

**Overton
Harriers**



**&
Athletic Club**

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

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November 12 th	HANTS XC LEAGUE: BOURNEMOUTH
17 th	Winter Handicap
20 th	GOSPORT HALF MARATHON (HRRL)
27 th	HAYLING 10 (HRRL)

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

Autumn has arrived with, according to Keats, "its mists and mellow fruitfulness" though American romantic author Nathaniel Hawthorne's quote may be more appropriate to a Harrier; "I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."

Autumn brings with it the Cross Country season which started at the traditional Farley Mount Fixture. Harriers were also out at Solent Half and the Basingstoke Half Marathon.

BASINGSTOKE ½ MARATHON

2nd October

from Piers Puntan

I've been involved with this Half Marathon since it first started six years ago and it's great to see the race go from strength to strength. The course is not the easiest, taking in the hills around Cliddesden and Earlsfield, however it is picturesque and the support though the villages is fabulous, no doubt helped by the closed roads.

Notwithstanding the aforementioned hills it's astounding how many runners get PBs here, possibly due to the fact that the last three miles are pretty much downhill.

Due to the comp[any that Emma Edwards works for sponsoring the event a number of Harriers run under "Team Asset Management" though a few ran under club colours.

Cath took 1st V50, though it took a bit of working out as a BMHAC Senior Male had run under another person's "Female V50" number and was in front of Cath.



Harrier	Chip Time	Gun Time	Position	Cat Pos'n
Cath Wheeler	1:36:32	1:36:41	101 st	1 st
Gareth Juliff	1:39:09	1:39:19	147 th	72 nd
Claire Boyle	1:51:24	1:52:36	386 th	17 th
Hannah Oliver	1:51:24	1:52:36	387 th	12 th
Emma Edwards	2:07:20	2:08:24	734 th	30 th
Katie Brothers	2:07:21	2:08:25	735 th	31 st
Lucy Sykes	2:16:43	2:17:14	876 th	46 th

1451 finished

SOLENT HALF MARATHON

9th October *from Martin Groundsell*

As this was the first year for a while where I wasn't turning up at Solent Half with a hangover I thought I would see how close I could get to the London Championship qualifying time of 1.15. Since Ironman Vichy I have been taking training a bit easier and the rest seemed to be doing me some good in training. The conditions seemed to be ideal up even though Sean, Neil and Simon were all whinging about how badly they were going to run. Nothing like positive thinking before a race. To say they were not really focused on the race was summed up when Simon believed me that the registration was based on first names and so he joined the really long queue when he should have walked straight up to the desk under the L sign.

Last year Sean was first out of the field and we joked that we should make it a Harrier tradition. The race started and I found myself at the front and leading the race out of the field. I did think that my go hard and hang on approach may not work out too well but I had gone for it now so I had to back it up. I was hoping that the race would settle down in the first few miles however Sean, a bloke from Portsmouth Joggers and I were fighting for third with second just ahead and first still in sight. This meant the pace stayed high as no one wanted to be left behind. I was starting to feel the fast start in my legs so I tried to recover between 4-6 miles as it is downhill but as soon as I did Sean and the Portsmouth jogger decided to surge so no chance of recovering then, just a case of sucking it up.



At 7 miles the course starts to undulate a bit, the head wind picked up, I wasn't feeling strong but I wasn't dying yet so I thought I would have a go at closing the gap to the bloke in 2nd as he was about 100m ahead of us. By 9 miles I had not been able to close the gap but the surge had pegged the gap to 2nd and meant I had broken away on my own. I knew that if I could make it to 11 miles in 3rd then I could hang on as the main hills are done by that point. As I started the climb from the sea front I heard someone cheer me on by name but I had no idea where it came from or who said it. At the end of the race I found out it was Katie Edwards which shows that I was in the red and not really aware of what was going on around me, Sorry Katie nothing personal ;-)

As I hit the main road I was paranoid that I was about to be caught. I knew from my watch that my pace had dropped so I just focused on going as hard as I could for the last two miles with the belief that anyone trying to catch me would have to work harder and so I stood half a chance in a sprint. Stubbornness was going to ensure I held onto third. As I entered the field I didn't dare look back I just kicked for the line, the clock showed 1.16 so a minute off the London time but over three minutes off my PB and a podium so I was very happy once I had got rid of the sick feeling.

It was a good day for the club as well with Sean, Simon, Neil and I winning the team prize plus PB's for Simon, Gavin, Steve and Emily.

Harrier	Chip Time	Gun Time	Position
Martin Groundsell	01:15:58	01:16:00	3 rd
Sean Holmes	01:17:51	01:17:53	8 th
Simon Lovelock	01:19:04	01:19:07	11 th
Neil Martin	01:24:30	01:24:33	33 rd
Steve Edwards	01:38:46	01:39:02	151 st
Gavin Roberts	01:39:22	01:39:43	161 st
Richard Francis	01:58:03	01:58:25	309 th
Emily Juliff	02:15:46	02:16:09	389 th

430 finished

HANTS XC LEAGUE: FARLEY MOUNT

15th October

from Piers Puntan

Great to see so many new faces at the first XC of the season, hopefully they enjoyed the experience. The ladies had a strong team out, though the men's was short given Sean and Richard's absence.

The ladies field was led out by the usual gaggle of AFD and Winchester ladies, those two clubs accounting for eighteen of the top thirty places.

Hannah was first Harrier in, a great result and nearly 2 minutes quicker than her previous outing here. Cath was running with a lurgy and was disappointed with her comparatively poor performance. Rachael had her first experience of the XC scene and, apart from some slightly dodgy early pacing, is certainly going to show in the upper Harrier places through the season. Sarah McCann had a solid run and posted virtually exactly the same time as last year. Annette McInnes returned to the XC field after a few years break and was followed by, first timer, Svetlana who had a great race coming home in front of Monique. Jacqui, another first timer, was a minute behind with Lisa closing the Ladies team.

The team finished in 11th place, matched by the Veterans Team Position

Harrier	Time	Position
Hannah Bliss	26:23	33 rd
Cath Wheeler	28:02	56 th (18 th Vet)
Rachael Visick	30:53	93 rd
Sarah McCann	31:38	103 rd (43 rd Vet)
Annette McInnes	32:43	110 th (50 th Vet)
Svetlana Unitt	34:39	118 th (56 th Vet)
Monique Van Nueten	35:06	122 nd (59 th Vet)
Jacqueline Bailey	36:32	130 th (65 th Vet)
Lisa Wariner	37:29	133 rd (68 th Vet)

143 finished

As stated before the men had a weakened team out and it wasn't until the 99th runner had crossed the line that the first Harrier, Neil Martin, appeared. Stuart was a further 50 places back with, first timer in Harriers colours on the XC scene, Mark Reid, a few places back.

Gareth was next Harrier home in his first XC race with me a few places further back. Keith didn't have a good race, injury affecting his performance and behind him were Martin Allen and Dan Edwards who I don't think have raced XC for a large number of years. Final finishers were Neil McCann and Richard Francis.



Unfortunately Harriers finished as last team in Division 1 and it will be tough this year to avoid the drop down into Division 2.

Harrier	Time	Position
Neil Martin	39:50	100 th (21 st Vet)
Stuart Searle	42:14	151 st (47 th Vet)
Mark Reid	42:32	155 th (49 th Vet)
Gareth Juliff	45:09	207 th
Piers Puntan	46:24	216 th (92 nd Vet)
Keith Vallis	47:35	233 rd (107 th Vet)
Martin Allen	48:31	241 st
Dan Edwards	49:19	243 rd
Neil McCann	53:43	155 th (126 th Vet)
Richard Francis	56:03	260 th (131 st Vet)

263 finished

CYCLISTS RACE *from John Hoare*

Confirmation that the Cyclists race will be on Sunday 18th December. Start from ORC at 10.45am. This will be followed by the Christmas lunch at Test Valley Golf Club. 1.00pm for 1.30pm. Menu as follows. Please send choice of starter and pudding by email to johnhoare41@gmail.com or by phone to 07919 067424

TEST VALLEY GOLF CLUB

SUNDAY 18TH DECEMBER 2016 1.00PM FOR 1.30PM

STARTERS

Spiced Leek and Sweet Potato Soup V, GF
 Ham Hock Terrine with Piccalilli and Gherkins GF
 Smoked Salmon and Asparagus Roulade GF
 Button Mushrooms with Pancetta in a Tarragon, Sherry Sauce on Toasted Rustic Bread V

MAIN

Roast Topside of Beef, Roast Breast of Turkey, Roast English Gammon, Roast Nut Cutlet
 From the Carvery with a Selection of Potatoes and Vegetables
 Pigs in Blankets, Yorkshire Puddings and Sage and Onion Stuffing

PUDDINGS

Christmas Pudding with Brandy Sauce
 Lemon Syllabub with Lemon Shortbread
 Homemade Chocolate Fudge Brownie with Chocolate Ice Cream and White Chocolate Sauce
 Fresh Fruit Salad with Chantilly Cream and Meringue GF
 Trio of Cheese with Fig Chutney, Grapes and Biscuit

COFFEE AND MINCE PIES

V Vegetarian GF Gluten Free

£20.50 (£10 under 12's, £5 Toddlers)

Payable on the Day

PARK RUNS

Thanks to Allan Stinson for pulling together all these times.

	01/10/2016	08/10/2016	15/10/2016	22/10/2016	29/10/2016
Andover parkrun					
Ben JOHNSON	22:51			22:28	
Jasper JONES				22:00	
Martin ALLEN				22:02	
Matthew JOHNSON				30:33	
Sean HOLMES					17:50
Curl Curl parkrun					
Steve SPENCE	25:02	25:31	24:47		25:02
Exeter Riverside parkrun					
Matthew WATERIDGE	20:34				
Rushmoor parkrun					
Matthew WATERIDGE		48:43			
Ashford parkrun					
Matthew WATERIDGE			21:26		
Finsbury parkrun					
Matthew WATERIDGE				20:47	
Homewood parkrun					
Matthew WATERIDGE					21:11
Pomphrey Hill parkrun					
Claire BOYLE		23:23			
Southampton parkrun					
Claire BOYLE				21:42	21:28
Paul WHEELER					22:58
Basingstoke parkrun					
Hannah BLISS		20:02			
Cath WHEELERr		20:33			
Gareth JULIFF		20:34			
Carol DRIVER		31:23		30:23	
Allan STINSON		34:12	32.18		31:49
Edmond SIMPSON			25:32		
Paul WHEELER				23:37	
Newbury parkrun					
Hannah BLISS	20:14				
Audra RAWLINGS	22:08				
Gavin ROBERTS		21:48			21:25
Paul WHEELER		22:56			
Katie EDWARDS					29:44
Frimley Lodge parkrun					
Dave BUSH			22:29	22:53	
Hastings parkrun					
Sean HOLMES			17:50		
Richard CLIFFORD			18:52		

	01/10/2016	08/10/2016	15/10/2016	22/10/2016	29/10/2016
Tooting Common					
Cath WHEELER					20:00
Dave BUSH					20:29
Eastleigh parkrun					
Allan Stinson				32:21	

Outstanding results this month:

- Hannah Bliss & Audra Rawlings, 1st & 2nd females at Newbury on 1st October
- Hannah Bliss & Cath Wheeler, 2nd & 3rd females at Basingstoke on 8th October
- Sean Holmes & Richard Clifford, 1st and 2nd at Hasting on 15th October
- Sean finished 2nd at Andover to the remarkable Lauren Hall of Aldershot, Farnham & District AC on 29th October
- Ed Simpson – age graded 1st at Basingstoke on 15th October
- Cath Wheeler – 1st female at Tooting Common on 29th October

HASTINGS PARK RUN HEADLINE

“Wessex men triumph in pier invasion”



NOVEMBER TRAINING

	Monday (ORC) 19:00	Tuesday (Eastrop Park) 19:00	Thursday (ORC) 19:30	Sunday (ORC) 09:00	Notes
w/c 31 st Oct	Village Lap	6min (2rec) 3min (2rec) 3min (2rec) then 4 x 90sec (1min rec) then 6min	Parlauf	Popham (10.5 miles)	
w/c 7 th 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) x 4 w/2 min recovery between steps	Reps 8 x 1 laps (Small lap jog recovery)	Churches (10 miles)	Bournemouth XC (Sat 12 th)
w/c 14 th Nov	Village Lap	4 x 6 mins w/ reducing recovery (3, 2:30, 2) @ 10k pace	Foxdown Handicap	TBA (ORC Changing Rooms Not Available)	Gosport ½ (Sun 20 th)
w/c 21 st Nov	Village Lap	2 min (1 min), 90 secs (1 min), 1 min (30 secs), 30 secs (30 secs) & Repeat x 2 w/3 mins between sets	Reps 5 x 2 laps (3 mins recovery)	TBA (ORC Changing Rooms Not Available)	Hayling 10 (Sun 27 th)
w/c 28 th Nov	Village Lap	10 x 2 mins w/1 min recoveries	30 minutes Kenyan Hills	Popham (10.5 miles)	Popham XC (Sat 3 rd) Victory 5 (Sun 4 th)

Sunday's runs have links showing routes; these can in most cases be extended or shortened as required

SOUTHERN MASTERS XC CHAMPIONSHIPS ,OXFORD Saturday 10th December

There are 3 races:

11:00 Men 50+ & Men 60+ distance 10km
 11:43 Ladies 40+ 50+ 60+ plus Men 70+ distance 6km
 14:10 Men's 40+ distance 10km

Closing date for club entries is Monday 21st November.

If you are interested please contact Franny / Monique / Sean. The club pays race fees, though reserves the right to charge if you don't run!