

**Overton
Harriers**



**&
Athletic Club**

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June 2010 Issue 394

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

July 4 th	Tadley 10k
5 th	THRUXTON 5K (RACE 2)
7 th	Yateley 10k
10 th	SOUTHERN TRACK LEAGUE AT BASINGSTOKE
11 th	New Forest 10 mile
15 th	HOME MOB MATCH V BASINGSTOKE (monthly handicap)
28 th	Woodland 5 mile at Crowthorne
31 st	SOUTHERN TRACK LEAGUE AT GUILDFORD

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

FRANNY'S BITS

Highlights of the month include a huge turn out at the inaugural Kingsclere 5, the track boys continuing their promotion push and PB's a plenty, especially in the handicap, as everyone takes advantage of the good weather. The only problem seems to be a lack of reports, if you missed this editions deadline please forward them for inclusion next month.

The only downside was defeat to Basingstoke in the opening Mob Match where we out done by sheer weight of numbers. Even so 17 Harriers is one of our largest turnouts for the away fixture, apologies to those who I chivvied to run only to find me missing at the start, I will be there for the return match on July 15th.

Another good sign was the first Junior training session which was well supported while another plus to the club is the increasing number of members showing an interest in Coaching Courses.

Basingstoke Open Track & Field Meeting

9th June 2010

from Mark Dennison

Another week another open meeting. Sam decided to try a 100m and Long Jump this time and whilst a little disappointed with his time & distance, enjoyed the experience. He will no doubt revert to 800m next time. George in Heat 1, had another steady race, pacing himself a bit better, producing a PB by 0.6 secs, gaining on the other runners down the home straight. Robbie, started conservatively, passed 3 others on lap 2, achieving sub 3 minutes just, for the first time. Well done son.

<u>Sam Conneely</u>	U13 Boys Long Jump	3.53m	4 th	– 4 finished
	U13 Boys 100m	15.3	5 th	– 5 finished
<u>George Preece</u>	U13B 800m Heat 1	2.48.2	6 th	– 6 finished
<u>Robbie Dennison</u>	U13B 800m Heat 2	2.59.9	3 rd	– 6 finished

YATELEY 10K

3rd June

from Kerri Barton

It was a warm summers evening as 5 runners from Overton turned out for the 1st race in the Yately 10k series on Wednesday 2nd June. A large field turned out with 484 Male and 210 Female finishers. The course was not easy with the 1st km climbing all the way and a few kerbs to dodge as you left the school at the start. The remainder of the course was undulating with long stretches of flat road and another long climb at 9km.



Sean was the first home in a time of 36.44 chip time and 6th Senior Male. Hannah came in at a respectable 43.02 and took the 4th Senior Lady followed by Kerri in 46.44 and 8th Senior Female. Also in attendance were Dave Bush and Matthew Grimes who also posted good times of 39.45 and Senior Male position 12 for Dave and 44.29 and position 77 for Matthew.

These events are run on the first Wednesday of June, July and August. It was an extremely well organised event and hope that next month we can get enough people to make up Male and Female teams to strengthen our challenge.

“Quote of the Month”

Several candidates this month including Franny’s “What the ****” after being left for dead on the Kingsclere starting line by Dorothy, Lucy and Monique and the accusation from a stranger that Dorothy may require drug testing at the same race (*See report*).

But this winner is Sean who, while talking about his shirt size, said to Greg.....

“I really struggle to get into small boys these days”

MOB MATCH at CLIDDESSEN (4.125km) 17th June from Richard Francis

Well done to everyone who took on the Basingstoke masses over the undulating Cliddesden course. With 50+ runners regularly turning up for Tim Fowler & Don Powell’s sessions we were always going to be out numbered. In the 17 to score match their close midfield packing was our undoing but hopefully revenge will home in the home fixture.

4 th	L.TOLHURST	14m 35sec	30 th	D.TITCOMB	17m 29sec
5 th	S.HOLMES	14m 53sec	33 rd	R.BRADY	17m 57sec
6 th	P.WILLIAMS	15m 06sec	35 th	K.VALLIS	18m 17sec
10 th	G.ENGLAND	15m 20sec	37 th	K.BARTON	18m 42sec
11 th	T.HARRIS	15m 24sec	38 th	M.DENNISON	18m 50sec
12 th	R.CLIFFORD	15m 36sec	44 th	J.TUCK	19m 44sec
15 th	M.BLISS	16m 10sec	47 th	M.BALL	20m 35sec
18 th	N.MARTIN	16m 19sec	49 th	E.SANDALL BALL	21m 38sec
20 th	C.WHEELER	16m 24sec			

59 Finished

SOUTHERN LEAGUE MAY AND JUNE from John Hodge

Having written this last month but failed to send it I can now add details of the third match and the latest league table.

As you will may have read in Franny’s Bits last month (May) the combined Andover and Overton team got off to a tremendous start in their match at Andover getting a clear win. Details of the impressive PB’s from Lee and Sean below with Dave picking up very valuable points in a tight match that at one stage looked like getting away from us with Basingstoke holding a lead until about two thirds the way through the match. And the efforts of Carl should not be overlooked who also gained good points in spite of carrying a leg injury.

The second match entailed a long journey to Plymouth in a match involving the four winning teams from the first round of matches. Here the sole Overton representative was Keith who put in a gutsy effort in the 5000m to pick up second place in the ‘B’ string. Our somewhat depleted team still picked up an excellent 2nd place, beaten by just 2 ½ points and very much now in the promotion race with just two to go up.

Promotion got a step nearer after the third match. Here we had some early pressure from Yeovil but got further and further away as the afternoon progressed to record the highest points total of all the league matches and take a comfortable win. With some of the other results going our way we are now up to second in the table just ½ point behind the leaders and a small gap is opening up over the rest of the

league. As such we could afford a second place together with another win to confirm promotion to the 2nd Division.

Lee and Dave were our men on duty and both took a significant nine points out of ten. With Sean unable to compete Lee took on his first double of the season and was rewarded with a fine second place in the 'A' string Steeplechase having earlier completed a comfortable win in the 'B' 5000m. Similar results went the way of Dave who's successful afternoon comprised of a good win in the 'B' Hammer and second in the 'B' Discus.

Next match is at Down Grange Basingstoke on 10th July. We may be short of a few Andover athletes due to a stag weekend so if you are available please come along. Your services may be needed but at the very least there is an opportunity for anyone to take part in a non-scoring event and record a time or distance. Supporters would also be most welcome.

TRACK MEETING RESULTS – ANDOVER

5000m	'B'	1 st	S Holmes	17m 26.3s
3000m S/C	'B'	1 st	L Tolhurst	10m 46.2s
P.V.	'B'	4 th	D Bush	2.00m
Hammer	'B'	4 th	D Bush	15.68m
Shot	'B'	2 nd	C Syrett	9.08m
Discus	'A'	3 rd	C Syrett	25.61m

Match Result

1. Andover & Overton	103.5
2. Basingstoke	97
3. Southampton	93.5
4. Bath & Salisbury	53

RESULTS – PLYMOUTH

5000m	'B'	2 nd	K Vallis	19m 39.0s
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Match Result

1. Newquay & Par	103
2. Andover & Overton	101.5
3. Plymouth	79.5
4. Radley	63

RESULTS – SALISBURY

5000M	'B'	1 st	L Tolhurst	17m 11.1s
3000M S/C	'A'	2 nd	L Tolhurst	10m 53.6s
Hammer	'B'	1 st	D Bush	18.39m
Discus	'B'	2 nd	D Bush	19.44m

Match Result

1. Andover & Overton	127.5
2. Yeovil Wells	106
3. Bournemouth	56
4. Havant	50.5

LEAGUE TABLE – AFTER 3 MATCHES

1. Newquay & Par	331	11.5
2. Andover & Overton	332.5	11
3. Southampton	311.5	9.5
4. City of Plymouth	295	9
5. Radley	291	9
6. Team Kennet	285.5	9
7. Basingstoke	276	9
8. Chichester	303	8.5
9. Team Dorset	274	8.5
10. Yeovil Wells	281	7
11. Royal Navy	246.5	6
12. Bournemouth	196.5	6
13. Winchester & District	191.5	6
14. Bath & Salisbury	166	4
15. Fleet & Crookham	158.5	3
15. Havant	158.5	3

THRUXTON 5k **7th June** *from Richard Francis*

A very small field of only 18 runners turned out for this local race, perhaps if it started at 7:30 instead of 7:00 it may have attracted a few more to brave the very fast, if rather damp, course covering one and a bit laps of the motor circuit.

Pete was the most nervous man in Britain as the minutes ticked away to the start time but his growing fears were squashed when it became obvious that Lee had bottled it and decided to have an early night instead. This left the door open for Pete who had a 7 second winning margin to take the honours.

Rebecca made her club debut and also scored a victory as she narrowly missed breaking 21 minutes. Second lady home was Kerri who continued her racing streak by narrowly beating her PB with a well paced effort.

I brought up the rear beating my best 5k time this year by almost a minute and clocking my fastest time in more than 7 years. (*Ed. he doesn't run 5k much*)

Harrier	Time	Position
Pete Williams	17m 34 sec	1 st
Rebecca Brady	21m 01 sec	9 th (1 st Lady)
Kerri Barton	21m 41 sec	11 th (2 nd Lady)
Richard Francis	21m 54 sec	12 th

18 Finished

SUMMER HANDICAP **10th June** *from Richard Francis*

The second race of the series saw a long awaited but well deserved victory for Dorothy who managed to hold off the chasing pack with time to spare. Kate managed to stay in front of hubby Martin who will hopefully take the plunge and join us. Richard Clifford was the only one of the “fast guys” to improve despite wussing out and wearing shoes. I improved on last months’ time as did Kerry, Lucy & Rebecca who all recorded PB’s. Monique was only a second outside hers and apologies to her for not noting it last month.

The same three recorded the fastest times as last month with Lee, Sean Pete coming home ahead of Richard and Greg. The next race will be included in the Mob Match on July 15th. The starting list will be on the board to show you fastest time this year but, as there will be a mass start I will work out the handicap finish afterwards.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
1	D. Wicke	29.59	1.52	28.06	16
2	K. Groundsell	30.24	4.48	25.41	12
3	M.Groundsell	30.48	7.14	23.34	6
4	R.Clifford	31.30	9.43	21.47	4
5	R.Francis	31.38	5.41	25.57	13
6	K.Barton	31.39	6.36	25.03	11
7	L.Griffiths	31.40	2.37	29.03	19
8	E.Simpson	31.40	4.43	26.57	14
9	R.Brady	31.46	7.14	24.32	10
10	M.Van Nueten	31.55	3.12	28.43	17
11	E.Wicke	31.58	2.56	29.02	18
12	B.Hawrylak	32.02	7.32	24.30	9
13	P.Williams	32.04	11.27	20.37	3
14	L.Tolhurst	32.05	12.34	19.31	1
15	D.Titcomb	32.06	8.07	23.59	8
16	S.Holmes	32.08	11.51	20.17	2
17	P.Puntan	32.25	8.40	23.45	7
18	G.England	32.32	10.22	22.10	5
19	M.Ball	34.42	7.14	27.28	15

KINGSCLERE "TWIST" 5 27th June

Lee, John, Martin and their team did a fantastic job to bring this new race to the calendar and were rewarded with a bumper field which boosted the profits earmarked for the local school. A big club turnout took on the challenging course on the hottest day of the year so far while others took the option of helping out with the marshalling etc.



Sean was after the win but met his match in the shape of Matt King. However he should be pleased with his run safe in the knowledge that an open race victory should come sooner rather than later. Pete (resplendent in his stylish pink top.....well it looked stylish on John Castelli) was over a minute back in 5th and had 6th place Greg chasing him home.

Richard had a good run to make the top 10 while Neil managed to get the better of Bushy with Martin also putting in a useful performance. Audra took the ladies title in style with Hannah starting to show some good form to finish second. Race Sponsor John put in a battling performance to get the better of Dave who had to fight off Rebecca. She finished 4th lady home but picked up third prize!! Kerri suffered a bad fall while carrying a midweek recce of the course but still put in a another fine effort while Matt put in an improved performance on his recent Yateley run.

I struggled in the heat but finished in one piece, Dorothy loved the hot conditions and started so fast she was almost challenging for the lead at the first corner. She held on well for her best race for some time, narrowly beating another runner in her age group who then politely enquired if the youthful looking Dorothy was using HRT.



Lucy also showed an improvement in form (It took me a mile to catch & pass her) and seemed pleased with her run. She was just 3 seconds in front ex Harrier Dave Henery who last wore his club vest so long ago that England had a decent football team at the time.

Monique was next home but found the tough conditions not to her liking. Eric had prepared for the race by acclimatising himself for the high temperatures with his Mediterranean holiday. A possible lack of actual running during his holiday became apparent as he completed the club interest.

Despite the high temperature everyone agreed that this race should have a great future and full credit should go to those who made it possible.

2nd	S.HOLMES	29m 12sec	34th	D.TITCOMB	36m 10sec
5th	P.WILLIAMS	30m 22sec	35th	R.BRADY	36m 12sec
6th	G.ENGLAND	30m 38sec	37th	K.BARTON	36m 37sec
9th	R.CLIFFORD	32. 02sec	42nd	M.GRIMES	37m 06sec
13th	N.MARTIN	32m 50sec	53rd	R.FRANCIS	39m 24sec
14th	D.BUSH	33m 03sec	65th	D.WICKE	41m 15sec
18th	M.CRAWSHAW	33m 57sec	79th	L.GRIFFITHS	42m 29sec
21st	A.DENNISON	34m 20sec	80th	D.HENERY	42m 32sec
27th	H.OLIVER	34m 54sec	91st	M. Van NEUTEN	44m 33sec
31st	J.CASTELLI	35m 49sec	94th	E.TILBURY	45m 08sec

Note from Twist Kingsclere Race Committee

We would like to say a huge thank you to the many of you who helped with so much during the day and in the weeks and months leading-up to the day.

- Martin for being a patient and understanding Race Director
- Greg for spending hours cutting back a mile of overgrowth
- Keith for car-parking duties before sprinting to late entries to enter the race (well after closing time)
- Sean for making Emma run behind the car picking-up the cones
- Mike, Jamie, JT, Mark, Emma & Amy and a Team of Brady's

Together we raised £2,600 from the race and over £5,000 in total for Kingsclere School.

Thank you

PURBROOK 5 27th June *from Cath Wheeler*

I was unable to run the Kingsclere Twist last week because I was running the Purbrook 5. It's very close to where my sister is now living so, despite the 28 degrees we ran.



For those who have never run this, it's a great course but very hilly especially towards the end.

Three of us went off in front – Kath Bailey, Hannah (from Eastleigh who I've not beaten all year!) and myself.

By the final hills we had strung out with me at the back!!

A 3rd place finish was really good actually and I was pleased with 32.44 as it was extremely hot.

Deb (sister) was further back and suffering in the heat but met some runners from a local club to her and has started running with them – do I continue to speak to her or shall I blank!???