

**Overton
Harriers**



**&
Athletic Club**

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January 2008 Issue 366

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

Email your reports to me at PiersPuntan@overtonharriers.org.uk
or Franny at richard.francis@uk.delarue.com

You can view or print this and previous editions from our website

FIXTURES:

February 3rd	RYDE 10 mile (HRRL)
10th	WOKINGHAM Half Mar.
14th	FOXDOWN HANDICAP Race 5
16th	TRAINING WEEKEND XC League at WIMBOURNE
17th	MEON VALLEY PLOD 19.5miles Multi Terrain SALISBURY 10km
24th	WINCHESTER 10km TERMINATOR 10 Multi Terrain

FRANNY'S BITS

A bumper edition this month, due to the early one last month, and all the races around this time of year and many thanks to all those who have contributed reports. We have an abundant entry in this years London Marathon including Neil and Hannah who got the club entries, and Ryan, Jamie, Audra and Jill. Sadly I have been forced out by injury but best wishes to those who should now be piling in the miles.

The men have a fight on to retain their positions in both the HRRL and XC league with both teams laying one place above the drop zone. The ladies currently are bottom in the Road league but are well placed in the XC one with the Vets team in second overall.

As I write this it is less than 3 weeks to the training weekend, several new faces will be attending for the first time and as well as the tradition of "Bellying up to the bar" I am hoping that one of them will do a report on the weekend for the newsletter.

FOXDOWN HANDICAP 20th December

A very cold night for the third race of the series saw, possibly, the smallest field ever with only race winner Brian recording a PB. He sliced 48 seconds from his time and will be well chuffed with his reward of starting the next race much further down the field. Steve finished second and continued his remarkable improvement by clocking his fastest time since November 2000; Bob took an impressive third spot ahead of Hannah who will also feel the sharpness of the handicappers axe. Piers was another to catch the eye as he missed his PB by only 5 seconds while Richard and Cath had a real battle with very little in it at the line.

Fastest for the first time ever was Richard who would have certainly beaten Lee had he turned up, but that was always unlikely as it was not a club championship. Dave Voss was second fastest ahead of Keith, who was slower than normal due to missing several weeks training. Fastest over the last 50 meters was fourth place Cath as she almost succeeded in re-passing Richard.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	B. HAY	28.40	4.11	24.29	7
2	S. McNAIR	29.11	5.18	23.53	6
3	B. HAWRYLAK	29.18	4.09	25.09	8
4	H. VOSSER	29.27	3.34	25.53	10
5	P. PUNTAN	29.33	6.19	23.14	5
6	R. CLIFFORD	29.45	8.15	21.30	1
7	C. WHEELER	29.48	6.56	22.52	4
8	M. WEST	30.19	1.08	29.11	12
9	M. VOSSER	30.24	4.34	25.50	9
10	D. VOSSER	30.33	8.37	21.56	2
11	K. VALLIS	30.36	8.29	22.07	3
12	E. SANDALL BALL	31.56	GO	31.56	13
13	E. TILBURY	32.31	4.39	27.52	11
14	K. BURTON	34.07	54 sec	33.13	14

The league tables are now taking shape with Steve and Brian equal on 4 points with Steve having the edge by having a better third race position. Young Gavin and Bob are close behind but with handicaps being cut the league is wide open. The time league is led by Jamie, who has missed one race, on 2 points with Richard 2 points back. Keith Vallis is third on 5 points and provided they complete enough races the title should be between these three.

“Quote of the month”

Several contenders over the past few weeks including the police man in a passing car who accosted Madeline while she was running the December handicap wearing a white, long sleeved top and told her that she was not “**Visible enough**”.

What on earth would he have said to Cath if he had seen her displaying her red light on Foxdown Hill?

But the winner, nominated by Lee Tolhurst, is Richard Clifford who displayed his local knowledge during a Sunday morning run around Hannington. Running past a 484 foot high tower, covered in lights and satellite dishes on the edge of the downland ridge he asked “**Is that Hannington mast. ?**”doh !!!!”

CYCLISTS' RACE 23rd December

A very good turnout of 19 Harriers competed in the annual thrash around the 3.5 mile Harrow Way course against the local cycle clubs. The Santa squad turned out in force this year and provided the individual winner D. Meacock who had a handy 7 second margin over Greg, Chris Minter took third but was running for the opposition ahead of Keith Vallis & Richard. Paul Wheeler took family glory as he made a very, very rare outing and beat Cath by 10 seconds.



Other good runs came from Piers in 11th place, Steve and Audra who were only separated by 6 seconds and Bob Hawrylak who beat Dave Titcomb for the first time. ET was well clear of young Emily, who kindly paced her dad round....well it was Christmas and Moira had a good margin over Liz while Dorothy ran her first race for some time. Karen and Belinda put their recent training to good use and both must be pleased with their times while sandwiched between these two was Gwyneth who made a very welcome return following her accident and long lay off.

The end result was that the Cyclists took a very well deserved victory in the team event by a 15 point margin before everyone trooped off for their respective Christmas dinners.

Pos.	Harrier	Time	Pos.	Harrier	Time
2nd	G. ENGLAND	20:29	22nd	E. TILBURY	25:45
4th	K. VALLIS	21:03	26th	E. CLARK	27:56
5th	R. CLIFFORD	21:17	27th	K. CLARK	27:56
7th	P. WHEELER	22:08	28th	M. WEST	28:26
9th	C. WHEELER	22:18	30th	E. SANDALL BALL	29:16
11th	P. PUNTAN	22:40	31st	D. WICKE	29:56
13th	S. McNAIR	23:29	34th	K. BURTON	31:11
16th	A. DENNISON	23:35	35th	G. McLAUGHLIN	31:45
19th	B. HAWRYLAK	24:10	36th	B. LADE	32:27
21 st	D. TITCOMB	24:35			

36 Finished

Adjutant Generals Corps Worthy Down Half Marathon 4th November *from Keith Vallis*



Having run the Salisbury Half Marathon the week before, I was not desperate to do this race. It was, however, a bit of a trip down memory lane for me as during my army cadet days we had used the assault course and rifle range at the camp on several occasions. Also, being only a steady 20 minute drive away I can't think of a closer half marathon to Overton. The race was well organised (as you would expect from the Army) and even included chip timing. Entry on the day was a no-no as they have to send you a pass plus you need to take I.D.

The course was tough but very scenic running out the back of the camp and passing through the villages of Stoke Charity and Wonston on minor roads plus about 2.5 miles of firm bridleways and tracks. On a crisp, sunny autumn morning it made for a good race and certainly one that I'd look out for next year. Team Entry? P.S. Not easy to find the official results but I ran 1 hour 24 minutes and was in the top 10.

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.

New Year's Day *from Jamie Jones*

Greg 'Grumpy Old Man' England kindly extended his renowned generosity to club members to do a run from his house in Hurstbourne Tarrant on New Year's Day. This was probably because he was too intoxicated to drive anywhere (there were a dozen half empty wine bottles on the kitchen side when we turned up!) The weather was grey and miserable as Greg, Richard Clifford (out on a day pass), Martin (on Greg's bike) and I set off up the valley towards the Test Way.

Martin soon got into difficulty once we turned up onto some very muddy tracks and after 20 minutes we had to stop and wait for him as he negotiated the ruts. Greg periodically told us the views were fantastic but the low cloud cover meant we couldn't really see anything at all and the mud meant we had to keep an eye on our feet. Richard was constantly complaining about the pace (thank God Lee was drunk somewhere near Wantage and couldn't make it) and a long drag that appeared to be 2 miles straight up.

We passed through some very lovely scenery and some rambling old farms and cottages with footpaths begging to be explored at every turn. A quick pit stop by me after 50 mins gave the others a chance to get ahead as I think we approached Linkenholt, passing through a hidden valley which seemed far removed from civilisation. (I could be wrong. We could have been anywhere for all I know). Greg then decided to take us on an 'extra' loop up the side of one of the steepest hills I have ever been up. Quads were screaming at the top. There was no way we could expect a cyclist (even one as unfit as Martin) to get up this so arranged to meet him in the next village about 1.5 miles away. When we got there he wasn't there. We ran down the road to see if we could see him but after 5 mins we decided to carry on thinking he had missed the meeting place and ended back in Hurstbourne.

After about another 45 minutes of negotiating mud, hills, mud, motor bikers and more mud we arrived tired but still full of running at Greg's house to find Martin wasn't there. We phoned him to find he had

suffered a puncture not more than a minute after we had left him. Despite some vigorous pumping (!) he was unable to re-inflate the tyre and had to push the bike to the meeting point only to find we had bugged off and left him. Greg kindly went back and rescued him...or was it just to make sure he got his bike back? Anyway, overall a fabulous route somewhere around the Linkenholt, Vernham Dean area which in the Summer I would imagine to be a spectacularly scenic run. Just don't go with any cyclists.

Combe 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.

FOXDOWN HANDICAP 17th January

The marathon training is certainly paying off for Hannah as she sliced over 90 seconds off her PB to record a resounding victory. Ryan also reaped the marathon benefits with a 43 second improvement to take the runner's up spot ahead of Steve whose purple patch continued with his fastest time since March 1998. Bob also beat his PB on his last day as a 39 year old, welcome to the Old Gits Club Bob. Clearly fastest on the night was Richard with Keith taking second just over a minute behind and Cath running well for third.

In the handicap league Steve holds top spot on six points; an interesting battle is forming just behind him as only two points separate Brian & Bob. There is also a close fight in the Time league with only two points between Richard and Keith with Steve looking favourite for third spot.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	H. OLIVER	31:41	4:22	27:19	12
2	R. WAKEFIELD	32:30	8:40	23:50	6
3	S. McNAIR	32:37	9:20	23:17	4
4	B. HAWRYLAK	32:48	8:11	24:37	10
5	B. HAY	33:11	8:44	24:27	9
6	R. CLIFFORD	33:21	11:50	21:31	1
7	C. WHEELER	33:25	10:41	22:44	3
8	N. MARTIN	33:31	9:21	24:10	7
9	E. TILBURY	33:41	6:20	27:21	13
10	G. ALEXANDER	33:44	5:58	27:46	14
	P. PUNTAN	33:45	10:04	23:41	5
11	M. WEST	33:57	4:53	29:04	15
12	K. VALLIS	34:47	12:14	22:33	2
13	M. VOSSER	35:00	8:19	26:41	11
14	D. VOSSER	36:42	12:18	24:24	8

HANTS XC CHAMPS at DIBDEN INCLOSURE

5th January from Dave Titcomb

A very wet and windy afternoon met the small group of harriers as we arrived at Dibden. Luckily the rain abated for some of the women's race and all of the men's and didn't start again until I was safely ensconced in my car eating a burger!

The course was a small lap and two larger laps for the ladies and for the men we had the obligatory extra lap making it an 11,700m race in all. It was soft and wet most of the way round, but there were some good stretches of mud where you could lose your balance or your shoe, or both. It was an undulating course with a particularly unpleasant gravel hill half way round that had everyone breathing hard.

The ladies race started first and Cath had a storming run coming in as 1st W45 followed seven places later by Audra who came in as 2nd W40. Liz and Moira had very decent runs coming in 2nd and 3rd W55 respectively.



The team came in 10th overall but 2nd Veteran Women – a great performance!

Pos.	Harrier	Time	Category
13th	Cath Wheeler	31:40	1 st W45
20th	Audra Dennison	33:15	2 nd W40
39th	Liz Sandall-Ball	40:35	2 nd W55
65th	Moira West	41:54	3 rd W55

80 Finished

Team: 10th Overall (2nd Veteran Woman)



It was a reduced men's team that attended the Championship this year though there was a reasonable standard set. In the men's race both Greg and Richard got off to a swift start whilst I stormed past Piers who was still tying his laces). Greg was first Harrier back in closely followed by Richard, Piers was pleased to get under the 50 minute mark and I knocked over 3 minutes off my previous time here.

Unfortunately we didn't have enough runners to finish a team – a shame as this is a very scenic (as well as tough) course – hopefully more will compete next year.

Pos.	Harrier	Time	Category
58th	Greg England	44:06	9 th M40
72nd	Richard Clifford	45:34	53 rd SM
102nd	Piers Puntan	49:29	66 th SM
125th	Dave Titcomb	52:39	14 th M45

164 Finished

HANTS XC LEAGUE at READING **12th January**

With the men's team fighting a relegation battle a low turnout meant that things did not look too promising but, wonder of wonders, cracking runs from all our guys combining with below par turn outs from our relegation rivals resulted in our best team finish of the season. 7th team on the day meant that we leapfrogged Bournemouth and climbed into 8th spot overall. With only the Wimborne race to come, and despite the clash with the training weekend, a reasonable turn out could see the club holding its place in the top division.



Chris led home the club charge with Greg and Keith following only a few seconds behind, this solid packing meant that Steve & Brian could have closed the team and no places would have been dropped. As it was, Richard ran well and had over a minute in hand over Paul who was running his first XC league race since the dark ages though apparently never again was heard repeatedly in the Wheeler's house that night. Captain Piers was next home ahead of Steve who continues to impress. Brian has rapidly grown in experience and completed a great day for the gents.

Pos.	Harrier	Time
66th	Chris Minter	33:42
72nd	Greg England	33:53
75th	Keith Vallis	34:00
90th	Richard Clifford	34:55
104th	Paul Wheeler	35:58
123rd	Piers Puntan	37:34
136th	Steve McNair	38:22
145th	Brian Hay	39:09

199 Finished



Cath led home the ladies team with a fine 10th place and also was 3rd Vet across the line, with several runners unavailable she was ably supported by Moira who is looking good for this years Consistency trophy.

Karen was called into the team at late notice and put in a brave effort in conditions she may not have run in for some time. Her participation meant that we finished a team in 7th place which leaves them 5th in the table. Also, according to the results, she anchored the Vets team into third on the day.

This puts the Vets team into second in the overall table only one point behind Winchester. Considering the limited numbers running it shows what running talent the Harriers have

Pos.	Harrier	Time
10th	Cath Wheeler	22:42
58th	Moira West	30:50
65th	Karen Burton	35:14

65 Finished

STUBBINGTON 10km

12th January

from Piers Puntan

Following the exertions of the previous day it was with trepidation that I set off for Overton at some god forsaken time on Sunday morning where I picked up Cath and Audra and we set off for the South Coast.



It was a blustery wind that greeted us as we walked to the leisure centre to meet the rest of the Harriers though the sun was out and the rain had stopped so it wasn't too bad conditions. We changed our mind about this as soon as the 1km marker was passed, the course then loses its shelter and we were running into a strong headwind which was very tough especially for those who had had their strength sapped at Reading. I put my head down and worked hard along the seafront giving Audra a bit of a windbreak for a time and it was a relief to head away from the shoreline and out of the strongest winds.

The last three km of the race are along a reasonably straight road and I was able to see Cath in the distance so I had a bit of a target to aim for and passed a significant number of runners who had gone out too fast. I couldn't catch Cath who had a storming run, 39.03 and first Vet 45, brilliant when you consider that she'd run the previous day at Reading.



Audra was just behind me picking up 3rd Vet 40 closely followed by Dave and Neil who had chased each other round the course. Eric completed the team for the HRRL in 43:22 a top 10 finish in the Vet 60 class.



Jamie decided that he hadn't worked hard enough, 33:33 and 7th position, and decided to run the course again lapping one of the tail enders; finishing his second lap in about 42 minutes.

This is a good race though by 12:15 the organisers had still not done the presentations over an hour after Jamie had finished his second lap! We had to head home so Madeline and Dave collected Audra and Cath's well deserved prizes.

Hopefully next year we can get a reasonable sized team out.

Position	Harrier	Time	Category
7th	Jamie Jones	33:33	
72nd	Cath Wheeler	39:03	1st V45
117th	Piers Puntan	40:28	
149th	Audra Dennison	41:11	3rd V40
182nd	Dave Titcomb	42:15	
186th	Neil Martin	42:19	
231st	Eric Tilbury	43:22	8th V60

1109 Finished

SEAA XC Championships, Parliament Fields**26th January***from Piers Puntan*

The “original” men’s team of 12 had depleted to seven by the designated day and Moira was our sole lady so only three cars went up to London for the Championship. Piers and Richard’s cars went in convoy with Steve McNair picking up Moira at an earlier time for the Ladies race.

As you may know Steve works for the Oil Company Total and his company car is fitted with Sat Nav. This was obviously programmed by Total, as it chose a route up to Hampstead Heath that would waste as much time and diesel as possible. This meant that as we walked onto the Heath we saw Moira dashing to the start line, number in hand as the ladies set off. Moira sensibly took her time making up for her late start though the mud sapped her strength during the later stages her time of 52:04 and a placing of 283 was a little disappointing given her recent terrific running form, though she was pleased given her late start.



Name	Time	Position
Moira West	52:04	283

326 Finishers

The men’s race started without a hitch and we were soon out into the fields. This was the first time I’d done Parliament Fields, though as various club members had warned me of fields of Flanders mud, precipitous cliffs, machine gun positions and mustard gas, I decided to start sensibly and keep in the pack allowing the runners at the flanks to get picked off. Fortunately there was a little bit of exaggeration and whilst there were hills and there was deep mud there was no barbed wire in no mans land and you could still get a decent run in. After half a lap I managed to catch and overhaul Dave, Brian and Steve to settle into a good even effort pace. By the end of the second lap I could still just see Richard and the thought of an extra consistency point or two upped my pace, though he had too much of a lead on me and I was never going to catch him, unless the machine guns I’d been told about took him out, no such luck.

Lee easily took the Harriers honours in the men’s race with a creditable run though his aim of under the hour mark was probably a wish too far. Keith and Richard both had solid runs completing the course in 63:56 and 64:24 respectively. Steve sensibly left the Sat Nav in the car and followed the rest of the runners round the course making a good time of 69:45. Dave chased Brian all around the course and caught him on the final lap, much to Brian’s annoyance, finishing in 71:48; Brian himself tailed off in the last mile or two finishing eventually in 72:46. We finished 59th as a team, which is pretty rubbish, compared to our usual top 30 positions but we were without some of our key runners.

Name	Time	Position
Lee Tolhurst	61:27	299
Keith Vallis	63:56	387
Richard Clifford	64:24	412
Piers Puntan	66:23	480
Steve McNair	69:45	596
Dave Titcomb	71:48	655
Brian Hay	72:46	675

832 Finishers**Team 59th out of 86 Teams**
4th Hampshire Club

Track and Field Season 2008

The fixture list is now up and although this is still provisional the events are pretty much expected to be as follows:

- 3 May - Basingstoke (Home fixture)
- 7 June - Abingdon
- 28 June - Bournemouth
- 12 July - Plymouth
- 2 August - Andover (Home fixture)

Please put these days in your diary. New competitors, especially “have a go” Field Specialists are more than welcome.

Overton Harriers Photographs

We have set up an account at the “snapfish” website to show off the various photos taken by Harriers. The website is www.snapfish.com. When you get to the login page the email address to use is contact@overtonharriers.org.uk and the password is “overton”



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Wimborne XC **16th February**

Please can as many runners as possible attend this event. The club is currently eighth in the league and as you can see from below it is very tight.

We need to beat Bournemouth, and as it is their home fixture this is going to be a tall order, so please consider running. It doesn't matter if you are not in the top 5 Harriers every place will help as Bournemouth tend to have only one or two good runners the rest are way down the field so the further we can "push them down the rankings" the better.

Division 1													
		Farley		Goodwood		Overton		Reading		Wimborne		Aggregate	
1	AF&D	43	1	32	1	30	1	53	1			158	4
2	Team Southampton	115	2	115	2	184	4	90	3			504	11
3	Basingstoke & Mid Hants	192	6	121	3	95	2	102	4			510	15
4	Winchester & District	177	3	176	5	221	6	76	2			650	16
5	City of Portsmouth	178	4	166	4	152	3	280	6			776	17
6	Reading AC	213	7	221	6	202	5	109	5			745	23
7	Southampton RC	192	5	289	7	883	10	508	8			1872	30
8	Overton Harriers	395	9	351	9	435	8	407	7			1588	33
9	Bournemouth	510	10	308	8	324	7	518	9			1660	34
10	Poole Runners	271	8	497	10	696	9	700	10			2164	37

We have had a message from Hants XC regarding the event facilities:

“**ALL** XC runners/spectators must park in the designated Car Park located via Gate 1 at Canford Arena”

“Due to Football Matches the Changing Rooms at Canford are **not** available to the XC runners.”

The Queen Elizabeth Leisure Centre is on the outskirts of Wimborne so would be a suitable place if people want to get showered before the drive to Devon

Consistency League

Well it's getting tight at the top with Richard and Captain Piers vying for first place and Keith, Brian and Lee for third, any lack of consistency could prove disastrous. It could go all the way to Totton before the places are finalised.

In the Ladies League Moira is pulling away from Cath, though with three races to go Audra is still not out of the race.

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	TOTAL
1	Richard Clifford	19	20	38	17	32		38	18	18	19	17	18	254
2	Piers Puntan	16	16	36	15	28	19	36	17	16	18	15	17	249
3	Keith Vallis	17	18		18	36	20			19		18	19	165
4	Brian Hay		11	32	10	18	17	28	15			13	14	158
5	Lee Tolhurst	20	19	40				40	19				20	158
6	Steve McNair				12	24	18	34		15		14	16	133
7	Greg England				19	34			20	20	20	19		132
8	Dave Titcomb	14	12		11		13			13	17		15	95
9	Keith Clark	15	15		13	26				11				80
10	Ryan Wakefield		10			22	16	32						80
11	Richard Francis		8	34	7		15		14					78
12	Eric Tilbury	13	9		6			26		12				66
13	Jamie Jones				20	40								60
14	Neil Martin				14			30	16					60
15	Chris Minter					38				<i>NS</i>		20		58
16	Bob Hawrylak		13		8		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	TOTAL
1	Moira West		17			34		40	19	17	16	19	20	182
2	Cath Wheeler		20		20	40				20	20	20		140
3	Audra Dennison				19	38			20	19	19			115
4	Liz Sandall-Ball		18			36				16	18			88
5	Emilly Clark							38		18				56
6	Belinda Lade							38		12				50
7	Madeline Vosser	20	19											39
8	Jill Hills				17		20							37
9	Karen Burton									14		18		32
10	Helen Heap				18									18
11	Hannah Oliver		16											16
12	Emma Edwards		15											15
13	Dorothy Wicke									15				15
14	Gwyneth McLaughlin									13				13