

**Overton
Harriers**



**&
Athletic Club**

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

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FIXTURES:

July	2nd	Yateley 10km : Prom. 5km at Portsmouth
	5th	Compton Canter 10km
	6th	Tadley 10km
	10th	MOB MATCH & Harrow Way handicap
	12th	SOUTHERN TRACK LEAGUE at PLYMOUTH
	13th	New Forest 10mile
	17th	WINCHESTER 5KM
	26th	Thames Towpath Half Marathon
	25th	Wedding Day 7km
	30th	Finch Coasters Woodland 5mile

FRANNY'S BITS

The big one this month is the Mob Match and whilst we were only narrowly beaten in the first leg our low turnout did lead to some people asking if we wished to continue with this event. As it also handicap night we are hoping for a good turnout on July 10th but if anyone is too injured to run perhaps you can help by volunteering to marshal at the Harrow Way junctions where we embarrassingly lost several of our rivals last year.

Should no one volunteer then we lose out by having to lose a couple of scorers for marshalling duties. There will be a BBQ following the race.

This months edition sees the return, after a long absence, of that fast running and hard hitting race reporter Mike "Say it as you see it" Bliss, thankfully he is fairly fit at the moment as he may need to do some fast running by the time everyone reads his report and decide to practice their hard hitting on him!!!!

SUMMER HANDICAP.

Another good turnout, with Dorothy & Ed returning from their racing holiday in the states in good form. Dorothy pulled clear in the second half of the race for a 21 second victory with Ed just holding off Tom for second place. Tom improved by over a minute and will now feel the handicappers axe as could numerous other improvers including John Castelli, Blissy, Keith, Ed and (this cheers me up no end) Mr handicap complainer Brian.

Blissy took full advantage of Juniors absence to clock the fastest time of the night with a convincing drubbing of Lee who in turn had course novice Peter Williams breathing down his neck with Keith Vallis also putting in an improved run close behind.

The next handicap will incorporate the Mob Match against Basingstoke which means a mass start at 7:30 on July 10th.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	D.WICKE	28.37	2.33	26.04	15
2	E.WICKE	28.58	2.33	26.25	16
3	T.TYLER	29.00	4.26	24.34	8
4	P.WILLIAMS	29.14	7.35	21.39	3
5	K.VALLIS	29.21	7.35	21.46	4
6	J.CASTELLI	29.27	4.16	25.11	12
7	B.HAY	29.38	6.30	23.08	5
8	N.CLARK	29.40	4.26	25.14	13
9	D.TITCOMB	29.42	5.42	24.00	7
10	M.BLISS	29.53	9.14	20.39	1
11	M.VAN NUETON	29.57	0.20	29.37	19
12	R.HESSOM	30.20	2.47	27.33	18
13	B.HAWRYLAK	30.23	5.33	24.50	9
14	N.MARTIN	30.41	7.11	23.30	6
15	E.SANDALL BALL	30.49	0.17	30.32	21
16	J.HILLS	30.55	5.30	25.25	14
17	H.HEAP	31.21	4.55	26.26	17
18	L.TOLHURST	31.39	10.13	21.26	2
19	M.ALLEN	32.12	7.11	25.01	10
20	M.DENNISON	32.14	7.11	25.03	11
21	M.WEST	32.18	2.33	29.45	20

“Quote of the month”

This month the quotes have been thin on the ground, although, there were the normal grumbles before the handicap mostly from Brian. So unless Piers has a better one the winner came following the latest Test Way training run from the barman in the Mayfly who, upon pouring Franny a pint of bitter said.

“That will be £3.35 please sir”

Franny’s reply cannot be repeated but it included several swear words.

Plus: which club member’s nickname is Zebedee, answers on a postcard please.

SOUTHERN LEAGUE (ABINGDON) 7th June

A good turnout at Abingdon especially by the Andover sprinters saw a good result for the Andover/Overton joint team finishing 2nd overall.

WINCHESTER 10km 8th June From Mike Bliss

Firstly, it's probably been a number of years since I wrote a race report so some of you will not have had the pleasure of my ramblings or evidential material to get me sectioned. So apologies in advance if I cause offence and feel free to use the paper this is written on for the same purposes that I have on many a training run.

Following on from the Alton 10 where it was so hot even Jordan / Katie Price would have covered up, and the Kintbury 5 where it was so wet I swear some guy called Noah out splashed me in the last 100m, it was a return to another hot and sunny days racing. Not as hot as Alton but hot enough for Lee to use it as an excuse as to why an old codger like me beat him and why young whippersnapper Richard nearly caught him. Richard and Belinda were the only "babes" of the Harriers- Richard being under 35 and Belinda being, well, a babe (or is that the wrong way round?) with the rest being old gits with Lee pretending to be one. Not in his performance, he reserved that for Alton, but being a M35.

In the old, proper days of athletics where you could wear freedom shorts and not get arrested and ladies couldn't run farther than 800m unless they were being chased by a long haired, testosterone filled Eric- or was that last Thursday- you had to be as sprightly as and look like JT before they would even consider you for a Vet.....and that was just the women.

Although it was a consistency race and club championship so double points at stake-"get in there"! The other Harriers cried off racing like Jamie & Martin (child minding), Franny (crooked), Piers (crap planning), Eric (Can't be bothered to pop back from his Greek Island), Nicky (attempted breaking & entering with a cheekbone) and worse of all, Susan, Anna and Neil's missus (not being athletes).

The course was out and back along the main Winchester to Kings Worthy Road with a loop round Kings Worthy and was deceptively tough. At least I thought it was though Helen looked like she had been out for a pleasant stroll when she finished hardly out of breath and with no sign of perspiration (sweat to you and me boys!) and she still beat Neill!!!! What's up with you man! A double marathon, dodgy knee, fielding work enquiries on your mobile whilst competing.....what sort of excuses are those!

At least Keith made a passable attempt at an excuse for a below par run by trying the old double whammy of "tummy troubles" and Achilles injury and has even managed to carry it all through to the time of writing nearly two weeks later. Monique tried to better all of these excuses by falling over and hurting her leg- but she peaked too early by doing it the day before at the Southern league enabling John to care for her overnight and get her to the starting line. That she actually finished shows how miserably she failed to carry it off.

Bob & Dave were fairly close time wise which suggests that Dave may have a new target to beat- rather than how many beers he can drink the night before and still beat Mick Woods. Mick surprised me- not in his performance where he continues his comeback from injury- but because there was someone older than me amongst the Harriers. I didn't know he was a MV55! Whilst athletes are shooting up on Steroids, blood doping, EPG, LPG, Bio fuel or whatever they take these days, Mick must be on Botox or something.

I'm sorry Paul Cripps, it must be the onset of my senility, but I don't know if you had a good run or not or whether you are sad enough to try and impersonate a HARRIER by putting us down as your club to gain

some kudos rather than be too embarrassed to be a member of some club like A****shot, B*****stoke or W****ester. Where did the Vossers go wrong!

Finally- I can hear those sighs of relief- after abusing everyone I can think of (please let me know if I have forgotten anyone and I can go for a record attempt next time), for those that haven't seen the official results. There were quite a few runners whose club was "X ECS runs like the wind" (I kid you not). I too had a double take as I thought they were identifying those runners "with wind" and was concerned that Keith and I were missing out.

Harrier	Time	Position
Mike Bliss	36m 58sec	16th (1st V50)
Lee Tolhurst	37m 35sec	24th
Richard Clifford	37m 48sec	27th
Helen Heap	42m 01sec	96th
Neil Martin	42m 48sec	101st
Bob Hawrylak	43m 33sec	132nd (16th V40)
Dave Titcomb	43m 53sec	146th (21st V45)
Keith Vallis	45m 12sec	175th (24th V45)
Mike Woods	48m 54sec	272nd (8th V55)
<i>Paul Cripps</i>	<i>50m 34sec</i>	<i>312th (43rd V45)</i>
Monique Van Nueten	54m 14sec	383rd (9th FV50)
Belinda Lade	57m 38sec	433rd (35th F)

550 finishers

Alresford 10K **15 June** *from John Hoare*

A tough course provided a demanding challenge for our group of four who took part in this inaugural 10k race around the beautiful countryside of Alresford. The event was very well organised but, according to those who did both races, was even more hilly than Winchester the previous week.

Brian was a bit outside his best time for the distance but did well to finish in the top 20, while John somehow managed a PB for the distance on the most unlikely course. Well done John. Monique was also well satisfied with her time as she was a full minute quicker than Winchester and took third place in the over 50 category. I don't think Nigel enjoyed the experience very much according to his after race comments, but he still did well to beat the hour.

Harrier	Time	Position
Brian Hay	42m 41sec	20th
John Castelli	45m 28sec	45th
Monique Van Nueten	53m 14sec	118th (3rd FV50)
Nigel Maughan	59m 40sec	173rd

212 finishers

SOUTHERN LEAGUE (BOURNEMOUTH) 28th June

Following the good turn out at Abingdon it was a much reduced team at Bournemouth both Andover and Overton short of key people and suffering injuries. Dave Bush and Lee weren't able to make it due to sickness and Bliss and Keith's runs on the track were severely blighted by illness.

We just managed to scrape third place but the results weren't available as the newsletter went to press.

Please could anyone who is available for Plymouth sign up on the board at the ORC, transport is being provided.

CONSISTENCY LEAGUE

The club 10k championship by Mike has propelled him to the top of the league, can he maintain his fitness and be there in April next year?

Helen's win in the ladies class at Winchester has done her prospects the power of good but as the season progresses I get the feeling it will not be a one horse race.

Men

	Runner	Alton 10	Kintbury 5	Winchester 10k	Winchester 5k	TOTAL
1	Mike Bliss	20	19	40		79
2	Lee Tolhurst	18	20	38		76
3	Richard Clifford	19	18	36		73
4	David Titcomb	15	15	30		60
5	Neil Martin	17		34		51
6	Keith Vallis		17	28		45
7	Piers Puntan	16	16			32
8	Bob Hawyrak			32		32
9	Eric Tilbury	14	13			27
10	Mick Woods			26		26
11	Mick Woods	12	12			24
12	John Castelli		14			14
13	Steve McNair	13				13
14	Nigel Maughan		11			11
15						

Ladies

	Runner	Alton 10	Kintbury 5	Winchester 10k	Winchester 5k	TOTAL
1	Helen Heap	19		40		59
2	Monique Van Nueten			38		38
3	Belinda Lade			36		36
4	Cath Wheeler	20				20
5						