

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

June 2011 Issue 406

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

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

or Franny at richard.francis@uk.delarue.com

or Franny1960@hotmail.co.uk

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

July	2nd	
	3rd	Kingsclere 5 mile Tadley 10km
	6th	Portsmouth Prom 5km
	7th	Barbury Castle 5 mile MT
	9th	Southern Athletics T&F League
	10th	New Forest 10 mile
	21st	Home Mob Match & BBQ & H'Cap

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

FRANNY'S BITS.

A big "WELL DONE" to everyone who turned up for the first Mob Match at Cliddesden, which sees us taking a 97 point lead into the home fixture on July 21st. Last year we had a large points deficit to make up but we cannot rest on our laurels as Basingstoke will be out for revenge.

The highlight of the month has to be the spectacular turn outs for the Junior training sessions which are being ably organised by Keith & Anna. Up to 30 children per session are taking part in the sessions that Keith has planned out for the summer.

On the coaching front; Congratulations to Keith who has recently qualified as a Club Coach after completing the rigorous training programme. Congratulations also to Jill who has now qualified as a coaching assistant after a 2 day course in Winchester. Both of them are now putting their new skills to use with the juniors.

YATELEY 10k

1st June 2011

As seems to be tradition with this race it was another warm summers evening as 6 runners from the Harriers turned out for the 1st race in the Yately 10k series on Wednesday 1st June. It was nice to see a welcome return to Becky who (although was officially working), made 2nd counter for a ladies team and 4th Senior Lady! Congratulations to Hannah who took 3rd Senior Lady Honours and 1st counter for the team, with Kerri coming in 5th and 3rd counter.

Race rivals Lee and Sean made it for the boys, with Lee making a choice between Yately and the Prom 5km in Portsmouth only an hour or so before the start! Both did us proud with top 10 placings and finishing less than 20 seconds apart. Congratulations also go to Sean for the 2nd V40 prize.

The course is not an easy one with the 1st km climbing all the way and a few kerbs to dodge on the exit and entrance to the school. I personally saw 2 runners fall foul of these as they left the school. The remainder of the course was mildly undulating with long stretches of flat road in the warm sunshine and another long climb at 9km.

8 th	Lee Tolhurst	35m 35sec	7 th Senior Man
9 th	Sean Holmes	35m 47sec	2 nd M40
120 th	Hannah Oliver	43m 32sec	3 rd Senior Lady
143 rd	Rebecca Brady	44m 42sec	4 th Senior Lady
154 th	Kerri Barton	45m 02sec	5 th Senior Lady
195 th	Matthew Grimes	46m 18sec	97 th Senior Man

676 Finished.

Thanks to Neil for the following report.

ALRESFORD 10k

12 June 2011

Home from work on Friday 10th June I knew I should go out for a run, but really couldn't be bothered. So in order to excuse myself the effort I thought it best to do a race on the Sunday, despite the weather forecast. Problem sorted – I could now sit on my backside watching telly with minimal guilt.

A Farnham Runners colleague at work said he was doing the Alresford 10k and it was a nice low key event. He then added 'you could win it'! I pointed out that there is always someone faster (especially fast guys from Denmead). So despite the rain and reasonable wind I pitched up, paid my entry and warmed up through the puddles. The start is around a football pitch (a bit greasy given the weather) and then through Alresford High Street into the surrounding countryside. Given the nature of the event I spent the first mile or so accompanied by people who went off way to fast, before I destroyed them with my greater fitness and running prowess.

The course is described as undulating and definitely was, but with a wind behind me I followed a guy to the half way point in 8th place and good time. As we turned back on ourselves, however, the headwind and steep uphill became apparent and I was left trailing by the guy who apparently had greater fitness and running prowess than me (surely not!). I got some encouragement from running back past those behind me, but I suspect the probable expression of pain on my face helped them too. After a rather nasty climb the course then mixes with the fun runners route for the last 2-3k before finishing with another loop round the football pitch.

For a 10k I have only ever run quicker at Eastleigh, so, on a hilly course this was a move back in the right direction toward some reasonable times (hopefully).

9 th	Neil Martin	38m 37sec
-----------------	-------------	-----------

216 Finishers

BRAISHFIELD 5 miles

June 12th

This was a step back into the past for the Old Gits as it had been quite a few years since any of us had run this race. Heavy rain was falling long before we arrived at Braishfield which is only a short drive from Overton and is situated between Winchester and Romsey.

The course consists of a long 3 mile plus loop and as you get close to the finish area you turn off to the left and cut through the middle of that loop to run a shorter loop which makes up the remainder of the distance. This meant tackling the long gentle drag up to the finish twice before a short sprint around the playing field to the funnel.

I had been having back / dead leg problems during the previous 3 weeks but I was in high spirits after knocking 28 seconds off my Parkrun PB the previous day. I set off at full throttle with a 7:14 slightly uphill mile followed by a 6:56 downhill one. Feeling really comfortable I continued to push on and although things got a bit ragged towards the end I was rewarded with my fastest time in around 5 years.

Eric was not far behind at the end & he is showing signs of his old form at present and put in a stunning run to finish 3rd Vet 60, Considering the two who beat him are new to the age group it really puts his run into perspective as he was only 24 seconds behind the winner. True to form Eric crossed the line and promptly dashed to the beer tent to claim his free pint before the queue got too long.

Steve was the youngster of the group but the poor little lad had been feeling a bit icky recently, a five mile run in heavy rain may not have been the ideal thing to do when recovering from a virus but he used the race as a training run staying close to Eric throughout before falling back in the closing stages.

57th	R.FRANCIS	36m 22sec
71st	E.TILBURY	37m 04sec
80th	S.McNAIR	37m 24sec

238 Finished.

“Quote of the Month”

Martin Groundsell was hoping that Matt would win this month but as Matt’s contribution was on Facebook it cannot be added, especially after Matt took out a gagging order.

So in return for nominating Matt.....

Martin Groundsell was name dropping in the changing room about a certain world class golfer:

“We used to see him around town a lot, a bit of a tt but I suppose you have to be like that if you want to become world class in your sport.”**

Franny’s lightning riposte: **“I didn’t know you were a world class Triathlete.”**

Thanks to Steve Edwards for the following report.

Chiltern Chase 10k

12th June

As a relatively new runner, I'm still getting used to races. Originally my only race was going to be the Basingstoke Half, but then I realised it made sense to train for a 10k first. So my first race was the Goring 10k back in March, where I did much better than I thought I would. I came across a leaflet for the Chiltern Chase in the goodie bag I was handed at the finish. It was described as a 'challenging picturesque course, through beautiful countryside.'

I went along not expecting a fast time, but hoping for an enjoyable run.

I checked the forecast a couple of days before the race and the best prediction was 'it's going to chuck it down.' On the morning of the race, I got up, and it wasn't actually raining, but as we approached the RAF base at Benson, it became obvious that the runners were going to get wet and any spectators were just going to end up cold and soaked.

The race was well organised. There was a huge field for parking, with marshals directing people to spaces. The path to the start did get very muddy and slippery, but that had to be expected. The only slight criticism was we had to collect timing chips on the day (not made clear in the race pack) but the chips all timed from gun time (there were no mats at the start line.)

There were two starts - the 5k (actually 5.4km) set off first, with the 10k setting off 10 minutes later. The 5k runners turned off the 10k route after the first 1km, so the two groups were pretty much separated.

Most of the route was off road, on a combination of gravel tracks, and short grassy tracks. It was pretty hilly and I set off not expecting a PB.

I actually set off faster than I intended to, but managed to keep a pretty steady pace throughout the race. The roads hadn't been closed for the race, so at a couple of points I had to stop running to wait for cars to pass. The last 1.5k of the race is on roads and lanes (which go mainly uphill) in the village of Ewelme, before a final sprint downhill on the common. The wind did pick up on final uphill, and I found myself running against the wind. But, my training around the hills in Overton village paid off, as I managed to overtake three or four other runners on the hill.

As the finish came into view, I saw the clock said 47:50. I summoned up all my energy and sprinted for the line. I didn't quite make it under 48 minutes, but the official time was still a good minute improvement on my PB.

I'll be back next year, and hopefully it will be drier day!

SUMMER HANDICAP Race 2.**16th June.**

Following some heavy rain the course was quite slippery in places with some funny coloured & rather smelly puddles between the Harrow Way and the second railway bridge. Sarah was first away and surprised a lot of people, including the handicapper, by running a really promising debut time which gave her a first club record by winning a handicap race by the biggest ever margin. Elliot was another to receive an over generous starting position but ran a tactically astute race, picking off those in front to take second place.

Steve is showing the benefits of club training and took almost a minute off last months time in third place ahead of Gavin who opened the throttle once he hit the road along the Lynch to hold off the fast finishing Neil who in turn nabbed the improving Franny in the finishing straight. Lucy was first lady home, holding off Kerri in the closing stages as both took big chunks of last months times with Martin passing Kate close to home to complete the top ten.

With several of the big guns missing Sean could afford to take it a bit easier but didn't and broke 20 minutes again in the slippery conditions. Neil's storming run gave him second place with a clear margin over third place Richard. Keith Vallis was only 2 seconds behind in fourth closely followed by Stuart and Neil Glendon.

Thanks to Anna & Clare for doing a faultless job with the timekeeping and also to JT who had the unenviable job of sorting a mass finish with 17 runners crossing the line in 62 seconds.

1	S.McCANN	30.19	2.00	28.19	23
2	E.KERR	35.16	11.20	23.56	10
3	S.EDWARDS	36.27	9.03	27.24	21
4	G.DUNCAN	36.44	10.32	26.12	=15
5	N.MARTIN	36.57	15.40	21.17	2
6	R.FRANCIS	36.59	11.36	25.23	=13
7	L.GRIFFITHS	37.04	9.50	27.14	20
8	K.BARTON	37.08	11.58	25.10	12
9	M.GROUNDELL	37.12	14.37	22.35	7
10	K.GROUNDELL	37.18	9.30	27.48	22
11	K.CLARK	37.19	14.02	23.17	9
12	K.VALLIS	37.20	15.37	21.43	4
13	M.ALLEN	37.32	11.20	26.12	=15
14	N.GLENDON	37.34	15.40	21.54	6
15	S.HOLMES	37.37	17.54	19.43	1
16	E.TILBURY	37.40	10.32	27.08	19
17	S.SEARLE	37.44	15.58	21.46	5
18	J.CASTELLI	37.46	13.37	24.09	11
19	S.McNAIR	37.51	11.20	26.31	17
20	R.CLIFFORD	37.54	16.13	21.41	3
21	M.BLISS	37.59	11.20	26.39	18
22	H.OLIVER	38.03	12.40	25.23	=13
23	R.OAKLEY	38.32	15.40	22.52	8

MOB MATCH at Cliddesden.

June 23rd.

A brilliant turn out and some super packing at the front gave us useful start in this first leg. 27 runners for the away fixture is our best turnout by some margin and there were some notable close finishes over the 4km course. James put in another fine to lead the team home and was followed in by a last ditch finish between Lee & Sean.

A telling factor in our 97 point victory was Denny's junior squad, they scored valuable points and were led home by Elliot who took a good collection of senior scalps (although some did not have much hair on them). George & Sam had a fine battle that was only decided on the last climb while Robbie only faded in the closing stages after chasing his mother all the way up the long climb whereas young Ollie can feel really pleased with him self as he had 10 seniors behind him at the end.

There were close finishes between Pete & Stuart, Richard, Bushy, Neil & Robin and of course John Castelli took Mr Titcomb's scalp once again. Steve just failed to catch Franny, but only because he had to stop and tie a lace, while Sarah and Kate both put in good runs as well.

The home fixture will be on July 21st, please sign the list on the notice board so that we can cater for the after race BBQ.

2nd	J.KNIGHT	14m 15 sec	27th	H.OLIVER	17m 10 sec
3rd	L.TOLHURST	14m 28 sec	31st	J.CASTELLI	17m 47 sec
4th	S.HOLMES	14m 30 sec	32nd	D.TITCOMB	17m 52 sec
8th	P.WILLIAMS	15m 22 sec	33rd	G.TREECE	18m 01 sec
10th	N.MARTIN	15m 28 sec	35th	S.CONNELLY	18m 10 sec
12th	S.SEARLE	15m 41 sec	39th	K.BARTON	18m 41 sec
13th	R.CLIFFORD	15m 50 sec	40th	R.FRANCIS	18m 53 sec
14th	D.BUSH	16m 00 sec	41st	S.EDWARDS	18m 55 sec
15th	N.GLENDON	16m 03 sec	45th	R.DENNISON	19m 31 sec
18th	R.OAKLEY	16m 07 sec	48th	E.TILBURY	19m 51 sec
19th	E.KERR	16m 18 sec	49th	S.McCANN	20m 33 sec
22nd	M.GROUNDELL	16m 27 sec	55th	O.ALLEN	21m 07 sec
23rd	M.CRAWSHAW	16m 50 sec	65th	K.EDWARDS	28m 24 sec
24th	M.BLISS	16m 55 sec			

65 Finished.



Sunday Runs & Test Way Relay Recce From Lee.

This year we are entering two teams for the test way relay, a mixed team and a men's team. Some will be running the course for the first time so it is good to have an idea of the route as there are no marshals or arrows, you "simply" follow the test way.

The first year we took part in the test way relay there were two errors which led to loads of lost time; first Greg got badly lost, losing 15 minutes, then; Bushy crossed the finish line from the wrong direction incurring a 10 minute penalty

So please run the day that covers the leg that you are racing.

These runs are open to everyone so even if you are not racing they are good fun in glorious countryside and always finish at a pub for lunch so please come along.

The dates for the legs this year are:

Date	Route	Distance	Pub
10-Jul	Inkpen Beacon – St. Mary Bourne	11 miles	Bourne Valley Inn
24-Jul	St. May Bourne – Wherwell	13miles	White Lion
7-Aug	Wherwell – Mottisfont	10miles	The Mill Arms
21-Aug	Mottisfont – The Salmon Leap	12miles	The Salmon Leap

We will meet at 9:30 at the end point for a 10am start (maps to provided later). Then we will take as few cars as possible to the start point.

Juniors News from Anna

For those of you training on a Thursday evening you can't have missed the noise and energy levels of the group of children we have attending our Junior training sessions. We have had a fantastic start and have already signed up 20 Junior Harriers within the first 3 weeks.

The children are following the Athletics 365 programme - an England Athletics initiative which is a multi-event, young people development programme, introducing athletes to the fundamental skills of athletics. We are then holding a Quadkids competition once a month to bring in a competitive element to the sessions and also so the children can monitor their own progress. Quadkids is also an England Athletics initiative which consists of a 75m sprint, 600m run, vortex (like a javelin) throw and long jump.

The Club supported two fun runs at the Overton School Fete, with a short sprint for the younger ones, followed by a 1km run for Key Stage 2 (7-11 year olds). Despite the wet conditions, the first across the line was Molly Wateridge (age 9), followed by George Sefton (age 8), who are both now Junior Harriers and regular attendees on a Thursday evening.

Later in the summer we will make a decision as to whether we can continue the training throughout the winter. Ideally we will look at entering the Sportshall events and also Cross Country races - however this is entirely dependent on the interest from the children/parents and from club members being willing to give up some of their spare time to support this initiative. If you are interested in helping in anyway then please email Keith (keith@vallis.org.uk) or come down to Bridge Street at 6:15pm on a Thursday.

Mob Match

