

**Overton  
Harriers**



**&  
Athletic Club**

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October 2011 Issue 410

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

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### **FIXTURES:**

NOVEMBER 6 <sup>th</sup>	<b>LORDSHILL 10 Mile</b>
12 <sup>th</sup>	<b>XC LEAGUE at GOODWOOD</b>
13 <sup>th</sup>	QE Country Park XC series race 3
20 <sup>th</sup>	<b>GOSPORT HALF MARATHON</b>
24 <sup>th</sup>	<b>Foxdown Handicap</b>
27 <sup>th</sup>	Hayling 10

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

### **FRANNY'S BITS**

The month kicked off with the Basingstoke half marathon which was run during the very unseasonable heat wave, Sean had been targeting this one and put in a great run to take third place overall & took the old gits prize as well.

This was followed by a weekend that kicked off with the opening XC fixture at Farley Mount. Despite missing a few runners the men put in a fine performance and on this showing, the senior men could be looking for a mid table placing which would be a good return in their first year back in the top flight. Ladies captain Kerri must be feeling rather chuffed with the ladies section with the high turnout being rewarded with excellent team results that bodes well for the future.

The following day saw a lower club turnout at the Solent half where Kerri put in a great run to take the Senior Ladies bronze medal in the County Championships with Sean picking up County silver in the Vets.

The clubs string of excellent performances were capped by a fine second place in the men's team competition that firmly consolidated their second place standing in the league. The ladies are currently lagging in the drop zone and will need as many runners as possible to turn out, please keep an eye on the notice board for race entry details.

If you have not been successful in the ballot for the Virgin London Marathon 2012 and would like to be entered into the draw for a club place, please pass a copy of your rejection to Piers ASAP. The draw will take place at the Christmas party.

Please could all members make sure their subs are up to date and please note that only fully paid up members will be eligible for the London Marathon draw.

### **BASINGSTOKE HALF MARATHON**    **2<sup>nd</sup> October**    *from Lucy Griffiths*

Basingstoke Half Marathon was on an unseasonably hot day in October and at the start I think there were more Harriers on bikes than were running the race. Having run the hilly course previously I knew what to expect but the organisers had decided to name one of the hills 'the big dipper' which gives you an idea of the terrain. The race didn't start until 11am by which point the temperature was already rising to 26 degrees.

The route from the War Memorial Park out to Cliddesden was quite shady and it was great to see the Vallis family at mile two cheering the runners on. The support continued as I passed the Jolly Farmer with more Harriers including Martin and Claire cheering.



Then it was onto the first of the big hills which luckily was quite shaded, from here the route then passed through Ellisfield. The second hill was a long drag but having completed this hill it was then well over the half-way point. I was pleased with my pace at this point and felt I was making good progress. But still the course hadn't turned for home and there was still the Big Dipper to conquer before reaching mile nine at Farleigh Wallop. From the top of Farleigh Wallop it was a long downhill back to Cliddesden in the full midday sun.

As the route passed back through Cliddesden the support was still strong and the villages had their hosepipes out to cool the runners and were offering additional water and jelly babies. By mile eleven I began to feel tired as exhaustion began to set in. The local support from mile twelve through the finish helped me to keep going and finish in just under two hours in 1 hour and 59 minutes and 54 seconds.

Well done to everyone who took part on this challenging course.

<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
S Holmes	1:18:52	1:18:51	3 <sup>rd</sup> (1 <sup>st</sup> V40)
N Glendon	1:28:06	1:28:01	18 <sup>th</sup>
R Oakley	1:29:49	1:29:44	27 <sup>th</sup>
H Oliver	1:48:16	1:47:46	155 <sup>th</sup>
L Griffiths	2:00:10	1:59:54	356 <sup>th</sup>
S Edwards	2:11:56	2:11:41	470 <sup>th</sup>
S McCann	2:14:42	2:14:03	664 <sup>th</sup>

*1271 Finished*

**UK Fire Service XC Champs, Stowe School**    **2<sup>nd</sup> October 2011**    *from Keith Vallis*

It was more like a summer's day than an autumn day when we made our, what is now becoming, annual pilgrimage to Stowe School near Buckingham. The 2pm start time gave us just enough time to watch all the Basingstoke Half Marathoners looking quite warm at about 1.5 miles before we headed up the A34.



As is the norm, a new 8km course awaited us which consisted of 4 x 2.0 km laps around the hilly, bumpy and grassy fields that form part of the beautiful school grounds. I had a reasonable run but struggled on the hills which meant that I failed to make the representative team (always an aim) for a couple of future inter-service races.

This is still the only race that I can remember where all runners and families head off to the school canteen for sausage, chips and beans followed by the presentation. Very civilised.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Keith Vallis	35min 45sec	27 <sup>th</sup>

*83 Finished*

**Under 15 Boys**

George & Robbie decided to race the first fixture in the higher age group, being in amongst boys up to a couple of years older. Both set off conservatively over the increased distance 4km this season. George progressing well throughout the race passing others as the race progressed. Using Audra's spikes and vest clearly to his liking to finish a creditable 49<sup>th</sup> place. Robbie also seemed to like the longer distance catching up some of the Basingstoke & Winchester runners on the last lap, and actually managed a sprint well increased pace finish to come 58<sup>th</sup>. Both boys are keen to do the next one and improve on their positions; hopefully we manage a team next time with some of the other boys turning out.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
G.PREECE	18min 35sec	48 <sup>th</sup>
R.DENNISON	19min 56sec	57 <sup>th</sup>

*64 Finished*

**Senior Ladies**

Thanks to Claire Parsons for the following report which we hope will encourage one or two others to toe the line at a XC race soon. After being out injured with my ITB for 6 months this was going to be my first decent run in quite a while, my first ever XC race and my first race since May. Nervous is not quite the words I would use and on top of that I also had a cold that had been hanging around for two weeks.

Planning for the XC was different to planning for a road race. I sorted out my kit Friday night thinking 'everyone will be wearing spikes...I don't have any', should I wear long leggings or cropped, do I need to take pins for a number etc etc. I wasn't being vain I just didn't really know what exactly to take and whether I would be good enough. In the end I just went in what I was comfortable in, including my trail trainers, which I had only tested out once before on a small run. What a novice!



On Saturday it felt odd not to be up with the larks, eating porridge, drinking energy drinks and having butterflies in my stomach. Instead I had a few hours to kill before I had to get ready. By 1130 I was wondering what to have for lunch.

Toast and peanut butter should do it with an energy drink on the way there. When I arrived there seemed to be lots of gym shorts and vests wandering around....hmmm, not my idea of running kit at my age. There was a great team turn out though, the most I have ever seen before. A total of about 16 Harriers were there, which was fab and good for team spirit.

Kerri and Emily took me on a warm up to experience ‘the hill’, thanks girls! The race was then delayed by 15 minutes, once again not good for nerves but we were all together and we finally made the start line.

The run itself was tough, as it should be I guess. I’d been advised to push at the start to get my place but I’m really not sure if my body works best that way, I will have to try that technique again sometime. We had to do one small circuit and then two larger circuits of the course. The small one I could handle, the larger one I almost gave up when we hit round two of ‘the hill’. I took a few moments to compose myself and carried on. I seemed to get a lease of energy from somewhere and pushed as hard as I could, even taking over the Captain of Salisbury (if I heard all the shouting by the side lines correctly) and pulled away from her quite a bit. I think I was the last of the Harriers to come through the finish line but I know I tried as hard as I could for a first attempt. We were very lucky at this XC as it had been so dry recently that there was no risk of mud, puddles and very wet clothing. Who knows, you might see me again at future XC events, depending on the weather ☺

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It was a fantastic turnout from the ladies with Cath leading the squad home ahead of Audra who, dare I say it, is looking a bit like her old self and running better of late. Kerri must have been doubly pleased with both the turn out and her run to complete the A team which finished 7<sup>th</sup>. Emily had a great club debut and will be one to watch this winter I’m sure. Katie was pleased with her run to anchor the ladies Vet team to a fine 5<sup>th</sup> place and led home Monique who just got the better of Liz who both had good runs. Clare & Claire both made XC debuts and there was little between them at the line. Anna finally got out in a club vest after her injury tribulations to complete the squad.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
C. Wheeler	26min 06sec	26 <sup>th</sup>
A. Dennison	26min 34sec	29 <sup>th</sup>
K. Barton	28min 07sec	55 <sup>th</sup>
E. Lownes	28min 26sec	60 <sup>th</sup>
K. Rundle	32min 52sec	105 <sup>th</sup>
M. Van Neuten	33min 03sec	107 <sup>th</sup>
E. Sandall Ball	33min 11sec	108 <sup>th</sup>
C. Boyle	33min 39sec	112 <sup>th</sup>
C. Parsons	33min 50sec	113rd
A. Vallis	38min 40sec	122 <sup>nd</sup>

*124 Finished*

**Senior Men**

The men were missing a couple of the faster runners but put in an excellent set of results. Sean was first man back but was probably holding something back for the following day, Robin had a blinder which kicked off a bit of a purple patch which has seen several PB’s this month, Neil Glendon was next home and was closely followed by “twinkletoes” Clifford.

Keith anchored home the team that finished 7<sup>th</sup>, while next man home Piers anchored the Vets team to third place. Dave Titcomb was our top over 50 to finish, in fact he was our only one as the rest are either too fat or injured.



After this fixture the winter XC season looks more promising, especially if we can get a few more of the injured / expectant fathers / holiday squad out.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
S. Holmes	37min 04sec	40 <sup>th</sup>
R. Oakley	38min 21sec	64 <sup>th</sup>
N. Glendon	39min 11sec	81 <sup>st</sup>
R. Clifford	39min 31sec	88 <sup>th</sup>
K. Vallis	42min 40sec	123 <sup>rd</sup>
P. Puntan	43min 06sec	131 <sup>st</sup>
D. Titcomb	45min 37sec	164 <sup>th</sup>

*206 Finished*

**SOLENT HALF MARATHON**    **9<sup>th</sup> October**    *from Piers Puntan*

After the exertion of Farley Mount it was with heavy legs that I crawled out of bed on Sunday morning for Solent Half. I didn't really want to race but as we weren't sure how many men were turning out I needed to be there just in case and Robin had offered Sean, Kerri and I a lift.

It was with great relief to see James and Neil at the leisure centre, which meant that I could have a less pressurised run.

Sean was looking for a sub 75 minute time so set off at 5:30 minute mile pace hanging on to the leading group, things went well until about 7 mile mark when cramp set in and he started to slip off the leading group. From mile 11 Sean was hanging on but with no-one around the momentum was lost and he finished in just over 76 minutes.

James got a massive PB, 8 minutes quicker than his previous best and also picked up a 10 mile PB along the way.

Neil has been racing well this year and was on for a superb time but had a stitch from mile 8 probably caused by the beetroot juice, caffeine bars, energy gels, Big Macs and other sundry food products consumed before and during the race.

Robin had a very even paced race, 6' 29 to 6' 41 min miles all the way through which meant that he passed a large number of runners in the final up-hill miles and finished the Harriers Team who were 2<sup>nd</sup> on the day.

Kerri's pace was a little up and down, started a bit too quick which meant that at mile 8 the wheels, whilst not coming off completely, were decidedly loose. However some encouragement meant that she hung on in during the last few miles, was only just outside her PB time and picked up a Bronze in the Hampshire Championship.

Lucy was not up to her usual pace but given the conditions at Basingstoke the week before she was happy with her performance

<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
S. Holmes	1:16:16	1:16:15	5 <sup>th</sup> (2 <sup>nd</sup> Vet)
J. Knight	1:17:35	1:17:34	8 <sup>th</sup> (5 <sup>th</sup> SM)
N. Martin	1:24:43	1:24:42	23 <sup>rd</sup>
R. Oakley	1:26:06	1:26:03	33 <sup>rd</sup>
K. Barton	1:38:57	1:38:52	116 <sup>th</sup> (5 <sup>th</sup> Lady)
P. Puntan	1:38:58	1:38:52	117 <sup>th</sup>
L. Griffiths	1:56:19	1:56:09	245 <sup>th</sup>

*337 Finished*

## **JUNIORS NEWS** *from Anna Vallis*

A lot has been happening with our new 7-11 year old Junior section over the last couple of months. We are now training twice a week at the school, have competed in our first Sportshall competition and are getting ready for our first Cross Country race.

We have been really pleased with the turnout from the children even though the evenings are getting darker (when we use the floodlights up at the school) and the Saturday mornings colder. The ear-muffs, scarfs, hats and gloves soon come off once we get them running! The children are really motivated by the thoughts of medals and badges, so we are following a couple of UKA Award schemes – it's amazing how much further they will run if there is a badge at stake! The schemes are targeted at the age group that we cater for and have awards for both track and field events as well as endurance based running.

Our first Sportshall competition was an eye-opener into the world of Junior Athletics. We might not have been as organised or professional as the other clubs, but the children (and parents!) all made up for that by supporting and cheering on their team members in true Harrier style. It was always going to be tough as we were up against Winchester, Southampton, Portsmouth, Andover etc but our Juniors did the club

proud and both teams finished up in a very credible 7<sup>th</sup> position. (See Georgia's report below). Most importantly, they all thoroughly enjoyed the afternoon. The next Sportshall is at Fleming Leisure Centre, Eastleigh (where the Eastleigh 10k is based) on Sunday 20<sup>th</sup> November. For those of you running Gosport in the morning feel free to drop by and see our Juniors in action. They will be in the New Hall (round the back of the Leisure Centre) and competing from 1:30pm until about 4pm.

Cross country season is fast approaching for the children. We have entered into two leagues – Border League and the Lord Wandsworth series. The Border League is a developmental league for children, however the Lord Wandsworth series (based at Lord Wandsworth College, near Odiham) also has a seniors race (8km starting at 11:10am on a Sunday morning) which you can just turn up and pay £2 to enter on the day.

The coaching team for the 7-11 year olds (Keith V, Martin A, Piers & Sean) are kept busy each session as the number of children attending is more than we expected, so they do need some help. If you are one of our club's qualified coaches, or you would like to help out (just one session a month would be a great help) then please let Keith or one of the other coaches know. We especially need some lady helpers.

Junior Fixtures:

6 <sup>th</sup> November	BORDER LEAGUE CROSS COUNTRY, Lightwater
20 <sup>th</sup> November	SPORTHALL, Fleming Park Leisure Centre, Eastleigh
27 <sup>th</sup> November	LORD WANDSWORTH CROSS COUNTRY
11 <sup>th</sup> December	BORDER LEAGUE CROSS COUNTRY, Lightwater
18 <sup>th</sup> December	LORD WANDSWORTH CROSS COUNTRY

### **HAMPSHIRE SPORTSHALL MATCH 1**

**October 16<sup>th</sup>**

*from Georgia Vallis*

On Sunday the 16<sup>th</sup> October a group of Overton Harrier Juniors entered the Hampshire Athletics Association Sportshall competition at Eastleigh sports centre. There were a number of different events which we had to take part in. I was entered into the Triple Jump, Target Throw and a relay with Emily Wiltshire.

When we arrived I had never seen as many teams in one place and felt a little bit scared. There were teams from the Isle of Wight, Winchester, Portsmouth, Southampton and Andover. I didn't think we had a good chance of winning the competition and the other children all looked much older than us.

When my team mates all arrived (Molly Wateridge, Lucy Conneely, Amy Holmes, Jessica Wiltshire, Emily Wiltshire, Lauren Dennison, Caitlin Cook, Angel Worsnop) together with the boys team (Aiden McGill, Niall Cook, Owen Herbert and Joe Atkin) I felt happier, as well as seeing John and Monique who were there to officiate for us.

The competition started and our coaches (Daddy, Denny and Sean) helped us to make sure we knew where we had to be. Mummy was helping make sure we all knew what we had to do for each event and for the running races. There were lots of other athletes and events all happening at the same time so it was a bit confusing for us. I enjoyed watching the older ones doing their races and using the kick-boards to turn and push off when they reached the wall. During a break in the races Sean showed us how to use these boards ready for our races.

Lauren and Molly ran really in there races so did Niall and Aiden. We didn't win, but we all tried our best and cheered on the rest of the team. We have got our next one in November and I'm really looking forward to it and won't be so nervous next time.

### **Under 11 Girls:**

Standing Long Jump – 4<sup>th</sup> Molly Wateridge 1.60m, Caitlin Cook 1.56m  
Standing Triple Jump – 7<sup>th</sup> Georgia Vallis 3.75m, Amy Holmes 2.06m  
Vertical Jump – 6<sup>th</sup> Angel Worsnop 35cm, Lauren Dennison 30cm  
Chest Push – 6<sup>th</sup> Angel Worsnop 4.25m, Jessica Wiltshire 3.75m  
Target Throw – 9<sup>th</sup> Georgia Vallis 6, Amy Holmes 4  
1 Lap – 7<sup>th</sup> Jessica Wiltshire 15.1s, Amy Holmes 14.5s  
1+1 Lap – 7<sup>th</sup> Emily Wiltshire & Georgia Vallis 27.9s  
6 Lap Parlauf Relay – 7<sup>th</sup> Molly Wateridge & Lauren Dennison 1:20.7  
Speed Bounce – 8<sup>th</sup> Lauren Dennison 29, Emily Wiltshire 21  
Javelin – 5<sup>th</sup> Caitlin Cook 7.5m, Molly Wateridge 8.0m  
4x1 Lap Rely – 8<sup>th</sup> Jessica Wiltshire, Emily Wiltshire, Angel Worsnop, Caitlin Cook

**Team position – 7<sup>th</sup> out of 10 teams**

### **Under 11 Boys:**

Javelin – 1<sup>st</sup> Niall Cook 15.0m, Aiden McGill 16.0m  
Target Throw – 9<sup>th</sup> Owen Herbert 5  
Chest Push – 6<sup>th</sup> Joe Atkin 4.0m  
Triple Jump – 7<sup>th</sup> Niall Cook 3.99m  
Long Jump – 7<sup>th</sup> Aiden McGill 1.73m  
Vertical Jump – 5<sup>th</sup> Joe Atkin 23cm, Owen Herbert 26cm  
1 Lap – 7<sup>th</sup> Owen Herbert 14.3s, Joe Atkin 12.5s  
1+1 Lap – 4<sup>th</sup> Aiden McGill & Niall Cook 24.4s  
4x1 Lap Relay – 5<sup>th</sup> Aiden McGill, Niall Cook, Owen Herbert, Joe Atkin

**Team position – 7<sup>th</sup> out of 9 teams (only 1 point behind Andover!)**

### **FOXDOWN HANDICAP**

**20<sup>th</sup> October**

*from Richard Francis*

There was a good turnout for the first handicap of the winter with Dan Breen taking advantage of the generous handicapper to be the first person across the finishing line. Robin stormed to the first (and biggest) PB of the night as he slashed 74 seconds off to finish second.

Piers spent most of last winter looking for excuses not to run this event but decided not to pace anyone this time and surprised us all by taking third and only missing his PB by 6 seconds. Lucy (the pre-race favourite for the league title) was first lady home in form with the expected PB (36 Sec) edging out Kerri who finally got round to beating the PB she had set in her debut race to improve by 7 secs. Sean was the last PB (10sec) and was rewarded with the pint awarded by the handicapper to anyone who beats his PB for the first time.

Fastest on the night was Sean ahead of the flying Robin (geddit) with Neil Glendon taking third. Debuts came from Dan, Neil G, Carol, Anum, Sarah & Kate and all will be looking for new PB's now that they know the course. Finally the "Sick as a parrot prize" went to Richard Clifford whose stated goal this season is to get onto the first page of the All Time list and who on the night ended up dropping a place after Robin's new PB.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
1	D.BREEN	31.48	4.13	27.35	12
2	R.OAKLEY	32.46	11.41	21.05	2
3	P.PUNTAN	33.23	10.13	23.10	7
4	L.GRIFFITHS	33.24	4.54	28.30	15
5	K.BARTON	33.43	8.17	25.26	11
6	S.HOLMES	33.50	13.43	20.07	1
7	N.GLENDON	33.54	12.37	21.17	3
8	E.TILBURY	34.04	5.53	28.11	14
9	C.DRIVER	34.07	4.13	29.54	18
10	M VAN NEUTEN	34.09	4.13	29.56	19
11	A.MAHMOOD	34.11	4.13	29.58	20
12	R.CLIFFORD	34.20	12.38	21.42	4
13=	S.McCANN	34.22	4.30	29.52	17
13=	S.SEARLE	34.22	11.59	22.23	5
15=	K.VALLIS	34.53	11.41	23.12	8
15=	K.GROUNDSELL	34.53	6.59	27.54	13
17	E.SIMPSON	34.58	6.04	28.54	16
18	K.CLARK	35.19	10.58	24.21	9
19	M.BLISS	35.36	12.51	22.45	6
20	G.ENGLAND	37.14	12.12	25.02	10
21	K.EDWARDS	37.15	GO	37.15	21

## **THE MINSTEAD STINGER**

**23<sup>rd</sup> October**

*from Keith Vallis*

A 9.3mile multi-terrain race where the entry form's claim of 'depending on weather.....MUD and lots of it!!!!' fell well short. There wasn't any to be seen throughout this hilly but very well organised race. Totton Running Club had managed to secure the use of Ocknell Campsite on the old 2<sup>nd</sup> WW airfield at Stoney Cross for car parking and the start and finish.



The course was typical New Forest with a mixture of tracks and footpaths across open heathland with lots of firm gravel tracks within the woodland enclosures. It was waymarked with signs and streamers plus marshals everywhere. In fact, a couple of marshals were sat at a couple of points near the finish with a list of runners so they could shout encouragement on first name terms. Nice touch Totton! In addition, the race has even got its own mascot of a bee who was buzzing around just before the finish. I guess it would be the equivalent of a Harrier hanging around the ORC car park gate at the Overton 5, complete with, smock, hat and pitchfork. Any volunteers?

Right from the start my hamstrings and glutes were aching so this race quickly turned into 'a hard run in pleasant surroundings'. Having said that, the legs seemed to ease a bit over the last 3 miles and I was able to do some battling with other runners which was nice.

Harrier	Gun Time	Position
Keith Vallis	1:06:34	21 <sup>st</sup>

*146 Finished*