

February 2008 Issue 367

Visit us on our Web Site at www.overtonharriers.org.uk

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FIXTURES:

MARCH	2nd	MAD MARCH 20 miles at CHRISTCHURCH	READING half marathon
	10th	EXBURY GARDENS 10k	
	16th	FLEET half marathon	EASTLEIGH 10k
	20th	FOXDOWN HANDICAP (The Final Race)	
	22nd	COMPTON DOWNS 20 / 40 miles	
	23rd	OAKHAVEN 10k near LYNDHURST	
	30th	COOMBE GIBBET RACE	

FRANNY'S BITS

What a magic training weekend, even for those of us who were not allowed to run, I dread to think what Cath would have done to me if I had. Great food, fairly good beer, super accommodation and a load of laughs; Roll on next year.

The last Winter Handicap is approaching with both titles there for the taking, can Richard Clifford get home in time on the night or will he gift the Time League to Mr. Vallis.

Piers is working on the Summer fixture list and hopefully it will be available in the next week or so.

Helpers are required for the Gibbet race so please sign the notice on the board if you can assist.

Lee has rightly pointed out that the name should be changed for this year as I will not be running this year making it 3 misses (one for the foot & mouth ban) and a DNF since 1975. Rumour has it that JT is brushing off his studs in an attempt to regain his Mr Gibbet title. As Arnie said "I will be back".

Ryde 10 **3rd February** *from Piers Puntan*

Quite a large number of Harriers made their way down the M3 early on Sunday morning to rendezvous for the 9:15 sailing out of Portsmouth Harbour though it was a bumpy crossing across the Solent to Ryde.

The walk down the pier from Ryde Harbour to the start was bracing and it was clear that the wind and the hills would make this a tough race.

Jamie was leading the Harriers challenge, in good form with London Marathon approaching, and his time of 56:47 and a top 5 finish was impressive. Keith had a solid run of less than 65 minutes and I just managed to stay ahead of the ever improving Steve who was ably assisted by Sabrina.



There was a right battle between Ryan, Martin and Audra with the final places being only decided in the final mile, though all were pleased with their times. The men's team was finished by Brian Hay picked up yet another PB. Moira had a great run finishing well under the 90 minute mark and it's great to see Gwyneth out in the Road Race League certainly sure to do well in the future.

After the race a number went to the local pub for a pint and something to eat before dashing for and missing the ferry! An hour later we all headed home for Overton. Thanks to the Ryde Harriers for a great event.

Name	Time	Position
Jamie Jones	56:47	5th
Keith Vallis	1:04:13	33rd 12th V40
Piers Puntan	1:07:02	58th
Steve McNair	1:07:16	59th 23rd V40
Ryan Wakefield	1:08:22	68th
Neil Martin	1:08:32	71st
Audra Dennison	1:08:52	5th 2nd V35
Brian Hay	1:10:54	93rd
Moira West	1:28:47	64th 6th V55
Gwyneth McLaughlin	1:37:00	80th 17th V50

308 Finished

Foxdown Handicap **14th February** *from Richard Francis*

A very cold night to be time keeping, especially when you have left your hat & gloves at home. With the forthcoming training weekend, the weekend's XC race and the low temperatures only 11 runners competed. Neil ran well in the inclement conditions to hack 58 seconds from his PB.

Ryan is going very well of late and showed another big improvement to slice 49 seconds off. The cold weather was obviously good for running as both Brian (25sec) and Steve (2 sec) also showed improvement on their recent times.

Fastest by almost 2 minutes was Jamie who is piling in the marathon training miles and looks as if he could clock some decent times come the spring. Lee saw that Richard was absent and decided it was safe to run and was second fastest ahead of Keith with Bliss taking fourth.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	N. MARTIN	32.15	9.03	23.12	6
2	R. WAKEFIELD	32.24	9.23	23.01	5
3	B. HAY	32.48	8.46	24.02	8
4	E. TILBURY	32.54	5.53	27.01	10
5	S. McNAIR	33.11	9.56	23.15	7
6	J. JONES	33.12	13.50	19.22	1
7	L. TOLHURST	33.27	12.19	21.08	2
8	B. HAWRYLAK	33.47	8.36	25.11	9
9	K. VALLIS	33.50	12.14	21.36	3
10	M. BLISS	34.58	12.30	22.28	4
11	E. SANDALL BALL	35.45	3.45	32.00	11

The leagues are really hotting up with little between Steve & Brian in the handicap league with Bob safe in at least third place. Despite missing this race Richard is top but Keith is now only a point adrift. Steve took advantage of several no shows to creep into the top three and looks favourite for at least two medals, though what colour they will be is yet to be decided.

Handicap League

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
S. McNAIR	2	2	2	3	5		9
B. HAY	3		1	5	3		12
B. HAWRYLAK	4	9	3	4	8		19
R. CLIFFORD	11	8	6	6			31
K. VALLIS	8	5	11	12	9		33
M. WEST	17	3	8	11			39
E. SANDALL BALL	14	12	12		11		49
E. TILBURY	20	13	13		4		50

Time League

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
R. CLIFFORD	4	3	1	1			9
K. VALLIS	3	2	3	2	3		10
S. McNAIR	8	6	6	4	7		23
B. HAWRYLAK	10	8	8	10	9		35
B. HAY	12		7	9	8		36
E. TILBURY	17	12	11	13	10		46
M. WEST	20	14	12	15			61
E. SANDALL BALL	22	16	13		11		62

Wimborne XC

16th February

from Piers Puntan

Following what felt like month's of badgering various Harriers it was a reasonable men's team and a strong ladies team that headed down to Dorset for the last fixture of the season.



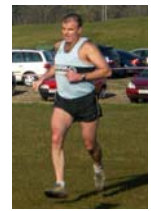
The ladies had their sights on the Veteran crown with Winchester being the main opposition. Cath was as usual the strongest member of the team finishing in an excellent 22:19 supported by Audra in 24:13.



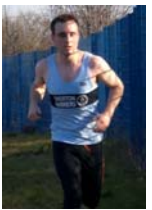
Moira had a great run for third Harrier beating the 30 minute mark very closely followed by Liz 13 seconds later to complete the Harriers team.

Unfortunately Winchester had a three line whip for the Ladies team and so the Harriers were unsuccessful in their quest for winning the Veterans League coming second.

Things were clear cut for the men, beat Bournemouth or we were relegated so it was to our great relief when Lee turned up at Wimborne.



We thus lined up at the start with a bit more optimism with Lee, Keith V., Paul Wheeler, myself and Steve we could possibly beat Bournemouth, this was dashed within 100 yards of the start, Lee taking a tumble, tripped by a Bournemouth Runner!



The Harriers dug in on what is a very dull XC course round and round and round Canford Arena and a few football pitches – tedious. Slowly but surely we consolidated our positions and searched out the yellow and blue of a B'mouth Vest trying to overtake where possible.

There were a few changes to the normal finishing order with Lee's tumble meaning he finished behind Keith and Steve pulled ahead of me for the first time this season.

As our last counter crossed the line Cath and Audra started trying to do the maths; it was going to be close in fact too close to call at this stage, we thought that Bournemouth had just beaten us. I wandered over to their encampment to pass on congratulations, but they weren't sure as if they had only just won then they would be equal on points with us and it would be count back to overall position points and we weren't too sure on what that would mean.

There was hope, but we wouldn't know until all the results were collated and tallied and that wasn't going to happen until Sunday!



Harriers v. Bournemouth!

As you may know on that Saturday night I received a text from Dave Vosser, it just said “Congrats, you’ve stayed up”.

I’d like to thank all who ran for us this season especially as this year **every** runner counted. Will we survive next year in Division One?

Ladies

Name	Time	Position
Cath Wheeler	22:19	9th 3rd Vet
Audra Dennison	24:13	18th 6th Vet
Moira West	29:55	57th 23rd Vet
Liz Sandall-Ball	30:07	60th 25th Vet

71 Finished

Men’s

Name	Time	Position
Keith Vallis	32:53	45th 12th Vet
Lee Tolhurst	33:19	54th
Paul Wheeler	34:29	70th 22nd Vet
Steve McNair	35:46	92nd 35th Vet
Piers Puntan	36:12	96th
Ryan Wakefield	36:45	103rd
David Titcomb	38:36	131st 63rd Vet

176 Finished

Hampshire XC League – Division One – Final Positions

		13/10/07		10/11/07		01/12/07		12/01/08		16/02/08		Aggregate	
1	Aldershot, Farnham & District	43	1	32	1	30	1	53	1	110	3	267	7
2	Team Southampton	115	2	115	2	184	4	90	3	88	2	592	13
3	Basingstoke & Mid Hants	192	6	121	3	95	2	87	4	69	1	564	16
4	Winchester & District	177	3	176	5	221	6	76	2	126	5	776	21
5	City of Portsmouth	178	4	166	4	152	3	280	6	141	6	917	23
6	Reading AC	213	7	221	6	202	5	109	5	116	4	861	27
7	Southampton RC	192	5	289	7	883	10	508	8	177	7	2049	37
8	Overton Harriers	395	9	351	9	435	8	407	7	357	9	1945	42
9	Bournemouth	510	10	308	8	324	7	518	9	338	8	1998	42
10	Poole Runners	271	8	497	10	696	9	0	10	0	10	0	47

Hampshire XC League - Individual Final Positions (*After 5 events*)

Name	Overall Position
Cath Wheeler	4th 2nd Vet
Audra Dennison	14th 6th Vet
Keith Vallis	34th 10th Vet
Greg England	42nd 13th Vet
Richard Clifford	46th
Piers Puntan	57th
Steve McNair	64th 30th Vet

Training Weekend

16-19th February *from Richard Francis*

Once again everyone appears to have enjoyed another fantastic training weekend. The weekend got off to a scorching start with Dave “Master Chef” Bush cooking a rather special culinary delight. Denny then demonstrated a novel way to unload the family mountain bikes without getting out of the car. These two “Bloopers” were hard to beat during the following days and will surely become a part of the club folklore. Good news arrived with Piers with the info that it looked as if the men’s XC team had avoided the dreaded drop at Wimborne, well done to those who carried the team home on the day.

The accommodation was top notch and many thanks go to our hosts Bob & Pauline who made us all feel very welcome. Sadly the same could not be said of one member of staff at the Hoops where we were booked for our meals. Happily, Vinegar T**s did not manage to take off all the shine and the rest of the staff did a great job and though a little cramped the food was of the highest standard.

The running was hard and hilly with a certain flight of steps climbing out of Buck’s Mill causing a shortage of breath for all runners. The long Sunday run was along the Tarka Trail and the long distance boys and Audra made full use of it with runs lasting between 2 and 2 hours 30. The Tuesday relays were well organised and saw some very competitive runs, especially from a certain West Ham fan who responded to yours truly’s wind up to snatch the lap record from Jamie at the death.

This was the funniest training weekend that I can remember with the Quote of the Month compiler suffering from far too many quotes mostly in the pub or on the long XC stroll there and back. Sporting highlight of the week was Paul and Cath’s snooker match which seemed to drag on for hours, and both the pool and Jacuzzi were well frequented with an alleged 12 people in the Jacuzzi at one time. Loads of photos are currently doing the rounds which show that a great time was had by all.

Many thanks to Nicky, Anna and the “Keiths” for a job well done.

“Quote of the month”

A bumper month with the club training weekend supplying so many quotes that I cannot remember a lot of them, early contenders include “I’ll just pop my shoes in for 10 minutes” from Dave Bush. “Denny....don’t drive under any low bridges” from Steve McNair at Wimborne and “bugger, bugger, bugger” from Cath after every shot in her epic snooker battle.

Also from Cath came “my bendy, sticky thing” when talking about her cue and the assorted shouts of “another foul” from those waiting their turn on the Snooker table. Our least favourite member of staff at the Hoops barked “Kill that fire” at the club’s resident troublemaker but the one and only clear winner came from the man himself....Jamie Jones.

Unfortunately due to this newsletter being not being on a par with the Sunday Sport we are unable to actually write the winning quote, suffice to say it followed a comment from Franny about having to get his tackle ready for the following mornings fishing trip and concerned the gentleman who will be the winner of the club’s most gifted athlete at this year’s presentation dinner.

Up and down the Tarka Trail - A Tale of 2 Very Different Runs

from Jamie Jones

I think I may have run thousands of miles over the years but none have been as effortless and as scenic as the Tarka trail from Bideford out past Torrington. Starting off slightly downhill and over the river to Puffing Billy on a cold and frosty morning I was soon alone doing 6 minute miles as the rest of the group decided to chinwag.

There was a brief respite from the cold in the long tunnel after 3 miles and it opened up into gorgeous sunshine through the woods which were periodically broken by river views, beautiful houses and curious sculptures. Sabrina and Martin joined me on their bikes as we caught Audra who is also Marathon training after 45 minutes. The path actually turns from smooth tarmac to rough gravel after about 7 miles and the trail gets progressively steeper although nothing to worry about. A few minor roads get crossed but it also gets quieter and quieter (i.e. no loose dogs!) the further out you get. On the way back the slight downhill and the fact I was chasing Steve No Bellies, Ryan etc... meant I was nearly 4 minutes quicker.

If we go to Bideford again next year I would discourage anyone from running the Barnstaple end of the Tarka trail. On the Wednesday I did a 15 mile run from Bideford with Martin on the bike in towards Barnstaple. This takes you out under the big bridge and onto the estuary, through Instow and out past Fremington. This is without doubt the most boring run I have ever done in my life and that beats running alongside a Portuguese motorway in 1998 where all I could see was dirt.

There is nothing really to see especially if the tide is out and there seemed to be a lot more dog poo to avoid. You run through the middle of a couple of small industrial estates and the most interesting thing is a few converted sheds. Believe me it was that dull! So avoid at all costs!

Training Weekend Relay **19 February** *from Richard Francis*

For those interested, here are the lap splits for the training weekend relay:

K. VALLIS	4.36	M. BLISS	4.41	C.WHEELER	4.47	J.JONES	4.32
S. McNAIR	4.49	M. ALLEN	5.14	L. S-BALL	6.36	J.JONES	4.33
E. TILBURY	5.35	M. WEST	5.56	R.CLIFFORD	4.35	MONIQUE	6.50
P. WHEELER	5.07	K. CLARK	4.52	E.CLARK	5.37	J.JONES	4.35
K. VALLIS	4.43	M. BLISS	4.45	C.WHEELER	4.57	J.JONES	4.34
S. McNAIR	4.54	M. ALLEN	5.07	L. S-BALL	6.53	J.JONES	4.36
E. TILBURY	5.40	M. WEST	6.14	R.CLIFFORD	4.33	MONIQUE	6.27
P. WHEELER	5.07	K. CLARK	5.06	E.CLARK	5.45		
K. VALLIS	4.43	M. BLISS	4.43	C.WHEELER	5.03		
S. McNAIR	5.08	M. ALLEN	5.09	L. S-BALL	6.55		
E. TILBURY	5.44	M. WEST	6.16	R.CLIFFORD	4.27		
P. WHEELER	5.05	K. CLARK	6.00	E.CLARK	5.38		
TOTAL	61.11		64.04		65.43		DNF

The glory went to the veteran men's team but there was amazing consistency from Jamie who looked a little peaky when he finished. After some winding up from me, Richard Clifford pulled out all the stops to take the lap record on his last lap.

Winchester 10k**February 24th***from Richard Francis*

A lower club turnout than usual was achieved for this local race over what is a surprisingly undulating course. Not a lot of information has filtered its way back to me but it appears that Dave is in fine fettle as the spring road season comes to life. Moira ran well to take the V55 prize but said it was hard on the hills, obviously not enough effort on the training weekend climbs then Moira.

Gwyneth was making her second outing in recent weeks and must have been pleased with her performance as she beat over 300 runners home. Hopefully she will maintain the training over the coming months and continue to improve.

Name	Time	Position
D. TITCOMB	42m 46sec	121st
M. WEST	51m 04sec	385 th
G. McLAUGHLIN	56m 23sec	569 th

870 Finished

Outstanding Race Fees*from Mike Scoggins*

It is getting close to this year's AGM and it is time to make my annual plea to those of you with outstanding race entry fees to cough up what you owe the club before the end of the financial year, 31st March. I will endeavour to get up to date bills to everyone I have listed as having unpaid race fees but, as I cannot get to Bridge Street more than a couple of times a month some of you may be missed. Payment of any unpaid race fees within 2 weeks of receiving your bill would be appreciated.

Coombe Gibbet Pre-race Run**Sunday 9th March** *from Keith Vallis*

Last year about half a dozen of us ran this as a long Sunday morning run to check out some of the course. We drove to the start, ran the first half to the A34 and then ran straight back to Overton. Please let me know if you are interested.

Overton United Social Club

This note has been written on behalf of Phil and Anita who run the Social Club.

Many club members enjoy the hospitality provided by the Social Club after training on Thursday evenings and at other times during the year. Social Club memberships are now due for renewal. The subscription for 2008 is £7.

Just to remind everyone that the Social Club is independent of the O.R.C. and that changes in legislation a couple of years ago required that all users must be individual members of the club. New members may use the Social Club on three occasions after which they are expected to take out membership if they wish to continue using the club facilities. The Social Club do have the right to deny persistent non payers use of their facilities, an action which would be extremely embarrassing for the individual, the Social Club management and OHAC Committee if they have to get involved to resolve any dispute between one of our members and the Social Club.

To renew your membership see Phil or Anita in the Social Club Thursdays after training

Consistency League

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	TOTAL
1 Piers Puntan	16	16	36	15	28	19	36	17	16	18	15	17	36	285
2 Richard Clifford	19	20	36	17	32		38	18	18	19	17	18		254
3 Keith Vallis	17	18		18	36	20			19		18	19	38	203
4 Brian Hay		11	32	10	18	17	28	15			13	14	28	186
5 Steve McNair				12	24	18	34		15		14	16	34	167
6 Lee Tolhurst	20	19	40				40	19				20		158
7 Greg England				19	34			20	20	20	19			132
8 Ryan Wakefield		10			22	16	32						32	112
9 Jamie Jones				20	40								40	100
10 Dave Titcomb	14	12		11		13			13	17		15		95
11 Neil Martin				14			30	16					30	90
12 Keith Clark	15	15		13	26				11					80
13 Richard Francis		8	34	7		15		14						78
14 Eric Tilbury	13	9		6			26		12					66
15 Chris Minter					38				NS		20			58
16 Bob Hawrylak		13		8	Bob	14			14					49
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	TOTAL
1 Moira West		17			34		40	19	17	16	19	20	38	220
2 Audra Dennison				19	38			20	19	19			40	155
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

CAKES WANTED PLEASE.

Please could we have cakes etc, for our Coombe Gibbet race

You can give them to me on the Thursday before or on the day.

Thank you, Liz.