

**Overton
Harriers**



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Athletic Club

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July 2010 Issue 396

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

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

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You can view or print this and previous editions from our website

August 1 st	Lambourn Festival 5 miles Milland Valley Multi Terrain 13 miles
4 th	Yateley 10k Portsmouth Prom 5km
8 th	SIDMOUTH 10K <i>Consistency League Race</i>
9 th	Thruxton 5k
15 th	Isle of Wight Half Marathon
19 th	SUMMER HANDICAP
22 nd	Championloop Val-Mere in Belgium Burnham half marathon
September 1 st	Portsmouth Prom 5km

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

FRANNY'S BITS

The highlight of the month was the superb turnout for the Mob Match which probably the biggest turnout in the clubs history for a race, everyone involved deserves a big pat on the back after we overhauled a big points deficit to win the fixture.

The ladies team is getting noticed in local races and a little farther a field as well. The great runs from Hannah, Kerri & Kate at High Wycombe would normally have won the team prize but unusually the organisers decided on making it 4 to score.

Congratulations to Moira who won the 200 metre bronze medal in the recent European Veterans Championships in Hungary and narrowly missed out on further medals in the 100 & 400 metres. Our joint Andover/Overton Track and Field team have been promoted to Division 2 in the Men's Southern League Track and Field a great achievement.

A reminder to all that the Overton 5 is fast approaching, any volunteers to assist with marshalling should contact JT. Also could all club members try and sell as many raffle tickets as possible.

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.

The junior training on Thursday evenings has been a great success and many thanks to those who have helped on these evenings.

This report is now well overdue, owing to the fact a Mr. S.Holmes has never written a report and is not about to start now. So I thought I better write something-up.

We knew we were in for a tough run on a rather undulating course, but the hot May sunshine was enough to turn this into an endurance 10k. This was confirmed by the Williams Girls and Daisy Tolhurst finished the 1mile fun run needing bottles water. The Girls put in a brilliant performance covering the hilly course in around 10minutes.

It was then the Dads turn. Pete set off and for the first 50m was leading, making him the only runner to head Simon Plummer all day as he made light of the hills and heat finishing in 32:25 (new course record). Pete then got into the groove and was on the look out for any old gits trying to pass as he pushed on the V40 prizes.

I realised early on this was a course that was going to suit Sean, well in the early stages at least and let him go after about 1.5km. Sean then started reeling in the runners just ahead, catching and passing first a group and two then a lone runner all of which decided to try and stay with him on the hills, as I passed them sometime later they looked to be suffering for this foolish endeavour.



We approached the 6km marker at the top of a steep hill and Sean was catching and passing the 3rd placed runner a good 400m ahead and only occasionally in sight. The tables then turned, the last 4km were downhill and I could start to reel them back in. With each foot step they were coming closer and as we turned back into the park I was about 50m down on Sean in 4th and 100m down on 3rd.

The last 200m were neck and neck Sean just losing out to downhill momentum by the heavier runner to as we claimed 4th and 5th.

Pete was soon over the line in 11th to claim the 2nd V40 prize. We all managed to find a kind lady with a hose for a cooling shower before a day looking around the zoo, where at various times we fell asleep in various unlikely positions whilst pretending to watch the children.

Unfortunately I didn't see the ladies finish and haven't heard how their races went but it looks pretty good, resulting in a second position for the Ladies Team. Shame there wasn't another man otherwise the men's team would have won.

Harrier	Time	Position
Lee Tolhurst	37.01	4 th
Sean Holmes	37.05	5 th
Peter Williams	38.16	11(2 nd V40)
Keri Barton	47.31	13 th Lady
Kate Groundsell	49.48	24 th Lady
Katy Rundle	37.01	88 th (30 th V35)

811 finishers – Ladies Team 2nd

Compton is situated a few miles north of Newbury and this race was first held 4 years ago. It is a small event which is held as part of the village fete and the results system is writing the runner's name, number, age group onto a sticky label, as you cross the line a recorder notes your position, number & time. Your position & time is transferred to the label which is stuck to the result board. Amazingly my result was posted within 5 minutes of me finishing. I doubt if this system would work with 500 runners.

Rebecca discovered the delights of a true off road event for the first time and now knows what is like to run up a real hill. She started well and was up with the leading ladies as we hit the first climb, this was long and stony and gave a warning of what was to follow.

The following climb up onto the Ridgeway is not long but quite steep and was made worse by the very hot conditions.

Rebecca finished well as fourth lady but for the second week running she picked up the 3rd place prize as the runner in front won the "local's" award.



I made a steadier start as I knew what was coming up, the climb to the Ridgeway path caused a few in front of me to walk but I held back as I knew that there was another long climb to follow.

Unfortunately for me, the course had changed from when I had last run it and the long hill failed to appear, this meant that I had plenty of energy to attack the last 3km passing at least half a dozen runners but knowing that if I had not held back I would have made the top 30.

Harrier	Time	Position
Rebecca Brady	42:22	21 st (3 rd Lady)
Richard Francis	44:55	34 th (9 th V50)

81 Finished

The first club championship of the year resulted in 13 Harriers making up almost half the field for the lap and a bit around the race circuit with a lot of posturing from those challenging for the Alpha Male position.

Lee took the lead and stormed round for a PB breaking Pete's course record in the process, Sean's PB narrowly missed out on breaking 17 minutes while Pete shaved 12 seconds from his previous course best for third. Greg put in a fine run to come home in front of the fast starting Bushy with Neil running well to make it 6 harriers in the top 10.

Piers moved through the field after a steady start to lead home Rebecca who improved on last month's time by 48 seconds to finish first lady. John had to pull out all the stops (and a bit extra) to catch Kerri in the closing stages, she improved on last month's run by an impressive 67 seconds and set her second 5k PB in 3 days.

Despite the warmer weather I also ran faster than last month but only by 12 seconds, Liz made a welcome appearance and was 5th lady home ahead of Lucy who had been suffering with a cold and narrowly missed her PB set in a Parkrun several weeks before.

Harrier	Time	Position
Lee Tolhurst	16m 50sec	1 st
Sean Holmes	17m 08sec	2 nd
Peter Williams	17m 22sec	3 rd (1 st V40)
Greg England	17m 51sec	7 th (3 rd V40)
Dave Bush	18m 02sec	9 th (6 th V40)
Neil Martin	18m 44sec	10 th
Piers Puntan	19m 36sec	14 th (8 th V40)
Rebecca Brady	20m 13sec	15 th ((1 st Lady)
John Castelli	20m 33sec	17 th
Keri Barton	20m 34sec	18 th (2 nd Lady)
Richard Francis	21m 42sec	20 th (4 th V50)
Liz Sandall Ball	24m 21sec	26 th (1 st V45)
Lucy Griffiths	24m 49sec	27 th (6 th Lady)

30 Finished

MOB MATCH **15th July** *from Richard Francis*

What a difference a month makes !!!!!

Following our defeat in the away fixture we had an amazing turnout for the home match and matched our guests for a 30 per team showdown. This is probably the biggest club turnout for any race any many thanks to all of you.

Lee took the individual honours on the night and, with Sean breaking the 20 minute barrier for the first time and Greg putting in his best run for some time to get the better of Pete, things were looking good. A rare appearance from Tim and storming runs from Bliss, Richard & Neil gave us 8 runners in the top 11 and we looked good for a home win.

The question was "Can we claw back the deficit from the first match?" the answer was "Of course we can".

Cath was first lady home and was followed with solid runs from Keith, Andy & Martin. Less than a minute covered our next three ladies with Hannah leading home Rebecca & Kerri with all three re-writing their PB's big time with Dave Titcomb also getting into the mix. Steve edged out Matt and it was good to see that Gavin has still got a useful pair of racing legs.

Kate had the closest finish of the night ahead of young George who listened to my mid race advice about running the most direct line and promptly left me for dead going up the Lynch to record a superb time for a junior. John Castelli missed his appointment with the starter but stormed past me on the final downhill while Piers had a re-occurrence of his hamstring injury but put in a captain's effort to finish.

Michael continued on the come back trial and seemed pleased with his run to beat Denny while John Hodge put in a rare race to take the Vet 60 honours from ET. Our second Junior was Robbie who can also feel really proud of his run as could the improving Lucy who was also on PB form. Liz put in a great run and with Basingstoke's last 5 counters behind her she secured the victory by 777 points to Basingstoke's 1058.

Many thanks to John and Jane for arranging the timekeeping with Ken & Wendy, JT for marshalling the first & last corners, Martin & Jamie along the Lynch & Richard Baldwin for stopping our guests making a return visit to Whitechurch. Thanks also to Liz for supplying the food and last but not least Geoff and Monique for running the BBQ in the damp conditions.

At long last I can now claim a club record.....for naming the most people in a newsletter report.

Full results are on the club web site.

JULY HANDICAP **15th July** *from Richard Francis*

Incorporated with the Mob Match was the third summer handicap and following this run Lee was again the fastest runner and has sewn up the time league. Shaun has guaranteed the silver in the time league while Greg needs to a miracle to overhaul Pete for third.

On the night an improved run from Greg saw him take a narrow win over Bliss, Hannah took third and currently lies second in the Handicap League behind Kerri on count back as they both have 8 points with Kerri having the better 3rd race result. However the Handicap League is being hotly contested this season with Monique and Martin close behind the leaders on 11 points and the handicapper & Lucy having 13 points.

Full League tables are on the club web site and the final race looks like being a cracker.

Pos.	Runner	Fin Time	H'Cap	Fin Time	Time Pos
1	G. England	32.03	11.44	20.19	3
2	M. Bliss	32.10	10.40	21.30	6
3	H. Oliver	32.33	9.22	23.11	13
4	M. Ball	32.39	6.26	26.13	25
5	A. Hartley	32.41	10.00	22.41	11
6	L. Griffiths	32.51	4.51	28.00	30
7	T. Harris	32.54	12.00	20.54	5
8=	G. Preese	32.59	7.30	25.29	21
8=	M. Groundsell	32.59	10.00	22.59	12
10	K. Barton	33.01	8.51	24.10	16
11	R. Brady	33.02	9.14	23.48	14
12	E. Sandall Ball	33.10	2.30	30.40	31
13	C. Wheeler	33.26	11.29	21.57	9
14	S. McNair	33.32	8.55	24.37	17
15	R. Francis	33.38	7.57	25.41	23
16	R. Clifford	33.42	12.07	21.35	7

Pos.	Runner	Fin Time	H'Cap	Fin Time	Time Pos
17	S. Holmes	33.49	13.52	19.57	2
18	K. Groundsell	33.50	8.13	25.27	20
19	L. Tolhurst	34.00	14.35	19.26	1
20	D. Titcomb	34.03	10.07	23.56	15
21	P. Williams	34.08	13.28	20.40	4
22=	E. Tilbury	34.12	6.43	27.29	28
22=	N. Martin	34.12	12.33	21.39	8
24	K. Vallis	34.13	11.38	22.35	10
25	M. Grimes	34.20	9.30	24.50	18
26	G. Duncan	34.22	9.10	25.11	19
27	R. Dennison	35.17	7.30	27.47	29
28	P. Puntan	35.58	10.09	25.49	24
29	J. Castelli	36.00	10.25	25.35	22
30	J. Hodge	36.40	9.30	27.10	27
31	M. Dennison	36.48	10.00	26.48	26

HIGH WYCOMBE Half Marathon **18th July** *from Kate Groundsell & Hannah Oliver*

Kerri, Hannah, Matt and I travelled to High Wycombe for the Grant and Stone Wycombe 10k and Half Marathon on Sunday 18th July. After booking the race we read that it was fairly hilly which it most definitely was! It started on The Rye and the first few hundred metres were on grass. Both races, the 10k and the half set off together and a few miles in after reaching the top of the never-ending hill, runners kept left for the 10k and kept right to run the half.

Once the major hill was out of the way, the race was mainly flat and we went through many council estates and residential areas of Buckinghamshire. There was a lot of running up and down pavements and around parked cars, pedestrians, overgrown trees and wheelie bins, but overall it was a well organised race and pretty friendly.

The final mile felt very (!) tough as there was another hill (though thankfully much shorter) and we ended up running on a track around the edge of The Rye and finishing back where we began. I got a PB of just under 1hr 45 which I was really pleased with especially as it began so steep, and Kerri and Hannah did fantastically. Hannah was the 5th woman home in 1hr 37.42 and Kerri wasn't too far behind with 1hr 38.20. Although the course itself wasn't too inspiring, it was well organised, cheap to enter (just £11) and the goody bag, medal and technical t-shirt for finishers made it all worthwhile – with an added bonus of a PB of course!

Overall a great race with the chocolate buttons my supporters bought me for afters doing wonders for my recovery as well!

Harrier	Time	Position
Hannah Oliver	1' 37" 42"	108 th (9 th Lady)
Kerri Barton	1' 38" 20"	124 th (12 th Lady)
Kate Groundsell	1' 44" 58"	240 th (28 th Lady)

Moira has just returned from Nyiregyhaza in Hungary after competing in the European Championships with great success. In her age group she finished 4th in the 100 metres and only missed out on a medal by seven hundredths of a second. She ran a PB of 72.57 seconds to gain another 4th place in the 400 metres. In the 200 meters she won her heat and finally made it to the rostrum when taking a well deserved bronze in the final.

In her own words she returned home “knackered”

100 metres	Heat 2	2nd	15.70 sec
	Final	4th	15.43 sec
200 meters	Heat 1	2nd	32.46 sec
	Final	3rd	31.89 sec
400 metres	Heat 1	1st	75.76 sec
	Final	4th	72.57 sec (PB)

SOUTHERN LEAGUE *from John Hoare*

After the successful opening meetings our joint team needed one second place and a win to guarantee promotion to Division 2 of the Southern Men’s League. The first match at Basingstoke gave us the perfect start although with about two thirds of the meeting gone our depleted squad looked as though they would have to settle for the required second place as they were some thirteen points of the lead. But a magnificent fight back saw them grab an unlikely win by a single point with a succession of strong results over the last few events.

Our lads did particularly well with Simon making his first appearance of the season with a fine second place in the ‘A’ string Hammer. Sean did a similar good job in the 5000m as he also took an ‘A’ string second while Lee went one better scoring an outright win in the ‘B’ string Steeplechase. Keith kept up his appearance record as he completed as a non scorer in the 5000m.

RESULTS – BASINGSTOKE – 10.07.10

<u>Hammer</u>	‘A’ 2 nd	S Morgan	26.72m	1. Andover/Overton	103
<u>5000m</u>	‘A’ 2 nd	S Holmes	17m 32.2s	2. Team Kennet	102
	N/S	K Vallis	20m 00.9s	3. Team Dorset	78
<u>3000m S/C</u>	‘B’ 1 st	L Tolhurst	10m 49.5s	4. Winchester	70

And so to the last match at Guildford. And after once again trailing in the first half of the match we came through strongly to pick up yet another win. Four first places and one second was the reward for an excellent season and we will now be testing our squad in the higher reaches of Division 2 after this promotion. Unfortunately it was not quite enough to go up as champions as the one point we dropped was against the strong Newquay and Par team who pipped us for the title by just half a point. Individually our distance boys had a tremendous afternoon. Lee came away with an excellent win in the 5000m beating not just everyone in our match but also in the Division 2 match which was run in conjunction. And he was well supported by Sean who comfortably won the ‘B’ string while Keith improved his time from the previous meeting running as a non scorer. Full of confidence Lee then went out and destroyed the opposition in the Steeplechase to complete a fabulous afternoon.

RESULTS – GUILDFORD – 31.07.10

<u>5000m</u>	'A' 1 st L Tolhurst	17m.10.1s	1. Andover/Overton	120
	'B' 1 st S Holmes	17m 28.9s	2. Chichester	112
	N/S K Vallis	19m 38.1s	3. Royal Navy	80.5
<u>3000m S/C</u>	'A' 1 st L Tolhurst	10m 53.3s	4. Fleet & Crookham	43.5

Next season brings a different format. Instead of 16 teams as there are in the regional divisions we will be competing in a league of 25 teams. Each match will consist of five teams rather than four and there will be six matches as opposed to the current five. And as the higher divisions are not regionalised we can expect more travelling. Quite a new challenge!!

FINAL LEAGUE TABLE

1. Newquay & Par	570	19.5
2. Andover & Overton	555.5	19
3. Radley	517	17
4. Team Kennet	486.5	16
5. Basingstoke	469	15
6. Southampton	486.5	14.5
7. Chichester	491.5	13.5
8. Team Dorset	455	13.5
9. Yeovil Wells	471	13
10. City of Plymouth	433.5	11
11. Royal Navy	421	11
12. Bath & Salisbury	335	8
13. Havant	329.5	8
14. Winchester	299.5	8
15. Bournemouth	278.5	8
16. Fleet & Crookham	235	5

WEDDING DAY 7k 30th July *from Piers Puntan*

The usual suspects, Steve, Eric and I all arrived with huge amounts of time to spare this year after 2009 traffic jams. You'd think that with all that time to warm up I wouldn't have had any chance of getting injured – I did, hamstring pull at 3k; not desperate but enough for Eric and Steve to pass me.

Steve had an OK run a few seconds off his previous years time whilst Eric took over 30 seconds off his; a good result.

Harrier	Time	Position
Steve McNair	30' 51''	131 st (39 th V40)
Eric Tilbury	32' 33''	9 th (9 th V60)
Piers Puntan	34' 00''	228 th (60 th V40)

506 finished

Harriers had two competitors Ed Simpson who won the 5000M & Moira who was second in the 400M

OVERTON HARRIERS COMMITTEE MEETING **1st July 2010**

1. **Training Weekend** – Decision made to try Norfolk, the cottages have been booked for a party of 30. Richard Clifford to request deposits in the next month.
2. **Club Clothing**
 - a) New Hoodies order approved for sale at £15
 - b) Club Vest are available in a full range of sizes
3. **Overton 5** – is progressing well, the next meeting is 14th Jul. The programme deadline is now looming
4. **Junior Section**
 - a) The first 2 weeks have seen turnouts of 17 & 20 well up on last years 6-10.
 - b) Lots of positive feedback has been given about the range of activities and the quality of the coaching
 - c) A catch-up meeting has been arranged for Thursday 8th July to discuss
 - i. Set date and venue for the Pentathlon
 - ii. Agree progression beyond the current 4 planned weeks
 - iii. To ensure that we are happy with the direction of travel
5. **Treasurers Report**
 - a) One member is in arrears with race fees, they will be pursued for further payment and no further race entries will be made on their behalf
 - b) AV has been added to the cheque signatories list
 - c) The May accounts were presented and agreed. The following issues were brought-up
 - i. Southern League, has been a total expenditure of £600 this year
 - Track fees make up £200
 - Coach to Plymouth is a further £150 which was for 3 Harriers
6. **Secretaries Report**
 - a) NM reported that the EA affiliation fee has been paid
7. **Website**
 - a) Lucy Griffith has offered to update the website and create a Facebook page to help communicate to a wider audience especially about training times and events. The Committee agreed
 - i. This will require commitment and a supply of information to keep it fresh
 - ii. MvN will liaise with LG to pull this together
 - iii. **Any idea's for content please let Lucy or Monique know**
8. **Forms**
 - a) AV will review all forms once they can be supplied electronically, update where required and create new ones if needed
 - b) A new section will be added the website for forms

Next Meeting Thursday 5th August 2010

CONSISTENCY LEAGUE

Men

	Runner	Twist 5	Thruxton 5k	Mob Match		TOTAL
1	S. Holmes	20	38	19		77
2	P. Williams	19	36	17		72
3	G. England	18	34	18		70
4	L. Tolhurst		40	20		60
5	N. Martin	16	30	13		59
6	J. Castelli	13	26	8		47
7	D. Bush	15	32			47
8	R. Francis	11	24	7		42
9	P. Puntan		28	6		34
10	R. Clifford	17		14		31
11	D. Titcomb	12		10		22
12	T. Harris			16		16
13	M. Bliss			15		15
14	M. Crawshaw	14				14
15	K. Vallis			12		12
16	E. Tilbury	10		2		12
17	M. Groundsell			11		11
18	S. McNair			9		9
19	M. Ball			5		5
20	M. Dennison			4		4
21	J. Hodge			3		3

Ladies

	Runner	Twist 5	Thruxton 5k	Mob Match		TOTAL
1	R. Brady	18	40	18		76
2	K. Barton	17	38	17		72
3	L. Griffiths	15	34	15		64
4	E. Sandall Ball		36	14		50
5	H. Oliver	19		19		38
6	C. Wheeler			20		20
7	A. Dennison	20				20
8	K. Groundsell			16		16
9	D. Wicke	16				16
10	M. Van Nueten	14				14

OVERTON 5

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 hasn't been finally fixed but likely to be either Friday 21st or 27th August from 6.30-8.30 p.m. and then on to the Red Fort. If interested please add your name to the list on the notice board.

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 (14th, 21st and 28th 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 notice board.

MARSHALS

If you are not running please could you marshal. JT will be organising.

OVERTON 5 EVENING PARTY



Saturday 4th September 2010
7:30pm – midnight
St Mary's Hall, Overton

Live Music from local talent -

Food included for only £10!
Bring your own drink

This is open to all club members families and friends,
please invite everyone, the more the merrier!

For tickets please see Clare, Kerri or Lucy at club Mondays or Thursdays

Or call:
Clare 07793662483
Kerri 07989416319
Lucy 07795325443


