

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

April 2018 Issue 489

Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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

May 13 th	<u>Alton 10 mile</u>
20 th	<u>Netley 10k</u>
21 st	Wessex Veterans Track and Field, Winchester
June 23 rd	Southern Athletics League Track and Field, Salisbury
24 th	<u>Lordshill 10k</u>
25 th	Hampshire Veterans Track and Field, Basingstoke
July 15 th	Charmouth Challenge

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

ROUND UP

Following a cold and wet March the weather decided to turn just in time for London Marathon, we have a few reports on how it went for those who ran. Put it this way I'm very glad that I deferred this year's entry. The evening Veterans Track and Field league started with Harriers taking some good first places in the 2k walk. There was also the Hurstbourne 5 which went well.

SALISBURY 10 **8th April** *from Martin Groundsell*

Go quick to avoid the chemical weapons

It's safe to say that if it wasn't on the HRRL we wouldn't have bothered with this race. Its badly timed for London and most people in the HRRL are exiting the heavy training for London or Southampton Marathon and don't want to get injured. So obviously we want a race that starts in the rain and could be radioactive.

The pre-race jokes about gas masks etc were brought to a halt when Sean pointed out we were standing by the fireman's kit which would have been very close to it all, time for us to go on the warm up then.

Southampton turned up in force and so winning the team event to cement our place at the top of the HRRL quickly evaporated when five of their runners disappeared into the distance in the first mile or

two. The focus then went to the Lords Hill runners (2nd in the HRRL) who were with Sean, Lenny and me. At three miles they tried to push on, but they sounded worse than Gareth at the end of a rep's session and like they were about to blow at any moment. As I was feeling good I went with them and as they started to struggle at five miles I kept the pace high as they promptly dropped off. The next focus was a group of four ahead of me, but they were motoring so I just managed to stick with them and picked off a couple until the last couple of miles where the remaining two kicked for home and pulled away.



At this point the focus changed to where is Lenny, he has a habit of appearing at the end of a race or training run to break you. As I was already hurting I thought what the hell and kept pushing. At nine miles the watch said 51 minutes, so I knew another sub 6 min mile and it would be a PB. I managed to hold on and hold Lenny off who wasn't far behind to continue his clean sweep of the V50 wins this year.

The team came 2nd to hold onto our lead in the HRRL so we just need to win Alton and finish strong to stand a chance of winning the league.

Harrier	Time	Chip Time	Position	Vet Position
Martin Groundsell	00:56:45	00:56:42	11 th	
Leonard Passingham	00:57:29	00:57:26	14 th	1 st V50
Sean Holmes	00:57:58	00:57:55	17 th	2 nd V40
Neil Martin	01:02:13	01:02:09	44 th	8 th V40
Neil Glendon	01:06:17	01:06:08	84 th	22 nd V40
Hannah Bliss	01:06:40	01:06:36	90 th	3 rd Snr Lady
Michael Bliss	01:07:22	01:07:18	105 th	14 th V50
Gareth Juliff	01:08:08	01:08:01	115 th	
Daniel Crone	01:11:36	01:11:14	171 st	
Mark Underwood	01:12:56	01:12:49	197 th	
Katie Brothers	01:26:38	01:26:18	424 th	36 th FV35

774 finished

HRRL League Tables

Men Division 1

#	Club	Sum	Points
1	Overton	20	702
2	Lordshill	25	769
3	Winchester	28	869
4	Stubb'ton	40	1434
5	Denmead	42	1067
6	So'ton AC	45	1579
7	Hedge End	50	1387
8	Fareham	56	1809
9	PompeyJ	66	2308
10	Eastleigh	70	3053

Ladies Division 2

#	Club	Sum	Points
1	Fareham	31	999
2	Salisbury	33	1051
3	IOW RR	35	1191
4	Victory	41	1347
5	Gosport	39	1432
6	Alton	39	1121
7	Hardley	43	1437
8	Overton	46	1487
9	New Forest	69	2304
10	Netley Abbey	70	2725

VIRGIN LONDON MARATHON

22nd April

From Katie Brothers

Wasn't sure if I would be sucked into Piers' request to put something together for the newsletter about the London Marathon, mainly because I still can't decide if I enjoyed it or if I'm still wallowing in self-pity.

As everyone does who likes to run but hasn't reached the dizzy heights of good for age I enter the ballot year after year, once again I didn't get in so decided this time I would go down the charity route. There was only one charity for me, The Guide Dogs. My Labrador Milo, passed away last year, just 10 years old, way too young. I can't describe the companionship he gave me for 10 years, and no offence to my recent running partners, he was the ultimate Running partner. So Guide Dogs it was.

Like everyone I trained really hard this winter, more committed to the miles than ever before through horrible conditions. I felt in ok shape and braved a 20 mile race round Eton Dorney in Windsor back in March, it was so many laps I can't even remember how many now, I clocked 3 hours 13 mins in -1C conditions with freezing rain and the odd blizzard. Giving me a good boost that I would be on for a 4 & a half hour marathon. Previously I did Brighton in 4 hours 14, 3 years ago but I was wise enough to know this was out of reach.



Being committed to a charity I also invested more time than I care to mention in baking more cakes in 4 months than I have in my entire life and with the support of my amazing team at work raising valuable funds from dozens of quizzes, hard work thrown in with the training, and a job! It's been tiring.

The night before the race I had a great night's sleep, woke up buzzing, excited and full of nerves. I headed to Greenwich which was far easier than expected, getting there nice and early to top up my suntan, by 9am it was so warm! By 10.20am I was over the start and getting into my stride for my first ever London Marathon. I've never done a race with such amazing support, I can't even begin to describe the atmosphere, completely amazing.

By the time I got to the Cutty Sark only 7 miles in I was feeling tired, hmmm not the start I was hoping for. I carried ploughing along motivated that I knew I would see my mini support crew at mile 12 where The Guide Dogs had set up base, I wish I had arranged for a sun cream top when I saw them! The next few miles I began to feel pretty comfortable again and was happy to reach the halfway point at 2.06. As we came off Tower Bridge I headed out towards Canary Wharf I was approaching 14 miles and on a small section where we can see the runners heading into the last 3 miles of the race (for them) I spotted Martin, slightly demoralising to know he has 3 miles, I have 12 miles!!!!

The section that loops round Canary Wharf was tough, felt never ending. By mile 17 I was treating myself to a minutes' walk after each water stop, I tried everything I could to motivate my legs (and my mind) to work harder, they just weren't playing ball and by mile 22 which is amazing to feel like you are on the home straight I was suffering from an annoying stitch I couldn't shift, my stomach was telling me I had taken on too much water but my mouth wanted more and more, so dry from the heat.

Finally I hit The Mall, the crowds continued to be amazing and I was completely over the moon to be reaching the end of this experience, not as enjoyable as I had hoped! It felt amazing to finally finish, but I couldn't help thinking that I had let myself down.

After the long walk to the area where you can escape I headed to the Guide Dogs reception where I had arranged to meet my family. This was a lovely end to a tough day, there were lots of cheers, Guide Dogs to meet, and most importantly a good cup of tea. After my family had seen me at mile 12 they had a lovely afternoon sat in the sunshine of the Guide Dogs garden which was just past and above the finish line, giving them a fantastic view, I was quite jealous! There was also showers and a massage on offer, perfect!

It wasn't the day I had hoped for but in reflection I did enjoy it, and most importantly I'm chuffed to bits to have raised £4500 for The Guide Dogs, way more than I needed to raise, and for raising this much I get to name a Guide Dog puppy so the perfect end to this journey and a memory for Milo. And I can't let 4.54 hours be my last memory of a marathon so I've entered another one in 2018!

from Martin Groundsell

London – Feeling hot hot hot

So, months of brutal training with Sean, Lenny and sometimes a drunk Simon and we entered the taper after Salisbury feeling confident that we were in good shape for London. As it was the first time I have actually trained properly for a marathon I was aiming for a sub 2.45 time. As all of our long runs had been at an average of 6.30 per mile or better over the hills around Overton an average of 6.10 on a flat London course seemed easy.

However, when you have been training in tights, base layers, hats, gloves and running on 6ft snow drifts a month before the race it was a bit of a shock when race week went into the mid 20's. Even a few evening runs couldn't get us ready in time for the heat on race day. I have raced Ironman in the mid 30's last year so I tried to convince myself it would be ok and thought how hard can it be?

Come race morning and we are all on the stupid o'clock train with many other nervous runners who didn't seem to appreciate our team chat, aka an hour and half of taking the piss out of each other. We eventually get to the start areas at 9am and it was already very hot. Stuart, Neil and I were in the good

for age start and so I took Lenny's advice and let people queue up for the start pen and then promptly jumped the fence with 20 minutes to go so I would be at the front of the pen. The Queen pressed the start button and then we heard an official shout, "Wait there is a delay" and then the hooter sounded. Ten meters into the race and a bike style pile up happened as one runner went down, I had nothing to do with it before you ask and I avoided the other runners who hit the deck after running over him. It did however give me some clear space and I was in 6th. I managed to stop myself doing a Lee and race to the front for the glory photo and settled into my pace.

The plan – stick to 6 min per mile till 20 miles and then hang on. It was all going to plan, at mile three where the courses merge I saw Lenny with Simon just ahead, I smiled when I saw I would undertake them as their start took them around the outside of the roundabout and I would go on the inside and pop out in-front of them as we merged. I saw Sean ahead and thought I would try to reel him in slowly. At 5-6 miles I caught Sean and everything was going great at 10 miles as I went through bang on 60 minutes.

At 11-12 miles things were not totally right, I started to get a stitch and struggled to get water on. I took a gel and thought it would pass but it didn't, at a water station I walked for 5 meters to take on the water and a couple of burps later I felt better and carried on. Lenny and Sean were now ahead of me. At 18 miles Richard Clifford told me Sean and Lenny were a minute up the road. I have to admit I did think this was a load of bull at the time.

I managed to carry on in this way with stops every couple of miles to take water on until 20 miles and then the pace really dropped. It was as though the heat had ramped up and kicked the energy out of me. Usually in an Ironman race you down a load of watered down coke that's at the aid station and you are back in a couple of minutes. As there was none on hand it was a case of going into the hurt locker and sucking it up.

However bad I was feeling I didn't look as bad as Julian Manning from Denmead who looked like his knees had stopped bending at 22 miles and was running with straight legs. As I approached the Mall my chest went really tight and started to give me a stabbing pain, I had this before in Roth when I cooked myself and knew I needed to slow down and just get to the finish. In my head I thought "Don't be that guy who dies near the finish, your mates will only set up a spoof donation page to make a few quid". I crossed the line in 2.51 which is slower than I wanted but, on the day, I will take it. Another race with unfinished business so will have to do it all again. To prove how much the heat took it out of us here is photographic proof



London Marathon 2018 – Please don't drop bottles

We were warned it was going to be hot, by friends, by the media but especially by the organisers who told us to drink little and often and to take one bottle from the water station and Drink, Douse, Drain, Drop. We were prepared for the hottest London Marathon on record.

For the fourth year I was pacing 3hrs and there was more nervous tension than ever, most runners worried if they could stay with the pace in the heat. At the start I had a good sized group of around 50-70 runners following behind. The first three miles drifted by at goal pace assisted by the removal of the “celebs” from the front of the green start into blue. As we amalgamated with the blue start at 5km we quickly fell in step with the blue pace group. By 8 miles we were ahead of plan by around 40 seconds going nicely, I had a look around and group was thinning with only 25 still together, and we were eeking out a small lead over the blue pacer. 10miles went past and everything was going well, warm but not excessive, drinks were working and the first gel was taken. Over tower bridge and halfway in 1:29, by this time the remaining group was tiny only 12, maybe 15; to put it into perspective last year I finished with around 50 runners with me.

Less than a mile later disaster struck as I crossed to pick-up water, I trod on a discarded bottle, tripping I stuck out my hands landing on my elbow, which I split open. I have been told I was cut-up which caused me to fall, but I don't remember that. I do remember the b*!@&*d bottle...don't just drop it, throw it to the side of the road. Blood pouring from my elbow and in significant pain I made my way to St. John ambulance, they were excellent if a little busy, slowing things down. I was patched up, issued with painkillers and allowed to continue. I didn't tell them my foot was killing me as they seemed keen for me to drop out anyway, the paracetamol were priceless. On analysis post-race I was sat on the side of the road for 48mins!

Immediately back into running (albeit with my flag packed away) I set about trying to get back to my group, it soon dawned on me that I would need to run a new world record for the half marathon by about 15mins to get back there. The realisation meant I took stock and set about finishing. As I past other pacers I ran with them for a few hundred metres and offered to take their flags if they needed, but all said they were fine.

Eventually the Mall appeared, followed by the finish, nothing glorious or uplifting, just the feeling of empty despair at letting people down. I headed for the medical tent to have my foot looked at, the podiatrist confirmed it was swollen and damaged but without an x-ray couldn't confirm if it was broken, the next day Basingstoke A&E gave the good news it was only tendon damage.

I met up with the other pacers at the New Balance reception and less than half made their targets none of the 3 hour guys, most said they had dropped their groups before 21 miles and they were running on their own anyway.

Official finishing time 3:52

The organisation this year was worse than previously, I'm not sure I want to put myself through it again...maybe Boston, that looked more my weather!

Harrier	Time	Position	Vet Position
Passingham, Leonard	02:43:58	239 th	3 rd V50
Holmes, Sean	02:46:35	296 th	23 rd V45
Groundsell, Martin	02:51:53	514 th	
Martin, Neil	02:56:56	812 th	73 rd V45
Lovelock, Simon	03:22:19	3245 th	
Tolhurst, Lee	03:52:05	7999 th	1040 th V45
Underwood, Mark	04:38:18	17826 th	
Brothers, Katie	04:54:11	21651 st	

BRITISH MASTER T&F CHAMPS 2017, BIRMINGHAM *from Lee Tolhurst*

I have meant to write this up for some time, at last I have got round to it. It was a mad weekend, on the Saturday I drove to Liverpool to watch Daisy compete at the European Cheerleading Championships, where we stayed overnight.

The Sunday came; a cool and windy July morning I left Liverpool before 5am to trek down to Birmingham. I collected my number before 8:30, warm-up and report at 9:15 in the athlete's warm-up arena. We were on the track and running by 9:30 (too early for old men to steeplechase). The first 4 laps went well and I was on PB pace and competing at the front of the field with runners 10 years younger. Attacking the barriers on the back straight I pulled the abductor again, thanks to triple jump earlier in the season and Piers betting me a beer! Fortunately I still finished and no other V40s came past, leaving me to claim my second British title, not quick in 11:18.66 but successful. The medals hadn't arrived so I jumped back in the car and back-up to Liverpool to watch Daisy compete in her second squad.

HURSTBOURNE 5 **29th April** *from Stuart Searle*

The Hurstbourne 5 is like Marmite, you love it or you hate it. I love it.

Certainly not the easiest of 5 mile races and with it generally coming a week after London Marathon, not a favourite fixture with some club members. However, if you like a challenge, if you like a hill, followed by mud, followed by a technical downhill, followed by a lung busting, leg destroying hill, then this is the race for you.

This was my seventh time at running this race and I have experienced glorious sunny spring weather, to the rain and cold. Saturday was the latter of the two, as the previous week's heat wave had buggered off and we returned to the more usual wet and cold.

This race always attracts a good number of individuals, many who return year after year and those new to the challenge of the hills.

Due to the farmer doing some work in the fields, there was a slight change to the course this year; this allowed us a very slightly longer warm up before hitting the first hill. The climb itself isn't too bad, but with slick ground, tree roots and low hanging branches, you need to take care. Once at the top the course snakes around for about 2½ to 3 miles through pleasant bluebell covered ground. However, due to plenty of rain, the paths we were running were extremely muddy, probably the worst I've experienced at that race. One error I made, as I tried to save time and race position, was to run through a muddy puddle, only to realize it was knee deep (caught a few of us out too).

Once the steep and slippery downhill part is done, you run along a field



before you hit the final hill to the 4 mile mark. I've always managed to run up this, but it has claimed many a victim.

From that point you have a nice mostly downhill and flat finish. Grab your T-Shirt and bacon butty and relax.

A tough race, but well organized and strangely quite enjoyable.

A good turn out from the Harriers as usual.

Pos	Time		Age Category	First Name	Surname	
	mins	secs				
3	33	45	M40	Sean	Holmes	3rd Male
9	35	45	M40	Mark	Reid	
10	35	46	M40	Neil	Glendon	
14	36	31	M40	Stuart	Searle	
24	38	32	M50	Keith	Vallis	
35	39	47	M40	Richard	Clifford	
39	40	19	SW	Hannah	Bliss	
44	41	14	W55	Cath	Wheeler	1st W45
69	44	22	M50	Michael	Ball	
91	47	02	SW	Claire	Boyle	
108	49	11	W45	Annette	McInnes	
112	49	48	W35	Katie	Brothers	
131	52	20	W45	Hulya	Yadsan-Appleby	
141	53	49	M40	John	Harrison	
156	55	06	W45	Lisa	Warriner	

HAMPSHIRE VETS TRACK AND FIELD, WINCHESTER

30th April

Men's

100 m

M35 A	Gareth Juliff	M35	13.9	7 th
M35 B	Lee Tolhurst	M45	14.6	6 th
M50	Keith Vallis	M50	17.1	7 th

400 metres

M35 A	Gareth Juliff	M35	65.1	6 th
M35 B	Neil Martin	M45	64.5	4 th
M50	Keith Vallis	M50	81.1	6 th

1500 metres

M35 A	Sean Holmes	M45	5:03.1	7 th
M35 B	Neil Martin	M45	5:08.9	6 th
M50	Keith Vallis	M50	5:50.1	5 th

2000 metres Walk

M35	Lee Tolhurst	M45	11:16.7	1 st
M50	Keith Vallis	M50	11:30.4	1 st

4x100m Relay

Overton Harriers	60.4	7 th
------------------	------	-----------------

High Jump

M35	Lee Tolhurst	M45	1.25	5 th
M50	Keith Vallis	M50	1.15	8 th

Long Jump

M35	Gareth Juliff	M35	4.11	6 th
M50	Keith Vallis	M50	2.94	7 th
M60	Steve Spence	M65	2.18	5 th

Shot

M35	Piers Puntan	M45	6.78	7 th
M50	Keith Vallis	M50	6.34	7 th

Hammer

M35	Piers Puntan	M45	16.73	7 th
-----	--------------	-----	-------	-----------------

Ladies

2000 metres Walk

F35	Claire Spencer	W40	12:55.0	3 rd
-----	----------------	-----	---------	-----------------

Thank You!

Hurstbourne 5, Saturday 28th April

Another great turnout of Harriers at the 10th annual pilgrimage to the top of Hurstbourne Hill. This one will probably be known as the muddy one, but that did not deter the hardy and the plain mad who contributed to a record entry of 289. This along with the sale of hundreds of bacon butties and homemade cakes ensured that we raised over £4500 for local charities, taking our total to £25000 since 2009.

As ever, this event could not happen without the support of you the Harriers, so many thanks go to our outstanding officials: John Hoare, Jayne Tolhurst and Martin Allen; to our marvellous marshals: Mark Dennison, Claire Spencer, Paul Wheeler, Monique van Nueten, Eric Tilbury, Mike Bliss, Audra Rawlings, Piers Puntan and Gwyneth Mclaughlin; our super set-up team: Eric, Mike, Keith Vallis & Martin; and last as ever, our supreme sweeper, Franny.

We done to everybody that ran, particularly our two ever-presents Keith and Sean.

Hopefully, you all enjoyed the day and will be back for more punishment in 2019.

Cheers!

Greg

Full results are on the website: www.hurstbourne5.org.uk. Photos can be found on Facebook: www.facebook.com/HBT5RACE



UPCOMING RACES

In light of the above the next races are detailed below. For those that require entry clicking on the hot link will take you to entry page

13th May 2018 [Alton 10 mile](#)

20th May 2018 [Netley 10k](#)

24th June 2018 [Lordshill 10k](#)

OVERTON HARRIERS – RACE SEASON 2017/2018

The Committee have discussed the plan to assist with members taking part in the Consistency league races which should in essence provide a good opportunity to have good teams at the HRRL & Hampshire XC League races.

The following confirms the intentions of the committee:

- Compete in 7 HRRL races or 4 X/C League races and club covers the cost of next entry to Overton 5 or Gibbet.
- County XC championships – free entry
- Netley 10k - free BBQ for all.
- Free end of season party if Overton Harriers win any of the leagues in the XC/HRRL.

Note that the above excludes the 5k Newbury Park Runs & Cyclist race. Any queries contact Sean, Monique or anyone on the committee.

OHAC APRIL 2018 PARKRUN RESULTS

	08/04/18	15/04/18	22/04/18	29/04/18
Basingstoke junior parkrun				
Reece ELSON			09:12	
Megan SILVERWOOD		10:42	10:28	10:18
Morgan COTTRELL		09:47		
Alex ELSON		10:00		
Freya COTTRELL		10:57		
Jack COVENTRY	11:59	19:40	12:08	

	07/04/18	14/04/18	21/04/18	28/04/18
Cardiff parkrun				
Julia COTTRELL	26:16			
Basingstoke parkrun				
Neil MARTIN			21:35	
Adam PILBROW		23:49	22:51	
Ed SIMPSON			26:00	
Svetlana UNITT			29:13	
Hulya YADSAN-APPLEBY		27:04		
Alec ELSON		35:00		
Carole DRIVER				32:10
Newbury parkrun				
Gareth JULIFF		19:52		
Hannah BLISS			19:42	
Hulya YADSAN-APPLEBY			26:38	
Terry CLARKE	23:49	27:22		23:34
Steve MCNAIR				29:02
Julia COTTRELL		28:02		
Lanhydrock parkrun				
Hulya YADSAN-APPLEBY	31:16			
Markeaton parkrun				
Steve SPENCE	25:12			
Coventry parkrun				
Svetlana UNITT	33:20			
Hogmoor Inclosure parkrun				
Dave BUSH		22:01		
Banstead Woods parkrun				
Dave BUSH			20:09	
Frimley Lodge parkrun				
Dave BUSH				19:56
Highbury Fields parkrun				
Matt WATERIDGE	21:58			
Mole Valley parkrun				
Matt WATERIDGE		23:29		
Victoria Dock parkrun				
Matt WATERIDGE			20:49	
Bexley parkrun				
Matt WATERIDGE				21:30

Southsea parkrun				
Neil MARTIN		17:57		
Cranleigh parkrun				
Neil MARTIN				19:33
Havant parkrun				
Claire SPENCER	21:18			
Swindon parkrun				
Claire SPENCER			18:12	
Limavady parkrun				
Judy HEWITT	32:01			
Portrush parkrun				
Judy HEWITT		34:45		
Comber parkrun				
Judy HEWITT			33:45	

SUBS ARE DUE



**IF YOU DO NOT PAY BY STANDING ORDER PLEASE CAN YOU TRANSFER £40 TO
HARRIERS ACCOUNTS ASAP**

OVERTON HARRIERS AGM MINUTES

26th April 2018

Apologies: Helen McMahon, Steve Edwards, Keith Vallis

1. The minutes of last year's AGM were agreed (agreed by ET and seconded by RF as being correct).
2. Mark Dennison (Chair) gave an overview of the Club, the benefits of belonging to the Club and thanked everybody who contributes to the Club.
3. Sean Holmes (Men's captain) gave an overview of the preceding year.
4. Monique Van Nueten (Ladies' captain) gave an overview of the preceding year.
5. Anna Vallis talked about Harriers Juniors. We have a couple of very good athletes coming through. Any extra help would be gratefully received.

6. Piers Puntan provided a Treasurer's report for the Harriers accounts. Accounts are available on-line if anybody is interested. No Gibbet expenses have been paid yet. We made a profit on the Gibbet this year. We may have made a slight loss on Overton 5. We are looking at potentially getting sponsorship on the races we organise. Question regarding other Clubs being able to run without traffic management; Stuart Searle said we can run the race without traffic management but if there is an accident we would be liable.
7. AOB
- 7.1 Martin Groundsell raised the issue of belonging to the ORC. MD stressed that if we are not members other clubs will take priority. It was agreed it could be better communicated to Members. At next Committee meeting we will discuss. Subs need to be paid by 01/05/18.
- 7.2 Hurstbourne 5 – Martin Allen thanked those helping and racing.
- 7.3 Dates for diary from RF – 28/06/18 Mob Match at Cliddesden and 12/07/18 Mob Match at Overton (so need to arrange BBQ).
- 7.4 Carfest – we are not assisting with Carfest this year – Hatch Warren are doing it this year.
- 7.5 Piers said we are starting to organise Couch to 5k –the Harriers will be organising one day a week and then encouraging other runs during the week.
8. Election of Officers agreed as follows:-

Position	Name	Proposed by	Seconded by
Chair	Mark Dennison	Richard Francis	Piers Puntan
Secretary	Sarah McCann	Eric Tilbury	Stuart Searle
Membership Secretary	Neil Martin	Richard Francis	Sean Holmes
Treasurer	Piers Puntan	Mark Dennison	Richard Clifford
Sean Holmes	Men's Captain	Richard Francis	Piers Puntan
Monique Van Nueten	Ladies Captain	Richard Francis	Piers Puntan
Helen McMahan	Committee Member	John Hoare	Neil Martin
Stuart Searle	Committee Member	John Hoare	Neil Martin
Richard Francis	Committee Member	John Hoare	Neil Martin
Anna Vallis	Committee Member	John Hoare	Neil Martin
Rachael Visick	Committee Member	Richard Clifford	Martin Groundsell

Steve Edwards is stepping down from the Committee. A vote of thanks was given for Steve. Mark Underwood was voted onto the Committee (proposed by Richard Clifford and seconded by Sean Holmes).

Meeting Ended at 21.53 p.m.