

**Overton
Harriers**



**&
Athletic Club**

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

Email your reports to me at PiersPuntan@overtonharriers.org.uk

or Franny at richard.francis@uk.delarue.com

or Franny1960@hotmail.co.uk

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

June 6 th	Yateley 10k Race 1
9 th	SOUTHERN LEAGUE, WELWYN
17 th	Braishfield 5 mile Alresford 10km
20 th	Race for Life Basingstoke
21 st	SUMMER HANDICAP
24 th	Lordshill 10km
27 th	Woodland 5 mile series race 2
28 th	MOB MATCH, CLIDDESSEN

Park Run 5k's: 9am each Saturday at the War Memorial Park, Basingstoke, Greenham Common, Newbury & Charlton Sports Ground, Andover

FRANNY'S BITS

May was a very busy month; firstly the road race league season came to an end after the final two events at Alton & Netley where the men's team ended a fantastic year in second place in division 1. This was a fantastic achievement and shows that this small village club is a major power in the County. Quite a few of our men scored highly in the individual rankings and it was our consistent turnout of runners that helped our strong showing this year.

Sadly the ladies team was doomed to relegation before the final races when we failed to finish teams in some fixtures, but, things are looking much more promising for next season with the increased turnout in the last few races. I'm sure that Kerri is already aiming for promotion back into the top division next season.

The combined Andover / Overton track & field team has continued its good start to the season and, just to remind you all, anyone can take part in any of the non-scoring events. Claire Parsons is the latest member to have a go and recently competed in the Discus.

The Summer Handicaps have begun; dates are on the club fixtures list which, along with the Thursday night Training Sessions, can be found on the club web site. There are also copies posted on the Bridge Street notice board.

Netley was also the first race in this year's Consistency League, the next fixture is the away leg of the Mob Match on June 28th; full details are in this edition & on the notice board.

Thanks to Hannah for this London Marathon write up that unfortunately missed last month's deadline.

LONDON MARATHON **22nd April** *from Hannah Oliver*

I entered my fifth London Marathon thinking this would definitely be my last one and that I would finish on a high at the London Olympic 2012 year. Now it's done I'm again not so sure about finishing on an 'odd number' and no doubt will be sending my 'good for age' application off over the next week! For the first time, instead of staying in town the night before, I thought I would catch the train from Basingstoke early in the morning. So off on the 7.17am train I went on a chilly Sunday April 2012....Met up with a few excitable people on the train and drank far too much coffee!

I arrived at Waterloo with my name in permanent marker down my arm and pretty alert from the caffeine! The train the rest of the way to the Green Start, although busy was pretty pain free and actually was a lot less stressful than coming from central London the year before. For the first time ever I had about an hour to spare, so put my bag on the bus on time, got at the back of a very long line of people waiting for the loo (instead of going full view in a field somewhere), made some more friends and got in position near the front pretty calmly – whatever is going on!

It was somewhat of a surprise to find instead of the horrendous weather we were all expecting, the sun had actually put its hat on and joined us for the day, so those in their warm outfits were pretty smelly by mile one – do they wear deodorant?! Although harder for runner, it did of course mean that the supporters were out in force and in fantastic spirits as usual...Typically I was in my ridiculous green tutu with matching pink and blue hair - my sister swears it makes me easy to spot being a bit further in front of the rest of the crazy dressed up people!

My friend who had completed the Milan marathon a couple of weeks earlier in 2hrs 43 (mad!) had given me the great advice of 2 Pro Plus before starting and another 2 at mile 22. So along with my ibuprofen, Anadin, coffee on the train, lucozade on route, and gels sporadically (which a runner had nicely compared them to eating snot just before starting) by mile 18 I started feeling really sick....along with my feet having hurt from mile 8 and my legs completely dead, by some miracle (or just damn stubbornness) completed in 3hrs 23.05 exactly one minute and 5 seconds quicker than last year....the last 2 miles I was seriously watch looking and internally crying at the thought of being beaten by my 31 year old self! Luckily the 32 year old came through and just about proved that age really doesn't matter....or does it.....let's see next year!

THE MAYOR OF WINCHESTER'S CHARITIES 9.7K **29th April** *from Lucy Pearson*

On Sunday 29th April in torrential rain, Chris and I headed down the motorway to Winchester to take part in The Mayor of Winchester's Charities 9.7km Multi-Terrain Charity Run and Walk organised by Winchester & District AC.

This was the first year which this race had been run and there were about 70 runners at the start, with a good mix of club runners. The course was very scenic, alongside the Itchen Navigation, around St Catherine's Hill, across the M3 (by bridge!), following the marked trails to cross the Morestead Road and continue along the old Anglo Saxon route to Chilcomb before heading along the South Downs Way to Highcliffe, before finishing new Winchester Sports Stadium running track.

There were a number of steep hills, which most people seemed to be walking up and I seemed to be overtaking quite a few which must have been down to my Combe Gibbet training! Most of the course off-road and very muddy so there was no option apart from to plough through the puddles.



All the way round it rained and by the time I arrived at the running track parts of this was flooded. ! I had started near the back at the start and had no idea where in the field I was. As I entered the running track they announced my name and said I was the third lady home, which meant I received a prize – which was a first! The only time I didn't use the baggage collection and had to stand around in soaking wet muddy running kit and await the prize giving. I finished in the time of 50:38 while Chris finished ahead of me in 48:06.

Harrier	Time	Position
Lucy Pearson	50:38	25 th (3 rd Lady)

77 finished

MARLBOROUGH DOWNS CHALLENGE

12th May

The Main Event: 33 mile Trail run

from Richard Francis

Following days of heavy rain, race day dawned bright & sunny but having previous experience of this race both Jill & I knew that it would be very heavy going in places which gave her some concerns as she had been troubled by a hip problem since the London Marathon. Jill's vast running shoe collection caused another problem, which one of several pairs should she wear. My problem was flats, or buy a new pair of trail shoes the day before the race; of course the latter option was not something that any intelligent runner would consider so off I went to the sports shop. Sensibly I dunked them in mud to make sure that none of the other runners would recognise me for being the races' prize berk. Jill spent the final minutes before the gun fitting a video camera to her hat so that she would have a unique reminder of the long day ahead.

The narrow uphill start soon strung the field out and an unplanned, early pit for me meant that Jill had soon opened a gap of several hundred yards..... which was promptly lost at the first checkpoint as she discarded her jacket. Once in front I got carried away and ploughed through the very wet & muddy bluebell woods and only reined myself back when I hit the first stiff climb on the Wansdyke. Jill's pace was steadier through the woods but unfortunately her navigation wasn't and a mile long detour cost her valuable time. The views from the top of the Wansdyke were stunning and running at a slower than Sunday morning pace was really enjoyable at this point, especially with the cooling breeze. However, once off the top the breeze disappeared and the heat coincided with a bad spell for me along the 3 mile stage along the Kennet & Avon Canal. I picked up again after the refreshment stop in Devizes and ate more than my fare share of Jaffa Cakes at each stop afterwards. They must have been beneficial as I had a really good stretch on the tough climb past the Roundhay White Horse and everything was going well until being led off course before the second descent of the Wansdyke. I lost 5 minutes here & picked up a small group of waifs & strays whose navigation was even worse than mine.

My group had split up before the long climb of Cherhill took its toll (as it always does) but it was the steep descent that bought on the first twinges of cramp. By this time I thought that, as Jill hadn't come past, she must have been struggling or that her hip problem had caused her to drop out. However, although Jill's camera battery was flat she was running well, although her hip was getting very sore. Just past the marathon distance the cramp finally forced me into my first unscheduled walk and at the next stop I decided on a 5 minute Jaffa Cake / Jelly Baby / energy gel break before tackling the final 7 miles.

The long drag up to the top of the Ridgeway was not as bad as I had anticipated but every time I tried to raise the pace the cramp slowed me to a walk. After crossing the Ridgeway Path my last energy gel kicked in as I caught up with Carole and with her shouts of encouragement I managed to run quite well the rest of the way to the last drink stop. Here, I looked back and saw the one thing I didn't want to see; Jill was rapidly closing the gap and was about half a mile behind. A glance at the watch showed

I was way inside schedule and tried to pick up the pace but, when I needed more up hills, the last 3 miles are mostly down and the cramp struck with a vengeance and Jill's better pace judgement saw her cruising past me with less than 2 miles to run.

We were both delighted with our runs and were both comfortably well inside our 7 hour targets although we were surprised to finish so close to each other considering our differing problems with navigation. I'm fairly certain we will both be back next year for what is a superbly organised event.

Harrier	Time	Position
Jill Tuck	06:22:56	79 th
Richard Francis	06:24:37	84 th

123 finished

The Ramble (20 mile Trail Walk)

Carole has done the 20 mile walk several times in the past and once again went round with a group of friends. They set off 45 minutes after the 33 mile runners and 45 minutes before the 20 mile runners so she was ideally placed to give us all some cheery encouragement as we passed which, at the time, was most appreciated. Talking to her a few days later she let it slip that she may move up to run next year, hopefully we can persuade a few more to join her.

Harrier	Time	Position
Carole Driver	06:20:30	24 th

38 Finished

The Fun Run (20 mile Trail Run) from Piers Puntan

With the plodders and the walkers having already started it was up to the fast guys and girls to do the 20 mile sprint. As Franny has stated the route is a glorious mix of trails, hills, paths and muddy woods. By the time we got to the woods they were very muddy and several runners including myself ended up on the ground during the first five miles.

After that it was up onto the Wansdyke where I hooked up with a local runner chatting as we went churning out 8 minute mile pace; caught up with Carole at about the 8 mile mark before one of the several big climbs.

At about 12 miles I thought that my companion was setting too fast a pace so I let him move away; helped by me stopping for drinks. Next 5 miles were on my own though I let a pair of runners catch me coming out of Avebury to ensure that my map reading skills were checked.

I pushed on during the last few miles and a bit of a sprint finish meant that I finished in a reasonable time and position. This was confirmed two weeks later when a medal dropped through my post box; the race had been the UK Trail Running Championship and I was second in my age category and got a Silver Medal.

Harrier	Time	Position
Piers Puntan	2:41:05	21 st (2 nd V40)

121 Finished

CONSISTENCY LEAGUE

The new Consistency League got underway at Netley and all the fixtures have been posted on the Club Website. This year the 5km will be decided over the Newbury Park Run course on the old Greenham Common airbase.

Park Run has rapidly become a running phenomenon with most major towns & cities now hosting one at 9am on every Saturday mornings. Registering for Park Run can only be done on-line and is completely free, Simply "Google" Park Run and after registering you will get a link for your personal Barcode which you present to the recorders at the end of each race along with your finishing chip. Both are scanned and the following day you can see the results on-line.

You can run any of the 4 Newbury races through August & your best time will be used in the Consistency League. If you have any problems with registering see Franny.

	Consistency League Race	Club Championship Race
May 20th	Netley 10k	
June 28th	MOB Match – Away	
July 8th	Kingsclere 5	
August 4th / 11 th / 18 th / 25th	5k – Newbury Park Run*	YES
September 16th	5M – Victory 5*	YES
October (Date TBC)	Farley Mount XC	
November 4th (Date TBC)	Lordshill 10*	YES
November (Date TBC)	Goodwood XC*	YES
November 18 th	Gosport Half Marathon*	YES
December (Date TBC)	Popham XC	
December 16 th	Cyclist Race	
Date TBC	Stubbington 10K	
Date TBC	Salisbury 10	
Date TBC	Eastleigh 10K*	YES
Date TBC	Coombe Gibbet 16	

ALTON 10 MILES

13th May

No report received but some good performances on what is a tough course.

Harrier	Time	Position
J. Knight	57m 06sec	6 th
S. Holmes	57m 18sec	7 th
L. Tolhurst	59m 47sec	15 th
R. Oakley	62m 36sec	29 th
N. Glendon	65m 19sec	46 th
N. Martin	65m 38sec	50 th
K. Barton	76m 25sec	179 th
S. Edwards	82m 02sec	249 th
D. Heath	82m 50sec	256 th
S. McCann	95m 37sec	386 th

451 Finished

MOB MATCH - CALL FOR RUNNERS

28th June

Every year we compete against Basingstoke in a home & away Mob Match and we are the current, defending champions. This year, the first race is the away leg and will be run over the usual course at Cliddesden on the 28th June. The start is again at Cliddesden Village Hall at 7:30pm, please arrive early (before 7:15) to pick up your number and then jog the half mile or so to the start. For those who have not run a mob match before the rules are simple, If we have 23 runners & they have 28 then the race is run as a 23 a side contest with the first runner home scoring 1 point, 2nd place 2 points, third place 3 points etc etc. The team with the lowest total over the two races are the winners.

The Basingstoke group may be bigger than us but the range of abilities is identical. This means that anyone can run & contribute to the team total. Please sign the sheet on the notice board if you intend to run, our hosts will be providing post race refreshments in the hall afterwards.

SOUTHERN ATHLETIC LEAGUE – HARROW

19th May

from John Hoare

The good start to our first season in the top league continued with a commendable third place in front of one of the bigger clubs, City of Norwich, setting us up for a mid table position of 9th. We had three of our athletes competing, two of them making their debuts.

Sean took up his usual place in the longer distance taking third in the 'B' string 3000m. Piers also took on 3000m, but this was over the barriers in the Steeplechase as he made an impressive debut in this league. The other debut came from Claire in the Women's Discus and this was the first time an Overton Vest has been seen in a Women's throwing event in league competition. Well done Claire.

RESULTS

3000m 'B'	3 rd Sean Holmes	9' 56.9"
3000m S/C 'B'	4 th Piers Puntan	13'32.3"
Women's Discus 'B'	4 th Claire Parson	11.88m

MATCH RESULT

1. Harrow	214	3. Andover & Overton	173
2. Walton	195.5	4. City of Norwich	138.5

NETLEY 10k

20th May

We had a great turnout for the last fixture of the Road Race League where the men's team rounded off a great year with their 2nd place in the top division already confirmed. It was business as usual with James just beating his PB to take a superb 5th place. Sean finished next and running a minute faster than last year he battled his way up to 5th place in the overall individual rankings for the year. Lee has had a busy time of late and seemed quite happy with his run; this gave him a ranking of 12th overall. He was chased every inch of the way by Robin who had a blinder that capped a fantastic season and anchored home the A team which finished third on the day.

Neil led home the B team with a solid run that secured him an end of season ranking of 22 which was 2 places better than Robin. Neil Glendon showed improved form comfortably leading home Keith Vallis who was our last man home inside 40 minutes. Cath was our first and, 7th overall, lady, home some way ahead of Dave who closed the B team. Next man home was Piers who paced Kerri and was still shouting at her as they ran down the finishing straight with Kerri only narrowly missing the 44 minute barrier as 18th lady.

Keith Clark made a rare (but welcome) appearance while Eric showed a big improvement in form compared to his previous race at Eastleigh. Steve has had an injury hit spring and went off very quickly but seemed happy with his run which I believe was a PB. It was great to see such a good turn

out from the ladies with Debs taking the third scorer honours ahead of Lucy who was rumoured to have beaten her PB yet again.

Carole ran superbly and was only about a minute behind while Claire suffered a little in the heat but obviously gave 100% to duck inside 52 minutes. Sarah had a fine run and is looking stronger with every race and Michelle did well and will certainly take a fair bit off her time as her training picks up. The "club interest" was completed by Julia who seemed delighted with her run and was only just outside her PB, no excuses now Julia.....time for Thursday night training & a club vest.

	Harrier	Gun	Chip		Harrier	Gun	Chip
5 th	J. Knight	33:47	33:46	148 th	K. Clark	44:30	44:22
11 th	S. Holmes	34:47	34:46	175 th	E. Tilbury	45:45	45:37
15 th	L. Tolhurst	35:34	35:33	204 th	S. Edwards	47:15	47:08
22 nd	R. Oakley	36:31	36:30	206 th	D. Heath	47:21	47:14
29 th	N. Martin	37:18	37:16	214 th	L. Griffiths	47:41	47:34
34 th	N. Glendon	37:46	37:44	236 th	C. Driver	48:51	48:43
71 st	K. Vallis	39:56	39:54	279 th	C. Boyle	51:51	51:44
86 th	C. Wheeler	41:08	41:05	290 th	S. McCann	52:21	52:14
135 th	D. Titcomb	43:40	43:35	346 th	M. Brown	55:32	55:18
143 rd	P. Puntan	44:10	44:05	404 th	J.Leavy	63:13	62:59
144 th	K. Barton	44:12	44:07				

424 Finished

SUMMER HANDICAP (Race 1)

24th May

A rather hot evening did not deter a healthy turnout for the first run of the year. Claire Parsons took no chances after getting lost in her last outing over this course and did a recce around the course earlier in the week with Care Barbour and this certainly paid dividends as she was first home with a PB improvement of 95 seconds. Ryan looked in good form as he managed to hold off Piers in the race for second place with young George narrowly missing his PB as he finished in a fine fourth place. Lucy recorded another PB as she started to defend her handicap style while Keith Vallis had a bit of a blinder in 6th. Robbie was the only other runner to record a PB (5 seconds) while Clare Barbour was the only person making her debut. Lee was fastest but spent most of the evening moaning I had his handicap wrong, Robin took second in the time league while Keith's super run gave him third, 10 seconds clear of Neil.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	C.PARSONS	34.15	4.29	29.46	18
2	R.WAKEFIELD	34.41	10.40	23.51	7
3	P.PUNTAN	34.44	11.46	22.58	6
4	G.PREECE	34.46	9.08	25.38	9
5	L.PEARSON	34.54	8.36	26.18	11
6	K.VALLIS	35.22	14.07	21.15	3
7	R.OAKLEY	35.32	14.36	20.56	2
8	R.DENNISON	35.45	9.08	26.37	13
9	S.EDWARDS	35.52	8.26	27.26	14
10	C.BARBOUR	35.56	GO	35.56	20
11	M.VAN NUETEN	36.01	5.43	30.18	19
12	H.OLIVER	36.04	10.27	25.37	8
13	N.MARTIN	36.10	14.45	21.25	4
14	R.CLIFFORD	36.18	14.38	21.40	5
15	K.BARTON	36.31	10.40	25.51	10
16	L.TOLHURST	36.45	16.29	20.16	1

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
17	S.McCANN	37.07	7.31	29.36	17
18	E.TILBURY	37.23	8.57	28.26	16
19	R.FRANCIS	38.03	10.27	27.36	15
20	K.CLARK	39.06	12.33	26.33	12

LONDON BUPA 10000 **27th May** *from Piers Puntan*

Following various injuries and cry offs there were six harriers entered into the UKA Championships at the London Bupa 10,000. Four of us, Steve, Sean, Keith and myself met at Basingstoke to catch the early morning train up to the smoke to meet Liz and Pete, who had travelled independently. However at the station we found that the trains had been cancelled due to over running engineering work. There then followed a very brisk drive up the motorway system before dumping the car in Hammersmith to catch the tube into London.

As we were the “invited elite” we changed at the British Academy behind the Mall with all the other elites including Mo Farah. We were then all escorted to the front of the start with the announcer telling the crowds lining the Mall that this was the top elite from the UK. Steve, Matt Lane from Andover AC, and I had to work hard to keep a straight face; Sean however seemed to be in his element.

The race day was hot and even though we were at the front it was a crowded race; Matt Lane and I ran together with the aim of getting around in about 41 minute pace. Unfortunately I slipped off that pace failed the target; all the other Harriers did well despite the heat and the men finished as 40th Team and Liz was 3rd V50!

The race was around the Olympic marathon route and this combined with the “elite” experience made it a memorable day.

Harrier	Time	Position
Sean Holmes	34:54	107 th
Peter Williams	38:24	189 th
Keith Vallis	39:13	199 th
Piers Puntan	41:58	554 th
Steve Edwards	46:54	1247 th
Liz Sandall-Ball	56:02	890 th L (3 rd V50)

10512 finished

RACE THE TRAIN **18th August** *from Piers Puntan*

As you may be aware the club has had an August camping trip down to Devon for the last 4 or 5 years for a weekend break to run the Sidmouth 10k. However in 2012 the Sidmouth 10k has been confirmed as Sunday 12th August and as such it clashes with Olympic final weekend including marathon, closing ceremony, etc., etc. So we have looked at another option: Race the Train in Mid Wales. The race is being held on Saturday 18th August, it doesn't clash with any Olympic events or any of the Southern League fixtures.

We have booked one of the local campsites (<http://pallmallfarmcaravanpark.co.uk/index.html>) and there are some holiday cottages and B&Bs nearby for those who are afraid of the dark! There are also local pubs that do rooms.

There are several races that are scheduled from 3.5 miles to 14 miles, most Harriers will probably go for the 14 miler but have a look at the website. <http://www.racethetrain.com/>

So far there are a number of Harriers who are confirmed they are coming but there are still places available so email me if interested.