

**Overton
Harriers**



**&
Athletic Club**

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August 2008 Issue 373

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:

September 6 th	OVERTON 5
14 th	Andover Round the Park 5
21 st	New Forest Half and Full Marathon
27 th	SEAA 6 STAGE ROAD RACE RELAY
28 th	Highclere 10k

FRANNY'S BITS

I know this will be met with disbelief but as I am too busy at work I will leave this item to our esteemed club captain.

PIERS' PIECES

The start of another Hampshire Road Race is nearly upon us with the Overton 5 being the opener. As usual we will be asking all members of the club to either run or to support the organisers in marshalling or being a general dogsbody.

August was a busy month for the club finishing with last week's Test Way Relay, an excellent day out and sure to be repeated next year.

Franny and I will be working hard over the next few Thursdays with almanacs, tide tables, star charts and most importantly his shift pattern to work out the winter handicap dates and consistency league fixtures for the rest of the year.

See you all on Saturday and don't forget the social in the evening; £10 including catered food, band and Martin's dancing! Bargain.

Southern League – Andover**2nd August** *from Piers Puntan*

The last outing of the season produced an excellent response from both Andover and Overton athletes with a nearly full strength team on show at Andover.

Key performances from Harriers included Richard Clifford's 5000m which was run against a strong field and Dave Bush's determination in the 3000m steeplechase a hard event, especially given his diving style, and his pole vaulting which is getting better each year.

	Overton	Basingstoke	Haselemere
Track Events	78	59	31
Field Events - Jumps	27	28.5	4.5
Field Events - Throws	25	31	8
Total	130	118.5	43.5
Positions	1st	2nd	3rd

This good result gave OHAC/ARC a good final position in the final Division 3W Table, though as can be seen we were still a number of points off promotion.

Newquay & Par	580	20
Chichester	558	18
Team Kennett	501	16
Radley	504.5	15
Overton/Andover	503	15
Team Southampton	500	15
Basingstoke	497	15
City of Plymouth	485.5	15
Poole	465.5	14
Wessex/Bath/Salisbury	334	11
Abingdon	395	10
Stubbington Green	329	8
Bournemouth	293	8
Team Dorset	341	7
Haslemere	233.5	6

Hi de Hi in Soggy Devon – Sidmouth 10k

10th August *from Richard Francis*

A large party of Harriers descended on the South Devon coast with the main aim of retaining the Sidmouth 10k team trophy. The advance guard consisting of the Vallis & Tolhurst families, Bushy & Nicky arrived at the campsite in Axemouth on the Friday and had an enjoyable evening watching the neighbouring Boys Brigade camps firework display though the cloudy conditions meant that the annual satellite spotting session had to be cancelled. Early on Saturday morning the runners of the group went for a short plod over the adjacent hillside which was so steep several formed their own walking club.

In their absence Franny arrived and promptly brought with him the wet weather that had been threatening. Following hot showers and a hearty cooked breakfast the remainder of the morning was spent sheltering from the rain where they were joined by Denny, Robbie & Lauren who were fortunate to find a dry gap in the weather to put up their tent as did Neil & Marie.

Due to the wet weather the evenings planned BBQ was cancelled and we met up with the other, posher and more delicate section of the club party who were staying in more upmarket accommodation in Branscombe. We took over the back room / restaurant of the White Hart at Colyton for an evening meal and several drinks with some of our more dedicated group abstaining from the beer due to the following day's race. However a dedicated band of "Proper traditional Harriers" continued with an open air drinking session back at the campsite that concluded only when hypothermia and trench foot were setting in.



The weather on race day was much better but the underfoot conditions were heavy in places and sadly we were unable to successfully defend the team title though Lee managed his third pot in just over a week and now has something to put his boiled egg in for the next 12 months. A good Sunday lunch was followed by some of the unfortunates who had to get home for work heading back but there was a good turnout for the rearranged BBQ on the Sunday evening.



Monday morning saw the best weather of the weekend but sadly it was time to pack up the campsite and head for home. Despite the wind & rain it was a fantastic weekend with many funny moments plus Franny managed to avoid torching the place. The site was a vast improvement on last year and well done to Keith & Anna for arranging everything.

Harrier	Time	Position
Jamie Jones	41:45	8th
Lee Tolhurst	45:48	20th
Richard Clifford	45:59	22nd
Keith Vallis	46:37	26th (10th M40)
Neil Martin	47:35	29th
Piers Puntan	49:30	36th
Ryan Wakefield	49:38	39th
Martin Allen	50:40	43rd
Dave Bush	51:33	51st
Brian Hay	53:43	76th

217 Finished

King of the Hill: Lee Tolhurst, Overton Harriers A Team: 2nd Team, Overton Harriers B Team: 4th Team

SUMMER HANDICAP

14th August

The handicap league had already been decided with Tom sewing up the top place whilst having the luxury of skipping the final race. The time league was up for grabs but the big surprise was the inform Lee failing to appear with his third trophy in a fortnight within his grasp. Blissys' absence through injury meant that, with only the final race to run, Peter and Richard were tied on 5 points each.

For once the early starters had the rub of the green and filled the top three places with Monique leading home the small field over a very wet course. Michael appeared, asked about membership, bribed the handicapper and finished second with a good debut run considering the state of the course and not actually knowing where he was going. Liz took third and just held off the fast finishing John.

There was a real battle for the time title with Richard finally getting the better of Peter by 22 seconds with Keith taking third place. Congratulations to Tom & Richard and everyone can now look forward to the opening winter handicap in October.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	M.Van NUETEN	29.42	38 sec	29.04	7
2	M.BALL	29.47	29 sec	29.18	9
3	E.SANDALL BALL	29.56	29sec	29.27	10
4	J.CASTELLI	30.04	5.04	25.00	4
5	P.WILLIAMS	30.42	9.04	21.38	2
6	K.VALLIS	30.45	8.29	22.16	3
7	R.CLIFFORD	30.54	9.38	21.16	1
8	D.WICKE	32.52	4.11	28.41	5
9	E.WICKE	32.53	3.50	29.03	6
10	E.TILBURY	34.18	5.01	29.17	8

The final tables are on the club web-site & on the notice board.

IOW Half Marathon

17th August

from Mark Dennison

Whilst on holiday on the IOW Audra took the opportunity of seeing how things were with a low key race/training run on the sunshine capital of the UK. Setting off very conservatively and every intention of just a training run, Audra ran very much within herself, picking up the pace over the last few miles. Actually finished a little disappointed that another lady finished a short distance ahead.

A very hilly course starting at Sandown Rugby Club, and visiting the sea front, plus amongst others parts of Brading.

Both myself and Audra after waiting for the prizes found that the 3rd lady in the race was also a vet 35 so the organisers gave her both 3rd in race and the one V35 prize as well – technically not correct I feel, but there we were pot less.

Harrier	Time	Position
Audra Dennison	1:36:51	46th 4 th Lady 2 nd V35

210 finishers

Test Way Relay **30th August** *from Richard Clifford*

Well the first time out on the Test Way Relay and it didn't go too bad.

The results which are provisional look right from our point of view although adding 10 minutes to Dave's time for the small mistake of finishing from the wrong direction seems a tad harsh. Due to this and Greg's selfishness in running his long run during the race rather than just sticking to the prescribed route we ended up 9th Men's team (and would have been beaten by the Winchester Ladies team).

Still, take off Dave's penalty and a conservative 15 minutes for Greg's leg and we're clear in 4th place (and would have beaten Winchester Ladies). Result!

Thanks and congratulations to all who ran and supported especially Nicky and Paige for transporting us sweaty runners; there were some excellent runs in there, notably from Lee, Neil, Ryan and Pete. For us to have put together a team and competed so well, regardless of final finishing position, is quite an achievement.



Harrier	Cumulative Time	Overall Position	Leg Time	Leg Position
Piers Puntan	00:31:22	10	00:31:22	10
Lee Tolhurst	01:08:04	5	00:36:42	4
Martin Crawshaw	01:54:07	5	00:46:03	9
Neil Martin	02:28:00	5	00:33:53	7
Ryan Wakefield	03:01:20	5	00:33:20	6
Richard Clifford	03:37:01	4	00:35:41	3
Greg England	04:32:28	8	00:55:27	13
Pete Williams	05:06:16	8	00:33:48	10
Dave Bush **	05:41:26	9	00:35:10	15

*** 10 minute penalty for arriving at the finish from the wrong direction*

16 men's teams finished

“Quote of the month”

A notable mention this month is Jamie for possibly the loudest quote of the year as I could hear him for quite some time before he emerged round the corner while descending the steep and slippery step section of the Sidmouth hill. Obviously he was finding the downhill run rather painful as his high pitched and, to be honest, rather girly

“Ouch Ouch S*, B****r, Ouch, Ouch, Ouch”**

.....continued for quite some time.

Baby talk dominated the trip to Sidmouth with several rib ticklers being over heard during visits to local hostelrys. The presence of Edward caused a pub conversation about babies which ended with Neil's girlfriend Marie informing him that **“he was not getting any younger.”**

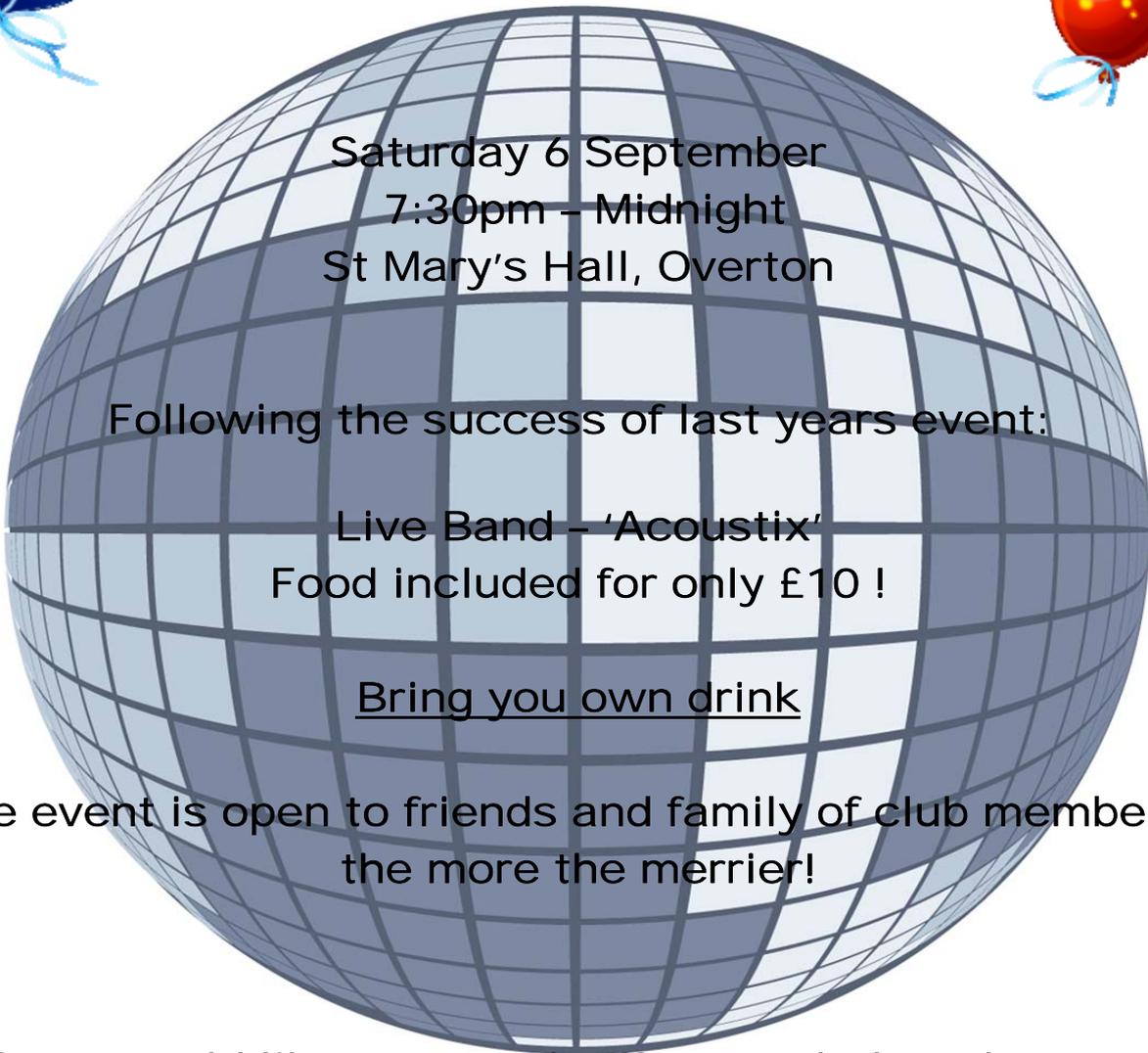
Mmmmm..... That must explain why they camped on the far side of the field and slept in for an extra hour the following morning!!!!

But the winning quote this month comes from Brian Hay, who was very quick of the mark when girlfriend Sarah said “I want one of those” as little Josh whizzed by in his baby walker.

“She means the walker Franny” he shouted as I reached for my quote of the month Pen.



Overton Harriers Summer Party



Saturday 6 September
7:30pm – Midnight
St Mary's Hall, Overton

Following the success of last years event:

Live Band – ‘Acoustix’
Food included for only £10 !

Bring you own drink

The event is open to friends and family of club members –
the more the merrier!

If you would like to attend, offer your help or have any
questions, please speak to Susan or Martin