

**Overton
Harriers**&
Athletic Club**Overton
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Sept 2016 Issue 470

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October 2 nd	Basingstoke ½ Marathon
9 th	Solent Half Marathon
15 th	HANTS XC LEAGUE: FARLEY MOUNT
16 th	Hampshire Sportshall League (Andover), Denmead 10k
23 rd	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 organises, marshals and helpers; thanks to you all.

CHAMPIGNONLOOP 5.5km at VAL MEER, BELGIUM 20th August *from Richard Francis*

John, Monique, Ron, Helen, Liz, Jane & myself made our annual trip to Belgium and, in the midst of a lot of eating, drinking and generally having a great time, 3 of us even managed to fit in a race. The Champignonloop or “mushroom race” was run, as usual, in very hot conditions so Monique, Liz & myself made the wise decision to run the 5.5k race. The course takes in a short figure of 8 loop through the town before heading out on concrete roads around the sugar beet fields, negotiating two stiff hills before a descent through the town before a 300metre drag up to the finish.

I was first home but not by much.....suffering from insufficient training miles I then over did it in the week before and, after passing Monique in the early stages, the wheels then fell off in the closing stages finishing a minute down on last years’ time but still 5th in my age group. Monique repeated her fast start at the London Vitality race and maintained it all the way to the line to record another great result finishing 2nd in the over 55 age group.. Had it been a 10k I’m certain she would have been first Harrier home. Liz ran well and just ducked inside the top 100 runners to finish 4th in the Over 55 age group and picked up a spot prize as well. The results on the day were a bit confused with Monique having beaten me by 2 minutes at one stage but the long wait to correct them was made more enjoyable by a plentiful supply of Leffe and they appear to have them right now.

Harrier	Time	Position
R. Francis	27m 39sec	58 th
M. Van Nueten	28m 11sec	60 th
E. Sandall Ball	34m 23sec	99 th

144 finished

5 BRIDGES MARATHON, WELLINGTON, NEW ZEALAND

28th August from Keith Vallis

Race HQ was at a town just outside Wellington called Petone. It was all centred around the Petone Workingman's Club (think the 'Stute' and times it by ten in every way).

I arrived at the club on race morning at 7.00am just as the marathon walkers were setting off. Marathon runners started at 8.00am followed by half, 10km, 5km and a kids race all over the next hour. The first mile was through the streets of the town and then across a golf course to get to the first bridge.

We crossed over it then onto a flat path which followed the Hutt River up the valley, running on a mixture of hard packed stones and tarmac. All courses followed this out and back course and, with no mileage markers, the only way of knowing how far we'd travelled was when we passed a turn-around point for one of the shorter courses.



On nearing the marathon turn-around it became apparent that some runners and walkers must have set off long before their official start times. Even though our race numbers had a chip attached it must have been a right headache for the organisers. I turned around at 1hr 41mins and subsequently dropped ten minutes on the run back down.

Harrier	Time	Position
K.Vallis	3.31.51	7 th

61 finished

SUMMER HANDICAP RACE 4

2nd September

Following the cancellation of this race the previous week, holidays & possibly runners saving themselves for the Overton 5 meant that only 11 runners finished. Neil was first home, holding off Louis who ran the only PB on the night with Mark taking a very comfortable third spot. Unsurprisingly Sean was fastest with Mark & Dan taking the minor places.

Louis' PB meant that he wins the Summer Handicap Trophy with a low score of 5 points, Gareth took second place on 12 points with the fast improving Steve Edwards a further 3 points behind. Sean dominated the Time League ahead of Lewis with Mike Bliss taking a popular third place.

POS	NAME	TIME	H'CAP	ACT TIME	ACT POS
1	Neil McCann	27.30	0.00	27.30	9
2	Louis McCann	27.57	4.03	23.54	5
3	Mark Reid	28.09	5.09	23.00	2
4	Piers Puntan	28.49	4.03	24.46	7
5	Dan Crone	28.53	5.24	23.29	3
6	Gareth Juliff	29.01	5.11	23.50	4
7	Sean Holmes	29.04	8.52	20.12	1
8	Steve Spence	29.38	0.18	29.20	10
9	Steve Edwards	30.01	5.33	24.28	6
10	Dave Titcomb	30.13	4.08	26.05	8
11	John Harrison	32.07	1.26	30.41	11

Ironman Reports

2 in 3 Weeks Can the body take it?

from Simon Lovelock

Ironman Vichy

First up was a trip to Vichy in the Auvergne region of France. The area is known well for its beautiful spa towns and stifling hot summer days. This was no different this year with the temperature hitting 34-36°C at the middle of the day. This is another race Martin and myself have been targeting and had been looking in great form leading up to it so couldn't wait to get it underway. The warm temperature turned the lake into a bath and the race was reported a non-wetsuit swim a few days before race day. This causes a lot of panic with fellow triathletes but there's nothing you can do about this and it's the same for everyone. If anything it saves the faffing in transition getting the wetsuit off.

So onto race day – However many times you do it you still cannot get used to that 4:45am alarm call and 5am breakfast. Forced down, goes a huge bowl of porridge followed by a peanut butter bagel and half a tin of rice pudding.

Swim starts tend to be very calm now in Ironman events as they have made it into a rolling start, this has helped as you don't get biffed around so much and can get into your stroke pattern a lot quicker. The swim was a 2 loop course with an Australian exit to give the arms a brief rest for 20 seconds before you go again. The swim was a little slower than normal for me but that's due to the lack of buoyancy, I came out the water in 1:09.

Out onto the bike and time to make up places I lost in the swim. The bike course is one of the flattest amongst the Ironman events, with smooth roads and no technical cornering. The first 20 miles are super quick and then you hit a few false flats with open fields either side, the 1 climb on the course is split into 2 sections and is over within 10 minutes. The final 5 miles back into town is a fast descent before hitting the lap again. My average speed was 22mph coming into T2 with a 4:58:21 bike split. Yes goal number 1 achieved -the sub 5 hour bike split, could I finally put together a marathon off the bike I would be happy with.



The run was 4 loops with 2 bridges to go over every lap, so plenty of opportunity for my support crew of family and friends to see me in pain! The running legs felt good and I soon got into my stride. I kept to my nutrition strategy of a gulp of coke at every other aid station and this seemed to keep the energy levels up, amazing what sugar and caffeine can do to the body. The run course was cruel taking you within a few meters of the finish line on every lap especially when you're going onto the last lap and the pros are finishing. I finally hit the finishing line with a marathon time of 3:08:49. Yes goal 2 achieved and what I came to do at this race was complete, with a total time of 9hr 23minutes 41seconds.

Martin didn't have the race he had planned as he started to struggle with stomach cramps towards the end of the run and was doing a good impression of what they call the Ironman shuffle. Still a great achievement and something he should be proud of. He managed to finish in the top 20% with these issues.

Finishing an Ironman is still one of the best feelings and such a relief at the same time and you can't wait to get that first beer. In this case I only had to wait 10 minutes before a cold beer was in my hands.

	Swim	T1	Bike	T2	Run	Total
Simon Lovelock	1:09:18	4:13	4:58:21	3:00	3:08:49	9:23:41
Martin Groundsell	1:05:51	4:02	5:13:40	3:48	4:06:33	10:33:54

Ironman Wales

I always had it in my head that if Vichy was a disaster I would try and stick in another race with Ironman Wales (Tenby) being the obvious choice. Although Vichy wasn't a disaster I couldn't get Wales out of my head as this is a race I love even though it is classed as the toughest/slowest Ironman race on the circuit, add on roughly an hour to any other Ironman.

I entered the race just a week before and this left accommodation a bit tricky to find. We ended up in a dodgy caravan on a farmers land with an outside toilet and shower as facilities. I think I have a lot of making up to do to my wife Leanne and Arabella.

The welsh love putting on this event and the support is amazing from the locals and this showed again this year. Registration and racking was all a bit rushed but knowing the layout and course from racing this event the last 2 years I was fully relaxed.

Race day – The sea was calm for once and a beautiful sunrise to the horizon out to sea. The sea was cold but felt warm compared to the 11°C air temperature so was not too much of a shock getting in. 2 lap swim courses with a cracking run along the beach close to the spectators in between. I excited the water with a time 1:01:03 fast for me and i felt like it had taken a little bit more out of me than expected. Wales is iconic as you have a 1k run off the beach up the zig zags and into T1 just what you need to get the blood flowing back into the legs..... not.

The fun continues on the bike, the course does not have long climbs just short sharp punchy ones that are really leg zapping 17-20%ers. What makes it even more fun and challenging is that you know you've got to go up them again on the second loop. The second lap is more about keeping it positive in the head. With 2200 meters of climbing done on the bike your down into Tenby to hit the run course oh and that goes back up the hill you've just come down on the bike.

The marathon is not flat (420 meters) you come out of Tenby and go straight up for 3 miles before going back down again. In my case it's not the going up that the problem it's going down with tired legs and still trying to hold decent running from to prevent pain to the knees. The run didn't go completely to plan I would have like to have found a bit more in the tank but I'm still happy as I

finished with the 12th fastest run on the day with a 3:16:45 time, this goes to show just how tough this course is. I finished 10th in my age group my aim was to finish a little higher up but hey ho you never know who is on that start line. So onto next season but first a couple of weeks of R&R before it all starts again, trying to get faster. So 2 in 3 weeks would I recommend it or do it again, yeah why not and it's looking very likely that's the plan next year.

	Swim	T1	Bike	T2	Run	Total
Simon Lovelock	1:01:03	8:21	5:46:29	2:42	3:16:45	10:15:20



Swim start with the zig zags,

**British Masters Athletic Federation (BMAF)
Track and Field Championships.
Alexander Stadium Birmingham. 17/18 September**

from Edmond Simpson

To ensure getting to the venue in good time to sign the declaration form, I left Chineham at 05.30. You have to sign in at least one hour before the scheduled race otherwise you are not permitted to run. My 1500m was at 09.30, the first race of the day. The names of those who declare are sorted by the officials into a starting list. You then have to report to the call room to have your name and number checked. They then allocate photo-finish numbers so I had no.12 stuck and pinned to the right side of my shorts. Then led out to the track. In this case the 65s on the inside, then the 70s and finally me on the outside

Being the only one in my age group there was a good chance of getting gold. But you can't just jog round, there is a stated medal time which you have to beat. In my case the deadline was 7.36, and I managed 7.03 so I felt justified in accepting the gold medal. Conditions were not ideal for a good time. I was up early; the race was early; there was a chill breeze against you in the back straight; there was no incentive to warm up thoroughly and no-one to pit oneself against in the race – there was not even a clock at the finish point.

I have had comments in the past that winning gold without other competitors is not worth much. Don't you believe it!

There may be a list of people who might have beaten me. But the results do not show why they were not there to prove it. Injuries perhaps; not trained enough; not well; family commitments; something more pressing; too much bother arranging; too far way; too expensive, or just not motivated enough. I myself had to overcome a number of those reasons. You can only compete with those who actually make it to the start line.

Whilst at Birmingham I was pleased to meet one of the newest members of Overton Harriers. She is not yet well known here as she has been joining in the Tuesday session at Eastrop Park. Her name is Zara Hyde-Peters and her husband, also a runner, is Mike Peters. A few years back Zara won the AAA (now called British Championships). That puts her in the same list as Liz McColgan, Paula Radcliffe and Jo Pavey. For some years she was chief exec of the British Triathlon Federation, and received the OBE for services to sport. Goal setting, motivation and managing change are her strong points. We look forward to having them both living at Whitchurch.

From Lee Tolhurst

A last minute entry to the British Masters Champs was required after a wild and windy day in Worthing scuppered any chance of a fast time. My summer had seen some great training but surprisingly slow times in races (except 3k) my goal was to run a fast 5k (sub 16:45). My new found speed also meant my hurdling had been poor all season as the barriers came up too fast, leading to stuttering and even the occasional collision.

I arrived in Birmingham the night before with the family in tow, who were more interested in dinner than athletics. Once fed and watered it was off to bed for an early night ready for the Steeplechase the next morning at 9:30. At the British Masters the process to get to the start line is rather formal and has 3 stages; Registration, where you collect your number and sign to say it is indeed you who will be running; Declaration, at least 1hr before the start where you sign to say you will be running and finally; Report to the call room, 15minutes before the race to collect your hip number and be cleared to take to the track, this happens in Birmingham at the High Performance centre. Whilst this is all very formal it does add to the sense of occasion.

During this process there is also warm-up, strides and for the steeplechase practice over hurdles, all of which is provided in the call room.



At 9:15 on the dot we were called forward, a large field of 19 runners covering the age group 35 – 59, with medals for each 5 year increment. There were only 2 in my race, as the third runner did not report to the call room and went straight to the track making him ineligible to run. Unfortunately the other runner was Lee Garland who I have raced many times and only beaten once. With a silver guaranteed if I could run inside the medal standard (there is a cut off time after which medals do not get awarded) I decided that I would take the race to my rival and see what he had.

As the race began I eased into a smooth rhythm over the barriers and for the first time this season actually felt good about my hurdling. 4 laps down and I was leading the V40 race and in 2nd overall, 200m later and a group of 3 had passed me including Lee.

I held on as long as I could but the gap grew over the next 3 laps, albeit with them accelerating rather than me slowing. In the end I managed my fastest time for 2 years in 10:37.03 to take the silver.

7 hours later and was stood back on the track, after a cool down, various compression garments, lunch, a drive around Birmingham, warm-up again, declaration and reporting to the call room. My legs were tired but once again as I stood amongst the 12 runners who were either V50 or V40s, I realised there were only 2 V40s, result! Now I just had to run quickly.



This was my chance to bring back a fast time so as the gun went my plan was to hit my training pace and stick to it for as long as possible. This kept me in the lead group through the first mile bang on pace in 5:17. This was where the days effort caught-up with me and I started to slow. It was now a long road home. I was passed by a couple of V50s but managed a respectable time of 17:06, not what I wanted but I was happy not to be running and over the moon with a very unexpected silver. I met up with lots of great athletes, harriers new and old and even a celebrity.

It really is a worthwhile and great event to try as you see so many amazing athletes and get the feeling of competing in a big championships.

Results

M75 1500 Metre Run

1st Edmond Simpson VAC 7:02.96

W50 1500 Metre Run

2nd Zara Hyde-Peters MMAC 5:02.39
(Zara took Gold as the lady who beat her was a guest from Ireland)

M40 3000 Metre Steeplechase

2nd Lee Tolhurst SCVAC 10:37.03

M40 5000 Metre Run

2nd Lee Tolhurst SCVAC 17:06.35

ANDOVER LAKES 10K 18th September from Monique Van Nueten

A new event over a very pleasant multi terrain course around the lakes at Andover, part of which takes in the Park Run. But very difficult to judge how well the run went as the course was some way short of distance. However Monique ran well and came away with a satisfactory result in her build up to the cross country season.

Harrier	Time	Position
M Van Nueten	51m 33s	104 th

247 finished

HIGHCLERE CASTLE 10**25th September***from Monique Van Nueten*

Another multi terrain but this one was very different. The first stretch through long grass and a very hilly course around the beautiful grounds of Highclere Castle made for slower times. But Monique had a really good run, more than two minutes quicker than last year, and she was rewarded with a prize for 1st Vet over 60

Harrier	Time	Position
M Van Nueten	58m 03s	149 th 1 st FV60

282 finished

PARK RUNS

Thanks to Allan for pulling together all these times.

	03/09/2016	10/09/2016	17/09/2016	24/09/2016
Andover parkrun				
Greg ENGLAND	22:54	22:27		
Ben JOHNSON	24:10	23:44		
Matthew JOHNSON	30:13	30:38		
Steve SPENCE				25:01
Woodley parkrun				
Matthew WATERIDGE	20:05			
Bicester parkrun				
Matthew WATERIDGE		21:22		
Netley Abbey parkrun				
Matthew WATERIDGE			20:17	
Milton Keynes parkrun				
Matthew WATERIDGE				21:01
Didcot parkrun				
Neil MARTIN	18:52			
Abingdon parkrun				
Neil MARTIN		19:25		
Bracknell parkrun				
Neil MARTIN			19:24	
Salisbury parkrun				
Ben Johnson			23:52	
Neil MARTIN				18:56
Basingstoke parkrun				
Cath Wheeler				20:40
Allan STINSON		32:43	37:11	33:25
Newbury parkrun				
Sara MCCANN		24:33		
Carol DRIVER		33:09		
Gareth JULIFF		23:56		
Audra RAWLINGS			22:07	
Lee TOLHURST				17:14

	03/09/2016	10/09/2016	17/09/2016	24/09/2016
Folkstone parkrun				
Edmond SIMPSON		25:09		
Rushmoor parkrun				
Melanie HODKINS				29:36
Barry Island parkrun				
Julia COTTRELL				27:04

Outstanding results this month:

- Neil Martin, 2nd at Abingdon on September 10th and 3rd at Bracknell on Sept 24th
- Cath Wheeler, 1st female at Basingstoke on September 24th
- Lee Tolhurst, 1st at Newbury on September 24th
- Ed Simpson - age graded 1st at Folkestone on September 10th

OVERTON 5 RESULTS

No reports received so just the “scores on the doors”

Harrier	Time	Position	Cat Position
Lee Tolhurst	00:28:03	15 th	2 nd
Sean Holmes	00:28:47	23 rd	7 th
Richard Clifford	00:31:07	65 th	18 th
Hannah Bliss	00:32:24	8 th	6 th
Cath Wheeler	00:33:50	15 th	1 st
Dan Crone	00:33:52	124 th	67 th
Gareth Juliff	00:35:20	150 th	75 th
Sian Davies	00:36:17	37 th	14 th
Gavin Roberts	00:36:12	172 nd	55 th
John Castelli	00:37:51	200 th	64 th
John Harrison	00:39:04	224 th	102 nd
Neil McCann	00:40:23	236 th	75 th
Sarah McCann	00:40:44	73 rd	18 th
Steve Spence	00:41:51	253 rd	16 th
Monique Van Nueten	00:43:15	91 st	11 th
Katie Brothers	00:43:18	92 nd	34 th
Svetlana Unitt	00:44:16	105 th	40 th
Jacqueline Bailey	00:44:29	108 th	41 st
Lisa Warriner	00:46:46	132 nd	31 st
Gemma Mead	00:48:06	140 th	35 th
Mark Bulpitt	00:54:47	295 th	112 th

XMAS LUNCH

A note for your diaries. Christmas lunch has been booked at the Golf Club for Sunday 18th December. This will be preceded by the Cyclists race. Full details to appear shortly on the website and the next Newsletter