

**Overton  
Harriers**



**&  
Athletic Club**

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July 2011 Issue 407

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August	3 <sup>rd</sup>	<b>Portsmouth Prom 5km</b>	<i>Con. Lge. Club Champs</i>
	14 <sup>th</sup>	<b>Sidmouth 10k</b>	Salisbury 5-4-3-2-1
	18 <sup>th</sup>	<b>Summer Handicap</b>	
	20 <sup>th</sup>	<b>Southern Athletics T&amp;F League</b>	
	21 <sup>st</sup>	Burnham Beeches Half Mar	
	26 <sup>th</sup>	Isle of Wight Marathon	
	31 <sup>st</sup>	<b>Portsmouth Prom 5km</b>	<i>Con. Lge. Club Champs</i>

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

### **FRANNY'S BITS**

Leading item this month has to be Moira's superb performance at the World Masters Athletics Championships, held in Sacramento USA between July 6<sup>th</sup> – 17<sup>th</sup>. Competing in both the 200m & 400m she put in a fantastic display to qualify for both finals but sadly was unable to get amongst the medals this time. Moira can feel really proud of her achievements and her continuing enthusiasm & commitment to the sport is an inspiration to us all.

Congratulations to Lee and his organising team for another successful Kingsclere "Twist" 5 race. Once again they provided a well marked out course that was made even tougher by the very warm weather. Thanks to all those club members who helped to make it a great day.

There was a great turnout for the Mob Match where we sealed a convincing overall victory; please can everyone give themselves a big pat on the back.

At the time of writing the joint Andover / Overton track & field team are top of the table & looking good for promotion.

Both the summer handicap leagues are wide open, the last race is on August 18<sup>th</sup> so please try and make it for the 7:30 start.

Please note that the club 5k championship is being held over the two August runnings of the Prom 5k. Your best time from either race will count. Entries are available on the night.

**WOODLAND 5**     **29th June**     *from Richard Clifford*

In desperate need of some race fitness and practice over hills and off road, I decided to get a late entry for the first race of the Woodland 5 series of three midweek summer races. This is a race that starts literally outside Broadmoor in Crowthorne and runs for just over 5 miles through the woods that border the hospital. I've done the race a good few times before – once finishing 4<sup>th</sup> for the series, obviously prizes were given to the first 3 – and usually stagger home a little behind Greg as he sweeps to another victory in the Vets race. However, with the rotund, aged one injured there seemed little prospect of that happening on this occasion. Confident in my ability to be first Overton Harrier in a field containing only one I was a little disconcerted to bump into Dave Bush in the car park and realise I was going to have to run well to beat him. Adding to my confusion was the fact that the course had changed since the last time I ran the race about 2 years ago. The 'Woodland 5 and a Bit' used to be famous for being about a 6 mile race. Realising this, the organisers got round last year to altering the course to make it much closer to a 5 miler. Kindly, however, they did assure me that, "the hill is still there and you still have to run it twice". The hill in question is painfully steep but mercifully quite short. It comes midway through a lap of about 2 miles that you run twice after a short lap of about a mile to start. More worrying for a runner of my deficiencies is that this hill is merely the sharpest incline in a course that consistently rises and falls. If you don't like hills (and I don't) this is quite a tough night out. It can be made even worse by mud. Fortunately this time it was almost completely dry.

I started fast and actually led for the first 10 downhill metres or so until the eventual winner (in 29:23, pretty impressive for this course) realised that he was in inadequate company and swept ahead. He was quickly followed by about 15 others and I was soon back in the pack (as soon as we turned uphill, natch). I hadn't seen Dave since the start but knew he couldn't be far behind so concentrated on trying to settle into a rhythm and pick off the people in front one by one. By the time we'd finished the first short lap of a mile I was in 12<sup>th</sup> place. The next half mile, the start of the big lap you run twice, is a straight, flat wide track and I could see everyone in front of me. There was clearly a young lad who'd gone off a bit quickly and I focused on catching and passing him as quickly as possible. I achieved this just as the race turned into the woods along a narrow track. Confident that he would then hold up everyone behind me, I plugged on up and down hill (after hill, after hill) and was surprised at the end of the lap with 2 miles to go not to be able to hear anyone behind me.

By this time the guys in front of me had got a bit too far away and it was apparent that barring a collapse from someone in front or myself or a huge effort from a runner behind I was going to finish 11<sup>th</sup>. This is in fact exactly what happened. I made some inroads into the lead of the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> runners without ever really looking like catching them outright and (I found out from Dave later) slightly extended my lead over the guys behind but the my last 2 miles were effectively a pain-filled exercise in maintaining the status quo enlivened only by lapping some of the slower runners as I approached the finish.

Overall, I was disappointed with both my finishing position and time but pleased I was able to have sufficient time to recover to be able to shout at Dave to sprint as he finished a couple of places and 30 seconds or so behind. A good run from Dave since he never has time to train these days and relies on the Frimley Park Run for his weekly running fix. Races 2 and 3 in the series will be held on the last Wednesday of July and August at 7:30pm and 7:00pm respectively.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Richard Clifford	34m 02sec	11 <sup>th</sup>
Dave Bush	34m 39sec	13 <sup>th</sup> (5 <sup>th</sup> Vet)

## “Quote of the Month”.

*“This isn't a race report, more a documenting of a man being brought face to face with his limitations”..... A Hartley.*

### Lake District Training weekend 25th/26<sup>th</sup> June

I rose at 4.15am ready for two long days in the hills. I'd got the 1 man tent and 3 tubs of tuna pasta and a rucksack full of optimism. I'd been on the maps for weeks looking at routes and I was sure what I had planned was challenging but achievable. How naive.

I arrived at Wasdale Head 5 hours after leaving. This is a very remote spot. It takes well over an hour to get to after leaving the M6 looping round the valleys all the way to the Irish Sea before heading up the one road up this narrow valley. When you drive alongside the lake it is quite intimidating. Dark grey scree slopes tumble down to the water on one side and heather, gorse, moorland and mountain on the roadside of the lake.

The far end of the lake was full of Three Peaks' minibuses. It was the longest daylight weekend of the year and several major companies had hired vehicles for their well paid staff to waddle up Scafell Pike. However once past the car park I was at my luxurious campsite. £2.50 a night- it doesn't get any cheaper. With a single cold tap and outdoor toilets that didn't work well I was in heaven! No wonder Charlie had declined the invite. However I got my tent up in just over 10 minutes on my own whilst being watched; I felt like Davey Crockett. I then got into my kit, got my bag sorted and headed into the hills.

The weather was crap. Whilst Southern England basked in warm summer sunshine, the lakes didn't. The cloud was at around 200 metres, the drizzle was intermittent and the wind was very strong on the tops. It was OK, I'd be fine, wouldn't I? I could read a map, use a compass. What could go wrong? Maybe I'd over-reached myself by choosing the Wasdale Fell race route to run, this is notoriously a very difficult race to run and many people don't beat the cut off times every year as they get lost on the fells or don't cope with the climbs and tough terrain.

I headed up my first two summits Illgill and Whin Rigg and it was OK. I was soon in the swing of using the compass again but it was very claggy. I could see about 20 yards and it made navigating a challenge. To get off Whin Rigg there was a path marked and I think I found it as there was a cliff edge with a small cairn on top of it. However I could not see down and over the edge to know whether it was a path or if I took it I would fall in a 127 hours-like incident. I chickened out and went down a slope that was carved out by a small stream. As I descended it became bigger and the gorge deeper and suddenly I found myself staring over a waterfall. Bugger..... I had to climb out of the gorge and then descend through thick bracken and boulders to the bottom.

The next 3 miles were across farmland and moors so no problems here. My next mountain was Seatallan and the route map doesn't give you a way up and the OS map has no paths on it either. I went up a track next to another gill hoping to hop over it and reach the summit. The rain was coming down by now and the wind was whipping up. I was starting to get a bit miserable. I'd been going for nearly 3 hours now. Coming off Seatallan was crap and I found myself next to Greendale Tarn. It was the sort of lake that you might find a bloated corpse in so I looked away from the water.

At the end of the lake was a marsh that was featureless and large. I got lost here, picking up sheep trods (little paths) occasionally, before losing them. I seemed to go in circles before finding a path which took me steeply uphill. My map and instincts told me this was the right thing. At the top (890 metres above sea

level) the wind was howling but I felt like I'd got out of the swamp and could now get going again. However after walking along a path for what seemed like ages with steep drops on either side the path ended and I came to a steep drop that wasn't on my map. I got confused now and walked up and down this wall several times.

Every time I tried to head down I came across sheer cliffs. I couldn't see a thing and by now I'd been out for over 5 hours and it was after 6 o'clock. I was starting to panic. I got my map out again, read the compass a thousand times but nothing seemed to make sense as my disorientation really took hold. I was freezing now and starting to crap myself. So I did what any soft southerner would do and I phoned Mountain Rescue! But they said "stay where you are and we'll phone you back within 15 minutes". I shivered, ran up and down but the phone never rang. I took a gamble and headed off the mountain in a slightly different direction. I followed another gill down going through bog, bracken and gorse before eventually emerging into some woods after about an hour. There was no phone signal until I got to the very bottom and eventually I was able to re-phone the Mountain Rescue team. As I studied the features around me I realised I was in the wrong valley. I'd descended into Ennerdale. This was not good. By road it was 30 miles back to Wasdale Head! I re-phoned the Mountain Rescue Team and they turned up with gritted teeth, they told me it was fine that I'd phoned. They also gave me a couple of biscuits and some tea and a lift back !

By the time I got back to my tent it was 10 hours after leaving and despite looking at the map since then I can make no sense of what happened to me. I feel a bit embarrassed but I had no choice at that moment and in those conditions. The clag was very thick, the paths appeared and disappeared and the ground was featureless in the limited visibility. Mother Nature once again showed who was boss!

The next day after a broken nights sleep (a tent full of shaven headed Scousers thought that drinking beer and swearing loudly all night was just what the camp site needed. Thanks lads. Next year try Marbella eh?) I was up and did a more mainstream route up the valley head to the base of Great Gable before taking the Corridor Route up Scafell Pike and then coming down quickly. I felt good at the end so some of the demons of the day before were exorcised.

All in all a great weekend but definitely some lessons learned.

### **TRY THE TRACK ( & FIELD )**

In the past, summer reports always included the track & field boys, nowadays it is a pleasure to give the track & fields girls a mention with Moira flying the club flag at the World Veterans Championships in America. Kerri is another regular on the track this season with Cath also competing.

There are several others at the club (both male & female) who have the ability to compete and possibly just need to pluck up the courage to do so. We currently top the league table and it would be great to get a few more Harriers trying out a few events.

### **KINGSCLERE 5    3<sup>rd</sup> July**

It was another warm day for this race with a healthy contingent of Harriers toeing the line. Sean was soon at the front and put in a do or die effort, he led until the closing stages until James (who had been stalking him throughout) put in a fine finishing effort to take the win. Neil has been looking good in the Thursday sessions and he confirmed this by coming home well clear of Stuart who led home a pack of Harriers.

Richard got the better of Robin who seemed pleased with his run following his injury worries while Keith Vallis put in a great run to take 10<sup>th</sup> place. Bushy started fast and ran well for 12<sup>th</sup> and was around 30

seconds clear of a flying Hannah who put in a great run to finish second lady. This was especially pleasing considering her recent injury woes. Keith is slowly improving his fitness level and led home the usual fight between John & Dave with John again taking the honours.

Kerri was next home and had a large margin over Steve who was still struggling with the after effects of a virus and Eric. Steve is making great progress and put in a solid run ahead of Lucy who has been training hard for her up coming triathlon. Kate led home Katie & Kate (This is getting confusing, especially on rep sessions). Kate G is still trying to regain her pre marathon form while Katie made a rare race appearance and put in a good run in the testing conditions. Kate E ran a sensible race picking off runners as the race progressed and should be very pleased with her progress so far. Splitting the Kates was Clementine who has been out with the Monday ladies group recently and she ran well to comfortably beat the hour mark.

1st	J.KNIGHT	28m 54sec	25th	D.TITCOMB	35m 47sec
2nd	S.HOLMES	29m 0sec	30th	K.BARTON	36m 52sec
5th	N.MARTIN	31m 17sec	45th	S.McNAIR	38m 53sec
7th	S.SEARLE	31m 38sec	46th	E.TILBURY	38m 58sec
8th	R.CLIFFORD	32m 06sec	56th	S.EDWARDS	40m 26sec
9th	R.OAKLEY	32m 20sec	61st	L.GRIFFITHS	40m 55sec
10th	K.VALLIS	32m 40sec	73rd	K.GROUNDELL	43m 16sec
12th	D.BUSH	33m 48sec	76th	K.RUNDLE	43m 51sec
14th	H.OLIVER	34m 25sec	142nd	C.WAKEFIELD	55m 51sec
21st	K.CLARK	35m 11sec	152nd	K.EDWARDS	62m 28sec
24th	J.CASTELLI	35m 30sec			

*159 Finished*

## **TRAINING WEEKEND**

*from Richard Clifford*

Overton Harriers will be holding its annual training week(end) in its usual slot of the Spring half term holidays in 2012. After excellent feedback we will be returning to Weybourne Cottages (<http://www.weybourne-holiday-cottages.co.uk>) on the north Norfolk coast. Like last year we expect to be arranging evening meals at the nearby Ship Inn (<http://www.shipinnweybourne.co.uk>) for the duration of the weekend and Sunday lunch at a local pub/restaurant.

This communication is to gauge the level of interest in the break to allow us to book the right number of cottages and places at the pubs. For those new to the Club the training week(end) is an annual tradition that sees the Club decamp from its base in the Hampshire countryside to a location offering a completely different running and social environment with an equal emphasis on both. All members of the Club are welcome to attend along with partners and families (whether runners or not).

The Club normally books cottages for a week with some people attending for a long weekend (Sat-Tues) and the remainder staying on for the full week (Sat-Sat). There is a slight variation in cost to reflect the differing length of holiday with costs last time being £145 per person for the weekend and £157 per person for the week (including Sat-Mon evening meals and Sunday lunch). We would not expect prices to vary too much from this benchmark for the coming year although we have yet to confirm costs since they are somewhat dependent on numbers attending.

The long weekend tends to be relatively organised from a running and social perspective with sessions being organised on a twice-daily basis and meals arranged in the evenings. Participation in the sessions and attendance at the meals is obviously entirely voluntary! After the weekenders leave arrangements

tend to become a little more freeform and loose but the emphasis remains on the social with people usually meeting up on a daily basis for a run or a trip out. I'm sure that if you ask any long-standing member of the Club they will confirm that the training week is one of the highlights of the year.

The training week will run from Saturday 11 Feb 2012 to Saturday 18 Feb 2012 (or Sat 11 Feb-Tues 14 Feb for the weekend). Could you please reply to this email by Friday 29 July if you would like to come indicating both the number of people in your party (adults and children) and whether you will be coming for the week or the weekend?

If you have any questions please do not hesitate to ask me.

## **SOUTHERN ATHLETICS LEAGUE – SALISBURY 9<sup>th</sup> July** *from John Hoare*

There was yet another victory for the combined Andover and Overton team to head Div 2, but with a difficult fixture to come at the end of the month. And there were some sparkling performances from our group. Sean produced a fabulous PB in the 5000m as he came home in second place and surely a sub 17 minute time is just around the corner. There was also an impressive debut as a non scorer for James who did achieve a sub 17 minute time. Also running as non scorer was Keith who put in a strong run in spite of suffering from his suspect knees. And there was another PB from Lee who took another chunk off his 2000m S/C time. Lee seems to improve with every race and with a bit more polish on his hurdling technique there is still loads to come but it was a fine 2<sup>nd</sup> place overall.

We also had a trio of non scorers in the 1500m where James again took the honours but it was a tight finish between Neil and Richard that caught the eye, Neil just prevailing. Further close races between the pair to come I hope.

In the Ladies events we had just two representatives. Cath ran a strong race in the 3000m and was up with the leaders for most of the race, only losing ground over the latter stages as she picked up a good 'A' string 3<sup>rd</sup> place. And Kerri showed what club spirit is all about. With a lack of middle distance runners available she took on an 800m and 1500m double, never having competed at these distances before and still gained valuable points. Well done Kerri. A fantastic example.

### **RESULTS**

5000m	'A'	2 <sup>nd</sup>	Sean Holmes	17m 06.8s		
	N/S	1 <sup>st</sup>	James Knight	16m 55.5s	4 <sup>th</sup>	Keith Vallis 19m 33.7s
2000m S/C	'A'	2 <sup>nd</sup>	Lee Tolhurst	6m 53.3s		
1500m	N/S	1 <sup>st</sup>	James Knight	4m 36.0s	5 <sup>th</sup>	Neil Martin 4m 54.1s
		6 <sup>th</sup>	Richard Clifford	4m 54.5s		
3000m	'A'	3 <sup>rd</sup>	Cath Wheeler	11m 16.9s		
1500m	'B'	4 <sup>th</sup>	Kerri Barton	5m 54.8s		
800m	'B'	4 <sup>th</sup>	Kerri Barton	2m 55.5s		

### **MATCH RESULT**

1. Andover & Overton	232 pts
2. Vale of Aylesbury	192 pts
3. Serpentine	156 pts
4. City of Salisbury	120 pts

**HOME MOB MATCH**     **21<sup>st</sup> July**     *from Richard Francis*

Another great night with another super win to give us a convincing aggregate victory over the two legs. Conditions were a bit slippery underfoot but this did not seem to deter young Toby Smith who came home over 30 seconds clear of James with Lee & Sean battling it out just behind. Stewart ran a sizeable PB while Bliss gave everyone a reminder that he could be a challenger to the younger guns when he returns from his operation.

Further solid packing down the field consolidated our lead from the first leg with Kerri leading home the ladies and Robbie & Louie beating quite a few seniors. Kate Edwards had the biggest smile of the night as she rounded off a brilliant evening by taken over a minute off her PB. The eventual winning margin over the 2 races was 261 points.

Thanks to John, Wendy & Ken for officiating, Jill, Richard Baldwin, Claire, JT & Paul for marshalling and Liz, Geoff, Monique & Anna for the BBQ.

It was great to see so many runners turning out from Basingstoke and the comments received about the evening were very complimentary.

A special mention must go to Phil Wheeler who took up the challenge from Franny to run. Phil was one of our original juniors way back in 1974, not only did he finish in a respectable time but he then went straight on duty behind the bar.

2nd	James Knight	19.15	31st	Martin Allen	25.11
3rd	Lee Tolhurst	19.21	32nd	Kerri Barton	25.20
4th	Sean Holmes	19.43	34th	Richard Francis	25.51
6th	Stuart Searle	20.50	37th	Robbie Dennison	26.42
8th	Mike Bliss	20.57	40th	Kate Groundsell	26.55
10th	Neil Martin	21.05	41st	Eric Tilbury	27.34
11th	Richard Clifford	21.13	42nd	Lucy Griffiths	27.42
12th	Robin Oakley	21.14	44th	Louis McCann	28.43
13th	Neil Glendon	21.15	45th	Katy Rundle	28.43
17th	Greg England	21.57	46th	Sarah McCann	29.02
19th	Keith Vallis	22.14	49th	Monique van Nueten	30.07
21th	Martin Groundsell	22.37	50th	Liz Sandall-Ball	30.18
25th	Keith Clark	23.27	52nd	Phil Wheeler	30.57
26th	Piers Puntan	24.04	53rd	Dorothy Wicke	31.01
27th	John Castelli	24.17	54th	Martine Bailey	31.16
29th	Mark Dennison	24.49	59th	Katie Edwards	36.24

*60 finished*

*Overton Harriers                    724 pts*  
*Basingstoke & Mid Hants        888 pts*

**SUMMER HANDICP (Race 3)**     **21<sup>st</sup> July**     *from Richard Francis*

Included in the Mob Match was this month's handicap. We had 2 runners who through injury or accompanying new runners round the course on the earlier races had not clocked the times they are normally capable off Therefore Bliss took the victory by a large margin in his last run before his

operation. I'm sure that everyone hopes it is a success and he his back running (pain free) soon. Dorothy took a break from escort duty to take second place, again by a big margin.

Following these 2 the handicapper made a cracking job of getting his job right (if I say so myself) with 2m 33sec covering the rest of the field including 3 dead heats with one being 3 way tie. Robin is recovering from injury and took third place ahead of Stuart who led home an avalanche of runners. Lucy leads the handicap table but only on countback from Steve Edwards. James is a point behind in third with Keith Vallis & the handicapper a point back in fourth. The main thing to note is that anyone in the top 15 could win; the last race should be a cracker. The time positions are as they were for the Mob Match. Sean leads with 2 points with Lee, James & Neil tying in second place, only 2 point behind; so another cracking race to look forward to next month. Full league tables are on the notice board & Web site.

Pos	Name	Fin Time	H.Cap	Time	Time Pos	
1	Mike Bliss	31.03	10.46	20.57	5	5m 42
2	Dorothy Wicke	32.36	1.35	31.01	27	4m 49
3	Robin Oakley	35.47	14.33	21.14	8	FT
4	Stuart Searle	36.08	15.58	20.50	4	37sec
5=	Kate Edwards	36.24	GO	36.24	29	61sec
5=	Martin Allen	36.24	11.13	25.11	17	61
7	Kate Groundsell	36.32	9.37	26.55	20	53
8	Neil Glendon	36.46	15.31	21.15	9	39
9	Monique Van Nueten	36.52	6.45	30.07	25	33
10=	James Knight	37.03	17.48	19.15	1	22
10=	Liz Sandall-Ball	37.03	6.45	30.18	26	FT
10=	Neil Martin	37.03	15.58	21.05	6	12
13	Lee Tolhurst	37.11	17.50	19.21	2	14
14	Greg England	37.17	15.20	21.57	10	8
15	Richard Clifford	37.26	16.13	21.13	7	no
16	Martin Groundsell	37.27	14.50	22.37	12	no
17=	Keith Clark	37.35	14.08	23.27	13	no
17=	Kerri Barton	37.35	12.15	25.20	18	no
19	Sean Holmes	37.37	17.54	19.43	3	no
20	Keith Vallis	37.51	15.37	22.14	11	no
21=	Lucy Griffiths	37.53	10.11	27.42	22	no
21=	Richard Francis	37.53	12.02	25.51	19	no
23	John Castelli	37.54	13.37	24.17	15	no
24	Martine Bailey	38.01	6.45	31.16	28	FT
25	Piers Puntan	38.04	14.00	24.04	14	FT
26	Sarah McCann	38.08	9.06	29.02	24	no
27	Eric Tilbury	38.09	10.32	27.34	21	no
28	Mark Dennison	38.19	13.17	24.49	16	FT
29	Katy Rundle	38.20	9.37	28.43	23	FT

Listed in the right hand column is the amount of time that runners beat their season's best time by. Congratulations to Kate Edwards, Stuart, James & Neil's Glendon & Martin who all ran PB's.

### **Masters World Championships**

*from Moira West*

Once again this year we spent the winter months in Portugal where I have the benefit of warm weather training. I decided to miss the National indoor champs in Feb and the European indoors in Ghent in order

to go to the World Championships held this year in Sacramento USA. Ken my husband who has coached me through the winter and spring, accompanied me.

By the end of May I had put down a good 400m time of 71.2 running in a Southern Athletics League meeting as a non scorer. This was a PB for me. Liz and I also run for Winchester in the S.C. Vets League and by the beginning of May I had done 15.1 for 100m and 32.0 For the 200m. These were near my best times which meant training was going well. As you can imagine entries to major championships have to be done well in advance and as the destination was America the flights and accommodation, not to mention entry cost etc involved a major expense. Running is a hazardous sport so you do have to keep your fingers crossed.

Mine obviously weren't crossed tightly enough and during June caught a virus so no training for nearly 3 weeks and then knowing time was slipping by did too much too quickly and aggravated an old hamstring injury. We were very upset but committed to going if only as a holiday. Thankfully there are some good physios who go with the British Team so treatment would be available. I had entered the 100, 200, and 400 but knew I could not do them all so decided to drop the 100m. My aim was to try if possible to get to the finals in the 200 and 400.

The 200m I got in by the skin of my teeth third in my heat with 32.31.....first two to qualify with the 2 fastest losers, so I was just in and inevitably lane 8 for the final. I was eighth in the final in a slower time of 32.67. In the 400m heat I was 4<sup>th</sup> in 72.87 qualifying as 6<sup>th</sup> fastest and this time had lane 7. We did the heats at 7pm and came back to do the final at 9am next day, so no physio. The first 200 went well but then all went to pot, lack of training and the injury got the better of me and I paddled home in 78. but at least I finished.

The experience was fantastic, 4800 athletes were there and the track officials were brilliant. There was also a x-country and a marathon. I can't recommend these events highly enough. Competition is fierce. One of our guys Darren Scott age 42 did 10.89 for 100m !!! I am happy with my result, 2 finals in the worlds is pretty good and I'm still keen to keep trying. It's all about being able to perform on the right day. My best times this year would have got me a bronze medal in the 100 and a silver in the 400m and I take comfort from the fact that the 71.2 second 400m at Andover gave me the best British time in my group for the last 12 years and 2<sup>nd</sup> all time....mind you that's so far this year; I'm watching the results carefully.

Winchester Ladies Vets have once again won the League so Liz and I are off to the finals at Ashford in Sept. Just have time I hope to recover. Usually end up multi- eventing sprinting HJ LJ Discuss Jav shot etc...all good fun.

## **OVERTON 5**

Arrangements for this year's race are well under way, any one wishing to run should sign the entry list on the club notice board....Franny will do the rest.

JT is currently selling loads of raffle tickets, if you have not received any to sell or think you can shift a few more please let him know.

JT has also asked for volunteers to help with marshalling around the course, nifty Hi Viz tops will be provided and all marshals will be fully briefed before the start. If you are running; maybe you can donate a neighbour, brother / sister or mother in law to assist. JT will try to return them in good condition.

Finally we will be looking for help with delivering the programmes; we normally do this on a Friday evening which is rounded off with a Curry. Please add you name to the list on the notice board if you can assist.

**WEDDING DAY 7k**      **29<sup>th</sup> July**      *from Piers Puntan*

The trip up to London for this low key yet excellently organised race has become a ritual for a number of Harriers, though Steve McNair had a last minute change of plans and didn't make it up so it was Kerri, Monique, Eric and myself at the start with John providing vocal support.

Monique as most people know has had a pretty grim past 6 months with injury hampering her running performance so it was good to see her return to racing at Bushy Park. Eric had a storming race taking nearly a minute off his previous year's time and with an age rating of 77% this was a "top 30" finish.

Kerri had track and field on the following day so was in that mind set of I shouldn't race too hard but it's a race. To compromise I offered to put down a rough 7 minute mile pace and see how she felt by the 2k mark. By 3k Kerri was still keeping the pace so the "race" was on and running strongly up the incline to the finish crossed the line in 30:48; 5<sup>th</sup> Senior Lady and 18<sup>th</sup> Overall Lady a great performance given the high quality field.

Beers and a BBQ were available for afterwards in the surrounds of Bushy Park a good way to warm down following another excellent Stragglers event.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Kerri Barton	30:48	120 <sup>th</sup> (18 <sup>th</sup> Lady)
Piers Puntan	30:48	121 <sup>st</sup> (29 <sup>th</sup> V40)
Eric Tilbury	31:50	145 <sup>th</sup> (7 <sup>th</sup> V40)
Monique Van Nueten	37:24	293 <sup>rd</sup> (25 <sup>th</sup> V45)

*487 finished*

**SOUTHERN ATHLETICS LEAGUE – ANDOVER**      **30<sup>th</sup> July**      *from John Hoare*

We finally lost our unbeaten record for the season, having to give best to a very strong Peterborough team, but still managed to finish comfortably ahead of the other unbeaten team, Havering Mayesbrook. And with just one match to go we are sting comfortably in second place in Div 2 and another win in our last match would guarantee promotion to Div 1.

There were two excellent PB's from Lee and Sean. Lee finished with a 2<sup>nd</sup> place in the 'A' string Steeplechase, beaten only by the talented James Baker from Chichester, while Sean picked up a clear 'B' string win in the 3000m, finishing inside 10 minutes for the first time.

Pride of place went to Kerri; with a depleted women's squad she was persuaded to tackle the 2000m Steeplechase for the first time ever and it was much to her credit, not to mention very brave. She finished in 2<sup>nd</sup> place to pick up very valuable points; and that only some 20 minutes after competing in the 1500m, where she was promoted to the 'A' string, another splendid effort.

We also had a number of non scorers and, once again it was the 3000m that attracted the majority with Neil taking the honours narrowly from Keith Vallis, with Keith Clark having his first track race since

goodness knows when completing the trio. Earlier Dave had had a go at the 400m, where he had to compete in the 'A' string race, while Sean decided to give it a go over the shorter 1500m later in the afternoon after his 3000m effort. Good to see so many of our club out. Additionally many thanks to our intrepid band of officials who had a busy afternoon.

## **RESULTS**

3000m s/c	'A' 2 <sup>nd</sup>	Lee Tolhurst	10m 36.4s		
3000m	'B' 1 <sup>st</sup>	Sean Holmes	9m 59.2s		
2000m s/c W	'A' 2 <sup>nd</sup>	Kerri Barton	9m 27.5s		
1500m W	'A' 4 <sup>th</sup>	Kerri Barton	5m 51.9s		
3000m N/S	Neil Martin	10m 34.5s	Keith Vallis	10m 45.8s	Keith Clark 11m 32.9s
400m N/S	Dave Bush	61.3s			
1500m N/S	Sean Holmes	4m 44.2s			

## **MATCH RESULT**

1. Peterborough	222 pts
2. Andover & Overton	199.5 pts
3. Havering Mayesbrook	187.5 pts
4. Chichester	92 pts

## **SAL LEAGUE TABLE - (AFTER 4 MATCHES)**

1. Peterborough	885	16
2. Andover & Overton	904.5	15
3. Havering Mayesbrook	796.5	14
4. Eastbourne Rovers	822.5	13
5. Vale of Aylesbury	785.5	12
6. Swindon	723	12
7. Hillingdon	756.5	11.5
8. Winchester & District	746	10.5
9. Cambridge Harriers	614	10
10. Serpentine	631	9
11. Croydon Harriers	611	9
12. London Heathside	551.5	7
13. City of Salisbury	497	6
14. Orion Harriers	458	5
15. Biggleswade	352	5
16. Chichester	331	5