

**Overton
Harriers**



**&
Athletic Club**

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FIXTURES:

Jan. 6th	COUNTY XC Champs. at BASINGSTOKE
13th	XC LEAGUE at READING
14th	STUBBINGTON 10km MARLBOROUGH 10 mile MT
18th	FOXDOWN HANDICAP
21st	BOURNEMOUTH 10km
27th	SOUTHERN XC Champs
28th	RYDE 10 mile ROMSEY 5 mile

FRANNY'S BITS.

The month began with another superbly organized Cross Country fixture. The fixture was such a success that it bought a glowing letter of thanks from the league secretary. Many thanks to all of those who helped out on the day with the Catering, marshalling and Officiating.

The winter handicap league is at the halfway stage and the competition is very tight in both leagues. Things should look a little clearer after the next month.

The men's consistency league is very competitive with Dave Vosser leading Keith Vallis by five points with Lee clear of the rest in third. Nicky continues to literally run away with the ladies league but Madeline has now put in a strong challenge for the runners up spot ahead of Cath.

Many thanks to: Martin for organizing a very enjoyable Christmas dinner at Test Valley

Liz; for organizing the buffet after the last handicap.

Helen; for trying to co-ordinate some very suspect carol singing.

And finally Mick & Emma for their time keeping and recording for numerous events (X country, Handicaps & cyclists race.) through out the year.

I hope you all enjoyed the Christmas festivities and I wish you all a happy & injury free 2007.

HAMPSHIRE X COUNTRY LEAGUE at OVERTON 2nd DECEMBER from Franny

After helping to mark out the course the previous morning it seemed obvious that the going would be very heavy, even without John Hoare's insistence that we placed the course markers so that runners would have to negotiate the maximum amount of cow pats and slurry as possible. Therefore, most runners were taken by surprise as we encountered the fastest conditions ever for this fixture as the course did not cut up as much as expected. The only mud of note was found on the long climb and at the back of the farm.

Gavin was our only junior and put in a very good performance in the under 13's race. He will have learnt a lot from this race and will certainly improve with time.

45th	G.ALEXANDER	13m 22 sec
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The ladies were again led home by Nicky who once more recorded her highest ever XC placing in 6th place. Cath had her best finishing position of the season in 10th place overall and 2nd Vet. These two were well supported by the in form Madeline who closed the senior team which finished 6th on the day. Rachel Hessom continues to improve and was less than a minute behind with Liz not far behind and anchoring the Vets. team to 4th place.

6th	N. CLARK	22m 05 sec
10th	C. WHEELER	22m 28 sec
47th	M. VOSSER	26m 35 sec
56th	R. HESSOM	27m 31 sec
67th	E. SANDALL BALL	28m 46 sec

The men were again lacking in numbers and failed to complete a B team. However those who turned out put in a fine series of runs and were rewarded with the A team finishing in their highest position of the year. Dave made the top 50 with a typically solid run to finish 5th veteran with Lee finally showing signs of shaking off his post marathon blues just over a minute behind. Keith Vallis continued to show signs of a return to form less and had a clear margin over next four who all finished close together.

Tim just missed out on the top 100 and was closely pursued by new dad Richard who completed the A team in 7th place. Martin closed the Vets team that took 5th place with Keith, putting his increased training to good use, following closely behind. I completed the club interest with my worst run for some time, or was I subconsciously saving some thing for the following day?

41st	D.VOSSER	31m 04 sec
60th	L.TOLHURST	32m 08 sec
68th	K.VALLIS	32m 35 sec
103rd	T.HARRIS	34m 41 sec
109th	R.CLIFFORD	34m 53 sec
114th	M.CRAWSHAW	35m 03 sec
119th	K.CLARK	35m 17 sec
136th	R.FRANCIS	36m 26 sec

191 Finished

VICTORY 5 mile 3rd DECEMBER from Franny

The weather was completely different from the previous sunny afternoon, parts of the course were under water and strong winds were blowing squally showers in from the sea. With gusts reaching up to 50mph it was obvious that fast times were going to be difficult, especially over the last mile. Eight hardy souls were competing for the second time this weekend and were joined by 5 others who had assisted with the previous days X Country fixture. This event doubled up as the club championship which meant double consistency points.

Once again the club captain took the honours with another fine run, finishing 4th in his age group. Lee continued his return to form and easily broke the 30 minute barrier ahead of Keith. Richard just missed out on the top 100 and just held the storming Nicky who, despite finishing 5th lady (4th senior), was not as “nippy” as she would have liked after being blown all over the place on the run back up the sea front.

Martin finally made his comeback from injury and seemed delighted to be back racing, Piers discarded his pinnie and despite being held up at the start put in an excellent run. Audra was another making a welcome return from a long lay off and must have been please to take third in her age group. I soon discovered that I had not held anything back the previous day and struggled to find any speed. It was only on the return trip into the wind that my superior weight gave me the extra traction required to overtake anyone.

Madeline took fourth in her age group with Rachel showing the benefit of regular training to just duck inside 38 minutes.

Michelle put in a really fine effort in testing conditions to easily break 50 minutes, she was followed home by Emma who put in a very rare racing appearance and seemed genuinely amazed with her finishing time as she finished 3rd in her age group.

51st	D.VOSSER	29m 06 sec	4 th V45
60th	L.TOLHURST	29m 23 sec	
87th	K.VALLIS	30m 22 sec	
106th	R.CLIFFORD	31m 11 sec	
111th	N.CLARK	31m 16 sec	5 th Lady 2 nd Senior
151st	M.ALLEN	32m 36 sec	
158th	P.PUNTAN	32m 59 sec	
180th	A.DENNISON	33m 31 sec	3 rd V40
204th	R.FRANCIS	34m 08 sec	
322nd	M.VOSSER	37m 23 sec	4 th V45
359th	R.HESSOM	37m 59 sec	
632nd	M.MATSON	47m 14 sec	
674th	E.SCOGGINS	49m 23 sec	3 rd V60

778 Finished.

CYCLIST'S RACE 17th DECEMBER from Franny

At last some mud to run in, the tracks up to and from the Harrow Way were not too bad but the Harrow Way itself lived up to expectations with the official going being very, very soft to sloppy. Greg made light work of the mud to retain his title ahead of Keith Vallis. Chris Minter ran for the opposition on this occasion in third ahead of Bliss, who is slowly getting back to fitness, and Richard. Nicky, as expected, was first lady home after “sitting on” Richard all the way!!!

Martin was well clear of Piers while I had a fair run considering a lack of sleep. Chasing me all the way was cyclist Dan, Dave Titcomb (stop that swearing) and Bob who found that the course slightly muddier than he had expected. New comer XXXX did well in the conditions as did Hannah who was well clear of her mother though the gap is closing. Gavin was the youngest in the race and did well in trying conditions with Liz putting in a good effort to complete the team.

In the team race, with everyone scoring, we were victorious by 211 points to 254.

1st	G.ENGLAND	20m 19 sec	17th	D.TITCOMB	23m 51 sec
2nd	K.VALLIS	20m 39 sec	18th	B.HAWRYLAK	23m 53 sec
4th	M.BLISS	21m 12 sec	20th	D.ROBINSON	24m 19 sec
5th	R.CLIFFORD	21m 40 sec	23rd	H.VOSSER	25m 15 sec
6th	N.CLARK	21m 46 sec	25th	M.VOSSER	25m 57 sec
8th	M.ALLEN	22m 30 sec	26th	G.ALEXANDER	26m 47 sec
13th	P.PUNTAN	23m 15 sec	29th	E.SANDALL BALL	29m 53 sec
14 th	R.FRANCIS	23m 41 sec			

30 Finished

FOXDOWN HANDICAP 21ST DECEMBER from Franny

A much closer finish this month with Chris holding of the fast finishing Nicky on a cold foggy evening. Nicky recorded a 25 sec. PB with Piers 3rd with a 34 sec, PB and Madeline 4th with another PB of 26sec. Two others beat their course bests: Richard by 7 sec. and Martin 2 sec.

Fastest on the night was Mike who is slowly getting back to fitness. Richard's PB was the second fastest time of the night with Nicky third with a huge gap to Martin in fourth.

POS..	RUNNER	TIME	H'CAP	ACT. TIME	TIME POS.
1	C.WOODS	31.45	3.59	27.46	15
2	N.CLARK	31.50	9.31	22.19	3
3	P.PUNTAN	32.28	9.09	23.19	7
4	M.VOSSER	32.36	6.49	25.47	12
5	A.PAUL	32.47	6.52	25.55	13
6	R.CLIFFORD	32.55	11.15	21.40	2
7	A.DENNISON	32.59	8.29	24.30	9
8	M.ALLEN	33.00	9.56	23.04	4
9	R.FRANCIS	33.07	8.46	24.21	8
10	B.HAWRYLAK	33.24	8.08	25.16	11
11	D.TITCOMB	33.31	8.23	25.08	10
12	M.BLISS	33.35	12.01	21.34	1
13	C.WHEELER	33.44	10.36	23.08	=5
14	E.SANDALL BALL	34.03	5.10	28.53	16
15	K.VALLIS	34.09	11.01	23.08	=5
16	M.WOODS	35.35	6.26	29.09	17
17	H.VOSSER	35.46	8.24	27.22	14

CURRENT HANDICAP TABLES.

Handicap league

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
M.VOSSER	6	2	4				6
C.WOODS		5	1				6
R.CLIFFORD	2		6				8
N.CLARK	8		2				10
K.VALLIS	3	10	15				13
B.HAWRYLAK	9	6	10				15
J.HILLS	50	15	50				15
G.CLOKE	1	16					17
C.WHEELER	10	8	13				18
M.WOODS		3	16				19
D.WICKE	4	17					21
R.FRANCIS	13	12	9				21
M.ALLEN		14	8				22
T.HARRIS	5	18					23
E.TILBURY	7	19					26
H.VOSSER	11		17				28
D.TITCOMB		20	11				31
M.BLISS		21	12				33
E.SANDALL BALL		22	14				36

Time league

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
T.HARRIS	1	2					3
K.VALLIS	3	1	5				4
R.CLIFFORD	2		2				4
M.BLISS		3	1				4
C.WHEELER	4	4	5				8
N.CLARK	6		3				9
M.ALLEN		7	4				11
R.FRANCIS	7	8	8				15
B.HAWRYLAK	10	9	11				19
D.TITCOMB		10	10				20
E.TILBURY	8	13					21
H.VOSSER	9		14				23
M.VOSSER	14	12	12				24
D.WICKE	11	16					27
M.WOODS		14	17				31
G.CLOKE	13	20					33
C.WOODS		18	15				33
E.SANDALL BALL		22	16				38

JUNIORS

Below are the times for those that have run the one lap of the Foxdown course in November & December.

November

1	K.MAYNARD	13m 52 sec
2	G.ALEXANDER	14m 11 sec
3	R.MAYNARD	15m 52 sec
4	C.COXHEAD	15m 52 sec
5	J.O'BRIEN	17m 15 sec
6	M.MORTON	17m 21 sec
7	H.PARKER	17m 49 sec
8	H.COXHEAD	17m 56 sec
9	J.MULLALY	18m 01 sec
10	B.O'BRIEN	18m 11 sec

December

1	K.MAYNARD	14m 34 sec
2	R.MAYNARD	16m 28 sec
3	M.MATSON	17m 03 sec
4	C.COXHEAD	17m 16 sec
5	H.PARKER	17m 57 sec
6	H.COXHEAD	17m 58 sec