

**Overton
Harriers**



**&
Athletic Club**

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November 2009 Issue 388

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

FIXTURES:

DECEMBER 5 th	XC LEAGUE at POPHAM
6 th	Tadley Xmas XC
17 th	FOXDOWN HANDICAP
20 th	CYCLISTS RACE & XMAS DINNER
26 th	Poole 10k

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings, including Christmas Day!

FRANNY'S BITS

It's been a good month, despite the weather. A good turnout at Lordshill resulted in some excellent team results with both the men's & women's teams riding high in the league. An improved turnout for the Cross Country at Goodwood did a great deal to make up for the poor season opener at Farley Mount with the men's team improving from 8th to 3rd. Victory for the old gits at Goodwood gives them a divisional title to aim for.

For those of you who have had enough of the wet & windy weather here is something for you to look forward to from John Hoare:

A bit of advance info; I now have dates for the 2010 Southern League season. Venues are normally fixed in the New Year

1st May 15th May 5th June 10th July 31st July

Don't forget the Club Christmas Dinner on 20th December at Test Valley Golf Course. This of course follows the Cyclist's Race around the Harrow Way which starts at 10:45 sharp. Full details are on the notice board & web site. Please confirm your attendance to John Hoare ASAP so that he can finalise the booking.

LORDSHILL 10 **1st November***from Richard Francis*

Anybody who turned out for this event must have been crackers (or should that be quackers). Torrential rain on the way down the M3 / M27 did not bode well for fast times and having to queue for our timing chips in the rain was not an ideal preparation for the race. Many thanks must go to Gavin & his striking union colleagues for this new race innovation. Despite the hostile conditions the club did its self proud recording good results in both the men's & ladies team events to consolidate our high positions in the Road Race League.

Lightweight Jamie skimmed across the deep puddles to record a very impressive 6th place and was well supported by Lee who achieved one of his year's goals by finally ducking under the hour barrier. This of course depends on the outcome of an official investigation after he was reported for using illegal footwear (flippers).

Skinny Sean S(coo)ted round and only just missed the hour but was fortunate not to get sucked down a road-side drain, a sub 60 clocking is a certainty in better conditions. The same could be said for Greg who had a good run; luckily he didn't get lost otherwise we would have had to call out the Coastguard.

Cath was first in her age group and admitted later that it was the worst weather she had ever raced in while Brian was another whose time was affected by the weather but he seemed quite happy with his run.

This was Tim's longest race so far and he splashed round at a steady pace before out swimming his mother in the closing stages. Jill was outside her target time but was happy to be racing again and was pleased with her run despite being several minutes outside her schedule. Kerri found this race a whole new experience and after driving home in her shorts & crop top she learnt the lesson of taking a change of clothing to a race.

With rain slashing horizontally across the course I made it to half way some 90 seconds ahead of schedule but I faded in the closing stages, despite being pursued by the Norwegian Whaling fleet, to finish 21 minutes & 2 seconds outside my PB.

Monique ran well over this course last year but was some 5 minutes outside her PB this time with, allegedly, the water up to her shoulders in places. The club will provide her with water wings next year.

Harrier	Time	Position
Jamie Jones	58:10	6 th
Lee Tolhurst	59:51	13 th
Sean Holmes	1:00:21	16 th
Greg England	1:01:45	24 th (7 th V40)
Cath Wheeler	1:06:55	74 th (1 st V45)
Brian Hay	1:12:05	142 nd
Tim Hills	1:17:24	209 th
Jill Tuck	1:17:48	210 th (8 th V45)
Kerri Barton	1:18:31	218 th (16 th SF)
Richard Francis	1:20:19	234 th (67 th V40)
Monique Van Nueten	1:27:05	299 th (21 st V45)

376 Finishers

GOODWOOD XC

7th November

Adult Races *from John Hoare*

With some of our leading athletes back we gained a much improved team result after the disappointment of Farley Mount. It's always great situation to see some healthy competition for superiority amongst our boys and on Saturday it was Sean who took the honours after a really strong race. But he had to battle hard to keep off the challenge of Blissly who had a tremendous run on his return from injury, carving his way through the field after a modest start.

Lee looked slightly jaded after his superb run at Lordshill the previous week but was never far behind the leading pair. But he also had to work hard to hold off the challenge of Greg who completed some excellent packing from the quartet.

There was also a very close contest for the honour of completing the team, Richard narrowly taking the honours from Keith after a strong finish. This gave our team a much improved third place on the day and lifted them up to 5th overall.

Keith did have the consolation of completing our Vets team, which were first on the day and now lie in third place overall with a real chance of promotion back to Division 1.

Behind this group there was yet another titanic struggle as Dave held off Brian by just one place with Mike running strongly over the tough course not far behind.

Eric was not over pleased with his run as he completed a large contingent, but cross country is tough when you are a pensioner, so more power to his elbow! A splendid example to the youngsters.



The Ladies team suffered a huge disappointment when Cath was forced to retire after one lap with a nasty stomach bug and it was left to Audra to lead the team home. But she had an absolutely cracking run, one of the best I have seen from her, as she recorded a huge improvement from her Farley Mount run.

Monique put in a much better performance in comparison with last year's race, in spite of her foot injury, while Lucy continued to improve with a confident looking run to complete the team. And there was a very encouraging debut from Clare who looks to have plenty of potential and will surely get better as the winter progresses.

Unfortunately the team managed only 14th place but improved slightly overall in the league to 12th.

Men's

Harrier	Time	Position
Sean Holmes	32:55	78 th
Mike Bliss	33:05	81 st (12 th Vet)
Lee Tolhurst	33:26	90 th
Greg England	33:34	92 nd (16 th Vet)
Richard Clifford	35:46	144 th
Keith Vallis	36:06	152 nd (49 th Vet)
Dave Titcomb	39:21	202 nd (82 nd Vet)
Brian Hay	39:39	203 rd
Mike Ball	41:10	216 th (92 nd Vet)
Eric Tilbury	43:47	235 th (108 th Vet)

252 finished

Ladies

Harrier	Time	Position
Audra Dennison	23:46	26 th (6 th Vet)
Monique Van Nueten	29:21	84 th (34 th Vet)
Lucy Griffiths	30:16	93 rd
Clare Barbour	31:52	102 nd

116 finished

U13 Boys *from Mark Dennison*

Robbie & Sam embarked on their second race of the season at a sunny Goodwood. Both seem to judge the ace batter than last time at Farley Mount. Robbie finishing just a few seconds in front this time. Both lads can be pleased with their efforts and look forward to continued improvement as the season progresses.

Harrier	Time	Position
Robbie Dennison	13:29	60 th
Sam Conneely	13.33	61 st

69 Finishers

UK & IRISH MASTERS XC INTERNATIONAL

14th November

from Edmond Simpson

Two Harriers, Cath and I, went to the Masters XC International at Perry Bar Birmingham which was held on a wet and blustery day.



With first and second places the England M70 team was hard to beat. My fifth place was the icing on the cake and I was very chuffed with that. The team system is four to run and three to count.

In my two previous excursions for England I was the non-scoring fourth man. On those occasions I was delighted to be in the team, and the team medals go to all four runners, but to be fourth man was a bit of an anticlimax.



I had a sprint finish to beat a couple of Scots, and I'm sure the Overton training has been very helpful.

Harrier	Time	Position
Cath Wheeler (Wales)	25:56	6 th V45
Edmund Simpson (England)	30:37	5 th V70

GOSPORT ½ MARATHON

15th November

from Piers Puntan

After a pretty horrendous Saturday it was some relief that Sunday morning was relatively calm, warm and dry. A large team of harriers went to Gosport Half; a flat PB course though there are some tight twists and turns and two laps of an airfield could not be considered enthralling.

The previous days rain had meant that the course was wet, very wet, so wet that there was a “no heavy petting” sign half way round the course.



The A team was strong with Jamie recording a very respectable time, Sean and Lee had another battle with Sean staying ahead of Lee by only 8 seconds. Greg went past a tired Pete to take the final team place in sub 1'20" and was 3rd Vet 45.



Second home in the B team was Neil scraping in under the 1'25" barrier; an excellent PB. Bob makes a return to the half marathon distance and achieved a time significantly quicker than his last outing. Dave Titcomb completed the B team in a creditable 1'38". Steve and I paced Kerri round the course aiming for sub 1'44", this went well with Kerri easily coping with the pace, though her sprint wasn't quite quick enough, finishing in an annoying 1:43:03.

Rachel started well but slipped off the pace being caught by Kerri's train at about 10 mile mark and was followed by Lucy who finished the Ladies team in a fabulous time especially as this is possibly her first outing at this distance. This was a great outing by the Harriers finishing well up the tables and with a predicted good turnout at Stubbington 10k both teams could steam to the top echelons of the league.

Harrier	Time	Position
Jamie Jones	01:16:20	23 rd
Sean Holmes	01:18:39	34 th
Lee Tolhurst	01:18:47	35 th
Greg England	01:19:30	40 th (3 rd V45)
Pete Williams	01:22:12	68 th (14 th V40)
Neil Martin	01:24:59	115 th
Bob Hawrylak	01:36:29	382 nd (52 nd V40)
Dave Titcomb	01:38:29	419 th (40 th V50)
Steve McNair	01:42:55	518 th (65 th V45)
Kerri Barton	01:43:03	526 th (89 th Lady)
Piers Puntan	01:43:03	527 th (64 th V40)
Rachel Hessom	01:45:44	599 th (110 th Lady)
Lucy Griffiths	01:56:35	855 th (195 th Lady)

1211 finished

*Men's Team 5th Overall (2nd HRRL Basis)
Ladies Team 15th Overall (11th HRRL Basis)*

FOXDOWN HANDICAP**26th November***from Richard Francis*

A fantastic evenings racing with the 5 of the first 7 clocking PBs. Lucy was a worthy winner on the night and the big improvement she is showing since joining the club was apparent as she slashed 75 seconds from her previous best.

The fireworks were exploding 30 seconds behind her as the clubs big guns smashed their way through the field. Lee clocked the fastest time of the night to improve by 35 seconds but was gutted to find that he was still short of the handicappers PB.

Sean crashed through the 21 minute barrier with his 30 second improvement to finish third & second fastest. This was Sean's 8th consecutive handicap PB.

Further PBs came from Neil & Michael while Pete made a good debut with the third fastest time of the night.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	L.GRIFFITHS	31.58	2.20	29.38	15
2	L.TOLHURST	32.38	12.19	20.19	1
3	S.HOLMES	32.43	11.58	20.45	2
4	P.WILLIAMS	32.46	11.35	21.11	3
5	N.MARTIN	32.50	10.30	22.20	5
6	M.BLISS	33.00	11.28	21.32	4
7	M.BALL	33.04	7.16	25.48	12
8	E.SIMPSON	33.08	5.12	27.56	14
9	M.CRAWSHAW	33.17	10.30	22.47	6
10	D.TITCOMB	33.19	7.40	25.39	10
11	C.WHEELER	33.26	10.24	23.02	7
12	K.BARTON	33.58	6.45	27.13	13
13	B.HAWRYLAK	34.05	9.19	24.46	9
14	B.HAY	34.58	9.17	25.41	11
15	P.PUNTAN	35.15	10.32	24.43	8
16	E.TILBURY	36.02	6.10	29.52	16

“Headless Chicken of the Month”

As I have been ill this month there is no Quote of the Month. However there is a special award for a club member who has had problems listening to, and following instructions.

It is always of assistance to the Handicap timekeepers if people check their starting time **BEFORE** the start.

The failure to do so this month resulted in much mirth as our nominated chicken first full started by over 10 seconds from the wrong starting point, then on being recalled, found himself facing the wrong direction & still not being on the starting line when he was eventually started.

Congratulations to our inaugural Headless Chicken.....**Brian Hay**.

HAMPSHIRE ROAD RACE LEAGUES

Men's

Pos	Club	Place	Total	Overton 5		Victory 5		Solent		Lordshill		Gosport	
1	Winchester & District AC	11	369	1	35	7	202	1	33	1	41	1	58
2	Stubbington Green	13	416	2	76	1	87	2	74	4	80	4	99
3	Overton Harriers	17	568	5	154	2	137	5	133	3	55	2	89
4	Alton Runners	23	637	7	183	4	172	7	136	2	54	3	92
5	Portsmouth Joggers	23	712	4	148	3	146	4	108	6	129	6	181
6	Farnham Runners	29	826	8	225	8	301	3	76	5	88	5	136
7	Southampton RC	31	919	3	107	5	184	6	135	9	270	8	223
8	New Forest Runners	36	1077	6	164	6	185	8	160	7	268	9	300
9	Eastleigh RC	43	1528	9	394	9	480	9	204	9	243	7	207
10	Denmead Striders	50	2815	10	699	10	800	10	496	10	420	10	400

Ladies

Pos	Club	Place	Total	Overton 5		Victory 5		Solent		Lordshill		Gosport	
1	New Forest Runners	11	589	2	64	1	58	3	196	3	131	2	140
2	Overton Harriers	20	575	1	62	2	59	11	198	2	79	4	177
3	Victory AC	22	827	4	98	5	140	2	185	8	245	3	159
4	Gosport RR	25	1184	5	173	4	133	1	126	4	152	11	600
5	Hardley R	28	1028	6	213	6	207	4	198	6	207	6	203
6	Romsey RR	31	831	11	289	3	115	11	198	1	51	5	178
7	Lordshill RR	38	1439	3	86	8	310	5	188	11	255	11	600
8	Team So'ton	39	1108	11	289	11	320	11	198	5	182	1	119
9	I.O.W. RR	43	1591	7	279	7	306	11	198	7	208	11	600
10	West Wight RR	55	1662	11	289	11	320	11	198	11	255	11	600

HAYLING 10 29th November

No reports received but four Harriers went down to what was a very quick course until its suspension a few years ago.

Given the weather on the day it was very unlikely that the flat course would have been enough to overcome the blustery and wet conditions and the times seem to reflect this.

Harrier	Time	Position
Sean Holmes	1:00:41	9 th
Greg England	1:02:11	15 th (8 th V40)
Neil Martin	1:07:29	47 th
Kerri Barton	1:17:51	149 th (23 rd Lady)

418 finished

CONSISTENCY LEAGUE

Men

Runner	Alton 10	Netley 10k	Winchester 5k	Victory 5	Farley Mount XC	Lordshill 10	Goodwood XC	Gosport 1/2	TOTAL	
1	Sean Holmes	19	19	30	34		18	40	38	198
2	Lee Tolhurst	18		36	38		19	36	36	183
3	Jamie Jones		20	40	40		20		40	160
4	Brian Hay	16	16	20	28	15	16	26		137
5	Peter Williams	20		34	36				32	122
6	Neil Martin	17	17	24	32				30	120
7	David Titcomb			14	26	14		28	26	108
8	Greg England					20	17	34	34	105
9	Piers Puntan		14	22	30	16			22	104
10	Richard Clifford		18	32		19		32		101
11	Keith Vallis		11	28		18		30		87
12	Mike Bliss			38				38		76
13	Eric Tilbury		12	6	22	9		22		71
14	Richard Francis		10	8	20	10	14			62
15	Bob Hawrylak		15	18					28	61
16	Tim Hills			12	24		15			51
17	Steve McNair		13			12			24	49
18	Mike Ball			10		11		24		45
19	Tim Harris			26						26
20	Martin Crawshaw					17				17
21	John Castelli			16						16
22	Mark Dennison					13				13

Ladies

Runner	Alton 10	Netley 10k	Winchester 5k	Victory 5	Farley Mount XC	Lordshill 10	Goodwood XC	Gosport 1/2	TOTAL	
1	Monique Van Nueten	18	19	36	34	19	17	38		181
2	Cath Wheeler	20		40	40		20			120
3	Rachel Hessom	19	20		38				38	115
4	Jill Tuck			38	36		19			93
5	Lucy Griffiths					17		36	36	89
6	Moira West			32	32	18				82
7	Audra Dennison					20		40		60
8	Kerri Barton						18		40	58
9	Belinda Lade		18		30					48
10	Liz Sandall-Ball			34						34
11	Clare Barbour							34		34
12	Helen MacMahon			30						30
13	Michelle Fulton				28					28
14	Kate Hickman	17								17
15										

VIRGIN LONDON MARATHON CLUB PLACES

We have only received one ballot rejection for the two club entries to next year's Virgin London Marathon. If no further entries are received by Lee Tolhurst by 10th December a draw will take place at the Christmas Party on Thursday 17th December. Please put your name in the space below and give it to Lee Tolhurst by 9pm on the 17th December for a draw at 9:15pm.

 Name: _____

OVERTON HARRIERS COMMITTEE MEETING 5th November

1. Subs List – The definitive list is concluded and NM is chasing those whose payments are outstanding. Please pay if you know you are one of those who owe their subs.
2. School Exercise Trail – KV and CW will provide OHAC input and in turn OHAC will receive the use of the trail. The sponsorship of a station was agreed in principle dependent on price and final approval.
3. Track Evening at Andover – It was agreed that this was a good idea and will be pursued by MD/JH. It will be added to the January training plan by RF
4. Clothing – Additional vests are need and are being ordered by MD. MD will canvas option on other clothing items
5. Southern League Track - confirmed as combined team with Andover
6. New Members – Welcome to Overton Harriers
 - a. Kerri Barton
 - b. Claire Barber
 - c. Lucy Griffiths
7. The ORC development of Berrydown is going ahead (mainly based on cricket and football). The club levy for OHAC should not rise as result of the development.
8. Next Meeting Thursday 3rd December 2009

RACE ENTRIES

If you have a UK competitor’s number (for some this was reissued 2 weeks ago) please can you let Richard Francis know your number ASAP

DECEMBER TRAINING SCHEDULE *from Richard Francis*

December	Coach	GROUP 1	GROUP 2
3 rd	PP	8 x 700mtrs 2 min Recovery	6 x 700mtrs 2 min Recovery
10th	RF	30 minute hill session	
17 th	RF	Foxdown Handicap	
24 th	-	No Planned Session (<i>Drinking Session with JT and Eric @ the Greyhound?</i>)	
26 th	-	Suggested Llama Run??	
31 st	-	No Planned Session	