

**Overton
Harriers**



**&
Athletic Club**

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

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FIXTURES.

March 4th	CHRISTCHURCH 20mile
11th	FLEET Half marathon
15th	FOXDOWN HANDICAP
25th	EASTLEIGH 10k
April 1st	COOMBE GIBBET 16+ miles
6th	MAIDENHEAD 10mile
7th	NEWPORT to RYDE 7 miles
8th	OAKHAVEN 10k near LYNDHURST
15th	TOTTON 10k
22nd	LONDON Marathon
29th	MARWELL 10k

FRANNY'S BITS.

The good news for the men was that they avoided relegation in the final X Country fixture at Wimbourne. Despite our poorest turnout this winter the team managed to do the job required and sent Stubbington down. Dave can justly feel very proud of the way he has marshalled the squad this season.

Once again club members made the annual pilgrimage to Marhamchurch, the weather may not have been at it's best but it did not detract from another, highly enjoyable, occasion. There were good turnouts for all the runs and the "pleasure" of the cliff top runs made a welcome change from normal training. Many thanks once more to Nicky for organising another great weekend.

The handicap league reached a climax this month with 2 races being held, Congratulations to Madeline who secured the handicap title with one race still to go. Keith is almost certainly assured of Silver with Martin fighting it out with Richard Clifford for third. Richard let the lead in the time league slip away as both Keith and Tim moved past him, Keith ahs a 3-point lead over Tim with Richard 2 points farther back in third.

The Consistency tables are on the Notice board with Nicky continuing to dominate the ladies league with Madeline secure in 2nd place. Audra's return from her lengthy lay off has seen her climb to third with Cath fourth. Dave has opened a lead in the men's table with Keith second and Lee third. Only three races to go and there could still be some changes in the men's league.

End of Club's Financial Year by Mike Scoggins

It does not seem it was a year ago that I made a similar request but I need to get the club's finances ship shape for the 31st March, the end of our financial year. It would be much appreciated, therefore, if any outstanding race entry fees are paid before the 26th March. This will enable me to bank any money received before the end of the month. Also, if there is any outstanding expenditure, supported by appropriate invoices or receipts, please let me know.

Combe Gibbet Race Sunday 1st April from Liz Sandall-Ball

I am looking for donations of cakes etc after the race. You can bring them on Thursday 29th or on the day.

Hampshire XC Championships Addendum.

Apologies to Rohan Maynard for omitting her from the report on the County XV Championships in last month's Newsletter. In a high quality U17 Women's race Rohan finished a very creditable 29th out of 34 completing the 6.1K course in 35:49.

FOXDOWN HANDICAP 1st FEBRUARY from Franny

Following the postponement of the January race due to a fallen tree this month saw two handicap races. Winner of the first race was Martin took the lead quite close to the finish and his 25-second PB was enough to beat a fast finishing Keith Vallis by 4 seconds. Good to see Keith's return to form as he clocked his fastest time since November 2005. Brian took third with another PB (15 sec.) and must have thought victory was in sight until being pulled in on the run in.

Rachel Hessom, who took 11 seconds off her PB, managed to hold off the in form Madeline for fourth place though she in turn must have been pleased with a 9-second improvement on her best. Nicky could only equal her PB in 6th place but was fourth fastest on the night behind the club captain, Keith Vallis and Richard Clifford for whom the rot has set in, as he failed to record a PB for the first time in 6 runs.

Post.	Runner	Fin. Time	H'Cap	Act. Time	Time Post.
1	M.ALLEN	32.37	9.58	22.39	6
2	K.VALLIS	32.41	10.59	21.42	2
3	B.HAY	32.47	6.36	26.11	12
4	R.HESSOM	32.51	5.49	27.02	14
5	M.VOSSER	32.53	7.15	25.38	11
6	N.CLARK	33.02	10.43	22.19	4
7	D.VOSSER	33.16	12.29	20.47	1
8	A.DENNISON	33.17	8.32	24.45	9
9	R.CLIFFORD	33.20	11.15	22.05	3
10	C.WOODS	33.29	5.38	27.51	15
11	K.CLARK	33.36	10.02	23.34	8
12	B.HAWRYLAK	33.40	8.08	25.32	10
13	T.HARRIS	34.12	11.44	22.28	5
14	G.ENGLAND	34.49	11.48	23.01	7
15	H.VOSSER	34.52	8.24	26.28	13
16	E.TILBURY	35.23	7.29	27.54	16
17	M.WOODS	36.47	6.26	30.21	17
18	R.MAYNARD	36.50	GO	36.50	= 19
19	H.COXHEAD	36.50	GO	36.50	= 19
20	G.CLOKE	37.04	5.19	31.45	18

WOKINGHAM Half marathon 11th FEBRUARY from Martin Allen

After nearly two years from competing at this distance, due to everything from chest infections to my infamous broken leg, I was virtually guaranteed a personal best on my latest attempt at a half marathon. Training has been going well, and I felt physically strong, although the injury had knocked my confidence somewhat. After a week of wintry weather it was looking likely to be a cold one although a lucky change to the forecast brought near perfect conditions, with only a breeze to contend with.

The race brought out the fastest field in the 22 year history of the event – with eight finishers under the 70 minute mark, and the winner from Poole Runners finishing in a course record of 64:52. The women's race was run in 77 minutes with Winchester's Karen Hazlitt a couple of minutes behind in second position. My attempt was a little more modest. After a slow first mile, due to a narrow starting straight that made the Lynch look like the M25, I soon got into my target pace of around 6:30 minutes per mile which I managed to keep up throughout.

Whoever tells you that this race is flat, don't be fooled. There are a few ups and downs, although not as challenging as Ryde had been a couple of weeks earlier, which enabled me to go through 10 miles in the same time and still feeling strong enough to continue the pace. Turning the corner into the long finishing straight at 13 miles a sprint finish enabled me to scrape under the 86 minute mark, taking over eight minutes from my previous PB. I'm now looking forward to my next half marathon in March, continuing my condensed winter season on my new leg. From looking at the results I noticed that I was not the only Harrier taken part!

131st	M.ALLEN	1hr 25min 59sec
471st	A.PAUL	1hr 37min 59sec

1679 Finished.

A quick word with Alistair on the following Thursday night revealed that he had a superb run and sliced over 3 minutes from his best time. His training is obviously going very well.

XC League at WIMBOURNE. 12th FEBRUARY from Franny

A small turnout for the final league fixture over what is thought of as a rather uninspiring course. Dave mustered enough men to avoid relegation as we easily beat Stubbington on the day to condemn them to division 2. Chris played a big part by leading home the team with Bliss showing signs of a return to his best only 20 seconds behind. Dave was a further 12 seconds back and gave everything before running back down the course to shout in the rest of the team. Maz put in an improved run and with four inside the first 50 things were looking good. It was left to Piers to run "the glory leg" as he completed the team which finished 7th on the day. Keith Clark was less than a minute behind and has, I think, been an ever present this season. He completed the squad with another good run.

36 th	C.MINTER	33m 05 sec
42 nd	M.BLISS	33m 25 sec
44 th	D.VOSSER	33m 37 sec
48 th	M.FIROUZI	33m 51 sec
104 th	P.PUNTAN	37m 24 sec
114 th	K.CLARK	38m 17 sec

182 Finished.

The team finished 8th in the final table 2 points clear of Stubbington, the Vets team ended up 6th with Dave taking a worthy 4th Vets. spot.

The ladies team finished second on the day and were once more led home by Nicky, great support came from Cath in 5th spot (2nd vet) and Audra in 15th as they recorded their best position of the season to finish 4th team overall. Madeline rounded off an impressive season in 43rd place overall to anchor the Vets team which finished 3rd on the day.

3rd	N.CLARK	22m 45 sec
5th	C.WHEELER	23m 25 sec
15th	A.DENNISON	25m 15 sec
43rd	M.VOSSER	27m 30 sec

80 Finished.

FOXDOWN HANDICAP 15th FEBRUARY from Franny

The second handicap of the month saw a slightly smaller field as others stayed home packing their bags for the following days travels. Alistair was roped in by the club captain to supposedly be a pacemaker for Mrs club captain. He made such a good job of it, running his fastest time for 12 years, that he secured a 6 second victory over Bliss with Madeline improving her PB by 19 seconds in third. Eric showed signs of a return to fitness running over 2 minutes faster than 2 weeks before. Fastest was Mike with Voss 20 seconds behind, Keith took third ahead of Tim who once more turned up late and had a very lonely run at the back.

Four juniors ran one lap of the course:

J.WHITE	15.54
H.PARKER	16.29
H.COXHEAD	17.12
B.O'BRIEN	17.23

Post.	Runner	Fin. Time	H'Cap	Act. Time	Time Post.
1	A.PAUL	32.34	7.07	25.27	9
2	M.BLISS	32.40	11.28	21.12	2
3	M.VOSSER	32.43	7.24	25.19	8
4	E.TILBURY	32.59	7.29	25.30	10
5	M.ALLEN	33.04	10.23	22.41	5
6	K.VALLIS	33.06	10.20	21.46	3
7	D.VOSSER	33.20	12.29	20.51	1
8	C.WHEELER	33.28	10.36	22.52	6
9	R.HESSOM	33.29	6.00	27.29	14
10	R.WAKEFIELD	33.55	7.29	26.26	13
11	B.HAWRYLAK	34.04	8.08	25.56	11
12	R.FRANCIS	34.54	8.46	26.08	12
13	M.WOODS	35.02	6.26	28.36	15
14	R.CLIFFORD	35.51	11.22	24.29	7

15	E.SANDALL BALL	35.59	5.10	30.49	16
16	T.HARRIS	38.58	16.45	22.13	4

Handicap Table:

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
M.VOSSER	6	2	4	5			11
K.VALLIS	3	10	15	2			15
C.WOODS		5	1	10			16
N.CLARK	8		2	6			16
R.CLIFFORD	2		6	9			17
M.ALLEN		14	8	1			23
B.HAWRYLAK	9	6	10	12			25
C.WHEELER	10	8	13				31
R.FRANCIS	13	12	9				34
M.WOODS		3	16	17			36
T.HARRIS	5	18		13			36
G.CLOKE	1	16		20			37
E.TILBURY	7	19		16			42
H.VOSSER	11		17	15			43

Time League:

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
K.VALLIS	3	1	5	2			6
R.CLIFFORD	2		2	3			7
T.HARRIS	1	2		5			8
N.CLARK	6		3	4			13
C.WHEELER	4	4	5				13
M.ALLEN		7	4	6			17
R.FRANCIS	7	8	8				23
B.HAWRYLAK	10	9	11	10			30
M.VOSSER	14	12	12	11			35
H.VOSSER	9		14	13			36
E.TILBURY	8	13		16			37
C.WOODS		18	15	15			48
M.WOODS		14	17	17			48
G.CLOKE	13	20		18			51

Winchester 10km Road Race – 25 February 2007 – Martin Allen

Concept Sport once again managed to attract a large number of participants for this race, mostly unaffiliated runners. Although there were a lot of club runners also running, they were outnumbered in a field nearing 1000. Due to problems at last years start, the course was amended, to start and finish at the football ground, although this brought new issues. To make up the distance, a number of laps of the track around the football pitch were added – including 1 ¼ laps at the start. Due to the number of participants and lack of preparation, a lot of the field had not passed the start line before they were lapped and caused us to have to run around them, along a muddy verge, out of the ground. Cath and I ran together for much of the race, where the poor marshalling showed in the fact that runners were not sure which side of the road to run on, cut corners and were harassed by other road users on the undulating course. My tired legs, from heavy training in Bude, found me out, and my attempt at a PB were soon halted as my pace slowed. Although Cath was also running on tired legs, her racing experience helped her keep some pace and she managed to finish as 3rd overall lady and 1st vet. Steve was next across the line, pleased with his run, which comes in the middle of some heavy mileage as he prepares for his forthcoming race abroad. Dave Titcomb, Brian and Bob finished closely together, to complete the Harriers contingent. More confusion at the prize giving meant that Cath was disadvantaged by being awarded a prize based on her age category placing, rather than the overall placing that she had achieved. All in all – a challenging course but poorly organised!

Cath Wheeler	39:22	44 th overall	3 rd woman	1 st V45
Martin Allen	40:25	60 th		
Steve McNair	42:46	106 th		8 th V45
Dave Titcomb	43:59	137 th		14 th V45
Brian Hay	44:07	142 nd		
Bob Hawrylak	44:30	157 th		

Intensive Quality Sessions during the Training Weekend???



Cath Wheeler at the Hampshire XC League at Wimbourne

