

Overton Harriers



& Athletic Club

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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

FIXTURES:

June 2nd	Track & Field League Fixture at BASINGSTOKE
3rd	GOODWOOD 10k Trail Run
6th	YATELEY 10k D Day 10k at PORTSMOUTH
10th	BRAISHFIELD 10k NORTH DOWNS 30k
13th	Forest 5 mile at BRACKNELL
14th	SUMMER Handicap
17th	BRADING 10k
20th	Midsummer 5 mile at CHICHESTER
23rd	Track & Field League Fixture at POOLE
24th	LORDSHILL 10k Race for Life at BASINGSTOKE
27th	Woodland 5 mile at BROADMOOR PETERSFIELD 5 mile XC

FRANNY'S BITS.

A bumper edition this month, thanks to those who have contributed and here we go:

The summer handicap league got under way this month with a large turnout for the first of four races. For those who are unclear on how the league works: handicaps are based on a runner's best time from their last three runs over this course; anyone without a time recorded will be given a handicap based on their fastest Foxdown time last winter whilst newcomers will be allocated a time by the ever fair and completely un-corruptible handicapper (Who drinks Newcastle Brown).

There are two leagues: one based on your actual finishing positions in each race and the other decided by actual race times. The winner of each race scores 1 point, second: 2 points etc. The titles are decided by totaling your three best results from the four races with the lowest total taking the respective title.

2007 SUBSCRIPTIONS by Mike Scoggins, Hon Treasurer

Unless you joined the Harriers after 31st December 2006 or pay your subscription by Standing Order, **YOUR 2007 SUBSCRIPTION IS NOW DUE.** Prompt payment would be appreciated.

Current rates are; Seniors £40-00, Second claim seniors £20-00

Juniors £10-00,

Family membership (2 seniors plus all children) is also available at £80-00.

If anyone wants to change to Standing Order payment please let me know.

SOUTHERN LEAGUE Div. 3 WEST.**5th MAY.**

A very promising start to the track & field season saw the combined Overton / Andover finish second to a strong Team Southampton squad. It was a close match all afternoon but we were finally edged out in the last two events. The track boys had an excellent afternoon 8 winners during fixture with maximum points coming in the 200 with the Overton winners being Keith Clark who showed improved form to take the B string 1500 and Jamie and Keith Vallis who took victories in the A string 5000m & Steeple chase respectively. Dave Bush ruined any plans for that evening when picking up a nasty groin injury in the high hurdles but showed great determination by just getting to the finish.

Bob Hawrylak scored good points in the jumps and then revealed he last competed on the track & field way, way, way back in 1985. Paul scored good points in the hammer as did Jeremy in the Shot & High Jump.

	Post.	A String	Result	Post.	B String	Result
100 m	2nd	J.FOLKES	11.7 sec	3rd	R.PITCHER	12.2 sec
200 m	1st	J.FOLKES	23.3 sec	1st	R.PITCHER	24.6 sec
400 m	3rd	D.AWDE	53.0 sec	3rd	J.WHITEMAN	55.8 sec
800 m	1st	D.AWDE	2m 03:9 sec	1st	L.RAMSEY	2m 07:4 sec
1500 m	1st	P.BERNTSEN	4m 05.5 sec	1st	K.CLARK	4m 43.8 sec
5000 m	3rd	J.JONES	16m 43.3 sec	1st	D.BRISCOE	17m 25.0 sec
3000 S/C	3rd	K.VALLIS	11m 26.8 sec	2nd	K.CLARK	12m 40.4 sec
110 H	1st	D.AWDE	19.9 sec	2nd	D.BUSH	31.8 sec
400 H	4th	R.PITCHER	72.6 sec	3rd	J.CONEY	70.8 sec
Long Jump	3rd	D.BUSH	5.21 m	2nd	B.HAWRYLAK	4.92 m
Triple Jump	3rd	J.WHITEMAN	10.50 m	2nd	B.HAWRYLAK	9.81 m
High Jump	2nd	J.REYNOLDS	1.55 m	1st	J.FOLKES	1.50 m
Pole Vault	2nd	D.AWDE	2.20 m	2nd	D.BUSH	2.00 m
Shot	2nd	J.REYNOLDS	9.55 m	2nd	J.FOLKES	7.96 m
Discus	4th	M.HOOLEY	25.16 m	3rd	P.WHEELER	16.50 m
Javelin	4th	D.BUSH	26.23 m			
Hammer	4th	J.REYNOLDS	20.22 m	2nd	P.WHEELER	15.17 m
4 x 100 m	2nd		47.6 sec			
4 X 400 m	2nd		3m 45.8 sec			

1st	SOUTHAMPTON	137 points
2nd	OVERTON / ANDOVER	132 points
3rd	HASLEMERE	115 points
4th	PLYMOUTH	90 points

Sidmouth Festival Run - 12th August

Some of us are planning to spend the weekend in Devon and run this 10k multi-terrain race. Entry forms are available from www.sidmouthrunningclub.org.uk and if anyone is interested in camping please contact Keith Clark or Keith Vallis.

SUMMER HANDICAP MAY 17th by Franny

There was a large turnout for the opening race of the summer league, with 23 seniors and 9 juniors finishing on a very warm, humid evening.

First home was young Gavin who was almost 2 minutes clear of runner up Mick who put in a solid run. Rachel has been putting in some good training recently and showed improved form in third spot ahead of Chris and Dave.

Lee showed that he has got over his London hiccup and was fastest on the night ahead of Tim who in turn was well clear of a below par Dave. Keith Clark showed a big improvement on his winter form to take fourth with Keith Vallis slightly below par in fifth.

POS.	RUNNER	TIME	H'CAP	ACT. TIME	TIME POS.
1	G.ALEXANDER	28.40	GO	28.40	21
2	M.WOODS	30.34	3.26	27.08	20
3	R.HESSOM	30.51	5.00	25.51	=15
4	C.WOODS	31.07	4.38	26.29	18
5	D.TITCOMB	31.11	7.23	23.48	9
6	H.VOSSER	31.20	6.26	24.54	10
7	K.CLARK	31.21	9.02	22.19	4
8	T.HARRIS	31.23	9.52	21.31	2
9	E.TILBURY	31.38	6.32	25.06	11
10	L.TOLHURST	31.48	10.40	21.08	1
11	M.VOSSER	31.52	6.43	25.09	12
12	P.PUNTAN	32.02	8.43	23.19	8
13	R.WAKEFIELD	32.03	6.32	25.31	13
14	D.WICKE	32.05	5.50	26.15	17
15	M.ALLEN	32.13	9.23	22.50	7
16	C.WHEELER	32.21	9.36	22.45	6
17	B.HAWRYLAK	32.29	6.46	25.43	14
18	B.HAY	32.37	6.46	25.51	=15
19	K.VALLIS	33.03	10.20	22.43	5
20	D.VOSSER	33.19	11.29	21.50	3
21	J.CASTELLI	33.31	6.43	26.48	19
22	K.MAYNARD	33.42	GO	33.42	24
23	H.COXHEAD	33.43	GO	33.43	25
24	R.MAYNARD	33.43	GO	33.43	26
25	Hannah ????	33.52	GO	33.52	27
26	C.COXHEAD	33.54	GO	33.54	28
27	J.LWENO	34.22	GO	34.22	29
28	J.O'BRIEN	34.57	GO	34.57	30
29	G.CLOKE	35.24	4.19	31.05	23
30	N.MAUGHAN	35.45	5.50	29.55	22
31	M.MATSON	39.25	GO	39.25	32
32	B.O'BRIEN	39.25	GO	39.25	33
33	M.CHALLENGER	40.17	5.00	35.17	31

FRANNY'S EMSWORTH to BASINGSTOKE RELAY 12th MAY from Franny

For the second year running I was asked to turn out for Basingstoke for this highly enjoyable 43 mile relay following several long distance paths including stretches of the Wayfarers Way, Solent Way and Hanger Way.

Teams of six follow a course that is predominantly off road and is broken down into 18 legs of distances varying between 2km and 6 km. Teams can be all male, all female or mixed and competition is intense but friendly. There are no course markers but maps are supplied to both runners and to drivers who have to ensure that the outgoing runner is at the changeover point before the incoming runner arrives. The more competitive teams carry out recce runs in the lead up to the event but even then mishaps occur.

There were 16 teams on the start line at Emsworth harbour with yours truly lining up for the Basingstoke B team (nicknamed "The Bushwhackers"). Our team was in a sorry state from the off with us being one man short and one man injured. Our biggest burden was my complete lack of fitness and sore Achilles (I had tried to drop out beforehand but was persuaded to turn out by Mark Slaney at the previous weeks track meeting).

Wonder of wonders but we were in front after the first handover and by the time I started the 6th leg we were in second. That quickly changed as 2 runners passed me early on but, despite one huge climb and a nightmare descent down a wet, chalky track I handed the baton over only a short distance behind the 3rd place runner. During the race, the positions were ever changing though our A team had built up a big lead and, despite me have to put in two shorter legs than planned, we arrived at the start of the 15th leg at Shalden still in 4th spot.

This leg is only 2k long and once you pick up the footpath from the road it is virtually impossible to get lost. However we managed to get lost there last year and this year it was the turn of Victory AC who held 2nd place at the time. They lost 40

minutes and a storming leg by our runner Peter put us third and in with a sniff of the medals. On the penultimate leg we moved into second following great efforts from Mark and Tim Fowler. It was left to our fastest man Nick to run the glory leg from Hackwood Park to the finish at Down Grange where the organizer Cyd Hill had arranged an unending supply of food and drink for the teams.

Cyd has asked if Overton can enter a team for next years' event, if anyone is interested then please let me know now and we can start making plans.....there is a nice big trophy for the winning team.

1st	BASINGSTOKE "WHIPPETS"	5 hours 04 minutes
2nd	BASINGSTOKE "BUSHWHACKERS"	5 hours 27 minutes
3rd	"DAWN TIL DUSK"	5 hours 30 minutes

The first ladies team finished in 6 hours 14 minutes and the last team across the line took 7 hours 26 minutes.

CONSISTENCY LEAGUE from Franny

The next fixture in the league is the Winchester 5k on July 19th.

The race starts from the Broadway at 7:00pm, entries are available on the night but it is advisable to get there early or you may find yourself with no time to warm up. If you wish to enter in advance there is a supply of entry forms on the notice board. Hopefully there will be a good turnout.

I am currently unable to confirm any further Consistency fixtures at present. The Road Race league has published it's events but at least 2 of them, Victory & Stubbington appear to clash with the provisional dates allocated for the Cross Country league.

Once the Cross Country AGM takes place in July the picture should be clearer. Keep an eye on the club web site or notice board for further details.

Hampshire Road Race League 2007/8 – From Martin Allen

The road races for the season commencing in September were decided at the HRRL AGM on 14 May, attended by Piers and myself.

The aim was to try and space the races over the whole season and to try and prevent consecutive weeks of racing. After a lot of debate, the following races were chosen – get them in your diary!

1 September 2007	Overton 5 Mile (Incorporating the 2007 Hampshire Championships)
7 October 2007	Hardley Half Marathon
18 November 2007	Gosport Half Marathon (Inc the 2007 Hampshire Championships)
2 December 2007	Victory 5 Mile
13 January 2008	Stubbington 10km
3 February 2008	Ryde 10 Mile
17 February 2008	Bramley 20 Mile
16 March 2008	Eastleigh 10km (inc the 2008 Hampshire Championships)
11 May 2008	Alton 10 Mile
8 June 2008	Winchester 10km

For those who don't know how the HRRL works, each men's team consists of 4 runners, and 3 for the women's team, a club can field multiple teams. Points are awarded based on the finishing positions of it's runners, teams can score with one less member, but points for the last scorer will be based on the position of the last to cross the line, so it is vital that we field teams in these events, and preferably a B team as well. The league is based on the best 7 races for men, and 6 for women, there are no compulsory races this year. There are two leagues and two teams are promoted and relegated each year. The B division is a league designed for those not making it into the A teams.

There is also an individual league, where points are awarded to the first 51 men and women league runners in each race. The championship is based on the best 6 scores out of the 10 races.

Great Edinburgh Run 6 May 2007 by Audra Dennison

I was invited to Edinburgh by an ex work colleague who is studying for an MBA at Edinburgh University. He suggested I combine a weekend away with running the 10km. I agreed to this subject to me not running FLM as this was only 2 weeks before and I would not have recovered enough to run the 10km.

I flew up on the Saturday and met 2 other work colleagues who had travelled up on the Friday, (non-runners, but useful kit carriers and supporters!). Once checked in to our Hotel, Saturday afternoon was spent sightseeing, mainly on an open top bus, which meant I could take in all the sights but without getting tired legs. Evening spent eating, drinking, (celebrating West Ham's win over Bolton!!) but an early night for me ready for the next day.

The race started at the Meadows, which was an 8 minute jog away, from our Hotel, or about 20 minutes walk. It is a lovely open park, with ample of space for the 10,000 runners expected for this big event. As I arrived, there was a brief shower of rain and I took shelter under a tree. This quickly passed and for the remainder of the morning it was bright and sunny, but not too warm. Unfortunately it was also very windy, and on parts of the course gusty, so conditions not ideal.

I was setting off after the elite women in the sub 41 minute, or wave 1, which from my recent 10kms was not ambitious. However, having seen the course profile; rising more than 100m in one place, I soon realised that a fast time was not on the cards.

In my "wave" there was a distinct lack of female runners and, not too many decent looking club runners, either. (The press later asked where all the Scottish Female athletes, who were apparently absent from the elite women's field). It was obvious this event is aimed primarily at fun runners and those wishing to raise money for charity. My memory at the start will be the bagpipes playing, this felt very emotional as I have Scottish in my blood and this my first run on Scottish soil.

I set off at conservative pace, and tried to settle into my running rhythm, but the course was tough, up and down all the way, making it difficult to settle into my zone. Then the tightness in my hips set in, and I could also feel the niggles in my calf, that I had picked up on the Thursday before (sounding like Franny now!). However, the wind was just as much to blame for me slowing down as the course itself, which at times seemed to keep me standing still.

There were spectators all around the course and, as a woman, I received masses of support and applause. The race passed many of the City's landmarks, including the Castle, Holyrood Palace, Princes Street and Arthur's seat. The hardest part of the course coincided with the toughest part, (just about mid-way), where you are starting to tire and this was where it was most windy due to being exposed, around by the Craggs, up towards Arthur's Seat. Despite being very disappointed with my time, I enjoyed the run and whilst the entry fee is expensive, I felt it was worth it to run around the city. The next day when reading the local Newspaper, I was pleased to hear that Hayley Yelling had said she does not think she has ever run so slowly for a 10km. This made me feel *so* much better about my time!!

The boys were at the finish with a banner with "Go Audra" (most embarrassing), but had carried my bags for me. They had not been bored and took advantage of the various promotions and usual freebies at the event. They later told me that they had discussed my eating habits of the night before the race, with the staff in the lucozade tent, who had confirmed I had not eaten enough! Perhaps *that's why* I slowed, glycogen depletion!!!

I missed Andrew finishing in around 52 minutes, as by this time the runners were coming in thick and fast and it was difficult to distinguish anyone. However, I felt the race was well organised with ample toilets and plenty going on the keep spectators occupied.

After showering and changing, Andrew agreed to drive us to a venue of our choice, (St Andrews was a little too far at over 2 hours), but we left the decision to him. He drove us across the Firth of Forth Bridge (great views over the river and the original bridge with railway track) and back over the river on another bridge, further west (name not known – cannot remember, I think I was asleep in the car!). On our return, we stopped off to visit the Falkirk Wheel, which is the world's only rotating boat lift. Fascinating, and well worth a visit if you are in Scotland. Unfortunately, we were caught in a very heavy shower, typical Scottish weather! we made a dash back to the car, but got drenched.

In the evening we enjoyed another meal out, with plenty of wine, and then proceeded to one of Andrew's student pubs "The Blind Poet" to take part in their regular Sunday night quiz. We fared quite well, and came about 5th overall, out of about 15 teams, but it was great fun.

The next day, I was instructed (by Cath) to run up to Arthur's seat. Actually we were staying quite close to it, so was not such a challenge getting there, but it meant getting up at the crack of dawn so not to miss breakfast and checking out of my room in time. I set off at 7.30 and headed out towards Arthur's Seat.

Once at the foot of the hill in the car park, for a split second I wondered if I was safe as there were quite a few spots where someone could easily jump out from the bushes. However, this doesn't normally deter me, and I continued up and round the top of the hill, which can be reached in car or on foot as there are also footpaths.

As I reached the steeper parts, my quads at this point were reminding me I had raced, (not sure it qualifies as racing) the day before. As I reached the top I looked ahead and to the left and the views were spectacular. Then all of a sudden the weather changed and it was raining very hard and very windy. Another runner passed me from the opposite direction and must have thought I was mad, she wore a hat, waterproofs and leggings and there was me in my shorts, t-shirt and shades!!! Well it was sunny and warm when I left!

However, I turned the corner to go down the other side and it was sunny again. Typical Scottish weather I thought, and soon warmed up again, though my glasses had steamed up!. I then went off the main road to climb up towards the hills as far as I could go. As I had already run for 45 minutes I was happy to take in the views over the city and head back again towards the hotel. A fantastic run, hard to believe you are in a city. The locals are very privileged to have this so close by.

The rest of the morning, the boys went to the Castle (boring I thought and needed to get away from them after spending the whole weekend with them), so I went shopping on the famous Princes Street. There was not enough time to do it all, and it was soon time to head back to the hotel and then onto the airport to go home. There is so much to see and do for both young and old. I will definitely go back and having seen the website for the marathon, may do this next year. (Mark, you will be coming this time!!) It's a changed faster course, quickest in Britain apparently. Now if that isn't an opportunity to run a PB I don't know what is!

Oh, my time, 42.33, I finished 268 out of about 10,000. At time of writing, still no results of where I finished as a female, or vet and AW did not get these results either. I have emailed the "great run" to tell them what I thought of their poor results. Needless to say I have not had a reply.

Happy running.....

ALTON 10 mile 13th MAY by Keith Vallis

Only 4 club members made the short trip for this challenging event which incorporated the county championship. The difficulty of the course can be shown by the fact that only 6 runners managed to break the hour with the winner Mark Le Gassic of Stubbington being the only person under 55 minutes.

On a hilly and damp course I once again failed miserably to get close to the 1 hour mark on the 'new' course and struggled from very early on. The nicest part of the race for me was the second half when I ran with my old club mate Dave Carter and caught up with all the gossip.

Eric had a very good run to take second place in his age-group and claimed the Veteran Mens 60+ silver medal although he was a little disappointed with being 30 seconds down on last year's time. Dave Titcomb was pleased with his performance in his first race back since sustaining an injury at the Hants XC Championships back in early January.

Rachel has recently started to increase the pace of her Sunday runs and has also been spotted putting in the miles when most people are still in bed. The benefits are starting to show as she completed her first 10 mile race in 78:09 to finish 19th out of 91 ladies. Her time, like those of Keith, Eric and Dave will certainly improve before the autumn.

35th	K,VALLIS	67m 14sec	34th male
70th	E.TILBURY	71m 30sec	65th male 2 nd V60
87th	D.TITCOMB	73m 03sec	78th male
137th	R.HESSOM	78m 09sec	19 th lady

326 Finished.

Southern League Track and Field

This year all events at each fixture can be entered non-competitively. The events are free of charge and the only restrictions are a minimum age limit of 17 plus men only (sorry ladies). At our first fixture Bob Hawrylak competed in the high jump, long jump and triple jump where he actually stood in for an injured Dave Bush and scored good points for us (thanks Bob). The remaining fixtures are as follows:-

2nd June – Basingstoke
23rd June – Poole
14th July – Southampton
4th August – Abingdon
(venues subject to change)

Anyone wanting further details please contact Paul Wheeler or Keith Vallis

Kintbury 5 Mile Race May 29th from Piers Puntan

This race has gradually gained in popularity since it started in 2000 and Overton Harriers have always had a strong showing, Jamie Jones having won the race in the past albeit in SRC colours and Mike Bliss regularly in the medals.

As usual the race was started by Jenny Pitman and as it was freezing cold, windy and pouring with rain she mercifully kept the speech short before dropping the flag.

For those who don't know the course it's a pretty steep climb out of Kintbury for nearly a mile and then undulating/downhill for the next four miles with a little rise to the finish.

Lee Tolhurst was first home with Richard Clifford only 20 seconds or so behind. Next came Dave Vosser who was "jogging out" just ahead of Keith Vallis. Piers Puntan and Keith Clark had a "ding dong" battle over the first three miles, but Piers' race fitness meant he came in just ahead of Keith.

Dave Titcomb came in all the threes 33:33 with Eric Tilbury just beating Madeline by 25 seconds in 34:57.

Special mention to John Castelli and Nigel Maughan who if I'm correct made their race debut for the Harriers, and John managed to get a few seconds ahead of Mike Woods at the finish.

Great to get a good size contingent out and by my calculations we were third team behind Newbury and Reading Road Runners.

Pos	Time	Runner	Team	Category
12	29:06	Lee Tolhurst	Overton Harriers	MS
15	29:28	Richard Clifford	Overton Harriers	MS
21	30:11	David Vosser	Overton Harriers	M40
23	30:34	Keith Vallis	Overton Harriers	M40
29	31:09	Piers Puntan	Overton Harriers	MS
35	31:33	Keith Clark	Overton Harriers	MS
54	33:33	Dave Titcomb	Overton Harriers	M40
68	34:57	Eric Tilbury	Overton Harriers	M60
74	35:22	Madeline Vosser	Overton Harriers	F40
90	37:19	John Castelli	Overton Harriers	MS
97	37:47	Michael Woods	Overton Harriers	M50
162	43:42	Nigel Maughan	Overton Harriers	MS

Times and positions after 31 minutes may subsequently change as organisers believe they have "missed" a runner. Thanks to all who turned out for the club and to Newbury Harriers and Kintbury Tennis Club for organising the event.

Netley 10K May 20th from Geoff Cloke

Cath Wheeler 1st V40 39mins 21secs
Eric Tilbury 46th 42mins 47secs
Dave Titcomb 48th 43mins 6secs
Steve McNair 54th 43mins 27secs

378 finished