

**Overton
Harriers**



**&
Athletic Club**

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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

SEPTEMBER	3rd	OVERTON 5 mile
	4th	HIGHCLERE 10km MT HEADINGTON 10km
	11th	ALICE HOLT 10km MT COTSWOLD 10 mile WITNEY
	18th	NEW FOREST marathon & half BISHOPS WALTHAM 5 mile
	25th	WINDSOR half mar.
OCTOBER	2nd	CLARENDON WAY marathon & half mar. FINCH COASTERS 10 mile CAMBERLEY 10km ALTON DOWNLAND 10km & 5km
	8th	XC LEAGUE at FARLEY MOUNT
	9th	GREAT SOUTH RUN
	16th	HARDLEY half-marathon ABINGDON MARATHON
	20th	FOXDOWN HANDICAP
	23rd	DENMEAD 10km FORDINGBRIDGE 10 mile

FRANNYS BITS.

A variety of races during the past month has seen club members competing on the roads, multi-terrain and even on the beach. A welcome increase in reports has been noticed in recent months with another budding reporter making their debut this month. Please keep them coming.

The summer handicaps are now completed with Dorothy and Keith Vallis winning the respective leagues. The winter series will again be run over the Foxdown course and the provisional dates are:

October 20th
November 10th
December 22nd
January 19th
February 2nd
March 9th.

Hopefully these dates should not clash with any cross-country league fixtures, Consistency league races or the Training weekend. If you can see a problem please let me know ASAP, and not the week before.

Thanks to Jill for the following report.

STURMINSTER Half-Marathon.

7th AUGUST.

I only found out about the Sturminster half on the Thursday before the event. Piers was going and said there was a lift for anyone wanting to go. So, I thought “why not”, my training has been going quite well lately, I’ve been putting in some fast training so thought it would be a good experience. Piers had assured me it was a flat course but after looking at the map I was not too sure I shared his optimism on the word “flat”. But I thought “What the hell, running round Overton I’m used to hills”

The day of the race was rather hotter than I prefer to race in. The first 2 miles took in a loop of the town before going out into the surrounding countryside. Right from the start I found the course to be quite hilly but nothing that I was not capable of dealing with. I never really got into my running stride and by 5 miles my left hamstring felt very tight and my right calf had cramped up. At halfway a marshal was giving split times and mine was well short of what I would have liked it to be.

Shortly after half-way Stitch had well and truly set in (as if I was not suffering enough) and at 10 miles I seriously doubted whether I would make it to the end (or even if I cared if I made it to the end). With about 2 miles to go Piers caught up with me and seeing I was in distress he very kindly stayed with me for a while, giving me some much needed encouragement. He also gave me some energy Gel, without which I’m not sure I would have made it to the finish.

Not to be put off I’m going to choose another half-marathon, train hard and hope I feel a lot better than I did at the end of the Sturminster half.

149th	P.PUNTAN	1hr 42min 12sec
154th	J.HILLS	1hr 42min 34sec

323 Finished.

TRAINING WEEKEND

The list for those interested in going on the club’s training weekend is now on the notice board and is filling up fast. Once again the venue is sunny Marhamchurch, just south of even sunnier Bude. Don’t miss out on a great weekend of good company, scenic runs and great food....the beers not too bad either.

SALISBURY 5-4-3-2-1 Challenge.

14th AUGUST.

Jill and I had planned to run the marathon option of the event but wisely Jill decided to opt out following a massage several days earlier that showed that several niggles that have been bothering her for several months had not cleared up. I felt my recent training did not bode well for the full marathon distance so I wussed out and opted to join 64 others for 30km instead.

This event also has 10k & 20k options with a mass start for runners at 9.30am (after giving the walkers an hours start). Some thing was seriously wrong as I found myself in the lead after a 100 meters but 2 runners soon passed me and quickly disappeared. Perhaps I let this high placing go to my head and after climbing over Sarum Hill I was still in third spot at the first check point. Sensibly I slowed the pace and after 25 minutes running was shocked to be joined by Graham Bath of Salisbury. He is a previous winner of the Coomb Gibbet race and is normally up with the likes of Blissly. As he admitted he had “not done much of late” and so we ran together for the next 4 or 5 miles until he pulled away on the road stretch to Alderbury.

Two runners came past on the stretch between Longford Castle and Homington and from here to Coomb Bisset the temperature got much warmer and I was glad I was carrying a water bottle. The climb from Coomb Bisset up to Salisbury racecourse was a 12-minute slog but it was here that I found out that I was 5th in my distance. The long run back to the city was tough, along a rough and very overgrown track way. By the time I reached the Cathedral I had no hope of raising a sprint finish, which was unfortunate, as Graham had faded worse than me and my plod finally pulled me to within 20 meters of him at the end.

This gave me a PB for this course by 23min and 50 seconds that I can only put down to the regular long training runs that I put in with Jill.

5th	R.FRANCIS	2hrs 48min 30sec
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65 Runners.

HARROW WAY HANDICAP.**18th AUGUST.**

The final summer handicap was run in perfect weather and featured one of the club's family duels. This time the fun runner was victorious with Keith beating "serious athlete" Nicky by a comfortable margin. Third on the night was Simon who finally got his compass sorted out to record, by far, his fastest time for the course. Could he be a dark horse for the winter title?

Overall, Dorothy had a big lead going into this race and took the handicap title, Jill and Mike were separated by a point and there was only a second between them at the end as Jill's PB was enough to hold on to second spot. The time league went down to the wire with Mike showing a return to form by recording his first win this summer. However, Keith Vallis was second fastest on the night and this gave him a winning one point margin over Mike overall. Andy Hartley was third fastest finisher and this moved him several places up the table but not enough to overhaul the AWOL Greg who held onto third place overall.

Many thanks to Helen & Dave for assisting with the time keeping, we can now all look forward to the winter season around the Foxdown course.

Pos	Name	Time	H'cap	Act. Time	Pos on Time
1	K.CLARK	30.34	8.36	21.58	6
2	N.CLARK	31.03	6.10	24.53	12
3	S.COOK	31.09	GO	31.09	20
4	T.HARRIS	31.12	9.50	21.22	4
5	E.SANDALL BALL	31.12	3.52	27.20	15
6	M.CHURM	31.12	3.49	27.23	17
7	M.BLISS	31.51	12.03	19.48	1
8	J.HILLS	31.52	7.41	24.11	9
9	D.BUSH	31.56	8.47	23.09	7
10	K.VALLIS	32.01	12.06	19.55	2
11	D.WICKE	32.02	7.00	25.02	13
12	E.TILBURY	32.03	7.53	24.10	8
13	G.CLOKE	32.03	5.06	26.57	14
14	A.HARTLEY	32.05	10.47	21.18	3
15	R.CLIFFORD	32.08	10.42	21.26	5
16	M.WEST	32.21	3.52	28.29	19
17	P.PUNTAN	32.37	8.22	24.15	10
18	J.THOMAS	32.46	GO	32.46	21
19	D.TITCOMB	33.08	8.39	24.29	11
20	S.ALLEN	35.09	7.48	27.21	16
21	I.VOSSER	35.26	7.42	27.44	18

Dominic had another good run to lead home the juniors with the tiny Emily also doing very well over the very testing course. There were some concerned timekeepers at the finish but all eventually got back safely.

1	D.DUELL	27.10
2	E.REID	32.53
3	H.ROLLISON	34.43
4	C.DUELL	34.46
5	J.O'BRIEN	44.00
6	E.WRIGHT	44.06

**FINAL TABLES:
HANDICAP LEAGUE.**

	MAY	JUNE	JULY	AUGUST	TOTAL
D.WICKE	1	1	9	11	11
J.HILLS	0	2	6	8	16
M.BLISS	0	4	5	7	16
R.KENCHINGTON	10	5	7	0	22
N.CLARK	2	18	0	2	22
K.VALLIS	11	3	12	10	24
M.VOSSER	3	16	13	0	32
C.WHEELER	14	8	10	0	32
G.ENGLAND	5	14	14	0	33
Dan EDWARDS	21	11	2	0	34
G.CLOKE	0	21	1	13	35
I.VOSSER	17	12	7	21	36
S.ALLEN	0	13	4	20	37
R.CLIFFORD	6	0	17	15	38
M.ALLEN	12	6	22	0	40
A.HARTLEY	8	19	0	14	41
E.SANDALL-BALL	24	0	15	5	44
J.THOMAS	18	15	16	18	49
M.CHURM	26	0	19	6	51
E.TILBURY	20	22	21	12	53

TIME LEAGUE.

	MAY	JUNE	JULY	AUGUST	TOTAL
K.VALLIS	1	1	3	2	4
M.BLISS	0	2	2	1	5
G.ENGLAND	3	3	4	0	10
A.HARTLEY	5	7	0	3	15
C.WHEELER	8	4	5	0	17
R.CLIFFORD	6	0	7	5	18
R.KENCHINGTON	9	5	6	0	20
J.HILLS	0	11	14	9	34
S.ALLEN	0	12	12	16	40
E.TILBURY	17	17	16	8	41
M.ALLEN	13	8	21	0	42
Dan EDWARDS	19	13	10	0	42
D.WICKE	22	15	15	13	43
I.VOSSER	18	14	13	18	45
N.CLARK	21	16	0	12	49
G.CLOKE	0	22	17	14	53
M.CHURM	24	18	20	17	55
E.SANDALL-BALL	25	0	19	15	59
M.VOSSER	23	19	18	0	60
J.THOMAS	26	20	22	21	63

Thanks to “Mountain Goat” Andy Hartley for the following report.

Borrowdale Fell Race. 6th August 2005. 17 miles. 6,500ft of climbing.

I had a couple of free days in the middle of August and as luck would have it the Borrowdale Fell Race was on during this time. Borrowdale is legendary. If you read Richard Askwith's highly entertaining account of the fell racing world –Feet in the Clouds (available at all good book shops and some bad ones as well) the final chapter covers this race in some detail. The race is 17 miles as the crow flies between the six check points however, the route is longer than this in reality but god knows how much longer! The hills? Well there's a quick 250 metre climb to start with and then an ascent of Scafell Pike (979 metres) before you climb Great Gable (899 metres) and finish up with a slog up Dalehead (794 metres). Lets not forget the descents too; these are often sheer, rocky and one slip could quite literally prove fatal.

I'd trained fairly steadily this summer (20 miles most weeks with a couple of weeks missing here and there) but I wasn't really fit for this race. I did a couple of long 3 hour slogs along the Ridgeway in the 10 days prior to the race but I was going more for the experience than the finishing time. To make it easier for myself I decided to walk as much of the route as possible on the two days before the race. I'd bought maps, had the whistle, compass, waterproofs all ready (the rules are that these all need to be carried). However the weather on the Thursday of my arrival was poor. I was also walking the part that is the least well trodden of the whole route. After my initial ascent of the quaintly named Bessie Boots the weather came down. Howling wind and horizontal rain made reading the map very tough however when the cloud cover dropped I started to seriously 'cack myself' (I'm sorry but there is no other appropriate phrase and if you'd been there you would realise how true it was!) Anyway the map and the bits of landscape I could see all matched up and things were going fine until I jogged down one little slope. The ground was sopping and the mud deep, but I did not expect to go up to my waist into thick black marsh. The map went in the air and the curses rang out. Fortunately a few extra steps saw me free of the mud, soaked but still far from safe! Eventually I made it onto the path at the foot of Scafell and was able to descend thinking “if the weather's like this on Saturday I'll watch”. Friday was a much brighter day and I climbed Scafell Pike and Great Gable fairly comfortably with only one wrong turn. I thought I'd leave Dalehead for the race day and besides I was absolutely knackered.

Race day was fine and bright. I had all my kit packed tightly into my mountain running bum bag and with a special breakfast from my B&B I was ready. It is the only time I have ever not slept before a race because I was scared I might die trying to complete it. (Let's face it you just don't get that sense of mortal fragility from the Overton 5 do you?) When I arrived at race HQ the assembled runners looked so wiry and knarled I knew that this was a different game. All the female entrants had calves the size of my thighs! When I enquired about on course refreshments and how often Lucozade would be provided en-route I was given a dark stare- “ Get thee sen some watter from t'stream lad” was what I think they said.

The race began with a very slow section which was fine. Lots of single file paths and with over 400 entrants this did cause some congestion. The first ascent was much steeper than when I'd walked it and was literally all fours for 20 minutes. At the top of this first hill, the sweat was coursing down my face, but you then had a quick descent which was very hard to focus on as the perspiration ran into my eyes. For the next hour it was up and down through mud, round the side of hills, over boulders and all the time Scafell Pike loomed closer. Scafell was OK, the hard bit for me was the huge boulders you had to leap over from time to time. The best and most experienced leapt goat-like from rock to rock. I didn't. However coming off Scafell Pike I was quite happy. I followed some other runners but was a bit concerned as it was a different way to my descent of yesterday. As we turned a corner the ground disappeared and a huge scree slope was before me. For the next 6 minutes we scree surfed down a near vertical slope. Incredible. We then picked up the steep 'Corridor route' and continued to go down .I gashed my shin on a rock on this descent but the pain all seemed part of the general masochistic experience. Up Great Gable next. It's a huge stone staircase and, on what was by now a warm day, this made the going very tough indeed. As I came off Great Gable I felt empty and my legs had gone. I chomped an energy bar and consumed an energy gel but people came past me on the 40 minute journey to Honister Hause. The next bit was the climb up Dalehead and this time I had to stop for a couple of minutes. After some encouragement from fellow competitors I carried on. In fact the last 30 minutes was quite enjoyable and I finished quite strongly because you could actually run rather than climb. 200 metres before you finish you have to wade through a stream just to make you wet again. The finish was a little confusing. There is no finishing funnel, just a single piece of tape to follow; no fanfare , no medal and no t-shirt. Just a couple of huge buckets of orange squash with insects and hay floating in them to help yourself to. They are so hard up north!

This was a real experience. A test of physical and mental resilience and one I will always remember fondly. Try it next year!

Time 4 hours 56 minutes. 282nd out of around 360 finishers (People can be timed out if they take too long to reach certain check points).

Summer Vets League Track results from Moira West

Basingstoke April 25th

Name	Event	Time-Distance	Position	Name	Event	Time-Distance	Position
M. West	400m	76.9s	2nd W50	L.Sandall-Ball	1500m	6m 16s	3rd W50
D. Vosser	1500m	4m 30s					
Guildford							
L.Sandall-Ball	200m	37.9s	4th W50	L.Sandall-Ball	3000m	13m 15s	3rd W50
A. Dennison	800m	2m 55s	2nd	A. Dennison	3000m	12m 05s	3rd
Woking							
L.Sandall-Ball	400m	85.8s	5th	L.Sandall-Ball	1500m	6m 19s	3rd W50
M. West	100m	15.7s	1st W50	M. West	400m	78.1s	1st W50
D. Vosser	1500m	4m 29s	3rd				
Portsmouth							
L.Sandall-Ball	Discus	15.91m	3rd W50	L.Sandall-Ball	5000m	23m 25s	3rd W50
M. West	200m	32.7s	1st W50	M. West	800m	3m 15s	2nd W50
A. Dennison	800m	2m 52s	2nd				

Arunners 5 mile Beach Run Middleton-on-Sea 14th August 2005 from Keith Clark

If like myself you have never heard of Middleton-on Sea it is a sleepy little town just outside Bognor-Regis. This year it was an 11:30am start for this low-key but well organised event but this can change depending on the tide. The proceedings began with a junior fun run of two laps of a playing field. Emily and Warren both had very good runs against children up to sixteen years old. Emily was the first girl home and Warren was seventh boy and had to produce a fast finish to hold off the first girl!

The Beach Race itself consisted of a lap of the field, 600yds or so of road then onto a sand, shingle and seaweed beach for around 2 miles before turning back along the top of the shingle sea defences. I made the mistake of thinking that this would be a gentle return to racing. But my initial error of starting at a fair gallop to avoid possible congestion getting out of the field, lead to me foolishly thinking that this pace was not too quick, and anyway it was only 5 miles. However it was after around a mile of the beach and several lost places that I realised that the wind was in my back (I refer you to the turning back part of the course description) and I was currently running faster than I did in the 1500m on the track a couple of weeks previous, that this was not going to be an easy run! When I did make it to the turning point I had thought that the hardest thing was going to be running all the way back into the wind with Lactic acid filled legs and what felt like smokers lungs. But the real sinking feeling was the sight of my wife approaching with far more zip in her stride than mine. Somehow I made it to the finish before Nicky but I am not sure if she is just saving that honour for the Overton 5 for which she using this as a sharpener. And judging by the run good run here to finish as third lady I think we will see a good performance then (no pressure dear!) Madeline represented the Vosser family with Dave and Hannah relegated to photography and support, she also had a good run definitely judging the pace better than myself.

After the race we all picnicked and went onto the beach, where Dave, Nicky and Warren decided to go in the sea. "Its really quite warm" they said, but I refused to move from my towel.

In summary a good day I will certainly go back next year. It would make ideal warm up for the Overton 5 without the pressure of mile markers or time comparisons. See you there then.

Junior fun run (½ Mile approx.)

Warren Clark	5:08	7 th	
Emily Clark	5:11	8 th	1 st Girl
			46 ran

Beach Run (5-mile approx.)

Keith Clark	31:35	22 nd	
Nicky Clark	35:27	70 th	3 rd Lady
Madeline Vosser	41:42	150 th	24 th Lady
			239 ran

Forwarded by David Vosser

Article submitted by Gordon Everard who ran for the club in the early eighties and who has recently contacted me after discovering the Harriers on the Web. Gordon was a great supporter of the club willing to do all the events in the Southern League and to join me on my Sunday morning 15mile training runs from Andover. Gordon has not let his athletic achievements slip since moving away – even turning in a rather nifty 1hr12 half. I'll try and convince him to travel down from Lancaster on a regular basis and to run in our Hampshire League races.

Memories are made of this.....

It was my great fortune to discover Overton Harriers while serving in the Army at Tidworth during 1980-82. How contact was made escapes me save to say that it was the starting point for hard training, good competition, friendship and fun. I left the Harriers on posting to Germany with many happy memories. Here are a few that may trigger conversation over a pint.

- Running across Watership down on a Sunday morning during a freezing fog. Ice in the trees and Keith Blakeys beard. My motor bike ride to the club house (hut) ended with ice dropping from my clothes.
- Eric Tilbury being charming to new lady runners.
- Supporting Paul Wheeler during the first ever London Marathon. (2.25 and 62nd if my memory serves me well).
- Some one mooning out the back of the club Transit bus on the way back from an evening graded meeting at Aldershot.
- Dave Vosser breaking 2 minutes for the 800.
- JT
- The Whitchurch beer race. Team of 4 dressed as pirates, tied together with string, drinking beer and running between pubs. Great fun but hard on the balance and tummy.
- Running the 5000m, 110 & 400 hurdles, 100 & 400 relays and pole vault at a weekend meet. Nothing like a blend of speed, endurance and agility.
- Running at Iffley Road and thinking, "Something is special about this track". I ran a 3000m PB then found that a certain Roger Banister had also enjoyed the venue.
- Throwing Paul Wheeler into the steeple chase water jump after the team qualified for a place in the GRE games latter stages – I think we were 'seen off' in the next round held at Yeovil.
- Being overtaken by David Moorcroft in the National Cross Country Championships at Parliament Fields. He was left behind at the start lacing his shoes and still finished third.
- Attending the 10 year anniversary bash. Good night! Riding home in the early hours (to Chelmsford) I ran off the road on my motor cycle, remained upright - just. Character building I think it's called?
-

Trigger for re-making contact.....

Having not run 'seriously' for many years I was coaxed out of road racing retirement for a series of 4 races (5k, 10k, 10m, half marathon) being organised by Lancaster's Athletic Club.

In May this year I ran a 3mile road race in a painful 18.48 entering as an Overton Harrier.

There is another Overton 4 miles from Lancaster and it can only be assumed the organisers deemed my 'club' entry as an attempt to avoid the £2 extra charge for non club runners (as if?). The results sheet listed me, cheekily I thought, as unattached.

Work and holiday commitments did not allow entry into the 10k and 10 mile events but for the half marathon I was free. Again I completed the entry form. This time I entered "Overton Harriers (Basingstoke)". Then I thought.....I wonder if.....

Computer on, broadband connected, Google search and contact!

Finding the Club website was a real joy. Reading about and seeing photos of old friends a lovely experience. Time looks to have stood still for JT and Eric. I always thought the local beer tasted like embalming fluid – could this be the proof!

The next step was to replace my ancient Overton Harriers vest. At 22 years old it has escaped the moths and threats of destruction on countless occasions. I have worn it down the years for training runs hauling it from the bottom of my drawers when needed.

I considered titling this article as the blue text above but decided against it in respect for Eric.

So what of me,
Married, 3 children.

After a brief Germany tour in 1983 I returned to the UK in 1983 as a civilian.

I joined the Prison Service and after qualification taught Physical Education in a variety of establishments before taking up a management position in thirteen years ago.

During this time I have played and coached volley ball to a reasonable level.

Rock climbed and mountaineered in the UK, Spain, French Alps, Himalayas and Alaska.

Run from Lands End to John O'Groats as part of a non stop charity relay.

Half marathon PB 1.12, Marathon PB 2.42 both in 1983

Short course triathlon 02 and 05 – Olympic distances in 06?

National 3 Peaks completed 2001 (Ben Nevis, Scafell Pike and Snowdon in under 24 hrs)

Welsh 3000's completed 2002 (all 14 of Wales 3000ft peaks in 21 hours)

Bob Graham Round (BGR) 2004, completed in 23 hours 08 minutes.

The BGR commemorates a round of the Lake District Fells, initially completed by Bob Graham in 1932. The round consists of 42 peaks, 28000ft of ascent and decent over 72 miles in a mountain environment. To gain entry to the BGR Club the round must be completed within 24 hours.

Training took a year. Pain – considerable. Sense of achievement – priceless. (www.bobgrahamround.co.uk)

On 4th September I finished The Lancaster and Morecambe Half Marathon in (to be confirmed!). My youngest daughter now trains with the club and I am being approached to run for the Clubs Fell Race section – there obviously can't be many lunatics about!

Hoping to see an Overton Harrier in the 2012 Olympics.

Wishing you health and every success for the future,

Gordon

Winchester 5k runners – apologies to those not in the photo!

