

**Overton
Harriers**



**&
Athletic Club**

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March 2013 Issue 427

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

April 7 th	Combe Gibbet to Overton 16
20 th	Southern Track League: Eltham
21 st	London Marathon
27 th	Hurstbourne Tarrant 5
28 th	Houghton 11km Trail Bracknell half

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

Good luck to those who are running one of the spring marathons this month, hopefully the bulk of your training is now over and you are all easing down to your big day.

Despite several prompts to runners only Kate has managed to supply a race report this month (plus Moira's round up of her indoor season). This has left me having to rush out the reports for Salisbury & Eastleigh even though I missed both races.

I dare say they would have made better reading if they had come from someone who had been there so if a group of you go to a race please can you elect (pressgang / bully / bribe) someone to supply a report.

This summer we have 3 Mob Matches, the Home race against Basingstoke takes place on May 23rd around the Harrow Way course with the Away fixture being held on the usual course at Cliddesden on June 27th. Piers has also arranged a home Mob Match around the Harrow Way against Chineham Runners in August, please try keep your diaries clear for these events.

Don't forget the Annual Presentation Dinner on 26th April and the club AGM will be held the day before after training; details are enclosed for both events.

SALISBURY 10 10th March

This race has been very popular with the Harriers in recent years so it was a surprise to find we were struggling to put out a men's team on Thursday evening. Happily Martin decided on entering on the day ensuring we had a scoring foursome for the road race league. With Sean & Lee both in full marathon training it could have been expected that the high mileage in their legs may affect their placings but both had great runs to finish in 7th & 11th places respectively to show they are bang on target for impressive times in the London Marathon.

However the best performance of the day came from Neil who appears to be rewriting his PB's since becoming a Veteran. After some very impressive mileage on the Training week he finally broke the hour barrier for the first time. Martin was outside his PB but still ducked inside the 65 minute mark in his first race since returning from Holiday to complet the team that is still riding high in the league table.



Only 3 ladies made the start line with Lucy finishing first in a time that was very respectable on this undulating course.

Claire appeared to have had a good run as she broke the 85 minute barrier and can look to go much faster on a flatter course. Sarah was still feeling the effects of her injury from Ryde and this has meant reduced training for

London. She should feel quite pleased to record a PB for 10 miles and helped the team to a good result which strengthened their position in the league.

Harrier	Gun Time	Chip Time	Position
Sean Holmes	56:25	56:25	7 th (1 st V40)
Lee Tolhurst	57:53	57:52	11 th (4 th V40)
Neil Martin	59:54	59:53	30 th (12 th V40)
Martin Groundsell	1:04:11	1:04:09	67 th
Lucy Pearson	1:20:45	1:20:29	275 th (57 th Lady)
Claire Boyle	1:24:40	1:24:24	318 th (79 th Lady)
Sarah McCann	1:26:37	1:26:20	332 nd (29 th V35)

420 finished

FLEET HALF MARATHON 17th March *from Kate Groundsell*

After a year of no half marathons and very little racing I didn't go into the Fleet Half expecting to be able to get close to a PB. The 3 runs I'd completed since our holiday snowboarding in France were a little sluggish so I decided to start slowly and relaxed and if it felt good, to get faster. The weather was incredibly wet beforehand which at least meant I warmed up properly as I didn't want to get cold. The race went really well. I spent the whole of it getting faster each mile and cruising past everyone. I tried to sprint finish but the muddy field made it quite amusing. I was happy with 1.49.22. A fair way off my 2011 PB of 1.44.44 but for a return to racing I was pleased with this. A pretty well organised event and friendly. It was my 8th Fleet HM. I relaxed for a bit then ran a further 6 miles, finishing in the park on the swings, then as I got back to my car the last finisher was just coming in!!

Harrier	Gun Time	Chip Time	Position
Kate Groundsell	1:51:17	1:49:22	1104 th (196 th Lady)

2286 Finished

EASTLEIGH 10K

24th March

Apologies if I miss any PB's in this report but as I was not running I do not have the full details. Obviously a fine run from Sean to lead the club interest home and Lee must have been pleased to be less than a half minute down at the line with both Neil & Martin showing good form to close the men's A team.

Neil missed breaking the 38 minute barrier by the smallest margin while it was good to see Robin racing again. Though no longer a member Bob renewed his rivalry with Dave and came out on top this time.

There was a fine run by Kerri to beat the 45 minute mark & the much improved Michael raised a few eyebrows as he also ducked inside 45 minutes with a second to spare. Steve sliced a fair bit off his PB while Lucy was just outside hers after being held up at the start.

Steve McNair was very happy to finish well inside his 50 minute target & Sarah continued her marathon preparation with another good effort (PB ???).



Steve (3 Steve's is getting confusing) made his official club debut and seemed happy with his run when I caught up with him the following day. Last man home was Chris with a pitiful 10k time.....but as it made up the middle section of a 20 mile run I suppose I can let him off this time.

Harrier	Gun Time	Chip Time	Position
Sean Holmes	33:55	33:53	32 nd (3 rd V40)
Lee Tolhurst	34:23	34:21	41 st (4 th V40)
Neil Martin	36:22	36:19	101 st (10 th V40)
Martin Groundsell	37:46	37:42	148 th
Neil Glendon	38:01	37:51	159 th (16 th V40)
Robin Oakley	38:36	38:32	184 th
Bob Hawrylak	43:02	42:30	421 st (54 th V45)
Dave Titcomb	44:35	44:24	533 rd (44 th V50)
Kerri Barton	44:47	44:36	549 th (69 th Lady)
Michael Ball	44:49	44:16	552 nd (65 th V45)
Steve Edwards	45:06	44:36	565 th (78 th V40)
Lucy Pearson	48:15	47:23	815 th (126 th Lady)
Steve McNair	48:27	47:51	828 th (69 th V50)
Sarah McCann	52:26	51:10	1133 rd (34 th V40)
Steve Spence	53:11	51:54	1204 th (21 st V50)
Chris Pearson	54:35	52:40	1290 th
Katie Edwards	74:22	72:27	2035 th (131 st V35)

305 finished

"News from Moira"

The last few years I have been lucky enough to be in Portugal in the winter. This year we have stayed at home, unfortunately it still doesn't mean I've seen more of you all.

All my track training has been done with my second claim club, Winchester. Two evenings: Saturday morning; another evening of Pilates or circuits; yet another in the gym plus physio fortnightly It really

is a full schedule over the winter and how ghastly it has been, track closures and freezing conditions...not ideal for sprint training.

The Southern Indoor Champs, British Masters Indoor Champs at Lee Valley and the European Masters Indoor Champs in San Sebastian (Spain) were the competitions aimed for.

The Southern's for us are really the first opportunity to get onto an indoor track, only 200m and cambered they are very different to run on. I managed a Silver in the 60m and a gold in the 200 and a cheeky Silver in the 400m which I had not trained for but was using every opportunity to get on that track!

At the Nationals (in my Harriers vest) did a little better with Gold in the 60m in 9.42, close to my best and Gold the 200m in 31.59 my best for about nine years. Silver again in the 400m, that was a nice progression and just needed to stay about there for San Sebastian where I would drop the 400.

The European and World Champs for Masters start at age 35 and you meet athletes from all over, all with so much to share, training ,diet, injuries and above all some really great athletics to watch.

I took Bronze in the 60m in 9.42 and Silver in the 200m in 31.62. The programme called for heats and races to be run at some odd times, from 10am anything up to 9pm which called for some careful warm up and dietary planning!!

The Gold in the 4x200m relay made a set. Team events are so much fun and at the World indoors in Finland last year the GB team (I was first leg) beat the Australians and took their record. This year we managed to shave nearly a second off and took Championship and World Record again in 2.10.44.

That for me is the culmination of my season, although other highlights were again being a finalist in the Basingstoke and Deane Sports Awards in Feb which meant I attended the Gala Dinner and received a chq for £100. I've also been asked to run in the inter area indoor match in early April for Southern Counties.

Liz (Sandall-Ball)and I both run in the Vets League during the summer which is great fun often being called on to do long or high jumps and javelin hammer shot etc....anything for points. Now that the Club has joined with Andover for the Senior League it gives us another track opportunity.

I now hope to get back on Thurs and get in some reps and hills to sort out that 400m time in what I hope will be warm sunny weather. Anyone wanting more info on Masters Athleticswhich includes Cross Country!!!, just get in touch. Andy from Winchester who some of you may know did 800 and 1500 with no medals but also entered the Cross Country to enjoy the run and found himself with a Bronze Medal as part of the GB team!!! He was over the moon.

Moira

FOXDOWN HANDICAP

28th March

The final race of the winter took place in a biting wind which possible explains the low turnout, Emma showed how much she had improved on her previous run around the course by clocking one of the largest (if not the largest) winning margins ever as she beat her PB by more than 4 minutes. Steve Edwards missed his PB by 4 seconds to take the runners up spot ahead of Geoge who trimmed 21



seconds off his. Alex Tilbury trimmed another 2 seconds from his PB while the rest of us were all well down on our bests with only Sean & Robbie running every race.

The Handicap League had come down to the final race but sadly Martin Groundsell cracked under the pressure and went for a curry instead. This left Robbie knowing that he only had to finish to lift the title which he duly did, winning by the biggest margin ever. Keith Vallis missed his start time and had a lonely run around the course but was rewarded by climbing into the silver medal place overall with Sean taking a well deserved bronze medal in the Handicap league.

Sean had already won the Time League and with quite a few people missing Keith Vallis's solo effort won him his second silver medal of the night. The Time League bronze is going to surprise the winner as I've only just worked out the final table so congratulations go to Robbie who rounds of the perfect winter with another medal.

Pos	Runner	Time	Handicap	Actual Time	Time Pos
1	E. EDWARDS	29.54	55 sec	28.59	11
2	S. EDWARDS	33.56	6.38	27.18	8
3	G. PREECE	34.02	8.56	25.06	5
4	ALEX ?	34.10	9.09	25.01	4
5	A.TILBURY	34.14	4.32	29.42	12
6	L. PEARSON	34.27	6.16	28.11	9
7	K. CLARKE	34.36	9.09	25.27	6
8	P. PUNTAN	34.53	10.28	24.25	3
9	S. HOLMES	34.55	14.24	20.31	1
10	R. DENNISON	34.57	8.16	26.41	7
11	R. FRANCIS	35.25	6.58	28.27	10
12	M. VAN NEUTEN	35.37	4.22	31.15	13
13	K. VALLIS	39.20	16.00	23.20	2

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

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Notice of Annual General Meeting 25th April 2013

Overton Recreation Centre, Social Bar, 8:30pm

1. Apologies
2. Minutes of last AGM, 19th April 2012 to be ratified
3. Chairman's Report : Mark Dennison
4. Club Captain's Overview : Sean Holmes/Kerri Barton
5. Treasurer's Report : Piers Puntan
6. Election of Officers:

Current Positions:

Chairman	Mark Dennison
Treasurer	Piers Puntan
Secretary	Neil Martin
Membership Secretary	Neil Martin
Club Captain	Sean Holmes
Ladies Captain	Kerri Barton (Standing Down)
Member	Richard Francis
Member	Monique Van Nueten
Member	Helen McMahon
Member	Lee Tolhurst (Standing Down)
Member	Lucy Pearson
Member	Steve Edwards
Member	Robin Oakley
Juniors Representative	Vacant

7. Proposed Changes to Membership Fees
8. AOB

COMBE GIBBET **7th April** *from Piers Puntan*

Thanks for all the volunteers we now have a full compliment of marshals and cyclists

Reminder that home made cakes are one of the highlights of the day so we're relying on all you home bakers. Please bring cakes down to the ORC on Sunday.

PRESENTATION 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 brushetta
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 Brulee
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

SOUTHERN LEAGUE-ELTHAM

20th April

The first Southern League meeting of the season will be on Saturday 20th April. We are in desperate need of distance runners especially ladies for the 1500m, 3000m and steeplechase. We are now in Division 2 so the standard theoretically is down a bit on last year. Andover AC will be providing a coach and pick-up can be arranged at a suitable location on the A303.

Please contact Piers if you are interested in competing