

**Overton
Harriers**



**&
Athletic Club**

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August 2010 Issue 397

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

September 1 st	Portsmouth Prom 5km
4 th	OVERTON 5 MILE
5 th	Headington 10km
6 th	Thrupton 5km (Race 4).
11 th	TEST WAY RELAY
12 th	XC Series at QE2 Country Park, Salisbury 10k, Andover 5 Mile
19 th	VICTORY 5 MILE <i>Consistency League & Club Champs</i>
25 th	WOMEN'S SOUTHERN ROAD RELAYS
26 th	MEN'S SOUTHERN ROAD RELAYS New Forest Marathon & ½ Marathon, Highclere 10k, Mortimer 10k, Butser Challenge

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

FRANNY'S BITS

Thanks to the nice Harrier who heaped praise on Piers & myself for last month's edition. This month it's even bigger with contributions from Sean (yes really), Lee & Georgia with a short piece from Neil.

Highlights of the month were the trip to Sidmouth where everyone had a good time, especially as most of the rain fell during the night; and the trip to Genk in Belgium which saw a big club turnout though only 4 Harriers took part in the 13.4km race with Jamie getting amongst the prizes. (*Report next month*)

Congratulations to Lee, Sean, Keith, Bushy and the other Harriers who contributed to the combined Andover / Overton track & field team who gained promotion to Division 2 next season.

We now approach that busy time of year where the Road Race League kicks off followed a few weeks later by the opening XC fixture at Farley Mount. Keep an eye on the notice board for further details.

The Consistency League is starting to take shape with Sean leading the way for the men with 96 points after 4 races. He is followed by Lee on 80 with Neil third on 77 points. Kerri is leading the women's table on 92 points ahead of Lucy, 83 points, & Rebecca on 76 points.

YATELEY 10K – Race 3 **4th August** *from Sean Holmes*

The three races which make up the Yateley 10K series organised by Sandhurst Joggers were held on the first Wednesday in June, July and August. Last year I missed the August race so this year I wanted to complete the series. However things were not going well, five hours before the start I was still in Italy with work. I flew back to Stansted and following a terrible drive around the M25 I just made the start.

From the start at the school, the course climbs for the first kilometre, followed by a down hill section and then climbs for a further kilometre. I always go off to fast on these hills at the start and end up paying for it later. I spent most of the race swapping positions with Lenny Passingham from Alton Runners. At nine kilometres there is a climb before a downhill to the finish. I pushed as hard as I could up this hill and managed to stay in front to the finish. Bushy and Kerri also completed all the races in the series. Bushy had another superb run and improved his times with each race. Kerri led home Matthew and Hannah who finished together. All three posting good performances. With most of the faster runners only completing one or two races in the series, I was 3rd senior man overall.

Harrier	Race 1		Race 2		Race 3	
	Time	Position	Time	Position	Time	Position
Sean Holmes	36m 57s	9 th (6 th SM)	36m 19s	13 th (11 th SM)	36m 02s	10 th (8 th SM)
Dave Bush	40m 00s	37 th (12 th M40)	38m 51s	33 rd (7 th M40)	38m 10s	35 th (8 th M40)
Kerri Barton	47m 09s	191 st (8 th SL)	43m 54s	136 th (8 th SL)	44m 44s	174 th (16 th SL)
Hannah Oliver	43m 21s	95 th (4 th SL)			45m 11s	184 th (17 th SL)
Matthew Grimes	44m 48s	146 th (77 th SM)			44m 47s	175 th (86 th SM)

749 Finished

ATLANTIC COAST CHALLENGE **1st – 3rd October 2010** *from Neil Martin*

As most of you know I am doing the Atlantic Coast Challenge at the beginning of October (1st to 3rd) to raise money for the neo-natal unit at Southampton where Aiden was cared for in his short life. As I wanted to do something for the charity I tried to pick something a bit crazy and judging by the comments I have had from work colleagues, club members etc. I think I have achieved that part at least!

The Atlantic Coast Challenge is 3 marathons in 3 days on the coast path from Padstow to Lands End. From experience on the Sidmouth weekend I'm sure that Lee and Sean can vouch for the fact that coast paths aren't ideal running terrain! Just to add to the pain I am doing the Farnham Pilgrim Marathon 2 weeks before (19th September) as a bit of practice!

The neo-natal unit at Southampton only has a couple of small rooms for parents to stay in if their babies are being cared for when seriously ill, so any money I raise will go towards their plans to improve that accommodation.

If you would like to sponsor me I have a donation page at <http://uk.virginmoneygiving.com/NeilMartin4>

Thanks a lot for taking the time to read this.

A SOGGY WEEK IN AXEMOUTH

from Richard Francis

Taking advantage of a week off work I set off to the Sidmouth race a little earlier than normal, arriving at the campsite, putting up my tent and making it to the front door of the Harbour Inn right on Tuesday lunch opening time.

The weather was hit & miss and by the time the Tolhurst's rolled up I had already had two rain soaked fishing sessions plus a run to Beer and back. While Jane tactically disappeared into Seaton with the kid's, Lee & I set the first club record of the week by erecting Tolhurst Manor in 45min 40 sec, the only downside was Lee's sulking because the manor was now dwarfed by an even larger tent (resembling an aircraft hanger) on the opposite side of the field.

We then spent two days of peace & quiet before the rabble descended and Lee got his own back on me by putting me through a Rep session along Seaton sea front. Friday saw various tents being erected before the stroll to Seaton for our traditional fish supper, here we met up with Dave, Paige, Richard & Susan who had decided not to rough it with us at the campsite in favour of proper beds & double glazing. An evenings drinking under the stars rounded off a pleasant evening.

Following an overnight shower the Holme's tent decided to make an extremely early start on Saturday morning, unfortunately it was far too early for the angry troll who lived in the little tent who was still miffed following illegal potty emptying in the area. The sight of a dishevelled Piers crawling from his pit was the source of merriment to some who seemed to think he had left his sense of humour at home.

Saturday was a family day though an intrepid few managed a very hilly 10k in the morning before tucking in to a healthy cooked breakfast. The evening meal was at the Harbour Inn where the food was good, but the beer was better. Entertainment was provided by Josh who had a bout of fisticuffs with another youngster in the pub garden. A subdued evening drinking session showed who the dedicated athletes were as some took a leaf out of Neil's book and had an early night while the club satellite spotters had a very successful session.

The Sunday morning was dominated by the big race where we unfortunately failed to retain the trophy that had been cluttering up Lee's office for the last 6 months. Sean narrowly failed in his attempt to become King of the hill but most (including me) had good runs before we had our annual dip in the sea before retiring to Seaton for Sunday lunch. A BBQ supper followed by more liquid refreshments rounded off another good day.

Monday saw tents being dismantled but Lee & Jane decided to stay on for another night because they wanted to take their tent down in the rain. Thanks to Sean this was done but only after he sneaked in another training run with Lee. Hopefully the campsite will survive until next year when the club ravers will once again descend on Sunny !!!!! Devon.

"Quote of the Month"

This month's winner was sleep deprived Piers at Axemouth whose **"Where's my shotgun"** ensured that everyone else climbed out of their sleeping bags with a smile on their face.

He is also available for child minding at competitive rates.

SIDMOUTH 10K **8th August** *from Sean Holmes*

After winning the team prize last year, we took a strong team to this years race to try and retain the trophy and potentially win some more.

The conditions this year were near perfect compared to last year's race which was very warm. With the weather we have had the course was dry and hard under foot.



At the start Bushy didn't do his usual and wasn't leading the field up the first part of the hill. The hill was a killer and by the time I reached the steps, which had changed from last year, I was nearly at walking pace and hurting. I was the first Harrier to the top of the hill in second place again. This year's king of the hill appeared to be only racing for the hill, as he stopped at 1km to be sick and then just jogged round to complete the race.

Following the hill, while trying to recover, the leaders including Lee passed me. Lee had a fantastic run, at one stage looking at a top three finish. He eventually finished sixth breaking 40 minutes and bettering his previous time by more than 4 minutes. I was next home in tenth place following a painfully slow descent of the hill.

Neil had to finish with a sprint to hold off a runner starting to close him down on the final part of the hill. He had a great run considering he lost his footing and ended up in a bramble bush, cutting up his arms and legs. With his recent good form at Yateley and not making his trademark start, Dave had a great run to come in just behind Neil to close the team.

Richard led home the B team followed by Keith, who both had fine runs. This year the ladies were represented by Kerri and Lucy. Both put in great performances on this very tough course.



Piers was running cautiously following hamstring injuries and completed the course with Kerri and followed her in at the finish. Franny had a much improved performance this year, well ahead of the Morris Dancer from last year and the fourth counter for the B team.



Both South West Road Runners and Sidmouth Running Club put out strong men's teams for this year's race, I think they wanted their trophy back, and finished first and second respectively. We finished in third for the A team and seventh for the B. The race was won by Mateusz Szala, nicknamed "The Arrow", from Sidmouth Running Club in a new course record 38m 25sec.

Harrier	Time	Position
Lee Tolhurst	39' 52"	6 th
Sean Holmes	41' 21"	10 th
Neil Martin	43' 53"	21 st
Dave Bush	44' 16"	23 rd
Richard Clifford	46' 27"	31 st
Keith Vallis	47' 00"	34 th
Keri Barton	51' 53"	73 rd
Piers Puntan	51' 54"	74 th
Richard Francis	56' 10"	119 th
Lucy Griffiths	58' 22"	134 th

204 finished

THRUXTON 5k **9th August** *from Richard Francis*

Conditions were overcast with a blustery wind so PB's were unlikely in the third race of the series. Numbers were lower with the only club interest coming from those still in contention for end of series prizes. Pete continued his dominance of the Vet 40 group with another solid run in 4th and was only out kicked by Chris Bernstein in the closing stages. Rebecca took her third victory of the season and ran over 30 seconds faster than last month and extended her overall lead in the senior ladies.

Kerri was running her second race in two days and put in another good effort and currently lays second overall. Franny had also raced the previous day and despite being a minute slower than last month he managed to turn the tables on his biggest rival to virtually guarantee the Vet 50 prize.

Harrier	Time	Position
Pete Williams	17' 28"	1 st
Rebecca Brady	19' 40"	11 th
Kerri Barton	21' 12"	16 th
Richard Francis	22' 38"	19 th

31 Finished

CZECH REPUBLIC TRIP**22nd – 25th October**

The date for the Czech Trip to Nové Město nad Metují has been confirmed as 22nd – 25th October; the club stays in a hotel and is hosted by the local running club. On the Saturday we run the Honrov to Nachod 8.85k race on a flat fast course with good local support. This is a great inexpensive weekend and if anyone's interested contact John Hoare.

HARROW WAY HANDICAP**19th August** *from Richard Francis*

The last race of the series saw Big John Castelli storm to a convincing victory taking 90 seconds from his PB.

A resurgent Piers took second and was delighted with his fastest time over the course for two years; while non scoring Andy ran his best time this year for third ahead of first timer Rachel who clocked a promising time despite not knowing the course. Lucy improved yet again, this time by 28 seconds.

I'm not going to write anything good about Blissys's run as I don't want to tempt fate and Michael ran his best time this year & I hope I've not put the injury kybosh onto him. Other PB'S came from Matt, Ed, & Rebecca.

The Time league was already sorted so Lee took the family away instead of running, Sean was already confirmed in second while Greg's non-appearance meant that Pete took third.

The Handicap was very, very close with Kerri, Lucy, Franny, Hannah and Monique all in contention. In the end Lucy pinched the title from Kerri by a point but a place dropped by Lucy or gained by Kerri during the series would have reversed the result on count back.

With Hannah, Monique & yours truly running below par it was Richard Clifford who sneaked into third place overall.

Pos	Runner	Fin Time	H'Cap	Act. Time	Time Pos.
1	J. CASTELLI	28.50	5.05	23.53	9
2	P. PUNTAN	29.47	7.07	22.40	7
	A.HARTLEY	29.59	8.17	21.42	
3	R.CRISPIN	30.06	1.58	28.08	20
4	L. GRIFFITHS	30.12	2.40	27.32	19
5	M. BLISS	30.15	9.10	21.05	2
6	M. BALL	30.22	4.27	25.55	15
7	R. CLIFFORD	30.24	9.05	21.19	3
8	M. GRIMES	30.25	5.50	24.35	14
9	E.SIMPSON	30.27	3.43	26.44	18
10	R. BRADY	30.39	7.02	23.37	8
11	K. BARTON	30.45	6.30	24.15	13
12	S. HOLMES	30.49	10.43	20.06	1
13	C. WHEELER	30.52	8.43	22.09	5
14	D. TITCOMB	31.01	7.03	23.58	10
15	R. FRANCIS	31.15	4.59	26.16	17
16	K. GROUNDSELL	31.16	5.13	26.03	16
17	M. CRAWSHAW	31.34	9.10	22.24	6
18	H. OLIVER	31.37	7.29	24.08	12
19	E. TILBURY	31.42	3.29	28.13	21
20	M.VAN NUETEN	32.22	1.58	30.24	22
21	K. VALLIS	32.25	8.24	24.01	11

TIME LEAGUE

	MAY	JUNE	JULY	AUGUST	TOTAL
L.TOLHURST	1	1	1	0	3
S.HOLMES	2	2	2	1	5
P.WILLIAMS	3	3	4	0	10
R.CLIFFORD	5	4	7	3	14
M.BLISS	9	0	6	2	17
C.WHEELER	8	0	9	5	22
K.VALLIS	6	0	10	11	27
D.TITCOMB	10	8	15	10	28
R.BRADY	14	10	14	8	32
H.OLIVER	13	0	13	12	38
P.PUNTAN	0	7	24	7	38
K.BARTON	15	11	16	13	39
R.FRANCIS	16	13	23	17	46
K.GROUNDELL	0	12	20	16	48
M.BALL	0	15	25	15	55
M.VAN NUETEN	19	17	0	22	58
L.GRIFFITHS	21	19	30	19	59
E.TILBURY	18	0	28	21	67

HANDICAP LEAGUE

	MAY	JUNE	JULY	AUGUST	TOTAL
L.GRIFFITHS	17	7	5	4	16
K.BARTON	2	6	9	11	17
R.CLIFFORD	18	4	15	7	26
H.OLIVER	5	0	3	18	26
R.FRANCIS	8	5	14	15	27
M.BLISS	21	0	2	5	28
M.BALL	0	19	4	6	29
R.BRADY	20	9	10	10	29
M.VAN NUETEN	1	10	0	20	31
K.GROUNDELL	0	2	17	16	35
D.TITCOMB	4	15	19	14	37
C.WHEELER	16	0	12	13	41
L.TOLHURST	10	14	18	0	42
S.HOLMES	15	16	16	12	43
P.PUNTAN	0	17	27	2	46
E.TILBURY	6	0	21	19	46
P.WILLIAMS	14	13	20	0	47
K.VALLIS	9	0	23	21	53

Congratulations are in order to all who competed in all the handicaps, especially those at the top of the field.

POT HUNTING IN THE NORTH from Lee Tolhurst

My annual pilgrimage to the North in search of Trophies and Cash had to be altered this year as after five years of winning the Boldron Sports Race they decided to change the date it so I couldn't run, apparently a "local" now has my trophy. So I set about finding an appropriate substitute and found on the Fell Running Association website what appeared a quality little race the Guisborough Grunt+ only about 30minutes drive away, shame we used the most up to date map in the Tarn house dating from 1976 (the M25 doesn't feature), we arrived with minutes to spare or so we thought. As we then found out it was run the previous day and due to a clerical error on the FRA website the date remained the same as last year. Still we went on a little further to the coast and had some excellent fish and chips while watching the surfers on Saltburn waves.

Later in the week I noticed a sign for West Witton Feast including a Fell Race. So Josh, Jayne and I decided to investigate in the morning as it was a nice little trip in to the Yorkshire Dales while Daisy was out shopping with Grandma. After repeated assurance that it was on that evening, we drove on to Hawes in the middle of dales for little retail therapy in the antique shops and in the hope of finding some fell shoes for the race that evening; I am nothing if not prepared. Unfortunately they only seem to walk in these parts as there were at least half a dozen walking shops but no running ones. We were however directed to Pete Bald Sports in Kendal (or Pete Bland as we soon translated), only another 20 miles lets go! As luck would have it there was a race on at Pete Bland Sports:

Puma Bolt 100/200 Challenge – 21st August

It was free to enter in Abbot Hall Park, Kendal. The idea was to beat Usain Bolt's world records of 9.58 for the 100m and 19.19 for the 200m by beating 9mins 58secs in the 100 Challenge (1km), or 19mins 19secs in the 200 Challenge (2km).

We decided to have a go, Josh and Jayne running the 1km and completing in 9.52 to just beat Usain and claim their prizes. I opted for the 2km but as we came across this by chance was I running in baggy casual shorts and T-shirts, with the decision between sandals or barefoot, going with barefoot on the basis that if good enough for Jamie & Richard it must be OK. And so it seemed as I kept with the lead runner for the first 400m before starting to pull away clocking the first km in 3:03 before slowing to finish in 6:41 winning the race. On crossing the line I was asked if I fancied joining the local club as it seemed I had some pace, I explained the reason for the casual attire and that I do try and run on a regular basis.

I then purchased the required fell shoes receiving extra discount for winning the race before high tailing it back to Yorkshire in time for the start of the evenings Fell Race.

West Witton Fell Race (4.1miles/1116ft of ascent) – 21st August

We arrived and registered for the BOFRA Approved Race (the old professional fell running circuit) paying the princely sum of £3 for entry. A reasonable field of about 30 – 35 runners turned out with the seniors starting a minute or two ahead of the juniors. So the pressure was on to stay ahead of the whipper-snappers until the course split.



The course itself started at the opposite end of the village, so after a short walk we found ourselves standing at the bottom of Chantry Bank, where I kept repeating to myself start slow and work through, once the gun went, we started very slowly and I couldn't hold myself back, creating a bit of a gap before we headed off the path and up Nossill Scar. This was steep but I was still feeling good so carried on pressing the pace. The course split here the juniors carrying on the relative flat while we pushed upwards. The Marshall looked at me decided I was a senior and said "that way" and pointed upward to which I replied "which way!" incredulously.

The course then flattened to cross a marsh which proved much harder than the climb so far, as with no paths to follow I was left struggling over tussocks of reeds, small rivulets and calf deep mud trying to follow sheep tracks.

The "path" finally started rising up black scar, where the earlier pace started to bite and I was left to walk/run, ten steps walking twenty running I then peaked at the top of Penhill which dominates the Wensleydale area still in the lead but conscious I had let the pace drop to an impressive 11:58 for the second mile.



The course now ran across the top of the hill until you reach the old man of Penhill, a rock building which all runners must touch before starting a nerve wracking decent, where you can take any path you choose to the finish.

I managed to pick a route that went over several dry stone walls of varying sizes from 4ft to 7ft, a rocky drop of a around 6ft, a couple small streams, a scree field and a couple of hedges before emerging in completely the wrong place.

I then traversed the slope adding on around ¼ mile before emerging at the finish climbing over yet another dry stone wall and sprinting the last 30m to the line.

I then staggered over to Jayne to ask if I had won, as I came down a rather convoluted route I had no idea, to which she replied yes. Officially I finished in 36:01.

After receiving the trophy I was rather pleased to spot a famous name or two on there, namely the Brownlee brothers (of triathlon fame).

DUNSFOLD PARK 10K **22nd August** *from Hannah Oliver*

After what seemed like a really long wait (6pm start) the race, which was held at the Top Gear racing track in Surrey got started one fine evening in August.

Matt and I, who had been stocking up with great pre-race food – burgers and sausages at a BBQ that afternoon, put our feet into acceleration and attempted to get into fifth gear with two laps of what was looking to be a perfectly flat course.

The vast space in what seemed like the middle of nowhere (in the drive to get there), and running at dusk on a Sunday evening was a change from the normal early morning kick-offs, hilly British countryside and road racing we were used to, but was enjoyable nevertheless.

The family atmosphere and kids cheering from the sidelines was enough encouragement for me to want to get it finished in a decent time.



I couldn't quite catch up with the two front girls and came in third at around 43 mins and Matt pulled in about 3 minutes later.

All in all a good race - looked flat but the slight incline on the way round was deceiving. The wait to get there was hard but a great experience and nice to see the racing track and airfield.

Harrier	Time	Position
Hannah Oliver	42:55	29 th (3 rd Lady)
Matthew Grimes	46:26	49 th

219 finished

Sidmouth

Children's Race



After the adults race had started the children went to the start line for their race. There is a very big hill which we all had to run up. We all found it very hard as it was so steep.

Places

The 1st Overton Harriers was Daisy

The 2nd Overton Harriers was Georgia

The 3rd Overton Harriers was Amy

The 4th Overton Harriers was Pippa

The 5th Overton Harriers was Josh

Daisy and Georgia were quite close together so were Amy and Pippa even though they were by the back it was still very close.

BY GEORGIA VALLIS