Overton Harriers & Athletic Club

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Visit us on our Web Site at **www.overtonharriers.org.uk**
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You can view or print this and previous editions from our website

FIXTURES:

May	2nd	Fordingbridge 10k
	3rd	Hants 10k at Portsmouth
	5th	Run4fun4men Basingstoke
	9th	**ALTON 10 miles** Lymington 10k Moors Valley 10k
	12th	Portsmouth Prom 5k
	16th	**NETLEY 10k** Wherwell 11k Hook 10 mile Bognor 10k
	23rd	Minstead "Stinger" 9 mile Marwell 10k
	26th	Woodland 5 mile series at Crowthorne
	30th	Ropley 10k Newbury 10k D-Day 10k at Portsmouth
June	6th	**KINTBURY 10k**

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

FRANNY'S BITS.

There are races galore this month including several evening races so I expect a mass of race reports over the coming weeks. The newsletter is regarded by some as the written history of the club and that history has started to show a lot of blank spaces recently.

Please send me something if you run in any event, even if it is just your position & time. If am too busy to bulk it out then I am sure that Blissy would oblige with a witty write up.

Congratultions go to Keith, John H & Co. for the superb job in organising the Gibbet race. Despite a couple of runner's running off course coming over the top of Sidown Range the event ran like clockwork with an air borne marriage proposal thrown in for all the old romantic souls like Piers (ahhhhh !!)

The race picked up some rave reviews on the Runner's World web site with the organisation, course, cakes, Police escort & especially the marshals receiving well earned praise. Once again the club proved it is the number one at putting on events.

"Quote of the Month"

Following the mirth created by his outstanding attack of runner's nipple at the Gibbet race; Franny overhead Kerri telling Lucy that he would have to start wearing a support bra. This brought the lightening riposte from Franny of:

"I may have to but at least it will have a larger cup size than yours"

Not something to brag about I think.

ROAD RACE LEAGUE

This month will see the last two fixtures this season with the club having a super year. Cath is the star of the show, currently sitting second overall in the individual rankings behind Eastleigh's Hannah Howard. Monique is reaping the benefit of turning out for nearly every fixture in 38th with Lucy currently placing 46th.

The ladies team are currently 2nd overall in division 2 behind likely league winners New Forest Runners. Gosport is the only team who can dent the ladies promotion hopes so they will be looking for a good turnout at Alton & Netley.

The men's team lost ground at the Eastleigh 10k and currently lie 4th in division 1 but are equal on points with 3rd placed Portsmouth Joggers.

The individual table makes for interesting reading with Sean in 10th place on 92.5% with Lee only one place and 0.4% behind. Neil is our other top 50 individual in 45th place.

COACH FOR SOUTHERN LEAGUE AT PLYMOUTH - 15TH MAY

For anyone wishing to join the trip to Plymouth for our second Southern League fixture we have jointly with Andover AC booked a coach.

Subsidised fare is just £10 per person. So, whether you are competing, officiating, fancy doing a non scoring event or just supporting you will be most welcome.
It should be a great day out.

Coach will leave from the bus stop in Overton High Street at 7.45am,

Further details from John Hoare.

COMBE GIBBET RACE **11th April** *from Richard Francis*

14 Harriers took part in our annual trek over the Berkshire & Hampshire downs, the weather was warm but the cooling north easterly wind helped to keep the sweat out of the eyes for long periods of the race.

Sean was first harrier over the finishing line and was very happy with his run but was disappointed to find out he was not third or fourth as he had thought. After the two early leaders had run off course between Ashmansworth and the A34 he was leading until he was caught by the eventual winner at the school. Had he known he was winning I'm sure he would have dug deep and found a little extra to hold his lead to the line.

Lee ran a PB (yes Lee, you are now officially faster than me) to take a fine 5th place. Neil ran a brilliant race to make the top ten and looks to be hitting a good run of form at the moment. Audra looked to be in very impressive form to finish 2nd lady and was also first Veteran and I'm sure she will be pleased that I've pointed that out.

Richard was close behind Audra though he did not seem to be delighted with his time. Piers battled strongly and seemed surprised to have ducked under the 2 hour barrier after seeming to be well outside that time when he hit the Kingsclere Road. Martin has been putting in a little extra training recently and came home 2 minutes later.

Keith's preparation was far from ideal as he wore his organiser's hat right up until the starting klaxon but he put in a creditable performance. I actually kept to my pre race plan and only pushed on once I got to the Harrow Way so I was extremely pleased to finish along way inside my target time. I was also pleased that my two tone green & red vest gave so many people a chuckle. Catching Bob on the last downhill was a bonus but he had been suffering from cramp over the closing miles and was happy to see the finishing line.

Alistair was going well in the early stages but finished some way down on last years time but he still seemed pleased with his run. Molly was our second lady home and only just missed out on the 2:30 barrier. Dorothy decided to run on the morning of the race and, despite not having put in a lot of training miles, she crossed the finishing line looking as if she had just finished a jog around the Lynch.

Karen was our last runners to finish and she did remarkably well to clock inside 3 hours, her run was duely rewarded, as, with Audra collecting an overall gibbet for her second place, Karen took the third spot club trophy.

2nd	S.HOLMES	1 hr 43 min 03 sec	87th	K.VALLIS	2 hr 14 min 30 sec
5th	L.TOLHURST	1 hr 44 min 03 sec	93rd	R.FRANCIS	2 hr 16 min 47 sec
10th	N.MARTIN	1 hr 50 min 22 sec	95th	B.HAWRYLAK	2 hr 17 min 10 sec
23rd	A.DENNISON	1 hr 56 min 50 sec	105th	A.PAUL	2 hr 21 min 11 sec
24th	R.CLIFFORD	1 hr 57 min 33 sec	126th	M.HEALY	2 hr 31 min 16 sec
29th	P.PUNTAN	1 hr 59 min 43 sec	131st	D.WICKE	2 hr 33 min 30 sec
38th	M.CRAWSHAW	2 hr 01 min 46 sec	150th	K.BURTON	2 hr 58 min 37 sec

161 Finished

Thank You!

from Greg England

Thank you to all the runners, marshalls and officials that supported the Hurstbourne 5 on Saturday 17th April. Thanks to your help we managed to raise over £1600 for the HBT Village Hall.

Surprisingly, many foolhardy individuals came back for another gentle plod over the ever-so-slightly undulating Test Valley countryside.....one of them even left a special souvenir for us at the top of the final hill!

Total entries were up a couple at 136 this year, with 124 finishing on the day.

Congratulations to Lee who had a superb run, coming home in 3rd place in a time of 31:45

Combe Gibbet from Keith Vallis

Thanks to all those who helped out with this year's race. Other than the two leaders going wrong at one point (a lapse in concentration me thinks) all seemed to go well unless you know differently. Please let me know any comments or suggestions you have for next year. Also, please pass on thanks to any non-Harriers who helped out. On the subject of outside assistance thanks go to Overton Co-op who gave us £25-00 in vouchers to put towards the cost of the water. Don't forget to 'support those who support the sport'.

Juniors Nights from Keith Vallis

As with last summer we are planning to run juniors training from 6.30-7.30pm on Thursdays from June to August. We need a good number of people to run these sessions and would welcome more volunteers. Don't worry if you don't hold a coaching qualification as you will be able to assist the coaches that we already have. You will, however, need to get a CRB check so if interested please get in touch a.s.a.p. Keith (01256)773255

HURSTBOURNE TARRANT 5 **17th April** *from Lee Tolhurst*

A year after the first and successful HBT5 where 9 Harriers lined-up for a muddy treat of a race, a more depleted contingent of 6 Harriers toed the line. Whether it was due to Marathons, the Gibbet, injury, too good weather or the fact the course has two ridiculously steep hills is open to debate but those who chose not missed a treat of a race. The start line saw the usual talk of injuries, lay-offs and illness, the came the England monologue, has a race organiser ever spoken for so long?

At last we were off this time with a King/Queen of the Hill title on offer; Unfortunately Sean was still suffering Gibbet withdrawal and was cruelly robbed of glory that will be his next year. The Queen of the Hill was pulled up the by a full team of huskies which has a few wondering if they should try this, especially for hill reps. The race then got going and I managed to pick-up a few places on the flat hill top making it to second before we descended back to sea level. Sean was feeling his exertions from the previous week and Neil again showed his one pace is now fast even uphill; Dave was showing the benefits of two terms of poor training whilst Keith showed that even ill health won't stand in his way; Liz proved that she runs hills as well as she does the track.

We were then all treated to fast but treacherous downhill followed by a second killer hill, I walked, the chap who overtook me vomited (several times) and Sean nearly caught us all. Whoever designed this course has a sadistic streak. Now it was the simple matter of ¾ mile downhill to romp over the finish line. I couldn't outsprint a Vet 45 but finished 3rd.

Despite the lunatic nature of the course this is a great event well done Greg, Martin *et al.*

Harrier	Time	Position
Lee Tolhurst	31:45	3
Sean Holmes	32:09	7
Neil Martin	34:19	12
Dave Bush	37:41	24
Keith Vallis	38:17	30
Liz Sandall-Ball	49:00	76

LONDON MARATHON **25th APRIL**

A small, but almost perfectly formed, squad lined up on a very damp Blackheath, in fact in pen 2 it got much damper as last minute pit stops took place, much to the amusement of the on-looking female spectators. It was a straight team race between last year's club place winners (Piers & myself who both deferred last year) and this year's club place winners (Pete & Tim).

Pete obviously was looking for a fast time and was flying when Jill spotted him around 6 miles, this was reflected in his 1hr 24 min clocking at halfway. Sadly the next time she saw him along the Embankment things had changed for the worse and Pete was obviously struggling as he battled to the finish in 3hrs 20.

Piers had not trained and only decided to take up his option to run the day before the race and treated it accordingly by chatting up every female runner in the vicinity whilst pacing me for the opening ten miles. At this point, he disappeared into the heaving throng, reappearing 3 miles later saying that he had popped into a pub for a "quick one". Realising I was struggling he kindly repeated his disappearing act, this time for good. A phone call later discovered his whereabouts, sitting in another London pub with friends celebrating his very easy 3:43.

Tim was one of the youngest in the race and was very nervous before the start but thankfully he is one of the few to listen to what the coach has to say. With a final "don't start too fast" I left him in Pen 4 and made my way to pen 2. Despite getting a blister in the first 3 miles Tim had a splendid run and passed halfway in just over 1hr 50min. He found things very difficult in the second half but hung on well to complete the course in a very creditable 3hrs 49min 35sec.

I was running my umpteenth London and so had all the knowledge & experience required. I had planned an even paced 4 hours but made a late decision to better that. Running with Piers early on, I soon realised I was well inside 4 hour pace but as the sun came out the wheels started to fall off. A toilet stop at 19 miles was the final straw and so I decided to ease off & make sure I reached the finish in one piece. The last 2 miles were very comfortable as I took in the sights and used my superior flat speed to take 2 minutes out of UK 400metre record holder Iwan Thomas in the last mile.

Once again this amazing event went off like clockwork and you have to admire the logistics required to transport everyone's kit from start to finish & set up the drinks stations. The crowds, as usual, were amazing and line every yard of the course. Entries for 2011 open on-line on May 4th so apply early.

Harrier	Time	Position
P. Williams	3' 20' 48"	3029th
P. Puntan	3' 43' 46"	6791st
T. Hills	3' 49' 35"	8081st
R. Francis	4' 17' 52"	15497th