

**Overton  
Harriers**



**&  
Athletic Club**

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June 2 <sup>nd</sup>	Yateley 10k
5 <sup>th</sup>	<b>SOUTHERN T&amp;F LEAGUE, SALISBURY</b>
6 <sup>th</sup>	Kintbury 5 mile
7 <sup>th</sup>	Thrupton 5k (Race 1)
10 <sup>th</sup>	<b>SUMMER HANDICAP</b>
13 <sup>th</sup>	Alresford 10k Braishfield Beer Race
16 <sup>th</sup>	Hayling Billy 5 mile
17 <sup>th</sup>	<b>MOB MATCH V BASINGSTOKE, CLIDDESSEN</b>
20 <sup>th</sup>	Brading 10k
27 <sup>th</sup>	<b>TWIST KINGSCLERE 5 MILE</b>
30 <sup>th</sup>	Woodland 5 Series, Crowthorne
July 4 <sup>th</sup>	Tadley 10k
5 <sup>th</sup>	<b>THRUXTON 5K (RACE 2)</b>

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

### **FRANNY'S BITS**

A large group enjoyed an excellent Presentation Dinner in the Red Lion where the food & service were excellent. A very big vote of thanks must go to John Hoare for organising the evening and also to Moira & Liz for arranging the trophies, engraving, etc.

One table seemed to be celebrating more than some & I would like to apologise for the excessive noise but, you all know what Neil is like when he gets going.

Congratulations to all the prize winners especially the Most Improved Neil Martin, the ever consistent Sean & Monique, track star Moira (how can she improve on last season?) and a well deserved Club Person of the Year; Mark Dennison.

Well done to all the ladies who contributed to the winning of the Division 2 title in the Hampshire Road Race League. Take a bow (in no particular order) Monique, Cath, Kerri, Lucy, Jill, Rachel, Kate, Audra & Hannah who all made the scoring team during the season.

Finally, a reminder to everyone that the first Mob Match takes place at Cliddesden Village Hall on June 17<sup>th</sup>, arrive at 7:00pm to collect your number for a 7:30 start. Please see below for more details.

**U13 Boys 800m**

The boys took part in their first track race at a rainy and cold Spring day. They will actually be able to run in the same race next year

They all enjoyed the experience, actually starting in lanes, learning when to break for the inside. George in the first heat, funding his usual sprint finish. Sam and Robbie in heat 2, starting well, and pacing themselves to the finish.

Well done boys 3 PB's, and lets look forward to more races over the coming weeks.

**Heat 1**

George Preece            8<sup>th</sup>        2.53.15

**Heat 2**

Sam Conneely            8<sup>th</sup>        3.01.51

Robbie Dennison        9<sup>th</sup>        3.05.29

**MOB MATCH**

As mentioned earlier the first of the mob matches is at Cliddesden on June 17<sup>th</sup>. For those of you who have never run a mob match before:

If your club has 30 runners & the other has 27 then it's a team race between their 27 and your first 27 runners to finish.

The winner of the race gets one point, second place gets two points etc. The team with the lowest total wins and, to even things up, there is a return race at Overton on July 15<sup>th</sup> around the 3.5mile Harrow Way course. The trophy goes to the team with the lowest aggregate score over both races.

Whilst we are taking on our local rivals; these events are held in a very friendly atmosphere with Basingstoke normally supplying a post race buffet while we host a post race BBQ.

The important thing is to get as many people out as possible and for some people it is their only race of the year. We have a successful history in these events though for the last 2 years Basingstoke have had the edge. It's time to reclaim the trophy.

***Please see the notice board for further details.***

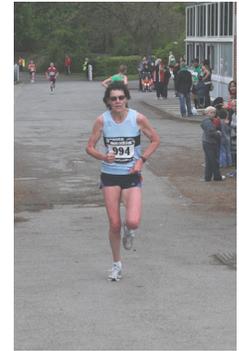
**ALTON 10****May 9<sup>th</sup>***from Richard Francis*

The penultimate race of the season took place over the very undulating 1 lap course in cool, blustery conditions. The difficulty of the course was reflected in the times with almost everyone being some way below their Salisbury performances. Both men's & ladies teams were looking to consolidate their strong positions in their respective divisions.



Lee & Sean again went head to head and there was very little to separate them as they crossed the line only 15 seconds apart. Neil was the exception to the slower time rule as he put in another exceptional performance only a few seconds outside his PB.

Cath put in another great run to finish 2<sup>nd</sup> woman overall and picked up the first V45 prize and County Vets title to boot. Dave had a solid run to get the better of John who was about a minute behind Dave at the line. I had my best race in years, starting steadily and moving through the field eventually passing Kerri at 8 miles to finish about 4 minutes faster than planned.



Kerri did well to break 77 minutes on this testing course and could be one to watch next year as her experience grows. Kate showed that she had fully recovered from her marathon (*where's the report !!!*) and put in a good run.



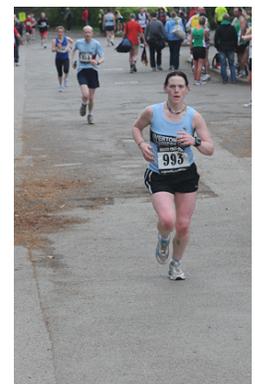
Monique found the going tough and was some way off her PB but I'm sure she preferred the run to being stranded in Barcelona.

The men's team was 4 to score so it was left to captain Piers to anchor the team home in a respectable 10<sup>th</sup> place overall. The ladies were anchored home by Kate and virtually assured promotion to division one.

Congratulations to all the runners who have contributed to this club success. With the recent increases in the female membership they could be competing for top flight honours next season.

Harrier	Time	Position
Lee Tolhurst	58:53	13 <sup>th</sup>
Sean Holmes	59:08	14 <sup>th</sup>
Neil Martin	1:03:19	42 <sup>nd</sup>
Cath Wheeler	1:06:55	2 <sup>nd</sup> Lady (1 <sup>st</sup> V45)
Piers Puntan	1:10:08	130 <sup>th</sup> (53 <sup>th</sup> V40)
David Titcomb	1:11:53	152 <sup>nd</sup> (22 <sup>nd</sup> V50)
John Castelli	1:13:06	168 <sup>th</sup>
Richard Francis	1:16:18	206 <sup>th</sup> (38 <sup>th</sup> V50)
Kerri Barton	1:16:48	36 <sup>th</sup> Lady
Kate Groundsell	1:23:51	72 <sup>nd</sup> Lady
Monique van Nueten	1:27:39	90 <sup>th</sup> Lady (26 <sup>th</sup> V45)

506 finishers



## PROMENADE 5K

12<sup>th</sup> May *from Neil Martin*

Throughout the summer Portsmouth Athletic Club run a series of 5K midweek races. The first of these was less than ideally timed between Alton 10 and Netley 10k. However, the course follows much of the route of Victory 5 and is about as flat as you can get. So in good weather a PB is definitely a possibility.

Greg turned up with his usual excuses of 'I haven't been able to train', 'This is my first race of the year' and the much used classic 'I'm too fat and old'. This was followed up by 'Are you going to act as my pacemaker'. Needless to say, as the race started Greg moved ahead of me and stayed there. In fact, he started to pull away from me due to a combination of me having raced Alton a few days earlier and his steely determination not to be beaten by a woman.

As we headed back along the promenade into a slight headwind (well I felt it even if Greg didn't) I got a bit isolated and my mile pace dropped. At the same time Greg watched forlornly as his female nemesis faded into the distance ahead of him! At the finish Greg refused to mention the words 'over 18 minutes' and I was disappointed with my time. But I will go back later in the summer to target an improvement. Further races are on 9<sup>th</sup> June, 7<sup>th</sup> July, 4<sup>th</sup> August and 1<sup>st</sup> September.

Harrier	Time	Position
Greg England	18:01	25 <sup>th</sup>
Neil Martin	18:35	33 <sup>rd</sup>

*175 Finished*

## NETLEY 10K

16<sup>th</sup> May *from Richard Francis*

The final race of a long season saw the ladies only needing to finish a team to be promoted and, if they ran fast enough, the slim chance of winning the Division 2 title. For the men a top 3 place in the top flight was possible while Lee had worked out that he needed to beat Sean by 6 places to overtake him in the individual standings. The weather showed signs of rain and despite a few drops falling, it held off until after the race. With the course being over the normal, undulating, 3 lap course PB's were going to be hard to find.



Lee certainly ran himself into the ground to lead home the club members but unfortunately for him, so did Sean, who was only 3 places & 22 seconds behind at the line. This meant Sean took the individual league honours, finishing 10<sup>th</sup> overall with a score of 94.1%. Lee finished 11<sup>th</sup> on 93.8% and, must be regretting missing the Ryde 10, where Sean scored highly.



Close behind this battle Pete was having a storming run, eventually finishing 5<sup>th</sup> Vet 40. Neil had suitably recovered from his evening on the noisy table to anchor home the men’s team which finished 4<sup>th</sup> on the day. This was enough to confirm the team’s third place in the league, a remarkable performance by all concerned.

Cath rounded off the season in fine style, finishing strongly as 4<sup>th</sup> lady, winning the Vets 40 prize and finishing 2<sup>nd</sup> overall in the league.

Audra made a welcome appearance and gave good support finishing 9<sup>th</sup> lady & second V40. For the first time in over a year I can record a “Battle Royal” with Bob showing signs of a return to form to narrowly edge out Dave by 5 seconds. They were nearly caught by Hannah who crashed through the field after a steady first lap to close the ladies team.

The ladies team were first in their division and, with New Forest only managing 6<sup>th</sup> place, they finished level on league points. Happily Overton snatched the league title due to having scored 19 fewer individual points. Again this is a superb performance especially when you consider that most teams rely on the same 3 or 4 runners whereas our ladies have put in a true club effort considering how many of the female section have actually made the scoring team throughout the season.



Kerri was looking for a sub 45 minute PB and, as usual, went off too fast but this time she kept battling and managed to hold it together to duck inside her target with 2 seconds to spare.

I was confident following the Alton 10 but also went off too fast and was just planning my final effort when Eric cruised past with a cheerful “keep going Franny”. Luckily I had enough in the legs to kick hard (next time I will kick him) and got away again in the last mile to record a very pleasing time (keep polishing my trophy Neil). Eric was 12<sup>th</sup> in his age group to complete a hugely successful day for a happy dozen harriers.

Harrier	Time	Position
Lee Tolhurst	35:29	14 <sup>th</sup>
Sean Holmes	35:51	17 <sup>th</sup>
Pete Williams	36:26	25 <sup>th</sup>
Neil Martin	38:40	64 <sup>th</sup>
Cath Wheeler	39:14	78 <sup>th</sup>
Audra Dennison	41:53	124 <sup>th</sup>
Bob Hawrylak	42:23	137 <sup>th</sup>
Dave Titcomb	42:28	140 <sup>th</sup>
Hannah Oliver	42:31	141 <sup>st</sup>
Kerri Barton	44:58	206 <sup>th</sup>
Richard Francis	45:33	221 <sup>st</sup>
Eric Tilbury	45:50	223 <sup>rd</sup>

## SUMMER HANDICAP    20<sup>th</sup> May

Despite the high numbers who have been training at Bridge Street recently, I have to admit that I was surprised, but very pleased, to see so many running the first handicap of the summer. As a special favour to all of those looking to improve their PB's I even arranged to have the Harrow Way resurfaced for the first time since 2378 BC.

By special arrangement, Anna was allowed to start early which is why she does not have a finishing position but her time qualifies her for the time league. Hopefully she will feel proud of her achievement and will be looking forward to starting on her official mark next month.

First person to officially finish was our new Ladies Captain who narrowly held off the fast finishing Kerri who had a storming run. It was very close behind them as only 2 minutes covered the first 17 home (That's what you call good handicapping Lee). Brian & Dave must have had a ding dong battle; starting only 10 seconds apart with Dave managing to reduce the gap to 5 seconds at the line. Hannah put in her second good run of the week ahead that wily campaigner ET.

Fastest was Lee with a huge PB as he led the cavalry charge of the fast boys up the Lynch. Sean just missed out on breaking 20 minutes ahead of Pete with Neil 4<sup>th</sup>. Little separated Richard & Keith time wise, while Cath clocked the fastest ladies time in 8<sup>th</sup>.

The next handicap is on June 10<sup>th</sup>. Any assistance with time keeping, recording or baby sitting would be greatly appreciated.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
	A.VALLIS	23.54	Minus 10.00	33.54	23
1	M.VAN NUETEN	29.12	0.30	28.42	19
2	K.BARTON	29.18	4.00	25.18	15
3	B.HAY	29.22	5.30	23.52	11
4	D.TITCOMB	29.27	5.40	23.47	10
5	H.OLIVER	29.33	5.00	24.33	13
6	E.TILBURY	29.41	2.30	27.11	18
7	J.TUCK	29.58	3.00	26.58	17
8	R.FRANCIS	30.13	4.00	26.13	16
9	K.VALLIS	30.16	8.00	22.16	6
10	L.TOLHURST	30.19	11.00	19.19	1
11	N.MARTIN	30.21	8.50	21.31	4
12	A.HARTLEY	30.23	8.00	22.23	7
13	E.WICKE	30.28	0.30	29.58	20
14	B.HAWRYLAK	30.32	6.10	24.22	12
15	P.WILLIAMS	30.36	10.10	20.26	3
16	S.HOLMES	30.42	10.40	20.02	2
17	C.WHEELER	30.45	8.20	22.25	8
18	L.GRIFFITHS	31.17	1.00	30.17	21
19	R.CLIFFORD	31.20	9.10	22.10	5
20	D.WICKE	32.31	0.30	32.01	22
21	R.BRADY	33.00	8.20	24.40	14
22	M.BLISS	33.34	10.20	23.14	9

The handicaps for this race were loosely based on the final winter handicaps and current race form which bought some comments from a couple of our faster runners who seemed bemused to find themselves have a lot of ground to make up. The best advice I can give is .....run faster next time.

The boys took part in their second track race on a very sunny and hot day.

In heat 2 the boys had a good race, George actually winning the race by 10 metres or so, and a PB by 5 seconds from a couple of weeks ago. Robbie starting more conservatively running down another boy on the last lap to record a PB as well, by 2 seconds, from the Hampshire Championships early this month. Under 3 minutes next time Robbie.

U13 Boys 800m

Heat 2	George Preece	1 <sup>st</sup>	2.48.8	
	Robbie Dennison	6 <sup>th</sup>	3.03.3	<i>7 finished</i>

**“Quote of the Month”**

With Kerri trying to turn this into “The Kerri Column” in recent months it was decided at the Alton 10 to disqualify her from this month’s contest, just to give everyone else a chance.

**This month’s prize goes to that select group of runners who were competing at the Netley 10k and made several unrepeatable comments about our ever enthusiastic, absent club captain after he sent them a “Good Luck” text at the unearthly hour of 6:30am. (Ed. It worked though didn’t it!)**

Thanks for missing ME out Piers, they all seemed to have enjoyed being awakened and not one of them ran badly despite the bleary eyed start to their day.

**ROPLEY 10k**      **30<sup>th</sup> May**      *from Richard Francis*

There was some confusion as to who was actually running this race and the ladies attempt to finish a team almost came to grief. Thankfully Audra caught up with the rest of us in Whitchurch as Cath made a flying visit to Tesco’s to buy some chocolate muffins.



The end result was a crushing team victory for the ladies with Cath running 41 minutes flat to finish second overall and was a tad annoyed as the winner was only 17 seconds ahead. Audra had, in her words, an OK run to finish 4th lady and, with Cath taking an individual prize, it was more than enough to take the Veteran’s prize.

Kerri finally made a slow start to a race on the opening climb. I was only 10 seconds behind at half way when she found an extra gear on the following hill. She opened a large gap which I gradually closed but, despite my best efforts, she had enough left in the tank to pull away again in the last 400 meters.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Cath Wheeler	41:00	24th
Audra Dennison	42:52	40th
Kerri Barton	46:21	84th
Richard Francis	46:32	87th

**ANDOVER OPEN MEETING**     **31<sup>st</sup> May**     *from Mark Dennison*

The boys took part in there third track race of the season and this month, on a not too rainy (Portsmouth) and not too hot day (Winchester).

All in the one race George set off in his usual cavalier way, heading the field as they broke at the stagger at the start of the back straight, two boys soon passed but kept going to the finish, a couple of seconds off his best but a little under the weather with a cold. George actually picked up a bronze medal.

Sam, “Mr Cool and Calm” always runs in a laid back manner, saved himself for the final 200m, when he was chasing down the boys in front. His time is a six second PB from the Hants championships earlier in the month.

Robbie “Mr Steady” ran his usual even paced race, losing out on a dip in a sprint down the home straight, finishing with a PB, 2.5 seconds quicker from a week or so ago. Just needed some speed from his old man. Under 3 minutes next time son.

The boys are doing well, improving all the time. I am hoping to grow the squad now, so any budding runners similar ages, then let me know.

U13 Boys 800m

George Preece	3 <sup>rd</sup>	2.51.7
Sam Conneely	4 <sup>th</sup>	2.55.04
Robbie Dennison	6 <sup>th</sup>	3.00.8

**COMMITTEE MEETING**     **6<sup>th</sup> May**

- **Training Weekend** – Training weekend (Norfolk / Devon) Poll to be taken
- **New Keys** –2 more keys to be cut
- **Changing Rooms** – It appears bookings are not being adhered to. This to be brought up by at ORC meeting
- **Club Clothing** – They are now on order. New Hoodies order approved for sale at £15
- **Combe Gibbet** – Very well received. The Gibbet trophies have now run out we need to find someone who could make them
- **Overton 5** – is progressing well
- **Hurstbourne 5** – went well
- **Basingstoke Mob Matches** – The Basingstoke Match is proposed to be 17<sup>th</sup> June at Cliddesden and the return match will be on 15<sup>th</sup> July around the Harrow Way.
- **Secretaries Report** – LT and MA attended a Net work meeting at the fantastic facilities in Guildford
- **Next Committee Meeting** – 3<sup>rd</sup> June