

**Overton
Harriers**



**&
Athletic Club**

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September 2017 Issue 482

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October 1 st	Basingstoke Half Marathon
14 th	Hants XC League Race 1, Bournemouth (Consistency League)
22 nd	Great South Run
November 11 th	Hants XC League Race 2, Petersfield (Consistency League)
19 th	Gosport Half Marathon (Consistency League) CLUB CHAMPIONSHIP
26 th	Hayling 10 miles (Consistency League)

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 and road running has started in earnest with the first rounds of the Hampshire Road Race League including our own Overton 5. First year I've ever run it and can say it was an excellent event so thanks to all the organisers and all those marshals and helpers on the day. Loads of reports this month including a debutant Harrier's report on the Overton 5. There's also news of the Harriers' Loyalty Reward Scheme if you compete for the club.

OVERTON 5 3rd September *from Sophie Day*

Having joined the Harriers as a new club member only this year, what better way to run my first race than at home, and the start of the Hampshire Road Race League. Monday night training runs with the club are a good way to learn the local routes, and also a fast way to learn how hilly the countryside surrounding Overton is! Therefore, it was with some trepidation that I arrived at club HQ on the afternoon of the race. Despite the wind and rain there was a fantastic turnout of runners and supporters – although I think the ice creams were less in demand than the bacon baps for those that braved the weather.

A 'warm-up' jog up the hill to the start line set the tone for the morning and my legs were already feeling it when I lined up ready to go! The first mile is a lovely gentle downhill stretch, although it was quite busy on the thin country lanes until all the runners started to spread out. The next 3 miles brings you out of the village, and up and down a few tough hills. The atmosphere amongst the runners was one of sheer determination to beat the hills, and the race marshals were fantastic at cheering everyone on. I finally

hobbled with burning legs up what I knew to be the last hill, and breathed a sigh of relief as I hit the last mile which is downhill all the way home. My legs found a final bit of energy, and I managed a reasonable effort back down to the finish line on the field. Although I was the last Harrier through the line, it was a personal best for me and I was pleased with my finishing time.

It was an absolutely fantastic atmosphere, and I felt so proud to be wearing an Overton vest, as all the marshals and supporters spot you and give you a special cheer. It was a great turnout from all the Harriers, with some amazing times coming through the finish line, and it was very special to me to be part of such a talented group of runners.



Photo by Barry Cornelius

Thank you to the Harriers for organising a fun but challenging race – I am already looking forward to next year!

from Martin Groundsell

Overton 5 - Just a tempo run

Well that was the plan anyway. Overton 5 was the end of my training block before the half ironman world champs the following Sunday. A few miles warm up, race and then a lap of the village was my last long run followed by the start of my taper, but then I heard John start the race and the race face appeared.

The race only happens due to the hard work and determination from the race committee and especially, Helen, John, Steve and Stuart. Without them this race would be a shambles or would not happen at all.

It's the first time I have raced the new faster and flatter course and the start doesn't suit me as I am rubbish at racing downhill. This showed as Sean and the lead pack pulled away from me with ease. As we hit the turn to head towards Nutley Bottom some of the people who can run downhill showed that

they are not that strong going up. I managed to pick about five of them off and got into a pack with Sean, Andy Simpson from Stubbington and a Salisbury runner.

As we started the lap of the triangle the group started to push so I settled onto the back knowing that the time to push is the hill back from Nutley Bottom. As we turned back to hit that hill I pushed onto their shoulders and then surged up the hill. Andy Simpson blew first but the Salisbury runner stayed with me until the top. As we hit the crest I could hear he was on the limit so I decided to kick again to see if he would blow, knowing that if he didn't I was likely to.



Photo by Barry Cornelius

Thankfully he dropped off just before the downhill started. All I had to do now was full gas it to the finish, this turned out to be harder than I thought and by the finish I had definitely emptied the tank.

Knowing that the plan had been totally ignored I took some comfort that I ran a PB by nearly 30 seconds which shows that the training over the summer is paying off, just need to rest up and get ready for Chattanooga on Sunday.

With Sean, Neil and Mark running well we have kicked off our aim to win the HRRL by being top of the league, now we need to stay there.

Harrier	Chip Time	Position	Cat Pos
Martin Groundsell	27:39.0	6 th	
Sean Holmes	28:26.8	12 th	3 rd V40
Neil Martin	29:27.4	26 th	6 th V40
Mark Reid	30:17.3	42 nd	9 th V40
Michael Bliss	30:24.1	43 rd	2 nd V50
Neil Glendon	30:31.4	50 th	12 th V40
Hannah Bliss	32:02.0	79 th	
Keith Vallis	32:38.5	99 th	13 th V50
Cath Wheeler	33:17.2	113 th	1 st V55
Gareth Juliff	33:32.3	126 th	
Piers Puntan	34:42.7	154 th	44 th V40
Gavin Roberts	35:01.3	162 nd	48 th V40
Sian Davies	35:04.2	166 th	5 th V45
Mark Underwood	36:13.5	204 th	
Rachael Visick	37:43.5	237 th	
Simon Redfern	38:17.0	263 rd	
Sarah McCann	38:36.5	267 th	19 th V45
Emily Arbuthnot-Smith	39:55.3	294 th	22 nd V35
Neil McCann	40:34.6	307 th	83 rd V40
Katie Brothers	40:43.0	310 th	28 th V35
Monique Van Nueten	44:15.4	366 th	11 th V55
John Harrison	44:19.9	369 th	92 nd V40
Svetlana Unitt	44:44.4	379 th	45 th V35
Sophie Day	48:45.9	417 th	

468 finished

1st Men's Team, 6th Ladies Team

GREAT NORTH RUN

10th September

from Katie Brothers

I decided a while ago that I wanted to do a few more races that got me out and about and seeing a few new places. I decided on the Great North Run as not only is it the biggest half marathon in the world I also wanted to see the Angel of the North. Reminder – next time look at the route, I did not see the Angel of the North!!!

I started my adventure on Friday heading to North Yorkshire, luckily, I know someone who runs a holiday site there with lovely cabins and hot tubs. Having not run a half marathon since April I decided not to worry about the build-up and head up to Yorkshire for a good time, good job I wasn't bothered about taking it easy as I spent Saturday testing out my newish mountain bike on very steep hills in the pouring rain and having a 6 mile round trip walking to the pub, Forest Holidays sites are a bit more isolated in Yorkshire than Hampshire!

Early start on Sunday (with a tiny bit of a fuzzy head) and we headed to Sunderland to get the metro into Newcastle, even the buzz on the metro was fantastic, everyone chatting away to each other, some couldn't believe I had come from Southampton and I had offers to family members pubs, a roast dinner, drinks at the finish – Northerners really are unbelievably friendly. Newcastle was buzzing and absolutely heaving, understandable with 55,000 heading to the start line, I have never seen so many runners! I was a little late getting into my wave as I spent a bit too long celebrity spotting, once I forced my way in it wasn't long till the start, you had to be quite brutal otherwise it was to the back! Once the race started it took a while to get over the start line, but the buzz and the atmosphere was really amazing, as I approached the Tyne Bridge the Red Arrows came firing over which was just perfectly timed for where I was. I have never done a race where for 13.1 miles every single part of the street is lined with supporters handing out everything possible from the usual jelly babies to oranges, ice pops and loads of beer!

Unfortunately, I didn't get to see the Angel of the North, I did however have a great time amongst the buzz, it isn't the most exciting of courses, pretty much a straight line from Newcastle to South Shields, and I definitely ran more than 13.1 miles, closer to 13.3 with all the weaving in and out of the masses. The finish at South Shields is really nice long stretch along the seafront and beautiful views out over the coast. I was really happy with my time, first time coming under 2 hours in my last 5 halves' (still way off my PB I set at my very first half in 2014), and I ran more than a half (just), and I beat Davina McCall (but I'm sure she stopped for a few photo's, I had no such requests)! After the race I headed back to sunny Yorkshire over the moors where a hot tub and roast dinner was waiting my return, couldn't really ask for anymore.

Harrier	Chip Time	Position	Cat Pos
Katie Brothers	01:58:35	11515 th	2143 rd V35

43066 finished

MEON VALLEY EXPRESS HALF MARATHON

10th September

from Lucy Sykes

Paul and I entered this race a bit last minute: at £20 per entry we figured you can't go wrong. The route follows the disused Fareham to Alton railway between Wickham and Corhampton in a straight out-and-back.

The day was pretty good for running, cool but mostly dry. However, heavy rains over the previous two days had left the ground very soft underfoot with one road crossing that was mid-shin deep in muddy water (had to cross this twice of course).



Being a disused railway it was pretty flat and the relatively small field meant that I was able to achieve the much under-rated position of 12th female with a time of 2:06. Paul ran with me as his second long run of the weekend in training for a 100M ultra.

Harrier	Time	Position	Cat Pos
Lucy Sykes	2:06:43	118 th	12 th Lady
Paul Spackman	2:06:43	119 th	

109 finished

IRONMAN DOUBLE WHAMMY

from Simon Lovelock

I'll try to keep it brief

First up was Ironman Vichy 27th Aug

I decided early in the year to race this again. It's a well organised race and knowing the course it's a fast one and with the improvements I've made this year a potential Kona qualifier.

It was similar conditions to last year with the temperature hitting about 34 degrees mid-afternoon. And this meant the lake temperature was recorded at over 25 so a non-wet suit swim was called.

My swim was awful the worst I have ever had. I could not even use any of my normal excuses! I just felt completely flat and couldn't get into a rhythm. Luckily enough it wasn't the same for the rest of the day.

I got on the bike and took my anger out straight away, the course is a time trial dream course with only a couple of braking points and you are mainly in the Time trial position for the whole time. I biked well and managed to gain back the places I lost in the swim. After going sub 5 hours for the bike leg last year my aim was to go slightly quicker this year. I achieved that and jumped off the bike with a big leg split time of 4:53. My mood had slightly increased and I even managed to crack a smile to Leanne when I saw her on the run.

Running off the bike is when I come into my element and managed to go through the pain barrier. If anything I went to quick and my first 13 miles got ticked off in 1:25, Way to quick and with the temperature now at 34 it was going to hit me soon. That time came, it was around the 17 mile point. During an Ironman you will always have a bad spell it's just how you come out it the other side.

I used my tried and trusted nutrition strategy at the aid station, one sip of coke followed by a sip of water. This did the trick and although I wasn't back up to the speed I ran the first half in I managed to get going again and keep moving forward and finished with a run split off 3:02 for the marathon.

The finish line was amazing and I crossed the line in 9 hours 16 minutes a new Ironman PB, I finished 20th overall and 6th in my age group. Missing out on a world champ slot by 54 seconds. I had mixed emotions, glad to bike and run well and get a pb but disappointed to not get that Kona slot by such a small margin.

So back up race came into play!!!! I had entered Ironman Wales a few weeks before heading out to France and had hoped that this would be an end of season celebration at a race I have a love/hate relationship with. The course is epic with plenty of climbing on the bike and run, it's billed as one of the toughest Ironman events and the circuit and I can certainly agree with that.



I had 2 weeks between Wales and France, these 2 weeks I spent in Dordogne on a family holiday. Being in France the roads are good condition and the swimming pools are quiet. I had to lay off the booze and be careful with what I was eating as I had put so much into attempting to get to Kona and Wales being the last chance for the year. Sacrifices are worth it and it's not just me that makes them, the whole family deal with it. I cannot thank them enough.

I turned up to Wales on the Saturday at midday just in time to make registration and bike racking. After racing here the previous 3 years this was no issue as I knew the layout of transitions. The temperature and weather was on a different spectrum to France, it was about 14 degrees and winds of 20mph with 45mph gusts. In fact on the Thursday the race director emailed asking athletes to be wise in their choice in wheel sets. Well-being as I was going to be going for it and leaving it all out there I stuck with my guns and went for the 80mm deep wheels.

After the disaster in the lake at Vichy I was out to redeem myself, I positioned myself near the front and my plan was to take risks and stick to shortest line possibly and risk the chance of a dunking rather than my usual approach of clean water. The swim is 2 loops and I managed to get around them in 1:02 almost 10 minutes quicker. You have a 1k run to transition via the zig zags, I always enjoy this moment as it allows you to soak up the atmosphere and warm up a little before you're on the bike.

As soon as I got out of Tenby and out on the coast road everyone got a real taste of what was to come for the rest of the day. The wind was blowing me across to the other side of the road and at one point down into Freshwater it was impossible to hold the TT position. With the added rain that came 1 hour into the bike route it was getting pretty dangerous and I was concentrating more on staying upright. Leanne and Arabella got about the course well and looked as happy as me to be out in this weather. My biking has improved over the summer and have made gains on this and this showed with me doing the same time as last year when the course was dry. Going into T2 was a great feeling and speaking to others was lucky not to have a fall.

The run is brutal for an Ironman run, you run up hill out of town and then back down four times, the running downhill gets really painful on those tired knees towards the end. I saw Leanne after about a mile into the run as she said I was sitting about 50th overall and 8th in age group. This was a big confidence booster as I knew I was capable of running a couple down. As this was my last race of the year, it was now or never. The run was painful and I have never had to dig that deep in an Ironman run before, it was a run I was really pleased with and paced it well, I never had to stop at all. Overtaking pros on the run kept everything ticking over nicely.



The finish line had been stripped of all the normal advertising due to the high winds but still Tenby knows how to make athletes feel welcome and this is no different on a wet and windy day. I crossed the finish line in 17th overall and 5th amateur home, I was finally off to Hawaii I couldn't believe it the hard work had finally paid off.

I was broken after this race, physically and mentally. 2 hard ironman races in 2 weeks was a huge gamble but it was well worth it and still now the thought of competing at the Ironman World Championship in Hawaii still hasn't sunk in.

	Swim	Bike	Run	Total
Ironman Vichy	1:12:55	4:53:30	3:02:50	9:16:41
Ironman Wales	1:02:27	5:45:45	3:07:33	10:06:36

IRONMAN 70.3 WORLD CHAMPIONSHIP 2017 - Chattanooga *from Martin Groundsell*

After qualifying on a wet cold race day in Exmoor in June, Chattanooga couldn't have been more different come race day. This was the biggest race I have ever been to in terms of size and quality. 4,500 of the best men and women racing over two days. I had a real fear of coming last in my age group as I got ready to toe the start line with the other 399 blokes in the 35-39 age group who qualified from the many Ironman 70.3 races around the world - Jenson Button being the most well-known competitor in my age group.

I wouldn't have got here without the constant beatings in training that Simon and I hand out to each other on a weekly basis. While I was racing he was chasing his Kona dream in Tenby and finally claimed his qualifying spot which is well deserved and well over due.

Since racing in South Africa I have not suffered from nerves as I have been racing for myself and "just for the crack". This was a different matter, nerves were back and with a-vengeance. I could hardly stomach breakfast and I needed to give myself a real talking to so that I could use this nervous energy. Rach was a massive help at this point and helped me focus on my race and no one else, I had earned the right to toe this start line and it was time to believe it.

Ironman races are always waiting for the sun to rise so that the racing can begin. The sunrise over the Tennessee river was stunning and that signalled the start of the Pro race. Alastair Brownlee was supposed to be racing but pulled out due to injury and the threat of a Harrier beating him. This also signalled the time for me to get the race face on and head to the start pens for my wave. While in the start pen I managed to say hello to Jenson, shake hands and we wished each other luck for the race. Maybe he needed luck from someone else as he pulled out during the run.



The race starts with a 1.2 mile swim where the first half was into the sun and the river current meaning all you could do was get your head down and drive from the start. Ironman racing is usually all about pacing but this is a championship course, one quote from a supporter on the run summed it up perfectly "it's the world champs, you have to dig deeper today". So full gas it was then, I managed to get into a good rhythm and passed a lot of people from my start wave who went off too hard. As we hit the turn point I could feel the effort in my arms but I knew I had to keep the effort high to make up time now I was with the current. I exited the swim in just over 30 min which is two minutes down on where I wanted to be, but with the current everyone was slow.

Some participants let the race go to their heads, one bloke tried to elbow his way past me in the run from the river to T1. Karma is bitch sometimes and as he tried to force his way past me he slipped and ended up on his arse with no help from me for once.

The bike was always going to be crazy, a 3 mile climb starting at mile 5 followed by around 20 miles of undulating hills and descents, finished off with a 4/5 mile decent and 23 miles of flat time trialling meant it was a course for the über bikers. Time to play damage limitation, well sort of. I got carried away by the fact I was passing people easily on the climb, so pushed harder. Then it was 20 miles of yo-yo, the big boys passing me on the descents and flat while I then passed them on the hills. I was happy to be holding my own and when I saw Rach at half way I kicked on again.

After Bolton I did ask Rach to stand way before the corner or after it so I didn't stack it again by looking at her and missing my braking point. This meant Rach was about half a mile up the road from the corner, better safe than sorry. The descent was a lot of fun and using the speed traps for cars I knew I was pushing past 45mph. Then came the long flat drive to T2 and so did the über bikers and lots of them. Each time I just said to myself "see you on the run", as from the size of their legs, they couldn't run.

The last couple of miles were through the town and very twisty. Again the crazy boys arrived with lots of near misses in terms of crashes. Lots of shouting, swearing and people going for gaps that didn't exist. As I dismounted at the bike line and entered the run to T2 I heard some bloke screaming on my shoulder, assuming he was annoyed at me for being in his way he was promptly told to shut up which amused the volunteers in T2.

So onto the run and time to use my weapon, well that was the plan. By this time it was getting hot and the heat was coming off the tarmac as well as the sun. My plan was to hold 6.15 min/mile pace for the half marathon, the course director (who decides the course) had other ideas. It was a two lap course that had one hill to get to the laps and then four big hills per lap, with a total climb of over 300 meters for the run, it hurt.

I was still able to catch and pass a lot of the über bikers but averaging 6.50 min mile was as good as I was going to get. Rach had managed to get around all the road closures and was back cheering me on and the lifts she gave me were really needed.



Thankfully Rach and all the other British supporters did us proud unlike the American bloke standing in just a pair of Stars and Stripes speedo's, I did speed up when I passed him just to get away from the nutter. All that was left was to enjoy the red carpet finish, however it is still a race and so every place counts right? I may have ruined a bloke from South Africa's finish line photo by passing him on the line with my arms in the air. In my defence he should have finished faster and then I would not have caught him.

It was an amazing race to be part of, I may never get the chance to race at that level again, but I have the medal, t-shirt, rucksack and baseball cap and that's all that matters. Well, until Simon rocks up with his Kona versions next year.

Finish time of 4hr 48min 46sec, 119th out of 386 finishers in the male 35-39 age category. 569th out of 2,380 blokes who finished across all age categories (Ladies raced the day before so results are split by gender).

CHILTERN WONDERLAND 50

16th September

from Neil Martin

As part of my build-up to the Solent half marathon I ran the Chiltern Wonderland 50 the week before. It seems that Goring-on-Thames is one of the epicentres of UK Ultra running. There are two national trails meeting in the town - The Thames Path and The Ridgeway, along with an extension of the Chiltern Way long distance path and numerous other footpaths. This attracts a fair few long-distance races throughout the year and a favourite for Centurion's races. Chiltern Wonderland uses a mix of these paths to form a circular 50-mile route through the hills north of the Thames.

My race strategy was to control the pace using heart rate as much as I could. In particular, I wanted to keep the pace sensible for the first few flat miles along the Thames to Pangbourne before heading away from the river toward the hills. A handful of runners pulled away as expected, but I knew if I paced well I would probably catch a few later on. At the first checkpoint at 10 miles I was in 7th and running with the guy who went on to finish 2nd, but he had the advantage of being 19 years younger than me! I could see that my heart rate was a bit higher than I wanted it to be and so by the time we got to the 18 mile checkpoint I had dropped back from him by about a minute. I was also struggling a bit more than I should at this point and my trail shoes, that I have worn plenty of times before, started to destroy my toes for some reason. It hurt a lot running downhill and I still had 30 miles left of them! We ran past

the Chitty-Chitty Bang-Bang windmill, which for any of you who have had to watch it over and over again in recent years with your kids like I have, will give you an idea of the topography. I also have the disadvantage that I tend to end up running on my own in these races with no-one to talk to for distraction. But at the 25-mile checkpoint I refuelled a bit with plenty of cola and after that seemed to become a bit more comfortable with my pace and toes.

The inevitable attrition of these races started to take effect with runners dropping at the subsequent checkpoints and I was making my way progressively up the field. I was 5th at 33 miles and could only occasionally see people in the distance well ahead or behind.



I picked up one more place before the finish back in Goring. Marie and the kids kept up their normal form by missing me finish, which was weirdly inside the village hall. They were apparently stuck in a café this time.

Solent half did then hurt a bit and while my position was okay, my time was slow due to slightly heavy legs! Probably have to consider that really it was the 50-miler that was more of a priority on this occasion.

Harrier	Time	Position	Category
Neil Martin	07:29:57	4th	1 st Vet

213 starters

SOLENT HALF MARATHON **24th September** *from Piers Puntan*

It's over 6 years since I last ran a half marathon but following the Harriers' top of the table finish after Overton 5 and Sean's cajoling I entered this event as it's a nice low key event and apart from the drag back up to the finish it's a really nice course. Mark hadn't done a half marathon before so we ran together with the aim of doing 8 minute mile pace for a 1:45 finish.



How many Harriers can you spot?

After the slightly chaotic start, dashing round a park with wet long grass making sure your feet were thoroughly soaked we got up onto the road and settled into eight minute mile pace.

The course goes into the New Forest, is very picturesque with a gradually drop in height all the way down to Lepp Beach at about eight miles and up to this point everything was going reasonably well though Mark was commenting on “heavy legs”.

There is a short sharp climb at 10 miles and this took away the last of Mark’s legs and the last three miles were a bit of a struggle. We finished outside of Mark’s desired time, but, as a debut half marathoner that’s a pretty good time and there is Gosport in November to go for a better time.

Consensus from the Harriers was that it was a hard race with a few people disappointed with their times though, as can be seen below, Harrier’s positions were high up the field so it seems that it was just one of those hard days to race.

Sean was pleased as he was first vet and the men took first place in the team competition and so retain 1st place in the HRRL in both A and B team leagues. The ladies team came tenth but that it still good enough for the Lady Harriers’ to top their respective A and B team HRRL leagues.

Harrier	Chip Time	Gun Time	Position	Cat Position
Sean Holmes	01:17:32	01:17:34	5 th	1 st V40
Martin Groundsell	01:17:44	01:17:45	6 th	6 th Man
Lennie Passingham	01:17:51	01:17:52	7 th	1 st V50
Simon Lovelock	01:20:36	01:20:37	14 th	14 th Man
Neil Martin	01:24:05	01:24:07	23 rd	1 st V45
Michael Bliss	01:25:59	01:26:01	29 th	2 nd V55
Hannah Bliss	01:32:22	01:32:24	74 th	8 th Lady
Richard Clifford	01:33:20	01:33:23	80 th	11 th V40
Gareth Juliff	01:41:07	01:41:19	147 th	123 rd Man
Rachel Hessom	01:51:49	01:52:00	243 rd	51 st Lady
Piers Puntan	01:53:15	01:53:27	256 th	31 st V45
Mark Underwood	01:53:15	01:53:27	257 th	200 th Man
Sarah McCann	01:54:53	01:55:17	273 rd	7 th VF40
Katie Brothers	02:01:56	02:02:19	333 rd	17 th VF35
Sophie Day	02:32:54	02:33:16	427 th	155 th Lady

444 finished

1st Men’s Team, 10th Ladies Team

OVERTON HARRIERS – RACE SEASON 2017/2018

The Committee have discussed the plan to assist with members taking part in the Consistency league races which should in essence provide a good opportunity to have good teams at the HRRL & Hampshire XC League races.

The following confirms the intentions of the committee:

- Compete in 7 HRRL races or 4 X/C League races and club covers the cost of next entry to Overton 5 or Gibbet.

- County XC championships – free entry
- Ryde 10 – ferry crossing reimbursed as long as 2 runners in car 50% if 1 (club member to provide details/evidence to Treasurer).
- Netley 10k - free BBQ for all.
- Club Marathon Place – have to have run minimum 5 races as above in the last 12m to be able to apply.
- Free end of season party if Overton Harriers win any of the leagues in the XC/HRRL.

Note that the above excludes the 5k Newbury Park Runs & Cyclist race. Any queries contact Sean, Monique or anyone on the committee.

UPCOMING RACES

In light of the above the next races are detailed below. For those that require entry clicking on the hot link will take you to entry page

14 th October 2017	Hants XC League Race 1, Bournemouth (Consistency League)
11 th November 2017	Hants XC League Race 2, Petersfield (Consistency League)
19 th November 2017	Gosport Half Marathon (Consistency League) CLUB CHAMPIONSHIPS
26 th November 2017	Hayling 10 miles
2 nd December 2017	Hants XC League, Race 3, Popham
3 rd December 2017	Victory 5 miles (Consistency League) CLUB CHAMPIONSHIPS
7 th January 2017	County XC Championship, Botley (Consistency League)
13 th January 2018	Hants XC League, Race 4, Reading
14 th January 2018	Stubbington 10km (Consistency League)
4 th February 2018	Ryde 10 (Consistency League)
18 th March 2018	Eastleigh 10 (Consistency League) CLUB CHAMPIONSHIPS
8 th April 2018	Salisbury 10 (Consistency League) CLUB CHAMPIONSHIPS
13 th May 2018	Alton 10 mile
20 th May 2018	Netley 10k
24 th June 2018	Lordshill 10k

OHAC SEPTEMBER 2017 PARKRUN RESULTS*from Al Stinson*

Basingstoke junior parkrun	03/09/17	10/09/17	24/09/17
Abigail SPENCER	11:18	12:39	
Alex ELSON		12:36	10:32
Reece ELSON		12:30	10:29

	02/09/17	09/09/17	16/09/17	23/09/17	30/09/17
Basingstoke parkrun					
Rebecca COSTAMBEYS	29:37				
Richard COSTAMBEYS	29:38				
Terry CLARKE		22:56	22:25	22:27	
Julia COTTRELL		27:42			
Ed SIMPSON			25:29		
Neil MCCANN				24:59	
Andover parkrun					
Robin OAKLEY	22:42				
Gavin SCOTT	26:51				
Julia COTTRELL	27:32				
Cath WHEELER			20:41		
Greg ENGLAND			21:48		
Sian DAVIES			21:49		
Matt WATERIDGE			01:06:44		
Elizabeth SANDALL-BALL				27:48	
Newbury parkrun					
Neil GLENDON			18:37		
Gavin ROBERTS			20:43		
Sarah MCCANN			23:40		
Neil MCCANN			24:32		
Terry CLARKE	30:33				22:53
Gareth JULIFF		20:36			
Cath WHEELER		20:39			
Emily JULIFF		32:06			
Sean HOLMES					17:43
Monique VAN NUETEN					27:06
Frimley Lode parkrun					
Dave BUSH	19:59				
Ipswich parkrun					
Piers PUNTAN		21:17			
Rushmoor parkrun					
Dave BUSH			23:47		
Southsea parkrun					
Dave BUSH				19:53	
Crane Park parkrun					
Dave BUSH					20:29
Upton House parkrun					
Matt WATERIDGE	21:47				
Great Lines parkrun, Medway					
Matt WATERIDGE		22:01			
Ellenbrook Fields parkrun					
Matt WATERIDGE				20:30	
Dartford parkrun					
Claire BOYLE				22:41	
Wycombe Rye parkrun					
Claire BOYLE					23:00
Long Eaton parkrun					
Gavin SCOTT		28:50			

Outstanding results this month:

- Cath Wheeler 1st gender position (age graded 1st overall with 88.86%) at Newbury on 9th September
- Cath Wheeler 3rd gender position (age graded 1st overall with 88.72%) at Andover on 16th September
- Ed Simpson age graded 1st overall with 82.47% at Basingstoke on 16th September, improving on his previous VM80-84 record time.
- Neil Glendon 3rd at Newbury on 16th September
- Claire Boyle 2nd gender position at Dartford on 23 September and at Wycombe Rye on 30 September
- Sean Holmes 2nd at Newbury on 30 September

MORE JOTTINGS ON LIFE AT 80 *from Edmond Simpson*

Basingstoke Parkrun M80 Records

Although the parkrun computer immediately picks up on records, the local new items do not do so. In June at the dreaded hilly Crabtree course I set the record at 26.22. Obviously I was hoping to improve on that at the War Memorial Park. A muscle pull got in the way, but in August I clocked 25.36. The September achievement shaved it down to 25.29.

The next paragraph explains why I would love to get it down a tad more.

National Parkrun Rankings M80 2017

RunBritain website lists over 100 in the M80-84 age group.

Top spot is Dave Spencer from Barrow in Furness, but a mere two seconds better than me. I always slow down over the winter so there is urgency to try and achieve the time. It does not have to be at Basingstoke.

I have known Dave for some years. He once beat me at Horwich 5k by three seconds. He has macular degeneration and no longer has enough sight for national races. I guess he is so familiar his local parkrun (which, incidentally, is not flat) that he knows every nuance of the course.

British Masters Road Mile 2017 More Gold

The fourth running of this event was on 30 September. Welsh Athletics organise a series of mile races starting with schoolchildren, then seniors and through to Masters. This is on the Saturday and the following day is the Cardiff University Half Marathon which attracts 25,000 competitors. The first two years I won the M75 category (the mile, not the HM). And there were two other runners each time to compete against!

This year I was the only M80, in fact the first they have had. My time was 7.38, which included being marshalled around two police vans reversing out of the local cop shop! Even so, only 9 seconds slower than two years ago, so I was happy with that. Also I managed to beat three younger runners.

It is a good event. The start and finish are outside the steps of the City Hall in Cardiff. The course has two loops. The first quarter is round the City Hall block, so you pass the start again. The second lap makes up the remainder of the mile. It is a shame it does not attract more competitors.

CHRISTMAS MEAL, TEST VALLEY GOLF CLUB

17th December

13:00 for 13:30

£20.50 Adults, £10 Under 10's, £5 Under 5's

No Charge For Children In High Chairs

Butternut squash and tomato soup with chilli oil (V, GF)

Chicken liver parfait with apricot chutney and toasted brioche

Poached salmon terrine on lemon dressed leaf salad (GF)

Button mushrooms and chorizo sautéed in garlic, served in a white wine and cream sauce on toasted brushetta

Roast topside of Scottish beef (GF)

Roast breast of turkey (GF)

Roast English gammon (GF)

Roast Nut cutlet (V)

from the Carvery with a selection of potatoes and vegetables

Horseradish sauce, English mustard, apple sauce, cranberry sauce, pigs in blankets, Yorkshire puddings, sage and onion stuffing

Christmas pudding served with brandy sauce

Baked vanilla cheesecake with raspberries and blackberries

Homemade chocolate and walnut fudge brownie served with praline ice cream and chocolate sauce

Fresh fruit salad served with Chantilly cream and meringue (GF)

A trio of cheese served with fig chutney, grapes, & biscuits

Freshly brewed coffee served with mini mince pies

(V) indicates vegetarian (GF) Gluten free

Please send your choice of Starter and Pudding or Vegetarian Carvery option to John Hoare
johnhoare41@gmail.com or phone 07919 067424