

**Overton
Harriers****&
Athletic Club****Overton
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May 7 th	ALTON 10 (HRRL)
13 th /14 th	Hampshire Athletics Track & Field Championships
20 th	Southern Athletics League (Plymouth)
21 st	NETLEY 10k (HRRL)
22 nd	Southern Veterans League (Portsmouth)

*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**

Thanks to all who helped on the Gibbet, a great day for all and a healthy addition to club funds. London saw some great performances and we have the Presentation Evening to look forward to.

Finally apologies if I have been hassling for subs when you have already paid. I only get a statement monthly and England Athletics are requiring registration even earlier this year.

COMBE GIBBET**2nd April***from Sarah McCann*

The best preparation the night before the Combe Gibbet is probably to have some carbs and an early night. However, Neil and I had agreed to go to a Ball at Testbourne School but as there were at least 9 other people at the Ball who were also doing the Combe Gibbet I didn't feel too guilty. So, like all good athletes, I decided to limit my alcohol intake to.....erm 5 glasses of prosecco and I do recall at one point going to the bar and asking if they had any shots; thank goodness they didn't!

We had a lift over to the Gibbet with Katie in her minibus and got there before the masses. This turned out to be the best decision because as many of the ladies will know I need to use any facilities (albeit behind the minibus!) at least 3 times before a race.

It was a beautiful day up at the Gibbet. I started right at the back and I thought Neil was behind me. But about a mile in I could see him just in front of me. I hadn't realised he had overtaken me but he said I hadn't noticed as I was chatting!

The first 8 miles down to the A34 aren't too bad but it was quite hot so the water station was welcome. As we went under the underpass I noticed that one of the competitors (who shall remain nameless but he used to be a Harrier!) had taken his top off; it was that warm! If you have never run the Gibbet before



and are thinking of doing it, the next 4 miles are easy and all downhill. (The truth, I think miles 8-12 can break you. But that's my opinion). Having run this twice before I knew that you need to just keep plodding because once you reach Sydmonton you have broken the back of it.

Miles 12-16 are tough and I must admit I might have had a little walk just so I could drink some water but then it's only 4 miles and I know I can run 4 miles.

It wasn't until I finished that I realised I had managed a PB by about 5 minutes. Oh and I got a Gibbet trophy (3rd Harrier lady) even if it was by default as Hannah had won 2nd lady overall. But I'm taking it!

Time for a well-deserved cup of tea and cake. We left the ORC at 5.45 to go home, I had a bath, was sick (I've never been sick after a race before!) and went for a curry at 6.30.

You may be wondering where Neil's contribution is.....he said he never wants to do the Gibbet again! That's it.

Harrier	Time	Position
Sean Holmes	1.40:07	4 th
Lee Tolhurst	1.42:15	5 th
Stuart Searle	1.56:51	24 th
Hannah Bliss	1.58:33	26 th
Richard Clifford	1.59:49	30 th
Richard Grindle	2.01:46	32 nd
Keith Vallis	2.04:28	36 th
Robin Oakley	2.07:06	42 nd
Sian Davies	2.11:27	57 th
Paul Spackman	2.11:54	58 th
Audra Rawlings	2.14:09	72 nd
Alistair Paul	2.24:05	104 th
Sarah McCann	2.25:58	110 th
Gavin Roberts	2.29:10	120 th
Steve Spence	2.32:52	134 th
Annette McInnes	2.33:19	135 th
Lucy Sykes	2.37:30	147 th
Neil McCann	2.41:31	162 nd
Katie Brothers	2.44:55	172 nd
Sarah Young	2.46:02	177 th
Svetlana Unitt	2.50:36	185 th

213 finishers

SOUTHERN ATHLETIC LEAGUE – ANDOVER 15th April from John Hoare

The Track and Field season got off to a very promising start with the combined Andover and Overton team picking up an excellent 2nd place just 11 points behind Team Dorset. A bit frustrating since we could, and probably should have won the match if we had filled all the events. But without question the most satisfying aspect of the day was the debut of Molly Wateridge. She was the first of our

juniors to progress to senior competition and a tribute to the junior coaches that she has progressed so well. First event was the 100m Hurdles where she was beaten only by a Chichester athlete whose performance had won her ‘Lady Athlete of the match’. This was followed by an outright win in the High Jump and then a promising third in the Triple Jump. Just to prove her versatility she ran a leg in the winning 4x400 Relay team. She is certainly going to be a real asset to the squad.

Well done also to our other two ladies who worked hard to pick up precious points. Highlight was the 3000m where Hannah and Monique gained maximum points with a double victory, Hannah gaining a PB in the process. She also doubled up with a third place in the 1500m while Monique went one better with two more third places in the 400m and 800m.

Just two of our men turned out and covered the distance events to great success adding precious points to our tally. Lee, just a week before the Marathon, doubled up in the 2000m Steeplechase and 5000m where he gained a couple of 2nd places, while Sean gained another 2nd in the ‘B’ 5000m and followed a busy afternoon with an ‘A’ string 4th in the 1500m.

It was great to see the Overton vests covering so many events. More would be welcome over the coming season. It is always a super afternoons’ competition as would be confirmed by any of those who took part.

RESULTS

LADIES

100m H ‘A’	2 nd	Molly Wateridge	16.6s
High Jump ‘A’	1 st	Molly Wateridge	1.50m
Triple Jump ‘A’	3 rd	Molly Wateridge	9.82m
400m ‘B’	3 rd	Monique Van Nueten	93.0s
800m ‘B’	3 rd	Monique Van Nueten	3m 29.6s
1500m ‘A’	3 rd	Hannah Bliss	5m 38.7
3000m ‘A’	1 st	Hannah Bliss	11m 21.8s
‘B’	1 st	Monique Van Nueten	14m 56.2s

MEN

2000 S/C ‘A’	2 nd	Lee Tolhurst	7m 02.1s
1500m ‘A’	4 th	Sean Holmes	4m 59.8s
5000m ‘A’	2 nd	Lee Tolhurst	17m 05.0s
		‘B’	2 nd Sean Holmes
			17m 30.7s

MATCH

1 st	Team Dorset	193	3 rd	Chichester	153
2 nd	Andover & Overton	182	4 th	Swindon	132

LONDON MARATHON 23rd April

1st Report from Gareth Juliff

As many of you know I was privileged to be awarded the club place at the London Marathon this year (I’d like to start by thanking Steve Spence for picking out my name). This was something even prior to taking up running for a club that I had always said that I wanted to do before I was 40. At the age of 38 now the years were running out and therefore getting the club place would allow me to complete something right at the top of my bucket list.

My training had gone well having only a few niggles since Christmas and I was confident that I was in good enough form to complete my target of a sub 4 hour marathon and in fact felt I may even push nearer to 3 hours 45.

The build-up went well and had slept well so felt ready to go on the day. I kept telling myself the key would be not to get too excited at the start and stick to my plan of running 8 min 30 miles which I had managed just over for 20 miles in training. Before I knew where I was the race had started and was surprised with my ability to stick to my required pace having easily knocked off each of the early miles at around my required task.

Seeing all the crazy people in mad outfits (and the guy carrying a washing machine!!!) I thought, well it could certainly be harder. It was probably at about 10 miles when I noticed it was starting to get rather warmer than I would have liked. As I passed through the next couple of miles up to half way I felt it was getting harder to keep up my pace the way I had in the hard training miles but I had kept going possibly nearer 9 minute miles and keeping hydration up at the regular water stops and if anything started to feel tight taking both my gels and electrolyte tablets as required.

As I was getting near to the 20 mile mark (which is the furthest I had gone training) my left quad was getting sore but when I attempted to stretch this my left hamstring attempted to cramp up. I decided better to just ignore quad and take what I soon became aware was my last electrolyte tablet.



People had told me that a marathon is as much in the head as legs and so in both case the last 6 would prove a great challenge. Without any electrolytes left I did my best to hydrate but at 22 miles disaster struck. My right hamstring completely contracted and cramped. This had happened once before in my running life on the racing weekend when I needed a stranger to stretch out my leg and help me up from the floor.

Fortunately I managed to keep on my feet and stretch my leg out but with the cramp stopping me walking let alone running I thought my race may have been over. I managed to keep calm and after about 5 minutes (and me being a scank drink the half drank waters I found around where I stood) the cramp wore off and I was able to get running again if slow at first but back not too far off 9 min miles.

It was at not far after this point the 4 hour pacers passed me but knowing I started a little behind them I concentrated on keeping them in site. The last few miles then passed like a blur on sheer pig headedness keeping me going with enough pace to stay just under my 4 hour target and despite stopping to stretch my calves as I turned into the Mall for the last 150 odd metres I still had about a minute to go before 4 hours. At this point my calf decides it's time to cramp and with not enough time to stretch I dragged myself unable to really bend my right leg towards the finish line just under the 4 hours wanted.

I know some people say marathons and the crowds are addictive but I'll be honest to me they are just far! I think from now on I will stick to the occasional half and below. Despite this it was a great occasion that I am happy I can say I have done and in under 4 hours. The medal will have special place in my achievements.

A big thank-you to Martin on the day who made himself heard in the crowd and when I saw him the 2nd time gave me a real boost at point I needed something to keep me going. I would like to thank everyone at the club for all their help and advice especially the Tuesday training group who have made me a far better runner than I thought I could be. As part of the Tuesday sessions a huge special thank you Richard Clifford and Stuart Searle for all their coaching, advice and motivational e mails the day before. The biggest thanks of all though goes to Emily who has allowed me the time to train for this and put up with me doing nothing some days after a long run. It was the best part of the day going over after the race to meet her with my medal so I could collapse.

2nd Report from Sian Davies

As someone who usually prefers smaller, quieter races preparing for the VLM involved a ridiculous amount of faffing. Accommodation, carb loading, family entertainment, getting to the start and from the finish all had to be factored in. By the time we left on Friday lunchtime, I was fairly stressed. This was only compounded by a promised visit to Stratfield Westfield (aka shopping centre hell on earth) on Saturday to appease the kids and earn some much needed brownie points.

I was at the green start on Sunday by 8:10am feeling very calm. This may have been due to trying out the 'Headspace' 'performance' set of mindfulness meditations but as I failed to finish the 10, 10 minute meditations and fell asleep during most of them, I cannot be sure. After talking to some lovely runners in the women's changing tent, and standing in the obligatory loo queue (x3), 10am quickly came and we were off.

My plan was to find the 3:30 pacer and follow him. The start felt fairly crowded and I struggled to get to my target pace. Then the blue and red start runners merged and it became crowding hell. The 3:30 pacer somehow ran about 400 metres in front and there he would stay. At mile 3 I was feeling distinctly claustrophobic and not liking the experience at all. After a sharp talk to myself I decided to focus away from the crowds and go with the flow. This worked. Then I heard shouts of 'Sian' and there was Martin. Great to see a familiar face.



Through Surrey Quays and Rotherhithe, get to see Dave and the kids then to over the iconic Tower Bridge; the women next to me is clearly overwhelmed by the experience. At 13 miles a quick watch check and I calculate I am 24 seconds ahead of target. Oops. Better put my foot down. Limehouse, - narrow streets again, lots of noise but find a good pace and enjoy it even more.

The next few miles pass really quickly and at around 18 miles I see the kids and Martin again and feel unexpectedly good. At 20 I go to the right hand side, to find my Mum. It is definitely thinning out now, people are slowing. With 10K to go I give myself a good talking to, take on board all the good advice I have been given by fellow Harriers (focus! don't be sh*t!) and try and put my foot down. Whilst I feel like I am flying in reality I am not; more and more people are slowing. Along the Embankment I finally pass the green 3:30 pacer, then the blue 3:30 pacer.

Through Blackfriars underpass and I feel the first signs of cramp side stepping another runner. Then the other calf starts cramping. Oh dear. I find that running in a very flat footed style helps control the cramps. It is all about 'cramp control' now. I look at Big Ben and then focus on my calves. The final signs - 1000m, 600m (not so easily to turn into times round the track) 400m. Calves still ok. Then those last few turns that I have seen on tele and the wide iconic finishing straight. Magic.

3:28:22 and a negative split, couldn't ask for anything more than that.

Harrier	Chip Time	Position	Cat Position
Lee Tolhurst	2:58:50	1728 th	386 th V40
Sian Davies	3:28:22	5981 st	85 th VF45
Juliff, Gareth	3:59:55	13403 rd	4897 th V40

39414 finished

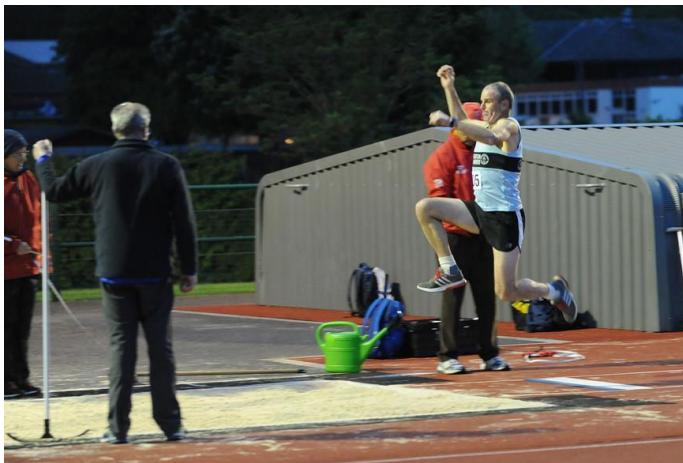
SOUTHERN VETS TRACK & FIELD, WINCHESTER

24th April

from Piers Punton

Results weren't out as the newsletter went to press but it was a successful, though cold evening out at Bar End.

Both men's and Ladies teams were out in force with some great performances, especially in the 2000m walk.
No results so just some photos, courtesy of Phil Hammond. (<http://www.justgiving.com/Hammy8241>)



PARK RUNS

Thanks to Allan Stinson for pulling together all these times.

JUNIOR PARKRUN

	02/04/17	23/04/17
Basingstoke junior parkrun		
William HOROBIN	09:45	
Abigail SPENCER	10:59	12:11
Isabelle RAWLINGS	12:15	

SENIOR PARKRUN

	01/04/17	08/04/17	15/04/17	22/04/17	29/04/17
Frimley Lodge parkrun					
Dave BUSH	21:07	23:01	20:43	20:15	20:26
Andover parkrun					
Morgan COTTRELL	31:17				
Julia COTTRELL	31:18				
Elizabeth SANDALL-BALL			29:09		
Gavin ROBERTS				22:18	
Gareth JULIFF					20:49
Kingston parkrun					
Neil MARTIN	18:54				
Guildford parkrun					
Matt WATERIDGE	31:19				
Aston Court parkrun					
Matt WATERIDGE		22:32			
Basingstoke parkrun					
Claire BOYLE		22:02	21:52		
Melanie HODKIN		40:03	30:25		
Paul WHEELER			23:43		
Neil MARTIN				19:02	
Hulya YADSAN-APPLEBY				26:51	
Carole DRIVER				27:14	
St Peters parkrun, Sydney					
Greg ENGLAND		22:10			
Newbury parkrun					
Lucy SYKES			25:02		
Julia COTTRELL					26:49
Svetlana UNITT					28:40
Portrush parkrun					
Piers PUNTAN			25:10		
Curl Curl parkrun					
Steve SPENCE			25:58	25:07	25:00
Hobart parkrun					
Greg ENGLAND			22:32		
Penrose parkrun					
Neil MARTIN			18:19		
Eastleigh parkrun					
Matt WATERIDGE				21:22	

Outstanding results this month:

- Claire Boyle, 3rd gender position at Basingstoke on 8th April and on 15th April.

Below is a table showing the number of parkruns completed to date by Harriers, totalling 2623 runs:

Harrier	Total	Harrier	Total
Dave BUSH	296	Richard CLIFFORD	14
Matthew WATERIDGE	265	Tom BARR	14
Allan STINSON	150	Carole DRIVER	13
Neil MARTIN	127	Jasper JONES	13
Greg ENGLAND	120	Lee TOLHURST	13
Melanie HODKIN	110	Mike BLISS	13
Claire SPENCER	103	John HARRISON	12
Paul WHEELER	96	Morgan COTTRELL	12
Cath WHEELER	80	Audra L RAWLINGS	11
Claire BOYLE	80	Michael BALL	11
Rebecca COSTAMBEYS	61	Sarah MCCANN	11
Edmond SIMPSON	60	Albert JONES	9
Martin CRAWSHAW	50	Gavin DUNCAN	9
Stephen SPENCE	48	Gwyneth MCLAUGHLIN	9
Richard FRANCIS	44	John CASTELLI	8
Richard COSTAMBEYS	41	Matthew GRIMES	7
Robin OAKLEY	36	Annette MCINNES	6
Ben JOHNSON	35	Claire PARSONS	6
Hannah OLIVER	33	Hannah PARKER	6
Keith CLARK	33	Keith VALLIS	6
Julia LEAVEY	30	Neil MCCANN	6
John HODGE	29	Robbie DENNISON	6
Stephen J EDWARDS	29	Eric TILBURY	5
Gareth JULIFF	26	Jessica WATERIDGE	5
Matthew JOHNSON	26	Martin Stuart ALLEN	4
Hulya YADSAN-APPLEBY	25	Aidan JOHNSON	3
Molly WATERIDGE	25	Elizabeth SANDALL-BALL	3
Piers PUNTAN	25	Michelle BROWN	3
Charlotte LEWIS	24	Dave TITCOMB	2
Katie EDWARDS	24	Lauren DENNISON	2
Hannah BLISS	23	Simon LOVELOCK	2
Sean HOLMES	23	Alastair PAUL	1
Steve MCNAIR	21	Amelia GRAY	1
Neil GLENDON	20	Anna VALLIS	1
Emily JULIFF	19	Charlie REYNOLDS	1
Julia COTTRELL	18	Dan CRONE	1
Monique VAN NUETEN	18	Eleanor MCDEVITT	1
Gavin ROBERTS	17	Emma DAVIES	1
Svetlana UNITT	17	Luke DAVIES	1
Sian DAVIES	16	Mark BULPITT	1
Deborah HEATH	15	Mark DENNISON	1
James KNIGHT	15	Rachel HESSOM	1
Lucy SYKES	14	Ryan WAKEFIELD	1

MAY TRAINING

	Monday (ORC) 19:00	Tuesday (War Memorial Park) 19:00	Thursday (ORC) 19:30	Sunday (ORC) 09:00	Notes
w/c 1 st May	Jack Mills (10.0 / 8.8k)	4 x 6 mins w/ reducing recovery (3, 2:30, 2)	16 x 1 min (1 min rest) or 16 x 75sec (45sec rest)	Right way downs (10 / 13 miles)	Alton 10
w/c 8 th May	Polo Fields (10.9k)	Endurance Session: 6 x 6 mins w/reducing recovery (3; 2:45; 2:30; 2:15; 2)	Parlauf session: 20 min (5min rest) 10 min	Churches (10 miles)	
w/c 15 th May	Long Pigs (10k)	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 rest between steps	7 x 3 min (2min rest)	Popham (10.5 miles)	Netley 10k SAL (Sat)
w/c 22 nd May	Sothern Vets Track & Field (Portsmouth)	3 x 7 mins w/ 3min recoveries @ 10k pace	SUMMER HANDICAP	Charlie Church's (10.8 miles)	
w/c 29 th May	Polo Fields (10.9k)	5 mins (1) 5 mins (3) 5 mins (1) 5 mins	Baldaro Session: 6min / 5 x 1min / 6min / 5 x 1min / 6min	Lamas (10 / 12 miles)	

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

Leave a message on [Overton Harriers Facebook Site](#) if you want to extend or shorten!