

**Overton  
Harriers**



**&  
Athletic Club**

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January 2009 Issue 378

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

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

### **FIXTURES**

February 1st	<b>RYDE 10 mile</b>
5th	Foxdown Handicap
8th	Wokingham half mar. Southampton 5km
14th	<b>Hants XC League at SALISBURY</b> (Training weekend kicks off)
15th	<b>BRAMLEY 20 miles</b> (& 10mile)
21st	National XC Champs at Parliament Hill
22nd	Winchester 10km
March 1st	Meon Valley Plod 19miles MT

### **PIERS' BITS**

Franny has been too busy at work to come up with anything this week; phrase "lorry load of paperclips" comes to mind.

Well it's been a rum old month with the cold, ice and snow doing its bit to keep us Harriers indoors and Blissy being nearly back to full fitness, however unsurprisingly he didn't quite make it to a race this month. I think we need to get him a farrier not a physio.

Cath has been ranting and raving, expressing concern that people haven't been paying their race fees so please oblige and send her a cheque.

The men are now relegated from Division 1 in the XC so there is no three line whip for the fixture at Salisbury. Hopefully next year we can celebrate promotion back up to Division 1, only time will tell.

Not many reports this month, but a long tale from Florence and it isn't about Dougal.

## **Race over the Glens Race 1<sup>st</sup> January from Piers Puntan**

As I was spending New Year in Northern Ireland it seemed appropriate to look for a local race and so on a cold and icy Thursday morning I lined up with a bunch of local fell runners to do a 5½ mile run through the Glentarrif Forest. Glenariff Forest Park is situated amid the Glens of Antrim, an area of outstanding natural beauty with Glenariff, the Queen of the Glens, being considered by many people to be the most beautiful

I was warned that it was a tough race and that I should take it easy until the top of the steps. I thought of those hard runs from Bude with those steps and so set off at a lot less than usual race pace. The first mile was downhill following a local brook down the valley and then the switchback ride started up and up the side of Glentarrif for two miles until the steps. The view from the top was stunning, all the way over to Mull of Kintyre and the Galloway Hills. This, and the fact that I knew it was pretty much downhill all the way home, pushed me on and I quickly started passing runners who had gone off too fast earlier in the race.



The last half mile was on road with a good collection of spectators so I wound up the pace to reel in some local runners, much to the chagrin of the spectators to finish in 42:53 in 67<sup>th</sup> place. We were then treated to soup and sandwiches in the local hut where I was able to chat to some of the locals. It seems that local clubs concentrate on these kinds of quasi fell races, road races being definitely secondary. An enjoyable race and would definitely do it again if I had the opportunity.

## **Hampshire XC League, Prospect Park, Reading 3<sup>rd</sup> January**

No reports received on this performance; perhaps everyone was still hung over. Notwithstanding, the results weren't good enough for the men and we are relegated with one event still to go. The ladies were a little better but performances have been below the usual high standard.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Lee Tolhurst	31:29	80th
Mike Bliss	31:54	92nd (26th Vet)
Richard Clifford	33:31	109th
Sean Holmes	34:15	120th
Neil Martin	35:04	130th
Martin Crawshaw	35:47	138th (53rd Vet)
Dave Titcomb	38:32	174th (82nd Vet)

204 Finished

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Cath Wheeler	21:48	11th (3rd Vet)
Helen Heap	23:24	23rd (8th Vet)
Monique Van Nueten	28:36	71st (33rd Vet)
Liz Sandall-Ball	28:41	72nd (34th Vet)

87 Finished

## **FOXDOWN ALL TIME LIST**

Following the rash of PB's in the pre Christmas handicap I have updated the all time list for the Foxdown course.

Highest climber is Ryan who is now ranked 101<sup>st</sup> and needs to improve by 3 seconds to make the top 100. Piers' PB was not enough to see him climb any places and remains in 110<sup>th</sup> spot with this seasons multiple PB breaker Shaun settling in at a very impressive 113th.

Rachel climbs 35 places to 165<sup>th</sup> ahead of Hannah Oliver who climbs to 176<sup>th</sup> while Monique's PB puts her 214<sup>th</sup>. Debutants John Castelli (165<sup>th</sup>), Kate Hickman (224<sup>th</sup>) and Jo Cozze (237<sup>th</sup>) should all climb higher as the year progresses.

There are now 244 names on the list dating back to 1976 with the owner of the oldest PB being Phil Wheeler (behind the bar upstairs) who ran an impressive 22.31 in 1976. The course record remains with Patrick Hoare's 1986 clocking of 17min 46sec.

The full list is on the notice board as well as the club web-site.

## **FOXDOWN HANDICAP**

**8<sup>th</sup> January**

*from Richard Francis*

A bitterly cold, misty evening was hardly conducive to fast times but Sean continued his assault on the Silverware with yet another PB, this time hacking off another 37 seconds to take a clear lead in the handicap league. With two races to go he is still catchable but the causes of the pursuing Monique & Bob would be greatly helped by larger fields in the remaining races as, hopefully, Sean starts to feel the edge of the handicapper's axe.

Monique did her best to enhance her chances of catching Sean by taking second place on the night to leap frog the AWOL Bob. Rachel found things a little harder this month but ran well for third spot with Jamie clocking the fastest time on the night despite recording a PW. Second fastest was Lee with Sean taking third fastest to edge past Keith and take pole position in the overall time league.

Following last months 6 PB's Jamie need not feel too down after his PW, he was ably supported by Martin, ET, Alistair & Keith who also achieved their slowest ever times over this course.

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>	<b>H'Cap</b>	<b>Act. Time</b>	<b>H'Cap Pos.</b>
1	S.HOLMES	32.36	10.01	22.35	3
2	M.VAN NUETEN	33.48	4.40	29.08	11
3	R.HESSOM	33.55	8.07	25.48	7
4	J.JONES	34.07	13.51	20.16	1
5	M.CRAWSHAW	34.10	10.29	23.41	5
6	L.TOLHURST	34.15	12.19	21.56	2
7	E.TILBURY	34.25	4.58	29.27	12
8	M.BALL	34.50	5.50	29.00	10
9	M.BLISS	35.08	12.30	22.38	4
10	B.HAY	35.30	9.11	26.19	8
11	A.PAUL	35.55	7.27	28.28	9
12	K.VALLIS	36.56	11.37	25.19	6

## HANDICAP LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	1	2	3	1			4
M.VAN NUETEN	6	7	2	2			10
R.HAWRYLAK	3	3	5	0			11
B.HAY	50	9	9	10			28
E.TILBURY	9	12	12	7			28
K.VALLIS	8	11	0	12			31
R.FRANCIS	11	13	15	0			39

## TIME LEAGUE

Runner	OCT.	NOV.	DEC.	JAN.	FEB.	MAR	TOTAL
S.HOLMES	4	3	3	3			9
K.VALLIS	3	2	0	6			11
R.HAWRYLAK	5	4	6	0			15
B.HAY	50	5	7	8			20
R.FRANCIS	7	8	11	0			26
E.TILBURY	10	9	12	12			31
M.VAN NUETEN	9	11	13	11			31

## FLORENCE MARATHON

30<sup>th</sup> November

*from Audra Dennison*

I went into this marathon full of confidence. Although I had some time out in the summer, the disappointment of London was behind me, I had trained well, and I was ready to take on my second marathon of the year.....the only difference this one was overseas!

Denny and I went for the weekend, arranged by Full Potential, met various other marathoners at both the airport and later on arrival. It was raining! During our coach transfer from Pisa to Florence Nick (Anderson) gave us the bad news that the forecast was not good and it was going to rain tomorrow and more importantly on the Sunday, but nothing you can do about it; you just have to cope whatever the conditions.

Our Hotel was right on the river front and we were only 10 minutes from the City and the finish of the marathon...perfect. It was a super Hotel, though we seemed to be in a wing furthest away from the reception and a lot of stairs. I would have to descend these on the Monday after the marathon as the lift was out of order! On the Friday afternoon we checked out the local cafes and attractions, but never venturing too far, as wanting to rest for Sunday.

One observation after meeting up with several other marathoners is that all were a bit coy about their target times. Seemed many lacking in confidence just like myself (but I would never let on!) but unlike the others I was quite happy to share the time I was going for.

Saturday we got up for run at 7.30 to run the last 3km of the race. Andy Smart (Winchester & District Athlete) and myself crossed the finish area, in the Piazza Santa Croce and then realised this was bad luck! but it was an advantage to know the last stretch. (The surface in the city was more akin to flagstones rather than cobbles, not a problem, though quite slippery with the rain.) After breakfast we had a race briefing with Keith and Nick Anderson. Much emphasis was placed on the start being downhill for 5-6KM and they were advising us not to use energy during this period or we would pay for it later in the race!

The other talking point was drinking stations, if wanted you could label personal drinks and they would be dropped off at points as required. This was a luxury in an international marathon. They advised only to do this if you were using your tried and tested energy drinks. There was some confusion over water, as it was not clear if water was in bottles on the course. I had a major panic at this stage as I cannot drink from cup, not at speed anyhow and would not take in what I needed. I headed straight out in search for something. Quite by chance, I came across a haberdashery and bought some ribbon in case I had to label my own bottles, but it was later confirmed there *were* water bottles at each drinks station, so panic over, I still have the ribbon as a keepsake!

On the Saturday afternoon we had a guided tour of what used to be the mayor's residence. It was in the City next to the other main attractions, sorry can't be bothered to look up the names!

At the entrance.....I had not laughed so much in a long time.....There were 2 guards, both women and their uniform was so funny, I was in hysterics. They were wearing long Navy coats, a white fireman's hat (which was many sizes too big) and wait for it had a gun in a white holster!!! It looked so ridiculous and looked as if they had taken items from a kids dressing up box! It was made worse by the fact one of them was only 5 foot was everything too big! We were all searched by the guards, so had a good laugh whilst in the queue waiting.

The tour lasted 45 minutes and we were lucky enough to have one of the young athletes who spoke fluent Italian so although the guide spoke excellent English, it was very useful for detail. The tour was interesting, lots of history, art, the guide explained, which without would have made little sense, well to me anyway! Those running the next day were keen to have a sit down, so I was personally relieved when it was over.

We had lovely meals in restaurants, on both evenings in the city, that the Full Potential Team had searched out, but of course no wine for me until the Sunday.

And so the big day, it had rained in the night, thunder and lightening had woken me but when I woke it had stopped.

"Aud its 6.30" Denny said to me.... Shit I thought.... I have overslept.

" I am not going to run well anyway cos the weather is bad and now I am not going to be ready in time".....

"You won't run a PB if you are negative" came the reply!!!!

I quickly found my kit, all out ready of course and went down to the Hotel Reception with my Rice Krispies, yes I know I should have porridge but can't face it that early in the morning.

"All right mate", Nick said to me, I said "no I have overslept". You have plenty of time he said, and we made our way to breakfast. I could not find anyone and thought breakfast had finished and everyone had gone as I was so late. It turned out, the buffet was upstairs!!

It was at this stage I realised that this was the day I was running a marathon and started to focus. I didn't speak to anyone - Nick and Bud (Balduino - Top GB marathon coach - formally XC) were sitting across the table. I sat in silence eating my cereal and bread and black tea and tried to focus on what was ahead. I checked my watch to make sure it was set as I wanted - no GPS just time and laps. I had printed off the KM splits for 3.05 and for 3.02, and had the 3.02 in vision on a wristband. I had the 3.05 splits up my arm, but these came off when it rained, so top tip.....use permanent marker!

After going back to room (Denny still in bed) I went to loo (very important!!) got everything together and headed for the reception. We were not leaving any clothing or gear at start so had to wear stuff we could throw away. (Unless of course you have someone to take things from you). Yes, I know Denny should have done this, but he wanted his cooked breakfast and a lie in.

The shuttle buses left at 7.30 just outside our Hotel to the start 'Piazzale Michelangiolo' so we were ideally situated. I suddenly became nervous and was very cold even on the bus. It wasn't raining at this point, it was looking quite bright.

It was only 10 minutes on the bus, so when we arrived we sheltered in an old temple, (no other shelter) where we found the odd table and chairs to rest. It was cold, but still clear at this point. We were ushered away, by an Italian steward but nobody took any notice and when the rain came, all were seeking shelter and we were squashed like sardines!!

There was another girl from the group aiming for 3.05, whom I was briefly introduced to by Nick on the Saturday, but she felt I would be too quick so decided she should run her own race. I may have started with her but she went off to loo and I didn't see her again as I felt it was time to get into the pen. She bottled it and dropped out at 4 miles so pleased I didn't start with her.

Soon the time came to line up. I was in the 3 hour to 3.30 pen which was the largest of pens as most Italians are good athletes. You don't tend to get many fun runners and no sign of costumes! The rain was very heavy and as we were at the top of the city it was also very windy. You can picture the scene!!

My gloves were getting heavy and I began to just jog on spot to keep warm,( no real warm up for the marathon, just a bit of jogging and always worked well). I figured it was best not to move too much or I will be using valuable glycogen stores, but could see no sign of any pacemakers (balloons held high). I have to say though I have never been quite as cold as I was on that morning and was quite worried about how my body would cope in these conditions. I was thinking I should have worn my Helly Hansen and where is Denny, he could have held an umbrella for me!

We surged forward a couple of times and others around me were stripping off layers or hurling them on top of me from the centre of the pen, as I as on the outside I had to swerve to avoid, or get even more soaked! I just wanted to race to get underway and I did at this point have a few negative thoughts, mainly that I would not enjoy this race if it continues to rain like this!! However, these were quickly turned around as there was no way I was going to throw away all that training and hard work just because of weather conditions.

I took off my layers and all the guys around me stared me up and down as if I were completely mad running in vest and shorts. They pointed to my number and said "Ah ha English" and laughed. This did put a smile on my face as none of the guys around me were wearing shorts they all had leggings, thermal tops, hats and gloves. Clearly I was not prepared for cool Italian weather!!

It seemed an age before the race started and I quickly became aware I had started too far back. The thing I remember most though is that I was warm as soon as I began to run and realised that I would be fine, though in the back of my mind was concerned how cold I might be at 19 miles if this rain continued.

The first KM took far too long 5mins plus and so already I was a minute behind my target. I did not panic just tried to enjoy the first few kms downhill which I did. At 4km I enjoyed my best moment of the race, a very handsome Italian guy came up along side me and said "*is everything ok for you*" in the most gorgeous voice! (he was obviously running well within himself!) I said yeah except this rain can you make it stop?! Shortly after this it did stop raining. He then asked me about pace and I thought great... he

is going to pace me now for the rest of the race. Unfortunately the 4.15km pace was slightly too quick and I let him go, but the company was nice for half a mile!

I caught the 3.15 pacemaker at 5km and knew I was not on target and unlikely to reach the 3 hour pacemaker, but I was so confident in my endurance I believed I would get some time back in the second half. I realised that my pace was not as quick as I had wanted it to be, and eventually reached halfway in 1.33. Not too bad, as I felt good, but knew this would be a tall order to get 3.05, so tried to think PB. I was enjoying the race and never felt negative about my performance during the race itself.

The drink stations were not easy, it took me 3 or 4 drink stops to work out bottle in Italian is Bottilia and by asking for this they gave you a bottle! Otherwise you did end up with a cup which is impossible to drink on the run. So once I had my Italian sussed I got my water bottle. Some of you may be interested to know that at the drinks stations they also had an array of different foods, fruit both fresh and dried and cold tea! There were also separate sponge stations, but no need for those on a day like this!

The kms flew by and I saw Denny a couple of times which was nice, but you really are on your own, once out of the city, not so many spectators and so really have to focus, but that's the appeal to me its tough. Another moment I recall is a Fareham Crusader passed me at half way and asked what time I was aiming for and I said 3.05, he wanted as close to 3 hrs as he could get and I could tell he was already suffering. I thought you ain't going to get that time you fat \*\*\*\*\*!! (as Jamie would say!) as he looked so knackered and I pushed on. Needless to say he didn't stay with me!!

As I reached the later stages of the race I began to pass more and more people. I passed 1 woman where the wheels had well and truly gone (sorry Richard to remind you of that!). She was clearly in pain, groaning away and her legs had gone as she was swaying across the park! I kept well away in case she had me over.

At 35km Bud (Buldaro) was there supporting us all. He said "only 5km to go keep working hard Audra" in his brummy ascent, so this was a great boost, but at this stage as any marathon runner knows the legs are hurting and its tough. I felt I was maintaining a reasonable pace and as I was passing people felt quite good mentally, but knew my km splits were getting slower and my 3 hour marathon was again going to elude me.

The last few kms were tough as the course twisted and turned going back into the City. This is really where I lost the sub 3.10 as I went over 5 mins for both of last 2Kms, but the atmosphere was amazing and to cross the finish line having completed my first overseas marathon I was relieved, as you know it can go so badly wrong. I immediately burst into tears as I was bitterly disappointed that I had not achieved my goal, lots of thoughts went through my mind, but I just walked on to meet Mark after collecting my medal, goody bag and 5 Euros for returning the chip. I soon realised that actually, it was another good performance and I should be very pleased.

All in all an excellent weekend away, and I am already looking forward to my next marathon.

Audra

<b>Runner</b>	<b>Time</b>	<b>Chip time</b>	<b>Position</b>
Audra Dennison	3:12:20	3:11:31	762 <sup>nd</sup> 23 <sup>rd</sup> F (3 <sup>rd</sup> FV40)

*7203 finished*

Stubbington 10k has changed instead of the course going south and east it now goes north and west along Coach Hill through the village of Titchfield before turning South through Meon before getting to the Solent at Hill Head before returning to Stubbington. The sprinkling of the term “Hill” implies that this is not a flat course and it wasn’t.

A large group of Harriers toed the line and for once Lee didn’t set off like a possessed demon and managed to even pace the whole way round the course finishing in 37:15.

Richard Clifford was second home in a reasonable time of 37:50 closely followed by Sean in 38:23 who had overtaken Richard earlier at Coach Hill before Richard fought back.

A minute behind were Ryan and Neil in 39:32 and 39:40 both PBs before I came in at 40:51. Helen was first lady at 41:43 only a few seconds ahead of Brian and Bob.

John Castelli had a storming PB run of 43:53 though he will get a fine if he doesn’t get a Harriers vest on for his next official outing. Monique, who is now becoming a regular stalwart Harrier, came home in 51:02 with Jo Cozzie completing the ladies team.

Unfortunately even though we’d thought we’d done quite well the men only finished 9<sup>th</sup> in the HRRL which means we are now in the relegation zone.

The ladies finished in eighth place which was a little disappointing and keeps them in the lower part of Division 2.

#### Mens

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Lee Tolhurst	37:15	46th
Richard Clifford	37:50	55th
Sean Holmes	38:23	67th
Ryan Wakefield	39:32	102nd
Neil Martin	39:40	107th
Piers Puntan	40:51	137 <sup>th</sup>
Brian Hay	41:52	164th
Bob Hawrylak	42:44	195th (63rd M40)
John Castelli	43:53	237th

#### Ladies

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Helen Heap	41:43	13th (2nd W35)
Monique Van Nueten	51:02	133rd (36th W45)
Jo Cozzi	57:33	260th (97th W35)

## **COMBE GIBBET TO OVERTON RACE**

**SUNDAY 5<sup>th</sup> APRIL 2009**

### **Volunteers**

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

### **Entry forms**

If anyone is going to races 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

# **Hurstbourne 5** **Multi-Terrain Race**

**Saturday 18<sup>th</sup> April 2009, 11am**

Martin and Greg are in the process of organising a run to raise funds for the Hurstbourne Tarrant village pavilion. There will be a five mile multi-terrain race plus a two kilometre fun run, starting and finishing at the George V playing fields.

The course is entirely off-road, taking in a few "undulations", plus a bit of mud in the woods. There will be T-Shirts for all finishers, plus prizes for first 3 men, first 3 women, plus first old codger (V40 & W35).

It would be great to see a good entry from Overton. If you don't fancy running, then we would very grateful of volunteers to marshal.

For further details, contact Greg England or Martin Allen, or email: [hurstbourne5@yahoo.com](mailto:hurstbourne5@yahoo.com). Entry forms can be found on the village website: [www.hbt.org.uk](http://www.hbt.org.uk)