

**Overton  
Harriers**



**&  
Athletic Club**

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

You can view or print this and previous editions from our website

May 8 <sup>th</sup>	<b>ALTON 10 (HRRL)</b>
14 <sup>th</sup> / 15 <sup>th</sup>	Hampshire Athletics Track & Field Championships
15 <sup>th</sup>	<b>NETLEY 10k (HRRL)</b>
16 <sup>th</sup>	<b>Southern Veterans League (Winchester)</b>
21 <sup>st</sup>	<b>Southern Athletics League (Salisbury)</b>
29 <sup>th</sup>	Virginity London 10000

*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**

April was a busy month starting with the Combe Gibbet, the club's premiere off road event; it was a great success and thanks to all those Harriers who assisted in the event. London Marathon had the usual clutch of Harriers being supported and even though there was still snow in the air we started Track and Field both in the Southern League and the Vets.

**COMBE GIBBET** **3<sup>rd</sup> April** *from Martin Groundsell*

**If you write a blog, you do put a target on your back.....**

So my Gibbet record before this year is not the best, one DNF, one finish without getting lost and one finish but of my own course that was 17 miles. However unlike previous years the Ironman training has meant that the Gibbet was not the longest run of the year so far and I had been in a bit of form in the run up to the race. After seeing how well Simon's preparation for London was going I was expecting him to come past me towards the end of the race but I thought I may have a chance at being the third harrier home if I didn't get caught up in going too fast at the start.

As John started the race it was clear that the elbows had to come out to get a good line down to the road crossing and I found myself in the group with Lee, Sean and the eventual winner. Lee went off like a mad man as usual and I decided to sit in and see how the first few miles went. Surprisingly I was still with Sean as we hit the first hill and I was feeling good, as expected Sean pulled away from me on the hill. As I was racing Dave Titcombe on his bike up the hill we were catching Lee, as we caught him it looked as though he was struggling, he was breathing heavily and his head was leant over. So in true Harriers style I controlled my breathing and kicked like hell to gap him.

The plan was then simple work the downhills and flats so Lee would have to work harder to catch me and then put everything into the hills after the A34 to break him. As I started the hill after the

underpass I looked back to see a gap of about 30 seconds to Lee, time to put the hammer down and try not to blow up before the top. At each turn I looked back and I had the gap but it wasn't growing, the encouragement from Charlotte was ideally timed as I was starting to feel the pain of the 2 mile hill. As I hit the last bit to the water station I was starting to blow but I could still see Sean and knew I wasn't safe from being caught. I did smile when I took the right turning this year and wasn't going to add a mile to the course.

As I hit the Kingsclere road I could still see Sean but knew Lee and probably Simon were close behind, I knew if I could hold 6 min mile pace for the last four miles or better than they would have to really motor to catch me and worst case it would be down to a sprint and I fancied my chances. Thankfully the plan worked and I managed to hold the gap to Simon who passed Lee and had been the one hunting me down until the end and get the third place that I should have got last year.

As usual the Gibbet is a killer and trying to do a warm down around the village was near on impossible, how can this race hurt more than any other? Must be a sign of a great course.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
HOLMES, Sean	1:38:36	2 <sup>nd</sup>
GROUNDSELL, Martin	1:39:22	3 <sup>rd</sup>
LOVELOCK, Simon	1:42:00	4 <sup>th</sup>
TOLHURST, Lee	1:42:30	5 <sup>th</sup>
MARTIN, Neil	1:45:47	7 <sup>th</sup>
SEARLE, Stuart	1:53:46	16 <sup>th</sup>
VALLIS, Keith	2:03:00	34 <sup>th</sup>
BLISS, Hannah	2:03:13	35 <sup>th</sup>
ALLEN, Martin	2:24:51	100 <sup>th</sup>
EDWARDS, Steve	2:25:11	101 <sup>st</sup>
BOYLE, Claire	2:31:38	122 <sup>nd</sup>
SPENCE, Steve	2:43:20	142 <sup>nd</sup>
HESSOM, Rachel	2:46:29	152 <sup>nd</sup>
JULIFF, Gareth	3:09:26	180 <sup>th</sup>
JULIFF, Emily	3:09:26	181 <sup>st</sup>

*192 finished*



## SOUTHERN ATHLETICS LEAGUE (BASINGSTOKE)

16<sup>th</sup> April

A small number of Harriers went to what is our home fixture; Newbury managed to book the Andover Track before we did!. Unfortunately, as last year, there was a very small contingent from Andover who are suffering at senior level meaning we finished in 4<sup>th</sup> place.

## LONDON MARATHON

17<sup>th</sup> April

*A Pacer's View*

*from Lee Tolhurst*

Up early and the promised breakfast did not materialise, making do with cornflakes and honey and missing my much needed double espresso, I headed out a little earlier than anticipated. A 5 minute walk later I was at a closed tube station waiting for it to open, a further 10 minutes later and I was rattling across London, the train filling with fellow eager runners. After changing for Maze hill and the green start still desperate for a coffee, I fell into conversation with some Guinness World Record challengers in this case a two man canoe hoping for sub-5:30 and in fine spirits who made tremendous travelling companions.

Once at the start I met up with Jess and the Runners World Pacing team for a few last minute instructions and a picture before heading to the green start. Once inside I was inundated with questions about pacing and tactics, from both experienced marathoners and complete newbies, the odd celeb, new friends and old. It was magic to catch-up with Rosie and Chris two of the nicest people. After fielding many questions I was late getting my bag on the truck but thanks to the organisation there was a final truck along minutes later, phew! Once in the pen the cold and excitement were the two overwhelming feelings.

The gun went and we were off passing the start line 35secs later, I found myself with quite a following of around 100 runners all aiming for sub-3. The green start is narrow and congested limiting the opening mile to 7:08 pace, I let everyone know and that we would make this up over the coming 2 or 3 miles as we got into our stride.

From around 3 miles in we would stick to the same pace throughout of 4:16 per/km give or take 2 sec. The miles were flying by as we chatted away between ourselves in this large pack, bang on time at 5 miles and 15 sec up at 10 miles. It was here that I saw my family for the first time during a marathon, a superb experience to hear them shout me on.

We sped on through to Tower Bridge and halfway making sure water was passed around the group to keep us hydrated. It was here a few had dropped back slimming the pack down a little and there was far less chat, I continued with the updates of where we were against time adding encouragement as we went. My least favourite mile, 18 came and went, unlike a few years ago it didn't seem like I had run it twice. I still felt great and was able to take in the crowd hearing many friendly shouts, occasionally actually spotting who shouted, thanks Bushy and Martin.

The pace was very consistent at 6:48 per mile, by mile 21 we were a minute up and going along nicely picking up new members to the group all the time. By the time 23 miles came into view we merged into a huge troop with the Blue Start pacer, Phil. Only a parkrun left and we were there home and dry. This is the loudest most atmospheric part of the course and I was having a ball as we ran along the embankment past Big Ben and into the Mall. The noise was wonderful as we sped along toward the finish line, Phil and I exchanged a high five before crossing the line together job done in 2:58:46...Bang on schedule!

Once through the finish I was inundated with thanks, handshakes, hugs and requests for selfies. It felt great to be a small part of making of others running dreams come true.

To read more about the build-up and training this report and others are on my blog  
<https://3hrpacer.wordpress.com/>

Harrier	Chip Time	Position	Cat Position
Holmes, Sean	02:36:01	169 <sup>th</sup>	6 <sup>th</sup> V45
Lovell, Simon	02:43:50	483 <sup>rd</sup>	353 <sup>rd</sup> Senior Male
Vallis, Keith	03:19:46	4676 <sup>th</sup>	405 <sup>th</sup> V50
Rawlings, Audra	03:39:55	8541 <sup>st</sup>	181 <sup>st</sup> VL45-49

*39096 finished*

**HURSTBOURNE 5**      **30<sup>th</sup> April**      *from Greg England*

Another great turnout of Harriers! Hopefully, one of you that managed the two climbs of Hurstbourne Hill will write a report on the race. (*Ed. Reports would be nice for next month!*)

We had a record entry in both the main race (242) and the fun run (109). This along with the sale of hundreds of bacon butties and homemade cakes ensured that we raised around £4000 for the community hall and Andover Young Carers.

Hopefully, you enjoyed the new facilities that the village has been raising funds for, this past 10 years. The day seemed to go as planned, apart from the ploughed field near the start/finish! As far as we know, only one runner got lost and he has run seven out of the eight HBT5's, so no excuse Richard Clifford!

As ever, this event could not happen without the support of you the Harriers, so many thanks go to Martin Allen for his consistent disruption of committee meetings; Jayne Tolhurst (Race Official); John Hoare (Race Adjudicator); Eric & Martin for setting up the course; Keith Vallis and Eric for setting up on the day; Mark Dennison and Helen McMahon for timekeeping, Eric, Gwyneth, Paul Wheeler, Mark Dennison, Neil Glendon and Emma Edwards for marshalling; and lastly, Franny, who managed to drag himself and half-a-ton of tape around the course with him after just 90 minutes sleep!

Full results are on the website: [www.hurstbourne5.org.uk](http://www.hurstbourne5.org.uk). More photos can be found on Facebook: [www.facebook.com/hurstbourne5](https://www.facebook.com/hurstbourne5)



The floodlights have been unavailable at Portsmouth since January due to an incident so it was imperative that the events started on time otherwise they may have to cancel the relays. Unfortunately the M27 had a typical day of incidents such that at 6:30 only half the necessary people had arrived though some of the field events got started on time.

The early delays were compounded by the officials being unable to sort out the walk results, much to the chagrin of the 400m athletes who were standing on the start line waiting, and continuing to allow non-scoring races. This meant that once the 400m were completed it was getting dark so the officials decided to cancel both the 1500m and the Relays, though some athletes ran the 1500m anyway. Being an official myself I know that things can go wrong but this really was a shambles.

Notwithstanding the Harriers sent a fairly big squad and there were some impressive results especially in the 2000m Walk where Keith and Lee were first men (V50 & V35) and Claire 3<sup>rd</sup> Lady V35. Other notable events included Monique's 4<sup>th</sup> place in the triple jump and Gavin's 4<sup>th</sup> in the 400m. Team wise both the men's and ladies teams finished in 7<sup>th</sup> place.

**MENS****100 metres**

M35 A	6 <sup>th</sup>	Matthew Wateridge	13.5
M35 B	5 <sup>th</sup>	Gareth Juliff	13.5
M50	7 <sup>th</sup>	John Hodge	16.8

**400 metres**

M35 A	7 <sup>th</sup>	Richard Clifford	69.4
M35 B	4 <sup>th</sup>	Gavin Roberts	64.5
M50	7 <sup>th</sup>	John Hodge	84.4

**2000 metres Walk**

M35	1 <sup>st</sup>	Lee Tolhurst	12:40.7
M50	1 <sup>st</sup>	Keith Vallis	11:37.7

**High Jump**

M35	5 <sup>th</sup> =	Matthew Wateridge	1.40m
M50	5 <sup>th</sup>	Keith Vallis	1.10m

**Long Jump**

M35	5 <sup>th</sup>	Gareth Juliff	3.90m
M50	5 <sup>th</sup>	Keith Vallis	2.83m
M60	4 <sup>th</sup>	Steve Spence	2.35m

**Shot**

M35	5 <sup>th</sup>	Piers Puntan	7.20m
M50	5 <sup>th</sup>	Keith Vallis	5.91m

**Hammer**

M35	5 <sup>th</sup>	Piers Puntan	14.01m
M50	5 <sup>th</sup>	Keith Vallis	15.56m

**LADIES****100 metres**

W35 A	7 <sup>th</sup>	Claire Spencer	17.1
W35 B	6 <sup>th</sup>	Katie Edwards	16.2
W50	8 <sup>th</sup>	Monique Van Nueten	18.8

**400 metres**

W35 A	7 <sup>th</sup>	Claire Spencer	84.5
W35 B	6 <sup>th</sup>	Katie Edwards	95.1
W50	5 <sup>th</sup>	Monique Van Nueten	89.8

**2000 metres Walk**

W35	3 <sup>rd</sup>	Claire Spencer	14:14.1
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**High Jump**

W35	5 <sup>th</sup> =	Katie Edwards	1.10
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**Triple Jump**

W50	4 <sup>th</sup>	Monique Van Nueten	4.35
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**APRIL 2016 PARKRUN RESULTS***from Allan Stinson*

	02/04/2016	09/04/2016	16/04/2016	23/04/2016	30/04/2016
<b>Basingstoke parkrun</b>					
Dave BUSH	20:52				
Claire PARSONS	27:02				
Neil MARTIN				<b>18:19</b>	
John HODGE					28:13
Svetlana UNITT					30:47
<b>Newbury parkrun</b>					
Sian DAVIES	22:11				
Allan STINSON	36:56	35:12	33:16	31:53	30:10
Gareth JULIFF		21:23			
<b>Andover parkrun</b>					
Ben JOHNSON		32:19	23:26	22:53	
Matthew JOHNSON		32:18			
<b>Salisbury parkrun</b>					
Cath WHEELER			<b>20:44</b>		
Paul WHEELER			22:06		
Claire BOYLE			22:23		
<b>Bromley parkrun</b>					
Matthew WATERIDGE	19:42				
<b>Hanley parkrun</b>					
Matthew WATERIDGE			20:28		
<b>Southwark parkrun</b>					
Matthew WATERIDGE				20:02	
<b>Southampton parkrun</b>					
Jasper JONES	24:48				
<b>Hereford parkrun</b>					
Dave BUSH		21:24			
<b>Winchester parkrun</b>					
Neil MARTIN		<b>18:03</b>			
<b>Frimley Lodge parkrun</b>					
Dave BUSH			24:33	23:44	
<b>Kingston parkrun</b>					
Dave BUSH					20:43

Congratulations to Dave Bush for achieving the 250 parkrun milestone on 26 March 2016 at Frimley Lodge. He joins a select group of only about 500 runners worldwide.

Outstanding results this month:

- Cath Wheeler – 1<sup>st</sup> female Salisbury parkrun 16 April
- Neil Martin 1<sup>st</sup> Basingstoke parkrun 23 April and 2<sup>nd</sup> at Winchester parkrun on 9 April.