

**Overton
Harriers**



**&
Athletic Club**

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

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FIXTURES:

January 3rd	HANTS XC LEAGUE at READING
8th	FOXDOWN HANDICAP
10th	HANTS XC CHAMPIONSHIP
11th	ROMSEY 5mile
18th	STUBBINGTON 10km
24th	SOUTHERN XC CHAMPS at HILLINGDON
25th	Heartbreak half (13 mile MT in New Forest)
February 1st	RYDE 10 mile

FRANNY'S BITS.

Well done to all those who turned out for the cyclist's race and enabled us to regain the trophy that we let slip last year. This slightly muddy run was followed by an excellent club dinner at the Test Valley Golf Club where the quality and portion sizes were excellent. Many thanks to John Hoare for organising an excellent brace of events.

The handicap has burst into life with a much improved turnout for the pre Xmas party thrash, League tables are in this edition as well as on the club web site. Thanks to those who supplied nibbles and also to Phil & Anita for putting up with some rather suspect carol singing.

MASTERS HOME INTERNATIONAL XC, SWANSEA Nov '08 *from Cath Wheeler*

Following a summer of injury or illness, it was with slight trepidation that I went to the annual Masters xc this year. Always a very high standard, it was going to be tough enough in my age group (I'm nearing the end of it) without a lack of fitness!

For the 5th year now I've been called upon to be team captain, which is a great honour and also gives me something else to think about!!

The course at Singleton Park is always tough – it's either up or down, no flat bits!! This year however it was also under about 3-4 inches of holding mud so it was incredibly hard.

I can't believe I'm saying it, but I think the tough course suited me and as we slogged it out over three laps (finishing up a huge hill!) I found myself in 15th place (4th in my age group) The Welsh o/45 team won bronze, other age groups also getting into the minor places.

A good day out!!

Cath

MASTERS HOME INTERNATIONAL XC, SWANSEA Nov '08 *from Ed Simpson*

This event has been held for about 25 years. It involves the four nations of the UK and the Republic of Ireland. The age groups are from 35 to 70+ for men, and up to 65+ for women. The competitors are divided into three races. It is a team competition. The women and older men have four per team with three to score. The teams are selected by a group of representatives in each nation. In England these are from the various regions. England is the largest country of the five so it is not surprising that most of the gold medals go to England.

There are also medals for the first three individuals in each 5 year age group.

I have been a reserve a number of times in the past 6 years. Two years ago I got into the M65 team because they were short. This year I was very chuffed to be duly selected for M70. I was eighth and non-scoring, and our team was only one point better than the Welsh. It was a tough race and a close call but we won the team gold medals again.

In the W45 category Overton's very own Cath Wheeler, running for Wales, just missed out on a personal Bronze and was two ahead of Sue Beconsall who is a class runner from Bingley Harriers, one of the biggest running clubs. The winner was Jane Clarke from Norwich, who is consistently a superb athlete.

In the evening after the races, there is always a dinner in an impressive venue, this time the Brangwyn Hall famous for its huge wall paintings. These were originally planned for the House of Lords, but their lordships decided not to have them and allowed them to go to Swansea.

My Folkestone club is quite small but we also had an M35 gaining his second team gold for Ireland, and five years ago one of the W35 ladies was in the winning team and was only one second from individual bronze.

In 2009 the event will be in the Isle of Man. Sounds good. You will gather the weekend is quite an occasion. How about trying to get in on the act next time?

The sun shone brilliantly and it was a very successfully organised event, thanks for everyone for helping and taking part.

On the field we had a reasonable day given that numbers were significantly down on the normal Harriers turnout.

The men's team was lead home by Richard with Bushy out on his first XC for many a year, New York obviously having given him renewed vigour. Good to see Keith, Mark and Sean having a good battle round the course, Keith having the better of the contest at the finish.

Harrier	Time	Position
Richard Clifford	34:36	97th
Dave Bush	34:59	107th
Keith Vallis	36:20	132nd (49th Vet)
Sean Holmes	36:52	135th
Mark Dennison	37:05	138th (51st Vet)
Dave Titcomb	40:20	184th (84th Vet)

216 Finished

Harrier	Time	Position
Cath Wheeler	23:18	12th (1st Vet)
Rachel Hessom	26:46	47th
Liz Sandall-Ball	31:23	78th (32nd Vet)

94 Finished

The men's team finished in ninth place and the Harriers are down at the bottom of the table with a Houdini act now needed to avoid relegation.

The ladies team finished in tenth place and are lying in ninth place in the league.

The New Girl's Victory5 Race

On the eve of the race I was suffering from 'flu' like symptoms and after missing the Overton 5 due to injury, thought I was going to miss this one too. Luckily when I woke up on the morning of the race, I felt much better. Got my things together..... (including my 'rent-a-crowd' support, in the shape of friends and my Mum!!!) and headed for Portsmouth. After finding a parking space, which seemed to be at a premium, we headed for the bar. Um..... well.... you know.... it's as good a meeting place as any!!!!!!Met up with Emma Mabey and Sean Holmes and while Sean was writing his split times on his hand, Emma and I were fixing our hair..... only joking :o)

Conditions were perfect and good for personal bests, I know that because I heard lots of people saying it. Mine was guaranteed as this was my first 5 mile race. The sun shone on the start/finish on the Athletic Track and we ventured out from the bar, with about 30 minutes to the start. As fairly new 'runners' (we like to think we fall into this category now!!) we followed the lead of the 'experienced' club members and went for a warm up, 400m and we were ready to go. Had a brief chat with my sister Audra (my support was ever growing) and headed off to join the pack of runners at the start line, not before Emma and I had the official 'before' photograph taken (See below).

At 13:30 the race began, not being a chipped race, we started our stop watches as we went over the line, as we started towards the rear of the pack. I knew part of the course as I did my first competitive race there over the summer, 5k in 27 mins. It was the 3 mile section around IBM that was new to me. A nice flat course which is rare for me, living in Whitchurch has meant lots of hill runs, so this was comfortable, albeit it felt a bit difficult to maintain pace. My watch helped me do this. My aim was for a 45 minute (9min mile) finish and anything under that would be a bonus.

I did a quick first mile, and then fell into my normal pace and as I came to the 4 mile marker, an Andover AC member ran past and gave some encouragement, this was most welcome and gave me a boost. With 4.5 miles down, Cath Wheeler ran by me on her warm down and again the support was much appreciated. As I approached the final 500 metres or so, my 'rent-a-crowd' support was there to cheer me on (and take a picture - see below), along with my fellow club members. I only had a lap of the track to go and it was all over, I managed to overtake a Portsmouth Jogger (he wasn't a jogger in my book!) on the home straight and had saved a little for a sprint finish.

My official time: 43:58. My own recorded time was 43:27. Medal collected, I made my way over to friends to cheer and support Emma in. Cath ran in with Emma supporting her and Emma's official time was 51:39. An excellent achievement after nearly 3 months out with ligament damage and only back running in any form for 3 weeks. Well done Emma. A great day and I was very pleased with my time. Thank you to everyone for their support.

Harrier	Time	Position
Greg England	28:24	46 th 4 th V45
Cath Wheeler	30:17	14 th 1 st V45
Sean Holmes	31:01	112 th
Piers Puntan	31:21	124 th
Eric Tilbury	35:08	255 th 3 rd V65
Monique Van Nueten	38:29	89 th 8 th V50
Jo Cozzie	43:58	162 nd 76 th V
Emma Mabey	51:39	263 rd

FOXDOWN HANDICAP**18th December***from Richard Francis*

The handicap league suddenly sparked into life with 16 runners turning out for the pre party race in a highly competitive frame of mind.

The first 6 home all clocked PB's which is the highest number of PB's in a race for several years. Rachel ran out a convincing winner with the biggest improvement of the night with Monique taking second when slicing another huge chunk from her best. Sean recorded his third PB in a row in third ahead of Hannah who made it 3 ladies in the top 4.

Bob improved on his best for the second month in a row and is now officially faster than Brian (I think I may have mentioned that on the night but I'm sure Brian does not mind me repeating it).

Final PB came from Piers who looks to have put his marathon disappointment behind him.

Fastest was Lee with Piers being a very worthy second, Sean has shown a massive improvement since joining us and was 8 seconds back in 3rd place with Neil a further 2 seconds behind in 4th.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.	
1	R.HESSOM	31.17	6.11	25.06	8	PB 1m 56sec
2	M.VAN NUETEN	32.30	3.57	28.33	13	PB 43sec
3	S.HOLMES	32.32	9.20	23.12	3	PB 41sec
4	H.OLIVER	32.47	6.57	25.50	9	PB 26sec
5	R.HAWRYLAK	32.50	8.56	23.54	6	PB 23sec
6	P.PUNTAN	33.03	9.59	23.04	2	PB 5sec
7	J.COZZE	33.08	0.30	32.38	16	First Run
8	N.MARTIN	33.15	10.01	23.14	4	
9	B.HAY	33.43	9.11	24.32	7	
10	L.TOLHURST	34.02	12.19	21.43	1	
11	E.SANDALL BALL	34.23	2.53	31.30	15	
12	E.TILBURY	34.27	6.12	28.15	12	
13	D.TITCOMB	34.43	8.33	26.10	10	
14	R.CLIFFORD	35.19	11.46	23.33	5	
15	R.FRANCIS	36.12	8.08	28.03	11	
16	D.WICKE	37.39	6.20	31.19	14	

“Quote of the month”

Several contenders but a clear winner was the husband of one of Cath's former workmates who, on being introduced to Paige asked,

“Is this your daughter”

HANDICAP LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	1	2	3				3
H.OLIVER	0	1	4				5
R.HAWRYLAK	3	3	5				6
M.VAN NUETEN	6	7	2				8
C.WHEELER	4	6	0				10
N.MARTIN	7	50	8				15
E.SANDALL BALL	0	4	11				15
B.HAY	50	9	9				18
K.VALLIS	8	11	0				19
E.TILBURY	9	12	12				21
R.FRANCIS	11	13	15				24
D.WICKE	10	50	16				26

TIME LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
C.WHEELER	2	1	0				3
K.VALLIS	3	2	0				5
S.HOLMES	4	3	3				6
R.HAWRYLAK	5	4	6				9
N.MARTIN	6	50	4				10
B.HAY	50	5	7				12
R.FRANCIS	7	8	11				15
H.OLIVER	50	7	9				16
E.TILBURY	10	9	12				19
M.VAN NUETEN	9	11	13				20
D.WICKE	11	50	14				25
E.SANDALL BALL	50	13	15				28

CYCLISTS RACE

21st December

from Piers Puntan

An excellent turn out on a very muddy Harrow way ensured success for the harriers.

At the off Bushy went off like the proverbial “Bat out of Hell” and was up the hill way ahead of the rest of the pack. This completely unnerved last year’s winner from the cyclists who was heard to say “bugger that” or equivalent.

Harrier Top Trump Lee heard this remark and eased into the front of the chasing pack waiting for the inevitable nut and bolt to appear behind Dave’s blistering start. Dave duly slowed allowing Lee and a cyclist to overtake, in fact Bushy went backwards though the field until he reached Sean who was obviously carrying a tool kit as Dave managed to get the wheels back on and pushed on.

By the start of the lynch most of the places were settled, though there was a good race for sixth place between Sean, Piers and two cyclists.

One of the cyclists pushed on and there was limited reaction from Sean, who stated later that he thought it was me coming up on him and decided not to fight on! I myself had already decided to let Sean have the glory of finishing ahead of me, honest.

Thanks to everyone for turning out either running or as marshals.

Pos	Name	Team	Time
1	Lee Tolhurst	OHAC	21:05
2	David Meacock	Cyclists	21:20
3	Richard Clifford	OHAC	21:39
4	Chris Minter	Cyclists	21:47
5	Dave Bush	OHAC	22:18
6	Ian Stewart	Cyclists	22:43
7	Sean Holmes	OHAC	22:45
8	Piers Puntan	OHAC	22:49
9	Dan Loxton	Cyclists	22:53
10	Sam Charlick	Cyclists	23:04
11	Neil Martin	OHAC	23:08
12	Bernie Charlick	Cyclists	23:10
13	Adam Roud	Cyclists	23:32
14	Richard Lewis	Cyclists	23:35
15	Martin Allen	OHAC	23:39
16	Audra Dennison	OHAC	23:46
17	Mark Dennison	OHAC	24:03
18	Bob Hawrylak	OHAC	24:10
19	Alex Charlick	Cyclists	24:13
20	Mike Bliss	OHAC	24:51
21	Simon Lunsy	Cyclists	24:58
22	Dave Titcomb	OHAC	25:00
23	John Castelli	OHAC	25:12
24	Helen Heap	OHAC	25:13
25	Charlie Charlick	Cyclists	25:38
26	Clive Jarvis	Cyclists	25:43
27	Eric Tilbury	OHAC	26:39
28	Dave Luff	Cyclists	26:52
29	Richard Francis	OHAC	27:00
30	Bob Barclay	Cyclists	27:06
31	Charlotte McDonald	Cyclists	27:10
32	Alan Vallis	Cyclists	28:07
33	Monique Van Nueten	OHAC	29:52
34	Liz Sandall-Ball	OHAC	31:43
35	Anita Cassidy	Cyclists	33:18

OHAC 279

Cyclists 317