

**Overton
Harriers**



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Athletic Club

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May 2008 Issue 370

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:

June 1st	Poole 10km : Newbury 10km (Entries Closed)
4th	Yateley 10km : D Day 10km at Portsmouth
7th	SOUTHERN TRACK LEAGUE (SALISBURY)
8th	WINCHESTER 10km : Fishbourne 5 mile
11th	Hayling Billy 5 mile
15th	Alresford 10km : North Downs 30km : Braishfield 5 mile : Brading 10km
18th	Forest 5 mile
19th	SUMMER HANDICAP
22nd	Race 4 Life at Basingstoke
25th	Finch Coasters Woodland 5 mile : Summer XC at Petersfield
28th	SOUTHERN TRACK LEAGUE (BOURNEMOUTH)
29th	Lordshill 10km : Sway Carnival 5 mile : Purbrook Ladies 5 mile : Lambourn 6km

FRANNY'S BITS

There are an abundance of events during June so hopefully I can look forward to loads of race reports to fill out next month's edition.

The summer is now well and truly with us and it was a pleasure to see such a good turnout for the opening Summer Handicap. Also, the training sessions at Bridge Street and Berrydown have been well supported.

If you have any suggestions for making the sessions more interesting (or harder) please let me know as I am always looking for new ways to inflict maximum suffering.

Written on behalf of Overton United Social Club.

**Social Club memberships were due for renewal in January.
The subscription for 2008 is £7.**

Many club members enjoy the hospitality provided by the Social Club after training on Thursday evenings but at the time of writing in early May only 14 have paid their subs though I do know that some have paid recently.

Just to remind everyone that the Social Club is independent of the O.R.C. and that changes in legislation a couple of years ago required that all users must be individual members of the club. New members may use the Social Club on three occasions after which they are expected to take out membership if they wish to continue using the club facilities. The Social Club do have the right to deny persistent non payers use of their facilities, an action which would be extremely embarrassing for the individual, the Social Club management and OHAC Committee if they have to get involved to resolve any dispute between one of our members and the Social Club.

To renew your membership see Phil or Anita in the Social Club on Thursdays after training, failing that, pass it to Franny who will pass it on and get your membership card for you.

Inter-Club Pentathlon 17th May

This was arranged by Andover AC to give club members a chance to receive some coaching and the chance to compete at some Track & Field. There was a good turnout from the club on the Officials side but sadly the same could not be said on the competition front.

Only 4 Veterans turned out with the club titles going to Dave & Liz with Bob & Monique finishing runners up. However the main aim of the day was enjoyment and, the constant banter between the competitors and officials made it a very enjoyable afternoon as the rain held off until the final 800m race had been finished.

Many thanks to James Coney and his team from Andover for arranging a very enjoyable day and hopefully we can manage to get more competitors involved next year.

	220m		800m		High Jump		Long Jump		Javelin		Total
	Res.	Pts.	Res.	Pts.	Res.	Pts.	Res.	Pts.	Res.	Pts.	
D.Bush	26.5	830	2.19	860	1.4	760	5.06	820	29.68	770	4040
B.Hawrylak	28.0	750	2.43	690	1.3	660	4.65	770	11.73	310	3180
E.Sandall Ball	38.2	250	3.52	470	0	0	2.26	130	10.02	250	1100
M.Nan Nueten	39.1	230	3.23	490	0	0	2.26	130	7.76	180	1030

Southern League (Plymouth) 12th July *from Keith Vallis*

For this fixture we have, together with Andover, decided to hire a coach for the day. The cost should be £12-15 per person and athletes, officials and spectators are all welcome.

If interested please add your name to the list on the notice board. Thanks, Keith V.

Southern League (Basingstoke) 3rd May

Good result at Basingstoke, we finished 2nd a whisker off first place. Full results are on the web site and on the ORC notice board

Alton 10 Mile 11th May *from Piers Puntan*

A good turnout of Harriers at this race and as the weather was glorious a larger number of spectators than usual turned up for the event. Following the usual ten minute warm-up before the race there was quite a lot of talk regarding pacing, the temperature was well over 25 degrees and the race hadn't even started.

My race was awful; started slow and got slower and slower with cramp hitting at the 9 mile mark, Steve McNair had a pretty slow run as well. Martin took things easy with Edinburgh in his sights and Dave T and Eric had solid runs.

First home for the Harriers was Bliss, good to see him back in racing form, Richard had his fastest run on this course and beat Lee who faded badly in the last few miles, odd how heat affects people differently.



Cath and Helen had great runs with Cath 5th Lady and 2nd in her age group

Harrier	Time	Position
Mike Bliss	1:04:40	28th (4th V50)
Richard Clifford	1:06:38	42nd
Lee Tolhurst	1:07:05	44th
Neil Martin	1:11:10	77th
Piers Puntan	1:14:48	112th
Dave Titcomb	1:15:46	123rd (44th V40)
Eric Tilbury	1:17:55	140th (8th V60)
Steve McNair	1:20:33	175th (59th V40)
Mick Woods	1:27:32	244th (49th V50)

366 finishers

Name	Time	Position
Cath Wheeler	1:09:40	5th (2nd V45)
Helen Heap	1:15:28	18th (7th V35)

167 finishers

We finished as ninth men's team, though we were 6th in HRRL Division 1 which keeps us in 7th place overall. The ladies are still rooted to the bottom with Division 2 beckoning.

Harrow Way Handicap **15th May**

A great start to the summer handicap season with Tom taking advantage of a good handicap and recording a clear victory. Hannah showed that she was fully recovered from her stunning marathon by taking a strong second spot ahead of the redoubtable Eric who was showing no signs of slowing down as retirement approached. Good to see Josh making a welcome return and was fastest on the night with the ultra-competitive Richard second fastest ahead of Mike who continues his way back to full fitness.

Seven ladies competed with Cath being fastest, the next three were fairly close together and this summer should see some interesting racing between Jill, Hannah & Helen if they remain injury free.

Pos.	Harrier	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	T.TYLER	30.26	4.37	25.49	16
2	H.OLIVER	31.03	5.54	25.09	12
3	E.TILBURY	31.26	6.12	25.14	13
4	J.BLISS	31.48	11.46	20.02	1
5	M.WOODS	32.05	4.37	27.28	18
6	J.CASTELLI	32.11	6.12	25.59	17
7	M.BLISS	32.18	11.17	21.01	3
8	R.CLIFFORD	32.23	11.46	20.37	2
9	M.CLIFTON	32.35	10.01	22.34	5
10	J.HODGE	32.38	7.00	25.38	15
11	B.HAY	32.48	9.11	23.37	8
12	M.VAN NUETEN	32.50	2.55	29.55	20
13	E.SANDALL BALL	32.53	2.55	29.58	21
14	J.HILLS	32.54	8.09	24.45	11
15	C.WHEELER	32.55	10.41	22.14	4
16	N.MARTIN	33.05	10.01	23.04	7
17	D.TITCOMB	33.06	8.33	24.33	9
18	B.LADE	33.10	2.55	30.15	22
19	B.HAWRYLAK	33.18	8.36	24.42	10
20	H.HEAP	33.29	8.09	25.20	14
21	K.VALLIS	34.17	11.37	22.40	6
22	E.WICKE	35.16	7.34	27.42	19

Sidmouth 10k Weekend

We have provisionally booked a campsite for the nights of Friday 8th, Saturday 9th and Sunday 10th August for the Sidmouth 10k (race is on the Sunday morning). Please see the notice board at the rec if you want to sign up to camp.

The campsite is called Axe Farm Camping (www.axefarm.co.uk) and is on the edge of the village of Axmouth on the Devon coast. Axmouth is between Lyme Regis and Sidmouth, with Seaton and Beer nearby.

For those who would prefer more luxurious accommodation please book it yourself; a breakaway group are already looking at the Mason's Arms, Branscombe. (<http://www.masonsarms.co.uk/index.htm>)

If you've got any questions please ask either Keith or Anna.

Alternative Sunday Training *from Greg England*

Hi There!

A date for your diaries: Saturday 30th August - the Test Way Relay, 44 miles from Combe Gibbet to Eling Wharf. Fancy it? We already have a number of interested runners, and we're sure to enter a team.

Rumour has it that the route can be a little difficult to find, so we thought we would suss it out over a few weekends before August. We have split the route into four sections, all ending at a pub. I know The George and The Mayfly, but not The Bear & Ragged Staff or The Anchor, so any comments on suggestions on pubs would be welcome.

There is a schedule below; if you want to join in, please email Richard at Richard.clifford@dunnhumby.com and at gengland@gn.com by the Weds before each run, so that we can organise cars etc.

Provisional dates are as follows:

18th May	Combe Gibbet to St. Mary Bourne
22nd June	St. Mary Bourne to Chilbolton
6th July	Chilbolton to Kimbridge
13th July	Kimbridge to Eling Wharf

Cheers!

“Quotes of the Month”

A bumper month for silly sayings with contributions from a wide range of club members. Contenders for the monthly accolade came from John Hoare, Jamie, Lee and myself but this month we have a tie. Winner number one came from one of our Veteran men who, upon being passed by Josh said.....

“Well done Cath, keep pushing.”

Obviously time for a haircut and a bit of body building Josh.

The second was “texted” to Franny by Martin Allen from the Whitchurch beer race and was spoken by an anonymous female club member who was taking part.

“It's not sick.....it's beer”

I'm reliably informed that our female club member took charge of the collecting bucket which she almost filled, not with money, but I think the above quote gives you the general idea.

Edinburgh Marathon **25th May** *from Neil Martin*

Back in 2007 knowing that I wouldn't get a place in the London Marathon ballot I entered Edinburgh and got a place. That was good except I then got a club place in London and so having taken the best part of 36 years to do my first marathon I was faced with the prospect of a 2nd in six weeks. I decided to see how I felt after London and then give Edinburgh a go!

Race weekend came and I wasn't feeling too bad as we arrived in Edinburgh on the Friday before race day. The strong easterly wind was a bit of a dampener though as the first 18 miles would head east!

Race morning came with overcast skies, the wind still blowing and the temperature around 13 degrees. The race is obviously smaller than London and the start area much lower key, much more like one of our local races. I even managed to get into a portaloos without a half hour queue!

After dying in the last 6 miles at London I had a plan to go out at 7 minute 30 pace. This would mean a pb if I could maintain it! The first mile is down hill heading east out of the city toward the seafront. This is good for a nice easy start but moving away from the city centre meant that much of the race was away from any crowds (in fact away from any spectators at all). It was also hard for Marie to get to points to cheer me on and so I only saw her at the beginning and the end.



The strong wind contributed to the winning time being 20 minutes slower than last year, but I managed to stick to within my target pace quite easily and looked forward to the turn and a following wind at 18 miles. Unfortunately, the organisers thought it would be a good idea to have a leg-sapping loose gravel farm track for around 1/2 a mile at this point!

My pacing seemed to work and this time I didn't die until 23 miles when it all went tits up and I had an overwhelming urge to walk and only stubbornness kept me running! Albeit very slowly, while the lightweights in the relay (Brian!!) ran past me. Still I managed a pb by over 4 minutes so had to be quite pleased (I never like to be too enthusiastic, glass half empty and all that!).

As I finished I thought back to the April newsletter and Audra's thoughts about loving this distance. I can quite confidently say that my over-whelming response was 'b**loxx to that!' I'm quite happy to lay off the marathons for a bit, although as I write this a few days later.....maybe..!

Harrier	Time	Position
Neil Martin	3:19:16	541 st

6612 finishers

As detailed by Neil, Brian Hay entered the relay event as part of a team, weirdly entitled “Whaur's Dougal?” and finished in 03:15:23 an impressive 19th place out of 787 teams.

Mob Match, Cliddesden **May 29th**

Basingstoke turned out a large number of runners this year and even though we packed the top of the field, Basingstoke took the race on sheer numbers. Results were not available as we went to Press

Kintbury 5 26th May *from Piers Puntan*

British weather and Bank Holiday meant that the conditions for this race were inevitably bloody awful, pouring with rain and blowing a gale.

Luckily Jennie Pitman didn't rabbit on for too long before setting the race off.

The first 100 yards are around the edge of a football pitch and at one of the corners I got pushed slipped and ended up ar*e over t*t in the mud. This took the wind out of my sails and for the next mile I struggled up the first hill. I then settled down and overtook a number of runners up until the 4 mile point when it was head down up a hill into the rain and wind which halted my progress through the field.

Times were down a little on last year but a good turnout by the Harriers meant that we were second team with Mike and Lee picking up some bling.

Harrier	Time	Position
Lee Tolhurst	28:28	7th (3rd SM)
Mike Bliss	28:53	11th (1st M50)
Richard Clifford	29:42	16th
Keith Vallis	30:48	25th (7th M40)
Piers Puntan	32:20	39th
Dave Titcomb	34:24	59th (20th M40)
John Castelli	35:17	67th
Eric Tilbury	35:32	70th (5th M60)
Michael Woods	37:11	91st (8th M50)
Nigel Maughan	43:57	155th

217 finishers

Consistency League

After two races the men's league is starting to take shape, with it being tight at the top.

Men

	Runner	Alton 10	Kintbury 5	Winchester 10k	Winchester 5k	TOTAL
1	Mike Bliss	20	19			39
2	Lee Tolhurst	18	20			38
3	Richard Clifford	19	18			37
4	Piers Puntan	18	18			32
5	David Titcomb	15	15			30
6	Eric Tilbury	14	13			27
7	Mick Woods	12	12			24
8	Neil Martin	17				17
9	Keith Vallis		17			17
10	John Castelli		14			14
11	Steve McNair	13				13
12	Nigel Maughan		11			11
13						
14						
15						