

**Overton
Harriers**



**&
Athletic Club**

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December 2009 Issue 389

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

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FIXTURES:

January	3 rd	Somerley 10k
	9 th	Hants XC Champs at Eastleigh.
	10 th	STUBBINGTON 10K - CANCELLED
	16 th	XC LEAGUE at READING
	21 st	FOXDOWN HANDICAP
	24 th	Romsey 5 mile
	30 th	SOUTHERN XC Champs: Parliament Hill.

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings,

FRANNY'S BITS

The form of both the men's & ladies sections continues to shine as the club maintains good league positions in both the Road & XC leagues. High turnouts in the New Year could lead to some trophies coming the club's way.

Probably due to the weather, there were fewer people than normal for the Post Handicap Xmas party and the annual carol singing was missed but, thanks to Anna & Cath for laying out the nibbles. However there was a massive turnout for the Club Christmas Dinner at Test Valley Golf Club. Once again the food was top notch (served up in various sized portions ranging from average to massive). Thanks to John Hoare for organising such an enjoyable occasion.

Prior to the lunch there was once again a smaller field than normal for the Cyclist's run. Despite the overnight dusting of snow the course was in fairly good condition though a little rutted along the Harrow Way. Thanks to ET & JT for going out early & marking the course & thanks again to those who did the timekeeping and provided the refreshments afterwards.

If anyone is interested in running at the Southern XC Champs at Parliament Hill please contact Piers or myself as soon as possible. We are trying to see if minibus hire can be justified.

Basingstoke AC made an excellent job of creating a course out of what appeared to be a rather uninteresting & featureless stretch of field. It was a fast course that was suited to the road runners in the field with, only some gentle climbs and a few soft patches that soon turned rather muddy.

U13 Boys (3k! or not)

A fast start by all of the field saw the boys settle into their running, and gradually pick off runners all the way to the finish. All three are progressing well and still with smiles on their faces at the end of the race.

Keep up the good work boys.

Harrier	Time	Position
Gavin Preece	10:38	57 th
Sam Conneely	11:00	65 th
Robbie Dennison	11.02	66 th

77 Finishers

Ladies (6k ish)

The race started at a canter and soon settled down to a sensible pace for all. Cath finishing just outside the top 20 battling with the younger members of the field, can be pleased with 21st place, and will march on when fully fit again. Next home was Audra a little disappointed being 34th but nevertheless a steady run and looking forward to the rest of the x-c season.

Lucy was next to finish and is progressing well with her increased running, Liz and Sue finishing 96 & 99 respectively, completing the Overton contingent. Although Sue probably best not to run the 5k Basingstoke park race in the morning next time.



Harrier	Time	Position
Cath Wheeler	19:43	21 st (5 th Vet)
Audra Dennison	20:39	34 th (10 th Vet)
Lucy Griffiths	25:21	93 rd
Liz Sandall-Ball	25:51	96 th (40 th Vet)
Sue Caratelli	26:22	99 th (42 nd Vet)

110 Finishers

Men's

Basingstoke AC made an excellent job of creating a course out of what appeared to be a rather uninteresting & featureless stretch of field. It was a fast course that was suited to the road runners in the field with, only some gentle climbs and a few soft patches that soon turned rather muddy. Bliss, dare I say it, took a positive step forward on his 83rd comeback to open our account with Lee (who bunked off

Thursday training to rest up) a further 7 seconds in arrears. Sean who trained hard on Thursday was only 8 places back with the A team being completed by Greg & Neil.

This was another good team performance as they finished 2nd & moved up to 3rd overall. It should be noted that we comfortably beat both the teams currently above us and so now formally mention the “P” word for the first time.....Promotion ???



The B team was covered by 3 minutes with Martin only missing out on an A team spot by 9 seconds. Piers was next home ahead of Dave who had a comfortable 30 seconds lead over Steve who will probably go faster when he gets his new motorbike.

Brian concluded the B team with a steady run while Keith was sadly below par again although he must have been happy that he was still a lot faster than me.

There was another good result for the Vets who finished 2nd to climb to 2nd place overall in their division.

Harrier	Time	Position
Mike Bliss	27:45	70 th (15 th Vet)
Lee Tolhurst	27:52	73 rd
Sean Holmes	28:16	81 st
Greg England	29:08	102 nd (26 th Vet)
Neil Martin	30:24	139 th
Martin Crawshaw	30:43	147 th (48 th Vet)
Piers Puntan	31:48	172 nd (68 th Vet)
Dave Titcomb	32:47	192 nd (85 th Vet)
Steve McNair	33:17	198 th (92 nd Vet)
Brian Hay	33:59	211 th
Keith Vallis	36:49	236 th (119 th Vet)
Richard Francis	38:56	247 th (128 th Vet)

TADLEY RUNNERS XMAS XC**6th December***from Piers Puntan*

This is always a good event with an excellent, tough, wet and muddy course; such is its appeal that even running the Popham XC the day before didn't put me off. Neil and Sue also though a double header was a good idea as they were also out for the Harriers

Richard Clifford and John Castelli made up the Harriers team at Tadley and we were all promised a very wet course at the start line.

I started very gingerly, mostly because of the aches from the previous day but also due to the fact I was wearing spikes and the first 500m is on a gravelled track. This year the course was run in reverse direction so it was a relatively easy first 2 or 3 miles through wooded tracks, through it was wet and muddy underfoot.

I settled into a good pace and overtook a number of runners that went too fast at the start, the course then dropped down a very muddy track to the stream which was waist deep, then we crossed it again and just for good measure again. It was then a tough climb into the wind on tough ground to get back to the top of the lane for an easy finish.

We met up back at the school for a nice cup of warming soup and tales of daring do, definitely up for this again next year.

Harrier	Time	Position
Richard Clifford	36:55	13 th
Neil Martin	37:51	16 th
Piers Puntan	39:39	27 th (6 th Vet 40)
John Castelli	42:30	58 th (7 th Vet 45)
Sue Caratelli	50:26	124 th

185 Finishers

OVERTON HARRIERS COMMITTEE MEETING **10th December**

1. **Subs List** – three members subs are still outstanding, you know who you are, come on pay-up.
2. **Track Evening at Andover** – currently steeplechase and throws are on a Monday and Thursday. A full schedule will be available soon.
3. **Clothing** – A black hoody without zip with the clubs logo on the left side of the chest and club name on the back in sky blue (as per club colours) and will cost £18 and sold at £10 to club members
4. **Southern Track and Field League** – It was agreed that OHAC will stage an event as well Andover, therefore two home matches!
5. **Southern and Hants Cross Country Championships** – It was confirmed that the club will pay the entry fee
6. **New Member** - Sue Caratelli - Welcome to Overton Harriers
7. **Next Meeting** - Thursday 7th January 2010

VIRGIN LONDON MARATHON CLUB PLACES

The London Marathon Club Places were this year awarded to the only two runners who submitted a ballot rejection:

- Pete Williams
- Tim Hills

Good Luck in your training

FOXDOWN HANDICAP

17th December

from Richard Francis

It was a bitterly cold night for the third race of the series and many thanks must go to JT & JH for standing out there and doing the timekeeping.

The cold must have got to John Hoare as he uncharacteristically sent both Lucy & Monique of 20 seconds late but this has been corrected in the results. The cold also affected the majority of the club as most of them were missing from the start line (perhaps they were Christmas shopping).

Lee joined an elite group by starting off last but winning the race but sadly, his career long quest to beat the handicappers PB again fell short, but, only by 2 seconds, Looks as if you will have to wait another month for that pint Lee.

Blissy's form (dare I say it) is on the up and he finished second ahead of Sean whose streak of 8 consecutive course PB's came to an end. Lucy was next home but moves up to second place in the results following the correction to her incorrect start time.

I was happy with my run & Cath did well following a scary encounter with an intruder in the ladies changing room!!! Neil finished well but spent some time in the bar begging me to improve his handicap.

Monique did very well as she comes back from injury, Brian managed to start in the right direction at the correct time while ET started Christmas early with a steady run.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	L.TOLHURST	33.09	12.54	20.15	1
2	L.GRIFFITHS	33.16	3.55	29.41	9
3	M.BLISS	33.21	11.41	21.40	3
4	S.HOLMES	33.29	12.28	21.01	2
5	R.FRANCIS	33.38	5.24	28.14	8
6	C.WHEELER	33.42	10.11	23.31	5
7	N.MARTIN	34.00	10.53	23.07	4
8	K.VALLIS	34.38	10.35	24.03	6
9	M.VAN NUETEN	34.43	4.56	30.07	11
10	B.HAY	35.37	9.17	26.20	7
11	E.TILBURY	36.04	6.10	29.54	10

The leagues are based on your best 5 races from 6 (In others words your worst race is dropped).

The league tables are now taking shape with Lucy leading Lee in the handicap league as her worst result is better than Lee's no show in October.

It's very close behind these two with Sean, Michael & Mike in close contention.

Lee leads the time league ahead of Sean. Bliss is third with a chasing trio of Keith, Cath & Neil in hot pursuit. Big changes are possible in both leagues should any of the miss a second race.

HANDICAP LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.GRIFFITHS	11	1	2				3
L.TOLHURST		2	1				3
S.HOLMES	4	3	4				7
M.BALL	1	7					8
M.BLISS	14	6	3				9
N.MARTIN		5	7				12
B.HAY	3	14	10				13
K.VALLIS	5		8				13
C.WHEELER	8	11	6				14
E.SIMPSON	10	8					18
D.TITCOMB	9	10					19
K.BARTON	12	12					24
E.TILBURY	13	16	11				24

TIME LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLHURST		1	1				2
S.HOLMES	1	2	2				3
M.BLISS	5	4	3				7
K.VALLIS	3		6				9
C.WHEELER	4	7	5				9
N.MARTIN		5	4				9
B.HAY	6	11	7				13
D.TITCOMB	7	10					17
M.BALL	8	12					20
K.BARTON	9	13					22
E.TILBURY	12	16	10				22
L.GRIFFITHS	13	15	9				22
E.SIMPSON	11	14					25

CYCLISTS RACE**20th December***from Piers Puntan*

The cold conditions meant that there not too many cyclists braved the journey down to Overton; however there were a large number of Harriers on show to make sure that we took the trophy. The hard frost meant that the Harrow Way was in much better condition than would be expected and apart from those that stepped though the ice into hidden puddles, complete with a few expletives, a good time was up for grabs. Lee was first Harrier home with various scalps behind him and in a time 30 secs quicker than the previous year. The Harriers dominated the top 10 and it was reasonably certain that we would retain the cup. There were a few good races out on the course, Richard Clifford, Bushy and Sam Charlick were all within 5 secs of each other and Eric nearly got the better of the other Charlick.

Thanks to all that took part, marshalled, officiated or generally helped

Pos.	Runner	Team	Time
1	Lee Tolhurst	OHAC	20:31
2	Mike Bliss	OHAC	21:02
3	Greg England	OHAC	21:14
4	Sean Holmes	OHAC	21:31
5	Chris Minter	Cyclists	22:23
6	Richard Clifford	OHAC	22:47
7	Dave Bush	OHAC	22:50
8	Sam Charlick	Cyclists	22:52
9	Martin Harris	Cyclists	23:05
10	Neil Martin	OHAC	23:22
11	Keith Vallis	OHAC	23:25
12	Cath Wheeler	OHAC	23:35
13	Audra Dennison	OHAC	23:55
14	Piers Puntan	OHAC	24:43
15	Alex Charlick	Cyclists	24:57
16	Bernie Charlick	Cyclists	25:00
17	Simon Lunskey	Cyclists	25:04
18	Brian Hay	OHAC	25:06
19	Bob Hawrylak	OHAC	25:18
20	Dave Titcomb	OHAC	25:23
21	John Castelli	OHAC	25:33
22	Steve McNair	OHAC	25:49
23	Charlie Charlick	Cyclists	27:35
24	Eric Tilbury	OHAC	27:36
25	Alistair Paul	OHAC	27:53
26	Andrew McCombe	Cyclists	27:58
27	Rachel Hessom	OHAC	28:07
28	Richard Francis	OHAC	29:15
29	Annette McInnes	Cyclists	29:28
30	Dan Edwards	Cyclists	29: 28
31	Lucy Griffiths	OHAC	30:35
32	Monique Van Nueten	OHAC	32:04

“Quote of the Month”

Firstly congratulations to Brian Hay who managed to start this month’s handicap at the right time and, in the right direction this month. Piers’ coaching is clearly showing results.

On to this month’s selection and, once again, the runaway winner is Neil Martin who, asked at the Popham XC “Is that Lucy running for us?” On being told “yes it his” he replied

“I thought it was, I’ve only ever seen her in the dark before”

Obviously we need new light bulbs at Bridge Street. Congratulations Neil on your third win since August.

CONSISTENCY LEAGUE

Men

Runner	Alton 10	Netley 10k	Winchester 5k	Victory 5	Farley Mount XC	Lordshill 10	Goodwood XC	Gosport 1/2	Popham XC	Cyclists Race	TOTAL	
1	Sean Holmes	19	19	30	34		18	40	38	18	17	233
2	Lee Tolhurst	18		36	38		19	36	36	19	20	222
3	Jamie Jones		20	40	40		20		40			160
4	Brian Hay	16	16	20	28	15	16	26		11	11	159
5	Neil Martin	17	17	24	32				30	16	14	150
6	Greg England					20	17	34	34	17	18	140
7	Piers Puntan		14	22	30	16			22	14	12	130
8	David Titcomb			14	26	14		28	26	13	9	130
9	Peter Williams	20		34	36				32			122
10	Richard Clifford		18	32		19		32			16	117
11	Mike Bliss			38				38		20	19	115
12	Keith Vallis		11	28		18		30		10	13	110
13	Eric Tilbury		12	6	22	9		22			6	77
14	Richard Francis		10	8	20	10	14			9	4	75
15	Bob Hawrylak		15	18					28		10	71
16	Steve McNair		13			12			24	12	7	68
17	Tim Hills			12	24		15					51
18	Mike Ball			10		11		24				45
19	Martin Crawshaw					17				15		32
20	Tim Harris			26								26
21	John Castelli			16							8	24
22	Dave Bush										15	15
23	Mark Dennison					13						13
24	Alistair Paul										5	5

Ladies

Runner	Alton 10	Netley 10k	Winchester 5k	Victory 5	Farley Mount XC	Lordshill 10	Goodwood XC	Gosport 1/2	Popham XC	Cyclists Race	TOTAL
1	Monique Van Nueten	18	19	36	34	19	17	38		16	197
2	Cath Wheeler	20		40	40		20		20	20	160
3	Rachel Hessom	19	20		38			38		18	133
4	Lucy Griffiths					17	36	36	18	17	124
5	Audra Dennison					20	40		19	19	98
6	Jill Tuck			38	36		19				93
7	Moir West			32	32	18					82
8	Kerri Barton						18	40			58
9	Liz Sandall-Ball			34					17		51
10	Belinda Lade		18		30						48
11	Clare Barbour						34				34
12	Helen MacMahon			30							30
13	Michelle Fulton				28						28
14	Kate Hickman	17									17
15	Sue Caratelli								16		16