

**Overton  
Harriers**



**&  
Athletic Club**

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

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### **FIXTURES:**

May 2 <sup>nd</sup>	<b>SOUTHERN T&amp;F LEAGUE at ANDOVER</b>
3 <sup>rd</sup>	Fordingbridge 10k
4 <sup>th</sup>	Shinfield 10k
6 <sup>th</sup>	PROM 5k at Portsmouth
7 <sup>th</sup>	<b>CLUB AGM</b>
10 <sup>th</sup>	<b>ALTON 10 mile *****</b> Lymington 10k Moors Valley 10k
14 <sup>th</sup>	<i>Flying Coach Visit</i>
16 <sup>th</sup>	<b>SOUTHERN T&amp;F LEAGUE at Basingstoke</b>
17 <sup>th</sup>	<b>NETLEY 10K*****</b> Hook 10 mile Oxford 10k Woodley 10k
21 <sup>st</sup>	<b>Summer Handicap</b>
24 <sup>th</sup>	Ropley 10k Wokingham half marathon
25 <sup>th</sup>	<b>KINTBURY 10k</b>
31 <sup>st</sup>	Newbury 10k

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

### **FRANNY'S BITS**

Plenty of races in the month ahead including the Alton 10 & Netley 10k which are the opening 2 events in this year's Consistency League. There's also the chance to race three races over the Whitsun holiday, Ropley is quite hilly, Kintbury is always a favourite with club members and the Newbury 10k offers a flat stretch along the canal.

May also sees the start of the track & field season and any offers of help in the first 2 fixtures will be gratefully accepted.

Club Person of the Year: Voting slips are available now (see me personally, or e-mail or text your nomination to me). The Presentation dinner is fast approaching on May 15<sup>th</sup>, Contact John Hoare for further details.

**Combe Gibbet**      **April 5<sup>th</sup>**      *from Piers Puntan*

Following a period of sustained warm and dry weather it looked like the Gibbet course would be in optimum condition for a fast race.

Sunday arrived to warm sunshine and some runners were talking of suntan lotion as the coaches wended there way through the Bourne Valley up to the start, the coach journey giving some of the old hands plenty of time to wind up first timers about the seriousness of the hills.

Without too much problem, no doubt helped by police escort, the coaches arrived at the top of Inkpen Beacon and after what seemed a very short time we were off. The course was fast and speed across the ground was good, very little mud being encountered and the notorious boggy bits between miles 2 and 4 had all been made good by the local farmers.

Enthusiastic marshals kept my pace going and within no time at all I was at the 5 mile point, where I was joined by Jamie who had decide to “Jog In” the hard ground giving him some problems. He provided encouragement and it wasn’t long before we were at half way where I caught Keith Vallis who’d had an extended stop.

I was now third Harrier; could a prestigious Gibbet trophy be in my grasp? err no, Keith powered past at the start of Ladle Hill and I couldn’t keep up despite putting in some extra effort. He drifted away and by Eric’s Water Station I’d realised that the extra effort had depleted my reserves. The last three miles were awful as cramp started to set in and if it wasn’t for Jamie’s encouragement I would have gone to pieces.

An energy gel gave me a good physical as well as mental boost and with my brain working hard I realised I could easily get a sub two hour time. I pushed on and when I got to the Harrow Way I knew I was sub 2h. Great feeling to come into the final straight cheered on by fellow Harriers.

Results below show that everyone had a good run with Rachael’s time showing a massive improvement in form.

Big thanks to all the helpers, marshals, timekeepers and organisers to produce a fabulous race.

<b>Harrier</b>	<b>Time</b>	<b>Place</b>
HOLMES, Sean	1:46:25	9 <sup>th</sup> (6 <sup>th</sup> SM)
WILLIAMS, Pete	1:47:53	13 <sup>th</sup> (5 <sup>th</sup> Vet)
VALLIS, Keith	1:54:50	30 <sup>th</sup> (15 <sup>th</sup> Vet)
PUNTAN, Piers	1:57:48	37 <sup>th</sup> (16 <sup>th</sup> SM)
JONES, Jamie	1:57:50	38 <sup>th</sup> (17 <sup>th</sup> SM)
HAY, Brian	2:00:19	48 <sup>th</sup> (20 <sup>th</sup> SM)
HESSOM, Rachel	2:01:42	57 <sup>th</sup> (4 <sup>th</sup> SW)
PAUL, Alistair	2:09:35	88 <sup>th</sup> (49 <sup>th</sup> Vet)
MCNAIR, Steve	2:12:18	96 <sup>th</sup> (54 <sup>th</sup> Vet)
OLIVER, Hannah	2:24:37	147 <sup>th</sup> (15 <sup>th</sup> SW)
VAN NUETEN, Monique	2:27:23	154 <sup>th</sup> (22 <sup>nd</sup> Vet)
HICKMAN , Kate	2:31:05	163 <sup>rd</sup> (18 <sup>th</sup> SW)
HEALY, Molly	2:41:14	193 <sup>rd</sup> (22 <sup>nd</sup> SW)

## Maidenhead Easter 10 miles

April 10<sup>th</sup>

*from Lee Tolhurst*

An early start on Good Friday for the 56<sup>th</sup> running of this historic event, but would the day live up to its title? With the planned to start at 9:30 pre race prep had to begin at 6:30 a little early considering the Kids were away. The plan as outlined by Eric in the Pub the night before was to run an even paced race on this a flat course with the target to go below the 60 minute mark. The day was perfect; light rain, cool conditions and no wind, was this the day?

At the start I met Neil, who was using it as the last warm-up race before London and hoping to set a new PB. Brian was also running, again hoping for a quick time. I also met erstwhile Harrier Mark Simcox and we agreed to pace together at 5:50 – 5:55 both with the same target in mind.

The race got under way albeit 10 minutes late due to loo queues. We set off at a reasonable pace the odd comment passed between us, first mile 5:52 spot on. Second mile 5:55, wow I'm pacing this well. As we headed toward the switch back we got sight of the leaders making it look like a Sunday jog out. Mile three, 5:58 this is looking far too good. The course now took a slight climb onto a cycle track to complete the mile 4<sup>th</sup> mile in 6:10 oops time to open the legs a little, losing Mark in the process this was helped by a slow decent for mile 5 in 5:49 all looking good at halfway in 29:45.

Now time to push on and remember Eric's advice. The 6<sup>th</sup> mile flew by in 5:55. I starting to think I might just make it. The 7<sup>th</sup> mile went just as well in 5:57 now the hour was certainly on. The 8<sup>th</sup> mile was getting a little harder but still I had time in hand completing the mile in 6:07. And then the wheels, well legs came off cramp in both calves and one hamstring to cover the mile in 6:40 and that was it, the chance gone and to make matters worse Mark went past, at least I know where my lactate threshold is.



The last mile was a slog but I started to pick-up again leaving it late to sprint back past Mark in the last 10 metres.



Neil struggled a little in the middle of hard weeks training and finished a whisker outside his PB but is showing excellent form coming up to London. I heard Brian on the course but didn't see him probably due to him wearing a dubious vest of another club; however he had an excellent run to collect a new PB and dip below 70mins for the first time.



Brian anchored home the team into 23<sup>rd</sup> beating Winchester for the first time in a while.

Harrier	Chip Time	Gun time
Lee Tolhurst	1:00:28	1:00:30
Neil Martin	1:05:30	1:05:33
Brian Hay	1:09:41	1:10:08

Team position 23<sup>rd</sup> – 1152 Finished

Winner Anuradha Cooray Vale of Aylesbury AC 51:22

**“Quote of the Month”**

You read in the national press of the Celeb’s who will turn up at the opening of a packet of crisps if they thought they would get their picture taken. To take this a step further the young offspring of certain club members seem to be starting a club tradition of their own by gate crashing race prize giving ceremonies. I first witnessed this at Sidmouth in 2007 and have seen it at other events culminating at the Hurstbourne 5.

After one of our mini members almost tripped one of the female prize winners Mr. Race Director (yes, this is how the locals were asked to address him!!!) told the runner.....

**Oh, and you win a free baby as well.**

For this piece of spontaneous wit please take a bow Mr Race Director, Martin Allen.

**Thank You!**

Thank you to all the runners, marshals and officials that supported the Hurstbourne 5 on Saturday 18<sup>th</sup> April. Thanks to your help we managed to pull off the first running of this event without any major hitches *and* raise over £1500 for the HBT Village Hall in the process!

Despite the killer hills and muscle sapping mud, we received lots of great feedback from many sources – looks like we may have to do it again next year!?

Apologies that some of you did not get a T-Shirt on the day, Bob at Fast Forward Running, is looking to see how we can get some more printed. Our only defence is that 60 people entered in the last 2 weeks!

Here’s a picture to remind you all of how you felt before running up Hurstbourne Hill twice:



Greg England

If this race was Greg's baby (new, small, requiring much attention and hard-work requiring many friends and family to assist but worth it in the end) the course was like my good wife (short and beautiful to look at with two gi-enormous lumps at the front, a bit rough in places, extremely hard work but a real sense of satisfaction once you have tamed her but not sure if it was worth it in the end).

For weeks beforehand there was much talk amongst the male harriers with egging on, bravado, posturing, bluff and counter bluff as to whether so and so will run or not and the biggy - who will be first home. The early favourite was Jamie but he soon pulled out when he realised Greg hadn't flattened the hills on the course or tarmac-ed the bugger. With rumours of hard training and racing away from the club and the added incentive that he would save his boss and shop (who kindly sponsored the event) "a bob or two" if he won the race, Peter attracted many firm bets. However, after Sean kicked his \*\*\*\* in the Combe Gibbet and with perhaps a word in his ear from on high such as "If you let me down and don't win this race we are sponsoring don't bother coming in next week", he also pulled out before the start. Others (sorry if I cannot remember you all) cried off with feeble excuses such as "but I'm running the London Marathon next week" (Neil), "Greg needs me to officiate" (Piers, Martin, etc), "I'm injured" (Nicky and others), "I haven't run for years" (Frank and John Hoare), "I never run at all" (Susan and Paige), "I'm the bloody race organiser" (Greg) and "I'm just a dodderly old git" (JT). Despite his lack of racing fitness preventing him from competing, Franny heroically volunteered to run the course behind the last runner - no doubt fantasising about watching a nice female (I presume) bum wiggle in front of him for an hour or so. It's fair to say his fantasy grew to enormous proportions (apologies Maria)! Again, like many a man's fantasy, the girl was made to suffer though with poor Maria having to endure over an hour of listening to Franny with no one else to divert his attention.

I digress, back to the race. Monique had the toughest of battles to finish as first lady harrier - especially as she was the only participant! Many articles speak of the runners inner-battle against ones own mind and mental barriers to overcome. Luckily, Monique's body triumphed by conquering the course and finishing as 3rd lady vet as opposed to her mind urging her to "sod this for a lark - where's my Rioja"!

More men harriers probably "volunteered" to help Greg than tackle the race. Experts tell runners to "love and embrace the hills" - though as Franny did and found out - Hills can be a bitch. And so the first climb on the course proved, sorting out the men from the boys quicker than Michael Jackson on the pull. Sean "give me more hills" Holmes was first to the top. Quicker up it than a ferret up a trouser leg or Eric to the bar, he then fell back quicker than the French Army or JT in buying "a round". (You know I don't mean it John - mine's a Spitfire - cheers). Lee and I passed Sean in the woods but he rallied well to finish in the top ten. Sean is the only runner I know that runs faster up hills than down! Lee is normally liberal in his approach to races, goes off too fast, but this time he was radical, changing his tactics by being conservative, but he laboured up the first hill and like the Government, despite talking up his intentions beforehand, was found out like a cabinet ministers porn expenses by failing to successfully implement his new policy to finish a slightly disappointing 6th. Lee also likes his hills but even he walked up the first hill. I ran up it all the way just behind him but he still managed to pull away from me which was a tad worrying! Thankfully as above, Sean had shot his bolt prematurely and Lee was failing to perform thus I was able to pass them in the woods proving that despite much grunting and wheezing, wobbly legs and chest pains, us old 'uns may not be able to get up there as quick but once we are up there we can keep it going longer. Then again, when I came out of the woods I soon deflated as I dropped from 1st to 4th so after early promise I also petered out to an un-satisfactory finish.

Keith was next home for the harriers and must have been happy to be ahead of Dave Bush and Richard. However I swear I saw Sherpa Tenzing pass him on the final climb - it couldn't have been a Sherpa Van as the hill was too steep. Dave and Richard renewed their rivalry with Dave coming out on top this time. Dave has experience of mountains with his many jaunts abroad to such places whilst Richard is used to

running uphill pushing a buggy with Piers helping him (not!) and he made a tactical error by not using one this time.

Dave Titcomb must have been pleased to finish just a couple of minutes behind Richard. I can't remember speaking to him after the race so it's difficult for me to abuse him apart from the fact that he didn't stop for a beer afterwards. Eric had been training specifically for this race for months with regular hill sessions. Unfortunately the school hill isn't an Alp which would have been more appropriate for the course and like his beloved Saints, despite good preparation before the serious stuff commenced, couldn't handle the highs and was better off going down.

Memo to Gregg: Due to the new found madness of certain un-named harriers dipping their little pinkies in the river at the club after training sessions why don't you alter the course so they can enjoy the full experience in race conditions!

Many thanks to Greg for putting on a highly enjoyable (?) race and I am sure he would like to thank all those that helped in any way.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Mike Bliss	33:01	4th (2nd Vet)
Lee Tolhurst	33:40	6th
Sean Holmes	34:16	9th
Keith Vallis	35:52	11th
Dave Bush	36:29	14th
Richard Clifford	37:01	15th
Dave Titcomb	39:36	23rd
Eric Tilbury	42:08	36th
Monique Van Nueten	47:20	55th (3rd F Vet)

*116 finished*

**Basingstoke Park Run 5km**      **April 25<sup>th</sup>**      *from Richard Francis*

A windy morning saw 3 Harriers toe the line for the 9 am start at the War Memorial Park. The undulating course takes in 2.5 laps of smooth cycle paths with a short stretch of grass on each full lap. Race regular Pete was first home as he narrowly missed his PB for the course by 10 seconds. Greg had held the upper hand until the 4k marker when Peter cruised past with Greg not having enough in the tank to respond. I finally gave myself a kick up the backside to run my first competitive race for 18 months. Despite sore knees after the opening descent everything went well and I was chuffed to finish well inside my 25 minute target. Also running was a rather chunky Keith Clark who after an injury layoff ran well to finish 27<sup>th</sup> place in 22:07. These runs are organised every Saturday and cost nothing (Now that's value for money).

All you need to do is pre-enter once (on-line) and turn up on the day, When you finish simply hand the numbered tag that you get as you cross the line to the guy with the lap top & your result is on line the following day.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
P.WILLIAMS	17m 50 sec	4th
G.ENGLAND	18m 01 sec	6th
R.FRANCIS	23m 37 sec	39th

*98 finished*

## London Marathon

April 26<sup>th</sup> from Neil Martin

After doing London and Edinburgh Marathons in 2008 I had pretty much decided that I didn't need to do any this year. A thoroughly sensible decision. However, I wanted to keep my ballot entry for London going so that I could get a guaranteed entry in a couple of years time. Perhaps that is the way to get in, because when the notification came through it told me that I had got a place this year. It would obviously have been ungrateful of me to have not run, so the hard work began, with build up races along the way helping towards my 2009 aim of a PB at every main distance.

A week off to go skiing in late March wasn't the best planned holiday for my preparation, but it gave my knees a bit of a rest, albeit at the expense of some tired thighs!

So the 26<sup>th</sup> April arrived and with it a 5:15 a.m. alarm call. Porridge and crumpets preceded a drive to Woking Station (thanks to South West Trains axing their early service from Basingstoke). After a detour to Waterloo's very pleasant toilet facilities, Marie and I embarked on the traditional crush of the Waterloo East to Blackheath train journey! Despite forecasts earlier in the week of rain, Blackheath was bathed in sunshine and there was not a cloud in the sky. The temperature was already warm and didn't look ideal for a marathon. Anyone who saw the BBC coverage might have picked up from Gordon Ramsey that it was hot - I think he mentioned it a couple of times - and if he can use it as an excuse, so can I!

My ideal for the race was sub 3 hour 5 minutes, with a lower target of 3 hours 10 - if it wasn't too hot (which it was by the way). After the first two miles dodging other runners I settled into a pace of just under 7 minutes per mile and felt fairly comfortable. With nice weather the crowds were good all the way along the route and I got the occasional supportive comment from other Hampshire club runners. I went through half way on target at around 1 hour 31 minutes.

I knew from my previous marathons that I might hit some sort of wall around 20 to 23 miles. This had to be avoided. So I hit upon a plan that was brilliant in its pure Baldrick-like simplicity (although it is rarely seen in the coaching manuals) - I hit the wall at 13.5 miles!! Perhaps the only drawback of this master tactic is that I felt bloody tired and still had almost a half marathon left to do - I don't recommend this from a psychological point of view. I tried repeating some mantras to myself - *I feel Strong* and *You are well over half way now*, followed quickly by *I don't feel strong*, *I'm bloody knackered* and *There's miles still to go, why am I here?!* Maybe it was the temperature and lack of wind and at this point I did start to see the sobering sight of a few people collapsed and being given oxygen. Hopefully they were okay and I haven't seen any bad reports after the race. I settled into my new slower pace, feeling pretty bad around the Isle of Dogs and Docklands. As I started back towards the Embankment I was maintaining my pace and the crowds helped. I also got a boost from starting to overtake some people again.

Less encouragement came from being passed by a gnome; although perhaps green face paint and a stick-on beard weren't too much of a hindrance to him (I did catch him again, before anyone decides to make an issue of it)! I didn't quite make my target time, but still got a PB and hopefully have scope for further improvement on a cooler day. But not next year though!

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Neil Martin	3:13:25	1859 <sup>th</sup> (1000 <sup>th</sup> SM)
Hannah Oliver	3:34:25	637 <sup>th</sup> (393 <sup>rd</sup> SW)
Alastair Paul	4:10:31	10466 <sup>th</sup> (758 <sup>th</sup> V50)
Kate Hickman	4:23:08	3391 <sup>st</sup> (2117 <sup>th</sup> SW)

*35001 finished*

**BRITISH MASTERS INDOOR CHAMPIONSHIPS**      **8th March**      *from Edmond Simpson*

I was interested to see about John Hodge and the BMAF indoor champs in the last newsletter. It was a very good time for 800m. I did not see that race or I might have recognised his vest.

My own performance was a win in the M70 1500m. I was very pleased with this as I piped Arthur Kimber off the last bend. Arthur is a proper middle distance runner and I had not beaten him before. I am not really a 1500 chap; I just run it because it is there! The time was 6.03. Usually it is won under 6 mins, but so what; the colour of the medal is more interesting!

I also won the 3000m but that was a no contest. I just had to run inside the medal standard time. However, it was interesting in that the women's race was at the same time which included Paula Fudge. It was nice to have a brief chat with her. Paula, now W55, was world record holder at 5000m in 1981 with 15.14.5. She was actually the first women's 5000m holder to be recognised by the IAAF. There have only been two other British women world record holders since then: Zola Budd, also 5000m, and Sally Gunnell. Pauline Radcliffe's marathon is not IAAF regarded. On another occasion I chatted briefly to Sir Chris Chataway, who had been men's 5000m world record holder. For completeness in this name dropping, I did work for four years for the same hospital group as Sir Roger Bannister but never met him!

**ANNUAL PRESENTATION DINNER**      **15<sup>th</sup> May**

The annual dinner will be on Friday 15th May at the Honey Pot. Please fill in a menu sheet, which will be both on the ORC notice board and on the web site, and give or e-mail it to John Hoare as soon as possible.

Could those people holding trophies please return them to Moira so that they can be re-presented this year.