

**Overton
Harriers**



**&
Athletic Club**

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Visit us on our Web Site at www.overtonharriers.org.uk

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FIXTURES:

JUNE	3rd	TRACK LEAGUE at SWINDON
	4th	NEEDLES XC half & full marathons POOLE 10km CREWKERNE 9 mile
	7th	YATELEY 10km SERIES D DAY 10km at PORTSMOUTH
	11th	SALISBURY 10 mile GOODWOOD 10km TRAIL WARGRAVE 10km
	18th	BRADING 10km
	21st	Midsummer 5 mile at CHICHESTER
	24th	BOURTON ON THE WATER half mar.
	25th	NORTH DOWNS 30km WARMINSTER FOREST 10 mile
	28th	WOODLAND 5 mile SERIES XC at PETERSFIELD RACE 4 LIFE at B'STOKE
JULY	1st	COMPTON 6 mile
	2nd	DIDCOT 5 mile KENNET 10 miles (DEVIZES)
	5th	YATELEY 10km SERIES , BARBURY CASTLE 5 mile, PORTSMOUTH PROM. 5km
	8th	TRACK LEAGUE at GUILDFORD
	9th	NEW FOREST 10 mile
	15th	MAIDEN CASTLE 6.5 mile
	16th	TADLEY 10km CHICHESTER 38km MT Challenge
	20th	WINCHESTER 5km
	23rd	WALLINGFORD 13km SURREY SLOG half mar.
	26th	WOODLAND 5 mile SERIES
	28th	WEDDING DAY 7km at BUSHEY PARK
	29th	SWANAGE half mar.

FRANNY'S BITS.

A huge fixture list above so hopefully there will be lots of race reports coming in over the next couple of months.....PLEASE.

A super night was had by all at the Presentation Dinner at Test Valley Golf Club. Many thanks to John for organizing this and congratulations on being the very popular winner of the Club Person of the Year trophy. Thanks also for Moira who arranged the trophy presentation and Paul & Denny for doing the honours. Well done to all those who won prizes.

Charity Donation

It has been customary in previous years to make a charity donation from the entry fees of the Combe Gibbet. This has traditionally gone to support Multiple Sclerosis. The committee have decided to open it up to club members to make suggestions for a chosen charity - If there is a charity that is important to you or locally that you feel needs our support, please speak to a member of the committee.

EMSWORTH to BASINGSTOKE RELAY 7th MAY From Franny

Only three training sessions after London I was asked to make my second claim debut for Basingstoke as a late replacement in their six-man team for this 50-mile cross-country relay. I had run this event many years ago for the Basingstoke Police team when the course followed the Wayfarers Way long distance path.

Nowadays the route only follows the Wayfarers for the opening 3km before following the Staunton Way to Petersfield & the Hanger Way to Alton before the final stretch back to Basingstoke. This is mainly a charity fundraiser for the Brittle Bones Charity but the competitiveness between the teams is as intense as the old Andover – Newbury relays that we used to run.

In short, running this event so soon after London was not a good idea especially with a sore hamstring which got worse as the day wore on, my three stages were not as fast as I would have liked but at least I did not get lost as some of the others did. Taking advantage of a Victory AC map-reading blunder at Petersfield we built up over a 5-minute lead at Alton but we returned the complement 4 stages from home and were passed on the penultimate stage to end up a very disappointed second.

With everyone running the first leg, the teams can pick their own running order with each team member running another 3 legs during the race. Maps are provided but none of the legs is further than 5km, half the fun is ensuring that the team transport gets the outgoing runner to the changeover point in time for the handover.

If anybody is interested in getting an Overton team(s) together for this event next year please let me know. How about seniors, Vets. & Ladies.

Overton Harriers and Andover Athletic Club Match Report: Southern League Track and Field Division 3 Match 2 at Tilsley Park Abingdon May 20 from Dave Vosser

Overton Harriers and Andover Athletic Clubs combined track and field team travelled to Tilsley Park in Abingdon for their second match of the season and were realistically expecting to take second place on the day.

Fixture clashes, weddings and injuries, however, meant the combined teams were missing a couple of their track and multi event stars. Andover sprinters James Folkes and Richard Pitcher gave the team the best possible start gaining two second places in the 100metres followed by two excellent wins in the 200metres. David Awde and James Whitman, both from Andover, produced super runs to earn 9 out of a maximum 10 points in the 400. David narrowly finishing 2nd in an exciting finish, with James Wightman, making a welcome return to the team easily winning his 'B' string race.

Overton middle distance athletes Jamie Jones and Mike Bliss took a second and first place in the 5000metres on what was a particularly wet and windy day. Mike Bliss has been making tremendous progress since returning from injury and showed great team spirit by also running and taking 2nd place in the 1500metres. Phil Berntsen took 3rd place in the 1500metres, returning from injury, he ran well within himself and felt more than pleased that he is over his recent injury.

The 3000metres steeplechase saw Overton's newest signing Lee Tolhurst make his debut on the track for the team and was delighted to take 2nd place in the 'A' string supported by Marty Hooley winning the 'B' string.

Points were, once again more difficult to come by on the field events with the throwing events being covered by two Harriers Simon Morgan and Paul Wheeler with the best performance coming from Paul taking 3rd place in the Hammer.

The day finished on a high note with the Andover sprinters once again looking unbeatable over the 4 x 100metres relay, they always looked in control comfortably beating Plymouth into 2nd to maintain their unbeaten record. They were, however, narrowly beaten into 2nd in the 4 x 400 metres relay by the strong Haslemere team.

Full Team Results

1 st	Plymouth	131 pts
2 nd	Haslemere	121 pts
3 rd	Overton & Andover	119.5 pts
4 th	Radley	113.5 pts

Hampshire 10k Road Race Championships at Victoria Country Park Netley Abbey Sunday 21st May 2006 from Dave Vossler

Overton Harriers sent a team of eight runners to the County 10k Road Race championships and came away with four Trophies. Jamie Jones, a previous winner of this event, who had also raced for the club the previous day in the Southern League Track match, finished 4th overall and was awarded 3rd senior man in the County Championship event.

Cath Wheeler another previous winner at Netley who now limits the number of times she races on the road to avoid injury, ran strongly on this tough 3 lap course in wet and windy conditions to finish 2nd Lady and 1st Lady over 35.

Martin Allan was next home, chasing Cath all the way to the line to finish narrowly outside his personal best time and 31st overall. The Harriers fourth Trophy went to super vet Eric Tilbury who finished 65th and 3rd over 60 to claim another county medal. Dave Titcomb and Steve McNair completed the Harriers entrants. Becki Hine showed that her extra training is paying off by improving on her personal best time, Belinda Lade, made a welcome return to racing to complete the Harriers contingent.

4th	Jamie Jones	33m 31sec	26th	Dave Titcombe	42m 58sec
16th	Cath Wheeler	39m 13sec	28th	Steve McNair	43m 50sec
25th	Martin Allen	39m 28sec	29th	Becki Hine	51m 43sec
29th	Eric Tilbury	42m 27sec	31st	Belinda Lade	54m 56sec

Isle of Wight Marathon – 21st May 2006 from Keith Vallis

This years Isle of Wight Marathon was the 50th anniversary of the race and served as the 2006 Hampshire Marathon Championships. About 300 runners lined up alongside Ryde Boating Lake for the start. The first mile consisted of two laps around the lake before running up through the streets of Ryde and then on to Wootton Bridge, Newport, Godshill, Shanklin, Sandown and Brading before returning to Ryde. Other than the first 1.5 miles and the last 0.5mile the course was just about uphill or downhill all the way (total climb was 1505 feet). Bearing this in mind I was hoping to dip under 3 hours but when I went through halfway at exactly 1.5 hours I knew this was know longer viable. From then on it was a damage limitation exercise and I finished on 3 hours and 10 minutes. At the presentation afterwards the organisers had gathered the very first race winner plus the men's and ladies course record holders. I had a quick chat with the men's course record holder, Mark Pickard, who I noticed was hobbling around on knackered knees (food for thought). He told me that he had run his record time (2.22.02) just 6 days after running London which he had run 13 seconds slower! Overall I was 13th and 2nd V40 in the Hampshire Championships. A slow time but with the winter that I've had I gladly accepted my county medal.

Mob Match against Basingstoke AC at Cliddesden May 25 4.125Km 86m climb from Geoff Cloke

A good evening's racing in perfect weather produced some fast times with a number of course pbs. These included the winner of the race, David Fry in a time of 14mins 12secs. The impressive turn out of 24 runners enabled us to win on the night with Overton recording 449 points, against Basingstoke's 548.

The return leg will be at Overton on Thursday July 13th at 7:30pm, followed by The Club Barbecue

2nd	J. BLISS	14m 51sec	24th	N. CLARK	17m 16sec
3rd	M. BLISS	14m 53sec	26th	P. PUNTAN	17m 19sec
4th	D. VOSSER	15m 02sec	28th	R. FRANCIS	17m 48sec
6th	M. FIFOUZI	15m 22sec	29th	O. GLASHER	17m 48sec
9th	T. HARRIS	15m 51sec	31st	H. VOSSER	17m 54sec
10th	R. CLIFFORD	15m 58sec	33rd	D. TITCOMB	18m 05sec
11th	L. TOLHURST	16m 05sec	34th	E. TILBURY	18m 31sec
12th	R. KENCHINGTON	16m 10sec	35th	G. CLOKE	19m 58sec
14th	C. WHEELER	16m 16sec	37th	M. WOODS	20m 56sec
17th	K. VALLIS	16m 32sec	38th	E.SANDALL-BALL	21m 13sec
21st	M. ALLEN	16m 49sec	41st	M. WEST	21m 49sec
24th	D. MAUGHN	17m 09sec	43rd	H. McMAHON	23m 0sec

Ropley 10km Road Race May 28 from Franny

Two runners represented Overton Harriers at the Ropley 10km Road Race. On a very undulating course, Richard Francis, recovering from injury, finished the race in 44mins 38secs. Brenda Harvey, finished her first race for the club in a pleasing 51mins 30secs.

Kintbury 5 Mile Road Race 29 May 2006 from Martin Allen

Kintbury was the setting for Overton Harriers latest race, on a breezy bank holiday Monday. The 5 mile run, over undulating country roads, saw the team winning three prizes, as well as setting a number of personal best times.

Mike Bliss, once again demonstrated his returning form, by finishing third overall, and first in the over 40's category, in a time of 27mins 34secs. Rachel Kenchington ran strongly to break the 30 minute barrier for the first time, finishing in first place, in a time of 29mins 50secs. The third Overton Harrier home, in a time of 30mins 45secs, was Cath Wheeler, finishing third in her age category. Cath was closely followed by Martin Allen, who was delighted to take over 2 minutes off of his previous personal best time, finishing 29th overall, in a time of 31mins.

Richard Clifford, showing signs of a return to fitness, was the next Harrier to finish, in 31mins 39secs and 35th in a field of 250 runners. A sprint finish saw Piers Puntan beat Eric Tilbury to the line by 2 seconds, to record a personal best time of 32mins 57secs. Richard Francis and Dave Titcomb finished the Overton squad in 62nd and 64th place, clocking times of 33mins 50secs and 33mins 54secs respectively.

3rd	M. BLISS	27m 34sec	26th	P. PUNTAN	32m 57sec
16th	R. KENCHINGTON	29m 50sec	28th	E. TILBURY	32m 59sec
25th	C. WHEELER	30m 45sec	29th	R. FRANCIS	33m 50sec
29th	M. ALLEN	31m 0sec	31st	D. TITCOMB	33m 55sec
35th	R. CLIFFORD	31m 39sec			

