



HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Hampshire XC League Race 3: Popham

December 1st

Victory 5

December 2nd

Cyclist Race

November 18th

Hampshire XC Champs Fairthorne Manor

January 5th

Stubbington 10k

January 13th

Roundup

by Piers Puntan

Cross Country and Hampshire Road Race League is in full swing with great Harriers performances in both competitions, can we repeat last year's positions?

The Christmas Lunch will be at the Golf Club on Sunday 16th December before which will be the cyclists' race. For those who are attending the Christmas Lunch can you make sure John Hoare has your choices.

The Training Weekend is all organised and if you are interested please contact Sean or Richard Clifford as spaces are at a premium.

Please can you think about sending in reports for the newsletter; as I'm not running I can't even fill in the gaps!

Enjoy your running.

GOSPORT HALF MARATHON

18th November

by Katie Brothers

Two years on the trot we got lucky and had near perfect conditions for the Gosport half, plenty of sunshine, bit more wind than last year, but none of the previous heavy rain showers.

This was my 4th Gosport half for the Harriers. Although I wouldn't want to do too many half marathons that are two laps, I really enjoy doing laps here, good views, plenty of opportunities to spot other Harriers and super flat.

The support and friendliness of the marshals was also a big plus, and we got to see them all twice. Very supportive and friendly at my end of the pack, I'm sure for the majority of the speedy Harriers they whizz past so fast they don't hear how fantastically supportive and encouraging these marshals were.

The race was fine, not often I have a game plan, but with being a plodder keen to get a bit quicker I was strict with myself to stick at a steady 9 minute mile pace and not getting too excited at the start, hopefully leaving a bit in the tank for the last couple of miles, which worked a treat.

I followed in my common race pattern of this year - wasn't as quick as last year, but I enjoyed it!

However I was 2nd Harrier lady, yay! This may have been only out of two but I'll take that.

We've had some good recent turnouts for the ladies, let's hope Gosport was a one off and we see me resume my place further down the pack and getting a team out there.

Calling all ladies if you fancy a challenge come and join the team at Ryde in Feb, Fleet in March and Salisbury in April - don't think 'oh I'll enter it later' as places in local road races go quick with most events selling out weeks in advance.

Well done the men's team on another great performance, well done Claire on leaving me for dust and scooping maximum points.

Oh and well done Gosport for the best goody bag ever - homemade cake, Hula Hoops and a Lion Bar - perfect!



Harrier	Time	Position	Vets Pos ⁿ
Martin Groundsell	01:15:48	12 th	
Sean Holmes	01:17:39	21 st	1 st V45
Simon Lovelock	01:17:59	24 th	
Len Passingham	01:18:25	28 th	1 st V50
Neil Martin	01:22:42	90 th	6 th V45
Gareth Juliff	01:35:22	365 th	
Claire Spencer	01:49:05	730 th	24 th VF40
Terry Clarke	01:51:48	807 th	54 th V55
Alistair Paul	01:53:04	849 th	24 th V60
Katie Brothers	01:59:57	1036 th	59 th FV35



Meon Valley Marathon

By Neil Martin

4th November 2018

Finding that I had a day on my own I thought I'd take the opportunity for a long race, if I could find one. So, after a quick search I made a late entry to the Meon Valley Marathon. The plan was to use it as a fastish training run ahead of some planned longer races next year.

The forecast leading up to the race wasn't good and sure enough as I drove down the M3 to Meonstoke the rain and mist were pretty grim. Fortunately, by the time I had registered and done a short warm up, the rain had stopped. In the community hall where we had gathered it looked like there were some pretty fast runners around. But, my 'training run' plan did have an element of let's go out at a sensible pace and see how things unfold. Basically, I recognised I might find it hard not to have a bit of my race head on, but if I was left well behind I could relax and pretend not to be too bothered!

The first half of the race heads out along an old rail line and then up into the hills of the South Downs. Initially in around eighth place and keeping my heart rate under control I found that at the first hill things started to sort themselves out pretty quickly.

A group of three formed at the front; myself, fellow Harrier Peter Mitchell and an Eastleigh runner. Fair to say that at around 6 foot 7, Pete provided me with a pretty good windbreak on top of the hills. It probably didn't work quite as well the other way round! I felt strong coming out of the hills and reckoned that I probably had more in reserve than the others. I was tempted to put in a kick a few times, but resisted.

At 14 miles the race comes out of the hills passing the start/finish and then follows the old rail line for 10km out to Wickham and then back. In theory this should be an opportunity to get a negative split, but was also a tough psychologically as fatigue set in.

A small gap formed and, sensing this, I maintained a strong pace to open it up. At the Wickham turnaround I probably had around a 45 second lead over Pete in second. However, I was feeling it a bit and was also now running with the fear of being caught. The last aid station comes with 5k to go and looking back I couldn't see anyone in sight, so felt that I could relax a bit and keep things under control.



Or maybe just an excuse to now go very slowly. I was receiving (and giving) lots of encouragement from runners going the other way.

In the end I was able to jog over the line and pretend to look fresh and relaxed! Pete came in a couple of minutes later for a club 1-2. Weirdly this was my fourth race win of the year – so what could made sure I was brought back down to earth by finishing no fewer than 131 places lower at Aldershot cross country the next weekend!

Harrier	Time	Position
Neil Martin	3:04:37	1 st
Peter Mitchell	3:07:06	2 nd

173 Finishers

Hants Vets T & F League

League fixtures for 2019:- (Dates in your diaries NOW please)

- 29th April – Portsmouth - Confirmed
- 20th May – Winchester - Confirmed
- 10th June – BASINGSTOKE – UNCONFIRMED
- 8th July – Aldershot – Confirmed

Hampshire XC League

Race 2: Aldershot

By John Hoare

I don't think in all the years I have been either competing or supporting cross country events I have ever experienced such heavy rain, even hail stones in the Ladies race.

The conditions were diabolical, so well done to all those hardy club runners that took part.

In the Senior Men's race we had exactly the same runners as we had at Bournemouth, the only change to the positions was that Lenny just got the better of Sean for the honour of first counter by a mere 12 seconds.

Neil, Neil and Stuart were never far apart in the muddy conditions and completed our team in 9th place in Division 1, some way ahead of Poole Runners, but unfortunately relegation to Division 2 is looming for both these clubs, even at this stage of the season. Battle for the wooden spoon is on.

In the Vets league we did a bit better finishing in 6th place.

Special mention for Mr Reliable, Keith, who struggled manfully round the course to complete our contingent.

Before the Men's race we had an impressive 8 runners in the Ladies race, even though we had already lost Hannah through injury.

Cath led the team home, again finishing first in the Over 55 category. In her first race of the season, Sian showed good form as second counter, looking really strong throughout.

The battle for final team counter was our closest of the day with Rachel just outsprinting Claire by four seconds.

The Ladies team event is held over one division only and our team took 17th place in the Senior competition and 11th in the Vets.

Outside the team Katie Brothers also had her first outing of the season followed by Lucy and our two very Senior Vets, Monique and Liz, all of whom should be congratulated for handling the extreme conditions so well.

Ladies

Harrier	Time	Position
Cath Wheeler	28m 00s.	72nd
Sian Davies	29m 38s.	92nd
Rachel Visick	30m 20s.	113th
Claire Boyle	30m 24s.	114th
Katie Brothers	32m 28s.	143rd
Lucy Sykes	34m 19s.	169th
Monique Van Nueten	35m 29s.	180th
Liz Sandall-Ball	38m 14s.	193rd

214 finished

Men

Harrier	Time	Position
Lennie Passingham	38m 10s.	92 nd
Sean Holmes	38m 22s.	97 th
Neil Martin	40m 07s.	132 nd
Neil Glendon	41m 02s.	149 th
Stuart Searle	41m 50s.	163 rd
Keith Vallis	47m 38s.	266 th

314 finished



Southern Athletic League 2019 Fixtures

April 13th - Basingstoke
May 19th - Winchester (Sunday)
June 16th - Poole (Sunday)
July 13th - Basingstoke
Aug 17th - Exeter

CHRISTMAS LUNCH TEST VALLEY GOLF CLUB

SUNDAY 16th DECEMBER
1.00PM FOR 1.30PM

MENU

STARTER

Chicken liver parfait served with Chutney and Brioche
Poached Salmon Mousse serve with lemon dressed herb salad
Creamy Garlic Mushroom and Garlic vol au vent
Roasted Red Pepper and Tomato Soup with Pesto

MAIN

Roast Turkey, Gammon and Beef Carvery with all the Trimmings
Roast Nut Cutlet – Vegetarian Option
All served with roasted potatoes and vegetables

PUDDING

Christmas Pudding with Brandy Sauce
Baked Vanilla Cheesecake with Blueberries
Homemade Chocolate Fudge Brownie with Vanilla Ice Cream and Chocolate Sauce
Fresh Fruit Salad with Chantilly Cream and Meringue
Mince Pies and Coffee

Cost: £21 for adults, £10 for Under 12's, £5 for Toddlers. No charge for Children in High chairs

Payment on the day. Orders to John Hoare (johnhoare41@gmail.com). Please state choices of Starter and Pudding

Winter Handicap Race 2

By Richard Francis

It was lady's night in the second race of the winter series as they took the top 7 places. Katie had a clear win as she ducked under 30 minutes for the first time in almost a year. Only 12 seconds covered the next 5 runners with Racheal's strong finish giving her a 2 second margin over Lucy who, in turn, was only a second in front of Sarah who recorded the first PB of the winter. A further 5 seconds back was Danielle who made a promising debut, closely followed by Emily ahead of Louisa who also ran very well on her debut.

It was left to Keith to salvage something for our men's section as he recorded the fastest time however, Rachel was only a second slower. Emily was third fastest with Katie in 4th.

#	Name	Time	H'Cap	Act Time	Time #
1	K. Brothers	33.20	3.45	29.35	4
2	R. Visick	33.59	7.22	26.37	2
3	L. Sykes	34.01	3.21	30.40	5
4	S. Pithers	34.02	3.21	30.41	6
5	D. Miller	34.07	3.21	30.46	7
6	E. Arbuthnot	34.11	4.51	29.20	3
7	L. Sopp	34.19	1.09	33.10	10
8	A. Paul	34.39	3.46	30.53	8
9	M. Van Nueten	35.50	1.09	34.41	11
10	J. Harrison	36.28	4.21	32.07	9
11	K. Vallis	36.39	10.03	26.36	1

and finally

Some of the results organisers are struggling to get Overton's Team positions correct due to software issues.

When you enter the "team" or "club" name if a default value starts to appear please use it.

For example, at Gosport even though we were 1st men's team the results had us as 8th as they couldn't differentiate between "Overton Harriers & AC" and "Overton Harriers and A.C."

Who says technology makes us wiser?



Alton
SPORTS

EXP - DECEMBER 31ST 2018

FREE SHOES!

VISIT US IN-STORE, PURCHASE A PAIR OF FULLY FITTED ROAD SHOES AND
RECEIVE FOR FREE ONE OF THE FOLLOWING:

TRAIL SHOES XC SPIKES
HOCKEY SHOES NETBALL SHOES
RACING SHOES



**YOU CAN ALSO CLAIM 25% OFF SOCKS AND CLOTHING
FOR THE NEW SEASON AHEAD!**

LOWEST PRICED SHOE IS FREE. THIS OFFER IS FOR THE SAME PERSON ONLY AND CAN ONLY BE REDEEMED IN-STORE.
IT'S NOT TO BE USED IN CONJUNCTION WITH ANY OTHER OFFER AND ALL FREE GIFTS MUST BE IN STORE AND AND IN STOCK AT THE TIME OF PURCHASE..

ALTON: 01420 84101 FARNHAM: 01252 734999 GOSPORT: 02392 502468
EASTLEIGH: 02380 613419 FOUR MARKS: 01420 562267

   @ALTONSPORTSUK