

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

November 2015 Issue 460

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

December 5 th	HANTS XC LEAGUE: POPHAM
6 th	VICTORY 5 (HRRL) Lord Wandsworth XC: Race 2 Tadley XC
12 th	Southern Masters XC Championships, Billingswade
17 th	FOXDOWN HANDICAP & CHRISTMAS PARTY
20 th	CYCLISTS RACE

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

Prior to the Christmas Break we have a number of races to look forward to; Bournemouth XC, Victory 5 and then the annual race against the cyclists before the Christmas Lunch at Test Valley Golf Club. We also have the Christmas Party which will be held after the Foxdown Handicap on 17th December. We also have the shortest ever race report from Emma Edwards.

LORDSHILL 10

1st November

from James Knight

I went into this race with a plan to run comfortably hard for the first 7.5 miles; then unleash hell for the remaining 2.5 miles. This was also the plan when I ran 56:31 at the Tadley 10 miler two weeks before for 2nd place.

I didn't taper for this as it was all leading towards a strong Gosport ½ Marathon race. If I could run 55:30 I would be over the moon. Running 55 flat would require me to run at a 5:30 pace which was impossible based on my training.

The miles soon flew by and any time my watch should a slower pace than 5:30 I tried to speed up- this was pleasantly surprising as this seem very much in control.

When I reached to the last 2.5 miles I was only just able to increase the effort but only just. With a mile to go I'd overtaken two good runners and had another in my sights.



With 300m to go I was now within a few metres of Richard Waldren and noticing him pick up the pace my mind went turned to the southern relays and my home straight sprint finish where I had no choice but to win the final dash for the line. With this in mind - boom the afterburners were released and made the line with a few secs to spare; 53:33 PB 1st V40 and now 3rd best V40 in the UK Power of 10 ranking for the moment! Completely chuffed to bits

Harrier	Chip Time	Gun Time	Position	Cat.	Cat. Pos.
James Knight	53:34	53:36	7 th	MV40	1 st
Sean Holmes	56:39	56:41	18 th	MV40	3 rd
Martin Groundsell	58:17	58:19	30 th		30 th
Neil Martin	58:47	58:49	34 th	MV40	6 th
Simon Lovelock	01:00:22	01:00:25	50 th		50 th
Stuart Searle	01:01:55	01:01:58	63 rd	MV40	14 th
Richard Clifford	01:04:18	01:04:20	93 rd	MV40	25 th
Daniel Crone	01:12:16	01:12:28	222 nd		199 th
Gavin Roberts	01:14:18	01:14:49	258 th	MV40	72 nd
Katie Brothers	01:18:47	01:19:16	323 rd	FV35	28 th
Sarah McCann	01:21:42	01:22:12	346 th	FV35	30 th
Neil McCann	01:29:19	01:29:49	431 st	MV40	112 th

520 finishers

HANTS XC LEAGUE, POPHAM

7th November

from Piers Puntan

Ladies

Heavy rain for several days before the race made the course a mud bath with running water across the course and further heavy rain during the races delighted the purists in what was the worst conditions the Hampshire league have seen for the last couple of seasons.

This didn't discourage the Harriers and ten ladies squelched their way up to the start line for the testing 6k made up of two laps.



Cath was first Harrier home and was 1st V55. The ladies team finished in 12th place and were 7th in the Vets standings.

Harrier	Position	Time	Vet Position
Cath Wheeler	42 nd	26:53	7 th
Claire Boyle	85 th	30:12	
Katie Brothers	89 th	30:45	26 th
Sarah McCann	99 th	31:35	31 st
Monique Van Nueten	122 nd	35:54	49 th
Julia Cottrell	130 th	37:44	56 th
Lisa Wariner	131 st	37:46	57 th
Sarah Young	134 th	38:48	
Carol Driver	138 th	40:29	62 nd
Katie Edwards	140 th	41:33	64 th

144 finishers

Men's

The men matched the performance at Farley Mount coming in as 3rd Team in Division 2 but were just pipped for 1st place in the Vets Match by Winchester.

Harrier	Position	Time	Vet Position
Sean Holmes	38 th	38:20	6 th
Lee Tolhurst	53 rd	39:14	10 th
Neil Martin	79 th	40:35	19 th
Simon Lovelock	146 th	44:05	
Richard Clifford	166 th	45:41	65 th
Piers Puntan	191 st	47:53	82 nd
Keith Clark	193 rd	48:06	84 th
Dave Titcomb	211 th	50:02	96 th
Dan Crone	215 th	50:27	
Neil McCann	240 th	56:27	120 th

250 finishers

BRITISH & IRISH MASTERS INTERNATIONAL XC

14th November

from Ed Simpson

TEAM GOLD IN DUBLIN

I hate Cross Country, so why do I do it?

Because it is a privilege and honour to be selected for the England team; and being presented with a team gold medal is very satisfying. The event involves the four UK nations plus Republic of Ireland, whose turn it was to host the occasion this year. Sadly they did not manage to organise the weather, but apart from that they did a very good job.

My age group is 75+ and we had the team of four plus two reserves. I had not run for a month due to knee injury, and was very worried as to how I would get on. The knee held up for the race but the rest

of me was rather feeble. My three colleagues were 1st, 3rd and 4th. It is three to score so my position was irrelevant. They made sure we won. Fortunately I was not last. There were four men behind me, including my Welsh friend Syd Wheeler. My knee has been worse since the race which is no surprise. The parkland course was a mudbath even at the start. Our race had all the ladies plus men over 65, which was 199 in all. Three laps means that almost 1200 feet were churning it up into a real cross country course!



That race was followed by two men's races with six per age group, and finally an open race for reserves and anyone else who cared to enter.

Our very own Cath Wheeler was in the same race as me and gave me a wave before the start. She headed her Welsh W55 team home and they achieved the Silver medal position. Well done.

Wales has it tough, as even with expats like Cath, it has a small catchment area compared to England.

All in all quite a gruelling and expensive weekend.

But that is what it takes to be awarded a team gold medal.



CONSISTENCY LEAGUES ROUND UP

The Club Consistency Leagues are the clubs yearlong competition with points being awarded for your finishing positions in 15 pre-selected races. Trophies & medals to the top 3 men & ladies at the club Presentation Dinner.

The scoring is simple....1st man / lady to finish get 20 points, 2nd finishers get 19, 3rd get 18 etc. The races (see club website for list) cover all distances up to half marathon and double points can be earned by running a Club Championship event (also on website).

This year, after 7 races so far, Sean is dominating the Men's League with 197 points and is the only male with a 100% racing record. Lee has recently moved into a clear 2nd place on 132 from 5 races ahead of Simon (116 from 5). Neil Martin is the only other make over 100 points with 205 from 4 races.

Sarah is the only lady with a 100% race record and leads with 191 points. Katie Brothers has run a race less and is 2nd on 167pt and Cath is third on 140 due to winning 3 Club Championship races. Monique (125 from 5 races) & Audra (114 from 4) are also still in contention.

December is a busy month with. The Bournemouth XC league, Victory 5 & Cyclists race all opportunities to score points.

Full League tables are on the Club notice board.

NOVEMBER HANDICAP

20 hardy souls completed this month's handicap on a wet & windy evening. Claire Spencer continued her recent improvement with her second consecutive PB (37sec) to record another victory ahead of Lisa who ran well with her 26sec PB. Young Lewis clocked another PB (22 sec) as he beat Piers on a dip finish although Piers was delighted with his run after his long injury woes.

Young Ben had a good debut run as he had a race long battle with Gemma who had the consolation of running a 11 sec PB, Claire Boyle was the final PB of the night as she clipped 6 seconds off her best.

Fastest man, again, was Sean and he was almost 2 minutes ahead of Martin with Lewis only a further 3 seconds back in third. Richard took fourth with Piers rounding off to top 5.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos.
1	C. Spencer	39.07	11.53	27.14	10
2	L. Warriner	39.18	5.31	33.47	17
3	L. Avenell	39.22	16.57	22.25	3
4	P. Puntan	39.22	13.59	25.23	5
5	B. Wilson	39.28	8.16	31.12	14
6	G. Mead	39.33	8.17	31.16	15
7	K. Clark	39.34	14.06	25.28	6
8	C. Boyle	39.38	12.49	26.49	9
9	M. Van Nueten	39.53	8.16	31.37	16
10	M. Stockley	40.09	6.04	34.05	18
11	S. Holmes	40.10	19.33	20.37	1
12	R. Dennison	40.11	13.59	26.13	8
13	R. Clifford	40.34	17.52	22.42	4
14	G. Roberts	40.36	14.25	26.21	7
15	M. Groundsell	40.59	18.37	22.22	2
16	S. McCann	41.02	11.20	29.42	12
17	J. Leavey	41.02	2.59	38.03	19
18	K. Brothers	41.28	13.34	27.54	11
19	N. McCann	41.37	11.37	30.00	13
20	C. Driver	45.45	7.38	38.07	20

GOLD IN CARDIFF

This was a road mile. Some of the surface rather rough, but a lovely event in the City Hall area of Cardiff. In my category (75+) there were three runners. Same number as last year.

How long does it take to win a gold medal?

11 secs longer than 2014, but less than seven and a half minutes.

The two other runners were a minute behind battling for the silver. Syd Wheeler (no relation to Cath) from Chepstow is known to some of you. The other was Arthur Kimber, BMAF chairman. A very pleasant day out.

GOSPORT ½ MARATHON**15th November**

No report received so just a scary picture and the scores on the doors.....



Harrier	Position	Time	Vet Position
James Knight	6 th	1:12:44	2 nd V40
Sean Holmes	22 nd	1:16:45	2 nd V45
Lee Tolhurst	23 rd	1:17:28	5 th V40
Martin Groundsell	32 nd	1:19:08	
Neil Martin	36 th	1:19:28	8 th V40
Simon Lovelock	49 th	1:21:12	
Stuart Searle	86 th	1:25:04	18 th V40
Trevor Smith	358 th	1:36:42	35 th V45
Sian Davies	483 rd	1:41:02	16 th V40
Gavin Roberts	522 nd	1:41:36	61 st V45
Katie Brothers	736 th	1:48:44	31 st V35
Sarah McCann	965 th	1:55:38	41 st V45
Charlotte Lewis	1232 nd	2:06:57	72 nd V35

1575 finished

PARK RUNS – NOVEMBER 2015*from Allan Stinson*

	07-Nov-15	14-Nov-15	21-Nov-15	28-Nov-15
Andover Parkrun				
Matthew Johnson	33:13	32:50	31:35	30:53
Ben Johnson	24:40	24:10	34:09	24:02
Aidan Johnson			33:33	
Paul Wheeler				21:58
Frimley Lodge Parkrun				
Dave Bush	46:53	47:26	48:52	
Basingstoke Parkrun				
Trevor Smith			21:34	
Paul Wheeler	23:03			
Allan Stinson	31:23		32:16	
Poppintree Parkrun				
Paul Wheeler		22:48		
Oxford Parkrun				
Paul Wheeler			22:49	
Pegwell Bay Parkrun				
Matthew Wateridge	20:05			
Salisbury Parkrun				
Matthew Wateridge		20:20		
Chipping Sodbury Parkrun				
Matthew Wateridge			20:42	
Moors Valley Parkrun				
Matthew Wateridge				20:17
Guildford Parkrun				
Neil Martin				18:59
Curl Curl Parkrun				
Stephen Spence	24:23	24:58		
Newbury Parkrun				
Gareth Juliff		21:44	23:15	
Neil Glendon		29:23		
Southsea Parkrun				
Allan Stinson				33:37

We did 31 parkruns this month. Well done to Matthew and Ben Johnson for doing parkruns on every Saturday this month, all at Andover and to Matthew Wateridge and Paul Wheeler for each accomplishing the same feat at four different parkruns. Interestingly not a single female paid up Harrier ran a parkrun this month.

DECEMBER TRAINING

	Monday (ORC) 19:00	Tuesday (Eastrop Park) 19:00	Thursday (ORC) 19:30	Sunday (ORC) 09:00	Notes
w/c 30th Nov	Village Lap	Speed Steps: 30 secs (30 secs), 1 min (30 secs), 1 min (30 secs), 1 min (30 secs), 30 secs (30 secs) 4 sets with 2 min recovery between steps	Sapley Estate: 4 x 2 laps (3 or 4 mins recovery)	Churches	Hants XC, (Saturday) Victory 5 (Sunday)
w/c 7th Dec	Village Lap	Inverted Pyramid: 4 mins (2 mins), 3 mins (2 mins), 2 mins (1 min), 1 min (1 min), 2 mins (1 min), 3 mins (2 mins), 4 mins	30 minutes Kenyan Hills	North Waltham	
w/c 14th Dec	Village Lap	3 x 6 mins (3 mins) @ 10k pace	FOXDOWN HANDICAP	Cyclists Race	
w/c 21st Dec	Village Lap	6min (2rec) 3min (2rec) 3min (2rec) then 4 x 90sec (1min rec) then 6min	<i>Merry Christmas</i>	Whitchurch Run (<i>Hangings</i>)	
w/c 28th Dec	Village Lap	3:30 x 3 (2 mins), 2:30 mins x 3 (90 secs), 1:30 x 4 (1 min)	Fartlek Run or Norfolk Reps	Churches	Hants XC Champs (Saturday)

LONDON MARATHON

The draw for the single Harriers place for the 2016 London Marathon was won by Simon Lovelock; Good Luck!

CYCLISTS RACE AND CHRISTMAS LUNCH 2015

20th December

- 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