hill, it was a big long tough incline and I came to the conclusion I would be better off conserving my energy, and to be fair, I wouldn't have run up it much faster than I walked !

The rest of the run was pretty sedate, it was quite warm and the trails were very open (and not particularly exciting!) we made a visit to the dog bowl at the water stop and had a dip in a couple of puddles but still finished in a respectable time (considering my dog gave up) of 47.25, first female and 25th overall. As I ran with the dog I asked for my prize to be passed to the next non dog runner, I was gutted when I saw the rather nice trophy that came out was accompanied by a bottle of prosecco but later on the organisers came and found me and gave me a trophy and bottle of prosecco, apparently I deserved it!

So after a less than ideal tri season the build up to my last race at Hever was summed up by Sean rather well at training, “you’ve had your best race of the year, it was the Overton 5”. So roll on race morning and the Indian Summer wasn’t as warm as I needed it to be, with an air temperature of 5 degrees and a water temp of 13.1 degrees, it was a cold start in the shadow of Hever Castle.



The 500+ field was split into two main waves and with a wide start it was an easy swim to the first buoy at 600 meters and for ounce without any punching or clashes. After half way the swim entered a river section to get back to the swim exit. As we entered it the water temperature dropped again, this resulted in me being unable to speak or put any warm clothes on for the bike in transition 1 as my hands were numb.

It's fair to say I hadn't done a lot of research into the race before entering it, I certainly didn't realise until two days before when I looked at the course how hilly it was. The course was either climbing or descending which when you are cold, wearing only a tri suit and the sun was only just up meant I had all over body shivering on the descents for the first 40 miles of the bike. Half way around the second lap it started to warm up but as the field was spread out the only racing on the bike was to overtake cars who were stuck behind slow riders doing the Olympic distance event. Nothing like a desperate Dan overtake to keep the adrenalin flowing.

Back into transition and I was surprised to see very few bikes back from my wave and so I headed out onto the run course. Again a lack of research soon became apparent as the course had the feel of the Combe Gibbet race in terms of a hilly trail run but this time it was only 14 miles long and I didn't get lost.

Even though my pace was not great I did run a few people down on the first lap but the second lap soon became a matter of survival and not getting passed. A sense of relief was felt with 1Km to go

when I passed the lead lady so at least I wasn't going to get "chicked" (always important). However, looking at the results the course was a tough one as even with a slow time of 1hr 40 for the 14 mile run, I posted the 11th fastest run on the day so I was happy with that.

Final results showed me to be 14th out of 512 finishers but in 5hr 21 min; it was my slowest every half ironman proving the course was brutal. However it could have been worse the last person took 9hr 50 min.

HIGHCLERE CASTLE 10K **27th September** *from John Hoare*

As part of his recovery from injury James opted for the shorter 10k run round the estate of Highclere Castle. And he totally dominated the race running out a clear winner by nearly two minutes. Monique also picked this event but was less than happy with her result, albeit over a tough multi-terrain course

Harrier	Time	Race Pos.
James Knight	35:23	1 st
Monique Van Nueten	1:00:17	213 th

302 finished

And some results that were missed from a previous Newsletter earlier in the year

WINCHESTER 10K **22nd February**

Harrier	Time	Race Pos.
Rebecca Costambeys	51:16	258 th
Richard Costambeys	55:13	369 th
Monique Van Nueten	55:29	374 th

588 finished

JUNIORS *from Keith Vallis*

Sportshall – indoor athletics open to everyone age 8 and over on the day of the event. I need to know numbers a few days in advance of each event. The format of the event is changing this year; everyone will have the opportunity to do 6 events.

Sunday 18th October – Andover

Sunday 22nd November – Andover

Sunday 24th January – Portsmouth

Sunday 13th March – Portsmouth

Cross Country. This year we have decided to just do the Lord Wandsworth races and the Hampshire League.

The Lord Wandsworth series is low key and are on Sunday mornings, there is no minimum age. You just need to turn up on the day and run (adults too can take part....). The Hampshire League is a much more serious event and are on Saturday lunchtimes/afternoons.

Lord Wandsworth

Sunday 1st November
 Sunday 6th December
 Sunday 10th January
 Sunday 31st January
 Sunday 6th March

Hampshire League

Saturday 10th October – Farley Mount, Winchester
 Saturday 7th November – TBC
 Saturday 5th December – King’s Park, Bournemouth
 Saturday 16th January – Prospect Park, Reading
 Saturday 13th February – Popham Airfield, Basingstoke

SEPTEMBER PARKRUNS*from Allan Stinson*

	05-Sep-15	12-Sep-15	19-Sep-15	26-Sep-15
Basingstoke parkrun				
Morgan Cottrell	30:45			33:58
Julia Cottrell	30:52			33:58
Edmond Simpson		25:03		
Svetlana Unitt		27:49		28:54
John Hodge		27:49		
Claire Boyle			23:11	
Emily Juliff			31:57	
Simon Lovelock				20:59
Andover parkrun				
Mo Parry	26:01		25:32	
Sarah McCann		23:37	23:27	
Neil McCann		24:03	24:01	
Greg England		19:52		
Gavin Roberts		21:24		
Rebecca Costambeys		25:55		
Richard Costambeys		26:20		
Monique Van Nueten		26:53		
Michael Ball			23:53	
Matthew Johnson				32:30
Ben Johnson				32:31
Guildford parkrun				
Dave Bush	20:24			
Frimley Lodge parkrun				
Dave Bush		29:40		
Alice Holt parkrun				
Dave Bush			20:46	
Southsea parkrun				
Carole Driver			27:06	
Barry Island parkrun				
Cath Wheeler			20:29	
Paul Wheeler			21:47	

World Masters Athletics Championships 2016 – V40 3,000m Steeplechase – Lyon, Fr

15th August 2015 *from Lee Tollhurst*

After securing a spot on the British team as one of the three 3,000m steeplechasers in the M40 category I was off to the biggest stage of all the world champs. Not knowing what to expect in terms of competition the only option was to lay down a solid block of steeplechase specific training over the summer. This was not easy as a steeplechaser requires the flexibility of a hurdler, the speed of a 1,500 runner, the acceleration of 200m runner and the endurance of 5k runner. I opted for a spring marathon as a prelude (tick in the endurance box). After that there was the weekly trip to the track to build speed and hurdling form, as work takes me around the country I found this website valuable <http://www.runtrackdir.com/> which lists every track in the UK. I can recommend both Macclesfield and St. Ives, less so Charlton (locked with a 10ft high fence).

Getting closer to the event my GB kit arrived to much excitement, Daisy jumped around the sitting room screaming for 15 minutes wearing the warm-up shirt, followed by wearing it to bed for the next week! Hopefully this will be an inspiration for a new generation of Harriers! Straight from work the family and I set-off for the Channel tunnel and 9hrs of driving later we arrived at registration to collect my number (with a sleep stop halfway). Registration itself was within an indoor track and everyone was helpful, friendly and English speaking. Once we had finished collecting my numbersx3 (front, back and bag) we set about shopping, I now have a towel and t-shirt to prove that “I woz ‘ere” as chad would of said. Walking out of registration we decided to go into the stadium across the street and watched Great Britain collect 3 golds in the 800 (different age groups) one in a world record time, inspirational stuff.



The next morning was race day and we set-off in plenty of time to find the Rhone Alp stadium, lucky Jayne was in charge so we didn't get lost. On arrival there was the small matter of working out which race I was in. I had been drawn in the A-final that meant starting warm-up almost immediately. The warm-up was on a 4 lane track next to the stadium laid-out with barriers, perfect. I met up with a couple of Brits and Irish wishing them luck before the V35 race. As they came back I was told to be careful as everyone is going out too hard going through 260m in around 40s (61s for 400). Half an hour before the race we had to be in the call room for the final preparations, the tension was building, most people in their own thoughts with just the odd conversation.

As we were walked out onto the track our names and nationality were called out over the PA system, we wished each other luck without any language barrier. A few strides to get used to the track and a couple of practice barriers, and then we were called to the start line. I was trying to tell myself this is Andover track and this is a SAL meet relax and enjoy it. As the gun went I started with a plan in mind, 10 metres later I looked across and saw the opportunity to lead the world championships, knowing it was impossible to resist I took off going through 260m in exactly 40s..oops!



Still leading at the first water jump 600m in I was overtaken and the world became a darker place as my muscles started to fatigue. Digging deep I pushed on losing 2 more places within a lap, the legs were now coming back to me and I could run more fluently again. Now to chase down the Mexican, slowly he came back lap after lap. The hurdling was smooth and the pick-up after each barrier is good, although the water jump still needs work.



Coming up to the bell I dug deep to run a 73s last lap and hold off a fast finishing American but the Mexican remained just out of reach. My time of 10:41.31 was my 2nd fastest of the season, but today it was about racing.

Steeplechasers are a bit odd...goalkeepers of the athletics world, tough, every mistake is critical and there is a steeplechasers union. To this end we all got together at the end for to give thanks that we all game back unscathed and for a photo with 10 nationalities. Much chatting and swapping of details later we made our way off the track to watch the rest of the days actions including the B-Final with a former a European silver medallist from Spain who ran away from the field and dropped a 64s last lap.

My final result was 4th in the A-final and 18th overall in the M40 category. I was not completely happy, so I am now aiming for Malaga in 3 years when I will be a M45 and looking at the results there were only 2 runners faster who are older than me...

CYCLISTS RACE AND CHRISTMAS LUNCH 2015

Date for this year's Cyclists Race and Christmas Lunch is Sunday 20th December

Timetable

- 10.15 Collect numbers from Overton Recreation Centre
- 10.45 Cyclists Race starts – 3.5 mile Harroway Course
- 13.00 Assemble at Test Valley Golf Course
- 13.30 Meal

MENU

Starters

Parsnip and Chestnut Soup with Smoked Bacon Pieces
Chicken, Pork & Tarragon Terrine, Beetroot & Onion Chutney
Smoked Haddock Parfait with Chervil, Melba Toast
Button Mushrooms in Garlic, Cream & White Wine Sauce on toasted Bruschetta

Main

Carvery – Turkey, Topside of Beef, Gammon
Bubble & Squeak Cake with Cranberry and Walnuts (Vegetarian Option)
All with Seasonal Vegetables, Roast Potatoes and all the Trimmings

Pudding

Christmas Pudding with Brandy Sauce
Chocolate Fudge Brownie with Cappuccino Ice Cream and Chocolate Sauce
Fresh Fruit Salad with Chantilly Cream and Meringue
A trio of Cheese with Fig Chutney, Grapes and Biscuits

Coffee and Mini Mince Pies

Cost £20.50

Under 12's £10

Toddlers £5

Payable on the day

Orders to John Hoare 01256 467085 or email johnhoare41@gmail.com or by hand
Together with your choice of starter, pudding, and veg option if wanted