

**Overton  
Harriers**



**&  
Athletic Club**

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January 7 <sup>th</sup>	<b>HANTS XC CHAMPS BOTLEY</b>
14 <sup>th</sup>	<b>HANTS XC: READING</b>
15 <sup>th</sup>	<b>STUBBINGTON 10K (HRRL)</b>
19 <sup>th</sup>	<b>Foxdown Handicap</b>
28 <sup>th</sup>	<b>Southern XC Champs Parliament Hill</b>

*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**

Sorry this month's newsletter is a bit late; combination of waiting for reports and lethargy following the seasonal break. Hope all had a good holiday period.

## **ENDURANCELIFE COASTAL TRAIL SERIES MARATHON**

**3<sup>rd</sup> December**

*from Stuart Searle*

A marathon of many up and downs.

2016 wasn't really a great year. It started with me dealing with some sort of fatigue issue, which forced me to stop during many training sessions. Then in May I had surgery on my shoulder, in order to try and prevent a reoccurring dislocation problem. I did manage a few races, both cross country, road and also one triathlon before I went under the knife.

Most of June and July were spent with my arm in a sling as my shoulder reset itself and gentle physio could start. However, the lack of proper sporting activity was starting to get to me, so I needed to do something, something more than a simple road race. I decided December would be a good time, as this would give me time to train, be a good target and also give me a guilt free Christmas (for consumption of food and drink).

December would be too late for an UK triathlon and too expensive for an overseas one. So, I opted for a marathon. Portsmouth Coastal was one option, but I've already done that three times, so I fancied a change. After a quick search on Google, I found the Coastal Trail Series, with a marathon based out of scenic West Lulworth in Dorset. Further research told me, that it was actually 27.3 miles long and with the joy of approx. 4900 feet of climbing to deal with, quite a challenge and by no means a PB course. After much deliberation (of about a second) and a few mouse clicks, I was signed up.

My training plan for this race was simple: do long runs with as many hills as possible. A run with Beacon Hill and parts of the Combe Gibbet was quite memorable, as my planned route somehow turned from 20 miles to 25, with me only carrying a small amount of water and one small snack bar (I was glad to get home after that one).

With the race being on a Saturday, Kirsten and I decided to make a weekend of it, by staying at the very nice Limestone Hotel in West Lulworth. I can thoroughly recommend this hotel for anyone looking for a place to stay down there (I'm not on commission). We arrived Friday lunchtime and headed to the café which was next to the starting area. As they were in the process of setting up, I got my first look at the starting line and a taste of what was to come. All I could see was an enormous coastal hill stretching out into the distance and seemingly going on forever. This race was going to be a tough one...

There were actually a few races going on, the event had a 10k, half marathon, full marathon, ultra-marathon and an ultra plus. All races started at various times; with race briefing about 15 minutes before your allotted start time.

The marathon started at 9:00am. With a quick good luck kiss, Kirsten wished me well and watched as nearly 200 runners started out on this gruelling run. At this point Kirsten went back to the hotel, had a full English breakfast, read the paper and then went shopping for a couple of hours.....

The weather conditions weren't too bad, about 7-10C, quite breezy and clear skies.

I set off at a very steady pace, overtaking many people who were already walking up the first climb. The course is like a figure of eight, with you cruelly passing by the finish area just before you reach half way. The first half wasn't too bad: tough climbs, and steep down hills. However, there were a few parts of trail path which were flattish and the pace could be picked up slightly. During the race briefing, the organiser had joked, that the second half of the race was the hardest and that he would be feeling sorry for us as he sat at the finish line with a coffee (how nice).

I'd managed to complete the first 13 miles in just over 2 hours and was looking on target for my sub 4:30 goal, however, the second half was looming. As we headed out of West Lulworth towards the east, the real fun began. It started with running across the pebble beach of Lulworth Cove. At the end of the beach we had to negotiate a series of steps, which was sapping on already tired legs.

Then we encountered a relentless series of hills. These were so steep and long; running was out of the questions, as we were forced into what seemed like a crawl. On the other side, the downs were equally challenging as you were fighting to stay upright and keep your footing. Needless to say, my mileage pace quickly fell and simply finishing became my goal. After yet more brutal ascents and descents, we had to again run across the pebbled cove, which after over 27 miles of pain was not fun, and a sense of humour failure was becoming imminent. Luckily the finish was in sight and thankfully on smooth tarmac.

My legs and back were shot as I crossed the finish line. However, I was happy to have finished and even more delighted to see Kirsten standing there with my bag of warm clothes. I managed a slow walk back to the hotel, for cup of tea and a hot bath, which was very welcome. A great place to visit with fantastic scenery. A lovely hotel with really good food. As for the race, not too sure about that.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Stuart Searle	4:58:44	20 <sup>th</sup>

*1<sup>st</sup> Alex Van Tuyl 03:29:16 (course record)  
186 started, 163 finished*

A bitterly cold day welcomed the runners to Popham Airfield for the third fixture of the season.

### U17 Girls

First away was Lauren who I think was making club history by being our first ever runner in the under 17 girls age group. She has been putting in some Rep sessions on Thursday night and the benefits showed as she looked strong throughout the race before putting in one of the best finishing bursts of the day to fight off 2 rivals in a close finish.

Harrier	Position	Time
Lauren Dennison	25 <sup>th</sup>	24:01

*31 finished*

### Senior, Veteran and Under 20 Women (6k)

The Senior ladies were next to race, Hannah put in another fine run but she was chased all the way by Cath who was also 7<sup>th</sup> in the Vets. Audra ran well to anchor the senior team to a super 7<sup>th</sup> place which lifted them to 9<sup>th</sup> in the league. Great runs came from Rachael Visick & Claire Boyle while Rachael Hessom made the most of a very rare appearance, using her endurance to good effect on the uphill sections. Monique and Lucy were shoulder to shoulder but experience told as Monique managed to pull clear over the second half of the race to close the Vets team that finished 8<sup>th</sup> & are 6<sup>th</sup> = in the league. Lucy finished well and managed to hold off the fast closing Svetlana who seemed to get stronger as the race went on. All in all, it was a good day for the ladies.

Harrier	Position	Time	Vet Position
Hannah Bliss	33 <sup>rd</sup>	25:09	
Cath Wheeler	34 <sup>th</sup>	25:36	7 <sup>th</sup>
Audra Rawlings	62 <sup>nd</sup>	27:10	18 <sup>th</sup>
Rachel Visick	71 <sup>st</sup>	28:03	
Clare Boyle	77 <sup>th</sup>	28:53	
Rachel Hessom	94 <sup>th</sup>	30:05	
Monique Van Nueten	106 <sup>th</sup>	32:45	49 <sup>th</sup>
Lucy Sykes	108 <sup>th</sup>	33:05	51 <sup>st</sup>
Sarah Young	109 <sup>th</sup>	33:29	52 <sup>nd</sup>

*123 finishers*



## Senior, Veteran and Under 20 Men (10k)

Sadly, it wasn't such a good day for the men although there was no questioning the effort put in by those who ran. Sean played his captain's role to the full and only just missed out on a top 50 placing, Mark ran an impressive race while Neil Glendon put in another gutsy run.

Seeing Bliss running was a welcome sight & he managed to get around without breaking anything while an even rarer sight was seeing Martin racing and putting in a terrific effort to move through the field and anchor the senior team home. Dave seemed happy with his run while Keith, despite his injury problem, put in a brave effort close the club interest. The senior team finished 9<sup>th</sup> which is also their league position while the Vets finished 4<sup>th</sup> which puts them 5<sup>th</sup> overall.

Harrier	Position	Time	Vet Position
Sean Holmes	53 <sup>rd</sup>	36:34	7 <sup>th</sup>
Mark Reid	112 <sup>th</sup>	40:19	30 <sup>th</sup>
Neil Glendon	191 <sup>th</sup>	40:49	32 <sup>nd</sup>
Mike Bliss	139 <sup>th</sup>	42:33	46 <sup>th</sup>
Martin Allen	168 <sup>th</sup>	46:09	
Dave Titcomb	179 <sup>th</sup>	47:56	77 <sup>th</sup>
Keith Vallis	183 <sup>rd</sup>	51:19	81 <sup>st</sup>

*191 finishers*

### Senior Men - Team Aggregate Division 1

		Farley Mount		Bournemouth		Popham		Aggregate	
1	AFD	24	1	15	1	26	1	65	3
2	Southampton	71	2	98	2	60	2	229	6
3	Reading AC	159	3	175	4	130	3	464	10
4	Bournemouth	287	6	107	3	181	5	575	14
5	Winchester	197	4	235	5	285	7	717	16
6	Basingstoke	209	5	255	6	201	6	665	17
7	Reading Roadrunners	373	8	263	7	146	4	782	19
8	Poole AC	327	7	295	8	364	8	986	23
9	Overton Harriers	829	10	662	9	591	9	2082	28
10	Stubbington	496	9	754	10	887	10	2137	29

### Veteran Men - Team Aggregate Division 1

		Farley Mount		Bournemouth		Popham		Aggregate	
1	AFD	219	3	36	2	176	1	431	6
2	Poole AC	211	2	42	4	290	5	543	11
3	Basingstoke	367	6	41	3	271	2	679	11
4	Winchester	406	7	74	5	279	3	756	15
5	Overton Harriers	406	7	74	5	284	4	764	16
6	Stubbington	312	4	75	6	503	7	890	17
7	Camberley & District	641	9	163	8	379	6	1183	23
8	Southampton	210	1	23	1	-	-	-	-
9	Wimborne	570	8	223	9	-	-	-	-
10	Hardley	692	10	-	11				

## Women - Team Aggregate

		Farley Mount		Bournemouth		Popham		Aggregate	
1	Aldershot	6	1	7	1	9	1	22	3
2	Winchester	17	2	21	2	20	2	58	6
3	Reading AC	42	3	46	3	26	3	114	9
4	Southampton	58	4	49	4	57	4	164	12
5	Basingstoke	128	5	88	5	99	5	315	15
6	Bournemouth	129	6	126	7	160	9	415	22
7	Wimborne	182	10	154	8	128	6	464	24
8	Reading Roadrunners	165	9	180	10	151	8	496	27
9	<b>Overton Harriers</b>	<b>182</b>	<b>11</b>	<b>213</b>	<b>14</b>	<b>129</b>	<b>7</b>	<b>524</b>	<b>32</b>
10	Eastleigh RC	262	16	186	11	263	13	711	40
11	Fleet & Crookham	240	14	339	20	179	12	758	46
12	Liss Runners	396	21	426	22	345	15	1167	58
13	City of Portsmouth	132	7	190	12	-	-	-	-
14	Poole Runners	235	13	94	6	-	-	-	-
15	Havant	200	12	165	9	-	-	-	-
16	Portsmouth Uni.	242	15	280	18	-	-	-	-
17	Hardley Runners	336	20	322	19	-	-	-	-
18	Victory	320	19	410	21	-	-	-	-

## Veteran Women - Team Aggregate

		Farley Mount		Bournemouth		Popham		Aggregate	
1	Winchester	21	1	17	1	22	1	60	3
2	Bournemouth	38	2	31	2	47	2	116	6
3	Reading AC	41	3	54	3	58	5	153	11
4	Reading Roadrunners	54	5	57	4	49	3	160	12
5	Eastleigh RC	121	11	115	9	109	9	345	29
6=	Fleet	143	12	133	11	61	7	337	30
6=	<b>Overton Harriers</b>	<b>111</b>	<b>9</b>	<b>175</b>	<b>13</b>	<b>74</b>	<b>8</b>	<b>360</b>	<b>30</b>
8	Liss Runners	202	15	186	15	171	12	559	42

## VICTORY 5      4<sup>th</sup> December

No report received so just the results and a photo of Sean hiding behind some schoolkids.



Harrier	Chip Time	Gun Time	Position	Cat Position
Simon Lovelock	27:27	27:24	25 <sup>th</sup>	
Sean Holmes	28:06	28:03	33 <sup>rd</sup>	1 <sup>st</sup> V45
Lee Tolhurst	28:25	28:22	41 <sup>st</sup>	4 <sup>th</sup> V40
Robin Oakley	32:10	32:04	159 <sup>th</sup>	20 <sup>th</sup> V40
Hannah Bliss	32:31	32:25	172 <sup>nd</sup>	12 <sup>th</sup> Lady
Gareth Juliff	34:05	33:59	225 <sup>th</sup>	
Steve Edwards	34:15	34:08	233 <sup>rd</sup>	28 <sup>th</sup> V45
Sarah McCann	37:52	37:23	336 <sup>th</sup>	10 <sup>th</sup> V45
Neil McCann	40:43	40:11	405 <sup>th</sup>	42 <sup>nd</sup> V45
Steve Spence	41:26	40:54	430 <sup>th</sup>	6 <sup>th</sup> V65
Katie Brothers	42:02	41:33	452 <sup>nd</sup>	
Van Monique Nueten	42:43	42:29	469 <sup>th</sup>	4 <sup>th</sup> V60
Sarah Young	44:02	43:47	500 <sup>th</sup>	
Katie Edwards	51:19	50:41	618 <sup>th</sup>	29 <sup>th</sup> V40

*691 finished*

**SEAA MASTERS XC CHAMPIONSHIPS, OXFORD**      **10<sup>th</sup> December**      *from Richard Francis*

A very muddy course, close to Horsepath Stadium, was the location for this year's South of England Masters Cross Country Championships. 2 years previously the men's team had medalled here but this year our only runner in the M40-49 race was Sean who finished a very respectable 39<sup>th</sup> in the M45 age group.

The ladies had a slightly better turnout and all the age groups ran in the same race. Cath, who took silver here 2 years before, had a great run to finish 19<sup>th</sup> overall. Once all the results were sorted she finished second in her age group to secure another silver medal.

Sian had a super race and finished 46<sup>th</sup> overall which was more than good enough for an excellent top 20 spot in her age group.

Our final runner was Monique who put in another fine performance to finish 229<sup>th</sup> overall and a brilliant 9<sup>th</sup> in her age group to round off a good day for the club.



Harrier	Position	Time	Vet Position
Cath Wheeler	39 <sup>th</sup>	25:04	2 <sup>nd</sup> V55
Sian Davies	46 <sup>th</sup>	27:18	18 <sup>th</sup> V45
Monique Van Nueten	229 <sup>th</sup>	32:40	9 <sup>th</sup> V60

**FOXDOWN HANDICAP Race 3**

**15<sup>th</sup> DECEMBER**

A fantastic night for fast running with the first 7 across the line all running personal best times. Lewis took top spot in the handicap trimming 20 seconds off his best as he caught John at the last corner. John took some consolation with the biggest (63 sec) PB with Sarah taking third with her 28 sec

improvement. Simon took first place in the Time section as his 19 sec PB gave him 4<sup>th</sup> spot ahead Louis who again sliced another 33 sec from his best. Hannah (13 sec) & Svetlana (10 sec) rounded off the PB's.

Sean took second place on Time with Lewis in third ahead of Mark Reid & Blissy

Pos.	Runner	Time	H'Cap	Act Time	H'Cap Pos.
1	L. AVENELL	34.27	12.27	22.00	3
2	J. HARRISON	34.31	6.32	27.59	10
3	S. McCANN	34.40	6.44	27.56	9
4	S. LOVELOCK	34.49	14.09	20.40	1
5	L. McCANN	35.01	9.04	25.57	7
6	H. BLISS	35.21	11.25	23.56	6
7	S. UNITT	35.24	4.13	31.11	13
8	N. McCANN	35.54	6.21	29.33	11
9	M. REID	35.55	12.38	23.17	4
10	S. HOLMES	36.00	14.58	21.02	2
11	S. SPENCE	36.06	5.57	30.09	12
12	M. VAN NUETEN	36.35	4.37	31.58	14
13	M. BLISS	37.54	14.11	23.43	5
14	K. VALLIS	39.38	12.09	27.29	8

### Winter Handicap League

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	SUB	HIGH	TOTAL
D. CRONE	1	1	50				52	50	2
J. HARRISON	2	50	2				54	50	4
L. McCANN	50	1	5				56	50	6
S. McCANN	5	8	3				16	8	8
J. BAILEY	7	3	50				60	50	10
M. REID	13	2	9				24	13	11
H. YASDAN-APPLEBY	6	6	50				62	50	12
S. HOLMES	4	50	10				64	50	14
M. VAN NUETEN	8	7	12				27	12	15
S. UNITT	50	9	7				66	50	16
N. McCANN	11	12	8				31	12	19
S. SPENCE	50	11	11				72	50	22
P. PUNTAN	9	15	50				74	50	24
S. SEARLE	15	10	50				75	50	25
K. VALLIS	18	18	14				50	18	32
E. EDWARDS	17	17	50				84	50	34
L. AVENELL	50	50	1				101	50	51
C. WHEELER	3	50	50				103	50	53
S. LOVELOCK	50	50	4				104	50	54
B. ROBINSON	50	5	50				105	50	55
H. BLISS	50	50	6				106	50	56
R. CLIFFORD	10	50	50				110	50	60
A. PAUL	12	50	50				112	50	62
R. OAKLEY	50	13	50				113	50	63
M. BLISS	50	50	13				113	50	63
N. MARTIN	14	50	50				114	50	64
R. VISICK	50	14	50				114	50	64
S. YOUNG	16	50	50				116	50	66
A. PAINTER	50	16	50				116	50	66

## Winter Handicap - Time League

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	SUB	HIGH	TOTAL
S. HOLMES	1	50	2				53	50	3
M. REID	4	1	4				9	4	5
D. CRONE	5	2	50				57	50	7
S. SEARLE	6	3	50				59	50	9
L. McCANN	50	5	7				62	50	12
K. VALLIS	15	6	8				29	15	14
P. PUNTAN	8	8	50				66	50	16
S. McCANN	9	10	9				28	10	18
J. HARRISON	10	50	10				70	50	20
N. McCANN	11	11	11				33	11	22
E. EDWARDS	13	12	50				75	50	25
S. SPENCE	50	13	12				75	50	25
M. VAN NUETEN	13	16	14				43	16	27
S. UNITT	50	15	13				78	50	28
J. BAILEY	16	17	50				83	50	33
H. YASDAN-APPLEBY	16	18	50				84	50	34
S. LOVELOCK	50	50	1				101	50	51
R. CLIFFORD	2	50	50				102	50	52
N. MARTIN	3	50	50				103	50	53
L. AVENELL	50	50	3				103	50	53
R. OAKLEY	50	4	50				104	50	54
M. BLISS	50	50	5				105	50	55
H. BLISS	50	50	6				106	50	56
C. WHEELER	7	50	50				107	50	57
R. VISICK	50	7	50				107	50	57
B. ROBINSON	50	9	50				109	50	59
A. PAUL	12	50	50				112	50	62
A. PAINTER	50	13	50				113	50	63
S. YOUNG	18	50	50				118	50	68

## PARK RUNS

Thanks to Allan Stinson for pulling together all these times.

	03/12/2016	10/12/2016	17/12/2016	24/12/2016	25/12/2016	31/12/2016
<b>Rushmoor parkrun</b>						
Claire SPENCER	19:14		19:06			
<b>Basingstoke parkrun</b>						
Claire SPENCER		19:43		20:36		
Svetlana UNITT		27:27		27:45		
Matt WATERIDGE				20:59		
Melanie HODKIN				32:08	32:16	
Hannah BLISS					20:28	<b>20:11</b>
Cath WHEELER					21:05	
Claire BOYLE					22:28	
Paul WHEELER					24:13	22:56
Allan STINSON			36:06			
<b>Trelissick parkrun</b>						
Neil MARTIN				19:55		



	03/12/2016	10/12/2016	17/12/2016	24/12/2016	25/12/2016	31/12/2016
<b>Portsmouth Lakeside parkrun</b>						
Neil MARTIN						<b>18:34</b>
<b>Andover parkrun</b>						
Greg ENGLAND	22:54					
<u>Lucy SYKES</u>		26:08				
<b>Nonsuch parkrun</b>						
Dave BUSH	20:23					
<b>Banstead Woods parkrun</b>						
Dave BUSH		20:49				
<b>Lyme parkrun</b>						
Dave BUSH			22:32			
<b>Frimley Lodge parkrun</b>						
Dave BUSH				21:31		
<b>Hilly Fields parkrun</b>						
Dave BUSH						21:36
<b>Walsall Arboretum parkrun</b>						
Matthew WATERIDGE	20:38					
<b>Salisbury parkrun</b>						
Matthew WATERIDGE		20:38				
<b>Raphael parkrun</b>						
Matthew WATERIDGE			20:31			
<b>Bevendean Down parkrun</b>						
Matthew WATERIDGE						23:19
<b>Markeaton parkrun</b>						
Steve SPENCE		25:39				
<b>Newbury parkrun</b>						
Simon LOVELOCK				<b>17:57</b>		
Richard CLIFFORD				19:20		
Dan CRONE				20:05		
Hannah BLISS				20:12		
Lee TOLHURST				30:54		
Claire SPENCER					20:42	
Emily JULIFF					29:37	
<b>Winchester parkrun</b>						
Rebecca COSTAMBEYS				29:23		
<b>Coventry parkrun</b>						
Allan Stinson		35:18				
Svetlana UNIT						27:51

## Parkrun at Christmas and New Year

Outstanding results this month:

- Hannah Bliss 2<sup>nd</sup> gender position at Newbury on 24 December and 1<sup>st</sup> gender position at Basingstoke on 31 December.
- Claire Spencer for archiving her 100 runs parkrun milestone at Newbury on Christmas day.
- Neil Martin 3<sup>rd</sup> at Portsmouth Lakeside on 31 December.

## JANUARY TRAINING

	<b>Monday (ORC) 19:00</b>	<b>Tuesday (Eastrop Park) 19:00</b>	<b>Thursday (ORC) 19:30</b>	<b>Sunday (ORC) 09:00</b>	<b>Notes</b>
w/c 2 <sup>nd</sup> Jan	Village Lap	Big Dipper with Benefits: 5min (30 secs) 1min (2 mins), 4 mins (30 secs) 1 mins (2 mins), 3 mins (30 secs) 1 min, 2 mins (30 secs) 1 min (1 min), 1 min	FARTLEK RUN / NORFOLK REPS	ORC Not Available	Hants XC Champs at Botley
w/c 9 <sup>th</sup> Jan	Village Lap	4 mins (2), 8 mins x 2 (3 mins), 4 mins	Reps 8 x 1 laps Small lap jog recovery	Litchfield ( <a href="#">13 miles</a> )	Reading XC Stubbington 10K
w/c 16 <sup>th</sup> Jan	Village Lap	7 x 3 mins w/2 min recoveries @ 10k pace	FOXDOWN HANDICAP	Llamas ( <a href="#">12 miles</a> )	
w/c 23 <sup>rd</sup> Jan	Village Lap	Big Upper: 1 min (1 min), 2 mins (1 min), 3 mins (2 mins), 4 mins (2mins), 5 mins (2 mins), 6 mins	FARTLEK RUN / NORFOLK REPS	Popham ( <a href="#">10.5 miles</a> )	Southern XC Champs Parliament Hill
w/c 30 <sup>th</sup> Jan	Village Lap	15 x 75 secs w/ 45 sec recoveries	30 minutes KENYAN HILLS	Right way downs ( <a href="#">13 miles</a> )	Ryde 10

*Sunday's runs have links showing routes; these can in most cases be extended or shortened as require.  
Leave a message on [Overton Harriers Facebook Site](#)*

## CLUB KIT

Over the last few years we have developed a number of items of club kit. These include:

Club Vest	£10
Club T-Shirt	£10
Club Hoodie	£15
Club Running Jacket	£40

If you wish to purchase such items please contact anyone from the committee; we have a number of items in stock; if we are out of stock we will put in an order as required.