

HARRIERS NEWSLETTER

The Newsletter of Overton Harriers and Athletics Club



UPCOMING FIXTURES

Hampshire Hoppit

June 9th

SAL Match 3: Poole

June 16th

Arlesford 10k

June 16th

Vets' League: Basingstoke

June 17th

Mob Match Cliddesden

June 27th

Roundup

by Piers Puntan

May brings the start of summer with sunshine guaranteed and hot warm afternoons for the track and field. However all that goes out the window when the Harriers organise a barbeque.

Notwithstanding the rain and the reduced numbers, obviously the no shows decided that a bit of rain was too much for them we all had a good time and the food was excellent and eventually the rain stopped and the sun did come out for a little while. All thanks to Sean and Monique for the shopping cooking and preparations.

The Pizza after the first summer handicap was well received; it does appear that most Harriers running involves food and with the Beer Mile to come there may be a few shandies as well.

Enjoy your running!

CaniX Fur Nations

from Clare Spencer

The CaniX Fur Nations is a tri nation Canicross event with competing teams from England, Scotland and Wales. The last 2 years Scotland have taken home the cup, this year I took over as Captain for the England team, to try to bring us together more as a team and get us more organised ! with awesome new shirts (and bobble hats!) we have attracted more people to race and now have a bigger and stronger team. The races are very social with lots of friendly rivalry between the countries ... and lots of gin!

The first leg of the Fur Nations is held over Easter in Pembrey, Wales. It is a 3 day event with 5K races both Saturday and Sunday through the forest and a 2 mile race on the beach on Monday. The idea is for each country to have at least 6 competitors in each category, you get penalty points if you don't fill them. Categories are worked by ages (of the human) and then there are separate categories for those running with 2 dogs.

I am in the F40 category running with my dog Louie, there were 33 in my category, the starts on Saturday and Sunday are individual with 15 second gaps, the trail is challenging with fire track, sand dunes and twisty forest trails. The weather was quite warm and I had to stop a couple of times to let Louie have a drink and sponge him down, still being injured I was pleased with my time of 18.47 which put me in second place.

Day 2 I knew I had no chance of catching 1st as she was 40 seconds ahead of me and as day 2 is seeded she only needed to stay ahead to win, I was 3 minutes ahead of 3rd place so decided to just take it easy and managed to knock 4 seconds off Saturdays time holding on to silver!



Monday is the pinnacle of the weekend, the Beach race, 200 runners lined up on the beach and went off in 2 waves to run what should have been 1 mile to the rocks, round the rocks and back, but the tide wasn't sticking with the timings and it hadn't gone fully out so we had to run to a marshall and back up the beach.

The beach really saps your energy and for a lot of it I was neck and neck with the Scottish lady who had beaten me previously, right at the last 200m I managed to pull away from her, wading my way through the hideous soft sand to the finish and winning gold in a time of 11.33!!

The local paper managed to get a brilliant photo showing my agony.

My daughter (aged 9) also raced a shorter course on Saturday and Sunday, just over 2K and the same race as the adults on Monday.

Due to her age she has to run with an adult, she went off and found herself a faster adult than mum who also had the bonus of a spare dog. Saturday she stormed round in a time of 8.34 and Sunday 9.14 securing herself a gold medal.

The beach race on Monday she found a different adult to accompany her and managed a time of 14.23 getting another gold medal.

England won overall, with Wales second and

Geneva Marathon

12th May

from Lucy Sykes

The morning of Geneva 26.2 dawned overcast and threatening rain, but as we started from Chêne-Bourg the clouds lifted and blue sky peeked through. I was determined to beat my time from last year so set off slightly ahead of the 4:30 pacesetter.

As usual I found it very difficult to keep my pace steady at first, but settled into a reasonable trot with two other Brits who kept me chatting and distracted.

The route heads north-east out of the city in a clockwise loop through beautiful farmland/villages with stunning views of the snowy Alps including Mont Blanc so plenty to look at as the miles ticked by.

This year the aid stations had paper cups of tap water as part of the race sustainability plan: there was also fruit and iso-drink on good long tables so we didn't get bunched up together.

I'm pretty efficient these days which meant my two buddies kept dropping back giving me a little quiet time - I don't usually listen to anything much even over long distances!

By mile 19 we were heading towards the lake and I passed the point where I 'hit the wall' last year, still running but starting to feel it.

I had dropped back in line with the 4:30 pacer by this stage and stuck with him for the next 4 miles until my right leg seized up temporarily and I had to hop/walk for about 1/4 mile.

By this time I could hear the finish (you loop past it at about 24 miles) which spurred me to get going again and apart from 200 yards or so at 25 miles I ran the rest of the way.

The finish is amazing: you follow the lakeside where bands are playing and everyone is shouting your name, finishing on the Mont Blanc bridge right by the tall fountain.

Paul was there to meet me and help me stagger onto some grass to eat and recover.

And I did get a PB - 4:32 😊



Swashbuckler Triathlon Bucklers Hard, New Forest

12th May

From Stuart Searle

This race is a favourite of mine, despite being early in the season it still attracts a good number of competitors, from beginners to the very fast. It's also quite a relaxed atmosphere, which makes it ideal for my first triathlon of the season.

Last year this race started at 5:15am (which is early even by my standards). However, this year we were back to the more sociable start of 6:15am.

The only problem with early season races in this country is the weather (a bit on the chilly side). Sunday was no exception. Whilst the Beaulieu River was a balmy 15C, the air temp at the start wasn't much above 7C. Therefore, it was going to be jacket and gloves on the bike for the 56-mile ride.

The 1900m swim is done in two waves of competitors and I was in the second wave. Once the final race briefing had been given we were off. Wave one at 6:15 and the second wave about 5 minutes afterwards.

The swim is two laps, pretty much around the moored boats, with a very slight advantage of the tide as you head out.

With just over 100 people in my wave, there was the normal white-water carnage, not made any easier by the sun being very low, very bright and shining right at us, which made sighting the buoys extremely difficult.

With the swim done, I had a 200m run up to transition and then out on my bike. The course is pretty much flat and is two laps with little bits added on, which covers a good portion of the New Forest.

It was quite cold on the bike to begin with, but race adrenaline soon kicks in and you forget about that.

Unfortunately, my bike training isn't quite where it needed to be, so my ride time was down on last year. Off the bike and quickly through transition I was out on the 2-lap run course, with is 14 miles in total. I normally fair quite well on the run, and this year was the same.

I did set off a bit quick, looking at my Garmin it told me I was running at 6:30/mile pace. After a word with myself, I calmed down and started to pick off several people. Fatigue did set in a little on the second lap, but I managed to keep going at a decent pace.

Luckily the sun was also out and warming things up, so the cold bike ride was soon forgotten. With the finish line almost in sight, all that was left was to dodge a dog walker and some errant children, then the final 100 or so metres to cross the line.

Result:

Swim: 42:12,
Bike: 3:17:54,
Run: 1:48:49.

Combined: 5:48:56

Position: 169 out of 293 finishers.

Netley 10k

19th May

From Richard Francis

Sadly, there was a low turnout of runners for an event that is normally very popular amongst club members. Martin had a cracking run to lead the Men's team and seemed to be flying as he lapped me on a downhill section with just over a mile to run. Next to lap me was Simon who also having a great race with Sean chasing him all the way to the line.

With 3 to score in the open team race these 3 took a deserved victory while Sean was also first V45, Gareth anchored our 4 to count team in the Road Race League and was disappointed not to get closer to his 40 minute target. Sian was comfortably our first lady home with a fine run while finishing 3rd in her age group ahead of Terry who seemed very happy with his performance whilst taking 6th in his age group. Clare took a break from racing her hounds and managed to get the better of Katie as they both beat the 50 minute barrier.

Monique made her normal fast start but, this time, she kept it going and ran a great race, narrowly missing a sub 55 minute clocking and also taking 6th in her age group. I amazed myself by comfortably beating the hour mark after several months of only 1 or 2 steady runs a week at best. Sadly, 3 weeks later I have not run since. Our last runner was Jenny who tackled this undulating course superbly & seemed, and rightly so, delighted with her run.

As the tail enders were coming in, the heavens opened and most took cover except for Sean & Piers. They, despite the rain performed a minor miracle and managed to get the BBQ started. With bright sunshine above we were soon all tucking into a feast with the chefs almost twisting arms getting everyone to eat more. A great time was had by all; especially the kids and many thanks go to those who contributed to the spread.

Harrier	Time	Pos ⁿ
M. Groundsell	35:56	5 th
S. Lovelock	36:20	9 th
S. Holmes	36:32	11 th
G. Juliff	41:57	82 nd
S. Davies	45:34	151 st
T. Clark	48:08	197 th
C. Spencer	49:16	213 rd
K. Brothers	49:51	227 th
M. Van Nueten	55:17	320 th
R. Francis	56:32	353 rd
J. Wilson	64:13	442 nd

Harroway Summer Handicap

Race 1

30th May

from Richard Francis

A great turnout of 19 runners for the first handicap of the summer series; (note Lucy Sykes S-U-M-M-E-R).

Monique is having a purple patch at the moment & stormed to victory with Terry taking an impressive second place with John continuing his winter handicap form in third.

After these three, the rest came home in close order and thanks go to Claire Spencer & Georgia Vallis for some excellent timekeeping.

Sean was fastest runner on the night ahead of Neil Martin & Stuart with Cath fastest lady. Five runners made course debuts & all will undoubtedly go faster next time now that they know the course.

Talking of knowing the course; mention must be made of Lucy Sykes great run.....She set off at a good pace after Monique but was never going to catch her, mainly because she turned right at the end of Bridge Street & ran the W-I-N-T-E-R course instead.

There was a large turnout for the postrace Pizza in the bar afterwards & hopefully this will be a regular event.

Alton 10

12th May

No report received just the results.

Harrier	Time	Pos ⁿ	Vet Pos ⁿ
Sean Holmes	00:59:44	8 th	4 th V40
Martin Groundsell	00:59:42	9 th	
Simon Lovelock	01:01:34	13 th	
Neil Martin	01:02:59	18 th	7 th V40
Gareth Juliff	01:10:17	86 th	31 st V40
Katie Brothers	01:32:16	327 th	25 th FV35

480 finished

Pos.	Runner	Time	H/Cap	Act. Time
1	M. Van Nueten	30.31	GO	30.31
2	T. Clark	31.12	5.34	25.48
3	J. Harrison	31.43	4.06	27.37
4	C. Wheeler	31.53	7.07	24.46
5	S. Holmes	31.59	11.30	20.29
6	R. Visick	32.05	6.20	26.45
7	N. Martin	32.10	10.40	21.30
8	M. Stares	32.13	4.06	28.07
9	S. Searle	32.15	9.42	22.33
10	K. Vallis	32.20	8.16	24.04
11	S. Pithers	32.24	4.06	28.18
12	N. McCann	32.31	3.34	28.38
13	S. McCann	32.32	3.21	29.11
14	J. Steed	32.28	9.42	22.46
15	J. Wilson	34.13	GO	34.13
16	L. McCann	34.50	7.59	26.51
17	L. Pearson	35.32	6.08	29.24
18	K. Wardle	38.18	GO	38.18
	L. Sykes	32.24	1.36	32.48

May Parkruns

	04/05/2019	11/05/2019	18/05/2019	25/05/2019
Basingstoke				
Terry Clarke	24.57	22.41	24.46	22.40
John Hodge			29.40	
Claire Spencer		18.43		
Lily Hardy	29.38			
Andover				
Jenny Wilson				29.14
Katie Brothers				24.15
Sian Davies				21.59
Reading				
Julia Cottrell		28.42		
City Park, Craigavon				
Piers Puntan				23.33
Judy Hewitt				32.41
Markeaton				
Stephen Spence				26.20
Brokenhurst				
Matthew Davey				23.39
Tring				
Neil Martin				20.01
Sittingbourne				
Julia Cottrell				31.08
Fiona Cottrell				31.09
Kingdom				
Matthew Wateridge				22.26
Frimley Lodge				
Dave Bush		22.57		
Havant				
Dave Bush	21.09			
Dunstable Downs				
Matthew Wateridge		22.00		
Pontypool				
Matthew Wateridge	22.17			
Hanworth				
Dave Bush			19.59	
Millennium Country Park				
Matthew Wateridge			20.40	
Newbury				
Julia Cottrell	28.45		28.04	
Letterkenny				
Piers Puntan	24.46			
Judy Hewitt	35.14			