

**Overton  
Harriers**



**&  
Athletic Club**

**Overton  
Harriers**



**&  
Athletic Club**

July 2009 Issue 384

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)  
or Franny at [richard.francis@uk.delarue.com](mailto:richard.francis@uk.delarue.com)

You can view or print this and previous editions from our website

### **FIXTURES:**

AUGUST 1 <sup>st</sup>	<b>Track &amp; Field League at BOURNEMOUTH</b>
2 <sup>nd</sup>	LAMBOURN 5 mile    MILLAND VALLEY 13 mile MT
5 <sup>th</sup>	YATELEY 10km    PROM 5km at PORTSMOUTH
9 <sup>th</sup>	<b>SIDMOUTH 10km</b> MIDHURST 10km
16 <sup>th</sup>	ISLE OF WIGHT Half Marathon
23 <sup>rd</sup>	EVERTON 10km near LYMINGTON

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

### **FRANNY'S BITS**

It's been several years since there has been such a competitive edge in the men's changing room and also the bar after training. The banter leading up to the Winchester 5k was obviously not spoken in jest as the results on the night prove. Things certainly look promising for the road & cross country leagues later in the year.

But it was not just the men who produced the goods at Winchester as the ladies raked in their annual crop of prizes throughout the age groups and good turnouts at the Autumn events (Overton / Victory )will give them a good start to the season.

A quick reminder to all members: Please try and sell your quota of Overton 5 raffle tickets & return the Stubs / Cash to JT ASAP.

As the autumn approaches the training sessions will change to suit the longer autumn / XC races. There will be several options to suit all abilities so please join in.

**MOB MATCH HANDICAP****18<sup>th</sup> June***from Richard Francis*

Apologies for the oversight as I forgot to put this in last months newsletter, this handicap was run in conjunction with the Mob match which explains why there were so many running.

“Swiss Tony” McNair took the honours and must owe the handicapper a barrel of beer for the privilege though it was very close as Liz would have only been 3 seconds behind him if we had used the normal staggered start. There was a very promising debut from new member Tim who ran well for third place ahead of the much improved Michael

Richard Clifford hoodwinked the handicapper with a run that was faster than I expected and it was good to see both Nicky & Jo in action after long absences. Time wise Jamie took the honours ahead of Richard & Pete who made a rare Thursday outing to get the better of Lee, Bushy & Sean.

POS	RUNNER	FIN TIME	H'CAP	ACT. TIME	TIME POS
1	S.McNAIR	30.49	6.25	24.24	15
2	E.SANDALL BALL	30.52	1.50	29.02	21
3	T.HILLS	30.59	7.18	23.41	14
4	M.BALL	31.10	6.05	25.05	16
5	R.CLIFFORD	31.25	11.00	20.25	2
6	N.CLARK	31.30	3.00	28.30	20
7	J.COZZI	31.31	GO	31.31	23
8	E.CLARK	31.47	5.40	26.07	17
9	D.BUSH	31.48	10.40	21.09	5
10	T.HARRIS	31.49	10.15	21.34	7
11	S.HOLMES	31.56	10.40	21.16	6
12	P.WILLIAMS	31.58	11.30	20.28	3
13	M.WEST	32.02	1.30	30.32	22
14	B.HAY	32.06	8.53	23.13	13
15	P.PUNTAN	32.08	9.45	22.23	11
16	C.WHEELER	32.10	10.00	22.10	10
17	J.JONES	32.17	12.30	19.47	1
18	K.VALLIS	32.19	10.40	21.39	8
19	L.TOLHURST	32.26	11.30	20.56	4
20	N.MARTIN	32.30	10.44	21.46	9
21	R.FRANCIS	32.32	6.10	26.24	18
22	M.CRAWSHAW	32.46	9.50	22.56	12
23	M.ALLEN	32.46	6.00	26.46	19

**SOUTHERN LEAGUE – BASINGSTOKE****11<sup>th</sup> July***from John Hoare*

Our promotion hopes took a severe knock at the penultimate fixture where our depleted team got beaten into third place by two strong teams from Oxford and Basingstoke. But we had some exceptionally good results from our own athletes.

Jamie took a clear 'A' string win in the 5000m while Mike took a non scoring role but still finished second overall. In the same event Sean got yet another PB followed by a strong run by Keith.

Another 'A' string success came from Carl who broke his previous PB comfortably while finishing second in the Discus and he completed a busy afternoon with two non scoring events in the Shot and Javelin.

The Steeplechase also provided good points with Lee and Dave finishing 2<sup>nd</sup> in the 'A' and 'B' strings while Dave went one better with an outright win in the 'B' Pole Vault. We had a newcomer to our track season where Bob had his first crack at a 400m race and was suitably pleased with his debut.

**RESULTS**

<u>5000m</u>	'A'	J Jones	1 <sup>st</sup>	17m 05.5s
		M Bliss	N/S	17m 38.4s
		S Holmes		18m 14.5s
		K Vallis		19m 10.1s
<u>3000m S/C</u>	'A'	L Tolhurst	2 <sup>nd</sup>	11m 18.0s
	'B'	D Bush	2 <sup>nd</sup>	12m 16.0s
<u>Pole Vault</u>	'B'	D Bush	1 <sup>st</sup>	2.20m
<u>Discus</u>	'A'	C Syrett	2 <sup>nd</sup>	29.84m
<u>Javelin</u>		C Syrett	N/S	25.89m
<u>Shot</u>		C Syrett	N/S	8.13m
<u>400m</u>		B Hawrylak	N/S	62.0s

**LEAGUE TABLE (AFTER 4 MATCHES)**

1. Team Southampton	452	14.5
2. Poole	423	14.5
3. Oxford	417	14
4. Basingstoke	403	14
5. Andover/Overton	442	13
6. City of Plymouth	424.5	13
7. Radley	416.5	12
8. Team Kennet	372	10.5
9. Royal Navy	332.5	9
10. Team Bath/Salisbury	298	7.5
11. Bournemouth	268.5	7
12. Team Dorset	268	7
13. Havant	247.5	7
14. Fleet & Crookham	261	6
15. Abingdon	243.5	6
16. Haslemere	95	5

**WINCHESTER 5km****156<sup>th</sup> July** *from Richard Francis*

With the help of John Castelli's squad entering as Overton Harriers we fielded a magnificent 27 runners on a damp evening that was ideal for fast times. Several of our men have been clocking 5k times in various Park run events and, before the Fish & Chips and customary trip to the Black Boy, this was the night where several rivalries met head to head with the summer bragging rights up for grabs as well as the Club titles.

Jamie ran a great race to make it into the top 10 to lift the club title; Bliss finished 2<sup>nd</sup> V50 30 seconds behind & took the honours in the first close finish of the evening narrowly edging out Lee & Pete who finished 5<sup>th</sup> V40. Next grudge match saw a resurgent Richard piping Sean by one place & 2 seconds while Keith narrowly got the better of Tim and Neil.

Cath was a clear winner of the Ladies Club title finishing 3<sup>rd</sup> overall and also won the prize for 1<sup>st</sup> W45. Piers held off the "up for it" Brian who was clear of a "not quite up for it" Bob who was the last of 13 runners who broke the 20 minute barrier.

John Castelli showed a massive improvement on last year and was also the first one to the pub, Dave ran well and was chased all the way by Tim who was only a second behind at the line and will certainly be looking to take a few scalps later in the year. Michael seems to have come on in leaps & bounds since he joined the club & must have been delighted with his run while I showed a fair improvement on my Park Run form.

Jill made her long awaited comeback following surgery and exceeded her own expectations by several minutes & finished 3<sup>rd</sup> W45 with Monique bettering her last years time by over 40 seconds to take 2<sup>nd</sup> W50 and narrowly beat Eric who was an easy winner of the V60 title. Liz was close behind taking 2<sup>nd</sup> W55 in the process and was well clear of Moira, who also won the W60 prize & Helen who was using this race as a warm up for the Sidmouth 10k. John's contingent completed the club interest with wife Lisa finishing one spot in front of Nicole with Martin close behind.

Team wise both the men's & ladies A teams finished 3<sup>rd</sup> with the men's B team 5<sup>th</sup> & the ladies B team finishing 6<sup>th</sup>.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Jamie Jones	16:28	9 <sup>th</sup>
Mike Bliss	16:58	20 <sup>th</sup> (2 <sup>nd</sup> V50)
Lee Tolhurst	17:02	23 <sup>rd</sup>
Pete Williams	17:05	25 <sup>th</sup> (5 <sup>th</sup> V40)
Richard Clifford	17:50	36 <sup>th</sup>
Sean Holmes	17:52	25 <sup>th</sup>
Keith Vallis	18:25	47 <sup>th</sup> (8 <sup>th</sup> V40)
Tim Harris	18:30	49 <sup>th</sup>
Neil Martin	18:32	51 <sup>st</sup>
Piers Puntan	19:03	63 <sup>rd</sup> (11 <sup>th</sup> V40)
Brian Hay	19:18	43 <sup>rd</sup>
Bob Hawrylak	19:57	81 <sup>st</sup> (16 <sup>th</sup> V40)
John Castelli	20:13	93 <sup>rd</sup>
David Titcomb	20:36	96 <sup>th</sup> (15 <sup>th</sup> V50)
Tim Hills	20:37	98 <sup>th</sup>
Michael Ball	20:53	101 <sup>st</sup> (19 <sup>th</sup> V40)
Richard Francis	22:30	126 <sup>th</sup> (25 <sup>th</sup> V45)
Eric Tilbury	23:00	141 <sup>st</sup> (1 <sup>st</sup> V65)

*192 finished*

*Ladies*

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Cath Wheeler	18:47	3 <sup>rd</sup> (1 <sup>st</sup> V45)
Jill Tuck	22:53	16 <sup>th</sup> (3 <sup>rd</sup> V45)
Monique Van Nueten	23:07	17 <sup>th</sup> (2 <sup>nd</sup> V50)
Liz Sandall-Ball	23:54	24 <sup>th</sup> 2 <sup>nd</sup> V55
Moira West	25:06	34 <sup>th</sup> (1 <sup>st</sup> V60)
Helen McMahon	27:17	58 <sup>th</sup> (9 <sup>th</sup> V50)
Lisa Castelli	28:47	64 <sup>th</sup> (8 <sup>th</sup> V35)
Nicole Jacobs	28:47	65 <sup>th</sup> (9 <sup>th</sup> V35)

*91 finished*

**SUMMER HANDICAP**    **23<sup>rd</sup> July**    *from Richard Francis*

The fast boys dominated this month's handicap with Bliss running out a worthy winner in one of the fastest times of the year. Shaun, who was third fastest, was fired up for this one and even pointed out a mistake in the starting line up to the handicapper. Shaun finished second but was nearly overhauled by the Hurstbourne Tarrant Express (Greg) who ran the second fastest time of the night.

Michael had another good run missing his PB by 2 seconds and the only way he can lose the title is if Sean wins the last race so lets see how Sean reacts.....No pressure Sean!!!

Should he crack then Tim, Richard & Emily are all poised to pounce on Sean and he could end up out of the Handicap League medals. Jamie leads the time league but should he miss the last race it will be wide open in the last race. Greg is only 2 points behind with Richard and.....you've guessed it....Sean a further 2 behind. All in all the last race looks very interesting.....especially for Sean. (*Ed. Is there a theme here?*)

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>	<b>H'Cap</b>	<b>Act. Time</b>	<b>H'Cap Pos.</b>
1	M.BLISS	26.43	6.25	20.18	1
2	S.HOLMES	27.03	5.45	21.18	3
3	G.ENGLAND	27.06	6.25	20.41	2
4	M.BALL	27.30	2.23	25.07	9
5	K.VALLIS	27.34	5.32	22.02	5
6	R.CLIFFORD	27.57	6.14	21.43	4
7	C.WHEELER	28.05	5.32	22.33	6
8	T.HILLS	28.08	3.15	24.53	8
9	K.HICKMAN	28.20	1.20	27.00	12
10	P.PUNTAN	28.36	4.55	23.41	7
11	J.TUCK	28.53	1.42	27.11	13
12	B.HAWRYLAK	28.55	3.37	25.18	10
13	R.FRANCIS	29.02	2.15	26.47	11
14	E.WICKE	29.41	1.20	28.21	14
15	M.VAN NUETEN	30.31	1.42	28.49	15
16	D.WICKE	36.32	1.20	35.12	17
17	E.TILBURY	36.32	2.15	34.17	16

## HANDICAP LEAGUE

<b>RUNNER</b>	<b>MAY</b>	<b>JUNE</b>	<b>JULY</b>	<b>AUG</b>	<b>TOTAL</b>
M.BALL	2	4	4		6
S.HOLMES	7	11	2		9
T.HILLS		3	8		11
R.CLIFFORD	14	5	6		11
E.CLARK	5	8			13
K.VALLIS	9	18	5		14
G.ENGLAND	12		3		15
E.TILBURY	3		17		20
B.HAY	6	14			20
C.WHEELER		16	7		23
P.PUNTAN	16	15	10		25
B.HAWRYLAK	15		12		27
N.MARTIN	8	20			30
J.JONES	13	17			30
R.FRANCIS		21	13		34

## TIME LEAGUE

<b>RUNNER</b>	<b>MAY</b>	<b>JUNE</b>	<b>JULY</b>	<b>AUG</b>	<b>TOTAL</b>
J.JONES	1	1			2
G.ENGLAND	2		2		4
S.HOLMES	3	6	3		6
R.CLIFFORD	4	2	4		6
K.VALLIS	5	8	5		10
N.MARTIN	6	9			15
P.PUNTAN	9	11	7		16
C.WHEELER		10	6		16
B.HAWRYLAK	10		10		20
B.HAY	7	13			20
T.HILLS		14	8		22
M.BALL	14	16	9		23
E.TILBURY	12		16		28
R.FRANCIS		18	11		29
E.CLARK	15	17			32

## BRITISH MASTERS 10k CHAMPS

19<sup>th</sup> July

*from Edmond Simpson*

Last Sunday I did the Magor Marshes 10k. This was a Chepstow Harriers local race but incorporated the BMAF 10k road championships.

I got the 70+ silver medal in a time of 45.28. A tad slow for a flat course but never mind. The winner was my on-form pal Fred Gibbs of Bingley Harriers who beat me by over 3 and a half minutes!

Anyway I was flying the flag, or at least wearing the vest, for Overton.

**SOUTHERN COUNTIES VETERANS TRACK AND FIELD LEAGUE**

*from Liz & Moira*

As we hope you'll have noticed, since early this year, we have both been a bit thin on the ground for club nights. We were lucky enough, while you were freezing here, to spend time in Portugal during the cold months with great facilities for winter training, athletics track, cross country course and the beach and as a bonus sunny weather! Moira did a couple of races. A 5k road race in 25mins, and a 4.1k cross country in 20.12, 2nd lady vet beaten by a German, but a very nice trophy.

A lot of fun was had watching some very good athletes training in the sun including the Russian international team and coincidentally among others a group from Winchester. (The only drawback was missing most of the winter cross country league..... and the mud and the rain...).

Arriving back in April we got straight into the Southern Counties Vets track and field league where we both run 2nd claim for Winchester. There are four track meetings during the summer, Liz covers 1500, 3000, 5000 long jump and triple jump while Moi does 100, 200, 400, 800, relays, long jump and javelin. As you can see we are multi tasking women.



Portsmouth have won this league for years but after an exciting season and with one match to go Winchester were still in contention so as Karen Hazlitt our team manager said ,”No pressure but we want to win”. Everybody did their bit and amidst much shouting and screaming, we even managed to win the last relay. Confirmation is through, we have won the league and the ladies team are off to the regional finals in Ashford in September. We will have to continue track training for a bit longer.



The winning score for Winchester was 679 points of which Liz and Moi between them scored 181 points. We are blowing our own trumpets here but those points are impressive!!

Moira went to the British Masters Track & Field Championships held in Birmingham in July, wearing her Overton Harrier vest and coming away with a gold medal for 100mtrs in 16.09 and gold in 400mtrs in 75.48. On the back of that she has been asked to run for the Southern Vets in the UK Inter - Area Match in Solihull on Aug 16th.

We'll keep you posted on our results.

**WEDDING DAY 7km**

**31<sup>st</sup> July**

*from Piers Puntan*

The usual suspects, Steve, Eric and I braved the M3 traffic jams for this race and all of us arrived with only a limited time to spare, I didn't even have chance for a warm up. For those who don't know the race it's a single lap around Bushy Park in South East London of about 7 and a bit k, there being many arguments about how much the bit is but consensus is about 250m. The race is held on a Friday evening and it gets a good large field and this year there was chip timing. Steve had an excellent run taking nearly two minutes off last year's time, though Eric was a little disappointed not to go faster than last year.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Piers Puntan	28:39	79 <sup>th</sup> (22 <sup>nd</sup> V40)
Steve McNair	30:29	137 <sup>th</sup> (39 <sup>th</sup> V40)
Eric Tilbury	33:09	220 <sup>th</sup> ( 10 <sup>th</sup> V60)

*533 finished*

## **SIDMOUTH WEEKEND (Friday 7th August - Monday 10th August)**

For those of you who want to win the Sidmouth trophy back this year, or just want to have a weekend away and throw in a 10k, the Sidmouth 10k race is on Sunday 9<sup>th</sup> August. We've booked the same campsite as last year (Axe Farm Camping [www.axefarm.co.uk](http://www.axefarm.co.uk)); we can't guarantee the evening entertainment or the bugle wake-up calls from the Boys Brigade in the field next door, but we can guarantee that it is next door to a pub and within walking distance of Seaton.

If you are interested contact Keith or Anna Vallis ([keith.vallis@pins.co.uk](mailto:keith.vallis@pins.co.uk) 01256 773255) asap.

## **OVERTON 5 PROGRAMMES**

The race programme is sponsored by local shops and companies on the understanding that every household in the village will receive a copy. It is therefore our job to ensure this so we need volunteers please. This could be done in your own time or, like last year, on a night when we do a 'programme blitz' followed by a meal.

This year's date is Friday 28th August from 6.30-8.30 p.m. and then in the Red Fort. If interested please add your name to the list on the noticeboard or phone Keith V. on 773255. Thanks.

## **OVERTON 5 RAFFLE TICKETS**

Walk through the village centre on a fine summer's morning and you'll stand a good chance of spotting JT complete with garden chair, flask and stacks of raffle tickets.

Please can you help by volunteering to help out for one or two hours on one of the 3 Saturdays before the race (15th, 22nd and 29th August).

These are from 10.00 a.m. - midday (or whatever you can do) and if interested please add your name to the list on the noticeboard or phone Keith V. on 773255. Thanks.