

**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:

Sept. 2nd	OVERTON 5 mile
3rd	HEADINGTON 10k ORACLE 10k (Reading)
10th	ALICE HOLT 10k ALDBOURNE 10k HARDY HIKE 16/24 miles
14th	SUMMER H'CAP
16th	WOODSTOCK 12 mile
17th	NEW FOREST Marathon & half mar. STANSTEAD SLOG MT
23rd	ISLE of WIGHT FELL W/END SOUTHERN ROAD RELAYS
24th	ISLE of WIGHT FELL W/END SOUTHERN ROAD RELAYS WORTHYDOWN 10k
Oct. 1st	CLARENDON Marathon, half & Relay HIGHCLERE 10k ALTON Downland 5k & 10k
7th	<i>X COUNTRY LEAGUE at FARLEY MOUNT</i>
15th	<i>HARDLEY Half Marathon</i> DENMEAD 10k
19th	FOXDOWN HANDICAP
22nd	GREAT SOUTH RUN FLEET 10k ABINGDON MARATHON
29th	NEWBURY MOB MATCH (To be confirmed)

FRANNY'S BITS.

Only one race to go to decide the winners of the summer handicap leagues, Dave Vosser looks favourite to win the time league but the handicap is wide open with a dozen members still in with a chance.

Congratulations to the club's premier pot hunter, Piers, on becoming the Western Australia over 40's Cross Country champion, hopefully a full report will make the next newsletter.

The next Consistency race will be the opening X Country league fixture at Farley Mount on October 7th. Also, remember to get your entry in for the Hardley half on October 15th, this will include the Club Championship which means double consistency points. An entry list is on the notice board.

And finally, Au revoir to Mike McMahon who, upon leaving the British Army, is heading South to take up a post with the Australian Army. I am sure that everyone will join me in wishing Mike all the best for the future.

Boldron Sports Fell Race, 5th August from Lee Tolhurst.

I was told about this race by my mother-in-law who suggested “your one o’ them runner types, get ya sen in” before I could respond the organiser was called [my wife’s Aunt] and I was officially running!
Boldron Sports is a day of racing mainly for children in different age groups with a fell race of somewhere around 5km (and around 300m of climb) at the end of the day for the “men folk”. The route was “up the hill in front of you until you see the chap at the top round him back down, and do it again”

As I took my place at the start of the race I looked at the other competitors and realised that there was probably only one real challenger. He had won the event for the last 6 years! We set off up the first hill, I took the lead and by the top had a 10metre advantage over my rival. As this is not being a natural place to find myself my heart was racing even more than usual at the top of a steep climb. On the way down it was tough trying to pick through the long grass and avoid the rabbit holes and cow pats, whilst trying to get control of my breathing. By the time we reached the bottom my lead was cut in half. However we had the second climb where I managed to accelerate and stretch the lead to 100metres at the top for the second time. Then it was straight back down the hill where I managed a sprint finish to claim the win and the Dennis Wallis Memorial Cup.

1 st	Lee Tolhurst	18.23
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26 Finished.



Now Officially a Pot Hunter: “Choisty” Tolhurst with his trophy

Definition of a Pot Hunter: A runner who looks for small races where there should be easy pickings but does not tell his / her team mates about the race until they have run it.

BUSHEY PARK 7km 28th JULY from JT.

A smaller than usual group belted up the M3 for this years race around Bushey Park. As usual, the atmosphere for the event was excellent and a huge field of 517 finishers toed the line prior to the mad rush through a relatively small space some 200 yards into the race. For those who haven't done this race will have missed out on an excellent and the post race picnics, jazz music etc.

Piers ran his usual enthusiastic race and managed to get the better of Eric who was pleased to dip under 30 minutes, a few seconds quicker than last year. Dorothy had a fine run, well up o the standard of her recent form and finished in 2nd place in the over 50 age group and was well in front of Geoff. JT struggled to maintain any rhythm in his running but, as this was only his second race after an eleven month lay off, perhaps this was to be expected.

79th	P.PUNTAN	29m 13 sec	
95th	E.TILBURY	29m 57 sec	3 rd O/60
124th	D.WICKE	31m 09 sec	2 nd O/50
199th	G.CLOKE	33m 55 sec	
402nd	J.THOMAS	41m 45 sec	

517 Finished.

Consistency League.

At last I have managed to finalise the remaining fixtures for the Consistency League, as can be seen the remaining races are either Road Race League or Cross Country League fixtures with the addition of the County X Country to be held at Basingstoke. I have not included any races hosted by the club as some people will be marshalling, catering etc. on those dates. Current league tables are on the notice board, any questions please see Franny.

May 7th	Alton 10 mile	
July 20th	Winchester 5k	
October 7th	X Country at Farley Mount	
October 15th	Hardley Half Marathon	Club champs
November 11th	X Country at Goodwood	
November 19th	Gosport Half Marathon	
November 26th	Hayling 10 miles	Club champs
December 3rd	Victory 5 miles	Club champs
January 6th	County X Country Champs at Basingstoke	
January 13th	X Country at Reading	Club champs
January 28th	Ryde 10 miles	
February 10th	X Country at Wimbourne	
March 4th	Mad March 20 miles	
March 25th	Eastleigh 10k	Club champs
April 15th	Totton 10k	

MILLAND VALLEY 21km Multi-Terrain 6th AUGUST from Franny.

This is a very popular event organized by Liss Runners which also incorporates a 10km option for the more sensible runner which starts some 40 minutes after the main half marathon event. The longer race is undoubtedly one of the toughest events in the south of England and certainly contains more hills than any other race that I have ever done. Several others had stated an interest in running it at the previous days track meeting but on the day I was the only one not to "Wuss out".

The course follows a large twisting loop that takes in some quiet country lanes, but mostly it is off road with a lot of narrow sandy tracks through thick woodland with some long stretches being genuine cross country. The thermometer was showing 30 degrees, thus giving the perfect excuse for making a steady start. Despite having to nurse my sore knees on the downhills I had quite a good run considering the terrain and heat, even managing to pick the pace up over the last two miles to finish in the top third, only four minutes outside my best time for this course.

88th	R.FRANCIS	1hr 49min 46sec
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287 Finished.

SUMMER HANDICAP**17th AUGUST.**

Holidays meant a smaller field this month though the conditions were much cooler than the two previous races. Winner on the night was young Gavin who was making his debut over the course. Cath stormed through the field to finish second with Chris just holding off Geoff and Nicky for third spot. Fastest on the night was Dave who had almost a minutes advantage over Lee with Tim third.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	G.ALEXANDER	33.01	6.28	26.33	7
2	C.WHEELER	34.47	13.11	21.36	4
3	C.WOODS	34.50	8.11	26.39	8
4	G.CLOKE	34.52	8.11	26.41	10
5	N.CLARK	34.52	12.44	22.08	5
6	L.TOLHURST	24.58	14.24	20.34	2
7	D.VOSSER	35.02	15.24	19.38	1
8	M.WOODS	35.15	8.35	26.40	9
9	T.HARRIS	35.26	14.33	20.53	3
10	M.VOSSER	35.27	7.49	27.38	12
11	R.FRANCIS	35.36	11.11	24.25	6
12	J.WAITE	35.50	GO	35.50	16
13	J.O'BRIEN	36.45	2.33	34.12	15
14	B.O'BRIEN	37.27	GO	37.27	17=
15	M.MATSON	37.27	GO	37.27	17=
16	E.SANDALL BALL	37.28	8.26	29.02	14
17	E.TILBURY	37.57	10.41	27.16	11
18	P.PUNTAN	41.51	12.57	28.54	13

SUMMER HANDICAP TABLES.**HANDICAP TABLE**

	MAY	JUNE	JULY	SEPTEMBER	TOTAL	MINUS WORST
M.VOSSER	2	9	10		21	11
D.VOSSER	10	4	7		21	11
K.VALLIS	4	8			12	12
N.CLARK	7	12	5		24	12
M.WOODS	6	11	8		25	14
L.TOLHURST	8	14	6		28	14
C.WHEELER	18	12	2		32	14
J.O'BRIEN	21	1	13		35	14
T.HARRIS	17	6	9		32	15
G.CLOKE	14	14	4		32	18
E.SANDALL-BALL	19	2	16		37	18
P.PUNTAN	1	22	18		41	19
D.WICKE	3	17			20	20
A.HARTLEY	15	10			25	25
R.FRANCIS		20	11		31	31
E.TILBURY		21	17		38	38

TIME LEAGUE

	MAY	JUNE	JULY	SEPTEMBER	TOTAL	MINUS WORST
D.VOSSER	3	2	1		6	3
L.TOLHURST	4	5	2		11	6
T.HARRIS	6	3	3		12	6
K.VALLIS	5	4			9	9
C.WHEELER	8	7	4		19	11
N.CLARK	10	9	5		24	14
P.PUNTAN	9	10	13		32	19
A.HARTLEY	11	8			19	19
R.FRANCIS		13	6		19	19
M.WOODS	14	18	9		41	23
G.CLOKE	15	20	10		45	25
E.TILBURY		16	11		27	27
M.VOSSER	16	21	12		49	28
D.WICKE	13	17			30	30
E.SANDALL-BALL	17	19	14		50	31
J.O'BRIEN	21	24	15		60	36

The league titles will be decided on your best 3 runs and as you can see the handicap title is wide open with 4 points covering the top 9 runners, this makes the final event crucial. The time league is a closer affair with Dave starting as favourite with Lee and Tim contesting second and third places.

Yateley 10k (first race) Date 7th of June from Maz Firouzi

Did a new PB for 10k ; Overall Position 32 ; time 36:41

Snowdon 10mile: Date 22nd of July, from Maz Firouzi

Overall Position 67; Ascent: 00:53:29 => Rank 47; Descent:00:33:47 => Rank 131
Finish time: 01:27:16

Here is a quick synopsis of the race;

04:30: got up; 10:00-11:00: Arrived at race start; 14:00: race started and the start of a long painful run

As I hadn't really been on the route of the run I really didn't know what to expect, so at first it seemed to be ok. From experience I knew not to go off fast but just work my way up, which I did rather well (was even ahead of the first woman of the England ladies team really nice looking one). All this ended near the summit as the road suddenly went vertical and I just couldn't run anymore (impossible) so I started to take very large steps and to my surprise I saw the two ladies from the England team pass me (do note that they also were walking so I didn't lose face). At this point I was really suffering and thought that I needed to stop, however a Welsh runner was overtaking me and I think he saw how much I was suffering so he told me that the worst part was nearly over and that I should just follow him, so I did and he basically carried me all the way to the summit. When coming down though it was a total different story all these runners just went down like madmen, and basically a lot of people overtook me going down. My only problem going down was just that I was constantly braking as I didn't want to break any of my limbs. However the down hill stretch didn't really exhaust me at all it was just the concentration that was the hard part. I finished at position 67 which is ok, I think!

My overall view of this experience is that it was really great however it could have easily gone wrong! After the race when out for a swim on the big lake near the finish line. Relaxed a bit and then headed off home, arriving at 1am. A good day out.

Yateley 10k (third race) Date 2nd of Aug from Maz Firouzi

Did a new PB for 10k; Overall Position 23;
time 36:34

LAMBOURN 5 miles 13th AUGUST From JT.

Despite the damp and blustery conditions the weather seemed ideal for running at this years, very low key, race at Lambourn. The course which is mainly flat takes in sections of gravel track which was sodden with overnight rain. The people who organise the event every year seem to be very amateurish but never the less everything seems to fall into place with no less than two drink stations on the course or rather the same one out and on the way back.

Steve narrowly got the better of Eric by some 25 seconds and JT enjoyed a steady run on the way back.

26th	S.McNAIR	32min 59 sec
29th	E.TILBURY	33min 25 sec
78th	J.THOMAS	45min 33 sec

87 Finished.

CLUB TRIP TO BELGIUM 18th – 21st AUGUST From JT.

This years excellent long weekend started on Friday travelling first class on Euorstar from Waterloo to Brussels (including a late breakfast with Champagne and wine) where we were met by Kevin and Annalise who shepherded us to another station for the remainder of the journey to Hasselt. There we were met by Monique, Ludo and Rossette who were our hosts for the weekend. Ian and I were billeted in a large caravan at the back and John, Jenny and Liz stayed in the large, comfortable house.

During the evening we were entertained to a very late night dinner party, JT was given a test on a mountain bike as he had not cycled for about 40 years and was told that a long ride was on the agenda for the next day.

With some trepidation for JT, Saturday morning arrived and some 15-20 of us set off with him desperately trying to ride straight and stay on the road. After about 5 miles he settled down and started to enjoy the experience. The route took in a number of different surfaces along roads, paths, cycle tracks and pavements. At lunchtime we arrived in Genk, with bottoms starting to smart, where we had lunch and several beers to kill the pain. The return trip took in some cobbled sections over bridges and canals and at the finish JT decided he had had enough of just being in the Peloton and started to pick up the pace but he was out sprinted by Ian and Ludo and collapsed with exhaustion.

It seemed we had gone a lot further than the planned 30km and had actually done 51km!!! There were one or two sore arses. This was followed by an excellent meal in a fine restaurant but most of us were too tired to take advantage of the late night disco.

Sunday was race day but as the races were not to be held until the afternoon we were taken to a disused prison in Tonfengen- a very sobering experience and then to a street antiques fair, probably the biggest in Europe. And so to Valmeer for the road races. JT failed a late fitness test as his legs had almost seized up following the previous days exertions but Ian decided to run the 5.5km and Liz the 13.4km. Ian had a splendid run on the shorter course while Liz sedately tackled the three laps out in the country finishing 4th lady overall.

5.5km	23rd	I.VOSSER	23min 45 sec	88 Finished
13.4km	76th	E.SANDALL BALL	69min 32 sec	99 Finished

On Sunday evening we celebrated Moniques 50th birthday with Champagne and presents and the sinking a large amount of alcohol. The return journey on Monday was suitably boring but on arriving at the Eurostar terminal we found total chaos caused by an earlier fire in one of the tunnels. We eventually got a train to arrive at Waterloo some 2 1/2 hours late. Despite this hiccup everyone agreed that it was a wonderful weekend.

And as promised earlier.....A report from the clubs' Premier Pot Hunter. The newly crowned State cross country champion Mr. Piers Puntan.

Western Australian XC Championships, Kings Park, Perth 13-08-06

It's not often that a terrorism alert can start an international cross country career but that's just what happened to me last month. I was in Australia on business when Heathrow was basically shut forcing me to delay my return home for a few days; this gave me a weekend in Perth. Being a bit bored, Perth is not an exciting city; I looked to see if there were any races in the area.

Went onto the internet and there was a Race at Lake Joondalup a distant suburb of Perth, it was a 10k road race and was the Western Australian State Championships. I contacted the organisers and yes I could enter on the day if I got there by 07:30.

Unfortunately public transport couldn't so I had to back out. The organisers then rang me to say that the 10k XC

Championships were being held on the same day in a park in the centre of Perth. I was given the contact number and they were happy for me to race.

The morning of the race was cold and very wet, even the taxi driver though I was nuts. We eventually got to Kings Park where a gaggle of likely looking runners were sheltering under trees and makeshift tents. The organisers were happy to take my \$5, which made me an honorary WA athlete for the day.

The course was two laps of four loops round a central point with gradients and a bit of sand, they don't seem to do mud, and the difficulty was similar to Prospect Park. I took the first lap easy as I hadn't had the time or inclination to recce the course and was lying reasonably well placed at the end of the lap, I then was able to up the pace and pick off people as I went, with a final sprint for the line taking account of another contender.

In the end I finished eight which is my highest ever placing and as this is Australia, where "vets" start at 30, I won my age group.

PUNTAN, Piers

Overton Harriers & AC

M30 (1st)

8th

41:57