

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

June 2009 Issue 383

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

Email your reports to me at PiersPuntan@overtonharriers.org.uk

or Franny at richard.francis@uk.delarue.com

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

FIXTURES:

July 1 st	Yateley 10k
5 th	Tadley 10k
11 th	SOUTHERN T&F LEAGUE at BASINGSTOKE
12 th	New Forest 10, Gibbet 7.5 at Inkpen
16 th	WINCHESTER 5k
19 th	Surrey Slog Half-Marathon
23 rd	SUMMER HANDICAP
26 th	Thames Towpath Half-Marathon
29 th	Woodland 5 Mile
31 st	Wedding Day 7k
August 1 st	SOUTHERN T&F LEAGUE at BOURNEMOUTH

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

FRANNY'S BITS

Many thanks to all those who helped with officiating, marshalling or catering at the mob match.

Unfortunately we finished second in the 24 counter team score but it was very pleasing to see so many making the effort to support this event.

The track & field team continue to excel and are pushing on for promotion, please try to make it to their next fixture and cheer them on.

A fabulous result as we comfortably beat previous league leaders City of Southampton to take over top spot in Division 3 West and give ourselves a real chance of promotion to Div 2. Our star man was newcomer Carl Syrett who wore the Overton vest to three PB's as he took wins in the 'B' Hammer and Javelin and 2nd in the Discus.

Dave Bush scored our other win as he took the 'B' Steeplechase to add to his 3rd place in the 'A' Pole Vault. Back from injury and scoring more valuable points was Blissy with a fine 2nd in the 'A' 5000m. As you will see from the league table we are right up at the top but with only two clubs promoted we will need to keep up the pressure.

Please come along and support our lads at the next fixture at Basingstoke on July 11th where among our opponents will be close rivals for promotion Basingstoke.

RESULTS

M Bliss	'A' 5000m	2 nd 17m 56.8s		
D Bush	'A' Pole Vault	3 rd 2.20m	'B' 3000m S/C	1 st 13m 16.0s
C Syrett	'B' Hammer	1 st 18.73m	'B' Javelin	1 st 29.88m
	'B' Discus	2 nd 27.01m		

MATCH RESULT

1. Andover & Overton	127 pts
2. Team Southampton	105 pts
3. Team Dorset	63 pts
4. Havant	55 pts

LEAGUE TABLE (AFTER 3 MATCHES)

1. Andover & Overton	348.5	11
2. City of Plymouth	339.5	11
3. Basingstoke	302	11
4. Team Southampton	336.5	10.5
5. Poole Runners	298	10.5
6. Oxford	308.5	10
7. Radley	287.5	8
8. Team Kennett	264	7.5
9. Team Bath & Salisbury	236	6.5
10. Royal Navy	247	6
11. Havant	217	6
12. Fleet & Crookham	228	5
13. Abingdon	195.5	5
14. Team Dorset	187	5
15. Bournemouth	178	4
16. Haslemere Border	62	3

Quote of the Month

Franny has apparently been working too hard so is unable to do a quote of the month so for this month's quote of the month we have Franny:

“I've been working”

MOB MATCH **18th June** *from Richard Francis*

A fantastic turnout of 24 harriers put up a great fight against the Basingstoke but unfortunately they managed to beat us on the night. Jamie was narrowly beaten by the inform Dave Meacock and these 2 were the only runners to break 20 minutes.

Richard Clifford was delighted to beat Peter who had the feeble excuse of running a marathon 5 days before. Lee managed to hold off Bushy who now looks to add cross country to his repertoire.

I believe Cath was first lady home with Emily dropping yours truly along the Lynch to be our second female home.

Further down the field there was a promising debut from Tim Hills and it was good to see Martin & Nicky turning out despite their injury problems.

POS	RUNNER	CLUB	TIME
1	D.MEACOCK	BASINGSTOKE	19m 42sec
2	J.JONES	OVERTON	19m 47sec
3	J.SELWOOD	BASINGSTOKE	20m 12sec
4	R.CLIFFORD	OVERTON	20m 25sec
5	P.WILLIAMS	OVERTON	20m 28 sec
6	S.FOWLER	BASINGSTOKE	20m 32sec
7	L.TOLHURST	OVERTON	20m 56sec
8	D.BUSH	OVERTON	21m 09sec
9	T.SYKLEMOORE	BASINGSTOKE	21m 10sec
10	S.BEVAN	BASINGSTOKE	21m 11sec
11	J.BIGG	BASINGSTOKE	21m 12sec
12	S.HOLMES	OVERTON	21m 16sec
13	D.SHORT	BASINGSTOKE	21m 18sec
14	M.HALLIN	BASINGSTOKE	21m 25sec
15	T.HARRIS	OVERTON	21m 34sec
16	S.WILLIAMS	BASINGSTOKE	21m 37sec
17	K.VALLIS	OVERTON	21m 39sec
18	N.MARTIN	OVERTON	21m 46sec
19	P.GRIGOLEIT	BASINGSTOKE	22m 09sec
20	C.WHEELER	OVERTON	22m 10sec
21	M.SLANEY	BASINGSTOKE	22m 18sec
22	P.PUNTAN	OVERTON	22m 23sec
23	D.POWELL	BASINGSTOKE	22m 27sec
24	K.ROSS	BASINGSTOKE	22m 31sec
25	M.CRAWSHAW	OVERTON	22m 56sec
26	B.HAY	OVERTON	23m 13sec
27	D.CORNES	BASINGSTOKE	23m 27sec
28	R.GARTLAND	BASINGSTOKE	23m 38sec

POS	RUNNER	CLUB	TIME
29	T.HILLS	OVERTON	23m 41sec
30	S.SMITH	BASINGSTOKE	23m 42sec
31	B.CRISP	BASINGSTOKE	23m 49sec
32	D.SHEARD	BASINGSTOKE	23m 55sec
33	T.FOWLER	BASINGSTOKE	24m 16sec
34	S.McNAIR	OVERTON	24m 24sec
35	M.BEVAN	BASINGSTOKE	24m 39sec
36	K.SMITH	BASINGSTOKE	24m 54sec
37	K.THORPE	BASINGSTOKE	25m 05sec
38	M.BALL	OVERTON	25m 05sec
39	P.BARRET	OVERTON	25m 37sec
40	L.MAYOH	BASINGSTOKE	25m 48sec
41	E.CLARK	OVERTON	26m 07sec
42	R.FRANCIS	OVERTON	26m 24sec
43	C.WADESON	BASINGSTOKE	26m 36sec
44	M.ALLEN	OVERTON	26m 46sec
45	T.STECKIW	BASINGSTOKE	27m 04sec
46	N.CLARK	OVERTON	28m 30sec
47	S.BLACKALL	BASINGSTOKE	28m 41sec
48	E.SANDALL BALL	OVERTON	29m 02sec
49	J.FROUD	BASINGSTOKE	29m 39sec
50	M.WEST	OVERTON	30m 32sec
51	H.FROUD	BASINGSTOKE	30m 41sec
52	J.COZZI	OVERTON	31m 31sec
53	G.HALL	BASINGSTOKE	31m 54sec
54	C.WADESON	BASINGSTOKE	32m 48sec
55	J.BUGDEN	BASINGSTOKE	33m 11sec
56	P.STECKIW	BASINGSTOKE	33m 35sec
57	W.THORPE	BASINGSTOKE	35m 14sec

MOB MATCH RESULT: **BASINGSTOKE 542 points**

OVERTON 644 points

(24 Scorers)

BRITISH MASTERS CHAMPS 21st June *from Edmond Simpson*

Horwich, Greater Manchester, was the venue for the sixth time for the British Masters 5k champs; a testing little course of three laps of the town centre plus a fourth time on the uphill bit.

This is my second silver medal there in the M70 class - last year I was only fourth. Two years ago I was nearly a minute behind the winner so I knew there was no way I could have won if I had done anything differently. This time I was only four seconds behind the gold medallist, which is rather frustrating. C'est la vie. However, I am happy with an excellent time of 21.44.

PARK RUN at BASINGSTOKE **27th June** *from Richard Francis*



These regular Saturday morning (9am start) races around the War Memorial Park continue to increase in popularity. There were 116 finishers for this latest race despite the very warm and extremely humid conditions. Greg is a regular and clocked another sub 18 minute-time in 6th place.

This was my third outing and I just missed my course PB by 2 seconds though I surprisingly finished 25 places farther back.

Simply Google “park runs” for full entry details, there are no entry fees and once you register on-line, all you have to do is turn up and run as many races as you like.

Harrier	Time	Position
G.ENGLAND	17:54	6th
R.FRANCIS	23:39	61st

116 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 9th August. We've booked the same campsite as last year (Axe Farm Camping 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 please add your name to the list on the board at the rec, or contact Keith or Anna Vallis (keith.vallis@pins.co.uk 01256 773255).