

Overton Harriers



**&
Athletic Club**

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

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December 4th	Hants XC League at Popham
19 th	Cyclists Race followed by Club Xmas Dinner
23rd	Foxdown Handicap followed by Xmas Party

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

FRANNY'S BITS.

Our excellent winter season continues on both country & road. While some of us were on a tee tota fact finding trip in Norfolk, a depleted men's team put in another fine showing to take our second consecutive second place at Goodwood which brought forward numerous mentions of the "P" word. The ladies team was also reduced in size due to illness and other obligations at Goodwood but still managed to turn out a senior team and also continue to shine in the road league with good team performances at Lordhill & Gosport.

A few runners ran 5k PB's at the Town Center race in Basingstoke. Sadly the race organisers thought it would be OK to make the course 4.4km long (what difference does 600 meters make). Congrats to those who ran PB's for this new race distance.

Happily the same people are believed to be organising the Basingstoke half marathon next year and the proposed course looks a bit tough and not one for a PB..... unless the same person does the measuring.

Finally Merry Christmas & a healthy and prosperous new year to all club members

SOUTHERN LEAGUE 2011

We now have the dates for the Southern Mens League for 2011. For those involved please try and keep these dates free. As we gained promotion to Div 2 at the end of last season we will now be involved in six fixtures, the additional match in mid August. There will be 25 teams in Div 2 and each match involves five rather than four teams with the promotion/relegation issue involving first and last five teams.

Dates are: 7th May 21st May 4th June 9th July 30th July 13th Aug

Venues will be announced in the near future, probably in the new year but, in the meantime, please put the dates in your diary

HANKLEY Halloween Hustle. October 31st.

Whilst some Harriers opted for the ‘indoor’ ‘Festival Place 5k’ (easy! as Blissy would say especially as it was only 4.4k) I got out into the Great Outdoors.

Some of the older club members will remember a time back in the early 80’s when not everything on TV was a ‘strictly come dancing on ice factor’ reality show. There were a few ‘fly on the walls’ adorning our screens and one such show was the BBC’s ‘The Paras’ where we followed new recruits through their basic training. One of my most vivid memories of the series was the episode where they stayed in the huts at Hankley Common DZ (drop zone) and were ordered to push a water bowser up and down the steep surrounding hills. No such ‘beasting’ for the 110 who took part in Blackwater Valley Runners’ (BVR) inaugural Hankley Halloween Hustle.

The 10 mile course took us, more or less, around the perimeter of the training area and the route was very much undulating. All on tracks, underfoot conditions ranged from compacted mud and gravel to soft sand like running on a beach. It was typical Aldershot region army training area (although SE of Farnham).

The Halloween theme was encouraged so Georgia went dressed as a devil and Edward a pumpkin. I proudly wore my Harriers vest and several people complimented me on my werewolf look. All marshals (of which there were many) were equipped with ‘scary’ masks plus some white ghostly sheets and toy spiders could be seen hanging in some trees.

As for the race itself, after the first few miles the field got fairly strung out and I was pleased to overtake a couple of runners in the first half and only lose one place in the second. All in all, a challenging and fun race over interesting terrain.

One final note. Other than at the London Marathon I can’t remember seeing so many portaloos along a race route. I can’t see BVR going to all that expense so I guess they must be there permanently for the squaddies. What’s the world coming to when our boys aren’t allowed to have a good s**t in the woods. Is nothing sacred!

Keith Vallis 11th 1.11.37 (4th vet)

(Winner’s time 1.00.44)

FOXDOWN HANDICAP.

November 11th

It is still early days in the handicap league but several people are staking an early claim for both titles. Kerri could easily have eased off over the last mile and still won comfortably but that is not in her nature and she pushed herself on to a 55 second PB to win the second race of the season in convincing fashion. Kate ran a very useful debut to take second spot ahead of Neil who seems to have shaken off any after effects of the previous month. He trimmed 4 seconds from his PB while Lee had plenty of excess breathe to abuse the timekeeper who clocked him only a 1 second PB that was just outside that elusive 20 minute barrier.

Lee was comfortably fastest on the night ahead of Sean who was a bit below his best although both Lee & him self were supposed to be easing off before Goodwood. Neil was third fastest with quite a gap back to Keith in fourth.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
1	K.BARTON	32.18	6.45	25.33	6
2	K.GROUNDSSELL	32.59	4.58	28.01	8
3	N.MARTIN	33.08	10.53	22.15	3
4	L.TOLHURST	33.12	13.11	20.01	1
5	R.BRADY	33.17	7.47	25.30	5
6	E.TILBURY	33.24	4.46	28.38	9
7	L.GRIFFITHS	33.35	3.47	29.48	10
8	S.HOLMES	33.48	12.48	21.00	2
9	K.VALLIS	35.17	10.17	25.00	4
10	D.WICKE	35.19	2.58	32.21	11
11	S.McNAIR	36.10	9.58	26.12	7

HANTS XC LEAGUE – GOODWOOD – 13.11.10

Another excellent set of results has put our men's team in a very strong position in the race for promotion to Division 1. Without question Lee had by far his best ever result over the country finishing in an impressive 36th place in a high quality field. He also turned the tables on Sean, who nevertheless must also have been well pleased to take a place in the top 50. And so it went on with Neil (Martin) also recording his best ever cross country result and Neil (Glendon) making an extremely good debut on a very demanding course. The team was completed with a strong run from Keith (Vallis) although he did express a bit of disappointment at his overall position. On the day the team got another 2nd place behind Reading RR, a position they hold overall in Div 2. There was a welcome return from Keith (Clark) who with the other Keith and Dave made up a Vets team who finished 7th on the day and remain 7th overall.

The ladies had a somewhat depleted team but the trio that turned out had every reason to feel pleased with their efforts. Kerri had a storming run, the best ever over the country, as she finished well inside the top half of the field. Good support from Lucy and Liz, both of who worked really hard in the difficult conditions, earned our team 10th on the day and a rise to 9th overall. Unfortunately without Cath (running in Ireland), Annette (unwell) and Monique, Audra and Moira (all injured) we could not complete a Vets team and unfortunately will not count in the final standings.

Mark's boys team is continuing to grow in stature. Robbie produced his best run of the season as he led the team home and, without Sam on his shoulder on this occasion, took advantage of a strong opening lap to hold off his team mate. However Sam was involved in another close battle and just pipped debutant Charlie who had every reason to feel pleased with his first ever competitive run, both recording an identical time. And young Ollie showed a marked improvement on his opening effort at Winchester the previous month and will surely progress with more racing experience.

RESULTS

BOYS

68 th Robbie Dennison	14m 05s	77 th Ollie Allen	15m 23s
70 th Sam Conneeley	14m17s		
71 st Charlie Duncombe	14m 17s	80 finished	

SENIOR LADIES

38 th Kerri Barton	25m 37s	79 th Liz Sandall-Ball	37m 17s
70 th Lucy Griffiths	29m 19s	93 finished	

SENIOR MEN

36 th Lee Tolhurst	31m 01s	142 nd Keith Vallis	38m 06s
43 rd Sean Holmes	32m 35s	152 nd Keith Clark	38m 35s
73 rd Neil Martin	34m 22s	163 rd Dave Titcomb	39m 15s
112 th Neil Glendon	36m 02s	219 finished	

Gosport Half Marathon – 21st November 2010

After Sean had decided the ideal half marathon preparation party the night before some rather tired Harriers traipsed down Coast. On arrival there was an outbreak of chaos as the race number of runners swamped the available space. In the stood a grumpy looking Neil, who it turned out, had left his which meant he couldn't keep track of his metronomic pace.

After what seemed like an eternity of standing on the start line to keep warm was the by product of Curry and Chilli from the were off. At this point Sean decided that 5min/mile pace was day but after a mile thought better of it. We then set off to the breeze seemed to stiffen so where possible we all found to hide in and this year there was no water feature to run through so we all managed to stay dry.

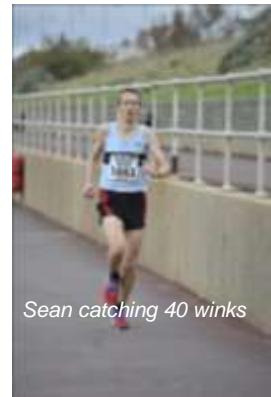


Robin in full flight

The course allows you cheer on your fellow runners as it doubles back on itself so I caught site of the battle royal between Robin, Becky, Steve and Dave which seemed to change every time I saw them, with Robin moving through the pack to take the honours. This also allowed Neil to call out for times from Sean to check if his internal clock was still working.

The conditions were close to perfect so the pace was fast for all and despite the look of pain and exhaustion on everyone's faces in the photos it was a day for PB's (*why did the photographer decide we would look our best at 12miles?*). The biggest move forward was by Robin who took 4mins off his PB followed by Lucy

taking 3mins off, I managed 2min 40sec, Neil 2mins, and 30sec. Steve took an age group PB and Dave hit his target Becky was behind her usual form but as her training gets keel she will soon be firing on all cylinders. This leads me performance of the day, I was going to go for Robin massive counter for the club on his first HRRL outing, but then Sean Hampshire Championship Bronze medal (V40) at his first have a nutter at the club and her name is Kerri, she decided run with double vision after being knocked unconscious in a accident the day before and still recorded a 1min 30sec PB.



Sean catching 40 winks

was to hold a to the South HQ where the middle of which watch at home

where all we had night before we the order of the airfield where the ourselves a group to stay dry.



Kerri checking her pulse

Sean 1min of sub1:35, only back on an even on to the PB, fourth went and won a attempt...But we to turn-up and horse riding

Overall Position	Name	Category	Cat. Pos.	Club	Gun Time	Chip Time
28	Lee Tolhurst	Male Senior	24	Overton Harriers & Ac	01:16:08	01:16:06
34	Sean Holmes	M40-44	4	Overton Harriers & Ac	01:16:52	01:16:50
93	Neil Martin	Male Senior	53	Overton Harriers & Ac	01:22:43	01:22:39
326	Robyn Oakley	Male Senior	153	Overton Harriers & Ac	01:33:49	01:33:22
345	Dave Titcomb	M50-54	33	Overton Harriers & Ac	01:34:29	01:34:20
354	Rebecca Brady	Female Senior	29	Overton Harriers & Ac	01:34:47	01:34:29
359	Steve McNair	M50-54	34	Overton Harriers & Ac	01:34:54	01:34:45
445	Kerri Barton	Female Senior	37	Overton Harriers & Ac	01:38:16	01:38:07
900	Lucy Griffiths	Female Senior	84	Overton Harriers & Ac	01:53:57	01:53:26

1463 Finishers – Winner Tom Payne 1:05:43 – 1st Lady Helen Taranowski 1:20:13