

**Overton
Harriers**



**&
Athletic Club**

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June 5 th	D-Day 10k (HRRL)
18 th	SOUTHERN ATHLETICS LEAGUE (SWINDON)
20 th	SOUTHERN VETERANS T&F LEAGUE (BASINGSTOKE)
23 rd	Summer Handicap
30 th	Mob Match (Cliddesden)

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

May saw yet another busy month with the HRRL coming to a close as well as the Track and Field. We also had the annual prize giving which was well attended. This month sees the last of the HRRL at Portsmouth (D-Day 10k) as well as the SAL (Swindon) and Veterans Track and Field (Basingstoke)

MILTON KEYNES MARATHON

2nd May *from Martin Groundsell*

After doing a lot of the long run training with Simon and Sean as they prepared for London, I had the strange sensation of being jealous that they were racing London and I wasn't. So after a search for marathons to use to get a qualifying time for London 2017 I saw that Brighton and Milton Keynes were possible options that would not mess up the Ironman training too much. A speculative email to Brighton blagged me a free spot in the elite race at Brighton however food poisoning the night before put pay to that idea. So Milton Keynes it was then.

At the start the half marathon runners were in with the marathon and it seemed that they all wanted to give advice to the first time marathon runners. I may have pointed out that it's easy to talk the talk when you are only doing the half marathon. They did mean that the start was fast and took me out with the lead marathon group. After a mile at 5.40 pace I decided to wind it in and settle at the planned 6.15 pace. Even though the half marathon runners split off our course at 7 miles I managed to pass a lot of the ones who had pulled away from me at the start, soon after the 7 mile course split a marshal shouted that I was 10th but I could see the next three places so I decided to sit in and bide my time.

As expected I was running well and strong until 18 miles which is when I had usually stopped my training runs and let Sean and Simon carry on to 22 miles as originally "I wasn't running a marathon this year". It was at this point that the endless dips and rises for the underpasses started to feel like mountains but I



wasn't the only one as I worked my way up to 7th. I did manage to get a laugh from a marshal when faced with another rise from an underpass and said without thinking "not another F***ing one". The lack of long runs took its toll in the last two miles and I couldn't hold onto 7th but as I entered the MK Dons stadium to do the finishing lap the feeling of cramp was put to one side as a sprint was needed to hang onto 8th. While not the best marathon field a week after London and a lack of long run training the aim to go sub 3Hr to get a good for age place in London was achieved with 8th and 2Hr 52. A PB by about 4 minutes so all in all worth running the most boring course imaginable.

MAVERICK 16.5k

7th May *from Claire Spencer*

When everyone else was nursing hangovers after the club awards night I was up at the crack of dawn walking dogs then making my way round the lovely M25 to Polesdon Lacey near Dorking to complete the Surrey leg of the Maverick race series.

It was a warm morning, 16 degrees at the start of the race (I had intended entering the longer distance but as the heat just appeared that week I'd not had time to acclimatise the dog properly so we dropped to the middle distance).

I was carrying 2.5 litres of water in my hydration pack to keep both me and the dog hydrated (a necessity after the previous night's prosecco!) I was disappointed to see I was the only dog runner carrying water, especially as the others moaned at the end that water wasn't supplied for dogs at the good stations.



The trail was hard and dry; the up hills wound up and up and didn't appear to match the downhills! I was stopping every 3-4 miles to offer Jack water and wet him down; we also found a bonus water trough for him to have a good dunk in!

We kept a good pace and only walked up one particularly hellish hill; the views from the top were pretty impressive.



I was pleased with our time, considering our water stops, 1.35.06, 6th female and first Canicrosser.

ALTON 10**8th May**

No report received so just the scores on the doors and a picture of a Harrier showboating for the camera.



Harrier	Time	Position
Sean Holmes	1:01:03	6 th (2 nd V40)
Neil Martin	1:02:44	11 th (4 th V40)
Simon Lovelock	1:03:16	14 th
Hannah Bliss	1:10:20	5 th
Dan Crowe	1:20:45	153 rd
Sian Davies	1:23:23	36 th (15 th V35)
Katie Brothers	1:37:23	91 st (34 th V35)
Sarah McCann	1:37:24	92 nd (23 rd V45)
Sarah Young	1:50:09	138 th (54 th V35)

478 finished

1st Male Team (3 runners)

NETLEY 10k**15th May**

Great turnout of Harriers for this race on the Solent, numbers swelled by the prospect of a BBQ afterwards and turnout maximised by a perfect day for running. Thanks to all who helped with the BBQ.

Harrier	Time	Position
Martin Groundsell	34:40	3 rd
Sean Holmes	35:46	8 th (1 st V45)
Simon Lovelock	36:24	15 th
Neil Martin	36:32	17 th (4 th V40)
Richard Clifford	38:14	35 th (7 th V40)
Keith Vallis	39:39	56 th (5 th V50)
Hannah Bliss	40:46	6 th
Stephen Edwards	42:59	116 th (17 th V45)
Gareth Juliff	43:30	125 th

Harrier	Time	Position
Sian Davies	44:48	22 nd (4 th V40)
John Harrison	49:03	210 th
Keith Clark	49:29	217 th (33 rd V45)
Katie Brothers	49:54	53 rd (10 V35)
Sarah McCann	49:47	54 th (11 th V45)
Monique Van Nueten	54:14	87 th (4 th V55)
Sarah Young	56:08	107 th (23 rd V35)
Piers Puntan	56:09	255 th (44 th V45)

476 Finished

SOUTHERN VETERANS LEAGUE (Winchester) 16th May

The weather had improved such that it was a reasonably pleasant evening at Winchester for the second veteran's Track and Field fixture of the season. The location meant that there wasn't the mad dash to get to events that had occurred at Portsmouth and so we had a good men's and ladies team assembled. Highlights were the men's steeplechase and ladies 800m where we picked up good points resulting in the men's and ladies teams both finishing in sixth place; one better than Portsmouth.



MENS

200 metres

M35 A	5 th	James Coney (A)	26.8
M35 B	4 th	Gareth Juliff	28.1
M50	6 th	Keith Vallis	34.8
M60	5 th	John Hodge	34.6

800 metres

M35 A	6 th	Chris Dewey (A)	2:21.2
M35 B	4 th	Neil Martin	2:27.0
M50	7 th	Keith Vallis	2:49.1

3000 metres steeplechase

M35 A	2 nd	Lee Tolhurst	10:53.4
M35 B	4 th	Piers Puntan	14:13.2
M50	1 st	Keith Vallis	12:44.1

4x 400m Relay

Overton Harriers 7th 4:45.0

Pole Vault

M35 4th Lee Tolhurst 1.15m

Triple Jump

M35 8th Gareth Juliff 5.59m
M50 5th Keith Vallis 5.80m

Discus

M35 5th Piers Puntan 20.05m
M50 6th Keith Vallis 13.99m
M60 8th John Hoare 12.70m

Javelin

M35 7th Piers Puntan 16.02m
M50 6th Richard Francis 15.56m

LADIES

200 metres

W35 A	8 th	Claire Spencer	36.5
W35 B	6 th	Katie Edwards	40.4
W50	6 th	Monique Van Nueten	38.5

800 metres

W35 A	5 th	Sian Davies	2:49.7
W35 B	5 th	Claire Spencer	3:18.1
W50	3 rd	Monique Van Nueten	3:22.8
W60	3 rd	Liz Sandall-Ball	3:50.0

3000 metres

W35A	5 th	Sian Davies	12:53.5
W35B	6 th	Claire Spencer	14:24:7
W50	2 nd	Kay Noyce (A)	12:11.5

Long Jump

W35	8 th	Annette McInnes	3.24m
W50	6 th	Monique Van Nueten	2.58m

Shot

W35	5 th	Annette McInnes	6.72m
W50	7 th	Monique Van Nueten	3.30m
W60	7 th	Liz Sandall-Ball	3.70m

Discus

W35	6 th	Sian Davies	16.72m
W50	7 th	Liz Sandall-Ball	12.05m

4x 400m Relay

Overton Harriers	6 th	5:46.8
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SOUTHERN ATHLETICS LEAGUE (SALISBURY)

21st May

A number of injuries following Netley and the Vets Track and Field meant that the team was depleted in strength though Andover managed to get more runners out than the previous fixture such that we achieved second place. Outstanding performances from Hannah in 5000m and Lee in the Steeplechase

1500m A	Lee Tolhurst	4 th	4:37.8
3000m s/c A	Lee Tolhurst	1 st	10:51.3
800m A	Monique Van Nueten	3 rd	70.8
1500m A	Hannah Bliss	4 th	6:44.0
1500m B	Monique Van Nueten	2 nd	7:00.1
5000m A	Hannah Bliss	1 st	19:40.1

SUMMER HANDICAP Race 1

19th May

There was excellent turnout of 22 runners for the first of the Summer Handicaps but there would have been more had half the men hadn't injured themselves at the previous Mondays Vets fixture.

Katie had improved her course PB by a big margin last summer so it was a surprise, especially to her, to cross the line first by a big margin. Louis put in a much improved run to take second ahead of a fast finishing Hannah whose PB continued her recent run of great results.

Not to be outdone by his other half, Steve Edwards followed up his Netley PB with another one to pip debut runner Emily for fourth. The next 2 home were Sarah McCann & Gavin and both clocked PB's while 8th place Martin equalled his and ran out fastest on the night by a big margin. Lewis was second fastest ahead of Mike Bliss who took. The family bragging rights ahead of Hannah who was equal 4th fastest with Keith Vallis.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	K. EDWARDS	34.41	1.12	33.29	21
2	L. McCANN	35.58	9.28	26.30	10
3	H. BLISS	36.01	13.26	22.35	= 4
4	S. EDWARDS	36.14	11.44	24.30	7
5	E. ARBUTHNOTT	36.17	8.16	28.01	13
6	S. McCANN	36.21	8.44	27.37	11

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
7	G. ROBERTS	36.34	11.19	25.15	8
8	M. GROUNDSELL	36.51	17.07	19.44	1
9	L. AVENELL	36.56	15.20	21.36	2
10	L. WARRINER	37.01	5.00	32.01	19y
11	M. BLISS	37.02	1440	22.22	3
12	K. VALLIS	37.10	14.35	22.35	= 4
13	S. YOUNG	37.13	4.23	32.49	20
14	M. REID	37.29	13.36	24.03	6
15	M. VAN NUETEN	38.08	7.16	30.52	18
16	M. WATERIDGE	38.23	9.28	28.55	15
17	K. CLARK	38.24	9.28	28.56	16
18	N. McCANN	38.31	9.28	29.03	17
19	K. BROTHERS	38.48	10.56	27.52	12
20	P. PUNTAN	41.17	15.43	28.18	14
21	N. GLENDON	41.17	15.43	25.34	9
22	H. HUYLEA - APPLEBY	41.41	7.16	34.25	22

ST IVES 10k **31st May** *from Claire Spencer*

A friend in Cornwall suggested this race for me as I was going to be on holiday there at the time, they do allow you to run with dogs but only if you can keep ahead of all the other runners. My friend won with his dogs last year in 33 minutes ... There was no way I was going to be that quick even with 2 dogs so I opted to go dogless

The weather was warm but pretty windy, the first 2.75 miles was on the beach through what felt like quicksand, my legs felt like lead not helped by the strong headwind ! Once up in the dunes it was easier going and I managed to pick up the pace and started passing a few people, it was undulating but fun, there was one dune which would have been more fitting in a Brutal race then after climbing up that we had a really steep sandy downhill which destroyed the legs !

The last mile was on the beach and it felt like the longest mile ever, sinking into the sand at every step!

I finished in a time of 59.35 which I was pleased with seeing as my fitness was in holiday mode ! Also got a shout out from one of the marshals who recognised my harriers vest !



With the weather forecasters predicting hot weather, everyone was expecting the same conditions as last year when the heat raised the pollen count at the start to almost record levels. Fortunately the day dawned overcast to keep the temperature ideal for running. We had three runners in the first wave & all had great runs, Steve Edwards is in the form of his life, and he led the men's team home. Despite the huge field he took advantage of the fast, flat course to take another 33 seconds of the PB he set at Netley. Gareth was the first of our "running wounded" and was our second man home and did well to get round about a minute outside his Netley time. Gavin ran well and wasn't far behind to close our scoring team which should finish higher than last year's 88th place. The rest of us went off in the second wave and we all positioned ourselves around the pen according to our predicted times. The only person to get this right was Monique who crossed the start a minute ahead of me & Steve Spence who were both flying the "running wounded" flag. Steve stalked me for the first 5k & just when I thought I had dropped him he went past. I got ahead again after a few hundred meters and it was at almost 7k when I saw Monique ahead. She had taken advantage of her braver starting strategy and was running strongly and both Steve & I gave her a shout as we passed. Half way along Whitehall my leg calf decided it wasn't going to cooperate anymore and the last 1500 meters were a tad painful. Steve came in close behind and finished a superb 19th in his age group. Monique's great run ended a minute later and was almost a minute faster than her Netley time as she finished 33rd in her age group.

Hulya's improvement since joining the club has been apparent and she ran a PB at the Royal Berkshire 10k two weeks earlier, she had another good run and was only 10 seconds outside her best. Sarah completed the scoring & smashed her PB for the second race in a row with a well-paced effort while Katie was a bit off her normal pace but, after her recent great form, a blip was long overdue. Emily was our final running wounded as was reflected in her time and hopefully she will back to full fitness soon.



Harrier	Time	Position
S. EDWARDS	42m 26sec	1003 rd
G. JULIFF	44m 55sec	1540 th
G. ROBERTS	45m 37sec	1721 st
R. FRANCIS	51m 50sec	3665 th
S. SPENCE	52m 20sec	3881 st (19 th V65)
M. VAN NUETEN	53m 20sec	4329 th (33 rd W55)
H. YASDAN-APPLEBY	54m 29sec	4816 th
S. YOUNG	55m 19sec	5162 nd
K. EDWARDS	61m 10sec	7319 th
E. JULIFF	65m 17sec	9129 th

c. 12,000 finished

MAY 2016 PARKRUN RESULTS*from Allan Stinson*

	07/05/2016	14/05/2016	21/05/2016	28/05/2016
Basingstoke parkrun				
Cath WHEELER	20:31			
John HODGE	28:11			28:48
Edmond SIMPSON			28:50	27:21
Allan STINSON				30:45
Newbury parkrun				
Neil GLENDON			20:06	
Audra RAWLINGS				22:36
Allan STINSON	31:24	30:09		
Andover parkrun				
Ben JOHNSON		22:54	22:25	
Matthew JOHNSON			27:01	
Gavin ROBERTS		22:31		22:15
Gareth JULIFF				22:22
Hastings parkrun				
Matthew WATERIDGE	19:56			
Tooting Common parkrun				
Matthew WATERIDGE			20:14	
Fareham parkrun				
Matthew WATERIDGE				19:40
Frimley Lodge parkrun				
Dave BUSH	20:35			
Woking parkrun				
Dave BUSH		20:35		
Rushmoor parkrun				
Dave BUSH			20:36	
Bracknell parkrun				
Dave BUSH				45:49
Poole parkrun				
Neil MARTIN			18:07	
Portrush parkrun				
Piers PUNTAN				24:20

Outstanding run of the month: Cath Wheeler 2nd at Basingstoke on 7 May.

For Details of Training Sessions see Harriers Website: <http://www.overtonharriers.org.uk/about/>