

**Overton
Harriers**



**&
Athletic Club**

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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:

July 1st	LAMBOURNE 6km	SWAY 5km
4th	YATELEY 10km	PORTSMOUTH PROM. 5km
7th	COMPTON CANTER 7mile	TRAIL
8th	WINCHESTER 10km	NEW FOREST 10mile
9th	VETS. TRACK LEAGUE: PORTSMOUTH	
12th	SUMMER HANDICAP & MOB MATCH	
14th	TRACK LEAGUE at SOUTHAMPTON	
15th	TADLEY 10km	
19th	WINCHESTER 5km	CONSISTENCY LEAGUE EVENT
25th	WOODLAND 5mile	

FRANNY'S BITS

A very busy month with race reports coming at me from all directions, many thanks to those who contributed.

The main event for July is the return mob match against Basingstoke. This will be held on July 12th round the Harrow Way course and I will incorporate the monthly handicap even though it will be a mass start. Please make sure you turn up early to collect your number.

The second Consistency event is the Winchester 5k on July 19th; entries are available on the night. Our normal Fish & Chip shop is now closed but I have located one opposite McDonald's for those who like their traditional post race feed.

Woodland 5, Crowthorne, 30th May 2007 by Greg England

This was the first in the series of three races organised by Finchcoasters. The races are held on the last Weds in May, June and July at 7:30PM.

I was hoping for a nice easy off-road plod; unfortunately, Richard had other ideas and went flying past me after the first short loop! Luckily for me, he decided that after Kintbury two days before and with an eye on the mob match the following day, he should allow the old codger a bit of glory and let me through on the twisting muddy section.

Our times were pretty poor for a 5-miler, but the course is not flat and it certainly isn't 5 miles!!

4 th	Greg England	37mins 22secs	2 nd Vet
9th	Richard Clifford	38mins 01secs	

154 Finished

Sidmouth Festival Run, 12th August 2007

Some of us are planning to spend the weekend in Devon and run this 10k multi-terrain race. Entry forms are available from www.sidmouthrunningclub.org.uk and if anyone is interested in camping please contact Keith Clark or Keith Vallis.

Dorothy's Annual Trophy Collecting Trip in the US of A

Despite not being at the same level of fitness as last year Dorothy had another successful trip to the states. Her opening race was the 4.4 mile Gate to Gate run which followed a new route this year with an uphill finish. In a big field she ran well to hold off her son Robert (making his racing debut) to retain her Grand Masters title finishing 14th lady overall.

Her second race was the Billy Bowlegs 5k which was held at 10:30pm in very humid conditions. This time Robert managed to out kick her in the final 100 meters. Despite her time being slower than last year she finished 8th lady and once again won her age group. However, at the prize giving she was awarded the prize for 3rd place over 40 instead. Ed also completed the event, "looking good" over the last 20 meters.

Gate to Gate 4.4 miles

159th	D.WICKE	33m 00 sec	14 th Lady	1 st W50
166th	R.WICKE	33m 16 sec		

1108 Finished

Billy Bowlegs 5km

80th	R.WICKE	21m 16 sec		
85th	D.WICKE	21m 20 sec	8 th Lady	1 st W50
118th	E.WICKE	22m 33 sec		7 th M50

555 Finished

North Downs Run, 10th June 2007 by Piers Puntan

Just the two Harriers entered this year, Richard and me. As anyone who has been within 5 yards of us recently, you will have heard that this is a great race run with stunning scenery on trails and through fields in Kent. The race is 30 km long and is unfortunately sponsored by the Marquis de Sade with over 2000ft of total climbs.

In previous years Harriers had been bitten, nay swallowed, by the course and spat out somewhere around the 28km mark to crawl to the finish. Due to this we were determined to get the training in and have a realistic race plan. The plan had to be modified on the day, as the sun was beating down and temperatures were in the mid twenties, with walking through water stations being added, to ensure we got fully hydrated.

There was a distinct reluctance for anyone to line up at the start of the race so we took up the line at the front; cameras snapping away (look out for Runner's World Magazine).

Richard started a bit too quickly, very quickly if the km markers are to be believed, and was in the top 10 at the 10k water station, though he was passed by about 7 runners as he took on water. The next 10k are probably the hardest part of the race mainly as the climbs have suicidal descents; this takes its toll on the body and he found all those minor niggles starting to flare up. The last 10k is theoretically downhill, though there is still over 500 ft of climbs involved and is full of sharp twists and turns. Here Richard's fitness paid off and by not stopping was able to pick off some of the runners who had passed him earlier. Unfortunately over the last 2k it "really, really, hurt" and places drifted away from him until he was caught by the second lady, this spurred Richard into action and he pushed on to the line for a top 20 finish in 2:23:56 a great performance and a PB by nearly 5 minutes.



I decided very quickly that I would try and run an "even effort" pace with leisurely stops at water stations to make sure I was fully hydrated. This meant I was constantly catching people and then being overtaken at the hills and water stations, though I was able to savour the views. This strategy worked quite well until the 25k point when the course goes through Shore Wood which has several sharp climbs and descents. This brought about some soreness, well, everywhere and my spirits began to waver not helped by the sign, "tired yet" written by one of the marshals. The final major climb at 26k point really finished me off and it was a real struggle for the last 2 miles. I finished in 2:37:36 which was a little bit disappointing as the target was to do under 2 ½ hours however this time was a PB by over 3 minutes.

This is a great race and thanks go to Istead and Ifield for putting on the race, to all the marshals and the local Constabulary for making sure everything went so smoothly.

Runner	Time	Position	Category
Richard Clifford	2:23:56	19 th	12 th SM
Piers Puntan	2:37:36	63 rd	27 th SM

379 Finishers

Summer Handicap, 14th June 2007

Another good turnout with some cracking competition through the field. Richard followed up from his excellent race 5 days earlier by catching young Gavin in the closing stages to win on the night. Gavin in turn put in a storming finish to hold off a resurgent Jamie Jones who easily clocked the fastest time on the night. Piers also continued his fine weekend form and would probably have clocked a PB if he had not taken a tumble.

The race for the minor places in the time league was very competitive with only 2 seconds covering Richard, Lee and Tim. Cath was the fastest lady on the night with 30 seconds covering Penny, Madeline and Jill. This all makes for some interesting racing when everyone starts off together in the next handicap which will be incorporated in the return mob match on July 12th.

Pos	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos
1	R.CLIFFORD	29.04	8.20	20.44	2
2	G.ALEXANDER	29.12	2.25	26.47	15
3	J.JONES	29.13	9.45	19.28	1
4	P.PUNTAN	29.20	6.46	22.34	6
5	T.HARRIS	29.20	8.34	20.46	4
6	N.MAUGHAN	29.33	1.10	28.23	17
7	B.HAY	29.40	5.14	24.26	8
8	L.TOLHURST	29.42	8.57	20.45	3
9	C.WHEELER	29.49	7.20	22.29	5
10	J.HILLS	29.55	5.14	24.41	10
11	B.HAWRYLAK	30.04	5.22	24.42	11
12	J.CASTELLI	30.20	4.17	26.03	13
13	P.ABBOTT	30.22	6.11	24.11	7
14	M.VOSSER	30.23	5.56	24.27	9
15	C.WOODS	30.43	4.36	26.07	14
16	JUNIOR	31.03	GO	31.03	18
17	B.TURNER	31.16	GO	31.16	19
18	M.WOODS	31.24	3.57	27.27	16
19	H.VOSSER	31.36	6.11	25.25	12
20	G.CLOKE	34.36	GO	34.36	20

“QUOTE OF THE MONTH”

This section has not appeared in the newsletter for quite a few years. It will feature pearls of wisdom, slips of the tongue or simply cases of runners operating their mouths before engaging their brain. The guilty persons will not be named.....though a few subtle hints may be given as to their identity.

Our opener comes from one of our faster, but not very tactful, male runners who, in the men's changing room, said to Brian Hay.

“I only want a SLOW run tonight so I will run round with you”.

Clue to his identity.....his picture is on the previous page and his name is not Piers.

Walk the Walk Moonwalk, Hyde Park, London, Saturday 19 May 2007 by Madeleine Vosser

Although not a race or a club event, I thought you may be interested in hearing about the above which myself and 4 work colleagues took part in. This year was the 10th anniversary of this marathon distance charity walk, in aid of breast cancer, which 14,000 women and 1,000 men took part in. To make things even more challenging the walk started at midnight and wearing a decorated bra and pink baseball cap was a must.

Having spent over 5 months walking various distances (5 – 18 miles) around Winchester and the surrounding countryside, I felt very well prepared and looked forward to getting on with the walk. The start and finish was at a mammoth pink castle marquee area in Hyde Park complete with floating moon over the turrets. At 12.02 am precisely I crossed the start line to join a long snake of people which stretched as far as the eye could see.

The route left Hyde Park, past Buckingham Palace down along the Embankment to Tower Bridge, over this and back along the other side of the Thames as far as Battersea Park (half way point) around Battersea itself, back over the Thames and then through parts of Chelsea and Kensington to finish at Hyde Park.

The best bits – the camaraderie between participants, a fantastic steel band playing at 2 miles, seeing dawn starting to break (at 2.45 am) over the London skyline, waking up my support crew at 6 am to ask if they could they bring more chocolate to the 21 mile mark and enjoying the support of hundreds of well wishers along the way.

The not so good bits – waiting around at the start (over 2 hours), avoiding the drunks along the Embankment, catching up slower walkers and having to check your pace or even stop until you could overtake (we had to keep to the pavements as the roads were still open) and it was cold!

Anyway my friend and I crossed the finish at 7.28 am. We both felt fine although tired. Several people have mentioned photos to me – if you would like to visit www.walkthewalk.org and click on Action Photo, select country UK, event Playtex Moonwalk London 2007 and enter my race number 15495 there is a picture of us having just crossed the finish line.

As a team we have to date raised over £2,600 and I would like to say many thanks to all those of you who have sponsored me.

Southern Track & Field, Basingstoke, 2nd June 2007

In a hard fought, second fixture of the season the combined Overton / Andover team finished in a disappointing 4th place though they were only 2 points behind Team Kennet. The best results came on the track with James Folkes recording a fine sprint double and Phil Bernsten again taking the A string 1500. Overton contributed well, with resurgent Keith Clark clocking victories in both the B string 800 & 1500 and Keith Vallis taking maximum points in the B string Steeplechase. Greg missed a training session to put in a very rare appearance on the track in the 5000m.

Points were hard to come by in the field events with the highlight being Jeremy's brace of seconds in the Shot and Discus and another 2nd from Bushy in the Javelin.

	Post.	A String	Result	Post.	B String	Result
100 m	1	J.FOLKES	11.7 sec	2	R.PITCHER	12.1 sec
200 m	1	J.FOLKES	24.1 sec	4	R.PITCHER	26.2 sec
400 m	4	J.WHITEMAN	56.1 sec	3	S.PAYNE	56.8 sec
800 m	2	D.AWDE	2m 14.6 sec	1	K.CLARK	2m 17.8 sec
1500 m	1	P.BERNSTEN	4m 10.4 sec	1	K.CLARK	4m 49.1 sec
5000 m	4	G.ENGLAND	18m 14.0 sec	4	D.BRISCOE	19m 03.8 sec
3000 S/C	2	P.BERNSTEN	10m 50.2 sec	1	K.VALLIS	11m 04.9 sec
110 H	3	D.AWDE	19.8 sec	4	J.REYNOLDS	24.8 sec
400 H	3	D.AWDE	60.6 sec	4	J.CONEY	70.6 sec
Long Jump	4	J.REYNOLDS	5.15m	4	S.PAINE	5.14m
Triple Jump	4	D.AWDE	11.12m	4	J.WHITEMAN	9.39m
High Jump	4	M.HOOLEY	1.50m	4	J.REYNOLDS	1.40m
Pole Vault	3	D.AWDE	2.60m	4	D.BUSH	1.10m
Shot	2	J.REYNOLDS	9.90m	4	M.HOOLEY	6.24m
Discus	3	M.HOOLEY	24.09m	2	J.REYNOLDS	21.55m
Javelin	3	J.WHITEMAN	37.74m	2	D.BUSH	26.61m
Hammer	4	D.BUSH	15.84m	4	A.BERNSTEN	13.36m
4 x 100 m	2		47.4sec			
4 X 400 m	2		3m 43.8sec			

1st	OXFORD CITY	144
2nd	BASINGSTOKE	130
3rd	TEAM KENNET	116
4th	OVERTON / ANDOVER	112

Southern Track & Field, Poole, 23rd June 2007

After the 4th place at Basingstoke it was with more hope than judgment that we headed down to Poole. Unfortunately it was a much depleted team that headed down the A30. This combined with the atrocious weather around Ringwood which meant a number of Overton competitors, including team organiser for the day, were late meant that it was a bit chaotic.

Full results are not available as the newsletter goes to press but due to stalwart efforts in the field by some of our younger members, mention to Chris Woods, and good efforts on the track meant that a 3rd place was achieved. More next month