



## July 2007 Issue 360

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 Email your reports to me at [Piers\\_Puntan@Fwuk.fwc.com](mailto:Piers_Puntan@Fwuk.fwc.com)  
 or Franny at [richard.francis@uk.delarue.com](mailto:richard.francis@uk.delarue.com)  
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### FIXTURES:

AUGUST 1st	YATELEY 10km
4th	TRACK & FIELD LEAGUE FIXTURE at ABINGDON
5th	LAMBOURN Carnival 5 mile    MILLAND VALLEY 21km (MT)
8th	PROM 5km at PORTSMOUTH
12th	MIDHURST 10km    SIDMOUTH 10km
19th	BURNHAM BEECHES half-marathon    EVERTON 10km    I.O.W half-marathon
23rd	SUMMER HANDICAP

### FRANNY'S BITS.

It has been another hectic month, with events on the track, road and trails. Despite a narrow win in our home mob match we were unable to overturn the large deficit from the away fixture despite sending several unfortunate Basingstoke runners to Whitchurch. Thanks to those who helped with the timekeeping, recording and BBQ.

Our combined track team looks to be clear of the drop zone following the latest fixture at Southampton where they finished second. This was despite having to resort in using myself in the throws.

Please note the items from Keith regarding the Overton 5 programme distribution and the selling of raffle tickets.

We had a very successful evening at the Winchester 5k with the ladies cleaning up the prize list with some assistance from Eric. Hopefully this winning trend will continue into the forth coming Road Race League fixtures.

**Thanks to Andy Hartley for the following report.**

**Salomon South Downs Marathon**

**Saturday June 16<sup>th</sup> 2007.**

I'd decided back in January to enter this as a way of boosting my running again. After 5 months of in and out training I knew that I'd get round but the time was very much undecided. The profile map of the course shows 5 big climbs during the 26 miles. It doesn't really show you the 25 short sharp climbs or the severity of these ascents especially the one at 23 miles when you're on your last legs already. When I consulted the times for last years winner and it said 3 hours 21 minutes I knew it was going to be hard.

Anyway the weather was kind this year. Breezy (and into our faces) but cool with a few heavy showers. The race starts with a little loop round some woods. I'd (very sadly) looked up the Runner's World forum and discovered that this loop was quite narrow so I got to the front for this. It was good advice although it meant that until we opened out onto the wider South Downs Way at 3 miles I had people pushing to get past. After the loop there was a little up and then down and then the first of the real climbs. They just keep going up and up. You never quite reach the top of these rolling hills.

The race is divided into 4 stages and there is a relay that runs at the same time. I had my water girl at every stage. She did well as one of the stages ended in a field in the middle of nowhere and the other three were in farm fields just off side roads. The 3<sup>rd</sup> stage is 8 miles long and seems to involve long climbs and short descents. This left me drained. I wasn't helped by the fact that a bee flew into my mouth as I ran down one hill.

The final stage was more climbs including a real spike at 23 miles. However the last 2½ miles were steadily downhill. I finished in a deluge with Charlie the only spectator as everyone else retired under canvas.

I was pretty pleased with my time although I wasn't tired enough at the end. The forum threads compared participants' times with FLM times and there seemed to be around a 25 minute discrepancy so 3 hours 10 for the roads is fairly steady in my book.

It didn't leave me as sore as a road marathon and the soft wide trails were fairly mud free and easy to run on. The organisation was good although most people's GPS records came in at around 25.9 miles and there were no gels as promised at the stage ends. You did get a nice t-shirt though and I do feel good with my position given my half hearted training.

22<sup>nd</sup> (just over 300 starters) 3 hours 36 minutes 36 seconds

**Thanks to Lee for the following report.**

**Thompson Brothers Offerton 10k**

On a business trip to Manchester I was staying close to a local midweek race, so with nothing else to occupy my time I decided to take on the best Manchester could offer. After travelling all afternoon through atrocious weather I reached the Hotel with enough time to get changed and get out leaving an hour to get to race and warm-up. Although the race was only 5miles away it took over 50minutes to get there due to the heavy rain and with parking on the street or in a lake that used to be the car park, at this point I nearly turned around and went back to a warm dry hotel room. I then was caught by another runner and couldn't 'bottle-out'. After running too quickly to the start, finding registration where I was told there was a 10 minute delay for the latecomers and course may be slightly longer as there was a detour to miss a 4ft deep 'puddle'.

Eventually I reached the start line in a state that is normally reserved for the finish. The race itself is 3 laps taking in 2 parks and a large hill reminiscent of Station Hill although it finishes on cobbles, all traffic free with the start and finish both on a track.

Once off I fell in at the back of the leading pack as we completed 2 laps of the track at a pace faster than my usual rep pace! We then went out on the course which starts flat and fast as we approached the first downhill the bunch became spread out dropping me as I was more concerned over the fact we would have to climb back-up the hill. The climb was suitably hard and the km was around 30s slower than the others. As we came back toward the end of the lap we met a detour across 250m of grass to avoid the 'puddle'. The second lap saw little change in positions with gaps growing. The third lap although tiring I managed to catch and pass 2 other runners as we climbed the hill for the last time, I held them off to the finish despite taking a wrong turn just before the finish despite excellent marshalling! After a determined 'sprint finish' I kept hold of 7<sup>th</sup> place to finish in 38.31.

I thought I recognised the first 2 finishers from the pages of athletics weekly, a cup to tea and chat later I found out they were; 1<sup>st</sup> Bashir Hussain who is the current European 1500m and 3000m Indoor Vet champion and 2<sup>nd</sup> Andy Norman a consistent sub-30 10k runner.

Runner	Time	Position	Category
Lee Tolhurst	38:31	7 <sup>th</sup>	4 <sup>th</sup> SM

**“QUOTE OF THE MONTH”**

Candidates are thin on the ground this month, maybe this item is persuading members to watch what they say.

The winning entry for this month comes from an attractive Australian girl at the Tadley 10k who suggested that a certain Overton runner could have gone 5 minutes faster if he did not talk so much.....and surprisingly she wasn't talking about me.

**MOB MATCH & SUMMER HANDICAP.****12<sup>th</sup> JULY.**

We managed to win the return mob match by a narrow margin though we were helped by the fact that several Basingstoke runners found themselves in Whitchurch after missing the unmarked turn off the Harrow Way. It was a very welcome sight to see such a good turnout with no less than 26 runners from the club participating. First home for Overton was Jamie who put in a great effort to finish second behind Basingstoke's David Fry. There were further excellent runs from Lee, Keith V, Tim and Richard to fill the next four placings. Cath was comfortably first lady home in 12<sup>th</sup> place while there was a promising debut from Matt Clifton in 15<sup>th</sup>. For the record we won the match by 14 points (OHAC 682, BMH 696).

In the handicap it was a good night for our faster runners with Keith taking a clear victory ahead of Jamie with Hannah putting in the best improved performance of the night in third. A rare outing saw Bushy in fourth ahead of the ever improving Richard.

Full results of the Mob match are on the Club Web site & notice board.

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>	<b>H'CAP</b>	<b>Act. Time</b>	<b>Time Pos.</b>
1	KEITH VALLIS	28.16	7.22	20.54	3
2	JAMIE JONES	28.54	9.45	19.09	1
3	HANNAH OLIVER	29.02	3.15	25.47	19
4	DAVE BUSH	29.20	7.20	22.00	7
5	RICHARD CLIFFORD	29.31	8.20	21.11	5
6	CATH WHEELER	29.34	7.20	22.14	8
7	TIM HARRIS	29.35	8.34	21.01	4
8	LEE TOLHURST	29.37	8.57	20.40	2
9	ANDY HARTLEY	29.43	7.46	21.57	6
10	PIERS PUNTAN	29.49	6.46	23.03	11
11	BRIAN HAY	29.50	5.14	24.36	14
12	MATTHEW CLIFTON	30.01	7.30	22.31	9
13	KEITH CLARK	30.19	7.46	22.33	10
14	BOB HAWRYLAK	30.31	5.22	25.09	16
15	JILL HILLS	30.35	5.14	25.21	17
16	DAVE TITCOMB	30.37	6.17	24.20	12
17	MADLINE VOSSER	30.37	5.56	24.41	15
18	HANNAH VOSSER	30.38	6.11	24.27	13
19	MICK WOODS	30.42	3.57	26.45	21
20	CHRIS WOODS	31.53	4.36	27.17	22
21	RICHARD FRANCIS	31.56	6.17	25.39	18
22	ERIC TILBURY	32.11	5.59	26.12	20
23	LIZ SANDALL BALL	32.34	3.15	29.19	25
24	OLIVER SEARLE	33.35	1.00	32.35	26
25	MOIRA WEST	33.44	4.36	29.08	24
26	DOROTHY WICKE	33.53	4.50	29.03	23

**Team Result****Overton 682 points    Basingstoke 696 points**

### **Overton 5 Programmes**

The race programme is sponsored by local shops and companies on the understanding that every household in the village will receive a copy. It is therefore our job to ensure this so we need volunteers please. This could be done in your own time or, like last year, on a night when we do a 'programme blitz' followed by a meal. This year's date is Friday 24<sup>th</sup> August from 6.30-8.30 p.m. and then in the Redfort. If interested please add your name to the list on the noticeboard or phone Keith V. on 773255. Thanks.

### **Overton 5 Raffle Tickets**

Walk through the village centre on a fine summer's morning (remember those) and you'll stand a good chance of spotting JT complete with garden chair, flask and stacks of raffle tickets. This year we've decided to help him out by having a couple of 'raffle ticket blitzes' where we get as many volunteers as possible to convince the good folk of Overton that they really do need to buy some of our raffle tickets. Blitz One is on Saturday 11<sup>th</sup> August and Blitz Two is on Saturday 18<sup>th</sup> August. Both are from 10.00 a.m.-1.00 p.m. (or whatever you can do) and if interested please add your name to the list on the noticeboard or phone Keith V. on 773255. Thanks.

### **TADLEY 10k.**

**17<sup>th</sup> JULY.**

Surprisingly there was a very low turnout from the club for this well organized local event. It is definitely not a PB course, best described as undulating with a sharp climb just after the 8km marker. The weather was warm and rather humid which made the second drink station at the top of the steep climb a welcome sight to some of the slower runners.

Taking all the club glory was Brian who led home the squad despite running one of his slowest 10k's ever. I continued to make very slow progress in my fight to regain my previous level of fitness and was rewarded with a PW though I was actually happy with my run, especially over the closing stages. John put in a good performance to complete the team and obviously has the ability to go much faster come the cooler weather in the autumn.

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>
50th	B.HAY	45m 28 sec
62nd	R.FRANCIS	46m 28 sec
83rd	J. CASTELLI	48m 35 sec

**188 Finishers.**

**WINCHESTER 5km.****19<sup>th</sup> JULY.**

There was a bumper turnout of 21 runners for the second Consistency race of the year. Conditions were good for fast times despite the narrow and twisting nature of the course. There were several close races throughout the field with Richard Clifford leading the clubs challenge with an excellent run to be first man home. Only 3 seconds separated Lee and Keith Vallis with Tim not far behind them. Cath was second lady overall with a fine run and was chased by Piers who managed to out dip Keith Clark on the line.

Dave Bush continued his summer season of distance running and easily broke the 20 minute mark, There was very little to split Bob, Brian and Dave as they had a tremendous tussle from start to finish, Ryan managed to hold off the sprightly over 60's winner Eric who in turn was harassed by Madeline all the way to the line as she was rewarded with the first Over 45 prize. I completed my third race in a week but faded badly on the last lap while it was good to see Mick out in a club vest again. More prizes came our way as Liz took the age group honours beating Moira by 10 seconds.

Hannah ran with Oliver early on but picked up the pace to finish just outside 25 minutes with Oliver coming in a couple of minutes later, Emma put in a good performance less than a minute behind to complete the club interest. To round off a thoroughly pleasing evening the ladies walked off with the team prize. A chip supper followed on the Abbey lawn before some of the thirstier runners headed off to the Black Boy for liquid refreshment.

14th	R.CLIFFORD	17m 16 sec	73rd	R.WAKEFIELD	20m 28 sec
18th	L.TOLHURST	17m 33 sec	76th	E.TILBURY	20m 35 sec
20th	K.VALLIS	17m 36 sec	77th	M.VOSSER	20m 39 sec
24th	T.HARRIS	17m 47 sec	100th	R.FRANCIS	21m 37 sec
33rd	C.WHEELER	18m 29 sec	107th	M.WOODS	22m 22 sec
36th	P.PUNTAN	18m 36 sec	120th	E.SANDALL BALL	23m 38 sec
37th	K.CLARK	18m 37 sec	122nd	M.WEST	23m 48 sec
46th	D.BUSH	19m 13 sec	153rd	H.OLIVER	25m 10 sec
63rd	B.HAWRYLAK	20m 06 sec	166th	O.SEARLE	27m 17 sec
64th	D.TITCOMB	20m 11 sec	181st	E.EDWARDS	28m 11 sec
65th	B.HAY	20m 13 sec			

**217 Finished.****And finally,**

After many years of hard work Geoff has handed over “responsibility” for getting the newsletter out to Piers who has access to the requisite PC's and photocopiers. I'm sure everyone appreciates his efforts over the years.

# Overton Harriers Summer Party



Saturday 1 September – 7:30pm – Midnight  
St Mary's Hall, Overton

**Live Band – 'Acoustix'**  
**Disco**  
**Barbeque**

Adults: £10  
13-16 year Olds: £5  
12 Years and under: Free  
(Payment by 23 August)



**Bring you own drink**

The evening is open to family and friends. If you would like to attend, offer your help or have any questions, please speak to Susan Clifford, Martin Allen or Anna Vallis