

Overton Harriers



&
Athletic Club

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March 3 rd	Goring 10k Brockenhurst ½ Marathon
10 th	SALISBURY 10 Lord Wandsworth XC
16 th	“Brutal” 10k at Frimley
17 th	Reading ½ Marathon, Fleet ½ Marathon, Exbury 10K
24 th	EASTLEIGH 10k
28 th	Foxdown Handicap

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday

FRANNY'S BITS

The XC League season came to the end with the final league fixture at Salisbury, I think it is fair to say that the ladies team had the better XC season with Cath again wearing the Welsh vest with pride and Kerri winning her County vest for the second time plus County medals for Cath & Liz.

The league team had a good season with Cath, Kerri, Bex & Audra (who finish 5th individual Vet) scoring useful points. Special mention should also go to Claire Boyle who (I think) ran in every fixture and showed a big improvement as the season progressed. Sadly they were unable to finish a team in the final fixture but will be challenging for a top 5 placing next season.

The men can look back on a season where we sometimes struggled for numbers but nothing can detract from the fact that those who turned out produced some of the most interesting results of the season. With team captain Sean leading impressively from the front; it was the jockeying of those behind him that caught the eye. Messer's Martin, Glendon, Vallis, Clifford & Groundsell formed the backbone of the squad with both Blissy & Robin scoring valuable points when injury allowed. The Vets took third in their league with Sean also making the individual medal list. Two other special mentions must go to Piers & Dave Titcomb who both had fine seasons.

The Training Week (end) at Weybourne was another fantastic occasion and a huge vote of thanks should go to Richard Clifford for a great job well done. Thanks also to Piers & Judy for an excellent Sunday Buffet & the Curry Night. There were some very high mileages clocked by quite a few runners and hopefully this will reflect well in the upcoming races.

Finally a quick request from the Treasurer; race fee invoices will be e-mailed out this week. Could everyone pay promptly so that the Annual accounts can be finalised by the end of this month.

First of all; congratulations to Cath who was first lady, behind only 10 men and to Dave Bush who was second overall.

My point in this review is to highlight the Age Related Scores. Of the five highest scorers no less than four were Overton runners. The Harriers must be doing something right.

Cath Wheeler	84.23%	Overton
Michael Hickey	76.32%	<i>unattached</i>
Dave Bush	75.22%	Overton
Edmond Simpson	75.05%	Overton
Paul Wheeler	74.85%	Overton

Scores were a bit low due to the grass area being soggy and muddy.

We also had two other runners – Hannah and Claire and last but not least Lucy and Chris were volunteers.

Well done one and all.

RYDE 10**3rd February***by Sarah McCann*

10 Overton Harriers turned out for the Ryde 10 mile road race; 7 men and 3 ladies. We arrived at Portsmouth for the 9.00 a.m. sail to Fishbourne on the Isle of Wight. Some of us had our families with us so we could all enjoy a day out. I had sprained my ankle at the end of the previous Thursday night's training session (more of that later) so I was a bit apprehensive. Anyway I decided that I would strap my ankle up and see how it went.

Some people had warned me that Ryde was not easy and they were right. Within the first couple of miles there is quite a steep climb and I was worried whether my ankle would hold out. Anyway, it was okay and I kept on plodding just hoping to finish if I'm honest. The ankle seemed to be holding out and it managed to negotiate a couple more not so nice hills. It wasn't until I was about half a mile from the finish that I thought "okay, now it hurts". But as I was so close to the end I just wanted to get there; I didn't want to stop. I managed to get over the finish line in 1:29:27. But my relief at finishing the race in under 1:30 soon turned to pain as within 30 seconds (or less I can't remember) I couldn't walk! Thank you to Neil Glendon who fortunately for me had stood near the finish line to cheer both me and Mark Bulpitt in. Poor Neil had to help me into the clubhouse with help from Lucy's friend, Lee, as, in Neil's words, I was going a bit white.

Anyway, presentation over, Neil, Mark, Sean and I waited for the crowds to thin out before leaving. A couple of people from Ryde Harriers were so concerned about me at this stage that they insisted I got into the Stannah Stairlift at the Clubhouse to get me down the stairs! Unfortunately, it didn't want to work but they insisted I stayed there whilst they tried! After a good few minutes they gave up and I hopped down the stairs.

Neil, Sean, Mark and I (and our families) spent the rest of the day enjoying the Isle of Wight (well I think everyone else enjoyed themselves, I was worried about my ankle).

Turns out that I had torn a ligament when I fell over on the Thursday night. Thank you to everyone who helped me on that Sunday especially to Neil Glendon, Mark Bulpitt and Lucy's friend, Lee.

Harrier	Gun Time	Chip Time	Position
S. HOLMES	56m 15sec	56m 15sec	4 th (2 nd Vet 40)
N. MARTIN	61m 47sec	61m 46sec	20 th
M. GROUNDSSELL	63m 22sec	63m 18sec	26 th
N. GLENDON	65m 53sec	65m 49sec	45 th
C. PEARSON	74m 15sec	73m 51sec	115 th
K. BARTON	74m 39sec	74m 35min	118 th (10 th Lady)
D. TITCOMB	76m 31sec	76m 25sec	140 th
L. PEARSON	79m 43sec	79m 28sec	173 rd (29 th Lady)
S. McCANN	89m 51sec	89m 27sec	255 th (62 nd Lady)
M. BULPITT	109m 08sec	108m 44sec	300 th

305 finished

HANTS XC LEAGUE, SALISBURY

9th February

Any lingering fears of relegation for the Men's team were quickly extinguished as we produced our best result of the season while our nearest rivals, Andover, failed to put out a team. Our overall match score of 249 was 85 points better than we had previously scored and to add icing to the cake we finished ahead of one of the big clubs, Portsmouth, on the day. Well done to Sean who had a storming run to take his highest position of the season, just holding on to 2nd place in the Vets, a result that earned him 2nd overall for the season.

The next three places were taken by our remaining Vets/40, and after a close competition Neil Martin took pride of place ahead of a determined Keith and an equally determined Neil Glendon, all finishing within a minute of each other. The result of this was a clear win for the Vets team and an overall 3rd place in the league behind AFD and Winchester. The senior team was completed by Richard whose excellent effort earned us 7th place on the day and ensured our safety. Also well worthy of a mention was the hard work put in by two of our regular cross country competitors, Piers and Dave, who completed the successful afternoon.

Unfortunately a number of late withdrawals left us without a complete Ladies team on the afternoon and as a result, they unfortunately did not get a league placing. But much credit to Kerri and Claire, who have been regulars throughout the season, and again put in a couple of excellent performances. And not to forget the efforts of Mel in the U/13 girls race. She has been looking stronger as the season has progressed and made that point as she picked off a couple of rivals on the run in to the finish.

Men

Harrier	Time	Position
Sean Holmes	34:02	18 th
Neil Martin	36:43	49 th
Keith Vallis	37:04	52 nd
Neil Glendon	37:43	57 th
Richard Clifford	39:03	73 rd
Piers Punton	43:03	110 th
Dave Titcomb	45:30	136 th

142 finished

Ladies

Harrier	Time	Position
Kerri Barton	24:14	32 nd
Claire Boyle	25:30	45 th

70 finished

U/13 Girls

Harrier	Time	Position
Mel Hodkin	12:44	59 th

61 finished

FINAL HANTS XC LEAGUE TABLES

SENIOR MEN – DIV 1

- | | |
|----------------------------------|----|
| 1. Aldershot, Farnham & District | 5 |
| 2. Reading AC | 14 |
| 3. Southampton AC | 15 |
| 4. Basingstoke & Mid Hants | 22 |
| 5. Winchester & District | 25 |
| 6. Bournemouth | 28 |
| 7. City of Portsmouth | 33 |
| 8. Overton Harriers | 39 |
| 9. Andover AC | -- |
| 10. Reading Road Runners | -- |

VETERAN MEN – DIV 1

- | | |
|----------------------------------|----|
| 1. Aldershot, Farnham & District | 7 |
| 2. Winchester & District | 13 |
| 3. Overton Harriers | 16 |
| 4. Camberley & District | 23 |
| 5. Eastleigh RC | 23 |
| 6. Basingstoke & Mid Hants | 31 |
| 7. Southampton AC | -- |
| 8. Hardley Runners | -- |
| 9. Havant AC | -- |
| 10. Fleet & Crookham | -- |

TRAINING WEEK (END) in CHILLY NORFOLK.

After hours of careful planning by the relaxed & meticulously organised Mr Clifford the Harriers descended on Weybourne for the third time, early arrivals (the Persons / Groundsells plus Bushy & Paige) took up residence on the Friday evening thus giving some of them to run the local Parkrun before the masses arrived at Home Farm. After sorting out the billeting the first shakedown run took place and it was soon obvious that the underfoot conditions were perfect. The evening meal at The Ship was much improved on previous years and it was noticeable that several runners were carefully limiting their beer consumption prior to the long Sunday morning run.

I set out early only to meet Sean coming off the beach as he ran an 8 mile warm up gallop. Various distances were covered by the different groups and several lurid tales were told that lunchtime where it was rumoured that someone had the temerity to “push the pace”. An excellent lunch was had at the Hunnybell and that evening, everyone relaxed at the buffet prepared by Piers & Judy whilst the completely relaxed & stress free Richard Clifford calmly finalised the teams for the following days relay.

The results below show what a great job Richard made of selecting the teams, due to the odd numbers present Sean & Lucy ran an extra leg each, this may have seemed like an unfair advantage but both of them ran exceptionally well and were first across the line. Of the 3 person teams experience ruled with the in form Keith getting the tactics right with yours truly & Swiss McNair. Robin, Carole & Piers were next home ahead of Kerri, Steve Edwards & Chris. Sean’s course record remained intact although Martin had the honour of clocking the fastest lap time this year. (But Sean did run 3 laps within 7 seconds of Martins split).

The Monday morning Reps rounded off the weekend for some and the diehards settled in for the remainder of the week. Early training runs seemed to be the fashion before spending time entertaining the clubs ever growing (hopefully) junior section as families drove off to various locations. I hit the beach an even caught a fish while braving the biting wind for over 4 hours while the walkers amongst the party covered almost as many miles as the runners. Piers' Curry night was another great success as was the ever popular "Ladies night"..... say no more.

The Thursday night session with the local club saw us running 6 x 1km Reps (with a jog recovery). Sean lapped me on lap 3 with Richard & Neil doing the same on my 6th Rep. These 3 plus Piers were the first 4 to finish with Sean clocking an impressive 8 Reps. We rounded off a great week by running the local Parkrun where Sean narrowly failed to break the course record, the much hyped "heartbreak hill" was an excellent way to round off a great week of running and soon we were all heading back home with the club already looking forward to making plans & arrangements for next year in possibly a new location, watch this space!

1st	Lucy	10.37		5th	Martin	7.51	
	Sean	7.52			Denny	9.55	
	Lucy	10.52			Monique	12.43	
	Sean	7.55			Martin	8.06	
	Lucy	11.05			Denny	10.07	
	Sean	7.58	56.19		Monique	12.49	61.31
2nd	Franny	10.24		6th	Neil M	8.01	
	Keith V	8.12			Kate	10.46	
	Steve Mc	10.27			Steve Sp	11.40	
	Franny	10.34			Neil M	8.22	
	Keith V	8.24			Kate G	10.54	
	Steve Mc	10.41	58.42		Steve Sp	12.13	61.56
3rd	Robin	8.22		7th	Bushy	8.00	
	Carole	12.07			Paige	14.19	
	Piers	9.03			Rich C	8.23	
	Robin	8.34			Bushy	8.35	
	Carole	12.09			Katie E	15.35	
	Piers	9.01	59.16		Rich C	8.31	63.23
4th	Kerri	9.41					
	Steve Edwards	11.01					
	Chris	8.46					
	Kerri	9.54					
	Steve Edwards	11.43					
	Chris	9.11	60.16				

COMBE GIBBET 7th April from Piers Punton

Combe Gibbet is taking place on Sunday April 7th, Piers would be grateful if you could consider marshalling.

We are short of a Water Station team at Litchfield and a few marshals towards the finish. We are also short of a lead cyclist and a last runner/cyclist. Please sign up on the notice board at the ORC or e-mail Piers.

Also reminder that home made cakes are one of the highlights of the day so we're relying on all you home bakers

WINCHESTER 10k

24th February

One race this month that seemed to have slipped under the clubs radar was the Winchester 10k. The race is just down the road on a quiet weekend, and after many dodgy years, could now be considered well organised. However, we did have one athlete out, Michael Ball, who had the pleasure of a PB for 10k over this difficult, undulating course on a freezing morning.



Harrier	Time	Position
Michael Ball	45:17	153 rd

671 finished

HURSTBOURNE 5

27th April

The HBT5 will be held on Saturday 27th April this year. For those of you that haven't run it before, it is a "lovely undulating, picturesque course over woodland and farmland". Those of you that *have* run it before will know that I am lying and that it is an evil pig of a course with a sting in its curly tail! However, I am sure you will agree that the homemade cakes and bacon butties make the slog up Hurstbourne Hill all the more worthwhile.



This year all net proceeds will go to the HBT Development Trust and Andover Young Carers. We would love to see as many Harriers as possible turning out again! Entry forms are on the board. Please hand your completed form along with your hard-earned dosh to Greg.

As usual, there will be T-shirts for all finishers and prizes for SM, SW and vets. We also have prizes for King and Queen of the hill. Sean is our reigning King of the Hill, so we'll be looking to him to retain his crown. Fastest male Harrier over the course is Lee in 31:06 and fastest female is Kerri in 41:27. Perhaps we could see our first sub-30' finisher this year?

Once again, we will be really grateful for any help on the Friday or Saturday, so if you cannot run, please come along and marshal. Contact Martin or Greg if you can help out. More details at www.hbt.org.uk/Hbt5Race.htm or www.facebook.com/hurstbourne5

Cheers!

Martin & Greg

FOXDOWN HANDICAP**28th February**

This was race 5 out of 6 and it is noticeable that the only two runners with a 100% attendance record both sit on top of one of the league tables. It was a good night for Denny's junior squad as they all recorded PB's in one of the closest ever finish to a handicap. Alex just held off Robbie to record his first win with Stuart Searle flying the flag for the seniors with a great run in third and was only 5 seconds behind the winner. George was the third junior in the top four with Keith Clark finally burying the burden of a large handicap (incurred in his distant youth) finishing 5th.

The handicap league now has Robbie leading Martin by 6 points but the handicapper will now cut Robbie by 37 seconds while Martin's start stays the same as he was outside his PB on the night. Despite her missing this race, Kerri leapfrogs Keith Vallis into the bronze medal spot by 4 points so it really is all to play for in the last race.

Fastest time was clocked by Sean who sealed his commanding victory in the time league. The absent Lee drops out of the reckoning (as predicted last month) and this lifts the AWOL Richard Clifford into second place overall on 13 points. Neil Martin is third on 15 points with Keith Vallis a further 4 points behind.

Pos.	Runner	Fin Time	H/Cap	Act Time	Time Pos
1	A. Tilbury	33.48	3.57	29.51	18
2	R. Dennison	33.50	7.43	26.07	11
3	S. Searle	33.53	12.15	21.38	3
4	G. Preece	34.05	8.38	25.27	9
5	K. Clark	34.16	9.02	25.14	8
6	S. Edwards	34.23	6.38	27.45	16
7	N. Martin	34.25	12.52	21.33	2
8	M. Ball	34.28	8.47	25.41	10
9	M. Groundsell	34.30	12.40	21.50	5
10	R. Francis	34.35	7.08	27.27	13
11	S. Holmes	34.36	14.24	20.12	1
12	K. Vallis	34.41	12.54	21.47	4
13	K. Groundsell	34.50	7.07	27.43	15
14	B. Hay	35.08	8.47	26.21	12
15	P. Puntan	35.21	11.13	24.08	6
16	R. Wakefield	35.56	11.45	24.11	7
17	C. Driver	36.10	4.04	32.06	20
18	A. Paul	36.32	7.18	29.14	17
19	S. Spence	36.45	4.44	32.01	19
20	M. Van Nueten	37.25	4.44	32.41	21
21	G. England	38.58	11.30	27.28	14

JUNIORS NEWS*from Anna Vallis*

After what seems to be a very long and cold winter, we're now looking forward to some warmer weather and our summer season, although we still have a couple of competitions left (Lord Wandsworth XC on 10th March and Sportshall at Andover on 17th March). Some of our athletes competed in the schools Sportshall competition, where Overton Primary and Oakley Primary both made it through to the final for Basingstoke Schools. Many thanks to Mark Bulpitt for organising for Overton Primary to join this event for the first time in many years – the children all had a great time. Also thanks to John Hoare for his continued support by officiating at these events and many other Hampshire schools events throughout the year.

Behind the scenes we are preparing for the summer season, with our first venture into the Wessex League for track and field. Luckily our fixtures are all relatively local and kick-off at Southampton on 21st April. We are planning on re-locating our training to Berrydown after Easter where we will also be able to make use of their indoor facilities.

Our most exciting news, comes courtesy of some fantastic form filling by Martin Allen, Overton Harriers Juniors have successfully been awarded the Co-Op Community grant. This will give us a maximum of £5,000 funding and is linked to people shopping in the Overton Co-Op. Cards will be issued in May and the more cards we get issued and people spending in the Co-Op the more money we get!

PRESNTATION DINNER **26th April**

This year we are moving the annual Presentation Dinner to Test Valley Golf Club. The previous venue was causing problems with space and noise. Hopefully the alternative venue will give us a more relaxed evening. Date is Friday 26th April, 7.30 pm for 8.00pm and cost will be £22 per head, payable on the evening.

MENU

Starter

Homemade Leek & Sweet Potato Soup

Sautéed Button Mushrooms in garlic, cream and white wine sauce on toasted bruschetta

Smoked Test Valley Trout with horseradish dressing

Melon with Parma Ham and balsamic glaze

Main

Roast supreme of Chicken with a grape, apricot and white wine sauce

Poached fillet of Salmon with a Prawn, Dill and Saffron sauce

Roast sirloin of beef with Yorkshire pudding and roast gravy

Or with a claret and shallot Bordelaise sauce

Home roasted Mediterranean Vegetable Lasagne

All with fresh vegetables and potatoes

Sweet

Strawberry and clotted cream cheesecake

Vanilla Crème Brûlée

Profiteroles filled with cream with warm chocolate sauce

Fresh Fruit Salad in a meringue nest with Chantilly Cream

Cheese and biscuits with celery, grapes and walnuts

Coffee and mints

Please let me have your choices for all three courses as soon as possible

John