

**Overton
Harriers**



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Athletic Club

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February 2010 Issue 391

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:

March 7 th	SALISBURY 10
11th	FOXDOWN HANDICAP
14th	Christchurch Mad March 20 miles Exbury Gardens 10km
21st	Fleet Half Marathon Reading Half Marathon
28th	EASTLEIGH 10km (Club Championship)

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

FRANNY'S BITS

Keith is still looking for volunteers to assist with the Combe Gibbet race, if you can assist with marshalling etc please contact him ASAP.

Both Greg & Lee are giving their races the hard sell and entry forms are on the notice board. I'm sure both will be looking for assistance on their race days and any offers of help would be gratefully accepted.

The Training Weekend was another blinding success and many thanks to all those who helped with the organising, especially Anna, who was still juggling families & rooms well into Saturday evening.

The best veterans track standards from 2009 have been published in Athletics weekly. Leading the ladies Vet 60 category in the 100m, 200m and 400m was Moira West. Her 100m time would put most of the Harriers to shame.

Please contact John Hoare regarding the Presentation Dinner, details at the end of the newsletter.

RYDE 10**7th February***from Piers Puntan*

A small and very select group caught the early morning ferry from Portsmouth over to Ryde for the traditional HRRL fixture. As usual it was cold, though the rain and wind gods smiled at us; unlike previous years.

First Harrier home was Sean, taking three scalps, victory over Bliss, under the 1 hour mark and quicker than Lee's PB. Could there be a settling of bragging rights at Salisbury?

Despite Sean's fast pace, Bliss was only yards behind finishing in the top ten; Neil had a blistering performance taking nearly a minute off his PB.

Next harrier was Cath who despite saying she was under the weather had her best run for a long time and when you consider the distance and the hills, neither of which were suited to her strengths, 4th place in the Ladies Race (1st V45) was an excellent result

I nearly managed a PB, only a few seconds off, to quote a famous excuse, "fat, old and slow", see photo for proof.

Talking of old and slow Franny was back racing and despite the fact that he qualifies for "scrappage" we have yet to trade him in for a newer model; given a solid 80 minute finish time the club must realise he's still got plenty of miles left in him.



Monique has not had a great 2010, though she is never one to miss an opportunity to pile on the consistency points and finished in the top 20 in her category despite being a little slower than last year. Lucy, who took over three minutes off her PB, was pleased with her performance and was the final counter in the Harriers Ladies team.

The good team performances have consolidated the men and ladies teams in the top three of their respective divisions and Cath is now sitting 3rd in the individual league.

Harrier	Time	Position
Sean Holmes	59:11	9 th
Mike Bliss	59:24	10 th (2 nd V50)
Neil Martin	1:04:18	40 th
Cath Wheeler	1:05:50	4 th (1 st V45)
Piers Puntan	1:07:19	64 th (21 st V40)
Richard Francis	1:20:17	164 th (56 th V40)
Monique Van Nueten	1:25:55	67 th (20 th V45)
Lucy Griffiths	1:27:47	79 th

335 Finishers

*4th Men's Team
9th Ladies Team*

A fine end to the cross country season as our Senior Men's team only just missed out on promotion while the Vets team went one better and regained their place in the top flight. Leading both teams was Mike who has been getting stronger and stronger as the season progressed and easily achieved his best placing of the campaign.

Lee and Sean again ran strongly to finish well up the field and keep the Senior Men's team in contention. A couple of minutes behind came Keith who, like Mike, was having his best run of the season and claimed the scalp of Neil whose strong run completed an excellent showing for the Senior team, coming home in second place and missing out on promotion by just a single point. And I'm absolutely certain we would have achieved it if it hadn't been for the clash with the Solent ½ at the beginning of the season.

The fight for the final Veterans place was an absolute classic. Martin had it sewn up from the start only to get caught by Piers right on the line. And it was not only Martin who was surprised as I had already written him down on the results first. Sneaky club captain but well done to both of you! That gave us second place on the day and we only missed first place in the division on count back. Reflections of Farley Mount again!!

Just three Ladies turned out for this event led home by Cath who had a fabulous run. The smile on her face said a lot as she finished comfortably ahead of a couple of her close rivals and gained second Vets place. Monique had been going through a dip in her form lately so it was encouraging to see her running strongly over the country again after her disappointment at the Southern Champs. And well done to Belinda for completing the team over her least favourite terrain. A brave run and well appreciated and it really wasn't the price for a lift to the training weekend.

Senior Ladies

Harrier	Time	Position
Cath Wheeler	20:02	13 th
Monique Van Nueten	26:19	68 th
Belinda Lade	31:01	77 th

78 finishers

Senior Men

Harrier	Time	Position
Mike Bliss	33:05	40 th
Lee Tolhurst	33:43	48 th
Sean Holmes	34:37	53 rd
Keith Vallis	36:54	88 th
Neil Martin	37:14	92 nd
Piers Puntan	38:42	106 th
Martin Crawshaw	38:42	107 th

174 finishers

FINAL XC LEAGUE TABLES

Senior Men – Div 2

1. Poole RR	8
2. Stubbington	14
3. Overton	15
4. Wimborne	18
5. Eastleigh	21
6. Havant	24
7. Hardley Runners	24

Vet Men – Div 2

1. Winchester	10 (333)
2. Overton	10 (359)
3. Wimborne	15
4. Salisbury	18
5. Andover	24
6. Hamworthy	25
7. Havant	25
8. Stubbington	29
9. Wessex	47

Senior Ladies

1. Aldershot
2. Winchester
3. Reading AC
4. Southampton
5. Poole
6. Basingstoke
7. Stubbington
8. Fleet & Crookham
9. Overton
10. Farnham Runners
11. Victory AC

BRAMLEY 20

14th February

from Lucy Griffiths



The day of the Bramley 20/10 started off cold and snowy but both Sue's and mine spirits were running high with anticipating.

The two lap course was full of lots of hills which we were not looking forward to second time around. Both of us set off strong and ran the first ten miles well.

The second ten miles started off wet and windy which was not fun and made our legs tire quickly.

Miles 15 - 19 were tiring and both of us slowed our pace considerably and it became a test of endurance, stamina and determination.

The welcoming sign of mile 19 couldn't have arrived sooner and knowing I was on the homeward leg kept me going. As I rounded the last corner and saw the finish my last bit of energy carried me across the line.

Overall I pleased with my time and was happy that I had completed my longest run to date.

Harrier	Time	Position
Sue Caratelli	03:01:05	537 th (9 th V50)
Alistair Paul	03:06:03	573 rd (64 th V50)
Lucy Griffiths	03:12:02	605 th (162 nd SL)

746 finished

With the advance guard arriving on Friday, the majority arrived in dribs & drabs throughout Saturday, the traditional opening run to Bucks Mills & back was enjoyed by a small group who untraditionally ran it in the opposite direction to previous years. With Helen being unable to make it, Paige stepped up to the plate (or in this case the hotplate) with Franny to assist with the evening meal of various Pasta based dishes. Another group of mostly old gits joined Kerri & Monique at the village local for their evening meal.

Sunday morning saw a good turnout for the traditional run along the Tarka Trail which, untraditionally, was run from Bideford out towards Barnstaple and gave great views of the Torridge estuary. Various distances were run while others enjoyed a walk or cycle. An excellent Sunday lunch followed at the Bell at Parkham where some even managed to catch some of the rugby on TV. An evening gathering in the main house was hosted by the Wheeler & Vallis families who provided an excellent buffet.

The Monday relays were as competitive as ever with good support coming from the small crowd of onlookers. Just in case anyone has not heard, Richard Clifford's lap record remained unbroken though the general consensus seemed to be that the course was muddier this year. Franny & Piers joined the old gits in the pub for the meal that evening and lowered the average age of the party by half.

There was only a small turnout for the Tuesday reps though others did go for runs of varying distances before the weekend brigade loaded up their cars and headed for home.

For those staying for the rest of the week there were numerous excursions to various places of interest as certain runaholic fathers spent as much time with their children as possible, while simultaneously, carefully planning their tactics for the next racing (oops sorry) training session. Piers again showed off his culinary skills with an excellent selection of Indian cookery on the Tuesday evening, the Thursday excursion to the Duke of York at Iddesleigh was very popular. The pool & Jacuzzi were well frequented while the youngsters really enjoyed helping Bob the owner to feed the animals.

I'm sure that all those on the weekend had a great time and brought some happy memories back with them. Many thanks to the organisers and roll on February 2011.

Prize Winners

Best Argument: John & Monique for a cracking disagreement in the Coach & Horses disputing the club pentathlon that Monique did at Andover several years ago.

Peacemaker Award: Piers for using t'internet on his phone to resolve the above dispute.

Egg on Faces Award: John & Monique after Piers proved that they were BOTH wrong in the above dispute.

Most Inconspicuous Award: Keith Vallis for trying to have a crafty dump alongside the Tarka Trail; behind a spindly little bush while wearing HI Vis clothing with a Blue hat.

Local Knowledge Award: Another to Piers who got lost on the Tuesday evening run despite being the only one carrying a map.

Most Kit Award: A clear winner for this award, Well done to Lee Tolhurst & his 8 pairs of shoes.

Rip Van Winkle Award: Goes to JT.; spending more time asleep in the Coach & Horses than he was awake.

Most Competitive Dad: Another for Lee after nearly pulling Josh's arm off while "helping" him in the pancake race.

Relay Results



Team One	Lap One	Lap Two	Lap 3
Lee	4:31	4:34	4:34
Keith	5:00	5:06	
Robbie	6:06	6:21	
Total Time	15:37	31:38	36:12
Team Two			
Blissy	4:45	4:44	4:39
Piers	5:02	4:59	
Eric	6:11	6:11	
Total Time	15:58	31:52	36:31
Team Three			
Sean	4:40	4:41	4:45
Cath	5:10	5:16	
Monique	6:31	6:36	
Total Time	16:21	32:54	37:39
Team Four			
Richard	4:56	5:02	5:06
Paul	5:37	5:32	
Kerri	5:56	6:01	
Total Time	16:29	33:04	38:10

“Quote of the Month”

The training weekend, as is to be expected, gave rise to numerous alcohol fuelled quotes. But this month’s winner came out with a gem during the long Sunday morning run along the Tarka Trail.

“There’s a Harrier coming out from behind every bush”

Step forward this month’s winner Tom Wheeler.

FOXDOWN HANDICAP**22nd February***from Richard Francis*

A damp evening saw a big upheaval in the Handicap League. Lucy's no show meant that Lee could take control at the top but his late arrival meant he started about 2½ minutes late. This left him with too much to do and he remains 2 points behind Lucy. Unfortunately for both of them, the Whitchurch Whippet did more than enough on the night to move to the top of the handicap league that now sees Sean as being the narrow favourite for the title.

On the night it was John Castelli who raced to glory with an easy win. Pete is having a very good spell of late and took second ahead of Richard. Lee was fastest on the night but he only pipped Sean by a second. Peter took third fastest ahead of Greg. The medals look sorted in this league with Lee clear of Sean & Bliss, but should either Lee or Mike miss the last race they will let Cath & Keith into the medals.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	J.CASTELLI	32.35	8.05	24.30	8
2	P.WILLIAMS	33.07	12.02	21.05	3
3	R.CLIFFORD	33.10	10.54	22.16	5
4	G.ENGLAND	33.21	11.14	22.07	4
5	S.HOLMES	33.22	12.28	20.54	2
6	E.TILBURY	33.32	4.50	28.42	12
7	C.WHEELEER	33.46	10.11	23.35	7
8	N.MARTIN	33.49	10.53	22.56	6
9	K.BARTON	33.54	6.45	27.09	11
10	M.VAN NUETEN	34.41	4.36	30.05	13
11	B.HAWRYLAK	35.01	9.17	25.44	9
12	L.TOLHURST	35.06	14.13	20.53	1
13	K.VALLIS	37.30	10.57	26.33	10

H'CAP LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
S.HOLMES	4	3	4	10	5		16
L.GRIFFITHS	11	1	2	6	0		20
L.TOLHURST	0	2	1	7	12		22
M.BLISS	14	6	3	4	0		27
C.WHEELER	8	11	6	0	7		32
E.TILBURY	13	16	11	5	6		34
B.HAY	3	14	10	12	0		39
K.VALLIS	5	0	8	13	13		39

TIME LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLHURST	0	1	1	1	1		4
S.HOLMES	1	2	2	3	2		7
M.BLISS	5	4	3	2	0		14
C.WHEELER	4	7	5	0	7		23
K.VALLIS	3	0	6	6	10		25
B.HAY	6	11	7	8	0		32
E.TILBURY	12	16	10	11	12		45
L.GRIFFITHS	13	15	9	12	0		49

OVERTON HARRIERS COMMITTEE MEETING **4th February**

1. Track Evening at Andover – A list of training will sent in the coming month starting in March.
2. Clothing – the orders have now been placed
3. Contact List – This is nearly complete, now all club members are requested to sign a universal entry form. Failure to do so means the club will no longer to enter races on your behalf.
4. The AAA AGM is on 14th March
5. Christine Benning has asked for the committee to fill in an audit report, this will be completed during the training weekend
6. The southern league match in Plymouth, Andover will be asked if they are to put on a bus.
7. The Presentation was agreed to be held at the Red Lion on Friday 14th May 2010. John Hoare has agreed a £20 set price for a 3 course meal with coffee, the maximum number is 40.
8. The AGM will be on Thursday 22nd April 2010 at the ORC.
9. The following items will be reviewed at the training weekend
 - a. Training times
 - b. Training plan
 - c. Summer training for juniors

Next Meeting Thursday 4th March

MARCH TRAINING SCHEDULE

from Richard Francis

March	Coach	GROUP 1	GROUP 2
4 th	RF	8 x 700mtrs 2 min Recovery	6 x 700mtrs 2 min Recovery
11 th	RF	Foxdown Handicap	
25 th	RF	Hills Session	
18 th	RF	4 x 1400mtrs 2 min. Recovery	3 x 1400mtrs 2 min. Recovery

Who's Who?

Reproduced below is the crib sheet that Steve McNair gave to Sabrina so that she could identify and cheer on our runners in the recent Southern XC at Parliament Hill.

Mike..... Up front.

Lee.....Dark hair. Gone off too fast.

Sean.....Tall, Stick thin, Catching Lee.

Neil.....Short, No hair.

Keith.....Dark hair, flying or struggling.

Piers.....Stocky, having an argument.

Dave T.....My build, Big hair.

Steve.....ME, ME, ME

Franny..... At the back, Talking to himself.

Does anybody wishing to send in their descriptions of Steve ?

COMBE GIBBET TO OVERTON RACE

Sunday 11th April *from Keith Vallis*

Volunteers

If you are not competing in this race please would you consider helping out with either marshalling, refreshments, car parking, etc. If so, add your name to the list on the club noticeboard. Any questions, see me, Keith Vallis, or ring me on (01256)773255. Thank you.

Entry forms

If anyone is going to races would you mind taking a handful of Combe Gibbet Forms to leave near registration or the refreshment area. Please phone me on (01256)773255 or see me at the club on a Thursday.

PRESENTATION DINNER

FRIDAY 14TH MAY

RED LION, OVERTON

7.30 for 8.00

Grilled Goats Cheese with a Herb Crust, Asparagus & Passion-fruit Dressing

**

Salmon & Crab Fishcake with a Chilli Cream

**

Chicken & Duck Terrine with a Pesto Aoili

Sautéed Courgette, Aubergine & Chilli Pasta with Grilled Halloumi Cheese

**

Chicken Breast topped with Bacon and a Spicy Barbeque Sauce with New Potatoes & Vegetables

**

Rump Steak with a Garlic & Mushroom Sauce served with Chunky Chips & Salad

Bread & Butter Pudding with Caramel Sauce

**

Apple Crumble with Home-made Custard

Coffee

To book your place give your choices and £5 deposit to John Hoare asap