

April 2008 Issue 369

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FIXTURES:

May 3rd	SOUTHERN LEAGUE – BASINGSTOKE
4th	FORDINGBRIDGE FIRE STATION 10k
11th	ALTON 10
15th	SUMMER HANDICAP
17th	CLUB PENTATHLON
18th	HOOK 10, NETLEY 10k
26th	KINTBURY 5
29th	MOB MATCH – CLIDDESSEN

FRANNY'S BITS

The London Marathon dominates this month's newsletter with reports from Maz & Audra. The Clubs presentation dinner was a great success and many thanks go to Denny for organising the meal & Moira for sorting out all the trophies.

We can now look forward to those long warm summer evenings, the first Summer Handicap is on May 15th and a reminder that the first Mob Match against Basingstoke takes place on May 29th at Cliddesden. Basingstoke are already rallying their troops so let's have a good turnout and regain the trophy that they borrowed from us last year.

“Quote of the month”

A clear winner this month: **“Lee are you wearing my pants?”**

This caused some merriment from the gentlemen who witnessed it and received several nominations.

Congratulations go to this month's winner..... **John Castelli.**

Totton 10k **6th April** *from Piers Puntan*

It was a bit of a surprise to wake up on Sunday morning to find 3 inches of snow on the ground. Would the race be on?? Several phone calls later we were no nearer to finding out the truth as all phones in Totton went unanswered.

A number of Harriers decided to talk the gamble and travel down to the south coast and were surprised, but pleased, to find absolutely no snow at Totton and the sun breaking through the clouds.

So after all the phone calls eventually at the start line were Lee, Richard, Brian, Ryan, Dave T, Bob and myself; Steve McNair and Blissly deciding to stay in bed.

The first kilometre of the course has a number of sharp turns and it was a bit of a surprise to kind a panda car going the wrong way round the course blocking the runners' path at one of the corners, ironic really as the local police had decided not to offer Totton any police assistance.

Lee Richard and Piers set of at a quick p[ace with Brian and Ryan matching Piers for the first few kilometres, though Ryan quickly thought better of this and with London in mind settled back into a much gentler pace.

Harrier	Time	Position
Lee Tolhurst	36:12	30th
Richard Clifford	37:17	43rd
Piers Puntan	39:24	79th
Brian Hay	40:45	105th
Dave Titcomb	41:39	V40 36th
Bob Hawrylak	41:54	V40 37th
Eric Tilbury	42:52	V60 7th
Ryan Wakefield	44:01	169th

618 Finished

The race consolidated our position within the HRRL and it looks like we will be “safe” from any relegation fights. Who knows if Blissly and Jamie decide to turn out in an Overton vest we could climb to mid table mediocrity.

pos	Teams	best 8		TOTAL		Overton 5		Solent 1/2		Gosport 1/2		Victory 5		Stubbington 10k		Ryde 10m		Eastleigh 10k		Totton 10k		Alton 10		Winchester 10k	
		LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC
1	Winchester AC	8	258	8	258	1	35	1	23	1	18	1	64	1	42	1	20	1	32	1	24				
2	Southampton RC	20	852	20	852	2	104	3	122	3	105	2	90	2	47	2	46	2	106	4	232				
3	Portsmouth Joggers	26	1288	26	1288	3	146	2	101	5	183	3	260	5	158	3	128	3	189	2	123				
4	Denmead Striders	44	1986	44	1986	5	251	4	145	6	214	5	297	4	154	7	287	5	263	8	375				
5	Farnham Runners	47	2118	47	2118	7	309	9	325	7	230	4	291	6	254	5	178	6	367	3	164				
6	Stubbington Green	51	2182	51	2182	9	383	11	335	2	83	9	359	3	127	6	282	4	239	7	374				
7	Overton Harriers	55	2755	55	2755	4	217	8	191	9	536	7	345	9	441	4	150	9	618	5	257				
8	Victory AC	62	3291	62	3291	10	518	5	164	8	402	6	344	7	282	9	307	7	443	10	831				
9	Poole AC	65	3054	65	3054	8	318	7	185	4	157	11	369	10	824	11	317	8	567	6	317				
10	Gosport RR	66	3508	66	3508	6	308	6	180	11	546	8	352	8	406	8	291	10	887	9	538				

London Marathon 13th April from Maz Firouzi an ex Harrier

Before the start I got a picture taken with the day's fastest clown, Andy, it was probably appropriate for the day ;-)



With 20 min to go until the start I went over to the start line and Pen 1 was totally full, first I went to the back of pen 1 but one of my mates (Andy Carter many, many, thanks for that advice) told me to just go to the front, so crawled back over the barrier went to the front and sequenced myself in at the start. While waiting there one of the runners asked if I was any relation to some guy who had the same type of hair and looked like me??? Apparently he was on about some English singer from the 70's or 80's or something like that, who had a very distinct name?

The first mile I did rather slow 06:40 but I was hearing Stuart's voice (one of the Tri Club guys) all the time in my head telling me to slow down so I did that and let the guys overtake me. The next 10 miles I was going well 06:20 and I think it was at 11th mile I saw this Ely runner (Ian Day) and I noticed he had a good pace, and I thought just keep up with this guy. So I basically just looked down at his feet and followed him all the bloody way until 21 mile where I suddenly ran into this HUGE WALL now you might ask where did this wall come from hmmm ;)

Well firstly due to the rain my shoes suddenly felt very heavy, and then I got a stitch and when trying to speed up to keep up with our good Ely runner I suddenly got cramp in my right calf, likely this happened in the air so I managed to stretch my leg out in the air so no stopping

After that as you can see in my split I lost 2 min, So basically a lot of exciting things happened at the 21 mile stretch. And a lot of people overtook me at the last 2-3 miles yeah I get them back next year ;) Anyway if any of you know this Ian Day from Ely runners please tell him that I said thanks for the pacing

Notice I did wear my Overton Vest and yes I did beat many of the Cambridge Uni guys so this one was for Overton Harriers.

Regards, Maz

Ps. Say hello to all the Overton Guys for me and tell them many, many thanks for the support it was great.

LONDON MARATHON 13th APRIL from Richard Francis

Six Harriers braved the April showers to compete in this years' London Marathon. Weather conditions were good for marathon running though the heavy showers were not so comfortable for the spectators. All the runners had been piling in the miles and most had shaken off various ailments in the weeks before the event.

First home was Audra who started with the International Women and put in a great performance finishing only a few seconds outside her lifetime best in 3hrs 08mins 24secs. See her report below for further details. First Harrier from the massed start was Neil, he was running his first marathon and finished in a respectable 3:23:40 and shows a lot of promise for the future.

Jill was the clubs most experienced marathon runner with several good results over this course in recent years, her time of 3:24:54 was slightly below her best but she later said that she was pleased with her run. Steve has showed a big improvement in form over the winter months and used all his years of experience to run a sensibly paced race to finish comfortably in 3:34:56.

Running alongside Steve was Ryan who was hit by a chest infection prior to the Gibbet so he was extremely pleased with his 3:35:04 clocking. The final club finisher was Hannah Oliver who was hoping to break through the 4 hour barrier. She proved that had benefited from all her hard training to easily beat her target with a very impressive 3:44:03.

Also completing the course was Maz Firouzi and Laura Dalton. Maz had a fantastic run to smash his PB clocking 2:47:50, Laura finished just outside her previous best time in 4hrs 18mins following an injury interrupted build up.

Harrier	Time	Position
Audra Dennison	3:08:24	18th FV40
Neil Martin	3:23:40	3275th
Jill Hills	3:23:54	57th FV40
Steve McNair	3:34:56	709th M45
Ryan Wakefield	3:35:04	4925th
Hannah Oliver	3:43:03	867th

34,220 Finished.

Flora London Marathon – Audra Dennison – My Great Experience

Staying overnight close to Hyde Park, race day started with an early start up at 6 o'clock for an early breakfast to be delivered at 6.00 to the door, but it never turned up. A quick telephone call later, and we sneaked into breakfast at 6.15 despite being told it started at 6.30. I had my usual toast and cereal and Mark had to settle for the same despite ordering the whole menu the night before as it was a set price. It was all a rush though. Oh and my head really hurt, not great preparation, but it was the time of the month!

Taxi to the start left at 6.45 am as my race was starting at 9.00 am. Driver didn't seem to know where to go once he crossed the river, and we got told off by a very awkward policeman for ignoring a no entry

sign. Anyway we stumbled across Greenwich Park after a very nice policeman directed us to the start area, but only after I flashed my vest with number attached.

I then proceeded to find the elite/AAA tent, Mark then went off to find another breakfast in the knowledge that he had left me in capable hands, relaxing around my fellow competitors.

There were 2 tents one for elite, the other for us Championship runners.

I walked straight into our tent, and sat down on one of the evenly laid out mats, wondering if a Pilates class was about to begin. The tent was heated too, superb. I took my trainers off and relaxed with my ipod and looked around at the other athletes wondering if there was anything else I should be doing at this point. Having arrived early I had plenty of time to relax, hydrate, smother my feet in Vaseline & plasters and stuff gels into my shorts.

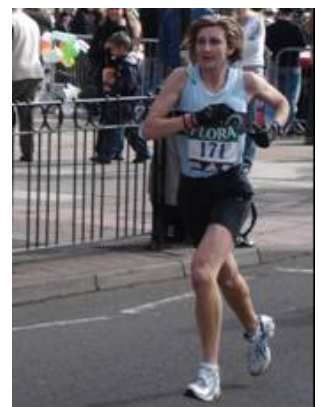
After a while a smart looking official came into the tent to give us our final instructions. It felt very official and dead important, but I was soon put at ease by another official who asked me if I needed anything!. Not sure what I was supposed to need apart from something to take away the nerves, but it was as almost as if she knew this was my first time on the Championship start. More and more runners arrived, but they did not get the luxury of a mat! Some Winchester athletes arrived and this made me feel bit more relaxed too, someone to chat to at last. Kaye (Mansbridge) decided she would wear her crop top so I helped her put her number on. I said "shall we go for a warm up?" I don't bother she said, just a jog to make sure my shoes are done up. This is good I thought; don't even need to warm up on the elite start!! I would start off nice and slow and that would be my warm up.

No queue for the loos and luxurious toilet seats (wooden), proper soap dispensers and hand lotion too. This is good I thought. Why would I want to be on the mass start?

We had the convenience of only putting our bags on the Lorries at 8.45, fifteen mins before the off. We then jogged to the start about 30 secs away! There were lots watching and it was beginning to feel real...I am about to start the FLM. It was great to cheer the introductions of the elite runners and just to be on the start with them was awesome.

I set off steady, lost my hair band at 2 miles (it's never fallen out before! typical) and was on my target pace for 6.52 per mile. By 5 miles though I was 1 min ahead of my target...had I gone off too quick? Who knows! Lesley Whiley was only just ahead but was with another Reading runner so I tried not to think too much and just concentrate on my race. I struggled after this on and off.

My energy levels were not as I expected in these early miles in comparison to the halves I had done. I slowed to ensure I went back on target and this made me feel worse. I had a bad patch at 9 miles (sorry to Nicky and gang who didn't even get a wave). This is the marathon though you pick up again, you have trained for this so its nothing, you just keep going and try to remain focussed.



I was enjoying every step. The crowd and atmosphere were amazing. My name came up on the Adidas TV screen at Cutty Sark, great except it said Audra Dennison from Basingstoke!

A fellow elite runner, running in knickers and crop top (will try that next year I think, streamlining and whistles from the crowd!) offered me her water bottle after she had taken a swig. Very kind I thought. I later passed her at 14 miles!

I was touched by the support from the club all the way round. Thank you everyone! My quads tightened after Tower Bridge and I thought here we go again, but they eased off and I picked up again, but I could just not get my pace under 7 mins per mile. I never panicked though I always believed in myself. I never felt I was going to hit the wall or wondered why I was running a marathon, but I knew my pace had slowed and getting sub 3.05 was probably not on, certainly by 20 miles.

The rain came and it was cold and very windy, the rain drove the sweat into my eyes and the stinging meant I couldn't see where I was going. It was so cold I put my gloves back on. I was working hard, but the conditions did affect my pace though I continued to pass other women. I was delighted to see Steve and Ryan going the other way, I didn't expect that given the number of runners.

Big Ben struck 12 as I passed the 26 mile point, I knew that I would not get sub 3.05, but knew this was another great race. I felt strong and looked great from what everyone said. Maybe I should have pushed on but did not really see the point as I was going to be so close to my previous time. 9 seconds slower, absolutely gutted, but I will be back.

I love the marathon and am truly hooked on the event now. As some of you know it can be great or, if it goes horribly wrong, can be awful. The margins are small, but that is the appeal for me. I now feel like an experienced marathon runner. I have recovered much better this time. I know if the conditions had been better I would easily achieved a p.b.

Thanks to everyone in the club for their support , it was fantastic and means a lot. Sorry if I did not spot you. I hope you all had a good day. Oh and yes I will be back next year. Audra

Annual Presentation Dinner - The Honey Pot 25th April

Thanks to all that helped on the evening which was an excellent event. For those who weren't able to attend the following were of note:

Club Person of the Year:	Keith & Anna Vallis (Joint Award)
Best Marathon Performance:	Neil Martin
Track & Field:	Keith Clark
Most Improved	Steve McNair

Overton Harriers & Andover AC Club Pentathlon Saturday 17th May, 1pm Andover AC

We will be holding our club pentathlon combined with Andover AC again this year. The afternoon starts at 1pm and will consist of 2 hours of coaching, provided by qualified track and field coaches, on various events. This will then be followed by an informal competition. The afternoon was a great success last year, so it would be good if we had a decent turn out again. The afternoon is open to all club members - juniors, seniors and vets (and potential members - so feel free to spread the word!), experience is not required for any of the events, so if you've ever fancied giving the pole vault a go or throwing a hammer, or just want an 800m race then this is the afternoon for you.

If you don't want to compete, then please come along and help out in the afternoon - we'll need as many people as possible to help time-keep and officiate during the pentathlon competition (starting at 3pm). If you've got any queries please contact Anna Vallis.

Combe Gibbet 2008

Thank you to everyone who helped make this race a success. Please pass our thanks on to any non-Harriers who helped and let me know of any comments that you have, good or bad, so that we can make improvements for next year. Keith V.

Consistency League

The league was won by Richard, Piers failing to make up the gap at Totton, and Keith was in third place. The ladies league was won by Moira leaving Audra and Cath well in her wake. Good to see that over the year 41 Harriers ran in club colours.

Men

Runner	Kintbury 5	Winchester 5k	Hardley Half	Farley Mount XC	Goodwood XC	Gosport Half	Victory 5	Tadley XC	Cyclists Race	Hants XC	Reading XC	SEAA XC Champs	Ryde 10	Eastleigh 10k	Totton 10k	TOTAL
1 Richard Clifford	19	20	38	17	32		38	18	18	19	17	18		40	19	313
2 Piers Puntan	16	16	36	15	28	19	36	17	16	18	15	17	36		18	303
3 Keith Vallis	17	18		18	36	20			19		18	19	38	38		241
4 Brian Hay		11	32	10	18	17	28	15			13	14	28	34	17	237
5 Steve McNair				12	24	18	34		15		14	16	34	36		203
6 Lee Tolhurst	20	19	40				40	19				20			20	178
7 Dave Titcomb	14	12		11		13			13	17		15		32	16	143
8 Greg England				19	34			20	20	20	19					132
9 Ryan Wakefield		10			22	16	32						32		13	125
10 Eric Tilbury	13	9		6			26		12					28	14	108
11 Jamie Jones				20	40								40			100
12 Bob Hawrylak		13		8		14			14					30	15	94
13 Neil Martin				14			30	16					30			90
14 Keith Clark	15	15		13	26				11							80
15 Richard Francis		8	34	7		15		14								78
16 Chris Minter					38				N/S		20					58
17 Martin Allen				16	30											46
18 Paul Wheeler									17		16					33
19 Martin Culshaw					20											20
20 Dave Vosser	18															18
21 Mick Woods	11	7														18
22 Tim Harris		17														17
23 Dave Bush		14														14
24 John Castelli	12															12
25 Nigel Maughan	10															10
26 Gavin Duncan				9												9
27 Oliver Searle		6														6

Ladies

Runner	Kintbury 5	Winchester 5k	Hardley Half	Farley Mount XC	Goodwood XC	Gosport Half	Victory 5	Tadley XC	Cyclists Race	Hants XC	Reading XC	SEAA XC Champs	Ryde 10	Eastleigh 10k	Totton 10k	TOTAL
1 Moira West		17			34		40	19	17	16	19	20	38	40		260
2 Audra Dennison				19	38			20	19	19			40	38		193
3 Cath Wheeler		20		20	40				20	20	20					140
4 Liz Sandall-Ball		18			36				16	18						88
5 Emily Clark							38		18							56
6 Belinda Lade							38		12							50
7 Gwyneth McLaughlin									13				36			49
8 Madeline Vosser	20	19														39
9 Jill Hills				17		20										37
10 Karen Burton									14		18					32
11 Helen Heap				18												18
12 Hannah Oliver		16														16
13 Dorothy Wicke									15							15
14 Emma Edwards		15														15

The Great Road v. X-Country Debate

Get a group of runners chatting together and it won't be too long before the discussion turns to "what is an off-road run equivalent to on the road distance-wise". Well the following race results might go towards providing an answer:-

Ryde Road Race 2007 - 10 Miles

Lee Tolhurst: 61.28

Keith Vallis: 63.56

Southern X-country Champs, Parliament Hill 2008 - 9 Miles

Lee Tolhurst: 61.27

Keith Vallis: 63.56

Keith V.



Overton Harriers Annual General Meeting 24 April 2008

Present: 21

1. Apologies: Jamie Jones
2. Minutes of last AGM, 26 April 2007, accepted – ratified by all those present
3. Chairman's Report : Mark Dennison
 - Thank yous given to those who have helped the club on the committee, newsletter, race entries, timekeeping, recording, fund raising, race organisation etc
 - Club continues to be respected for its races, but this requires a lot of organisation that the committee are unable to support on their own – Any volunteers to help with any aspect of this, would be appreciated
 - Thank you extended to Mike Scoggins for his work as Treasurer
 - Subscriptions to remain as they are, due to the hard work involved in fundraising, although more detail to be given on the ORC membership options later in the evening
 - Membership were encouraged to help build our racing members in order to ease the pressure on trying to field teams
4. Club Captain's Overview : Piers Puntan
 - Thank yous extended to those who had given him support in his first year as Captain, especially those who have turned out to events in order to field a team etc
 - Southern League – Managed to strengthen our bonds with Andover, with the help of a successful multi event day, which will be happening again in May. Team stayed in the 3rd division due to individuals covering multiple events etc.
 - Cross Country – Ladies came second and men stayed in top division, with individual success to Cath
 - Road Race League – A depleted women's team are due to be relegated this year. The men's team will need to put in some strong performances in the remaining fixtures
 - Sidmouth – Brought home the team prize and popular event, along with other social events
 - Individual success for Cath representing Wales, Audra solidifying her elite placing at London and successful first time marathons from Neil and Ryan.
5. Treasurer's Report : Mike Scoggins
 - Accounts accepted by Piers Puntan and seconded by Moira West

The overall figures for the year show a significant increase in expenditure of £2473 offset by a smaller increase in income of £1001. This has resulted in an excess of income over expenditure of £798-96 compared to an excess of £2270-93 in 2006/7. A major factor accounting for this decrease was having two Combe Gibbet events in same financial year but with most of the income for the 2007 race included in last years figures.

Looking at the detail shows;

- A decrease in subscription income of £158, a trend I anticipate will continue as I do not expect several currently on our membership list to renew.
- An increase in affiliation fees, anticipated last year, due to requirement to affiliate to England Athletics. Affiliation costs may increase again this year as individual affiliation fees increase from £3 to £5 for first claim competing members.

- The O.R.C. levy decreased slightly but has been increased by £450 to £2,500 as from 1st April admittedly offset by rebates from those members who have joined the O.R.C. 5* scheme.
- An increase of £750 in the donation received from the Overton 5 proceeds following a very successful race last year.
- Decrease of £128 in income from the 100 club. This is due to declining membership which is expected to continue. Consequently, the Committee has decided to wind up the 100 club as from this month.
- Purchase of a stock of new vests.
- Net expenditure of £300 for officials and coaching courses.

A look at the Balance Sheet shows the club's finances to be very healthy, certainly capable of meeting immediate financial demands. However, it does need to be recognised that;

Firstly, up until now subscription income has covered the O.R.C. levy, but with expected increases in the levy year on year this may not be the case in the future.

Secondly, the club's major source of income, proceeds from the Overton 5, virtually keeps the club running enabling payment of individual E.A. memberships, payment of O.R.C. memberships for 29 club members and operation of the present race entry system.

The club needs to thank all those involved in the organisation of the Overton 5, and also the Combe Gibbet race as this is beginning to make a contribution to income.

This is my third, and last, annual report of this, my third and last spell, as Treasurer and I wish to thank everyone involved in the club's various fund raising activities over the past three years and those who have paid their race entry bills and subscriptions without too much prodding.

6. Review of Membership Fees – Mark reiterated that the subscription fee would remain the same for the forthcoming year. Encouragement was given to members to take out their own ORC membership which would reduce the expenditure of the club – details were given to those present. Some people felt that it should be club policy that all members were also ORC members, as those who are, were subsidising the rest of the club; Mark confirmed that this had been discussed at length and the committee felt that in order to try to attract new members, it should not be compulsory at this stage, although it would be reviewed with our financial situation. There were strong feelings on both sides. It was also announced that subscription fees would be reduced to £10 PA for those in the ORC 5 Star scheme, which was endorsed by those present.

7. Election of Officers

POST	NOMINATION	PROPOSED BY	SECONDED BY
President	John Thomas	Eric Tilbury	Moira West
Chairman	Mark Dennison	Martin Allen	Piers Puntan
Treasurer	Dave Titcomb	Mark Dennison	Moira West
Secretary	Martin Allen	Liz Sandall-Ball	Cath Wheeler
Club Captain	Piers Puntan	Richard Francis	Mike Scoggins
Ladies Captain	Cath Wheeler	Nicky Clark	Piers Puntan
Vets Captain	Richard Francis	Nicky Clark	Paul Wheeler
Member	Helen McMahan	Richard Francis	Dave Titcomb
Member	Anna Vallis	Richard Francis	Dave Titcomb

8. AOB

- Southern League - John Thomas asked what was happening with regards to the Southern League events, especially the home match in May. It was confirmed that we are struggling to get teams and help in organising the events – if there are any volunteers, it would be appreciated. The future of the Southern League would have to be looked at if our team is depleted still.
- Overton 5 – Helen McMahan confirmed that the first Overton 5 meeting would take place on 13 May at the White Hart and we are always looking for new additions.

Meeting Closed