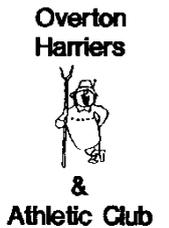


HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Alton 10

May 12th

SAL Match 2: Winchester

May 19th

Netley 10k

May 19th

Vets' League: Winchester

May 20th

Alresford 10k

June 16th

Roundup

by Piers Puntan

Firstly apologies for the late issue of the newsletter; too much on my plate recently.

The second Coach to 5k Group reached their goal at Andover Parkrun. Well done to all of you.

The Combe Gibbet was a great success with great feedback from all who competed.

The committee have been undertaking some work to try and get the club in a better place after the feedback provided from the questionnaire that was sent out.

Lastly thanks to all the people who helped out in the year 2018-2019

Combe Gibbet

7th April

from Katie Brothers

I always find the morning of the Combe Gibbet tricky to plan with a 2pm start, what to eat and when and the looming thought holy cow I've gotta run 16 miles this afternoon.

After last year I vowed I was done with the Gibbet, the weather was horrible (though I've heard stories of far worse conditions), however I am not a fan of running through mud, puddles and snow! But I'm not a very good spectator either and decided I'd far rather be stuck in and involved than on the side-lines. I also had a bit of a nagging frustration on my mind that I let myself down a little in the race last year and didn't do as well as I wanted, hmmm a similar pattern to why I'm doing London again this year - can do better! Must do better!

After a winter of bribery from Monique and her cookies I was enjoying cross country again so when it got to race day I felt I was ready and able to give some off road running a go again, I also knew I had the miles in my legs after completing a 20 miler in Windsor the week before!

The weather forecast looked good, it had been a dry week so decided to risk my road shoes, I've hadn't done more than 5 miles in my trail trainers, and I like my road shoes more! After the morning had dragged, plus the added extra time of getting to the start, bit of hanging around at the start we were finally ready for the off.



The First 5 miles were great, I settled into a good pace, you see familiar faces cropping up in lots of places with lots of shout outs, and you decline more than incline. Actually the next 11 miles were pretty good as well, myself and Lucy not knowingly at the time pushed each other along with lots of overtaking of each other.

After the A34 water station she pulled away a bit, but after the long drag along the field and under the A34 we turn a corner for the big hill of the race and I was able to gradually catch up with Lucy.

Once we reached the top and the great views along the ridgeway I couldn't believe that we were 10 miles in already - I never feel like this in training runs let alone races, amazing feeling. In the distance we now had Alistair in our sights as a good target point, please note we were not particularly going any faster, unfortunately for Alistair he was slowing down!

Just before approaching the road by the edge of Caesar's Belt I was able to nip in front of Alistair and had a good blast down the road before re-joining the track, and the great feeling that we are now on the home run back to Overton.

I was able to keep just in front of Lucy and maintain a decent pace (for me) for the rest of the race. As we approached the final mile I was pondering whether I was in 2nd or 3rd position for the Harriers, I knew that Sian would probably be on her 3rd cuppa by now but I wasn't sure where Emma was. However, I soon found out the answer when I saw Emma's son on the railway bridge who asked how far away his mum was? I had a cheeky look over my shoulder and could see Lucy but knew if I powered down the hill I'd be getting myself a little trophy!



This was my 4th Gibbet, not my fastest (that was my first), but my fastest in 3 years, and a whopping 17 mins quicker than last year (last year was flipping awful and demoralising)! It gave me a huge confidence boost going into the final weeks of preparation for London, and I thoroughly enjoyed it!.

| Harrier | Gun Time | Position | |
|----------------|----------|-------------------|----------------------|
| Sean Holmes | 01:40:56 | 2 nd | 1 st V45 |
| Simon Lovelock | 01:42:03 | 3 rd | |
| Lee Tolhurst | 01:48:33 | 6 TH | 2 ND V45 |
| Neil Glendon | 01:59:05 | 28 th | 9 th V40 |
| Sian Davies | 02:08:57 | 57 th | 1 st FV45 |
| Keith Vallis | 02:14:44 | 80 th | 14 th V50 |
| Katie Brothers | 02:29:23 | 124 th | 2 nd FV35 |
| Michael Ball | 02:29:27 | 126 th | 19 th V50 |
| Lucy Sykes | 01:57:29 | 127 th | 3 rd FV35 |
| Alistair Paul | 02:34:08 | 146 th | 5 th V60 |
| Emma Edwards | 02:40:55 | 162 nd | 9 th FV40 |

217 finished

Couch to 5k – The Sequel

April 2019

from Amy Nield

A cold and wintery day at the end of January saw a number of Overtonians and some from further afield, still festively plump after the Christmas period, meet for the very first time at Berrydown Sportsground, some donning brand new lycra received for Christmas!

This gang were determined to keep their New Year's resolutions to be fitter and healthier in 2019 and what better way to do it than get their butts off the sofa and get running.

A team comprising of some of the original inspirational "Couch to 5k Crew" from 2018 teamed up with some experienced (many of whom could outrun Mo Farrah!) Overton Harriers and set up this year's schedule. All advertised and organised via social media, a motley crew of varying abilities turned up.

Throughout the 9 week programme (which turned in to 10 weeks thanks to the February snow) the group met to run every Saturday morning with an additional team run for those who could make it on Monday and Thursday evenings. These mid-week runs helped motivate people who find it hard to to run on their own, especially as the evenings were dark and cold!

Week by week the team plodded their way around at first Berrydown Sports Ground, then eventually onto the streets (and sometimes hills) of Overton where pace, distance and comradery were gradually gained.

At the start of the programme many of the team could barely manage to put one foot in front of t'other for 60 seconds at a time but on Saturday 6th March the group joined the Andover Parkrunners and achieved what first felt impossible, running 5k! The day itself was cold, grey, windy and miserable but that didn't dampen spirits and everyone was smiling at the end. Perhaps that was because all were awarded one of Monique's delicious homemade cookies 😊

Everyone was fighting their own personal battle to get to 5k and the team should feel extremely proud of this achievement. This couldn't have been possible without the help, dedication and support of the volunteers from the Overton Harriers. Many of whom literally pushed (sometimes by hand) people to finish a run! These are runners who gave up their own time to coach and encourage others to join their world of running.

I, for one, come from a "running family" and ran as a child but was never really built for running and swore I would never run again after the '90s but set myself the challenge and achieved it. And I'm not hanging up my running shoes just yet, although I may have to invest in a pair of Brooks...

We all look forward to running with you again soon.



Scafell Skyrace Recce

from Rachael Visick and Lucy Sykes

In June we are running the Scafell Skyrace. In preparation for this we travelled with Paul to the Lake District for a recce weekend 12-14 April: essential training and preparation for a course which is billed as 40+km (we think it's 45km) including 3500m of ascent in 11 hours. The course starts / ends in Langdale, but as we planned to split it over 2 days we camped in Seathwaite which will be the halfway checkpoint on race day.

Saturday morning dawned bright and sunny. We had a somewhat slow start as Lucy needed to get some lightweight waterproof running trousers (on the race essential kit list) and obviously a trip into Keswick required a browse around every outdoor / running store plus coffee and cake! We then drove to Langdale where we left the car and started up the steep paths of the Langdale Pikes onto Harrison Stickle. We made the top in 55 minutes before a steep descent to then skirt around Stickle Tarn and back up onto Pavay Ark. From here we followed the route north over High Raise before undulating over and down into Seathwaite. The views were spectacular and running conditions good with firm ground underfoot.

Sunday was forecast to be colder and windier which turned out to be absolutely accurate. We didn't get rained on but there was a suggestion of hail during the afternoon which fortunately was quite transient and near the end.



This second day was more technical with more ascent than Saturday so we started early up the steep climb from Seathwaite onto a pass that gradually climbs round to Green Gable. From here we crossed Windy Gap onto a tiny path traversing the western side of Great Gable

By this time the wind was picking up and Lucy actually got blown off the path as she negotiated a rocky section. Rachael and Paul heard her shouts and turned to see her tumbling about 4-5m before fortunately she stopped on a tiny grassy lump. She was very bruised, grazed and shaken but luckily nothing was broken so no helicopter rescue was required!

Paul's new Mountain Leader skills came in handy with a mini bothy tent which we sheltered in for a few minutes to apply plasters and have something to eat before deciding to carry on with the route – we had to get off the mountain somehow so might as well keep running! From Great Gable the course joins the corridor route up Scafell Pike, then over onto Esk Pike, Bow Fell and back down into Langdale.

We skipped the very last section of scrambling as we were all pretty tired, cold and sore by this stage, looking forward to tea and flapjacks from the New Dungeon Ghyll walkers bar next to the car park before the long journey home.



Hurstbourne 5

4th May

from Rachael Visick

What better way to kick off the bank holiday, than a 5 mile hoof up and down the Hurstbourne hill?! With a couple of hilly races coming up in the summer, I couldn't really not do it.

For those who don't know the race, you get just under 1km off the start, before a short sharp hill up into the woods above Hurstbourne where most of the miles are done, before heading back down the hill, along the bottom of it and then back up and down again to the finish.

Waiting around trying to ignore the amazing looking cakes before the start, I spotted an unknown fellow London commuter and noted they had a race number on, but I didn't see where they were at the start...

The first hill complete and legs recovered a bit, the run in the woods was lovely – it was a nice sunny day & the bluebells were out in force. There was also some good Harrier support around the route, which was definitely appreciated.

Heading back up the final hill climb a voice from behind said "excuse me, can I come past"...it was the London commuter trying to run past everyone up the hill where everyone else around was hot-hiking.



I wasn't in a mind to make my morning train journey into London worse than it already is and allow him to win, so made sure I got past him after the top, left him behind on the final downhill and managed to finish two places ahead!

A fun race with a good turn-out from the Harriers, topped off with a nice lunch in the Tea Cosy Tea Room along the road (I'd not been before – a v good shout from Monique – those who don't know it, definitely recommend it)!



| Harrier | Position |
|-----------------------|------------------------------------|
| Sean Holmes | 2 nd & King of the Hill |
| Neil Glendon | 8 th |
| Stuart Searle | 11 th |
| Mark Daly | 22 nd |
| Keith Vallis | 24 th |
| Richard Clifford | 46 th |
| Cath Wheeler | 50 th |
| Rachael Visick | 68 th |
| Michael Ball | 87 th |
| Emily Arbuthnot-Smith | 104 th |
| Charlotte Lewis | 107 th |
| Alastair Paul | 110 th |
| Katie Brothers | 116 th |
| Claire Boyle | 127 th |
| Monique Van Nueten | 157 th |

London Marathon

Surprisingly no reports received; well apart from Mark's Facebook post which had too many expletives to print.

Three Harriers put themselves through the joy that is London Marathon.

Scores on the Doors:

| Harrier | Gun Time | Position | |
|-------------------|----------|---------------------|----------------------|
| Lennie Passingham | 02:42:10 | 532 nd | 13 th M50 |
| Mark Underwood | 04:00:19 | 14930 th | |
| Katie Brothers | 04:36:02 | 24254 th | |



Katie Brothers running for Guide Dogs. Over £7k raised for them in the last 18 months. Yay!

Cyclists Race & Christmas Meal

The cyclists race and Christmas Meal will be on December 15th this year. In line with the normal Christmas celebrations we have booked Test Valley Golf Club for the Christmas lunch. Details to follow a lot closer to the day.

Mob Matches

The first mob match will be Thursday 27th June away at Cliddesden. The home mob match will be Thursday 18th July.

Southern Athletics League Div. 3SW Match 1: Basingstoke

A fraught home fixture with it being a double fixture and a whole team of officials from Team Dorset not turning up and the League deciding to roll out a new scoring computer spreadsheet the night before.

The joint Overton and Andover Team came 2nd a good start to the season. Thanks to all the officials and volunteers.

| Event | Harrier | | |
|------------|--------------|---------|-------------------|
| 5000m | Sean Holmes | 17:36.9 | 2 nd A |
| | Lee Tolhurst | 17:56.0 | 2 nd B |
| 2000m S/C | Lee Tolhurst | 8:42.0 | 3 rd B |
| Pole Vault | Lee Tolhurst | 1.60m | 3 rd A |
| 1500m | Claire Boyle | 5:44 | 2 nd A |

April Parkruns

| | 06/04/2019 | 13/04/2019 | 20/04/2019 | 27/04/2019 |
|----------------------------|------------|------------|------------|------------|
| Basingstoke | | | | |
| Terry Clarke | 22.55 | 22.47 | 22.17 | 23.33 |
| Mark Daly | | | 23.25 | |
| Matthew Davey | | | | 26.29 |
| Cath Wheeler | | | 21.36 | |
| Claire Boyle | | | 23.24 | |
| Lucy Pearson | | | 29.26 | 27.17 |
| Andover | | | | |
| Gareth Juliff | | | 20.04 | |
| Piers Puntan | 39.06 | | | |
| Monique Van Nueten | 26.49 | | | |
| Karen Sutthakorn | 37.05 | | | |
| Michelle Brown | 37.05 | | | |
| Dolgellau | | | | |
| Lilly Hardy | | 29.14 | | |
| Kingston | | | | |
| Piers Puntan | | | 23.51 | |
| Judy Hewitt | | | 32.50 | |
| Marlborough Common | | | | |
| Cath Wheeler | | 22.19 | | |
| Paul Wheeler | | 25.58 | | |
| Plym Valley | | | | |
| Lilly Hardy | | | 29.56 | |
| Churchfields Farm | | | | |
| Matthew Davey | | 29.08 | | |
| Haldon Forest | | | | |
| Neil Martin | | 19.28 | | |
| California Country | | | | |
| Matthew Wateridge | | | 54.50 | |
| Mountbatten School | | | | |
| Matthew Wateridge | | 54.59 | | |
| Alice Holt | | | | |
| Neil Martin | | | 19.04 | |
| Victoria Dock | | | | |
| Matthew Wateridge | | | | 1.09.28 |
| Somerdale Pavillion | | | | |
| Matthew Wateridge | 55.30 | | | |
| Winchester | | | | |
| Lucy Sykes | | | | 25.52 |
| Upton Court | | | | |
| Dave Bush | | | | 22.26 |
| Frimley Lodge | | | | |
| Dave Bush | 53.15 | | 56.07 | |

Thank You!

Hurstbourne 5, Saturday 4th May

Another great turnout of Harriers at the 11th annual pilgrimage to the top of Hurstbourne Hill. We had a record entry of 299 in the main race and a further 135 in the fun run. This along with the sale of hundreds of bacon butties and homemade cakes ensured that we raised over £5000 for local charities, taking our total to £30000 since 2009.

As ever, this event could not happen without the support of you the Harriers, so many thanks go to our outstanding officials: John Hoare, Jayne Tolhurst and Martin Allen; to our marvellous marshals: Paul Wheeler, Eric Tilbury, Mike Bliss, Audra Rawlings and Hulya Yadsan-Appleby; our super set-up team: Eric, Mike, Keith Vallis & Martin; and last as ever, our supreme sweeper, Franny. If any of you would like a t-shirt, we have a few spares in M,L and XXL.

Well done to everybody who ran, particularly our two prize winners Cath & Sean.

Hopefully, you all enjoyed the day and will be back for more punishment in 2020.

Cheers!

Greg

Full results are on the website: www.hurstbourne5.org.uk. Photos can be found on Facebook: www.facebook.com/HBT5RACE

