

**Overton
Harriers**



**&
Athletic Club**

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January 2007 Issue 354

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:

February 1st	FOXDOWN HANDICAP
4th	CHICHESTER PRIORY 10km
10th	FINAL X COUNTRY LEAGUE at WIMBOURNE
11th	MEON VALLEY PLOD (19.5 mile MT) WOKINGHAM half
15th	FOXDOWN HANDICAP
16 th – 20th	BIG BOOZE UP & A FEW JOGS in "SUNNY BUDE"
18th	SALISBURY 10km
25th	WINCHESTER 10km BRAMLEY 10 & 20 miles

FRANNY'S BITS.

The priority for the men's squad this month is to avoid relegation from the top division in the cross country league. Injuries and other commitments have meant that we have not been able to field our strongest squad this season but we still have a very good chance of avoiding the drop if everyone makes an effort and turns out at the final fixture at Wimbourne. Dave will doubtless be contacting everyone personally before the event and hopefully everyone will give him their full support.

A fallen tree led to the cancellation of the January handicap which was re-scheduled to February 1st. League tables are in this edition but a more up to date version is on the notice boards as are the up dated Consistency leagues.

If you have any articles for the newsletter can you please E Mail them to me, preferably as a Word Document. Also, I think most of you now have my new phone number, for those who haven't and wish to phone results through to me it is 07908641898.

Combe Gibbet Race Entry Forms

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 Keith Vallis on (01256) 773255 to arrange collection. Thanks.

COMBE GIBBET TO OVERTON RACE SUNDAY 1ST APRIL 2007

If you are not competing in this race please would you consider helping out with either marshalling, refreshments, car parking etc. If so, add your name and a contact number to the list on the club noticeboard. Any questions, see Keith Vallis or speak to him on (01256)773255. Thank you.

Welcome to New Members

The club welcomes the following new members who have joined in the past 3 months and wishes them every success.

Juniors: Tim Hills, Rohan Maynard, Kieran Maynard, Charlotte Coxhead, Helen Coxhead

Seniors: Bob Hawrylak, Drew Robinson, Brian Hay.

COUNTY XC CHAMPS. at BASINGSTOKE. 6th JANUARY, by Franny

Heavy rain fell and strong winds blew throughout the day leaving the course (and car parking area) resembling a mud bath following these races. Because the confines of the venue and the increased distances of the races meaning more laps to be run, the course soon resembled a mud bath with little or no firm ground to be found anywhere. Two juniors turned out for the club, Gavin put in a super effort in a very competitive Under 13's race whilst Keiran Maynard did likewise in the Under 15's.

Under 13	32nd	G.ALEXANDER	15m 43 sec	36 Ran
Under 15	42nd	K.MAYNARD	20m 34 sec	49 Ran

Only 2 ladies turned out on a miserable afternoon but both made light of the conditions and maintained the good form that both have been showing recently. Nicky seemed, for once, to be showing fewer nerves than normal and ran an aggressive race, starting fast and continually picking off those ahead she eventually crossed the line in 5th place overall and 3rd senior lady. This was rewarded with an availability letter and the very well deserved prospect of a County vest.

Madeline form this winter is another success story, starting the XC season with a 95th spot at Farley Mount she has constantly improved, race by race, and recorded an amazing 30th place to take 4th place in her age group.

5th	N.CLARK	31m 40sec	3 rd Senior
30th	M.VOSSER	38m 03sec	4 th W45

65 Finished.

There was an excellent turnout of 13 Harriers in the men's' race. By the time the race started the rain was falling steadily but as the race progressed it got heavier as the wind picked up. The course was now in an atrocious condition and although there was no deep mud it was very slippery all the way round. Mike showed continued improvement as his fitness levels return to claim his old position as club first counter and win his age-group by a narrow margin. Dave had not been in the best of health over the holiday period which unsurprisingly resulted in a below par run. Keith had a useful run to get the better of Maz who arrived shortly before the off to put in a rare appearance. Lee was a little further back while Martin closed the A team which finished 10th on the day which, if you remove Southampton's B team and Jersey, was possibly our best team performance of the winter.

Martin continued his comeback to full fitness with a good run but Richard Clifford had an off day and was chased all the way by Piers who found the mud to his liking. Best male run of the day came from Dave Titcomb who made his usual good start but this time maintained it all the way to the finish, unfortunately screwing up his handicap chances for the following week at Reading. Once again I never really got going, the distance is no problem but any speed seems to have deserted me. Tim however missed the start (rumour has it that Maz gave him a new watch for Christmas) and despite all his speed he narrowly failed to catch me.

If anyone deserves praise for dogged determination then it's Bob Hawrylak who ran the race in flats. When others of us (wearing spikes / studs) were having thoughts of dropping out he kept going to complete the club interest. It was nice to see us finishing a B team which after correcting the official results they finished 19th. The Vets team had their best result of the season finishing 4th.

42nd	M.BLISS	50m 57 sec	123rd	R.CLIFFORD	57m 48 sec
60th	D.VOSSER	52m 02 sec	124th	P.PUNTAN	57m 53 sec
78th	K.VALLIS	53m 51 sec	135th	D.TITCOMB	59m 34 sec
80th	M.FIROUZI	54m 11 sec	151st	R.FRANCIS	61m 53 sec
86th	L.TOLHURST	54m 41 sec	152nd	T.HARRIS	62m 10 sec
101st	M.CRAWSHAW	55m.40 sec	171st	B.HAWRYLAK	65m 23 sec
115th	M.ALLEN	57m 00 sec			

197 Finished.

X COUNTRY LEAGUE at READING, 13th JANUARY, by Franny

For the second week running the course was very wet underfoot with the notorious descent of the bank claiming several fallers. Nicky put in another great effort to take 6th spot in a very competitive field and was ably supported by Audra who ran an extremely well paced race to lead home the in form Madeline who anchored the senior team home to 6th place on the day. Moira made a welcome outing and steamed through the slurry to ensure that we finished a Vets team that finished 5th.

6th	N.CLARK	22 m 54sec	
37th	A.DENNISON	26m 25sec	13 th Vet.
40th	M.VOSSER	27m 01sec	14 th Vet.
69th	M.WEST	31m 47sec	30 th Vet

78 Finished.

Another good turnout by the men gave the team 6th place on the day and now gives them a fair chance of avoiding the drop into division 2. Bliss led us home and had a tough battle with Chris Minter with only 2 seconds between them at the end. Maz turned up over an hour before the start and scored valuable points with the club captain chasing him over the line only 10seconds back. Keith Vallis had possibly his best race of the season to anchor the A team home and also closed the Vets team who had their best result of the year in third.

Lee was home next ahead of Martin who has given the squad great support this winter. Richard just missed out on a top 100 placing with Keith Clark continuing his improved form this season. Dave Titcomb had to drop out with an Achilles injury while I went from bad last week to awful. Brian put in another welcome performance and had me nervously glancing over my shoulder throughout the second lap to complete the club interest. He will be taking some scalps soon.

32nd	M.BLISS	33m 05sec	89th	M.CRAWSHAW	36m 23sec
33rd	C.MINTER	33m 07sec	108th	R.CLIFFORD	37m 17sec
47th	M.FIROUZI	34m 04sec	115th	K.CLARK	38m 08sec
50th	D.VOSSER	34m 14sec	152nd	R.FRANCIS	41m 23sec
61st	K.VALLIS	34m 53sec	165th	B.HAY	42m 48sec
71st	L.TOLHURST	35m 33sec			

191 Finished.

Stubbington 10k 14th January, by Piers Puntan

A select band of hardy runners left the frosty north, of Hampshire, to the sunny geriatric shores of the Solent that is Stubbington. Due to the unusual dual starts to reduce congestion there was a line of Harriers at the front of the white, > 40 min, start line. It was pretty cramped on the start line and it was decided that the Harriers would try and get a quick getaway, such a quick one if fact that Piers was 250m down the course leading until the “elite” from the red start caught up. The rest think this was an excuse and that he just wanted his picture in the papers.

Nicky, who had a good run at Reading the day before, decided to put in an extra warm up to ensure that her hamstring was up to the task. Sure enough she passed her fitness test and set a quick pace, her 5k split predicting a sub 37' 30" time. A negative split allowed her to smash her PB by 2' 33" with a final time of 37' 19". All concerned were mightily impressed.

Supporting Nicky was Becki Hine, a one time work colleague of Captain Voss at the AA. Becki was pleased with her time of 52' 26" in 131st place. She was rumoured to be still a little hung over after her work leaving party from Friday having, unlike Voss, chosen to leave the AA voluntarily.

Despite a dodgy groin Lee made his customary fast start, though by 4k yesterday's XC finally bit and Lee was caught by the ever improving Richard (London Marathon is now definitely behind him). Richard and Lee matched each other for pace though they were both caught by Nicky at about 5½ k. Lee was unable to respond; obviously this was down to his marathon earlier in the season, though he did manage 38' 04" a result he is happy with.

Richard held on to Nicky until the tiredness caused by the previous day's Reading mud fest took its toll and he struggled in the later stages. A final kick in the last km gave him a respectable 37' 53. Martin had in his own words a “carp run” despite being the only Harrier with fresh legs and over his injury problem. However, he still managed to break 40 mins, though he lost the race of secretary's with his opposite number from Stubbington just shading him.

Piers kept up his fast pace off the line and was on for a sub 40 min time until the 5k water station, where breakfast made an unwelcome re-appearance. He struggled on to about 6½k and was going to pull out however Madeline's encouragement made him decide to get back on track and a series of 4 min km's from that point meant that the run wasn't as much a disaster as it could have been recording 41' 22".

The Voss was in full Captain's role and showed the youngster's how to do it and brought the team home in 35' 31" with no fuss. The event was the Hampshire Championship and so “bling” was up for grabs. Dave & Nicky took bronze in their class. Unfortunately the day ended in tragedy when Nicky broke her nail whilst driving the Harriers back to Overton. Sheer Nail Bar

in Basingstoke have been contacted and will be undertaking emergency repairs before Ryde. *Ed Note - Do we get club discount?*

Thanks go to Nicky for driving the unruly gang to, and back from, Stubbington and to all the marshals and police for organising an excellent event.

David Vosser	35' 41"	V45 4 th
Nicky Clark	37' 19"	SL 4 th
Richard Clifford	37' 53"	SM 35 th
Lee Tolhurst	38' 04"	SM 36 th
Martin Allen	39' 40"	SM 51 st
Piers Puntan	41' 22"	SM 67 th
Beki Hine	52' 26"	SL 131 st

Photos at: <http://imagetogo.net/go/?13375>

Ryde 10 miles, 28th January, by Piers Puntan

After various pick-ups all over Hampshire the Harriers all managed to catch the catamaran to Ryde at the bargain price of £6.50 a head and free car parking.

At Ryde the walk down the pier and along the front was bracing with talk of wearing T shirts and more substantial wear than usual, though once we got to race HQ the breeze had dropped and it was turning into a pleasant morning.

The race was typical for the IOW, hilly, which made Overton runners feel at home though we were warned that the hills at mile 1, 5 and 8 were tough. Making her 10 mile debut was Hannah, resplendent in pink and getting lots of cheers on route, who enjoyed her run and whilst she was surprised how hard the course she achieved a time of 80' 25" a performance she was well happy with.

Just in front of Hannah was Madeline making a return to the distance after a gap of 9 years; apparently that was when she was at school, and not surprisingly a PB of 75' 07" was achieved. Piers was determined to make up for the disappointment of Stubbington and was motivated by his ability to make places both up and down the hills. His usual sprint finish saw a new PB time of 68' 26".

Martin wouldn't reveal much to the reporter at the finish but did let slip that he had a "confident race" and knocked 20" off his previous best recording 65' 10". Keith's first 3 miles were on track but the previous race form at Basingstoke couldn't be matched and niggles took the edge off what was a workmanlike 63' 56" performance.

Where do we start with Nicky, fast start put her into the lead by the 1 mile marker though she was eventually closed down by Karen Rushton at the 5 mile mark. Nicky responded and eked out a slender margin to win the ladies race in 62' 28", a massive PB and a new course record.

Considering Lee has been pounding out the mileage like Franny on steroids and has just started a new job, he was pleasantly pleased with his run of 61' 28" which is only a few seconds off his PB. Mike has yet to get his form back at this distance though a performance of 60' 37" can hardly be described as lethargic. Dave was as strong as ever but he couldn't match the PB's put in by the other younger Harriers; although he did lead the Men's team up for the 3rd Team prize.

The Ladies matched this performance taking 3rd Team prize and of course Nicky got to take away a very nice cup.

The Harriers laden with silver found a suitable hostelry to take on some post race replenishment prior to returning to Portsmouth and all points north. All in all, an excellent Harriers outing with success on the road and an enjoyable social in the pub, hopefully we can get more out next year.

David Vosser	59' 21"	13 th V40 6 th
Mike Bliss	60' 37"	19 th V40 7 th
Lee Tolhurst	61' 28"	25 th SM 14 th
Nicky Clark	62' 28"	29 th SL 1 st
Keith Vallis	63' 56"	40 th V40 13 th
Martin Allen	65' 10"	51 st SM 23 rd
Piers Puntan	68' 26"	68 th SM 26 th
Madeline Vosser	75' 07"	121 st V45 4 th
Hannah Oliver	80' 25"	164 th SL 9 th

CURRENT HANDICAP TABLES.**Handicap league**

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
M.VOSSER	6	2	4				6
C.WOODS		5	1				6
R.CLIFFORD	2		6				8
N.CLARK	8		2				10
K.VALLIS	3	10	15				13
B.HAWRYLAK	9	6	10				15
G.CLOKE	1	16					17
C.WHEELER	10	8	13				18
M.WOODS		3	16				19
D.WICKE	4	17					21
R.FRANCIS	13	12	9				21
M.ALLEN		14	8				22
T.HARRIS	5	18					23
E.TILBURY	7	19					26
H.VOSSER	11		17				28
D.TITCOMB		20	11				31
M.BLISS		21	12				33
E.SANDALL BALL		22	14				36

Time league

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
T.HARRIS	1	2					3
K.VALLIS	3	1	5				4
R.CLIFFORD	2		2				4
M.BLISS		3	1				4
C.WHEELER	4	4	5				8
N.CLARK	6		3				9
M.ALLEN		7	4				11
R.FRANCIS	7	8	8				15
B.HAWRYLAK	10	9	11				19
D.TITCOMB		10	10				20
E.TILBURY	8	13					21
H.VOSSER	9		14				23
M.VOSSER	14	12	12				24
D.WICKE	11	16					27
M.WOODS		14	17				31
G.CLOKE	13	20					33
C.WOODS		18	15				33
E.SANDALL BALL		22	16				38