



HARRIERS NEWSLETTER

The Newsletter Of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Overton 5

September 2nd

Andover Lakes 10k and 3k Fun Run

September 16th

Solent Half Marathon

September 23rd

Hampshire XC League Race 1: Bournemouth

October 13th

Hampshire XC League Race 2: Aldershot

September 8th

Roundup

by Piers Puntan

Apologies for the delay to the newsletter, work has taken me to deepest Africa and life is just too damned busy.

Because of this oversight this month's newsletter is a bumper filled edition covering two month's worth of news.

We've had the Charmouth Challenge, Beer Race our first couch to 5k group, Home Mob Match, the last Track and Field and the usual round the world adventures from intrepid Harriers.

At the time of going to press the Overton 5 will have happened and we will be into Road Racing Season. Reports will be in next month's newsletter

Where did the summer go?

HAMPSHIRE HOPBIT

17th June

by Lucy Sykes

This was my first trail marathon and only 6 weeks after Geneva so I wasn't sure how it would go: the aim was to complete and enjoy it. The start was a bit drizzly, but Franny was there cheering which gave me enough energy to get up the early monster hill before settling into a steady rhythm over the gallops above Watership Down. Paul joined me near Lower Woodcott for about 5 miles which kept me going, and by then I was on home territory running past Whitchurch and onto the Harroway before cutting up through Hannington back to Kingsclere. The frequent feed stations were well stocked and the runners were all really friendly. I ran the second half with 2 chaps doing 26 x 26.2 in 26 weeks for charity - nutters. I finished in 5:08 which I'm pleased with, as overall I thoroughly enjoyed the race and felt much more comfortable than in Geneva despite it being a more difficult course, probably largely due to it being about 10C cooler but also I managed my hydration and food much better. The pint of beer at the end helped too!

DUO ETOILE, CHAMONIX

29th June

by Lucy Sykes

This was only the second year this race has been run and the first at night because last year stormy weather forced a reschedule into daylight. It's approx 18km straight up a 1300m course from Chamonix town centre to the Aiguille du Midi cable car mid-station and back, and has to be completed as a pair. Paul and I set off from the start feeling strong and made good time up the initial climb despite the narrow trails and a few slower runners to manoeuvre around. Darkness fell as we approached the summit and the pace slowed as people struggled to get across some remaining snow. .



I caused a short delay by needing to change my head torch batteries (DOH!) but we made it to the top checkpoint / feed station in reasonable time

The descent was less successful in that my legs didn't have many beans left in them after the climb and a UTMB recce run we'd done for Paul 2 days earlier, plus Paul rolled an ankle fairly near the top which made us both cautious. The trail is easy to follow but narrow, with lots of rocks, tree roots and steep turns so we trotted down fairly carefully. The final section of the race is through the town centre with crowds cheering and clapping which is amazing! We crossed the line in 3:49, 15 mins slower than last year (in daylight) but still 239 / 500 overall teams; 89 / 201 mixed teams.

TADLEY 10K

8th July

by Hannah Bliss

After the Lordshill 10k I wanted to take a bit of a break from racing. I then saw an advert for Tadley 10k. A local race with a late start time (meaning a lie in!) made me interested but I still wasn't sure. I knew it wouldn't be a pb course but I was looking for new races to try after running the same races year after year. So what finally swayed me to enter? All finishers get a medal and T-shirt with... a badger on them! Animal themed race merch?! Now it's no llama medal or camel top (or actually meeting real camels - Salisbury 10 miles) but I was sold.

Then came the heatwave. I began regretting my decision to enter this race. That late start time now wasn't so appealing as I knew the temperatures would be rising! On the day it was 27 degrees. Although I knew the course was undulating, it wasn't until race day I was informed that there were actually a few tough hills! On the way to the race, dad drove the last 4k. It was beautiful country lanes and I naively thought to myself 'this isn't so bad' and then we got to 8k... a giant hill! Mum turned to me in the car with an expression of worry and also 'I am so glad it's you going up this and not me!' We got to the top of the hill when dad said "even though you're at the top, you're still going uphill to the finish so don't be surprised if you're still feeling tired". F*ck.

I was really nervous before the race because of the heat. I have had bad experiences when pushing myself in hot weather. But I was sensible in that I hydrated loads the day before and on the day. I wore sun cream and I tried to stay in the shade as much as possible before starting.

I always scout out my competition before a race. I didn't really recognise anyone. I noticed the race was dominated by Basingstoke (it almost felt like the mob match) and I then spotted Terry. He seemed much more relaxed than me!

I ran the 1st k unexpectedly quick (around 3:50). After that I couldn't keep up with the fast group (which included an amazing female). For the next 4k I actually didn't see anyone in front and there were only a couple of men around me. I felt really strong until I got to 5k. My legs suddenly turned to jelly and the heat finally got to me. As I grabbed a drink at the water station a marshal said "well done ladies". Ladies?...oh no! I thought I was safe in 2nd place but was then overtaken. A part of me felt frustrated/sad that I had been overtaken by a female but a bigger part of me thought 'fair play in this heat!' As long as no other females overtook me, then I'd finish 3rd place. The 2nd lady was only just ahead of me but she looked really strong. However, just before 7k she blew up! She stopped at the side of the road and I asked if she was okay. She was but just needed a rest. I then had an increase in confidence. I got to the bottom of the 8k hill when she appeared again! We started to run up the hill together but I noticed she was slowing.

I was exhausted but knew I had to push it! I think she stopped again at the top. Just after 9k I saw my parents who cheered me on. I knew that female was just behind me and if she had a sprint finish, there was no chance for me (we all know I only have one pace). The last k is slightly uphill, it then dips down before one final mini hill. Afterwards my parents told me that the female behind me struggled on the final mini hill. I spoke to her afterwards and she said she stopped 3 times in total throughout the race. I finished 2nd female, 16th overall and completed it in a fantastic time of 41:58! I was so surprised as I genuinely felt like I had been shuffling and I contemplated stopping/walking a few times!



Terry had a cracking run too! However, I have no idea how he wears a t-shirt and not a vest! I have also never seen someone look so positive at the top of a tough hill just over 8k into a race and on a very hot day! Well done Terry!

Unfortunately it appears this race clashes with the Charmouth Challenge. But, if like me you are definitely not feeling those mountainous hills, I would highly recommend Tadley 10k. It's local, scenic, well marshalled, loads of support, you get a medal and t shirt, plenty of water stations and a hose shower thanks to a kind lady at 9k! Overall, an enjoyable race!

SCAFELL PIKE TRAIL MARATHON

28th May

by Rachel Vissick

Does what it says on the tin really - a marathon (& a bit!) distance, around the Lakeland trails, with a nip up and down England's highest mountain, Scafell Pike, in the middle - all in all 43.5km with a total 1,610m of ascent over some tough and technical mountain terrain, but backdropped with some amazing landscapes.

Heading up north, I was excited, worried and relieved all in one - it was a year since my last race in the Lakes so couldn't wait to get back; worried as I'd been struggling badly with the heat on my long runs the 3 weeks before, so wasn't too confident in my training and doubly worried as the weather was set to stay hot; but relieved by that also in a way as it meant there shouldn't be issues navigating the mountain section of the race hidden under rain clouds.

You'd think a 09:30 start was leisurely, but with a half hour walk from registration in Keswick round to the start line on the other side of the lake, it wasn't all that!

That was the warm-up anyhow - literally - it was hot already and everyone was feeling it!

The start was just south of the village of Portinscale on the NW corner of Derwent Water and the first 13km was a nice run along the Cumbria Way down the west side of the lake and through Borrowdale to the first feed station at Seathwaite - relatively flat, with only one noticeable hill to hot-hike up and over, passing Castle Crag.

It had got pretty hot by the time we got to Seathwaite, so I refilled my water bottles and a spare and took on board plenty of banana and coke/water mix - this was the start of the mountain section and there would be no feed stations for the next 16km until we got up and down the mountain.

The mountain section was unmarked and everyone had to carry a map and compass, but as the weather was clear navigation wasn't an issue in the end. The ascent was up to Styhead Pass and then the Corridor Route up to the summit. The descent was between Broad Crag and Ill Crag, down to Esk Hause and then back down to Styhead Pass and Seathwaite again.

So, fuelling by grazing on Kendal Mint Cake as I went, I just got on with the task of stomping up the mountain, running on flatter sections where I could between all the rocks and boulders.

Towards the top it got pleasantly cool, but still the going was relatively slow as the terrain got more scrubby, including a short rocky down-climb into a ravine, and having to use your hands (and arse!) for some sections, and then pick your way over the big

summit boulder field, careful not to twist an ankle in the process!

It was a long slog, taking an hour and a half from Seathwaite to the summit, but reaching the top felt amazing and I took a brief moment to glance out and appreciate the amazing views. That quickly done, it was time to engage brain for the descent. This was interesting and fun!

The first part was a short steep mix of rocks, boulders and scree, which again required hands and arse assistance in places! This then fed into another short ascent up onto a boulder field plateau where you had to spot and follow cairns (piles of rocks) marking the "path". I enjoyed this part, hopping from boulder to boulder as quickly as I could and trying not to land on a wobbly one. Also particularly enjoyable as I knew Martin would have been cursing it!



After the boulder field, the descent became more runnable, but carefully, spotting your foot placings all the way. I was also trying to save legs a bit for the back section of the race, which I knew was going to be the hardest.

It definitely was the hardest, hampered by heat which just got worse and worse the further down the descent of Scafell Pike I got. By the time I returned to the feed station at Seathwaite, I was absolutely melting and had to throw a fair amount of water over me to try and cool down.

Water bottles refilled and some banana and cheese roll taken on, I set off on the return leg up round the south and up the east side of Derwent Water. The first 5 km should have been a good run - it was pretty flat through some farm buildings and fields, but the heat was killing me and I struggled to progress at any more than what felt like a shuffle.

And the worst part of the whole race came shortly after - the ascent up to Watendlath - 200m or so in about 1km, which shouldn't have been that hard, but the heat really did for me here. I wasn't alone though as three other guys and I made slow progress upwards, all stopping to rest about 4 times under trees in an attempt to get core temperatures down & chucking cold stream water over us at every opportunity.

Once up the top of that ascent though, it was cooler with a bit of a breeze and some tree cover, so I enjoyed the next couple of kms until the final feed station at 37km.

After this the trail met a road and a nice smooth descent, which was progress, but soon checked by the final wrinkle in the route - another little detour up a trail hugging the side of Castlerigg Fell on the east edge of the lake.

This then dropped down onto the lakeside shore with a tough job getting to the finish line dodging the day-trippers and tourists when you're spent of all your energy and legs no longer work properly!

Crossed the finish line 7th female in 6hrs 31, only 30 minutes behind Martin, who I interrupted just sitting down to his post race ice-cream!

An awesome route and very happy with the result, if a bit frustrated I wasn't quicker, but then I couldn't have done any more in the heat.

7/36 female
39/144 overall

Scafell Pike Marathon - Stupid idea by Martin Groundsell

At the start of the year Rach entered the race and for some reason I did as well on the basis that as the course was remote it would be hard to be a decent support crew. I then realised after London Marathon it would be a stupid idea due to the risk of injuring myself and Ironman Copenhagen was only six weeks after it.

Roll forward to the Friday before the race, I am bored at work and can't be arsed to do an 18 mile run on my own after work. What the hell lets do the race that I have not trained for, what could possibly go wrong. Rach called into the outdoor shop to get my survival kit and stuff to navigate the route so I was good to go.

As with all races I don't really bother to read the briefing material, instructions etc etc. Stu AKA "Dad" does it for Simon and I at IM races to the extent that we don't even bother going to the race briefings. However Rach pointed a few things out to me in the hotel room the night before.

1. Made me google what a Cairns are, turned out to be very helpful when navigating the mountain top
2. Made me look at the course record of 3hr 40min to set my expectations that I wasn't going to win (didn't believe this to be honest)

So roll forward to the start after a stupidly long walk to the start, I was more annoyed that I had not started my Garmin to make the miles count. For the serious report written by someone who knows where the route went and appreciated the course, see Rach's report.

My view on the race was much simpler, pace at the start was very slow so went into the lead at about half a mile, was in the lead until seven miles. Only person with me was an Austrian who lives in London and hadn't done the race before either. Sure enough at seven miles when it started to go up we went backwards. See profile below



Then came the mountain which I didn't know what it looked like or which one of the many around it was.

People give you strange looks when you have a race number on for the Scafell Pike Marathon and you ask them which one is Scafell Pike? I was being serious....

Then came the boulder field or as I was referring to it the f**cking floor of death, followed by the descent which was stupid and where I just had Simon's voice in my head saying "I told you, you would break your ankle".

At this point my camel pack ran out so I had to dip my head in a small lake on the mountain, people were camped by it so I assumed they had checked for dead sheep.

Finally made it down to the flat and started to make up places as I had lost a lot on the stupid mountain.

The last climb was not needed and neither was the run along a ridge for the last few miles when there was a flat route along the lake side.

I finally crossed the line to be told I had taken 6hrs and 1 minute, apparently this is a good time but my reaction was what, you are joking, 6 bloody hours..... My Garmin had been on navigation mode and so didn't have the time showing,

I should have guessed it wasn't a quick time when the mile to the peak of Scafell Pike took me 30 minutes due to having to spend some of it crawling on my arse so I didn't fall to my death.

So that's my mountain marathon career done, back to doing Ironman racing as they are easier.

All I need to say now is that as it was 27 miles I am an ultra runner as I know this will annoy Neil.



MOB MATCH

14th July

by Richard Francis

Many thanks to the 20 other runners who turned out on the night but with Basingstoke packing the front of the field we sadly got the stuffing we deserved.

Claire, Hulya & Lucy all recorded personal bests, Gareth equalled his while John just missed his by 5 seconds.

The BBQ a big success as usual and thanks to Monique, Liz, Moira, Stuart & Piers who all helped out. Thanks also to Ken, Wendy & John and especially Marcus for the timekeeping & recording.

Finally, thanks to our marshals Bliss, Eric & Mark (JT) Dennison & Richard Baldwin.

Pos.	Runner	Club	Time
1	A. Goddard	BMH	19.24
2	A. Bigg	BMH	20.14
3	A. Bridgman	BMH	20.24
4	M. Lyness	BMH	20.30
5	L. Tolhurst	OHAC	20.33
6	C. Coveney	BMH	20.36
7	C. Furness	BMH	21.03
8	M. Soane	BMH	21.27
9	M. Reid	OHAC	21.32
10	M. Slaney	BMH	21.39
11	T. Watkins	BMH	21.48
12	R. Burton	BMH	22.12
13	G. Juliff	OHAC	22.29
14	M. Norris	BMH	22.38
15	J. Baulch	BMH	22.51
16	P. Spackman	OHAC	23.02
17	J. Bigg	BMH	23.07
18	A. Govand	BMH	23.19
19	M. Lloyd	BMH	23.39
20	K. Nicholas	BMH	23.42
21	K. Vallis	OHAC	23.45
22	R. Gartland	BMH	23.48
23	C. Wheeler	OHAC	24.19
24	A. Cullen	BMH	24.19
25	A. Waddington	BMH	24.26
26	T. Stecki	BMH	24.31
27	M. Underwood	OHAC	24.32
28	L. McCann	OHAC	25.19
29	P. Puntan	OHAC	25.19
30	C. Spencer	OHAC	25.31

Pos.	Runner	Club	Time
31	C. Coveney	BMH	25.47
32	A. Sheltrum	BMH	26.14
33	L. Gottwald	BMH	26.20
34	P. Pellet	BMH	26.32
35	T. Clarke	OHAC	26.50
36	R. Bruce	OHAC	26.57
37	D. Cook	BMH	27.03
38	G. Tyson	BMH	27.07
39	M. Hedderley	BMH	27.12
40	J. Harrison	OHAC	27.30
41	A. Paul	OHAC	28.00
42	N. Mccann	OHAC	28.08
43	D. Ormston	BMH	28.12
44	S. McCann	OHAC	28.15
45	C. Partner	BMH	28.22
46	E. Edwards	OHAC	28.43
47	H. Yasdan Appleby	OHAC	28.55
48	N. Walshe	BMH	29.25
49	R. Francis	OHAC	29.42
50	R. Hessom	OHAC	29.47
51	L. Sykes	OHAC	30.00
52	J. Froud	BMH	30.04
53	P. Sandford	BMH	31.18
54	M. Van Nueten	OHAC	31.36
55	D. Gregory	BMH	35.54

B&MH: 295 Overton Harriers & AC: 700

SUMMER HANDICAP

This race was incorporated in the Mob Match and after her PB last month she continued improvement by slicing almost another minute off that time for another clear victory. John Harrison was only 5 seconds outside his PB in second while Hulya finally clocked a time that reflects her capability without getting lost.

Further PB's came from a 5 second improvement from Lucy Sykes while Gareth equalled his PB. With the majority our faster runners missing this race Lee beat Mark Reid by almost a minute ahead of Gareth's fine run 3rd with Paul 4th.

With so many runners missing their second race both league tables have been blown wide open, Clare Spencer leads the Handicap league but it appears she will not running the final race so, it looks like a straight fight with any of the next 8 runners in the table. The lead in the Time league is shared by Gareth & Keith with Neil Glendon a point behind but he can't to miss another race or someone in the chasing pack could nick the Bronze medal.

THE MILE DISTANCE

is special and so is the M80 British Record

By Edmond Simpson

In 1954 when I was an impressionable youth Sir Roger Bannister made history by running a mile in less than 4 minutes. The Australian John Landy broke that record a few weeks later but Bannister beat Landy in Vancouver that year in the race dubbed The Miracle Mile.

The Emslie Carr Mile was founded in 1953 to promote mile running. It is an annual invitation race run as part of a major athletics event. For the past 10 years at the London Grand Prix.

The Dream Mile is run at the Bislett Stadium in Oslo as part of the Diamond League. Coe, Ovett and Cram have all won it and in the process set world records.

Metric currency was adopted in 1971 but the Brits still persist in measuring roads in miles.

The M80 UK track mile record of 7.38.1 was set at Jarrow last year by my friend Ian Barnes. I decided to go to the Monkton Stadium at Jarrow and have a go at this.

On the last Monday of June, as reported in the last newsletter, the Hampshire Veterans League meeting was held at the Basingstoke track and I did a 7 minute 1500m. So I knew I was on course for the mile record.

Even on 2nd July weather conditions on Tyneside can be very difficult, but it was dry, temperature about 17 and only moderate breeze. Perfect.

This was an event of the NE Masters Athletic Association and it started with the mile. I was amazed that there were 76 people entered for this distance. It was divided into five races with the slowest first, women and men mixed. That put me in the first race, which immediately made me nervous.

At the start I was in the innermost lane and set off a bit quickly to keep my position and prevent anyone cutting in front of me.

It soon settled beautifully with an F55 lady from Morpeth Harriers in front of me and a man in the M70 category in front of her.

Unknown to them they were excellent pacemakers.

I followed them until 200m to go. At that point I pulled out a bit but did not feel I could pass them so tucked in again. With 100m left I overtook them both and headed for the finish.

Seventh out of sixteen. Nice not to be last. A new M80 UK record and I was very chuffed to get under 7.30. Time 7.25.3. Now ratified and in the official list.

No medal, no certificate, no tee shirt, simply been there, done that.

Until somebody does it better. Records are there to be challenged and broken.

I hope the next guy enjoys the experience as much as I have.

COUCH TO 5K

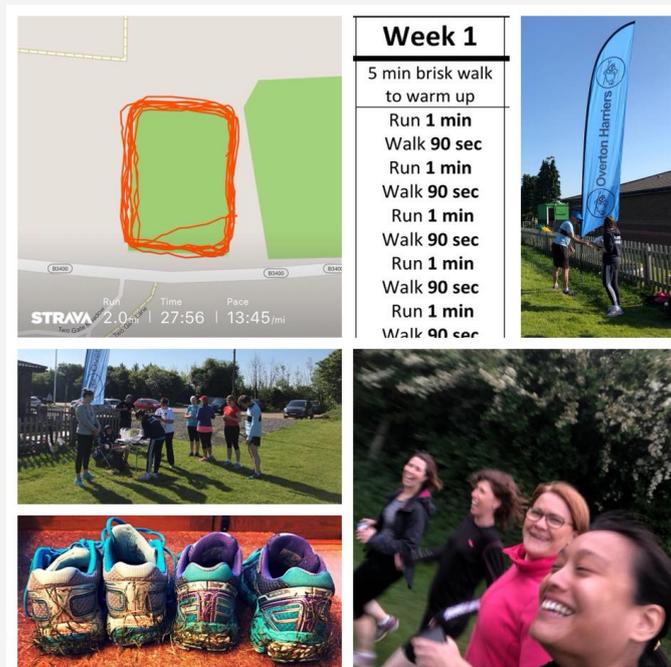
Getting inspired to get off the couch
by Karen Suttakhorn

After a number of failed attempts at trying to get off the couch (Karen) or getting back into running after an extended period on the couch (Michelle), a chance encounter with Keith Vallis wielding a leaflet from a Basingstoke club starting a C25k program prompted us to pursue something similar in Overton.

Alongside Anna Vallis, what started out as a Facebook page and a handful of leaflets dotted around the village has brought a wonderful mix of people from Overton and Whitchurch together in a bid to get fitter, run further than to the fridge and back and complete a Parkrun... maybe with a few beers in between.

The BBC Get Inspired C25K program is a nine week run/walk plan that includes a 5 min warm and cool down and progressively increases the amount of time you run with the goal being a continuous 30 minute run. Depending on how fast you run this will get you to the 5km goal.

We had a fantastic turnout on the first Saturday up at Berrydown with a mix of ladies/gents and new/previous runners. What turned out to be a blisteringly hot day was to be the theme for the whole program, not only were we concentrating on when we were next training but there was a lot of emphasis on hydrating well or for those up with the lark, running at 6am to miss the searing summer heat.



Week 1 to 4 was to give us a false sense of security as we 'joyfully' ran, jogged, walked around Berrydown sports field while catching up on the latest village news. However, the 8 min, 10 min and then 20 min runs of Week 5 and 6 loomed like a black cloud for those who had the courage to see what was coming up next in the training schedule – others preferred to stay blissfully ignorant and concentrated on the current training day's demands.

We are happy to report that with a group effort and the long flat of Smelly Farm Lane we encouraged each other to carry on as the evenings heated up and our virtual coaches on our app pushed us a little harder each week.

By Week 7 the group progressed to the flats and hills of Overton, running a route that would take us via Flashetts, Silk Mill Lane and the B3400. Not sure what was worse, the hill of Court Drove or the blazing hot sun of the B3400!

By this point a number of us had holidays booked so many photos of sweaty (or rain soaked) runners were added to the Facebook group to prove our training continued be it in Dorset, Italy, Austria or the Channel Islands.

Completion of the program and the final run of Week 9 started and finished at the ORC, it just happened to be a coincidence it was also the Third Harriers Beer Mile. A great introduction to Harriers for the C25K group. With the help of Piers we handed out C25K completion certificates over a pint or two (or three) at the Red Lion, the best way to celebrate the group achievement!

The following Saturday a number of the C25K group trekked to Andover for Parkrun, a first for some, or a long time since for others. We were greeted with a really warm welcome from the organisers and accompanied by Monique, John and Piers who provided great support and encouragement in pushing us across the line – thanks so much, it really helped!

Such a great feeling for everyone to complete the 5K after all the training over the last 9 weeks... definitely worth it!



The program might be over but the group is continuing to run and encourage each other on the Facebook page. Franny is running a beginners rep session every Monday and maybe you might see some of us at the Overton 5 or Victory 5 in a few months time!

Thanks to the Harriers who came to help us along the way with routes, stretching routines, advice and inspiration – Piers, Martin, Sarah, Monique, John and Franny, thank you. Well done everyone for seeing



BEER MILE



Another great race was won by Martin Groundsell, over a minute ahead of Simon Lovelock in 2nd, with Dave Bush winning a sprint finish to come in 3rd.

Only Dan Crone had to do an extra lap due to an extra frothy burp, and sadly Lenny had to pull out with a tight hamstring. He didn't throw up though.... Nope, no definitely not, nothing to see here.

Full results blow:

- 1- Martin Groundsell – 6.39
- 2- Simon Lovelock – 7.44
- 3- Dave Bush – 9.21
- 4- Gareth Juliff – 9.22
- 5- Piers Puntan – 10.08
- 6- Adam Pilbrow – 10.40
- 7- Claire Boyle – 10.41
- 8- Keith Vallis – 11.00
- 9- Dan Crone – 11.04
- 10- Mark Underwood – 12.21
- 11- Mark Reid – 12.22
- 12- Claire Spencer – 12.30
- 13- Alastair Paul – 12.49

MASTERS CHAMPS

26th August

by John Hodge

I had been looking forward to this year for a long time, as I was turning 75 at the end of December and was geared up to run as a "young" M75 initially in the Irish and the British Indoors, and later in the year in the outdoors.

However, it turned out to be a miserable year running-wise. Unfortunately I developed a persistent hamstring strain which I just could not shake off for six months, eventually starting running again in mid May. So, with the indoor season completely washed out I thought I might get fit enough to have a go at the outdoor championships in August. By the middle of June I was back doing some reasonable track sessions, but then pulled an Achilles tendon in early July which knocked me out for another month. With all this I missed out completely on the Vets League too.

I eventually got back to the track at the start of August but just could not get anywhere near fit enough in the next two weeks so had to abandon the Irish Masters.

With the British Masters the following week I put in a really intense effort to build up stamina and four days before the event finally managed to get round 400m just below the Merit time of 91 secs. (BMAF set merit standards for all events, which need to be achieved to get a medal)

So knowing that I could manage this, I thought I'd go ahead and headed up to Birmingham, with no expectations other than having an enjoyable day out and running a respectable race.

The man to beat was John Garber, who I've been competing against for the last 30 years, and have only beaten once, in the M70's five years ago.

There were just three in the 75-79 group (a sad reality as we get older!), but nine total in the race, including M80s and M85s. I was in an outside lane which I hate as you can't see the other runners. I started strongly but John came level with me in after 150m;

I managed to accelerate away, and coming into the final straight much to my surprise I was clear in front and couldn't even hear anyone else. I was still going quite well when I heard John coming up on my inside and he passed me with 50m to go.

I tried to pick up again but my legs just couldn't respond, and I finished two seconds behind to get the silver medal.

I was disappointed that I hadn't had enough training to have the stamina for a stronger finish, but in the circumstances was delighted with my run which was 7 secs faster than in training.

Lets hope I can build on this over the next few months ready for the next Indoor season.....

M75 400m

1st John Garber 1.21.51
2nd John Hodge 1.23.74
3rd Terry Casey 1.47.35



IRONMAN COPENHAGEN

By Martin Groundsell

At the end of Ironman UK last year, I swore to Rach that I was done with full Ironmans, then after a few weeks and a bit of baiting by Simon I was entered into Copenhagen as the one last attempt at getting a sub 10hr PB for Ironman.

I thought I had over trained in the run up to the race but thankfully the taper worked, and I headed to the race weekend feeling confident.

That all fell apart on race morning where I struggled to get breakfast down and was full of nerves like it was my first ever race. Thankfully I kept them under control as if not I think Simon would have punched me due to his lack of sleep as our flat for the weekend was on the main party street and their bars were still open as we left to head to the start at 5am.

I was definitely out of my league in transition, due to last year's results both Simon and I were surrounded by the Pro's and amateurs with Kona stickers all over their bikes. While Simon warranted being there I was definitely blagging my spot.



After the usual elegant lubing up (which no one else other than Simon and I seem to do in public!) the nerves were not subsiding, so it was time to suit up, man up and get into the swim pens.

As the rolling start commenced "Thunderstruck" by ACDC played and the can of man-up must have taken effect as I was calm and focused as I ran into the water. I managed to get clear water quickly and into my rhythm. Simon and I had scoped out the swim the day before and worked out the fastest lines which meant swimming well away from the sighter buoys and into the shallower water. It worked though - as I exited the water it was my first swim without getting punched and my first under 57 minutes. Looking at my watch I then new sub-10 was on. Next challenge beat Simon in transition, I used to be faster but he beat me in every race last year (I'll take any little win no matter how small).

The bike course is fast but can be tough if the wind is up, luckily it was with us along the coast but against us as we headed in land and to the rolling hills.

Simon came past me like he had a rocket up his arse at mile 13 on his way to smashing his PB pulling a sub 3hr marathon and finishing in 9hr 03. I resisted the temptation to try and stay with him and stuck to my plan. All I needed to do was get back to T2 in 6hr 30 min to give myself a chance of finishing sub 10.

The bike went well, it wasn't spectacular, and hundreds of people went past me, but I just had to focus on eating, drinking and holding my pace. As we headed back into Copenhagen to finish the bike the usual madness of people making silly overtakes started, after a lot of shouting at idiots we dived down into the underground car park that was T2. I stopped the watch at 6hr 28 so needed a quick T2 and then it was time to see what the legs and body had left.

As I started the run I felt hungry, I knew that if I don't eat my stomach would shut down and cramp, which means a lot of walking and little running. After 4 miles Rach and Leanne appeared and I asked if they could get me some bread. Half a mile later I passed them again to see them holding out Sreen, that will do nicely, after scoffing a load while running I was back in the game. Now all that mattered was finishing before 17.10. After the race it became clear I was a bit focused on this time as apparently it was all I would say when I passed Rach and Leanne each lap. I had one hour to complete the last 10k lap but I was not in a good way, everything was shutting down but stubbornness was kicking in. I managed to hold it together and hit the red carpet to see that I had over 10 minutes to spare. I may have milked the red carpet a bit but after failing to go this quick in the past six races it felt good to finally get under the 10hrs.



HEVER CASTLE TRI

British Triathlon Middle Distance
Championship

by Simon Lovelock

After Pulling out of Ironman Nice due to the injury hangover of London marathon and not having my training where I wanted it to be, I felt that I needed a race to kick the mojo into touch. Hever castle triathlon filled the spot and this year being the middle distance championship would attract a decent field. On the start list was our friend from Stubbington Mr Rob Arkell, This lead to the week before being baited by Martin to have a really good go at attacking him.

The setting for the race is stunning with the swim and the run being in the grounds of Hever Castle. The swim was a non-wetsuit with the lake being warmed up by the heat wave that we are currently under. Apparently 28 degrees was recorded in some areas of the lake. The swim was non eventful and with a clear swim the whole way round.

Onto the bike and I was shocked that they found that many hills around Kent. In 56 miles they managed to find 1500meters of climbing. I went hard on the bike and went chasing as Rob Arkell had started in the wave before. I hit a personal best of power output over that distance and managed to pull Rob in over the climbs but he managed to gap me on the last few miles on the flat before we entered T2.

I didn't get chance to recce the run and was informed by Martin who raced the event a few years before that it's off road and lumpy in places. Boy was he not wrong and with the heat it really took it toll on me. The run was not fast but looking at the rest of the results everyone struggled and I managed to gain a few places and then hold onto 12th overall and 3rd in the 35-39 age group category.

My first race in the old man's group. But even more important I managed to beat our friend from Stubbington.

With this finish position it will allow me to Race the European Championships in 2019 if I decide to take my place.

Swim	T1	Bike	T2	Run	Overall
34:06	03:08	2:49:47	01:24	1:30:30	4:58:55

IRONMAN COPENHAGEN

By Simon Lovelock

With a good couple of months training and race at Hever castle I went into this race with confidence in knowing what I needed to do to have a good race. I felt the most relaxed in the build-up and felt that the monkey was off my back now after qualifying for Kona late last year. We'll all was relaxed until the night before when I was rudely awoken by the drunks all night. Boarding a 5am metro out of the city centre to the swim start was a strange experience avoiding the staggering students who spent all night keeping me up.

The venue for the swim was perfect being in a sheltered lagoon. I was happy with the swim and finally managed to get back under the hour which I have not been able to achieve for the last few years. Out on to the bike and this followed the coast road north with this being the fastest section before heading in land to loop back round. It was an Uber bikers paradise. I hit a low point on the bike between 70-90 miles and really struggled to hold the TT position for so long as we are not used to it from training in the UK on our twisty country roads, after stretching every few miles I got back into it and finished the bike strong. I was slightly disappointed with my bike and would have liked a few minutes quicker.

I had a secret goal at this event and it was to run a sub 3hr marathon off the bike, I knew I was capable of it after missing out at the last few Ironmans by a few minutes. I went hard like I always do in the first few miles to see what is in the tank and at this point you can usually tell how the run is going to unfold. With Leanne making the surprise trip out I knew that I couldn't just chill and cruise in as she was screaming at me to go and get that PB. The first half felt good and went through in 1:26 it was on. The run hurt a lot but the pace didn't drop to much and managed to get home with even a sub 6 minute last mile to bring home a marathon time of 2:56:15. 5th fastest run on the day and only 4 Pro's going quicker.

My finish time was 9:03:28 this being an Ironman PB, I celebrated by sitting in the Ice pool with a Danish beer. Even Carlsberg tastes nice when you've finished a race and we hit the beers hard that night to celebrate a whistle stop trip to Copenhagen to achieve our goals.

Swim	T1	Bike	T2	Run	Overall
59:15	04:13	5:00:40	03:05	2:56:15	9:03:28

CHARMOUTH CHALLENGE

Usual cohort of Harriers went down to the South Dorset Coast for a weekend of good food, good company and a few drinks. The race moved to the Saturday morning so the heat of the day didn't reach it's height, unlike previous years though it was still very warm when the Harriers toed the line. As nearly all the Harriers had run the course all knew what was coming, a brutal climb up Stonebarrow Hill followed by a mile of undulations, drop down to the valley, climb up Golden Cap, down the other side before climbing up and down the Dorset coast another few times before a mad dash down to the finish. The Harriers men finished first team but weren't credited with the win as the results organisers thought that Overton Harriers & AC and Overton Harriers & A.C. were different teams.

Harrier	Gun Time	Chip Time	Pos
Sean Holmes	00:58:39	00:58:36	5 th
Neil Martin	00:58:56	00:58:54	7 th
Mark Reid	01:02:58	01:02:54	12 th
Dave Bush	01:12:07	01:12:02	57 th
Keith Vallis	01:12:10	01:12:05	58 th
Gareth Juliff	01:17:12	01:17:07	86 th
Richard Clifford	01:17:44	01:17:38	89 th
Claire Spencer	01:23:32	01:23:13	128 th
Piers Puntan	01:25:27	01:25:08	141 st
Neil McCann	01:33:03	01:32:41	199 th
Sarah McCann	01:34:20	01:33:59	207 th
Katie Brothers	01:36:17	01:35:58	224 th
Emma Edwards	01:37:10	01:36:52	233 rd
Hulya Yadsan-Appleby	01:39:35	01:39:14	241 st
Monique Van Nueten	01:42:52	01:42:32	254 th
Richard Francis	01:49:01	01:48:41	285 th

The 112 mile ride, became a 95 mile ride. I initially felt robbed by this, but the gift of a 17 mile shortcut was pleasing on the day. Also, due to the fantastic summer we were experiencing, the water temperature in the swim lake was getting a bit toasty. This had the effect of allowing the blue green algae to bloom. Wigan Council had declared the lake a no swim zone, but by the miracle of Ironman (or dodgy thermometer), the lake temperate dropped and the swim could go ahead.

After the mandatory pasta dinner and attempt at a full nights sleep, I was soon in my wetsuit and lining up to start. After the National Anthem, the all too familiar sound of Thunderstruck by ACDC began and we were into the lake. The swim was quite a challenge, not so much the effort, but the visibility. On the return part of the lap, the sun was low and bright, making it almost impossible to sight the marker buoys. We could hear the safety kayak team shouting at us, but couldn't see much at all. Luckily after two laps I found my way out of the swim, back into transition and out on the bike.

The Ironman UK bike course is a tough one, with a couple of challenging climbs to deal with. And, even though the biggest hill had been removed due to the fires, Ironman doesn't go for the soft option. What greeted us was hairpin right followed by a 20% gradient climb. I was lucky enough to have overheard a conversation prior to the start about the change and the climb, so I was ready. Other competitors were not, hence a large number of people at the side of the road trying to put their bike chains back on. Five and a half hours later I was into T2 and getting ready to run. It was around this time that the heat started to hit me. It had cooled down a little, but was still about 25-27C, too hot for me.

This year, the organisers had changed the course. We no longer started the run from Bolton Wanderers home ground, but from a park in the centre of town. The run was 4 laps, up and down the Chorley Road, with a the new part snaking around the park. Initially I didn't feel too bad, but after 13 miles, the heat and fatigue hit home and I began the jog/walk for the second half of the run. My only real respite from the heat was a kind man standing at the end of his driveway with a hosepipe, offering a cold water shower to anyone who wanted it. I took full advantage of this all 4 times around. After 26.2 miles and now a stomach full of water, energy drink, watered down coke, red bull and Doritos (not a combination I'd recommend) it was over and time to start the recovery. Not so sure if the lake was that clean, as I came down with a fever and flu like symptoms after the race.

Result: Swim: 1:29:44 Transition 1: 7:38 Bike: 5:38:05
Transition 2: 3:42 Run: 4:12:56
Final Position: 512 out of 1806 .

IRONMAN, BOLTON

15th July – By Stuart Searle

Sun, Smoke and blue green algae: Not entirely sure why I signed up to this one, probably some unfinished business from last year or crazy dedication to the sport.

Either way, I again found myself on the start line, ready for another 2.4 mile swim, 112 mile bike (more about that later) and a full marathon to finish the day with.

Last year I'd been suffering with a groin injury which forced me to miss a number races and affected my Ironman. Fortunately this year was better, still a few niggles, but no lay offs from training. My build up races had also gone well, so I was feeling reasonably good. I had a lack of running miles in my legs, but enough to see me through. However, whilst I was on track and ready, Ironman were having their own issues. The moorland fires which had been burning for a couple of weeks, forced the organiser to change the bike course, due to the smoke.

PARKRUN- JULY 2018

01/07/18	
Basingstoke junior parkrun	
Abigail Spencer	09:54

	07/07/18	14/07/18	21/07/18	28/06/18
Basingstoke Parkrun				
Neil Martin		18:08	18:13	
Terry Clarke		22:47	30:16	23:41
Adam Pilbrow		23:50		
Hannah Bliss			19:56	
Lucy Pearson			25:01	25:37
Claire Boyle				23:41
Rushmoor Parkrun				
Hannah Bliss				20:02
Heartlands Parkrun				
Neil Martin				19:19
Andover Parkrun				
Emily Arbuthnot-Smith	34:55			
Emma Davies			25:34	
Monique Van Nueten			27:06	
Michelle Brown			30:24	29:50
Piers Puntan			30:25	
Karen Sutthakorn			34:17	33:43
Gareth Juliff				19:56
Martin Allen				29:50
Winchester Parkrun				
Katie Brothers			24:19	24:12
Hulya Yadsan-Appleby			25:12	24:58
Jenny Wilson			27:50	
Salisbury Parkrun				
Cath Wheeler			21:07	
Paul Wheeler			26:49	
Newbury Parkrun				
Ed Simpson	25:52			
Terry Clarke	25:52			
Frimley Lodge Parkrun				
Dave Bush			19:39	19:43
Dartford Heath Parkrun				
Matt Wateridge	21:13			
Hackney Marshes Parkrun				
Matt Wateridge		20:09		
Prospect Parkrun				
Matt Wateridge			20:58	
Rugby Parkrun				
Matt Wateridge				19:45
Shipley Country Parkrun				
Claire Spencer				18:27
Seaton Parkrun				
Judy Hewitt	34:50			
Eastleigh Parkrun				
Judy Hewitt		35:41		
Queens Parkrun, Belfast				
Judy Hewitt			32:02	
Curl Curl Parkrun				
Steve Spence		24:53		

PARKRUN- AUGUST 2018

	12/08/18
Basingstoke Junior Parkrun	
Abigail Spencer	09:57

	04/08/18	11/08/18	18/08/18	25/08/18
Basingstoke Parkrun				
Gavin Roberts	22:09			
Terry Clarke	22:31			26:10
Claire Spencer			18:38	
Hannah Oliver			22:47	
Greenwich Parkrun				
Matt Wateridge	20:24			
Trelissick Parkrun				
Matt Wateridge		22:00		
Seaton Parkrun				
Matt Wateridge			21:06	
Severn Bridge Parkrun				
Matt Wateridge				20:18
Banbury Parkrun				
Neil Martin			18:37	
Conwy Parkrun				
Neil Martin				18:51
Barry Island Parkrun				
Emily Arbuthnot-Smith			26:57	
Andover Parkrun				
Emma Davies	28:05			
Daniel Silverwood	29:00			
Monique Van Nueten				26:53
Gareth Juliff		19:44		
Dean Barton			30:23	
Southsea Parkrun				
Lucy Pearson	24:44			
Portsmouth Lakeside Parkrun				
Hannah Bliss	19:52			
Whitby Parkrun				
Keith Vallis	21:30			
Edward Vallis	25:50			
Buncrana Parkrun				
Judy Hewitt	33:26			
Dinton Pastures Parkrun				
Dave Bush	19:54			
Lucy Pearson			25:45	
Guernsey Parkrun				
Dave Bush		20:08		
Winchester Parkrun				
Hannah Bliss			19:48	
Katie Brothers				23:49
Jenny Wilson				27:16
Haga Parkrun				
Hulya Yadsan-Appleby		26:29		

	04/08/18	11/08/18	18/08/18	25/08/18
Newbury Parkrun				
Terry Clarke		22:34		
Steve McNair		26:50	26:23	41:16
Lilly Piggini				41:12
Charlie Piggini				41:12
Frimley Lodge Parkrun				
Dave Bush			19:36	19:54
Bracknell Parkrun				
Michael Peters			21:08	
Upton House Parkrun				
Claire Spencer				18:08
Prospect Parkrun				
Neil Martin		19:08		
Tooting Parkrun				
Hannah Bliss				19:36
Fareham Parkrun				
Carole Driver				32:30
Omagh Parkrun				
Judy Hewitt		31:59		
Enniskillen Parkrun				
Judy Hewitt			33:14	
Portrush Parkrun				
Piers Puntan				22:24
Judy Hewitt				35:08

FIRELIGHTER ULTRA 2018

By Neil Martin

Following the hot dry summer, the second half of August was not so good. Cue the family holiday camping in North Wales! To be fair, while the weather wasn't exactly beach friendly, we managed to pack in some climbing and horse riding for the kids, a bit of mountain hiking, castles and some fell running. So, after cool, overcast and often rainy conditions the penultimate day of the holiday saw a big improvement with warm temperatures and blue skies. What shall we do to make the most of it? - go to the beach, walk in the hills? Er, no... this is the day I have entered another ultra!

Originally, I looked at doing the Ultra Trail Wales, a 50-mile mountain ultra the week before. But, getting up at 03:30a.m. to go to the start didn't seem family friendly and I am nothing if not considerate to not dragging my family to races! Instead, I managed to get a late entry into the Firelighter. This race was born out of the Ring O' Fire, a 135-mile, three-day race circumnavigating Anglesey on the coast path. The Firelighter uses the first day of the race covering 35.7 miles from Holyhead to Amlwch on the north side of the island.

The first 12 miles is relatively flat and I was in a group of three falling back from a guy who had gone off very fast. At times I was struggling to stay with the other two, but I also knew that averaging around 7:10/mile was a bit faster than ideal and hoped that if I could stay with them then eventually my experience and endurance might tell. Sure enough one guy dropped back to control his heart rate and I started to set the pace with the other runner, before he stopped briefly to meet his family. The coast path started to undulate a bit more and it was definitely warm. I was now in 2nd and very soon after the half-way checkpoint I caught and passed the leader, who had blown up (credit though that he held on for 2nd). Around this time my watch packed up. I don't mind racing without looking at my watch, but losing the security of gpx route map was not so good even on a mainly well signposted path. The path got much steeper in the 2nd half with long flights of steps up and down. My legs were cramping in the heat and it became an exercise in managing my lead and the cramp. I couldn't see anyone close behind but couldn't be sure they weren't just out of sight. I also had to find two honesty books and tear out the pages to prove I had followed the course fully. This added some mental pressure until the relief of finding them. I lost the path near the end and stood in the middle of a field with a fatigue induced momentary panic of blowing the win in the last 2 miles. But I pulled myself together and after the 2nd book it was just a case of following the signs through Amlwch to the finish line.

My family actually managed to be there for the finish, although Holly didn't believe it was me coming to break the tape! Not a bad afternoon's work with prizes of a slate trophy, fudge, beer and a new Salomon race vest worth about £100!

Results 5 hour 21 min 56 Sec 1st place 122 starters including Ring O Fire