

**Overton
Harriers**



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Athletic Club

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December 2007 Issue 365

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:

January 5 th	HAMPSHIRE XC CHAMPIONSHIPS (Dibden)
6 th	Goring 10km Longmoor Lollop 13 miles
12 th	PROSPECT PARK XC
13 th	STUBBINGTON 10K
17 th	FOXDOWN HANDICAP
20 th	Bournemouth 10k
26 th	SOUTHERN COUNTIES XC CHAMPIONSHIP (Parliament Fields)
27 th	Slaughterford 9 miles Romsey 5 miles

FRANNY'S BITS

An early deadline this month due to the festive season, the report for the last handicap will be in next month's edition though I hope to have the up to date league tables on the notice board before then. Also on the board are the Consistency League tables which are complete up to December 20th.

Piers' has yet to miss a race and holds a one point lead over Richard who should make up the deficit in the cyclists race. The big question is....who will be the first to miss a race. Lee had a good month, only dropping one point in two races, but is still 45 points off the pace, he is closely trailed by Brian whose only missed event was the opening race at Kintbury.

There was a big turnabout in the ladies league where Cath had a clear lead going into December. This has now changed following Moira's win at Victory (& double points) combining with another good result at Tadley to take a 30 point lead, Audra made ground on Cath with only 3 points separating them.

Bramley 10/20 Mile race has been cancelled due to major road works in the village. The HRRL are looking for an alternative league fixture with Totton 10k being the favourite. This is good for the Harriers as Bramley clashed with the Training Weekend and Totton 10k is already a Consistency League Event.

Overton Recreation Centre

from Martin Allen

Overton Recreation Centre provide sport and leisure facilities and maintain 30 acres of recreational spaces in the village. This is paid for through a monthly draw and a levy on member clubs. Members of the ORC pay £2 a month, about half of which goes into the running of the facilities, and the rest into a draw for it's members, with monthly prizes up to £1000. At present, the club pay a levy of just over £2000 for the use of the facilities that we use, we are also charged for our members who are not individual members of the ORC, so you can see that this makes up a large proportion of our club fees.

Due to rising running costs to maintain the recreational facilities (currently £70,000 per year), monies raised from the levies and draw are not sufficient to cover the running costs, and will definitely not allow the village to pursue the plan to build a large sports hall and other projects that will benefit our club members in the future. This means that the levy and ultimately the club membership fees will have to rise, just to cover the day to day running of the facilities, unless monies are raised through other means.

The ORC are re-launching their 1966 scheme which first established funds to build our facilities. The '5 Star' membership scheme is £10 a month, which provides you with 5 entries into their monthly draw (prizes of which will be increasing further). You may choose for £50 of your annual contribution to be put towards reducing the levy of a club of your choice – We will be introducing new membership fees to take this into account and reduced fees for those who have individual ORC membership, which all club members should belong to. Further details are on the board and application forms can be obtained from Mark. If you are unable to join the scheme, just one more membership will help contribute to the future of our current facilities that we all enjoy.

Combe Gibbet Race 2008 *from Keith Vallis*

As stated in the October Newsletter this race is now on Sunday 30th March. Over the Christmas/New Year period please have a think about whether you are going to compete or not (must be at least 18 years old). If you are not competing please would you consider helping out with marshalling, refreshments, car parking etc. If so, add your name and a contact number to the list on the club notice board which will appear in the New Year.

If anyone is going to races other than Hampshire XC or Hampshire Road Race League would you mind taking a handful of Combe Gibbet Forms to leave near registration or the refreshment area. Please phone me on (01256)773255 or see me at the club on a Thursday. Thanks, Keith V.

“QUOTE OF THE MONTH”

Overhead in the ORC Bar ...

“I'm only allowed one crutch at home”

Whatever can our President mean?

Firstly a big thank you to all who helped with the build up/preparation before the event, on the day and afterwards. The event wouldn't and cannot take place without the hard work of all those who contributed.

The races took place in windy conditions, with the rain just about holding off, for the runners anyway.

The Senior Ladies were the first to encounter the wind although the sun was shining. The ever young Cath was her usual dogged self, running well to finish a commendable 13th place, 2nd Vet. Next Audra continuing her improvement just outside the top 20 in 22nd place, 7th Vet. Determination written all over her face in the finishing straight, as 2 runners were left for dead, was that a sprint I hear. Helen made up the team with a top 40 finish coming through the field well. Good to see you running in Overton colours once again Helen. Jill finishing just behind Helen pleased with the top 50 finish in 44th place, a good improvement on last time, keep up the hard work. The Overton contingent was made up by our much acclaimed catering manager, Liz looking good and comfortable all the way round finishing well in 71st place. The Vets ladies team were first just beating Reading by one point.

Harrier	Time	Position
C Wheeler	23: 28	13 th (V2 nd)
A Dennison	24: 56	22 nd (V7 th)
H Heap	26: 31	40 th
J Hills	26:42	44 th
E Sandall Ball	30:34	71 st

89 Finished

Turning the Senior Men's race, it was getting a bit nippy by this time and only those hearty soles were in vests and no gloves. The team was led home by the ever reliable and consistent Chris Minter. Good to see you running Chris and finishing with a smile on his face can't be bad. Richard turning up to mend his sorrows the Hammers losing to Chelsea lunchtime, did very well and continues to show splendid grit and determination fighting right to the end. Next home, a golden oldie, Mike working his way through the field after a steady start to finish 86th, great to see you racing Mike, just watch the body mate. Greg, just outside the top 100 in 106th place, had a pleasing run on a very demanding course.



The team was completed by Bushy in 113th position, well done Dave soldering on to the finish to once again show us his speed from all those track sessions in the summer.



The B team was led home by Keith, improving as the race went on and very pleased that he choose to race in the end as he finished in 121st place. Steve was next to finish and showed the benefits of all the recent secret training and miles he is putting in. Finishing fairly close behind in 153rd, was Dave battling the conditions and enjoying his afternoon's efforts. Richard also finished in the 150's, 158th, and was pleased with his run, looking better as each lap passed. The Overton Contingent was completed by Bob in 166th position. Bob running well all the way round and tackling the conditions in a positive way.

Once again a big thanks to all for yet another well organised and excellent event with Overton getting a big thank on the back from the league, as well as many compliments from Athletes.

Harrier	Time	Position
C Minter	32:55	51 st
M Bliss	34:41	86 th (V26 th)
G England	35:58	106 th (V34 th)
R Clifford	34:19	79 th
D Bush	36:18	113 th
K Clark	36:44	121 st
S McNair	38:30	143 rd (V 60 th)
D Titcomb	39:17	153 rd (V68 th)
R Francis	39:39	151 st (V78 th)
B Hawyrack	40:29	166 th

201 Finished

VICTORY 5 2nd December *from Piers Puntan*

As seems to be the case in recent years the day of Victory 5 was marked with fearsome gales and driving rain, though the rain did have the courtesy to hold off for the race itself.

Lee had been tipped off that it was club championship time again and only turned up to stop Richard winning a title, well that was what we thought anyway, Lee insists it was just part of his strategy for ~~world domination~~, obtaining HRRL points for the Harriers.

In all honesty, given the horrendous conditions, these were two fine runs as both finished well up in a very large field. Richard’s run deserves further mention as even though he’d run hard at Ashe the day before his time was nearly a minute quicker than the previous year and 25 places further up the field.

I just managed to duck under 32 minutes after being hindered by a stitch around IBM though like Richard had managed to get below the previous year’s time. Behind me was Steve who had also raced the day before just beating Ryan who picked up more experience in the blustery conditions. Neil went out a little to fast, first mile in under 6 minutes and suffered for it “blowing-up” in the final miles though he managed to get the better of Brian who is ever improving. Eric had a good run just missing the V60 podium though as he was only a minute down on Brian it was good enough to win the club handicap.



Moira took the ladies title with an excellent performance and was 3rd in her class and it was good to see Belinda racing again, just over the 46 minute mark, a great result considering her gap from racing.

Harrier	Time	Position
L.Tolhurst	0:30:01	60 th (43 rd SM)
R.Clifford	0:30:15	80 th (51 st SM)
P.Puntan	0:31:59	106 th (65 th SM)
S.McNair	0:33:07	126 th (11 th M45)
R.Wakefield	0:33:12	129 th (77 th SM)
N.Martin	0:33:50	151 st (83 rd SM)
B.Hay	0:34:25	169 th (90 th SM)
E.Tilbury	0:35:26	212 th (4 th M60)
M.West	0:40:23	383 rd (3 rd W55)
B.Lade	0:46:05	530 th (41 st SL)

681 Finished

TADLEY XC **9thDecember** *from Richard Francis*

As expected the course was very testing with a lot of standing water, a couple of streams and a little bit of mud. Consistency points attracted a better than usual turnout for this race with Greg having a superb run to overhaul the fast starting, and I do mean fast, Lee. They both finished in the top ten and were ably supported by Audra who was second lady and 27th overall to close the mixed team which finished second.

Richard Clifford ran well for 14th with Piers having another strong run to get the better of Neil who now knows what real cross country is all about. Brian continued his good run of form while I managed a slightly better run which I actually enjoyed from gun to line. Moira completed the club interest to finish second in her age group. Yet again this was a well organized run, with the variety of the terrain giving much pleasure to cross country purists.

Harrier	Time	Position
Greg England	34:55	8 th (3 rd V40)
Lee Tolhurst	35:18	9 th (5 th SM)
Richard Clifford	37:01	14 th (8 th SM)
Piers Puntan	37:49	21 st (12 th SM)
Neil Martin	38:59	26 th (15 th SM)
Audra Dennison	39:11	27 th (2 nd V35)
Brian Hay	40:29	34 th (19 th SM)
Richard Francis	42:09	45 th (14 th V40)
Moira West	50:25	118 th (2 nd V55)

Team Position (3 - Mixed Team) 2nd

194 Finished

Overton Harriers & AC Consistency League 2007 - 08

Men

	Runner	Kintbury 5	Winchester 5k	Hardley Half	Farley Mount XC	Goodwood XC	Gosport Half	Victory 5	Tadley XC	TOTAL
1	Piers Puntan	16	16	36	15	28	19	36	17	183
2	Richard Clifford	19	20	38	17	32		38	18	182
3	Lee Tolhurst	20	19	40				40	19	138
4	Brian Hay		11	32	10	18	17	28	14	130
5	Keith Vallis	17	18		18	36	20			109
6	Steve McNair				12	24	18	34		88
7	Ryan Wakefield		10			22	16	32		80
8	Richard Francis		8	34	7		15		15	79
9	Greg England				19	34			20	73
10	Keith Clark	15	15		13	26				69
11	Jamie Jones				20	40				60
12	Neil Martin				14			30	16	60
13	Eric Tilbury	13	9		6			26		54
14	Dave Titcomb	14	12		11		13			50
15	Martin Allen				16	30				46
16	Chris Minter					38				38
17	Bob Hawrylak		13		8		14			35
18	Martin Culshaw					20				20
19	Dave Vosser	18								18
20	Mick Woods	11	7							18
21	Tim Harris		17							17
22	Dave Bush		14							14
23	John Castelli	12								12
24	Nigel Maughan	10								10
25	Gavin Duncan				9					9
26	Oliver Searle		6							6

Ladies

	Runner	Kintbury 5	Winchester 5k	Hardley Half	Farley Mount XC	Goodwood XC	Gosport Half	Victory 5	Tadley XC	TOTAL
1	Moira West		17			34		40	19	110
2	Cath Wheeler		20		20	40				80
3	Audra Dennison				19	38			20	77
4	Liz Sandall-Ball		18			36				54
5	Madeline Vosser	20	19							39
6	Belinda Lade							38		38
7	Jill Hills				17		20			37
8	Helen Heap				18					18
9	Hannah Oliver		16							16
10	Emma Edwards		15							15



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Hampshire Cross Country League
 Ashe Meadow
 Overton
 Hampshire
 1st December 2007




LARGE LAP
 (Includes this loop)

