

**Overton
Harriers**



**&
Athletic Club**

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February 2009 Issue 379

Visit us on our Web Site at www.overtonharriers.org.uk

Email your reports to me at PiersPuntan@overtonharriers.org.uk

or Franny at richard.francis@uk.delarue.com

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FIXTURES:

March	8th	SALIBURY 10 mile
	15th	FLEET half marathon EXBURY GARDEN 10km
	19th	FOXDOWN HANDICAP
	22nd	MARWELL 10km
	29th	EASTLEIGH 10km READING half marathon
Every Saturday		BASINGSTOKE "PARK RUN" 5km at the War Memorial Park

FRANNY'S BITS

The training weekend was another great success with a good mix of "old hands" & "Newbie's" enjoying the reasonably good weather (no rain) and excellent facilities provided by Bob and Pauline at Northway.

Many thanks to those who helped organise the trip and thanks also who helped with the food preparation especially Piers who delivered a knock out range of curries despite the assistance of trainee sous chefs Martin & Richard.

There were a great set of results at the Bramley 20 which should go some way in enabling the men's team to remain in the Road Race League's premier division.

Unfortunately relegation was confirmed for the men's team in the XC league but hopefully we will be challenging for promotion next season.

RYDE 10 **1st February**

from Piers Puntan

After tortuous negotiations it was a select band of runners that made it across the choppy Solent to Ryde. With the wind picking up it was definitely not the day for a PB, though Sean was present and with him about PBs are sure to tumble.

The race started a minute or two early with some runners obviously not anywhere near the start, but as they were running towards us a few just merged into the mêlée, a short course tip I'll have to try in the future.

Lee as usual was well towards the front of the pack when we were led up the first hill. Unfortunately they led us up the wrong hill, leading to a detour half way up to go down and then up again – you had to be there – but it basically meant a bigger climb than normal in the first mile.

The course is definitely undulating and with a stiff breeze was not the easiest of 10 milers. Notwithstanding this there were good performances from everyone apart from me getting over illness; Sean, Ryan, Neil and I think Helen all got PB.s and even Cath enjoyed the event. Lee was the first Harrier home, obviously helped by the fashionable socks, hat and gloves, giving the team a solid start and we finished 6th in the HRRL



After the race it was back into the cars for a trip round the island to a very nice pub in the middle of nowhere, Sat Nav only just getting us there. However excellent food and drink was available and we all made it back onto the 15:30 Ferry.

Harrier	Time	Position
Lee Tolhurst	1:01:15	14th
Sean Holmes	1:04:04	24th
Ryan Wakefield	1:05:54	40th
Neil Martin	1:07:02	48th
Cath Wheeler	1:07:36	3rd (1st V45)
Keith Vallis	1:09:07	66th (30th V40)
Helen Heap	1:10:40	5th (2nd V35)
Piers Puntan	1:14:06	104th
Dave Titcomb	1:14:13	105th (52nd V40)
Monique Van Nueten	1:26:35	61st (14th V45)

332 finished



FOXDOWN HANDICAP**12th February**

The penultimate race of this winter series saw a resurgent Keith Vallis storming his way to a resounding victory with his fastest time in 2 years. Shaun continued where he left off last month with another PB which clinched the overall title. Piers narrowly missed his best ever time in third place but grabbed the Micheldever Station bragging rights ahead of Brian. Monique showed consistent form and now looks to have the Silver medal sewn up as Bob (currently in third) needs to finish in the top and beat Monique by 5 places.

Fastest on the night was Old Bliss who got the edge on Young Shaun whose second place was good enough to do the double and win the time league. Keith was third fastest and he is assured of silver IF he runs the last race. Bob also needs to run next month to assure himself of the Bronze medal.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	K.VALLIS	28.12	5.24	22.48	3
2	S.HOLMES	28.49	6.38	22.11	2
3	P.PUNTAN	29.28	6.18	23.10	5
4	B.HAY	29.39	4.41	24.58	8
5	M.VAN NUETEN	29.43	0.40	29.03	13
6	R.FRANCIS	29.45	1.24	28.21	11
7	E.TILBURY	29.54	0.58	28.56	12
8	B.HAWRYLAK	30.00	5.19	24.41	7
9	M.BLISS	30.26	8.30	21.56	1
10	R.HESSOM	30.39	4.07	26.32	9
11	R.CLIFFORD	31.02	7.43	23.19	5
12	G.ENGLAND	31.49	8.52	22.57	4
13	P.HEALY	32.02	5.19	26.43	10

HANDICAP LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	1	2	3	1	2		6
M.VAN NUETEN	6	7	2	2	5		15
R.HAWRYLAK	3	3	5	0	8		19
B.HAY	50	9	9	10	4		32
K.VALLIS	8	11	0	12	1		32
E.TILBURY	9	12	12	7	7		35
R.FRANCIS	11	13	15	0	6		45

TIME LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	4	3	3	3	2		11
K.VALLIS	3	2	0	6	3		14
R.HAWRYLAK	5	4	6	0	7		22
B.HAY	50	5	7	8	8		28
R.FRANCIS	7	8	11	0	11		37
E.TILBURY	10	9	12	12	12		43
M.VAN NUETEN	9	11	13	11	13		44

HANTS XC, SALISBURY**14th February**

As we had been already relegated and it clashed with the Training Weekend and Bramley 20 it was unsurprising that there was limited attendance at the new Salisbury Course.

Harrier	Time	Position
Keith Vallis	33:35	96 th (31 st Vet)
Cath Wheeler	20:06	20 th (4 th Vet)
Monique Van Nueten	23:07	61 st (24 th Vet)

Bramley 20**23rd February***from Lee Tolhurst*

A beautiful day started well, a cup of tea in bed with my family opening birthday presents when it dawned on me that it was the Bramley 20 in a couple of hours and really should be eating porridge and drinking water. After a mad five minutes I was ready to run to the rendezvous point to meet Sean, the designated driver, which acted the first warm up of the day.

We arrived in plenty of time until we realised it was a bit further to the start than anticipated so we managed the second warm-up. As soon as we arrived and fought through the crowd of over eager runners we met Neil and Marie (who deserves a medal for spectating at a 20miler in February). After the now all too familiar tagging process for a chip timed race we were ready, well at least 3 were, where was Ryan? Ryan arrived with more time to spare than usual, at least 3 minutes, showing his respect for the distance!

Once we were off, the four of us settled into our race strategies, Neil followed carefully planned splits to closely match marathon preparation times hitting them with metronomic precision, Sean decided to “give it a go and see how he got on”, Ryan was using it to gauge his performance against marathon times and I paced with runners of a similar standard. The first lap proved pretty uneventful all off us running well, three collecting nominal 10mile PB's, which was when I noticed the first slight flaw in my plan, I was pacing with runners in the 10mile race overcooking it at 1:00:09. oops! Marie said afterwards that she thought I might have been going a little quick (looks like everyone is a better judge of pace than I am!). Sean was next through running strongly and feeling good deciding that in the next 10 he will “give it a go and see how he gets on”, Neil was on plan and running well, Ryan went through a little fast but was feeling strong.

The next ten were a little more fraught for some of us; I managed to get to 16 before the wheels came off and just plodded home, thinking of a roast dinner and bottle of wine. Sean despite this being his longest ever run came in with plenty to spare but did agree to forego the warm down. Neil was next in; slightly faster than plan as he managed a negative split, a new PB for the marathon is now well within his sights at London. We waited to see Ryan come in expecting him in soon after, but he was having his own troubles out on the course, struggling since the 15 mile mark only completing the race to ensure Overton managed a team, where he was beaten by the fast finishing ex-Harrier Andy Hartley, who was using the event as preparation for the 3 peaks race. This completed an excellent race which despite what I had heard was well organised (except they forgot the promised energy drinks)

Position	Harrier	Time	Chip Time
51	Lee Tolhurst	2:07:26	2:07:20
69	Sean Holmes	2:10:20	2:10:12
126	Neil Martin	2:18:23	2:18:04
246	Ryan Wakefield	2:28:30	2:28:02

HRRL team position 6th – 840 Finishers – Winner John McFarlane Thames Hare & Hounds 1:47:06

TRAINING WEEKEND.

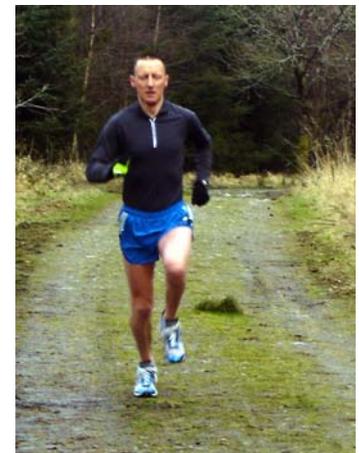
Numbers may have been down slightly on previous years but the atmosphere at this years training week end was as good as ever. The advanced party arrived on Friday with the bulk of the Harriers party descending on Horns Cross during Saturday afternoon. Monique and Keith ran the final XC fixture that afternoon so missed the opening run to Bucks Mill and back but arrived in time for the evening meal at the Hoops. Due to it being Valentines Day we were corralled into a large back room (probably to isolate us from the locals) but after a good meal we spread out into the small snug bar and as the alcohol consumption rose so did the noise level caused partly by Helen's demonstration of the armies new form of chemical warfare.

The ringing of the Pub's bell and a noisy departure gave grounds to a certain member of staff issuing us with our first public warning of the week "The residents are trying to sleep".....on Valentines night? A long Sunday morning run was enjoyed by the majority along the disused railway though the 38 minute opening climb was a test for those who are not as young or fit as we once were. The hard core runners "enjoyed" a long run to Clovelly and back and several of them literally died on the steps back up from Buck's Mill. This was followed by a cracking lunch at the Bell in the nearby village of Parkham where the food & service (not to mention the ale) could not be faulted.

The following mornings run saw a more relaxed attitude as some were still feeling the effects of their previous run with some Harriers heard stating that they didn't realise there was so much drinking on a Training Weekend.



Another pleasant meal at the Hoops was soured somewhat by our least favourite member of staff who issued us with yet another public warning about talking loudly before 11pm and keeping a resident awake. They must need their beauty sleep in Devon!!!! Tuesday mornings' relays were as competitive as last year but, with the course being rather wet & cut up by recent logging, Richard Clifford's lap record survived, though Bushy felt he would have broken it if he had someone to push him.



Following the relays, those who were only staying for the “weekend” departed. Those who remained enjoyed several days chilling out with various trips around the surrounding countryside with the most popular being the one to Susan’s favourite pub where an excellent meal & beer at £2.00 a pint was enjoyed, mostly by the non-drivers. Some hard training was done as well with quite a nasty Rep session taking place on the Thursday morning and Piers clocking a 16 mile run the following day.

All too soon it was time to leave, the end of another well organised event, many thanks to the team who put so much time & effort into organising it and here’s to Bideford 2009.

“Quote of the Month”

The trip to Bideford caused a bumper crop of quotes and alleged mis-quotes covering a wide range of subject matter including Franny’s fishing “tackle”. Naturally many of the quotes came after alcohol had loosened tongues and the star of the weekend has to be Julie Bliss whose mere presence in a pub bought forth cries of “another quote of the month Franny”.

Notable early quotes from Julie included “Sleeping all night with my bum on the window sill” and the outrageous offer to Franny of “Stick your hands under the table and have a feel” (meaning the mechanism to make the table bigger).

However following a hectic days sightseeing with Mike, Julie crowned a great weekend by sitting in the Hoops restaurant and announced that

“Mike’s had me every where today and I can hardly walk.

Well done Julie and many thanks for making the evening meals such a laugh.

WINCHESTER 10k

22nd February

Not too much to report as no Harriers have got in touch but rumour is that Sean couldn’t resist another PB and John Castelli was on show nudging Eric Tilbury into third Harrier place. Monique was the lead lady Harrier with Jo Cozzi in second.

Harrier	Time	Position
Sean Holmes	37:39	18 th
John Castelli	43.48	79 th
Eric Tilbury	44.42	142 nd (2 nd V65)
Monique Van Nueten	50.24	62 nd (6 th V50)
Jo Cozzi	56.54	151 st (30 th V40)