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### **FIXTURES:**

SEPTEMBER 5 <sup>th</sup>	<b>OVERTON 5</b>
6 <sup>th</sup>	Headington 10k
13 <sup>th</sup>	YATELEY 10km PROM 5km at PORTSMOUTH
19 <sup>th</sup>	<b>TEST WAY RELAY</b>
20 <sup>th</sup>	<b>VICTORY 5 miles</b> Stanstead Slog half marathon
27 <sup>th</sup>	Highclere 10k Hursley 10k New Forest Half & Full Marathon

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

### **FRANNY'S BITS**

A big vote of thanks to Anna & Keith for arranging a highly enjoyable weekend away for the Sidmouth 10k and congratulations to Sean, Lee, Greg & Neil on winning the team title.

The Victory 5 is the next race in the Consistency league on the new date of September 20<sup>th</sup>. A full list of Consistency races are now on the club web site.

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.

Anyone not running Overton 5 please consider helping out on the day. See John Hoare/JT if you are available.

## **Hi De Hi Campers !!!**

Once again a large group of Harriers invaded Devon in an attempt to retake the Sidmouth 10k Team trophy while others aimed for "The King of the Hill title". With Axbridge being Hugh Fernley Wittingstall country there were plenty of "Riverside Cottages" to be seen. Our plan was to erect our riverside tents and being first to arrive Franny & Piers had selected a large area of grass and soon a protective circle of canvas started to form a Hampshire enclave. With their tents up in minutes they could lie back with a beer and watch the later arrivals struggle but, eventually they took pity on the others and joined in with the myriad mysteries of flexible poles / rigid poles / flaps / pegs / ropes & awnings though not sure what some of those leather straps were going to be used for.

Keith Vallis made an early arrival and started to erect his family villa but this was dwarfed by the biggest construction job seen in the West Country since the building of Stonehenge.

Lee was struggling with his tent and the divorce lawyers were rubbing their hands in anticipation but after everyone had mucked in a magnificent edifice now dominated the campsite which was promptly christened "Tolhurst Manor". This was big enough to house Lee, Jane, Daisy & Josh, the au pair, a butler, 2 chambermaids, a cook, gardener plus the car & trailer.

Sean & Emma made their club camping debuts and upon announcing that they were going to share with Jamie & Martin their tent was christened "Swingers". The remainder arrived in drips & drabs and by early evening a large group strolled into Seaton for the traditional fish supper on the Prom. The weather was a great improvement on last year and a serious (alcohol fuelled) star gazing debate followed as first Jupiter and then a marvellous full moon climbed into the heavens.

The dawn chorus started at 1am with the birdlife on the adjacent mud flats & reed beds keeping the light sleepers entertained throughout the night. Saturday morning and Bushy got into training for his new career as a teacher by laying in bed well after everyone else. Threats were made about floating his tent down the river with him in it but, eventually he joined the small group who went out for a low key training run that seemed mostly up hill.

On their return the big fry up was in full swing and the rest of the morning was spent lazing around the campsite awaiting late arrivals. The afternoon excursion was to Seaton beach and several people caught the sun (especially Bushy) while Franny took the more energetic option of a cliff top walk via a pub or two. A pleasant evening meal at the Harbour Inn was followed by a 45 minute session of paying the bill which Anna gladly carried out with a smile on her face.

Back to the campsite for more star gazing though it was noted that the beer consumption of some of the men was much reduced.....were they taking the following mornings' race seriously? Neil certainly was as he snuck off to his sleeping bag at 9 yes!!! 9:30. Race day saw the men easily retake the team trophy and the race organiser threw down a challenge for us to turn out a ladies team next year. Sunday lunch was followed by a Sunday evening BBQ as we enjoyed the sunny weather.

Monday morning saw a wet dawn but by the time the hard core runners had finished an eventful training run to Bere & back the drizzle had stopped. The dismantling of Tolhurst Towers took several hours but soon Lee, Jane & Co were on their way to Ilfracombe where they hoped to find a group of unemployed labourers to help with the reconstruction of their stately home. The remainder of us were soon heading home and already making plans for next year.

**SOUTHERN LEAGUE – BOURNEMOUTH**      **1<sup>st</sup> August**      *from John Hoare*

The final match gave our composite team a fine second place behind the champions Poole and resulted in a final league position of 5<sup>th</sup>, the highest we have ever achieved. So we will be going into next season full of confidence that we can mount a serious challenge for promotion.

Best results at Bournemouth came from Bliss who finished second overall in the 5000m and Dave Bush who achieved a similar result in the 'B' Steeplechase to add to his third in the Pole Vault.

Carl worked hard taking three third places, the best of which was in the Discus where he counted as the 'A' string and was only just outside a PB.

One PB that did go came from Sean who had a cracking run as a non scorer in the 5000m where Keith also put in a fine performance although a bit outside his best.

**RESULTS**

5000m	'A'	2 <sup>nd</sup>	M Bliss	17m 26.8s
	N/S		S Holmes	18m 12.1s
			K Vallis	19m 54.6s
3000m S/C	'B'	2 <sup>nd</sup>	D Bush	11m 14.9s
Pole Vault	'B'	3 <sup>rd</sup>	D Bush	2.20m
Discus	'A'	3 <sup>rd</sup>	C Syrett	29.03m
Hammer	'B'	3 <sup>rd</sup>	C Syrett	19.03m
Shot	'B'	3 <sup>rd</sup>	C Syrett	7.71m

**FINAL LEAGUE TABLE**

1. Poole	553	18.5	}
2. Oxford	533	18	} Promoted
3. Basingstoke	519.5	18	
4. Team Southampton	539.5	16.5	
5. Andover/Overton	540	16	
6. City of Plymouth	516.5	16	
7. Radley	509	15	
8. Royal Navy	458.5	13	
9. Team Kennet	462	12.5	
10. Team Dorset	359	10	
11. Team Bath/Salisbury	362	9.5	
12. Abingdon	331.5	8	
13. Bournemouth	320.5	8	
14. Havant	297.5	8	
15. Fleet & Crookham	301.5	7	
16. Haslemere	110	6	

## Quote of the Month

These came thick & fast during the above weekend away, mostly from the men talking down their chances in the forthcoming race, although Neil's **"I'm going to check on Gus"** and sneaking off for an early night was a prime act of subterfuge. The happy campers who retired for their first night in "Swingers" were on the receiving of several quotes which sadly cannot be put down in print.

But the winner is **Lee Tolhurst** who pleadingly begged Franny to join his family's holiday in Ilfracombe.

..... (If only to help put up the tent).

### SIDMOUTH 10k

9<sup>th</sup> August

*from Richard Francis*

It was a very warm morning for this race with the recent rain leaving some rather muddy patches especially through the woods. The usual mad dash up the opening killer of a hill saw Sean being first Harrier to the top in second place & being narrowly beaten by the race winner. Following his exertions on the climb Sean dropped back into the pack but continued to the finish in fine style to lead the team home.



Lee was not in the same form as last year and was off the pace as he tried to defend his King of the Hill title & finished tantalisingly close to Sean at the finish. Next man across the line was Greg who had a good run on his course debut to finish 5<sup>th</sup> Vet.

With three runners finishing in consecutive places the chances of taking the team prize looked good and victory was confirmed Neil put in a great run to close the team.

Almost 3 minutes later Richard led home the B team with Keith, having a fine race, running him close. Piers put in a typically gutsy performance and it was left to the fast starting Bushy to anchor the team home for third place behind South West Road Runners & well ahead of the host club in 4<sup>th</sup>.

Brian has been going well on the Thursday evening sessions & he made a flying visit from his luxury accommodation to put in another good performance. Franny on the other hand had set himself the goal of not being dead by the top of the hill. A painfully slow 9 minute opening km saw the host team's Morris dancer (in full regalia) open a clear gap that Franny was never going to be able to close. Despite this he had a fairly good run for the rest of the race until the long final descent which was not to his knee's liking.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
S. Holmes	44m 00sec	11 <sup>th</sup>
L. Tolhurst	44m 06sec	12 <sup>th</sup>
G. England	44m 47sec	13 <sup>th</sup>
N. Martin	45m 59sec	15 <sup>th</sup>
R. Clifford	48m 48sec	26 <sup>th</sup>
K. Vallis	49m 03sec	29 <sup>th</sup>
P. Puntan	49m 35sec	32 <sup>nd</sup>
D. Bush	50m 43sec	37 <sup>th</sup>
B. Hay	53m 58sec	55 <sup>th</sup>
R. Francis	62m 43sec	124 <sup>th</sup>

## **BOLDRON SPORTS OPEN XC RACE** **1<sup>st</sup> August** *from Lee Tolhurst*

My annual trip to County Durham to try and retain my trophy and earn enough prize money to pay for the Sidmouth Trip, well entry anyway!

A better than usual turnout meant that the hard training of the week looked a little foolish. The course was changed as there were cows, sheep and horses on the previous version; which I was informed was not the reason for the change, but an electric fence was in the way. Being northern they are new to electricity and didn't realise it could simply be disconnected and moved!

Despite a better standard of competition the course was a little easier as it used footpaths rather than ploughed fields. I led from halfway up the first climb however one chap was still in touch on second and final climb so I went all out and finally got some daylight for the decent to the finish. Taking the tape too much cheering from the crowd, well Daisy and Josh!

## **HARROW WAY HANDICAP** **20<sup>th</sup> August**

With medals to be decided there was a good turnout for the final race of the summer league. On the night Mick had a clear victory ahead of Michael who took 46 seconds off his PB to take the title. Pete stormed into 3<sup>rd</sup> place in the last 2 yards to knock 24 seconds off his best time this summer. A second behind Pete, I had my best run in almost 2 years and just held off the fast finishing Tim by a second. He took the bronze medal in the league but had he beaten me it would have been silver.

Jill continued her comeback with a 13 second improvement with Sean improving by 11 seconds to take handicap silver. Neil was the last runner to clock a seasons best but only by 1 second.

Pete was fastest on the night but Jamie's no show gifted the time league to Greg who has managed to get round the course 3 times this summer without getting lost once. Sean took was third fastest & took the overall silver ahead of Richard Clifford in third.

<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.WOODS	27.55	50 sec	27.05	12
2	M.BALL	28.31	4.07	24.24	8
3	P.WILLIAMS	28.48	8.44	20.04	1
4	R.FRANCIS	28.49	2.48	26.01	10
5	T.HILLS	28.50	5.31	23.19	7
6	J.TUCK	28.59	2.01	26.58	11
7	S.HOLMES	29.01	8.04	20.57	3
8	N.MARTIN	29.11	7.26	21.45	5
9	C.WHEELER	29.17	7.02	22.15	6
10	G.ENGLAND	29.19	8.31	20.48	2
11	R.CLIFFORD	30.22	8.47	21.35	4
12	P.PUNTAN	31.52	6.49	25.03	9
13	E.TILBURY	32.18	3.40	28.38	13
14	S.McCANN	32.45	23 sec	32.22	14
15	M.FULTON	38.02	23 sec	37.39	15 =
16	M.VAN NUETEN	38.02	23 sec	37.39	15 =

## HANDICAP LEAGUE

RUNNER	MAY	JUNE	JULY	AUG	TOTAL
M.BALL	2	4	4	2	8
S.HOLMES	7	11	2	7	16
T.HILLS		3	8	5	16
R.CLIFFORD	14	5	6	11	22
G.ENGLAND	12		3	10	25
K.VALLIS	9	18	5		32
C.WHEELER		16	7	9	32
E.TILBURY	3		17	13	33
P.PUNTAN	16	15	10	12	37
R.FRANCIS		21	13	4	38
N.MARTIN	8	20		8	38

## TIME LEAGUE

RUNNER	MAY	JUNE	JULY	AUG	TOTAL
G.ENGLAND	2		2	2	6
S.HOLMES	3	6	3	3	9
R.CLIFFORD	4	2	4	4	10
K.VALLIS	5	8	5		18
N.MARTIN	6	9		5	20
C.WHEELER		10	6	6	22
P.PUNTAN	9	11	7	9	25
T.HILLS		14	8	7	29
M.BALL	14	16	9	8	31
R.FRANCIS		18	11	10	39
E.TILBURY	12		16	13	41

## CONSISTENCY EVENTS 2009/10

9 <sup>th</sup> May 2009	Alton 10 mile
17 <sup>th</sup> May 2009	Netley 10k
16 <sup>th</sup> July 2009	Winchester 5k
20 <sup>th</sup> September 2009	Victory 5
10 <sup>th</sup> October 2009	Farley Mount XC
1 <sup>st</sup> November 2009	Lordshill 10 mile
7 <sup>th</sup> November 2009	Goodwood XC
15 <sup>th</sup> November 2009	Gosport half marathon
5 <sup>th</sup> December 2009	Popham XC
20 <sup>th</sup> December 2009	Cyclist's Race
10 <sup>th</sup> January 2010	Stubbington 10k
16 <sup>th</sup> January 2010	Reading XC
7 <sup>th</sup> February 2010	Ryde 10 mile
7 <sup>th</sup> March 2010	Salisbury 10 mile
28 <sup>th</sup> March 2010	Eastleigh 10k