

**Overton
Harriers**



**&
Athletic Club**

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November 2017 Issue 484

Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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December 2 nd	Hants XC League Race 3, Popham (Consistency League)
3 rd	<u>Victory 5 miles</u> (Consistency League) CLUB CHAMPIONSHIPS
17 th	Cyclists Race
January 7 th	Hants XC Champs, Botley
13 th	Hants XC League, Race 4, Reading
14 th	<u>Stubbington 10km</u> (Consistency League)
February 4 th	<u>Ryde 10</u> (Consistency League)
March 18 th	<u>Eastleigh 10</u> (Consistency League) CLUB CHAMPIONSHIPS

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

Cross Country is in full swing with the new venue of Butser Hill causing a few runners to seriously question their sanity and the HRRL fixtures at Gosport Half and Hayling 10 with PBs galore.

HANTS XC LEAGUE RACE 2, PETERSFIELD

11th November

from Piers Puntan

This is the first time the Hampshire road race League has put on a course at Queen Elizabeth Country Park near Petersfield but it certainly will be remembered.

No one was really sure what to expect, but I don't think we were expecting what we got! Scotland has its Munros (mountains over 3000ft) and England has its Marilyn's (mountains or hills over 150m). Butser Hill, which the senior men had to ascend three times during their race, easily qualifies as a Marilyn, being 271m. An annual fell run takes place here that also includes climbing the hill three times, over 1200ft of climbing and the term 'fell running' better summed up this Hampshire League meeting rather than the more usual 'cross-country'. A walk of the course led to a debate on whether this was the toughest cross-country race we'd ever seen. Despite very little mud, the consensus was that this was nearly as tough a challenge as the mighty Parliament Hill! There was a demanding climb, and on the descent you needed to be courageous.

Senior, Veteran and Under 20 Women (6k)

Hannah was again first Harrier in what was a much smaller team than usual. Emma, who appeared to be enjoying herself was next followed by ladies Captain Monique and then Liz completing the Harriers runners.



The team finished in 20th place, with the Veterans Team finishing in 14rd place both.

Harrier	Position	Time	Vet Position
Hannah Bliss	57 th	28:45	
Emma Edwards	127 th	35:19	59 th
Monique Van Nueten	138 th	37:11	68 th
Liz Sandall-Ball	147 th	39:48	74 th

161 finishers

20th Team, 14th Vets Team

Senior, Veteran and Under 20 Men (10k)

Eight Harriers were brave enough to take on three assents of Butser Hill but again a very large turn out of runners meant that we again struggled in the placings, Sean was 66th, Lennie 110th, Mike Bliss 122nd Neil Martin 126th and Lee 129th which meant our A team scored 553 points which only got us 3rd in Division 2 though our mature years meant that the Vets Team finished 6th.



Neil Glendon lead in the B Team with Stuart, Keith and myself to complete the Harriers runners.

Harrier	Position	Time	Vet Position
Sean Holmes	66 th	40:21	9 th
Lennie Passingham	110 th	42:59	27 th
Mike Bliss	122 nd	43:33	34 th
Neil Martin	126 th	43:43	36 th
Lee Tolhurst	129 th	43:49	37 th
Neil Glendon	146 th	44:55	44 th
Stuart Searle	181 st	47:41	61 st
Keith Vallis	212 th	49:59	85 th
Piers Puntan	233 rd	52:47	100 th

286 finishers

3rd Men's Team (Div 2), 6th Vets Team

GOSPORT HALF MARATHON

19th November

from Hannah Bliss

After Solent Half I think it's safe to say a fair few Harriers realised they had not trained and running 13.1 miles is not something you can really do on a whim. I learnt my lesson... I increased my training and sacrificed a nice lie in every Sunday for the long run. Unfortunately, I developed a groin injury which meant apart from the long Sunday runs (where there was a lot of stopping/walking), I had to reduce my training. I felt unfit and slow. This started to show in races... Women who I'd usually be running with or even just ahead in races were now smashing incredible pb's whilst I felt like I was going backwards! I wasn't really enjoying running.

A week before Gosport, a few Harriers tackled the mountainous course of Butser Hill (which left us broken!) I managed to get in a few runs during the week but was still recovering when it was time to give Gosport a go...

We couldn't have asked for better weather conditions! I didn't sleep well and was very nervous. The good weather and the fact it's a flat course actually made my nerves worse as there wasn't an excuse for a bad run. I went to put on my watch only to find it had died (even though I charged it!) which added to my anxiety. This was my first race ever without a watch. We lined up on the start line and 15 minutes(!) later the race began! The effects of the warm up had worn off, however, I think this turned out to be a benefit as I didn't go off too fast. The first 2 miles was a mental battle for me but I kept telling myself 'it's just 3 ¼ miles out, 3 ¼ miles back, 3 ¼ miles out, 3 ¼ miles back'... I pushed through and strangely started to enjoy the race! I had no idea how fast I was going, how many women were ahead of me, what time I was likely to get... I just ran.

One of my favourite aspects of this race (apart from the yummy goodie bag) is when the runners begin to pass each other (runners starting their second lap and runners heading towards the half way point). The atmosphere is amazing and there was lovely support from the harriers cheering each other on!

At mile 11, Dave Vosser looked at his watch and shouted "you're going to get a great time if you keep this up!" The final mile felt never ending! Turning the corner, I was on the final 400m and I was very intrigued as to what my time would be... I could see 1:2 on the clock but I couldn't see the next number... Could I get under 90 minutes?! There was no chance of a sprint finish as 1) we all know I only have one pace (most consistent runner ever!) and 2) no energy after 13 miles! So I just kept going... A few meters from the finish I saw the clock change to 1:28 and I couldn't believe it! I

crossed the line 2 seconds later with a 2 minute pb, a huge confidence boost and a revived love of running!



Harrier	Gun Time	Chip Time	Position	Cat Position
Sean Holmes	01:16:47	01:16:46	28 th	1 st V45
Lennie Passingham	01:17:40	01:17:38	33 rd	1 st V50
Lee Tolhurst	01:21:35	01:21:29	75 th	13 th V40
Simon Lovelock	01:22:32	01:22:27	89 th	
Neil Martin	01:22:36	01:22:33	92 nd	7 th V45
Mike Bliss	01:23:03	01:23:00	99 th	3 rd V55
Hannah Bliss	01:28:08	01:28:02	194 th	5 th Lady
Stewart Searle	01:30:27	01:30:08	261 st	50 th V40
Gareth Juliff	01:34:58	01:34:15	372 nd	
Audra Rawlings	01:43:41	01:42:55	627 th	7 th FV50
Emily Arbuthnot-Smith	01:44:30	01:43:57	645 th	25 th FV35
Sarah McCann	01:49:27	01:48:54	785 th	17 th FV45
Mark Underwood	01:51:06	01:50:21	825 th	
Alistair Paul	01:52:15	01:51:02	857 th	41 st V55
Katie Brothers	01:53:27	01:52:53	891 st	36 th FV35

*1679 finished
4th Men's A Team, 9th Ladies A Team*

HAYLING 10 **26th November**

No reports so just the results and a generic Hayling Photo

Harrier	Gun Time	Position	Cat Position
Sean Holmes	00:57:56	7 th	2 nd V45
Lennie Passingham	00:58:13	9 th	1 st V50
Lee Tolhurst	01:01:18	28 th	4 th V40
Mark Reid	01:02:05	35 th	7 th V40
Neil Martin	01:02:41	49 th	5 th V45

583 finished, 2nd Men's A Team



LONG JUMP PIT AND THROWING CIRCLE

Finally, we have a long jump pit and throwing circle up at Berrydown. It's been a good few years in the planning and the facility got its official opening on November 18th.

12 Andover Advertiser 24 November, 2017 andoveradvertiser.co.uk

Whitchurch & Overton news

Society show

OVERTON Choral Society is putting the final preparations to its Christmas concert, set to be held next month.

The group will be performing at St Mary's Hall on Monday, 18 December at 7pm.

Mayor and mayoress of Basingstoke and Deane, Councillors Paul Frankum and Jane Frankum, will be guests at the event, with a collection being circulated during the performance.

Top displays

SHOPS in Whitchurch are getting competitive this Christmas.

The annual Christmas shop window has returned, with business owners urged to get in the festive spirit.

Windows will be inspected by judges between December 7 and December 14.

Get seeds

EXOTIC seeds are available for free in Whitchurch.

The Friends of Whitchurch Silk Mill are offering free tomato and chilli seeds to anyone in the Whitchurch area who is willing to return five of the plants they raise for the group's plant sale in May next year.

For details of the seeds available, email philacooper48@gmail.com.

International athlete opens facility

MEMBERS of the Overton Harriers welcomed athletes young and old to the opening of a new long jump pit.

The new long jump pit was officially opened for the public to use on Saturday, 18 November, with Andover-based long jumper Holly Mills the guest of honour.

Once the ribbon was cut, people were eager to jump in the sand and see who could go the furthest distance.

The facility, at Berrydown sports field, Overton, is designed to Olympic specifications.

In July this year Miss Mills represented Great Britain at the Commonwealth Youth games in the Bahamas, and was giving tips to the youngsters in attendance.

Athlete Holly Mills officially opens the new long jump and throwing circle at Overton Harriers, Berrydown Sports Ground, Overton.
Image: Sean Dillow.

If anyone would like to use the facility we keep the take-off boards and throwing implements in the Junior's shed at Berrydown. Please contact Keith Vallis to collect the key.

Do we resurrect the Club Pentathlon next year?

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.

LONDON MARATHON

We have one place for the 2018 London Marathon which will be allocated just before Christmas. If you have a ballot rejection email please forward to Richard Francis by 17th December if you want to be in with a chance of the place. Note above eligibility criteria

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

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 NOVEMBER 2017 PARKRUN RESULTS*from Al Stinson*

	05/11/17	12/11/17	26/11/17
Basingstoke junior parkrun			
Reece ELSON	10:14		10:19
Alex ELSON	11:07	10:51	10:24
Abigail SPENCER	12:42		

	04/11/17	11/11/17	18/11/17	25/11/17
Basingstoke parkrun				
Cath WHEELER	21:18			
Sarah MCCANN	24:15			
Claire BOYLE	25:01			
Terry CLARKE	25:41	22:47	22:14	23:00
Neil MCCCANN	26:40			
Gavin ROBERTS		21:50		
Ed SIMPSON			25:52	
Carole DRIVER		28:51		
Andover parkrun				
Lucy SYKES		25:07	25:22	
Gavin SCOTT		28:46	29:58	27:26
Liz SANDALL-BALL				28:50
Newbury parkrun				
Gareth JULIFF		20:09		
Steve SPENCE				26:16
South Manchester parkrun				
Cath WHEELER		19:56		
Paul WHEELER		25:42		
Derry City parkrun				
Paul WHEELER			24:37	
Abingdon parkrun				
Cath WHEELER				21:04
Paul WHEELER				28:20
Evesham parkrun				
Matt WATERIDGE	22:06			
South Norwood parkrun				
Matt WATERIDGE		21:53		
Cassiobury parkrun				
Matt WATERIDGE			37:24	
Heartwood Forest parkrun				
Matt WATERIDGE				21:53
Frimley Lodge parkrun				
Dave BUSH	20:42		20:35	
Cannock Chase parkrun				
Dave BUSH		20:01		
Woking parkrun				
Dave BUSH				20:05

Upton Court parkrun				
Claire SPENCER (K9 Assist)				19:25

Outstanding results this month:

- Cath Wheeler 1st gender position (age graded 1st overall with 86.15%) at Basingstoke on 4th November
- Cath Wheeler 1st gender position (age graded 1st overall with 92.06%) at South Manchester on 11th November
- Ed Simpson age graded 1st overall with 81.25% at Basingstoke on 18th November.
- Cath Wheeler 1st gender position (age graded 1st overall with 87.1%) at Abingdon on 25th November
- Canicross runner Claire Spencer 1st gender position at Upton Court on 25th November

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