

**Overton
Harriers**



**&
Athletic Club**

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October 2015 Issue 459

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Email your reports to me at PiersPuntan@overtonharriers.org.uk

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November 1 st	LORDSHILL 10 (HRRL)
1 st	Lord Wandsworth XC: Race 1
7 th	HANTS XC LEAGUE: POPHAM
9 th	FOXDOWN HANDICAP
15 th	GOSPORT HALF MARATHON (HRRL)
22 nd	Hampshire Sportshall League (Andover)
29 th	Hayling 10

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

The Road Race and XC Season is now in full swing with Harriers out in force at Farley Mount and we have reports from other races both far and wide including Basingstoke Half-Marathon. November has our local XC event at Popham as well as the potential PB races at Lordshill and Gosport. Christmas Meal is nearly upon us so please provide choices to John Hoare asap.

BASINGSTOKE ½ MARATHON

4th October *from Emily Julliff*

My first half marathon.

The few days leading up to the day of the race were spent dosing up on Barocca trying to fight off the cold that our resident toddler was generously sharing with everyone, the relief to wake up on the Sunday morning and not be ill was a good start.

Race nerves were in full swing when we got to the park for the start and I was very glad to get going. The race started off well, I put myself in the start line between the 2.15 and 2.30 pacers hoping that the 2.30 one wouldn't overtake me on the way round. There was a big crowd at the Jolly farmer which gave a good boost before the first proper hill. Our training routes began to pay off after a few miles as I found I was overtaking people on the hills and still feeling good.

The regular water stops and supporters by the roads and in the villages made the distance fly by. It was a beautiful day so the views were amazing. Of course this half is famous for its hills especially 'The Big Dipper' so I felt slight apprehension approaching the 8/9 mile mark. Was this going to beat me? My legs didn't let me down and soon I was off on the big downhill to recover, still feeling pretty good.

The crowd had grown in Cliddesden for our second pass though and it was great having people I knew and people I didn't cheering me on. The final couple of miles down into Basingstoke were ok, but approaching the entrance to the park I was definitely starting to run out of steam. That finish line was a very welcome sight indeed!

My official time was 2:19:23 (average pace 10:35 min/mile) which I am pretty chuffed with and I didn't walk at all!

My first half marathon taught me a few things:

1. Training in Overton means you have a different concept of a hill to most other runners
2. I may be a 'slow' runner but there are a lot slower
3. A half marathon is too far to run without taking on some sort of fuel; something I need to master before my next one.

Harrier	Gun Time	Chip Time	Position
Gavin Roberts	01:47:53	01:47:21	339 th (35 th V45)
Emily Juliff	02:21:11	02:19:23	1027 th (64 th VF35)
Rachel Hessom	02:46:44	02:44:23	1222 nd (140 th Lady)
Mark Bulpitt	02:49:21	02:47:25	1234 th

1279 finishers

CLARENDON MARATHON **4th October** *from Neil Martin*

With a growing reputation for secret racing, my failure to join in a Thursday hill rep session lead to some speculation as to what race I must be doing on the Sunday. My cover was blown when Stubbington Green posted a Facebook photo of the start of the Clarendon Marathon, with me in the background.

I'd entered the race without realising it would be the 7th of eight successive weekends of running. But, with some recent good form, I was feeling quite up for it. The event consists of a marathon and 4-person relay starting just outside Salisbury and a half marathon starting at Broughton. All the events end in Winchester and follow the Clarendon Way; a hilly trail taking in Broughton Down, Beacon Hill and Farley Mount.



Misty and relatively cool conditions greeted the start, but with the promise of sunshine and warmth later. My plan was to try and run around the three hour mark, with anything under being a bonus. So at the start I settled into a pace that I reckoned I could maintain and didn't worry about what others did. After a mile I was in around 8th or 9th place. Last year's winner was fast pulling away, accompanied by Stubbington's relay runner, and I was content to let him speed to victory.

Over the next 9 miles I gradually picked runners off, so that by half way at Broughton I was running 2nd. I was pushing to build a bit of a cushion and to be first vet. But weirdly at 19 miles just before Farley Mount I saw the leader's bright green top ahead of me.

I presumed he must have somehow got lost until I saw that he was weaving all over the place and had detonated big time. I went passed and said 'well done', but was really thinking 'crush him now!'

At that point the biggest hill came and I quickly pulled away from him - which was more a reflection of him slowing than anything else. Leading brought on the new sensation of 'stress at being caught'.

The last couple of miles were quite undulating and, as I tired, I felt sure that someone was going to catch me. But I actually extended my lead and finished a fair bit under my three hour target and with a slightly awkward acknowledgement to the crowd.

This is a really nice race and would make a good 4 person relay race for the club.

Harrier	Time	Position
Neil Martin	2:56:31	1 st

342 finishers

OCTOBER HANDICAP

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	C. SPENCER	34.49	6.58	27.51	13
2	L. AVENELL	35.37	12.50	22.47	5
3	G. PREECE	35.38	12.50	22.48	6
4	K. CLARK	36.37	10.59	25.38	10
5	K. EDWARDS	36.43	GO	36.43	24
6	G. ROBERTS	36.46	11.27	25.19	8
7	J. GRAY	36.50	13.59	22.52	7
8	N. MARTIN	36.51	15.43	21.08	2
9	S. McCANN	37.08	8.37	28.31	14
10	P. PUNTAN	37.12	11.27	25.45	11
11	S. HOLMES	37.14	16.50	20.24	1
12	M. VAN NUETEN	37.25	5.57	31.28	17
13	R. CLIFFORD	37.42	15.09	22.33	3
14	S. McFARLANE	37.45	2.34	35.11	23
15	M. BROWN	37.54	4.34	33.20	19
16	S. SEARLE	37.59	15.23	22.36	4
17	J. COTTRELL	38.13	5.38	32.35	18
18	N. McCANN	38.23	8.54	29.29	15
19	M. BULPITT	38.26	4.34	33.52	21
20	K. BROTHERS	38.30	10.51	27.39	12
21	E. JULIFF	39.26	2.34	36.52	25
22	K. VALLIS	39.31	13.59	25.32	9
23	M. STOCKLEY	39.37	5.57	33.40	20
24	P. RAWLINGS	40.00	0.16	39.44	26
25	G. MEAD	41.59	10.32	31.27	16
26	E. EDWARDS	43.53	9.32	34.21	22

HANTS XC LEAGUE: FARLEY MOUNT

The traditional opener of the Hampshire XC League saw a warm and pleasant day with very dry conditions underfoot; conducive for good times by Harriers.

Ladies

First away were the ladies, in what was a smaller field than usual, with Cath as usual taking the first Harrier position and 1st V55. Katie Brothers took second place with virtually an identical time to last year with Sarah close behind. Monique as club captain ensured that we finished in mid table team wise and 6th in the veteran's league.

Harrier	Time	Position
Cath Wheeler	27:12	35 th (1 st V55)
Katie Brothers	30:37	81 st (24 th V)
Sarah McCann	31:36	91 st (30 th V)
Monique Van Nueten	35:08	111 st (40 th V)

129 finishers

Men's

A big turnout by the men's team meant that we scored very well taking first place in the Vets League. Overall we are nicely poised in 3rd place in Division 2 giving us an opportunity to aim for promotion back into Division One at the end of the season.

Notable performances for Dan Crone who had his first runout for the club on the XC field, a good solid performance and undoubtedly his position and times will improve with training.

Next fixture is at Popham on 7th November and both Monique and Sean would like to ask all Harriers to run at what is our local fixture.



Harrier	Time	Position
Sean Holmes	36:48	40 th (4 th Vet)
Lee Tolhurst	37:48	58 th (8 th Vet)
Neil Martin	38:53	77 th (14 th Vet)
Simon Lovelock	39:37	89 th
Richard Clifford	43:08	161 st (56 th Vet)
Keith Vallis	46:27	204 th (87 th Vet)
Dan Crone	46:43	206 th
Piers Puntan	46:45	207 th (89 th Vet)
Dave Titcomb	47:59	216 th (94 th Vet)
Keith Clark	48:23	220 th (98 th Vet)
Neil McCann	53:38	216 th (118 Vet)
Richard Francis	55:05	218 th (120 th Vet)

220 finishers

PARK RUNS – OCTOBER 2015 *from Allan Stinson*

	03-Oct-15	10-Oct-15	17-Oct-15	24-Oct-15	31-Oct-15
Frimley Lodge Parkrun					
Dave Bush	19:54	19:22	20:04	38:48	45:33
Basingstoke Parkrun					
Paul Wheeler	22:11	21:47	22:07	21:52	21:48
Cath Wheeler					20:37
Melanie Hodkin			28:22	30:38	
Trevor Smith		21:02			21:00
Claire Boyle			22:53		23:09
Edmond Simpson			25:23		
Svetlana Unitt			35:57		
Morgan Cottrell				35:05	
Julia Cottrell				35:06	27:38
Allan Stinson				29:45	33:32
Hannah Oliver					23:39
Monique Van Nueten					27:26
Andover Parkrun					
Mo Parry	25:44		25:47	25:52	
Matthew Johnson	33:18	32:22		35:25	
Aidan Johnson		32:43		32:48	
Ben Johnson	23:41			24:47	
Neil McCann	24:19	23:55			
Greg England	19:23				
Sarah McCann	22:59				
Rebecca Costambeys	24:59				
Richard Costambeys	26:14				
Monique Van Nueten	26:34				
Julia Cottrell	26:50				
Albert Jones				22:13	
Jasper Jones				22:16	
Curl Curl Parkrun					
Stephen Spence		24:37		24:16	24:20
Newbury Parkrun					
Melanie Hodkin	45:57				
Richard Francis					25:13
Southwick Country Parkrun					
Claire Boyle	22:20				
Southsea Parkrun					
Carole Driver		27:18			
Weymouth Parkrun					
Neil Martin				17:42	

We did 54 parkruns this month, with Dave Bush and Paul Wheeler accounting for ten parkruns between them! Well done to Neil Martin and Cath Wheeler for their first gender positions at Weymouth and at



Basingstoke respectively. Steve Spence continues to fly the OHAC flag at Curl Curl parkrun in Australia with two age category first places – well done Steve!

ABINGDON MARATHON

26th October

from Simon Lovelock

After a long Tri season of 2 half Ironman and 2 full Ironman events I decided to take it easy for 6 weeks and enjoy all the food and beer I had been missing out on. Well that was until I took a late entry to Abingdon marathon in fact just a week before the event from someone who could no longer race it. What's the worst that could happen I asked myself! I have run 5 marathons before but all after a 2.4 mile swim and 112 mile ride and been between 3:17 and 3:25 so could I run a sub 3 hour with out any marathon training that was the question I was about to ask my body.

My tactic for race day was to go hard and get time in the bank as I knew I would blow at some point but it was just a matter of when. The race is extremely flat and consists of an out section then 2 loops and then back to the finish line. I lined up near the front on the narrow start line feeling fresh but extremely nervous as I knew this could end in a lot of pain and disappointment. I stuck to my race strategy of running the first half hard and got through the half marathon stage in 1:23 (6:20 min/mile) and the legs felt really good so decided to continue and try to hold this pace for as long as I could. I went through the 16 mile point still feeling good, the pace had dropped slightly to 6:30 min/mile but the important thing was the legs still had more in them. The field really started to thin out now and motivation was starting to drop as it was in the quiet part of the course. I hit the 21 mile point at 2:17 and exactly at this point the legs suddenly went, it was like someone had just flipped a switch and all of a sudden my legs weighed a ton.

The goal was always a sub 3 hour and anything else would have been a bonus so I continued to drag the legs around and try to finish with a smile. I finished the race in 2:55:55 so mission accomplished, it was a great feeling but also left me wanting more and what could have been if I had fully trained for it ! Maybe a 2:48.

I will definitely race another stand-alone marathon in the future I'm completely hooked on the endurance side of racing. Time to start planning 2016 and see what I can fit around Ironman Austria and Ironman Vichy.

Harrier	Time	Position
Simon Lovelock	2:55:55	48 th

709 finished

NOVEMBER TRAINING

	Monday (ORC) 19:00	Tuesday (Eastrop Park) 19:00	Thursday (ORC) 19:30	Sunday (ORC) 09:00	Notes
w/c 2nd	Village Lap	6 x 3min Reps w/2 mins recovery reducing each rep by 15 secs (2 min, 1:45, 1:30, 1:15, 1:00)	Sapley Estate 5 x 1.5 laps (3 mins)	Popham	XC League
w/c 9th	Village Lap	7 x 3 mins (2') @ 10k pace	FOXDOWN HANDICAP	Llamas	Gosport Half
w/c 16th	Village Lap	10 x 2 mins w/1 min recoveries	30 minutes Kenyan Hills	Litchfield/Caesar Belt	
w/c 23nd	Village Lap	Big Dipper with Added Benefits: 5min (30'') 1min (2'), 4 mins (30'') 1 mins (2'), 3 mins (30'') 1 min, (2'') 2 min (30''), 1 min	Sapley Estate: Parlauf Run.	Hurstbourne Tarrant Run (Details on Facebook)	Vets Football No ORC Sunday
w/c 30 th	Village Lap	Speed Steps: 30 secs (30''), 1 min (30''), 1 min (30''), 1 min (30''), 30 secs (30'') x 4 w/2 min recovery between steps	Sapley Estate: 4 x 2 laps (3 or 4 mins)	Churches	XC League & Victory

LONDON MARATHON

We have been allocated one club place for next year's London Marathon. This is a reduction compared to previous years due to higher demand from Good for Age runners.

The club place is awarded on a ballot basis and the following criteria:

- Paid up OHAC member for at least 12 months.
- Run for the club in league races (Track, HRRL, Hants XC league etc) and/or helped at 4+ club races (marshalling etc) in last 12 months.
- Provide evidence of rejection from London Marathon 2016 main ballot.

If you want to be entered in the club ballot please let Neil Martin have your London Marathon rejection by 20th November. If you don't meet all the above criteria, but have a rejection please again let me know so that you can be considered in the event that we don't have any other applicants.

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