

**Overton  
Harriers**



**&  
Athletic Club**

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September 2010 Issue 398

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

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You can view or print this and previous editions from our website

October 3 <sup>rd</sup>	Clarendon Marathon & Half Marathon
9 <sup>th</sup>	<b>XC LEAGUE at FARLEY MOUNT</b>
10 <sup>th</sup>	<b>SOLENT HALF MARATHON (HRRL)</b>
21 <sup>st</sup>	<b>WINTER HANDICAP</b>
23 <sup>rd</sup>	Nachod Race (Czech Rep.)
24 <sup>th</sup>	Great South Run
31 <sup>st</sup>	Festival Place 5k at Basingstoke

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

### **COMMITTEE NOTICE**

Due to work commitments taking our Club Captain, Piers Puntan, out of the country for much of the time, it is with heavy heart that he has decided to step down from a role that he has taken on for the past two years. In that time we have turned our racing fortunes around, resulting in our best season on the road last year, excellent progress on the cross country and promotion to the highest level Overton Harriers' men have ever reached on the Track.

For this the Club wish to express their thanks for his commitment, time and effort. In the interim before the AGM, a transition period has been agreed whereby Piers will swap roles with Lee Tolhurst (Club Secretary) before standing for election as they consider appropriate at the time. We hope you will continue to support them both in the new roles ahead of the AGM.

Overton Harriers Committee

### **FRANNY'S BITS**

The December newsletter (which will be available early January) will be our 400<sup>th</sup> edition and I am hoping that several guest writers will make contributions. If you have any ideas on how we can make number 400 a bit special please let me know.

The main concern for this month is safety.....there are still a few runners setting out from the club in dark clothing. Reflective gear is great when seen in the headlights of a car but even day glow green or pink looks dark when seen by a pedestrian, or another runner, along the Lynch or on Station Hill where

there is no lighting. Please try to wear light coloured (preferably white) and combine it with reflective kit and / or lights. Also please take great care when crossing roads, especially the B3400 at Dellands.

For those who haven't received them there are some fixture list cards on the notice board; there has unfortunately been another alteration in the fixture list, **Goodwood XC will now be on 13<sup>th</sup> November.**

**WOODLAND 5 SERIES 2010**

After much nagging by the heir to the Captain's throne, I decided to write a brief report on the Woodland 5.....if only to encourage a few of you to give this race series a try (one or two more would be a start!).

The Woodland 5 is organised by Finchcoasters Running Club. It is a three race series on the last Wednesday of May, June and July. The course is entirely off-road, on the tracks around Crowthorne Woods. There are a few undulations and it is a little more than 5 miles, so no chance of P.B.'s. Having said that, the race is well organised, friendly and a good opportunity to fill your trophy cabinet; there are prizes for each race and the series winners. It's a great way to spend a summer evening: check out the picture from a couple of years ago (yes, that was me leading the race.....unfortunately only for the first 50 yards!)



In this year's event, we went into the last race with James Ratcliffe (of Sandhurst) and I equal pegging for the vets series. To my dismay, he was looking very sharp and soon pulled out a good 10 second lead on the first large lap. However, on the second lap, it became clear that he had put too much into training the night before (something I can rarely be accused of) and I managed to overhaul him on the steep climb and stayed ahead to the finish. For the record, here are the results:

Date	Name	Time	Position	
26 <sup>th</sup> May	Greg England	32:24	5 <sup>th</sup>	3 <sup>rd</sup> Vet
	Sue Caratelli	46:09	89 <sup>th</sup>	
30 <sup>th</sup> June	Greg England	32:32	6 <sup>th</sup>	2 <sup>nd</sup> Vet
28 <sup>th</sup> July	Greg England	32:08	4 <sup>th</sup>	1 <sup>st</sup> Vet
Overall	Greg England	1:37:04		1 <sup>st</sup> Vet

## CLUB VISIT TO BELGIUM

Including Georgia & Teddy there were a grand total of 14 Harriers who made the trip this year. This was my very first overseas trip apart from the odd booze cruise so I was looking forward to it, probably more than most. After shuttling JT, Ron, Martin & Jamie to Overton railway station I took advantage of free car parking by dumping it at the Mill. We all jumped, noisily into the train carriage where Helen was sitting. After nosily wrangling every possible discount from the guard for our return tickets to Waterloo it was hardly surprising that Helen got her lap top out & pretended not to know us. At Basingstoke John & Monique climbed aboard and things got much noisier.

After going through the legal formalities and metal detector (which included hearing the full case history of Ron's gammy knee) we boarded the Eurostar. Things were going well and even Helen had decided it was OK to be seen in our company. Shortly after opening the second bottle of Champagne our fun & frivolity was dampened after a fellow passenger approached John, Monique, Martin & Jamie and said she was speaking for the rest of the carriage and could they be a bit quieter. This caused some ribbing from the rest of us, aimed firstly at "the noisy table" then at the party pooper. Every time someone spoke we all went Shhhhhush, the tannoy got a similar response and even other passengers behind us join in. The lady concerned was not a happy bunny when she left the train at Lille and was last seen berating her husband for his lack of support.

After leaving the Eurostar at Brussels we had a 2 hour trip on a local train to Genk. Unfortunately it was now getting very hot and the effects of the earlier Champagne and lack of water left a few feeling a little worse for wear & in serious need of a shower.

At Genk we were met by our Hosts and taken for a meal of Pizza which cheered Jamie immensely. Here we also met up with the Monxton Globetrotters, Liz & Guy, along with the Vallis family who had made there own way across with their camping gear. After a good feed, but no shower, we headed to Hasellte where my dreams about Belgium came true, a super bar with outside seating, after a few strong beers the majority of the group left to look around a local church festival while the die hards, Keith, Martin, Jamie, JT and myself remained at the bar drinking various ales in the 6.8% to 9% abv band. Almost too soon (1:30am) the rest returned & we headed for our accommodation and a good night sleep.

Up bright eyed & bushy tailed the following morning and back to Genk so we could catch a train to Luerven. This is where the Stella Atois Brewery is located but we gave it a wide berth. While having a swift Stella in the bar opposite the railway station I managed to succeed in the clubs equivalent of finding the Holy Grail and got a photo of JT with money in his hand.

A nice bit of sight seeing around the beautiful old buildings in the town centre took us up to lunch which was spent in "the biggest bar in Belgium", In fact this was a beautiful square surrounded by amazing medieval buildings. The perimeter of the square is about 500 metres and every building around it is either a bar or licensed restaurant. The return trip to the station took us through the university where several group photos were taken before returning to Genk for an evening meal with our hosts while the youngsters had great fun playing in the water feature opposite the restaurant.

The following morning saw the majority of us taking a relaxed stroll around a local nature trail while the more energetic: John, Monique & Helen opted for a 20km cycle ride. The afternoon race (see report) was held on a smaller scale than previous years and was won by a Belgian international by more than 5 minutes and our contingent of four had various degrees of success.

The final evening was spent with our fabulous hosts where we all enjoyed another lovely meal washed down with varying amounts of beer and wine.

**JT smiles as he splashes the cash.**



Following a champagne send off on the station platform we descended upon Brussels for some sight seeing and shopping. The traditional snaps were taken of the famous Mannequin Piss and by cleverly telling me to move to one side Monique managed to catch it Peeing on my head. Lunch was an experience best explained by Monique & Helen who could not decide where to sit.

Jamie & Martin had a more fluid lunch and were in a very merry mood when I finally caught up with them in the Eurostar Terminal bar for a final pint of Leffe.

The trip was a great success and many new friendships were forged. On a personal note I would like to thank the others in the party for persuading me to make the trip and then making it such a great weekend. When do we go again?

**CHAMPIGNONLOOP Val Meer 18.4k**

**22<sup>nd</sup> August**

*from Richard Francis*

When I first decided to make this trip the race had been described to me as 10k with a field of about 200 – 250 runners. By race day the distance had increased to 13.4k so at least some of us were at least assured of a PB if we finished but on arrival it was soon obvious that the turnout was low. Luckily there was no pre race drug testing as I think any samples would have confused the testers as they tried to find any actual blood following our slightly increased alcohol intake over the previous two days.

The weather was clipping 29 degrees and with very little shade on the course it was obvious we were in for a hard time over the three lap course with three hills per lap. An approaching thunder storm only added to our problems as the humidity rose.

The race winner was a Belgian international who had earlier won the 5.4k event by a clear margin. He won the main race by almost 5 minutes. Jamie ran reasonably well to finish 7<sup>th</sup> but felt he could have done better as he was beaten by 4 old gits. He did however get onto the prize list as 3<sup>rd</sup> senior. Keith ran well and finished strongly to out sprint a local runner. I struggled to get going but gradually got better as the storm approached and after being lapped by the winner actually passed a couple over the last lap as the rain started to fall. Liz put in a great performance and would have won her age group but for some reason she was recorded as a Vet 50 man in the results.

The heavens opened shortly after the last runner crossed the line and everyone dashed for shelter (taking my kit bag with them). This was the heaviest rain that I have ever seen and coincided with Helen getting back to the finish after taking photos out on the course. After we had a quick dance in the square I went off for a hot shower & dry clothes and a very wet Helen went to drip in the bar. She finally got a dry top to put on when we got back to the cars; footage of her involuntary strip tease is available on You Tube.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Jamie Jones	49' 31"	7 <sup>th</sup>
Keith Vallis	58' 57"	21 <sup>st</sup>
Richard Francis	1' 08' 14"	44 <sup>th</sup>
Liz Sandall Ball	1' 17' 23"	54 <sup>th</sup>

### **COMBE GIBBET 2011**

A note for your diary. The 2011 Combe Gibbet will be on Sunday 3<sup>rd</sup> April. If you are not running the event your help with marshalling would be most appreciated. Full details and entry form will be available soon.

### **TEST WAY RELAY**

**11<sup>th</sup> September**

Once again Paige plucked up the courage to transport the team for their now "annual" expedition down the Test Valley with Franny, Martin & Piers in tow. As Keith was deserting his family for a weekend of copious beer drinking we were also joined at Wherwell by Anna, Georgia & Edward. This was the club's third attempt and resulted in the team finishing third out of 14 teams when possibly second would have been a fairer result. To get out of writing the full report, Sean has asked each of the runners to describe their version of events, leg by leg.

### **Lee:**

After 30mins of windswept chat about the race, the short sharp hill and what trainers to wear at the top of Inkpen Beacon, the men's race got underway at 11am precisely. I had told myself to start slowly and work into the race and save enough for the short sharp hill. Within 50metre I had a lead to calls of "Lee wait for us". From here on in I continued to press; up passed the Gibbet; and down Sheepless Hill; hurdling the only gate on the route. By the time I reached the short sharp hill I couldn't see the 2<sup>nd</sup> place runner, which is a good job as I slowed to a walk; once I reached the top I rediscovered the ability to run as I was met by Piers urging me on. From here on in the world went a little blurry; all I know is that I passed on to Sean and collapsed.

### **Sean:**

With Lee's fantastic run, I was happy for the team, but not happy myself to see Lee coming down the road from Linkenholt in the lead. All the other teams at the changeover would be chasing me; the pressure was on to keep the lead. From the changeover I just went out as hard as I could without blowing up. The steep climb out of Hurstbourne Tarrant across the field was hard work, having to run into the wind didn't help and the path through the woods was muddy and slippery. I was glad to see the rest of the team and Greg at the changeover, and we were still in the lead. I was pleased with my leg, taking a minute off last year's time.

### **Greg:**

There I was standing at the handover point among a number of tall thin, fast-looking types, with Sean racing up the lane in the lead.....no pressure then!?! Up until this point, my only concern was managing to complete a leg of the TW relay without getting lost for once. Now I had to try to run fast too! I set off with the best intentions, vaulting (OK perhaps stumbling) over style after style and racing down the hill to St. Mary Bourne. Unfortunately, the big climb from SMB to Lower Wyke came next and that was where the Southampton runner came cruising past me like I was standing still.....perhaps I was standing still?? Fortunately the gap to the Winchester runner was a little bigger, so I managed to stay ahead of him until the handover to Keith.

### **Keith:**

I ran with the added incentive that the quicker I got to Wherwell the quicker I got to Anna's brother's stag do in Minehead. By the time Greg handed over to me the rain had stopped, the sun was out and we were in 2nd place.

The first stretch through Longparish to the A303 was a lonely affair then I started reeling in runners from the mixed and ladies races which helped me make good time through the Harewood Forest section. Good underfoot conditions, a light cooling headwind and bags of team encouragement over the last few hundred metres meant I was able to post a time of 32 minutes and 1 second, just outside my target time of sub-32.

Having set Bliss on his way I jumped into the car and headed south westward while the rest of the family jumped into the team minibus and followed the race until its conclusion. Happy days.

### **Blissy:**

It's at this point dear readers that the editor has to step in to protect the other runners from any risk of a court action.

Everyone was asked to report on their own leg but Blissy has written another libellous epic which can be read at the end of the newsletter.

### **Jamie:**

I started. I ran crap. I finished.

### **Dave:**

OK as for the run, Mottisfont leg was the usual twisty turny fun and games stopping only once briefly for the cars in Old Salisbury lane, so as not to end up like the pheasants. It's a bit harsh to torture the fat sprinter with such a long leg. Give me the swimming leg next year; I've got a half decent front crawl when I need it. Overall I was happy to get very close to my time for last year and not to lose any places"

## Neil:

Somewhere on a bridge near a pub to a road near a motorway.....

By the time I ran the nice cool, damp conditions of the morning had given way to warmth and sunshine for my plod through some random cowpat filled meadow. There then followed a long and dull stretch of tarmac before a puddle strewn track to a noisy and meaningless kennels. I finished pretty tired and only about 20 seconds ahead of a Winchester runner. Miscalculation or perhaps a beer fuelled lack of application on the part of my team mates lead us to believe that he had started over 4 minutes after me and must have run at around 5:30 minute/mile to close the gap. After a couple of days of consternation and suggestion that he must surely have taken a shortcut it transpired that he only started 2 minutes after me and has recently beaten both Sean and Lee in HRRL over a similar 5 mile distance.

## Richard:

One word: disappointing. Got caught and overtaken for second place by a much quicker Winchester runner. Was forced to run for more than a kilometre through a flood that was always at least calf deep but by way of variety descended to knee deep and thigh deep. The flood was so pronounced that several sad-looking bullocks stood around wondering why Noah hadn't turned up. I know how they felt. On emerging, wet, into the delights of the Totton estates I was confronted by an apparently enraged Piers, bellowing, 'COME ON!', and sprinting ahead of me in a vain attempt to make me catch the rapidly disappearing guy from Winchester. Slow, caught, soaked and thoroughly discouraged I finished. Which I suppose is something.

## WINDSOR HALF MARATHON

26<sup>th</sup> September

*from Hannah Oliver*

Hannah Oliver and Matthew Grimes battle for the throne in Windsor

It was a late start of 1pm so Matt and I thought we had plenty of time to have the all important Sunday lie in and appropriate pre race breakfast of croissants and fruit! So, at 11.30 we left Basingstoke.....All went well until the traffic leading into Windsor and the race car park put the brakes on any plans to have 'plenty of time'. So a dash from the car, straight to the loos with the guaranteed one mile queue, gave us just enough time to get to the start when the gun went - typical!



The setting was lovely - the park in Windsor was awash with supporters and lots going on to keep them amused and cheering the runners. With about 6,000 competing it was a really nice size with a good vibe

and loads of people running for their chosen charities. the course was a couple of small laps and then a big loop round the rest of the park - a couple of nasty hills especially at around 10 miles saw lots of people gasping for breath but the regular water and Lucozade stops replenished any damage done, and the last 3 miles were a flat finish to a roaring crowd. I really enjoyed it and did a PB of 1hr 34 and Matt came in at 1hr 43 also pleased with himself!

The weather was a pretty windy and as we finished started to pour with rain and we got a bit cold waiting for friends to finished.....on leaving we got even colder and annoyed waiting to get out the car park for about an hour but all in all had a great race and would definitely recommend everyone does it next year...but would suggest taking a helicopter for a faster entrance and departure!

## **VICTORY 5**      **19<sup>th</sup> September**

The new HRRL season has got off to a cracking start with yet more impressive results at the second 5 miler of the winter season. With a stiff headwind on parts of the course and a difficult finish fast times were going to be hard to find. But Sean 'The Whippet' confounded us all by taking a new PB in an impressive 28.17 as he led our team home. But only just. The usual close rivalry spurred them both on as Lee finished just 2 places and 3 seconds behind. Completing an excellent team performance, Greg and Jamie also had a battle royal, Greg just getting the honours by a single place and a single second. Team positions placed us 5<sup>th</sup>, which was good enough to maintain 3<sup>rd</sup> place overall and a promising season to come.

Our 'B' team also came away with a good set of results finishing 6<sup>th</sup> in their league and a comfortable 5<sup>th</sup> overall. Richard finished just outside 6 minute mile pace while Keith was less than a minute in arrears after a fine run. Another close finish saw John, hard pressed by Becky over the closing stages, hold off Steve by a few seconds as this pair completed a solid team performance. Just outside the team positions was Eric who still had the satisfaction of taking 4<sup>th</sup> place in the O/65 category.

Even better from our Ladies. Cath had a storming run to lead them home finishing just outside 31 minutes and taking 1<sup>st</sup> prize in the over 50 category. Becky, swapping places a couple of times with John, finished only two seconds down on him while we then had a further 2 PB's from the ever improving pair of Kerri and Lucy. These performances earned the Ladies 3<sup>rd</sup> place on the day and they now sit proudly in second place in Division 1, a fine performance on their first season at this level after gaining promotion at the end of last season.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Sean Holmes	28' 17"	13 <sup>th</sup>
Lee Tolhurst	28' 20"	15 <sup>th</sup>
Greg England	29' 40"	37 <sup>th</sup> (12 <sup>th</sup> V45)
Jamie Jones	29' 41"	38 <sup>th</sup>
Richard Clifford	30' 43"	64 <sup>th</sup>
Cath Wheeler	31' 06"	14 <sup>th</sup> (1 <sup>st</sup> V50)
Keith Vallis	31' 25"	79 <sup>th</sup> (12 <sup>th</sup> V40)
John Castelli	33' 42"	126 <sup>th</sup>
Rebecca Brady	33' 44"	26 <sup>th</sup>
Steve McNair	34' 05"	129 <sup>th</sup> (21 <sup>st</sup> V50)
Kerri Barton	34' 47"	25 <sup>th</sup>
Eric Tilbury	36' 26"	169 <sup>th</sup> (4 <sup>th</sup> V65)
Lucy Griffiths	38' 37"	42 <sup>nd</sup>

*567 finished*

## **CYCLISTS RACE** *from John Hoare*

The Cyclists race will be on Sunday 19<sup>th</sup> December starting at 10.45am from Bridge Street. Please collect your numbers at 10.15am from the Recreation Centre. **Please note this race is included in the Consistency League**

## **CHRISTMAS LUNCH** *from John Hoare*

Following the Cyclists race we will be having our usual Christmas lunch at the Golf Club. It will again be in the form of a Carvery. Cost will be £19.95 (say £20). Children under 12 will be half price and arrangements can be made for those kids too young for a full Christmas meal.

Menu will consist of one of six starters and will need to be specified:

Carrot and Coriander Soup  
Cream of Basil and Tomato Soup  
Pork and Brandy Pate  
Breaded Goujons of Lemon Sole  
Melon Fans with Berries  
Avocado and prawns

Main meal will be choice of Turkey, Beef, Pork, Lamb, Leek and Gruyere Crown or Tomato Basil and Broccoli Bake – choose on the day

Choice of four chilled desserts or Christmas Pudding – choose on the day

Coffee and Mince Pies

Plus mulled wine on arrival.

Please let me have names and choice of starter ASAP. Sounds a long way away but time goes quickly and I will need to order!!

## **NEW FOREST MARATHON** **26<sup>th</sup> September** *from Kerri Barton*

The week building up to the 26th September had been a slightly surreal experience for me. It involved rest, rest and more rest.

The morning of the New Forest Marathon dawned sunny, but chilly; almost too good to be true for marathon running with very little breeze despite being down by the coast. Having been hindered by injury early on in my training suddenly I was stood on the start line of a (not so easy) marathon with only the past 16 weeks of training for company.

The 3500 half marathon runners set off at 9.30am and by 9.40am I was ready to go on the start line with 849 other full marathon entrants, wishing I had entered the half instead! The race started in New Milton (and true to form, up a hill!!) and followed out towards Bashley, Wootton up to it's furthest point of Burley taking in roads and forest tracks along the way before making it's way back through Sway and Tiptoe and finally back to New Milton.

I was through half way in under 1.40 and was feeling fantastic, this was surely too good to be true and I was going to pay the price later? By this time the field had split out and I was mainly running on my own.

Towards the 20 mile mark the profile of the course meant that I was able to get visibility for nearly a mile in front and it looked very lonely, with the nearest runner well out of my reach. I knew I had a good female position from the start, but it wasn't until I passed a group of cheerful supporters who informed me that I was 5th lady. This was just the boost I needed at this point to drive me the remaining 6 tough and lonely miles, with the biggest hill arriving at mile 22!!

I completed the 26.2 miles in 3.35.16 and was 2<sup>nd</sup> Senior Lady and 80<sup>th</sup> over the finish line overall.

**SOUTHERN COUNTIES RELAYS – ALDERSHOT    25<sup>th</sup> September**

Well done the Ladies team. You did the club proud. Cath got us off to a great start on the fastest opening leg finishing inside 15 minutes for 30<sup>th</sup> place. The second leg was taken on by Hannah, who although slightly slower picked up 3 places to give us 27<sup>th</sup>.



This was a super effort as she was running a successful half marathon the next day; a great example of team spirit. She passed over to Becky who was only a bit slower and conceded just two places to hand over to Jill in 29<sup>th</sup> place. Jill put in a really brave performance as this was her first run for many months, and she was carrying a virus but still managed to give us a very respectable 34<sup>th</sup> place.

<b>Harrier</b>	<b>Time</b>
Cath Wheeler	14' 43"
Hannah Oliver	15' 10"
Rebecca Brady	15' 49"
Jill Tuck	17' 46"

*Team 34<sup>th</sup>    52 teams completed*

He's back ! Do I hear cheering or groans as it's another Blissys race report. Brace yourselves! After being exiled to the dark, cold, depressing, wilderness (yes Josh and Julie are still at home) for a rather risqué report on Greg's race last year, on Monday I got the reprieve from Franny to write a report by Thursday. If Franny can forgive me after my last report anyone can. If I can write a masterpiece like this in that short time I should be writing for the Sunday Sport. Then again with the content of my reports this newsletter will only be available from Newsagents top shelves or posted to you in an unmarked brown paper bag. I've had my knockers (not from the Sunday Sport and I'm not allowed to make Julie jokes even though this would be a good place) and I apologise to those that I offended last time (not enough space here to list you all), but at least Jamie congratulated me on the last report and thought it was funny (I'll give you one later Jamie .....Not what you smutty readers think and nothing for Marty to worry about but a bribe for more nice feedback).

I've served my time for good behaviour (endorsed by Julie) and got early release. Was I absent for periods due to injury or detained at home for being naughty? That's not a support I've been wearing on my ankle but a tag! The only place I need a support is in my shorts to carry the heavy load. There you go, it's not me with the dirty mind but you lot with your imagination, and probably comparing me to a current Barbara Windsor TV advert for Bingo with massive balls. I meant extra pocket room for the amount of tissue I have to carry due to my little problem that we won't mention ...apart from more references later.

Anyway, I was asked to write a report on the Test Way Relay. Now they didn't say whether for the whole relay or just my leg – which would be simple, i.e. 3 ft long, hairy, dodgy knee, thin calves (thanks Greg for that body conscious demeaning comment. I could handle a small willy remark but 'thin calves'). Not having seen what my fellow authors have written I can bet that they have spouted on about having run brilliantly, superb team effort, etc. Well I'm giving the full monty (for £1 behind the changing rooms to the ladies) and a warts and all (not my own dig back at Greg and his appendage problems) account of each team members leg and the team result.

1<sup>st</sup> is 1<sup>st</sup> and 3<sup>rd</sup> is nowhere! - or we would have been if Greg and Dave had got lost again. Thankfully, with carefully concealed GPS navigation devices (make sure you wash them thoroughly boys) we actually completed the course finishing 3<sup>rd</sup>. Lee (only him guv - honest) falsely accused Winchester of cheating to try to sneak their 2<sup>nd</sup> position (the summons is in the post) just because they had someone who could run faster than Neil. But let's face it, who can't run faster than Neil. I had the toughest leg, ran the best, and in short, my team-mates failed me.

My synopsis of each leg is as follows:-

Leg 1 – Lee – Easy leg! Short, downhill, a world record for 5 miles (official timekeeper Jayne).

Leg 2 – Sean – Easy leg! Long stretch of road his best surface (apart from his baby bum his missus says), flat or downhill apart from a small bump at the end (his leg not his bum).

Leg 3 – Greg – Easy leg! Almost his back garden – but a lot of Hampshire is. One hill, then flat and downhill.

Leg 4 – Keith – Easy leg! Straight off to a stag do after his leg so could run with no pressure as he wouldn't remember the next day if he had ran well or ran crap (sorry Keith – no pun intended). In fact, if he had run as fast on his leg as he did to catch his stag do train we would have slaughtered the other teams instead of just him getting well slaughtered.

Leg 5 – Mike – Toughest leg! Putting my crippled body on the line for the team. There're people claiming disability benefits more mobile than me and if only I had JT's legs – he'd fall over (gratuitous dig at JT as

it's traditional I include him somewhere). I was also psychologically scarred beforehand as Julie drove me to the start. No warm-up ( I had to run around finding my bag for the bus with Julie, Dave and Marty conspiring to hide it from me), Hilly leg (bridge over the Test, curb at Chilbolton, grass verge at Stockbridge). Dangerous (cows on the common, sheep in the country park, mad woman on a horse (and it wasn't Cath) and Marty, Piers and Franny acting as traffic cops having had a few bevies, at the Stockbridge roundabout. The leg was intellectually challenging, requiring superb navigating/orienteering skills to find my way along the disused railway line from The Mayfly to Stockbridge. Superb run. Balls out (I must replace my shorts) and I heard Marty say I had scary eyes in my devastating sprint for the handover. Only a minute slower than an athlete surely bound for the Commonwealth Games. I could give him tips on creative sh\*\*\*ing in urban environments, something he will need probably not having a crapper in his Delhi hotel room or it being as pebble-dashed as the one in our changing rooms after me and Keith have had a go.

Leg 6 – Jamie – Easy leg! – how could it not be after my brilliant run. Flat, straight on, turn right and your there – simples!



Leg 7 – Dave – Easy leg! – no pressure as we were all in the pub at the end of his leg supping a wonderful pint (or pint and a half for me and Franny – cheers Lee) so couldn't give a damn when (if - with his dubious record) he bothered to turn up.

Leg 8 – Neil – Easy leg! Course flatter than Kiera Knightly, but not than Piers and Franny. How hard can 5 miles be when he's running 73 miles less than he's trained for. I'm surprised he bothered to get out of bed for this measly amount of running. Then again, his worthwhile contribution by letting the Winchester runner who was about a mile behind catch him, was to try to liven up the finishing area with a winner (well 2<sup>nd</sup> place) takes all punch up between Winchester and Overton, due to the cheating allegations.

Leg 9 – Richard – Easy leg! Flat (again) and short - the leg, not Richard who is round and short. Many runners have the feeling of 'floating' during a good run but Richard took it to a new level. With his kids water wings he floated half the way with a favourable tide and wind (don't have that gassy beer beforehand next time Richard). He also had the assistance of the Winchester athlete in the wet patch (don't go there!) and they are now happily competing in synchronised swimming events together throughout

Hampshire. With a tumble turn and good push off at Totton he brought the team home a credible (or incredible thanks to my storming run) 3<sup>rd</sup>.

Special mention must go to Paige in getting her school bus and driving us all day. Most men will say woman can't drive but I don't agree- well cars is a given - but let them loose in a ten ton bus and they will give Lewis Hamilton a run for his money. She showed those athletic qualities of endurance (putting up with us all day), power (handling a heavy load - the bus, not Dave), strength of character (by ignoring the 3 budding map readers of Piers, Franny and Dave each telling her which way to go) and swearing like a trooper when cars get in her way. She had more conductors than the proms and was given more directions than a porn star in a shoot. In fact - strict school mistress, experienced with a cane (eh Dave), voluptuous red-head, fine looking gal, heard to say "I drove 9 athletes wild (or was it wild athletes) from dawn until dusk" - we may be onto something here boys.

Another mention must go to Anna who mostly kept under control those yobbish, uncouth, trouble-making kids. Her kids were angels but the rest of us should be ashamed. Finally, we were joined by various partners and other significant others for a meal and surprise surprise more beer, where we were regaled by a romantic story of Sean and his missus' first meeting. His chat up line, "Is that a ladder in your tights or a stairway to heaven".

Naturally I anticipate pre-selection for next years relay and hopefully an Overton women's team will take part. Bugger how they do in the relay; it's how we all squeeze into the bus together that I'm looking forward to. It's not the running you need to worry about it's the race report! See you next year - if I haven't been lynched.

#### **OVERTON 5**      **4<sup>th</sup> September**

I would like to thank everyone who assisted in the Overton 5 race either before the day with the organising of the event or on the day itself. This race is the success it is because of the enthusiasm and commitment of the Harriers and the support of families, friends and the village itself – a real team effort      Best Wishes Helen

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Sean Holmes	28:33	21 <sup>st</sup>
Lee Tolhurst	29:09	28 <sup>th</sup>
Mike Bliss	29:27	33 <sup>rd</sup>
Neil Martin	30:25	52 <sup>nd</sup>
Richard Clifford	30:57	64 <sup>th</sup>
Dave Bush	31:45	88 <sup>th</sup>
Tim Harris	32:01	97 <sup>th</sup>
Cath Wheeler	32:05	99 (1 <sup>st</sup> V50)
Keith Vallis	32:21	107 <sup>th</sup>
Martin Crawshaw	32:53	121 <sup>st</sup>
Hannah Oliver	33:01	123 <sup>rd</sup> (5 <sup>th</sup> Lady)
Rebecca Brady	33:24	133 <sup>rd</sup> (8 <sup>th</sup> Lady)
Bob Hawrylak	34:38	158 <sup>th</sup>
John Castelli	34:48	163 <sup>rd</sup>
Keith Clark	35:43	186 <sup>th</sup>
Kerri Barton	36:04	193 <sup>rd</sup> (25 <sup>th</sup> Lady)
Kate Groundsell	37:56	233 <sup>rd</sup> (36 <sup>th</sup> Lady)
Richard Francis	38:21	245 <sup>th</sup>
Lucy Griffiths	39:19	265 <sup>th</sup> (46 <sup>th</sup> Lady)
Alistair Paul	39:57	284 <sup>th</sup>

# OVERTON 5 PHOTOS

