

**Overton
Harriers**



**&
Athletic Club**

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July 2008 Issue 372

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

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FIXTURES:

August 2 nd	SOUTHERN LEAGUE - ANDOVER
6 th	Yateley 10k
10 th	SIDMOUTH SUMMER FESTIVAL 10k
14 th	SUMMER HANDICAP
17 th	IOW Half Marathon
28 th	Ridgeway 85 Challenge
30 th	TEST WAY RELAY
31 st	Arundel Castle 10k

FRANNY'S BITS

A rush job compiling this edition as I get ready for a couple of weeks off. The track team made the long trek to Plymouth where they finished 3rd in their penultimate fixture and by the time the newsletter comes out we hope to have had a success at Andover, more details in next month's newsletter.

Unfortunately we got stuffed by Basingstoke in the mob match but a very enjoyable evening was had by all despite the slow service at the bar. Fortunately Liz and her catering team were quicker with the food and many thanks to those who helped on the night.

Highlight of the month was the fantastic turnout at Winchester, especially from the ladies. Let's hope we can maintain this degree of interest for some of the league races in the autumn.

Looking ahead sees the local pyromaniacs outing to darkest Devon where the men's team hope to *blaze* their way round the course in the hope that their *scorching* performances help them retain the Sidmouth team title. Hopefully we may even *put out* a ladies team as well.

At the end of this month we will be entering a team in the Test Way Relay, there are a number of good spectating positions along the route and if anyone wants to help the Harriers effort contact Richard Clifford or Greg.

DOROTHY & ED's ANNUAL EAGLE HUNT

On their annual trip to Florida Dorothy & Ed once more ran in two local races and again got amongst the prizes.

In the Gate to Gate, Dorothy has a fourth Eagle in a row, taking 2 minutes off her time from the year before. Unfortunately, this meant she was so far up the field that she was 3rd woman in the Masters (40+) category, so she got that trophy instead of 1st for Grand Masters. There were 1228 runners in total and she was 11th woman... It helped that the course has a small "hill" (just an incline) towards the end, which the flat Florida runners aren't so comfortable with!

The Gate to Gate was a little cooler than usual - not more than 80 F probably at the start - but the Billy Bowlegs 5k Midnight Run was about the hottest we've known it, a humid 85 F, winding past dark front lawns scented with lilies and gardenias and tulip trees. Dorothy was just a few seconds behind last year's time and was 2nd place Woman in the Masters (40+) category, therefore missing out yet again on the



Grand Masters trophy she could have had if she'd run more slowly. She was 9th out of about 300 women.

Surprisingly, Ed got a medal this time - his time wasn't much over 22 minutes & he was 5th in the 50+ age-group & 75th of the total 300 or so men. So there's hope for us all...!

Gate to Gate 4.4 Mile

26th May

Harrier	Time	Position
Dorothy Wicke	31:09	3 rd Masters Lady

Billy Bowlegs Night 5K Run

7th June

Harrier	Time	Position
Dorothy Wicke	21:27	2 nd Masters Lady
Ed Wicke	22:19	2 nd Senior Masters

British Masters Athletics Federation Championships**5/6th July 2008***from John Hodge*

Two of our Vets (Masters in current parlance) travelled to Birmingham this year for the track championships; Moira on the Saturday for a couple of events, and me on the Sunday. The weather was OK on Saturday, but very windy, and Moira excelled herself bringing home two medals; a bronze in the 100m and silver in the 400m. This was especially good in that she was running at the top end of her age-group, against younger participants.

I on the other hand was taking advantage of being a new graduate into the 65-plus age group. We had rotten weather on the Sunday, but after a horrendous journey taking three and a half hours (M40 completely closed en-route) and arriving just two minutes before the registration deadline I think my adrenaline levels were pretty high, which probably helped! I was pleased to go one better than I had earlier in the year in the indoors, to finish second in the 800m for a silver gong.



The crowd at the stadium was somewhat smaller than on the following weekend when the Olympic trials took place; maybe if we had had the crowd support we could have done even better!

With so many Vets in the club, it seems a great pity that so few seem to make it to the track events, which are always well organised and well contested, but with always a great atmosphere of genuine camaraderie.

MOB MATCH**10th July***from Richard Francis*

Despite a good Overton turnout we were unfortunately overwhelmed by Basingstoke's greater numbers but a promising sign were several new runners making their Overton debuts. I hope they enjoyed the course and will continue to train, and hopefully race for us later in the year. Lee lead home the Harriers in 3rd place with Peter Williams having a cracker in 5th with Richard third counter in 6th. Nicky was first lady to finish and looked very chuffed afterwards but, maybe this was because she had beaten Emily.

3rd	L.TOLHURST	20m 51 sec	35th	E. CLARK	29m 19 sec
5th	P.WILLIAMS	21m 11 sec	37th	E.SANDALL BALL	29m 46 sec
6th	R.CLIFFORD	21m 26 sec	43rd	M.VAN NUETEN	30m 27 sec
12th	K.VALLIS	22m 49 sec	46th	O.REDWOOD	31m 40 sec
17th	N.MARTIN	23m 35 sec	47th	J.CASTELLI	31m 40 sec
18th	P.PUNTAN	23m 45 sec	48th	B.LADE	31m 53 sec
19th	M.ALLEN	23m 46 sec	50th	J.COZZI	33m 18 sec
20th	T.TYLER	23m 59 sec	54th	L.CASTELLI	35m 32 sec
22nd	N.CLARK	24m 23 sec	55th	N.JACOBS	35m 32 sec
23rd	B.HAWRYLAK	24m 33 sec	56th	E.MABEY	36m 17 sec
25th	H.HEAP	24m 45 sec	57th	A.DENNISON	36m 17 sec
33rd	E.TILBURY	27m 15 sec			

Result: BMH 428 points OHAC 731 points

“Quote of the month”

Several candidates again this month though once more, most are unprintable, including several from our female members on encountering the large puddle during the mob match.

A close runner up is a non-club member who, in front of a large party of beer swilling Harriers at the Black Boy Pub, finally (and undoubtedly after many years of personal shame) came out of the closet as Julie Bliss admitted that she was born in Edinburgh and therefore a jock.

But the winner is **Paul Wheeler** who after running the 5000m at Plymouth said

“I heard the time keeper shouting times, thought “that’s my PB”, then realised I still had 3 laps to run”.

I think a lot of us know the feeling Paul.

SOUTHERN LEAGUE PLYMOUTH 12th July

A small group of athletes, officials and 2 very young supporters joined the Andover lads and made the long trip by coach to Plymouth. After arriving slightly early we had a while to wait before the fixture took place in sunny but windy conditions.

Paul Wheeler brushed off the cobwebs and scored our best result of the day when winning the B string 5000m in 19m 46.3sec. He also excelled in the 1500m (4th B string in 5m 25.5) and Hammer 3rd B string in 16.33mtrs)

Keith was 4th A string in the 5000m in 18m 39.6sec while Bushy competed in the 110 hurdles (23.2sec) Pole Vault (2.00mtrs.) Javelin (26.00mtrs) and rounded off his day by setting what I believe could be a new club record in the 3000m steeple chase (minus the water jumps due to a leak) in 11m 34.6sec.

The day was rounded off with several beers and an excellent meal at the Bishop de Lacy pub which many may remember from the training weekend at Dawlish several years ago.

1st	Newquay & Par	119
2nd	Plymouth	94
3rd	Overton / Andover	83
4th	Wessex / Salisbury	47

SUMMER HANDICAP

The handicap was run in conjunction with the mob match and the convincing winner was Nicky who managed to avoid all the patio doors to record a clear victory.

There was a tie for second spot between Tom and Helen who showed a good improvement on last months run. Peter was close behind and may feel the handicappers axe next time out while it is good to see Liz showing improved form.

Farther down the field good performances came from both Lee & Richard who both ran to their handicaps to tie in 10th place.

Fine debuts came from Jo and Emma who may have found the small amount of mud & water along the Harrow Way a bit of an eye opener, but both can feel pleased with their runs.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
1	N.CLARK	29.24	5.01	24.23	= 9
= 2	T.TYLER	29.40	5.41	23.59	8
= 2	H.HEAP	29.40	4.55	24.45	11
4	P.WILLIAMS	29.47	8.36	21.11	2
5	E.SANDALL BALL	30.03	17 sec	29.46	14
6	B.HAWRYLAK	30.06	5.33	24.33	= 9
7	E. CLARK	30.19	1.00	29.19	13
8	N.MARTIN	30.46	7.11	23.35	5
9	M.ALLEN	30.57	7.11	23.46	7
= 10	L.TOLHURST	31.04	10.13	20.51	1
= 10	R.CLIFFORD	31.04	9.38	21.26	3
12	M.VAN NUETEN	31.05	38 sec	30.27	15
13	K.VALLIS	31.18	8.29	22.49	4
14	P.PUNTAN	31.20	7.35	23.45	6
15	B.LADE	31.53	GO	31.53	18
16	E.TILBURY	32.16	5.01	27.15	12
17	O.REDWOOD	32.40	1.00	31.40	= 16
18	J.COZZI	33.18	GO	33.18	19
= 19	L.CASTELLI	35.32	GO	35.32	= 20
= 19	N.JACOBS	35.32	GO	35.32	= 20
21	E.MABEY	36.17	GO	36.17	= 22
22	J.CASTELLI	36.45	5.04	31.40	= 16
23	A.DENNISON	41.59	5.42	36.17	= 22

Please note that full handicap league tables are now on the notice board

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 29th 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 and you'll stand a good chance of spotting JT complete with garden chair, flask and stacks of raffle tickets. Please can you help by volunteering to help out for one or two hours on one of the 3 Saturdays before the race (16th, 23rd and 30th August). These are from 10.00 a.m.-midday (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.

WINCHESTER 5km

17th July

from Richard Francis

A fantastic turnout of 23 Harriers that included 9 ladies completed this Consistency event. Blissly made a cautious start but gradually moved through the field and had a 5 second margin over Lee at the line.



Richard looked as if he would overhaul Lee at one stage but Lee had plenty in the tank over the last lap. Peter had another good run as did Bushy who just won the clash of the track stars by holding off Keith by 2 seconds. “Elbows” Puntan ran well and it is reported that no spectators had their chips knocked flying and he had a clear gap ahead of Cath whose fine run saw her finish 4th lady overall and first in her age group.

Ryan had an exceptional run to break 19 minutes while Brian took the honours over Martin & Bob. John Castelli showed a good turn of speed to lead home Eric who seems to be a bit below par of late. Mick must have made a poor start as he was well down the field nearing the end of lap one though he seemed to be flying as he went along the river second time around and obviously picked up a lot of places.

Monique took first in her age group while Liz obviously felt the benefit of my pre-race pep talk and had her best race for quite some time. Good to see both Belinda and Gwyneth racing and only 2 seconds separated them at the line with Karen also putting all her training to good use finishing close behind.

As usual “Smiler” MacMahon run the entire race with a big grin on her face while Moira came close to dropping out but gamely got to the finish to help the team scores.



Jo seems to have picked up the racing bug with, I believe, her third race in a week, she was going well until she had problems with her ITB and did well to finish the race.

Afterwards it was off to the Chippy before making our way back for the prize giving where, as well as Cath & Monique picking up prizes, Blissly and Liz also managed age-group winner’s prizes as those above took prizes elsewhere.



Team wise; as the results show we did exceptionally well though only the winning teams picked up prizes.

Winchester 5k Results

Harrier	Time	Position
BLISS Mike	17.04	14th (2nd M50)
TOLHURST Lee	17.10	18th
CLIFFORD Richard	17.34	21st
WILLIAMS Pete	17.43	23rd (3rd M40)
BUSH Dave	18.17	31st
VALLIS Keith	18.19	33rd (4th M40)
PUNTAN Piers	18.34	42nd
WHEELER Catherine	18.47	5th (1st W45)
WAKEFIELD Ryan	18.58	52nd
HAY Brian	19.28	60th
ALLEN Martin	19.34	67th
HAWRYLAK Bob	20.31	96th (12th M40)
CASTELLI John	21.02	106th
TILBURY Eric	21.57	123rd (5th M60)
WOODS Mick	22.38	135th (5th M55)
VAN NUETEN Monique	23.49	26th (1st W50)
SANDALL-BALL Elizabeth	24.00	29th (3rd W55)
LADE Belinda	25.32	42nd
McLAUGHLIN Gwyneth	25.34	45th (4th W55)
BURTON Karen	25.53	49th (7th W35)
McMAHON Helen	27.50	60th (5th W50)
WEST Moira	27.55	61st (5th W55)
COZZI Joe	31.53	78th (13th W40)

240 Finished

Teams

Men

1 st	Winchester	6
2 nd	Overton	53
3 rd	Southampton RC	67
4 th	Salisbury	71
5 th	Overton "B"	87
11 th	Overton "C"	154
16 th	Overton "D"	269

21 Teams Finished

Ladies

1 st	Winchester	12
2 nd	Winchester "B"	34
3 rd	Overton	60
4 th	Andover	81
8 th	Overton "B"	136
10 th	Overton "C"	199

10 Teams Finished

WEDDING DAY 7km **25th July** *from Piers Puntan*

Apart from myself there were two entrants in this race, Steve McNair and Eric though he was only convinced to run on the grounds he'd get another T-shirt.

For those who don't know the race it's a single lap around Bushy Park in South East London of about 7 and a bit k, there being many arguments about how much the bit is but consensus is about 200m. The race is held on a Friday evening and it gets a good large field and this year there was chip timing.

Steve has not been running much recently and jogged round admiring the form of all the Roe Deer in the park, well that's what he told me he was admiring. Eric had a reasonable run and was only a little slower than last year. I had a good run though was a little disappointed not to go under 28 mins. The standard of entries was pretty high with Sonia O'Sullivan winning the ladies race at a bit more than a canter.

Harrier	Time	Position
Piers Puntan	28:20	55 th
Eric Tilbury	31:32	135 th (9 th V60)
Steve McNair	32:22	163 rd (47 th V40)

517 finished

CONSISTENCY LEAGUE

With a few more races done it looks like Bliss is running away with it. Will he get injured – probably, will the rest be able to catch him, almost certainly.

Runner		Alton 10	Kintbury 5	Winchester 10k	Winchester 5k	TOTAL
1	Mike Bliss	20	19	40	20	99
2	Lee Tolhurst	18	20	38	19	95
3	Richard Clifford	19	18	36	18	91
4	David Titcomb	15	15	30		60
5	Keith Vallis		17	28	15	60
6	Mick Woods	12	12	26	7	57
7	Neil Martin	17		34		51
8	Piers Puntan	16	16		14	46
9	Bob Hawyrak			32	10	42
10	Eric Tilbury	14	13		8	35
11	John Castelli		14		9	23
12	Peter Williams				17	17
13	Dave Bush				16	16
14	Steve McNair	13				13
15	Ryan Wakefield				13	13
16	Brian Hay				12	12
17	Nigel Maughan		11			11
18	Martin Allen				11	11

Ladies

	Runner	Alton 10	Kintbury 5	Winchester 10k	Winchester 5k	TOTAL
1	Helen Heap	19		40		59
2	Monique Van Nueten			38	19	57
3	Belinda Lade			36	17	53
4	Cath Wheeler	20			20	40
5	Liz Sandall-Ball				18	18
6	Gwyneth McLaughlin				16	16
7	Karen Burton				15	15
8	Helen MacMahon				14	14
9	Moira West				13	13

NHTT (NORTH HANTS TIME TRIAL) 5km 26th July *from Lee Tolhurst*

I woke-up at 8:10am and decided that despite the mild hangover I would give the new free race a bit of bash to see what it was like, I has already registered on the web-site a week before which literally took 1min, so there was no registration required. After a game of find the kit, I finally left the house at 8:40 arriving at war memorial park in Basingstoke at 8:55, just in time for the start, good job there is no numbers or registration.



I met Neil and managed a very basic warm-up. We then walk the 200m to the start and after the least fuss I have seen at any race we were off, I stayed with the eventual leader and winner for the previous 2 weeks for the first half lap, when I took a wrong turn despite the course being well marked. In the end he proved strong over the largely flat circuit and on the second lap I was overtaken for 2nd. However after rallying I held onto 3rd in 17:35.



On finishing I was given a metal dog tag which I handed to the timekeeper who asked my name to record my result. Neil ran well after a longer warm as he ran from home (1km) to get to the start cruising round in 19:54 to record a new PB and a first 5km under 20mins coming home in 8th place (37 ran). The results and piccies were on the web site that afternoon <http://www.parkrun.com/> *Ed's Note – How come neither of you were wearing the Harriers Colours?*

I would recommend this event which is run every Saturday at 9am to anyone who wants a time trial to improve their speed, which costs nothing, is well run (better than most big events) and doesn't affect your weekend plans. (Just register for the first time only on the website by 6pm on the Friday before)

BOLDRON SPORTS OPEN XC RACE 2nd August *from Lee Tolhurst*

My annual northern pot hunting exploits were once upon me as I took the trip to County Durham to try and retain my trophy and add to my prize fund! After Daisy showing the way coming second in the under 5's and wining the wheelbarrow race, I had to perform again this year.

Despite a better standard of competition and a harder course, the hill had been ploughed but not rolled this year and it will be winter before the grass had grown, I took the lead after around 100m and was never headed again to win for the third year in a row, to much cheering from the crowd, well Daisy and her cousin!