Overton Harriers & Athletic Club

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FIXTURES:

SEPTEMBER 4th	Clarendon Way Marathon
10th	**XC League at Farley Mount**
11th	**SOLENT HALF MARATHON**
18th	Salisbury Half Marathon Tadley 10 miles
22nd	Foxdown Handicap
25th	Great South Run

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

FRANNY'S BITS

The highlight of the month has to be the hugely successful staging of the Overton 5 which was crowned by a fantastic Saturday evening party that was thoroughly enjoyed by all who attended. There seemed to be an unofficial competition at the party to see who could provide the most salacious entry for the quote of the month but, due to the libel laws, none of the quotes from the party can be printed.

A big vote of thanks must go to the race committee who carefully planned the whole event from chasing advertisers for the race programme, arranging numbers, prizes & marshals. Thanks also so all those who helped out on the day.

As a reminder, the club Consistency League events are listed again in this edition. The Club Championships for this year (including the Winchester 5k and Victory 5 that have already been run) are the, Eastleigh 10k, Salisbury 10mile, Gosport Half Marathon & the XC fixture at Goodwood. These events will also score double points in the Consistency League.

The Winter Fixture List is now complete and attached to the end of this newsletter.

From this month we are also including the minutes from the last month's committee meeting. This should show you what the club's planning and can be used instead of two Nytol in the event of insomnia.

OVERTON 5 miles **5th September** *from Richard Francis*

A massive field was led home by Winchester's Toby Lambert who probably recorded the biggest ever winning margin in the history of the event. Stubbington's Mark Le Gassick was a minute and 40 seconds behind with Aldershot's Paddy McCourt a further 19 seconds back in third. Emma Patel (Also from Winchester had a narrower win in the ladies race but was still over 30 seconds clear of New Forest runner Erica Fogg with another Winchester runner, Natalie Cain third.

The club interest was led home by Lee who peaked his training to perfection to hold off Pete by 7 seconds. Sean, I believe, took 7 minutes off his course best to emphasise what an improvement he has made since joining the Harriers. Greg was our only other runner to break the 30 minute barrier, ahead of club all rounder Dave Bush. Another close grouping saw Richard take the honours over the very fast finishing Tim who managed to pass Neil in the closing stages.

Cath put in a superb run to finish 5th lady and was only 7 seconds behind the third place runner. Andy Hartley beat Dave Maughan in the battle of the club exiles while Rachel put in another stormer to beat off the challenge of Steve. Keith was home next ahead of Michael who, like Sean, made a big improvement on last year's run. The next two ladies also ran PB's with Kate getting the better of Monique with both breaking 40 minutes with ease. Karen ran well and narrowly missed a sub 45 minute clocking ahead of Michelle who made her club debut and she closed the club interest with a good time that will hopefully improve with more regular training with the club.

Harrier	Time	Position
Lee Tolhurst	29.09	38th
Pete Williams	29.16	42nd
Sean Holmes	29.27	47th
Greg England	29.52	55th
Dave Bush	30.14	69th
Richard Clifford	30.46	86th
Tim Harris	31.03	94th
Neil Martin	31.11	97th
Cath Wheeler	31.33	109th
Rachel Hessom	33.53	165th
Steve McNair	34.00	169th
Keith Vallis	34.50	193rd
Mike Ball	35.27	214th
Kate Hickman	38.36	302nd
Monique Van Nueten	39.39	330th
Karen Burton	45.03	438th
Michelle Fulton	51.29	485th

501 finished

Thanks to all the marshals, organisers and Richard Baldwin and his colleagues at Hampshire Constabulary for all their hard work

ANDOVER 5 **13th September** *from Greg England*

Faced with the prospect of being dragged 16 miles along the Test Way by the rabid-frothing, wild-eyed hill climbers Sean and Lee, I decided to opt for a gentle jog around the park.

The course is two laps around the undulating Charlton Lakes Park, with a start and finish on the athletics track.

Andover had a big turnout and in fact their U20's filled the first five positions. I was fairly happy with my time considering the effects of jet-lag. Paddy Keenan was second harrier home. Moira just missed out on the V50 prize, but was not close enough to her rival to show off her sprint finish. Belinda found it a bit of a struggle, coming home in just under 46 mins.

Harrier	Time	Position
Greg England	29.23	6th (1st V40)
Paddy Keenan	37.17	27th (3rd M50)
Moira West	40.57	40th (2nd FV50)
Belinda Lade	45.59	59th

85 finished

TEST WAY RELAY **19th September** *from Richard Francis & Lee Tolhurst*

This was the clubs second attempt at this event and hopes were high that we could improve on last year's performance. Our chances of doing so were improved when Greg announced that he would be in Australia when the race was on (provided he did not get lost on his way to the other side of the world). Paige again volunteered to drive the school bus that carried the squad to the start and then dashed to the handover points along the course.

As guest timekeeper / spectator / beer drinker I have to say how impressed with every runner. Obviously the race meant something to each one of them and all ran themselves into the ground so as not to let their team mates down. Lee took the opening leg from Combe Gibbet & got them off to a great start handing over to a very nervous Sean at Linkenholt in 3rd place.

Sean soon lost his nerves running an absolute storming & possibly the leg of the day to lift us into 2nd spot. Club captain Piers had the longest run of the day, crossing 2 roads and numerous stiles and surpassed himself by running several minutes quicker than anyone's best estimate for his leg to come home in 4th.

Neil took up the challenge at Longparish and ran 2 minutes faster than the previous year to lift us back up to 3rd.

Steve came into the team quite late but did superbly well to keep us well in contention in 4th place before Richard gave absolutely everything on the last uphill to the handover at Mottisfont.

Here the Winchester runner who had been 2nd took a wrong turning so though Richard had still handed over 4th there was a possibility of the stewards lifting us to third. Bushy ran strongly to Romsey without getting lost, resulting in a couple of the club comics texting Greg with the good news (even though we estimated it to be about 3am local time in Sydney).

Keith saved his best performance in some time for this event and handed over to Jamie still in 4th place. The team spirit displayed by each individual was shown on the last leg as they positioned themselves along Jamie's route and navigated him to the finish through the streets of Totton.

Leg	Harrier	Time	Team Position	Leg Time	Leg Position
Leg 1	Lee Tolhurst	00:27:36	3	00:27:36	3
Leg 2	Sean Holmes	01:02:10	2	00:34:34	1
Leg 3	Piers Puntan	01:45:38	4	00:43:28	10
Leg 4	Neil Martin	02:17:22	3	00:31:44	2
Leg 5	Steve McNair	02:52:03	4	00:34:41	9
Leg 6	Richard Clifford	03:28:27	4	00:36:24	3
Leg 7	Dave Bush	04:08:30	4	00:40:03	6
Leg 8	Keith Vallis	04:41:31	4	00:33:01	6
Leg 9	Jamie Jones	05:05:06	4	00:23:35	3

VICTORY 5 miles **20th September** *from John Hoare*

If this event is anything to go by we are going to have a great winter season. Last year we were struggling in the Hants Road Race League but it has been totally the opposite so far this year. After the exertions of the relay the previous day our men's team put in a first class performance.

Jamie led the way with a classy run that earned him 19th place in a good quality field but it was the competition behind for the other team places that caught the eye. Lee, Pete and Sean (yet another PB) all finished within 23 seconds of one another displaying again a really competitive edge which I'm sure will improve them all.

Neil led home a good 'B' team performance followed by solid runs from Piers, Brian and Dave, Dave just holding off the promising Tim by two seconds for the final counter. Eric seemed a little disappointed with his run but still added to the success story by finishing as 3rd Vet 65.

On the other hand Franny was definitely unhappy with his performance as he completed the men's squad. To sum up the successful day for the men they finished as 3rd team in the race, 2nd team in the road race league and now sit in 2nd place overall in Div 1. The 'B' team also finished well up and have improved to 4th place overall in Div 1 in the minor competition.

The women's team were equally successful with a string of first class results. Cath led the way with a hard earned 12th place that was good enough to win the Vets race outright. Another fine run from the ever improving Rachel well supported by Jill who was suffering from a trapped nerve in her neck closed an excellent team performance.

The 'B' team was led (and the Vets team completed) by a jet lagged Monique who still managed a PB for the distance with Moira and Belinda in support, Moira winning the over 60 category outright.

Completing a very healthy club contingent was Michelle who only just missed out on the 50 min mark in spite of her efforts in the finishing straight but the improvement is almost guaranteed with more race experience.

Team results for the ladies was 3rd place in the race, 2nd in the Vets race but in the road race league they won both the 'A' and 'B' races and sit on top of both with a real chance of promotion to Div.1

Men's

Harrier	Time	Position
Jamie Jones	27:25	19th
Lee Tolhurst	28:32	37th
Pete Williams	28:48	39th (6th V40)
Sean Holmes	28:55	42nd
Neil Martin	31:10	96th
Piers Puntan	32:31	124th (18th V40)
Brian Hay	33:46	157th
David Titcomb	34:04	163rd (17th V50)
Tim Hills	34:06	164th
Eric Tilbury	36:15	219th (3rd V65)
Richard Francis	38:08	256th (46th V45)

381 finished

Ladies

Harrier	Time	Position
Catherine Wheeler	31:14	12th (1st Vet)
Rachel Hessom	33:57	21st
Jill Tuck	36:48	46th (8th V45)
Monique Van Nueten	39:17	68th (7th V50)
Moira West	41:02	80th (1st V60)
Belinda Lade	46:40	145th
Michelle Fulton	50:04	168th

225 finished

"Quote of the Month"

A bumper month with several quotes from Jamie and one from Dave Titcomb failing to beat the censors.

Richard Clifford came close with ***"this is the most disgusting sausage I've ever put in my mouth"***, well Greg thought it was funny.

The runner up is Lee who, on the way to the start of the Test Way relay, asked the question ***"is there any subject that Piers does not have an opinion on"***

The winner this month also came from the relay. Richard Clifford had just run a storming leg to Mottisfont and was being heaped with praise by the whole team, all except Neil who told him

"You look like S**T"

Highclere 10k **27th September** *from Richard Francis*

A disappointingly small turnout for this local event especially with a tee shirt included in the 9 quid on the day entry.

Jamie picked up the second place goodies but thought he would have run if he had got his tactics right as he was only 3 seconds behind the winner.

Richard Clifford seemed happy with his race as did ex Harrier Helen Heap. With a good weeks training under my belt I managed to put my bad run at Portsmouth behind me as I beat my target with several minutes to spare.

Harrier	Time	Position
Jamie Jones	36:36	2nd
Richard Clifford	39:44	22nd
Helen Heap	39:44	46th
Richard Francis	49:12	112th

362 finished

Overton Harriers Committee Meeting

Junior Section - The junior section has run its course for the season. All the juniors enjoyed the sessions and an average of 10 attended. The junior section will be run again next summer for an extended 10 week period where a modest charge will be made. Additionally entry to the Wessex league is to be considered.

XC Tent – A tent has now been brought and is the shed to take to the XC race for a bit of shelter for runners, spectators and bags.

Training Weekend – The organisation has now started. Numbers and arrangements need to be finalised by end of October, therefore numbers are required by the end of September. The date was confirmed as the starting Sat 14th Feb 2010

Kingsclere 5 – Local Police has confirmed that they are willing support the event so long as no main roads are required to be closed. The Organising Committee will be convened in September.

Consistency League/Club Championships – The consistency league events have now been published in the September newsletter. The Club Championship & Consistency Events are now agreed to be:

9th May 2009	Alton 10 Mile
17th May 2009	Netley 10k
16th July 2009	**Winchester 5k**
20th September 2009	**Victory 5**
10th October 2009	Farley Mount XC
1st November 2009	Lordshill 10 Mile
7th November 2009	**Goodwood XC**
15th November 2009	**Gosport Half Marathon**
5th December 2009	Popham XC
20th December 2009	Cyclist's Race
10th January 2010	Stubbington 10k
16th January 2010	Reading XC
7th February 2010	Ryde 10 Mile
7th March 2010	**Salisbury 10 Mile**
28th March 2010	**Eastleigh 10k**

Club Championships in BOLD

Treasurers Report – The accounts were presented and accepted at the meeting

Secretaries Report – EA sent their quarterly newsletter including 6 things for road running support:

1. Expert Mentoring – Local training groups for the most ambitious runners and coach mentoring
2. Flying Coaches – Christine Benning was organised to come to OHAC
3. Race Organisers – Race Director Portal @ www.realbuzzrunbritain.com/rdp
4. Leadership in Running Fitness – A new qualification to take groups of novice runners
5. Competition – The National Road running Championships @ www.englandathletics.org/road-running-championships also how to be selected for your country www.englandathletics.org/selection
6. Contact you Local Club and Coach Support Officer (CCSO) – Keep updated with master class dates and coach education programme

The Combe Gibbet Race Date was agreed as 11th April.

More articles are required for the newsletter

Generous thanks were expressed to all those who played their part in organising the recent Sidmouth Trip

Next Meeting Thursday 1st October 2009

FARLEY MOUNT XC **10th October** *from Alan Ive, League Secretary*

1. Please could everyone park in the correct and signposted car park. Police cones will be out along the road and they will be monitoring the situation. There is always the threat they will ban the event if the road becomes too clogged by inconsiderate users.
2. The scouts will be collecting car parking fees. This is to finance the cost of hiring the area.

I must emphasise how important it is to get the message across to competitors - it is very difficult to find cross country courses but very easy to lose them.

HRRL Tables

Mens

Pos	Club	Place	Total	Overton 5		Victory 5	
1	Stubbington Green	3	163	2	76	1	87
2	Overton Harriers	7	291	5	154	2	137
3	Portsmouth Joggers	7	294	4	140	3	146
4	Winchester & District AC	8	237	1	35	7	202
5	Southampton RC	8	291	3	107	5	184
6	Alton Runners	11	355	7	183	4	172
7	New Forest Runners	12	349	6	164	6	185
8	Farnham Runners	16	526	8	225	8	301
9	Eastleigh RC	18	874	9	394	9	480
10	Denmead Striders	20	1499	10	699	10	800

Ladies

Pos	Club	Place	Total	Overton 5		Victory 5	
1	Overton Harriers	2	141	1	62	1	79
2	New Forest Runners	4	145	2	64	2	81
3	Victory AC	9	272	4	98	5	174
4	Gosport RR	9	341	5	173	4	168
5	Lordshill RR	12	521	3	86	9	435
6	Hardley R	13	497	6	213	7	284
7	I.O.W. RR	13	533	7	279	6	254
8	Romsey RR	14	438	11	289	3	149
8	Team So'ton	19	607	11	289	8	318
8	West Wight RR	21	770	11	289	10	481

Consistency League

Men

	Runner	Alton 10	Netley 10k	Winchester 5k	Victory 5	TOTAL
1	Sean Holmes	19	19	30	34	102
2	Jamie Jones		20	40	40	100
3	Neil Martin	17	17	24	34	92
4	Lee Tolhurst	18		36	38	92
5	Peter Williams	20		34	36	90
6	Brian Hay	16	16	20	30	82
7	Piers Puntan		14	22	32	68
8	Richard Clifford		18	32		50
9	Eric Tilbury		12	6	22	40
10	David Titcomb			14	26	40
11	Keith Vallis		11	28		39
12	Mike Bliss			38		38
13	Richard Francis		10	8	20	38
14	Tim Hills			12	24	36
15	Bob Hawrylak		15	18		33
16	Tim Harris			26		26
17	John Castelli			16		16
18	Steve McNair		13			13
19	Mike Ball			10		10
20						

Ladies

	Runner	Alton 10	Netley 10k	Winchester 5k	Victory 5	TOTAL
1	Monique Van Nuelen	18	19	36	34	107
2	Cath Wheeler	20		40	40	100
3	Rachel Hessom	19	20		38	77
4	Jill Tuck			38	36	74
5	Moira West			32	32	64
6	Helen MacMahon			30	30	60
7	Liz Sandall-Ball			34		34
8	Michelle Fulton				28	28
9	Belinda Lade		18			18
10	Kate Hickman	17				17