

**Overton
Harriers**



**&
Athletic Club**

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February 2012 Issue 414

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

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

March 11 th	SALISBURY 10 (HRRL & Const Lges)	Lord Wandsworth XC
18 th	Exbury Gardens 10k	
22 nd	Foxdown Handicap	
25 th	EASTLEIGH 10K	Fleet ½ Marathon

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Andover and now Newbury on Saturday Mornings

FRANNY'S BITS

The highlight of the month was the club training week in Norfolk which was another great success, it was fantastic to see that all the runners took part in the speed session & relays and everyone seems to have enjoyed the cliff top runs into a very strong head wind.

The clubs marathon runners are now well into their training although at the time of writing some are struggling with illness & injuries. Hopefully these will only be short term problems and everyone makes it to the start line.

The AGM will be on Thursday April 19th, the formal announcement will be given in next month's newsletter. Finally the Club Presentation Dinner will be held at the Red Lion on Friday 27th April; full details are included at the end of the newsletter.

Finally.....a reminder to those who use the bar on Thursday nights that the bar subs are due, £8 please, payable to Phil or Graham at the bar.

Ryde 10 Mile **5th February** *from Neil Martin*

A small but strong team of 5 men left a snowy Overton just after 7a.m. to head to the Isle of Wight for the Ryde 10. Traditionally the Harriers do well as a team in this race so it was an opportunity to consolidate our position in the Road Race League. Traditionally, it is also often cold.

We aimed for the first ferry of the day at 09:00a.m, but Robin's safe planning meant that we arrived at the terminal at eight o'clock to take first place in the queue. Sean arrived with his family shortly afterwards to take an unusual 5th Harrier position! While we waited Blissly relived his glory days of only running 2 hours 21 for the marathon when he decided to jog home after his third toilet stop! The ferry was unusually quiet other than a large Stubbington team preparing with a game of canasta.

By the time we got into Ryde the novelty of the ferry trip had begun to wear off for Sean's family as the cold wind began to bite. The main purpose of the warm up seemed to be an assessment of how much clothing to wear for the race itself. In the end most went for normal race gear with the addition of gloves.

From the start of the race we quickly settled into what was perhaps a predictable Harriers road race order of Sean, Blissy, me, Robin and Dave Titcomb. I decided on the approach of not looking at my watch all race and run on how I felt and try to keep with a small group as much as possible. For most of the race my position went to and fro with a couple of Stubbington runners, but for most of miles 3 to 7 I sat in one or the other's slipstream. When I did try and take the wind they just pushed past me again so I let them take me along until they faded on the late hills.



Sean had a pretty similar race with another Stubbington runner before leaving him on the last hill and pushing on for 3rd place and 1st vet 40. Blissy showed that he is getting back toward his best form of recent years to finish 9th in just over an hour, with me 16th around a minute later. Robin completed the A team with a sprint finish for 31st overall. Dave finished with a strong run over this hilly course. The high positions of the A team means we once again came 2nd in the Hampshire Road Race League behind Winchester and ahead of Stubbington. We remain 2nd in the league with a cushion of 8 points over third place. A couple more good team performances in the remaining races should mean that we can hold on to 2nd place.



Harrier	Time	Position
Sean Holmes	00:57:03	3 rd (1 st Vet 40)
Mike Bliss	01:00:18	2 nd (2 nd Vet 50)
Neil Martin	01:01:15	16 th
Robin Oakley	01:02:57	31 st
Dave Titcomb	01:12:44	121 st

323 Finishers

What I did on my Birthday Weekend, by Keith Vallis aged 45/46

SALISBURY XC

Saturday 11th February

The weekend started with coaching our juniors at the school in the morning (thanks to Robin and Michael Ball for their assistance). A quick change at home and before I knew it Neil G was picking me up and we were on our way down to Salisbury. Hudson's Field was bathed in glorious sunshine with totally clear blue skies (as is generally the norm at this particular fixture). Underfoot conditions consisted of a sticky top surface plus a small frozen section where the sun couldn't get at it.

This year's fixture fell victim to both half term (and consequently the training weekend) plus the Bramley 20 so Harrier numbers were down. Cath and Debbie represented the ladies and the men were also one short for a team but did have enough for a vets team resulting in a top three finish in the vets final league table.

I ran a fairly consistent race and was pleased to lose very few (if any) places on each climb up the hill.

Men's

Harrier	Time	Position
Robin Oakley	35:37	51 st
Neil Glendon	36:45	62 nd
Keith Vallis	37:18	67 th
Dave Titcomb	42:44	112 th

Ladies

Harrier	Time	Position
Cath Wheeler	22:19	20 th
Debbie Heath	26:09	50 th

BRAMLEY 20 Sunday 12th February

After a quiet night in it was up early to quickly open cards and presents before setting off to Bramley. In contrast to the day before it was overcast and cold enough for Anna, Georgia and Edward to base their spectating from some friends' house on the first corner of the course (very handy).

The calm conditions were ideal for running and I set myself a target of 6mins 45secs per mile which I maintained for the first 6 miles. Then all of a sudden, like someone flicking a switch, the speed and bounce just disappeared from my legs. There was nothing I could do except keep pushing on as my mile times got slower and I moved back down the field. Not the 2.15 time I'd hoped for but nether the less a good pre-London run.



Harrier	Time	Position
Keith Vallis	2' 25' 51"	188 th

We rounded the weekend off with a pleasant meal in the Overton Spice with the Wheelers and instead of crying into my Cobra (or was it Kingfisher?) I contemplated on a tough but very enjoyable Birthday Weekend.

And From Anna.....

Juniors News

It's been a quiet month competitively for the Juniors, with their Lord Wandsworth race cancelled due to snow in early February. March will be action packed with the last two cross country races (4th and 11th March) and the last Sportshall of the season (18th March).

Training has been continuing despite some cold sessions and we've been really pleased with the turn-out sometimes in sub zero temperatures. We are now also starting to benefit from the equipment that we have been able to purchase with the grant received from Basingstoke & Deane Borough Council, thanks to Martin A.

We're now planning our events in the run-up to the Olympics which will start with a 'Try Athletics Day' event outside the Community Centre in the Village from 9-11am on Saturday 21st April – a perfect opportunity to drop by on your way to the Seniors Southern Athletics League fixture in Andover. This is an England Athletics initiative to mark approximately 100 days before the start of the Olympics. Although we are aiming the event at Under 11s this is an excellent opportunity for us to promote the Club in the village.

FOXDOWN HANDICAP

23rd February

Greg became the most heckled winner of a handicap race after he spent the previous months running "slightly" below pace during the previous races to boost his way up the starting list by 3 minutes. Rumour had it that he actually walked up Station Hill the second time but that did not stop him beating Hannah by 10 seconds despite Hanna running a PB by 62 seconds. Claire took 38 seconds off her best time to finish third while Brian impressed in fourth as he trains for the Reading half.

Richard clocked the final PB of the night as he snipped another 3 seconds off. Lucy had a stinker but with runners missing their second races of the season it was still good enough to put her 4 points clear in the overall league with one race to run, Richard moved into second ahead of Blissly.

Sean sealed his victory in the time league and only 3 points separate Robin & Mike in the race for silver and bronze but should either of them miss the next race, Keith Vallis will climb into the medal places.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
1	G.ENGLAND	30.49	7.16	23.33	4
2	H.OLIVER	30.59	7.14	23.45	5
3	C.BOYLE	31.23	3.36	27.47	13
4	B.HAY	31.50	5.54	25.56	8=
5	R.ALVIS	31.58	7.37	24.21	6
6	K.VALLIS	31.59	9.23	22.36	3
7	M.BALL	32.12	5.54	26.18	10
8	R.BRADY	32.15	7.14	25.01	7
9	S.HOLMES	32.23	11.50	20.33	1
10	R.OAKLEY	32.34	10.56	21.38	2
11	S.EDWARDS	32.35	4.47	27.48	14
12	K.BARTON	33.05	6.35	26.30	11
13	K.WARD	33.10	7.14	25.56	8=
14	L.PEARSON	33.14	4.08	29.06	16
15	M.BROWN	33.34	GO	33.34	18
16	R.FRANCIS	33.37	5.26	28.11	15
17	E.TILBURY	34.28	3.28	31.00	17
18	K.CLARK	35.55	8.59	26.56	12

TRAINING WEEK(END) 2012 *from Richard Francis*

Temperatures were rather low on the trip up (minus 15 as I came off the M11) but the stunning winter landscape helped to pass the time. When I was first to arrive at Weybourne the temperature had risen to a sultry minus 2 and the opening run was run with some snow still laying in the sheltered areas. An almost complete group enjoyed an extended meal / drink at the Ship as others arrived from the Salisbury XC race & Greg & Caroline arrived later via White Hart Lane.

The Sunday run was again broken into 3 groups with the Whippets heading off along the shingle for their annual safari. I led the middle group on an 11 mile slog and courteously threw in an extra ³/₄ mile

of shingle beach after Carole had informed us that it was good for firming up your bottom. There can't be many runs where you actually run through a lifeboat station!! Piers led the third group which covered 8 miles while a collection of non runners enjoyed a long walk. Lunch was enjoyed at the Hunnybell at Hunworth but only after everyone had circumnavigated the various back roads & fords to locate the pub.

The Rep session was brought forward a day to give the Relay course an extra day to dry, as it was the Reps were run in fairly good conditions at Kelling Heath caravan park despite there being some icy patches.



This was a hard session but almost everyone joined in including a mystery Ninja.

The relay teams were finalised for Tuesday morning with Richard making a good job of picking the teams which saw Bliss, Bushy & Monique emerge as clear pre race favourites. Once again it was a full house of runners who took part with some being more nervous than others, the fiercely contested race ran true to form with the pre race favourites winning by 44 seconds.

As the weekend warriors made their way home the remainder settled into a quieter lifestyle (very much quieter in our house even with the presence of little Lilly) and I finally managed to spend a night in bed !!!! Piers again provided a superb Curry Night and numerous running miles were logged over a variety of routes. The highlight of the training was our return visit to the North Norfolk Beach Runners who seem to push the boat out when they hear we are coming. This year's session was another killer over a flattish 600m road loop, 6 x 6 minutes is punishing by any ones standards but hearing the recovery would decrease by 15 seconds after each rep made it a real killer. Sean didn't seem to mind and promptly went out and lapped everyone at least once and cruised past Steve & myself 4 times before the end. With no Fish & Chip shop open in Norfolk that evening we held our warm down session in an Indian restaurant.

All too soon it was time to leave but not before at last night trip to the local pub where Katie revealed her skills as a pool player, it is recommended that you do not play her for money.

Thanks to Sally & Paul for their hospitality and constant supply of logs for the wood burner, Terry & his staff at the Ship, Piers for the Sunday's buffet & Tuesday's curry night, Monique for the post relay brunch and of course Richard Clifford for organising the whole event with a constant smile (or was is a grimace) on his face.

CARRY ON UP AT SHERINGHAM PARK OR THE BATTLE OF THE RELAYS

An Overton Harriers Production – or Farce

Script written by Bliss – unless anyone takes offence in which case it was Greg - as he's a Spurs supporter so deserves a good kicking.

CAST

The General – Richard Clifford – Our esteemed leader and organiser of the training week(end) to whom we paid our hard earned dosh and who now allegedly has offshore bank accounts in the names of Shep, Lassie and Tiddles.

The Generals Batman – Susan Clifford – The real brains, mover and shaker behind the General and not because she goes out with Robin – Kerri does.

The Major – Helen – A deserter, and we're not talking puddings as Steve five bellies McNair ate them all.

The Captains – Mike, Shaun, Richard, Greg, Robin and Neil (I think) – The leaders of the six teams battling for victory. With much depending on leadership qualities, running order selection and leading from the front, the victorious team Captain would prove to have the tactical nous such as of great sea Captains like Horatio Nelson and Francis Drake whilst the other team Captains displayed that of those from the Titanic and Costa Concordia. Modesty forbids me to say whom the victorious Captain and his gallant team-mates were. Those names shall be forever whispered with awe in the corridors of Bridge Street.

The Privates – Mike and Piers – A right couple of right dicks for obeying the Generals call to arms the afternoon before the battle.

The Sentries – Judy and Paige – Who did sterling work guarding the strategic cattle grid throughout the battle and ensured the gate remained open for a rapid evasive manoeuvre to avoid the cattle grid. In the subsequent debriefing (verbal and not physical but check under those skirts girls just to be safe) it emerged that some of the fitter, more headstrong youngsters of a male persuasion had jumped the obstacle rather than lose time running around and through the gate like us old soldiers – “They jumped the grid just like horses” they said and not “Hung like horses” which Bushy and Piers had hoped they said.

The Mounted Brigade – Jamie – Riding his trusty steed to support the troops throughout the battle.

The Armoured Corps – Franny, Monique and Carol – A heavy slow moving tank and two smaller, swifter more mobile units with sleek lines and carefully applied camouflage (or make-up to those of a non-military background). I will not say who was who but the heavy unit is often tanked up and doesn't resort to camouflage unless on the pull in Freefolk and using the name Dolores.

The Seaborne Division – Ron Wellman – Naval back-up. Not that he has a spare belly button.

Pathfinder Squadron – JT – Specialist in photography with experience of shooting the previous years battle. Another fallen hero – literally – down a bloody great hill to the amusement of other observers.

Debriefers – John Hoare – Not a serial washing line knicker nicker (as far as we know), he faithfully recorded each skirmish and daring do-dare. A minor hiccup at the start of the battle which could have had dire consequences (he didn't start his watch), which meant the first leg runners probably had times recorded which were quicker than they actually were. So you didn't run faster than me Robin, so there.

The war hero – Shaun (EPO and Bar – after training, the beers are on him) – He did run the fastest two legs and broke the lap record each lap.

Un-named fallen warrior – He whose record was broken. Did you know he's training for a marathon?

Extras – The other runners and attendees at the training week(end) that I haven't mentioned, abused or insulted.

Monday – The day before battle commences

Early skirmishes occurred in the caravan park a short distance from the ultimate battleground in Sheringham Park. A number of fast attacks amongst individuals took place on terrain which was in places icy. Due to this and a concern that the battleground the next day may not be hunky dory underfoot, the General decided a reconnoitre was required and ordered that others join him later that day at 4.00pm to run to and around the battleground and back again, to ensure all was well. Despite exhaustion and limited eating rations (a catering cock-up on the first evening at the local hostelry), six hardy soles aka fools, stood shivering on parade at 4.00pm outside our barracks. I even forsook the kind offer from the Major an hour before of a Woodford Wherry (no mean feat as it's a classic beer to those non-imbibers or the lowest of the low - lager drinkers) to be there. Not surprisingly though the tank tanked up and was still there with his other two Corps members, Monique and Carol. My fellow private, Piers also reported for duty making two Privates on Parade (or flashers to the general public).

The Mounted Brigade aka Jamie, completed the six heroes. Like a true General, Richard led from the rear and failed to make an appearance. We set off but the Armoured Corps mistook a windmill for a park with a big stately home and ran around that instead, leaving just Jamie, Mike and Piers to negotiate our way safely to the entrance of Sheringham Park. At that point Jamie realised he had actually been running and had forgotten to get his leg over his trusty steed (cue entry for needless sexual innuendo) so returned to barracks via the cliffs to report to the General – not The Cliff, Richard. (get it).

Thus only Piers and myself completed a circuit of the course and although cold, no ice remained and the course was fit for battle. We returned to barracks, two frozen privates, shrivelled with cold. Whilst Piers had Judy to defrost him I had JT. I swear he was stiff from his tumble down a hill and not from any defrosting action he may or may not have undertaken.

Tuesday -The battle of Sheringham Park

At 5.00am, on eve of battle, the Major deserted. Helen said she had to go to Scotland but who believes that. Not even Scots want to go to Scotland. Take Steve five bellies McNair. A Scotsman who prefers to live in the Royal County of Berkshire, impersonate an Englishman and even lowers himself to pretend to support Chelsea rather than Celtic or Rangers. Only amongst close acquaintances does he speak with his normal strong Scottish brogue, sup pints of heavy and reveal his penchant for wearing skirts – which he calls kilts.

At 9.00am the protagonists left the comfort of their barracks and departed for the place of battle. The Seaborne Division – Ron Wellman – preferred to play with his rubber duck rather than support the troops though he said he was swimming. Half the Pathfinder Squadron – JT – lost their way and doddery old 'un that he is, mistook a stationary Windmill with four sails for a speeding (or barely moving



one leg in front of the other in a few cases) runner with two arms and two legs to hone his photography skills.

Having written pages leading up to this, the actual battle, the actual relays, what can I say other than the best team won and the others were losers, losers, loooooosers. Seriously – for once – an old cliché but all were winners as it is a challenging course - each lap run twice by each person with a killing hill and shortish recovery between laps.

RESULTS

	Runner	Split	Cumulative		Runner	Split	Cumulative
1st	D. Bush	8m 14sec		4th	C. Driver	11m 20sec	
	M. Bliss	7m 59sec	16m 13sec		M. Allen	9m 35sec	20m 55sec
	M. Van Neuten	11m 25sec	27m 33sec		G. England	8m 28sec	29m 23sec
	D. Bush	8m 40sec	36m 18sec		C. Driver	11m 26sec	40m 49sec
	M. Bliss	7m 54sec	44m 12sec		M. Allen	9m 41sec	50m 30sec
	M. Van Neuten	11m 40sec	55m 52sec		G. England	8m 26sec	58m 56sec
2nd	S. McNair	10m 29sec		5th	R. Oakley	7m 55sec	
	R. Francis	10m 19sec	20m 48sec		K. Clark	9m 09sec	17m 04sec
	S. Holmes	7m 42sec	28m 30sec		K. Edwards	13m 46sec	30m 50sec
	S. McNair	10m 15sec	38m 45sec		R. Oakley	8m 03sec	38m 53sec
	R. Francis	10m 09sec	48m 54sec		K. Clark	9m 22sec	48m 15sec
	S. Holmes	7m 44sec	56m 38sec		K. Edwards	13m 50sec	62m 05sec
3rd	R. Clifford	8m 06		6th	N. Martin	8m 17sec	
	K. Barton	10m 00	18m 06sec		P. Puntan	9m 24sec	17m 41sec
	S. Edwards	10m 25	28m 31sec		Julia	13m 25sec	31m 06sec
	R. Clifford	8m 19	36m 50sec		N. Martin	8m 35sec	39m 41sec
	K. Barton	10m 04	46m 54sec		P. Puntan	9m 19sec	49m 00sec
	S. Edwards	10m 45	57m 39sec		Julia	14m 18sec	63m 18sec



Everyone gave 100% and all can be satisfied with their efforts. Also many thanks to everyone else who assisted to make it the successful event that it was.

Finally, it was brought to my attention that there is footage on the internet on something called Facebook as recorded by Jamie at the relays. I heard that the recording showed a half naked old git, panting heavily, groaning and pumping his arms up and down in a vigorous manner. Pervert I thought. A dirty old man lusting after the females of our fine club as they may have been showing a bit of bare leg. My good wife, the current Mrs Bliss, who has mastered the arts and ways of the internet, accessed this filth and confirmed that my assumption was correct.

All the best
Mike



HARRIERS ANNUAL PRESENTATION DINNER

FRIDAY 27TH APRIL 2012

RED LION, OVERTON

7.30 for 8.00

MENU

Starters

Watercress Soup
Salmon Fishcake with Butter Cream Sauce
Grilled Halloumi with roast red peppers

Main Course

Confit Duck Leg Ballotine with Winter Veg and new Potatoes
Medallions of Pork with Curly Kale and Dauphinoise Potatoes
Breaded Aubergine and parmesan sauce with Mozzarella and tomato
coulis

Choice of sweets from the menu

£22.50 a head payable on the evening

To book your place please let me have your choice of starter and main course asap

John