Overton Harriers & Athletic Club

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March 2009 Issue 380
Visit us on our Web Site at **www.overtonharriers.org.uk**
Email your reports to me at **PiersPuntan@overtonharriers.org.uk**
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You can view or print this and previous editions from our website

FIXTURES:

April	5th	**COMBE GIBBET 16 Mile**
	10th	Maidenhead 10
	11th	Compton 10 & 20 Miles
	16th	**FLYING COACH VISIT**
	18th	**HURSTBOURNE 5 Miles**
	19th	Saintly 5k
	26th	**LONDON MARATHON**
Every Saturday		BASINGSTOKE "PARK RUN" 5km at the War Memorial Park

FRANNY'S BITS

Spring has sprung and a busy month sees the inaugural running of the Hurstbourne 5, hopefully there will be a good turnout from the club & any offers of help with marshalling, etc., would be gratefully accepted by Greg who is the race organiser.

BAF coach Nick Anderson will be visiting the Thursday training session on April 16th to give us some feedback & advice on our training set up. Piers has planned a Parlauf session at the school on this night and it would be appreciated if we could have a good turnout for this session. We will need to make a prompt start on the night due to the available daylight with everyone arriving at the school in good time to run a satisfactory session.

The Club AGM will take place after training on May 7th in the bar upstairs. The Club Presentation Dinner will be at The Honey Pot on Friday May 15th. Please see the notice board, Web site or later in this edition for more details. Also, a reminder to think about who you wish to nominate as the Club Person of the Year. Voting slips will be available from Franny nearer the date.

And finally, congratulations to Richard & Susan on the arrival of Gabriel Richard Francis Clifford; I will leave the witty remarks to others.

BERKAMSTEAD HALF MARATHON **Sunday 1st March** *from Dave Maughan*

Well it has been a very long time since anyone from the Harriers has seen or heard from me and despite a Lord Lucan approach to my membership I am actually still a member and proud. I am currently working in a place called Magdeburg in former East Germany, 100km west of Berlin for this year and get back for weekends. If anyone remembers the first scene in Octopussy when 008 dressed as a Clown gets killed.... it is nothing like that :).

I am currently training for the Zurich Marathon which is the same day as London Sunday 26th April. I have also got engaged and the wedding date is 17th July so it has been all go. I am living in Guildford with my Fiancée, Suzanne (sounds really strange and scary) and going out on sporadic training runs around the surrey hills and the treadmill in the Hotel gym.... sadly it only goes to 90 minutes! I thought I would need a half marathon and Suzanne's brother lives in Berkamstead so I couldn't miss the opportunity on March 1st...

The problem was that despite a lack of training and probably overtraining I picked up a bit of a niggle; technically for Cath's benefit I was diagnosed with a Sesamoid Injury, to everyone else it is a "ball of foot injury".... anyway it actually prevented me running gone morning, violins at the ready folks! I went to a sports rehab clinic that was actually really good, diagnosed the problem, looked at my running style and with some protection and cushioning I was ready for the race.

For those of you that do not know the Berkamstead Half it makes Hardly Half look like a flat marathon. I did not quite realise how hilly it was going to be till after 3 miles we went up and up and up..... this really hurt and I have always quite liked Hills and Hill training at Overton.

By four miles my injury in my right foot was feeling really good and this was a big positive...my left foot however went numb and felt like you do when you sleep on your arm! I kind of caught my breath after 5 miles and tried to get some recovery and even briefly chatted about the steep start to a local who said "yeah the really big hill is at six, then a couple nasty climbs before the final descent".... oh dear I thought ! My foot was still numb and this was increasingly becoming not only painful but irritating as I felt the rest of me had some in the tank. I attacked up the hill at six...well perhaps attack is a little strong a word I kept pace and took a few people and then struggled few the next few miles.

The end of race takes in the wonderful Ashridge College and the scenery was quite wonderful. Unfortunately I had a couple of climbs to do which kind of knocked my target time of 1.35 out of the water a little... The Race ends after these climbs with a fast descent which although sounds great is actually a little too steep. In fact one runner actually fell over in the last mile and couldn't finish the race; ambulance the works.

I finished in bright pre spring sunshine in a time of 1hr 37mins. It was a tough but lovely race and I would recommend it to anyone who wants a real half marathon challenge. PB it is not but picturesque it is.

Harrier	Time	Position
David Maughan	01:37:10	200th

1191 finished

SALISBURY 10 **8th March** *from Piers Puntan*

For most Harriers it was their first trip down to Salisbury for this event as it was its début in the Hampshire Road Race League. Conditions were sunny though there was a stiff southerly breeze, good for keeping temperatures up but poor for PB's.

Lee and Sean set off at a good pace and surprise, surprise, Lee's first mile time was faster than he expected, which meant that he was lacking in pace when the course turned back to Salisbury into the wind. He still finished in a good position, but was a little bit disappointed on his time. Sean however got another PB and it won't be long before he starts to take on the role of first harrier home??

Neil had an excellent performance showing that not only does he have stamina but that his pace is increasing nicely; all bodes well for a good performance at London. Ryan started strong but drifted off the pace and it was only a determined last mile that kept him in front of me.

I had a good run trying to keep an even pace on what is a gently undulating course and managed to catch Cath at the 5 mile mark; she struggled with the hills and the wind at a distance which is outside her normal range. I almost caught Ryan but couldn't quite get past him which also meant a missed PB. Keith struggled and admitted that he wasn't happy with his running recently. Let's hope the Spring will allow Keith to hit his usual good form. Monique obtained yet another PB nearly 2 minutes faster than her performance at Ryde and Kate Hickman made her Harriers debut meaning that we had a reasonable ladies team place.

Harrier	Time	Position
Lee Tolhurst	01:01:24	25th
Sean Holmes	01:01:44	29th
Neil Martin	01:05:10	64th
Ryan Wakefield	01:07:07	88th
Piers Puntan	01:07:09	89th
Cath Wheeler	01:08:34	9th (3rd V45)
Keith Vallis	01:12:38	170th (51st V40)
David Titcomb	01:14:30	192nd (58th V40)
Monique Van Nueten	01:24:07	79th (14th V45)
Kate Hickman	01:31:26	128th

555 finished

BRITISH MASTERS INDOOR CHAMPIONSHIPS **8th March** *from John Hodge*

Once again I ran in the O/65 800m, hoping to improve on last year's 4th place, and looking to get under 2.45. The race went well and I had a strong finish, but could not catch the leader in the run-in. My legs held up better than I expected, so perhaps I could have kicked a lot earlier; still, no regrets, very happy to have got the silver medal, and the time was quicker than last year. Once again, a very well organised event in the superb Lee Valley stadium. What a pity we don't get more of our vets competing; it's really well worth it!

Result: 800m M65 Final

1. John Garber 2-43.78
2. John Hodge 2-48.24
3. Eric Jones 2-49.66

FLEET HALF MARATHON **15th March** *from Piers Puntan*

Just the London Marathon Harriers, Neil and Hannah, turning out at Fleet for the half marathon. No report received but times look as if training is going well.

Harrier	Time	Position
Neil Martin	01:27:33	153rd
Hannah Oliver	01:45:44	770th

2104 finished

FOXDOWN HANDICAP **19th March**

Michael knocked over 2 minutes from his best time to run out a comfortable winner on the night. Eric ran his fastest time of the year in second while Sean continued his PB in every race form taking third with another 33 second improvement. This confirmed his victory in both leagues, Further PB's came from 4th placed Neil (29 sec.) & Lee who only equalled his best time after questioning the mental agility of the "Old age" timekeepers. Jamie was easily the fastest on the night with probably the seasons best time, Lee was almost a minute adrift with Sean third.

Monique confirmed her excellent season by missing her PB by 4 seconds to take 2nd in the handicap league ahead of Bob who also had an excellent series of runs. Keith took silver in the time league and is starting to show a return to form. Bob took double bronze as he missed his PB by only 2 seconds and special mention goes to ET & Brian who made up the league minor places.

The night also saw a warning to the clubs faster runners as Blissy ran his fastest time in 2 years, I only hope I have not just put a jinx on him.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	M.BALL	31.10	4.13	26.57	15
2	E.TILBURY	32.01	4.58	27.03	16
3	S.HOLMES	32.40	11.02	21.38	3
4	N.MARTIN	32.44	10.01	22.43	7
5	L.TOLHURST	32.47	11.53	20.54	2
6	M.BLISS	33.02	11.17	21.45	4
7	K.VALLIS	33.03	10.25	22.38	6
8	B.HAWRYLAK	33.15	9.19	23.56	10
9	M.VAN NUETEN	33.17	4.40	28.37	17
10	J.CASTELLI	33.21	8.09	25.12	13
11	P.PUNTAN	33.29	10.09	23.20	8
12	H.OLIVER	33.38	7.23	26.15	14
13	B.HAY	33.45	8.41	25.04	12
14	J.JONES	33.47	13.51	19.56	1
15	C.WHEELER	34.29	10.31	23.58	11
16	G.ENGLAND	34.35	11.59	22.36	5
17	E.SANDALL BALL	35.08	2.56	32.12	19
18	R.CLIFFORD	35.25	11.42	23.43	9
19	M.WOODS	35.27	4.37	30.50	18
20	D.WICKE	37.22	2.56	34.26	= 20
21	E.WICKE	37.22	2.56	34.26	= 20

Many thanks to all who have helped with the timekeeping this winter, especially JT & John Hoare

EASTLEIGH 10k **29th March** *from Piers Puntan*

Given the popularity of this race over the years it was odd that there were so few Harriers at Eastleigh. This is probably now the only really good PB course left in the area with Totton 10k having disappeared and Stubbington 10k now "undulating" as opposed to flat.

Lee was first Harrier home and that win confirms his first place in the consistency league.

Following an enforced layoff it was great to see Blissy out, he was extremely pleased with his time overtaking Sean at the midway point; Sean hung on to Mike and yes he got another PB. Like Salisbury I just missed out on a PB, so beer on Friday and Saturday nights will have to refused in the future.

Bob was uncertain if he would run due to the fact he had been set upon the night before by a gang of six year old kids who put his back out. He was pleased he did, a great PB performance, taking over 40 seconds off his previous best easily holding off Eric who was a few seconds off last year's time. The ladies only managed to get two harriers out, the ever reliable Monique being first home in another PB time in front of Liz who took nearly 30 seconds off last year's time.

Harrier	Time	Position
Lee Tolhurst	36:25	113th
Mike Bliss	36:42	121st
Sean Holmes	36:48	124th
Piers Puntan	39:08	196th
Bo Hawrylak	41:06	287th
Eric Tilbury	43:13	375th
Monique Van Nueten	49:06	793th
Liz Sandal-Ball	51:09	893rd

1580 finished

READING HALF MARATHON **29th March** *from John Hodge*

Not having run a half-marathon for 22 years, I was persuaded to run this year with my son. Unfortunately he pulled out a few weeks before, and for some reason I decided I had done so much training by then that I'd carry on. This was my first time at Reading, and I must say it was a great experience, very well organised, very well supported all the way round, and a great finish inside the Madejski Stadium.

After many hours of long training runs on my own, I found that running amongst the huge crowd (just under 12,000 finishers) the miles seemed to go by very quickly. I was hoping for around 1-50, and started off at the right pace, but after about three miles I found my pace picking up, and I finished over seven minutes under target.

Harrier	Time	Position
Brian Hay *(as a Reading Jogger)*	1:32:52	877th
Dave Titcomb	1:36:53	1386th
John Hodge	1:42:44	2797th (5th V 65)

11867 finished

"Quote of the Month"

The winner this month comes from proud father, Richard Clifford, who received just a touch of Mickey taking & wisecracks after announcing the name of his new born son to the gathered Harriers in the changing room.

FLYING COACH VISIT 16th April

On 16 April we have Nick Anderson, Great Britain XC Coach and Level 4 Endurance Coach, coming to the club to watch one of our sessions and establish our needs. This will be followed by a further date in May where he will help structure a session. I hope that club members can make use of this opportunity.

ANNUAL PRESENTATION DINNER 15th May

The annual dinner will be on Friday 15th May at the Honey Pot. Please fill in a menu sheet, which will soon be available on the ORC notice board or on the web site, and give or e-mail it to Piers as soon as possible.

Could those people holding trophies please return them to the club so that they can be presented this year.

COMBE GIBBET

Cakes should be given to Liz. If you are not running consider being a marshal or providing other help on the day

HANDICAP LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	1	2	3	1	2	3	9
M.VAN NUETEN	6	7	2	2	5	9	22
R.HAWRYLAK	3	3	5	0	8	8	27
E.TILBURY	9	12	12	7	7	2	37
K.VALLIS	8	11	0	12	1	7	39
B.HAY	0	9	9	10	4	13	45

TIME LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	4	3	3	3	2	3	14
K.VALLIS	3	2	0	6	3	6	20
R.HAWRYLAK	5	4	6	0	7	10	32
B.HAY	0	5	7	8	8	12	40
E.TILBURY	10	9	12	12	12	16	55
M.VAN NUETEN	9	11	13	11	13	17	57

CONSISTENCY LEAGUES

Following Eastleigh the leagues are complete as shown below.

Congratulations to Lee and Monique on winning their respective titles.

Men

	Runner	Alton 10	Kintbury 5	**Winchester 10k**	Winchester 5k	Farley Mount XC	Lordshill	Goodwood XC	**Gosport 1/2**	**Victory 5**	Cyclists Race	**Reading XC**	Stubbington 10	Ryde 10	**Salisbury 10**	Eastleigh 10k	**TOTAL**
1	Lee Tolhurst	18	20	38	19			19	38		20	40	20	20	40	20	312
2	Sean Holmes								34	38	17	34	18	19	38	18	216
3	Piers Puntan	16	16		14				28	36	16		15	15	32	17	205
4	Richard Clifford	19	18	36	18	20		18			19	36	19				203
5	Neil Martin	17		34							15	32	16	17	36		167
6	Mike Bliss	20	19	40	20						11	38				19	167
7	David Titcomb	15	15	30		15					10	28		14	28		155
8	Keith Vallis		17	28	15	17								16	30		123
9	Greg England						20	20	40	40							120
10	Ryan Wakefield				13				36				17	18	34		118
11	Eric Tilbury	14	13		8	14				34	8					15	106
12	Martin Allen				11	19		17	30		14						91
13	Bob Hawrylak			32	10						12		13			16	83
14	Brian Hay				12				32				14				58
15	Mick Woods	12	12	26	7												57
16	Martin Crawshaw					18						30					48
17	John Castelli		14		9						9		12				44
18	Dave Bush				16						18						34
19	Mark Dennison					16					13						29
20	Mike Ball					13		15									28
20	Peter Wiliams				17												17
21	Steve McNair	13															13
22	Nigel Maughan		11														11
23	Richard Francis										7						7

Ladies

	Runner	Alton 10	Kintbury 5	**Winchester 10k**	Winchester 5k	Farley Mount XC	Lordshill	Goodwood XC	**Gosport 1/2**	**Victory 5**	Cyclists Race	**Reading XC**	Stubbington 10	Ryde 10	**Salisbury 10**	Eastleigh 10k	**TOTAL**
1	Monique Van Nueten			38	19	18	20	18	40	38	18	36	19	18	38	20	340
2	Cath Wheeler	20			20	20		20		40		40		20	40		220
3	Helen Heap	19		40		19		19			19	38	20	19			193
4	Liz Sandall-Ball				18			17			17	34				19	105
5	Jo Cozzie									36			18				54
6	Belinda Lade			36	17												53
7	Kate Hickman														36		36
8	Emma Mabey									34							34
9	Audra Dennison										20						20
10	Gwyneth McLaughlin				16												16
11	Karen Burton				15												15
12	Helen MacMahon				14												14
13	Moira West				13												13

Overton Harriers & Athletic Club

Notice of Annual General Meeting 7 May 2009

Overton Recreation Centre, Social Bar, 8:30pm

1. Apologies
2. Minutes of last AGM, 24 April 2008 to be ratified
3. Chairman's Report : Mark Dennison
4. Club Captain's Overview : Piers Puntan
5. Treasurer's Report : Cath Wheeler
6. Election of Officers

POST	NOMINATION
President	John Thomas
Chairman	Mark Dennison
Treasurer	Cath Wheeler
Secretary	Vacant
Club Captain	Piers Puntan
Ladies Captain	Cath Wheeler
Vets Captain	Richard Francis
Member	Martin Allen
Member	Dave Titcomb
Member	Helen McMahon
Member	Anna Vallis
Member	Vacant
Member	Vacant

7. AOB