Overton Harriers & Athletic Club

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

April 2nd	Maidenhead 10 mile
3rd	Compton Downs 20 / 40 miles Newport to Ryde 7 miles
11th	**COMBE GIBBET**
17th	**Hurstbourne 5 miles (Courtesy of England & Allen Promotions)**
18th	Brighton Marathon
25th	LONDON MARATHON Houghton 11km Lambourn 6km

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

FRANNY'S BITS

Keith is still looking for volunteers to assist with the Combe Gibbet race, if you can assist with marshalling etc please contact him ASAP.

Both Greg & Lee are still giving their races the hard sell and entry forms are on the notice board. I'm sure both will be looking for assistance on their race days and any offers of help would be gratefully accepted.

Club bragging rights for the April will almost certainly go to the first Harrier to the top of the Hurstbourne bank with Lee having already being seen, doing an evening Hill Rep session in Basingstoke, running up the "down" escalator in the shopping centre.

Two dates for your Diaries: Basingstoke will be hosting their leg of the Mob match on June 17th from the Village Hall at Cliddesden. We propose to host our leg around the Harrow Way 3.5mile course on July 15th with a BBQ afterwards.

The Club AGM will take place after training on Thursday 22nd April in the bar upstairs.

Please note that on 8th April the ORC Changing Rooms will not be available – Meet at School changed @ 19:30

SALISBURY 10 **7th March** *from Piers Puntan*

Following the gauntlet thrown down at Ryde the month before, it was time for the main contenders to go into the ring for the big head to head fight for bragging rights.

In what was a very quick race we had four runners under the hour an excellent achievement; but who took the bragging rights, step forward Mr Tolhurst in a new PB he demolished the field behind him.

Lee was not the only PB holder, Sean, Pete, Neil, Kerri, Lucy, Sue, Kate, Monique and myself all got PBs, some by significant margins.

Cath is showing some strong form over the longer distances coming in as second lady in a very fast time of 64:17. This time is the 2nd fastest Vet 10M time anywhere in the UK this year according to Power of 10 website, a great achievement.

The men's team pipped Winchester to the team prize; apparently this was such a surprise to them that they put on their website that they had won!

Harrier	Time	Position
Lee Tolhurst	57:36	15th
Sean Holmes	57:52	16th
Mike Bliss	58:29	25th (2nd V50)
Peter Williams	58:30	26th (7th V40)
Neil Martin	1:03:16	82nd
Cath Wheeler	1:04:17	94th (2nd Lady 1st V45)
Piers Puntan	1:06:16	122nd (36th V40)
David Titcomb	1:11:10	201st (36th V50)
Kerri Barton	1:15:19	292nd (17th Lady)
Lucy Griffiths	1:22:01	407th (30th Lady)
Sue Caratelli	1:22:33	414th (26th V45)
Kate Groundsell	1:23:22	427th (33rd Lady)
Monique Van Nueten	1:24:36	445th (30th V45)

648 Finished
1st Men's Team
9th Ladies' Team

FOXDOWN HANDICAP **March 11th** *from Richard Francis*

The final race of the winter season saw a sight as rare as Southampton FC winning a trophy as I reaped the benefits of my marathon training to record only my second handicap win since 1975. Chasing hard and running his best time for 2 years was Richard Clifford who was narrowly ahead of the rampaging pack of PB breakers. Sean took third with his 20 second improvement which was enough for him to retain the handicap title. Pete was close behind, knocking 16 seconds off his best with Lee finally achieving his quest to better the handicappers PB, and, claim that elusive pint with a 13 second improvement. His run was also enough to seal the second spot in the handicap league while Lucy earns a worthy third after an excellent winters work.

Lee, Sean & Pete were the fastest on the night and will all be looking to breaking the 20 minute barrier next year. Lee & Sean tied up the top 2 places in the time league with Mike taking third.

Sadly, this season has seen a marked decline in the number of our slower runners taking part. This is a shame as the handicaps are the one event where we can all compete against each other and have an equal chance of winning. Let's hope for an upturn in numbers for the summer events.

Many thanks go to the two Johns for timekeeping throughout the winter in some rather unpleasant weather. Without their help, and that of others like Liz, who helped at the final run, we could not continue these runs.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	R.FRANCIS	32.31	5.56	26.35	12
2	R.CLIFFORD	32.45	10.57	21.48	5
3	S.HOLMES	32.53	12.28	20.25	2
4	P.WILLIAMS	32.57	12.08	20.49	3
5	L.TOLHURST	33.00	12.58	20.02	1
6	K.BARTON	33.13	6.45	26.28	11
7	M.BLISS	33.30	12.21	21.09	4
8	D.TITCOMB	33.31	7.40	25.51	10
9	K.VALLIS	33.37	9.17	24.20	9
10	E.TILBURY	33.43	4.50	28.53	13
11	P.PUNTAN	33.50	10.03	23.47	7
12	G.ENGLAND	34.12	11.14	22.58	6
13	L.GRIFFITHS	34.41	3.47	30.54	14
14	C.WHEELER	34.48	10.49	23.59	8

FINAL H'CAP LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
S.HOLMES	4	3	4	10	5	3	19
L.TOLHURST	0	2	1	7	12	5	27
L.GRIFFITHS	11	1	2	6	0	13	33
M.BLISS	14	6	3	4	0	7	34
E.TILBURY	13	16	11	5	6	10	45
K.VALLIS	5	0	8	13	13	9	45
C.WHEELER	8	11	6	0	7	14	46

FINAL TIME LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLHURST	0	1	1	1	1	1	5
S.HOLMES	1	2	2	3	2	2	9
M.BLISS	5	4	3	2	0	4	18
C.WHEELER	4	7	5	0	7	8	31
K.VALLIS	3	0	6	6	10	9	34
E.TILBURY	12	16	10	11	12	13	58
L.GRIFFITHS	13	15	9	12	0	14	63

"Quote of the Month"

A contender came from Kerri as she watched Franny removing his tracksters before the start of the handicap.

"This is the highlight of my week"

Perhaps her horizons will be broaden now she has moved from sleepy Hannington to the metropolis of Chineham.

But this month's winner is possibly the best ever. Sean texted Blissy to find out if he was joining the Sunday morning long run. Here is the reply:

> ***Sean (this is Julie, Mikes wife) Can you not use the "R" word please, actually can you also not use the "fit" and "well" words in the same sentence as "Mike"…… I think this says it all……..Yep, the bugger is injured again! Don't feel sorry for him; think of the wife and children.***

APRIL TRAINING SCHEDULE *from Richard Francis*

March	Coach	GROUP 1	GROUP 2
1st	RF	8 x 700mtrs jog recovery	6 x 700mtrs jog recovery
8th	RF	ORC Changing Rooms Not Available - Fartlek Run – Meet at School	
15th	RF	Overton Primary School – Short	
23rd	RF	Overton Primary School – Half Lap Parluff	
30th	RF	Overton Primary School – Long	

READING HALF MARATHON **21st March** *from Piers Puntan*

Small group of runners went up to this huge half marathon event and apart from Sue and Kerri who were able to take a few minutes off their PB times it was not a big success.

I had just come off a flight from Dubai and pulled out at the 5 mile mark, Lucy pulled out before the start with a hamstring pull and Audra had a low key performance.

Harrier	Chip Time	Position
Audra Dennison	01:31:31	716th
Kerri Barton	01:39:15	1604th
Sue Caratelli	01:50:24	4534th

12,300 finished

BMAF INDOOR CHAMPS, LEE VALLEY **24th March** *from Ed Simpson*

In the M70-74 category I won the 1500 in 6.05 and the 3000 in 12.57.

Last year I also won both. On that occasion the shorter race was 2 seconds faster and the longer race was 6 seconds faster. The BMAF Cross Country was in Belfast a fortnight earlier. I was only seventh which was a bit disappointing.

EASTLEIGH 10k **28th March** *from Piers Puntan*

Large turn out of Harriers at Eastleigh though with some of our top fuel dragsters missing due to injury and work commitments it was unlikely that we would be finishing high in the team places.

The race was being used as the regional championships so there were some fast athletes on show, especially in the women's race; Richard Clifford is still talking about getting beaten by a woman

The general consensus was that this year the race was “hard”, whether this was due to the large numbers of runners or the wind, no one was sure of. Notwithstanding Lee and Sean unsurprisingly got PBs and so did Kerri and Lucy.

Harrier	Chip Time	Position
Lee Tolhurst	35:18	98th
Sean Holmes	35:40	103rd
Richard Clifford	37:36	158th
Neil Martin	38:04	180th
Cath Wheeler	38:57	207th (5th V45)
Piers Puntan	40:55	278th (62nd V40)
David Titcomb	42:19	335th (46th V50)
Steve McNair	42:29	342nd (73rd V40)
Bob Hawrylak	42:47	362nd (79th V40)
Kerri Barton	45:45	539th (78th Lady)
Monique Van Nueten	49:46	734th (29th V45)
Liz Sandall-Ball	52:28	872nd (7th V55)
Lucy Griffiths	53:45	966th (223rd Lady)

1535 Finishers