



January 2010 Issue 390

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 7 th	RYDE 10 miles
13 th	XC League at SALISBURY
14 th	BRAMLEY 20/10
21 st	Portsmouth Half Marathon
25 th	FOXDOWN HANDICAP
27 th	National XC Champs at LEEDS

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings

FRANNY'S BITS

A much quieter January with 3 races cancelled and the snow causing lower turnouts on training nights. Those who managed to get to training enjoyed a new experience of running round the Harrow Way by torchlight, the thick layer of snow meant that this was actually safer than risking the roads & pavements round the village.

Two of the cancelled races were Consistency League fixtures and a decision as to whether these will be replaced will be taken shortly.

The focus for a lot of us is the forthcoming Training Weekend where we can look forward to warm, sunny weather & an increase in our training mileage. The training schedule for February is attached to this edition and for those not attending the Training Weekend I have scheduled a nice little hill session.

For those of significant age there is the possibility of the Harriers taking a team to the SEAA Masters Championships which will be at Trent Park, Cockfosters on 14th March. Entry sheet will be placed on the notice board and if there is significant interest we'll ask the committee if a minibus can be hired as at the SEAA XC Championships.

FOXDOWN HANDICAP**21st January***from Richard Francis*

It was a good night for running with some of our more “senior” runners showing improvements in form. “Young” Kate took advantage of an old PB to score an easy victory with an 85 second improvement ahead Richard Clifford who ran a minute better than his handicap. “Old” Franny took third spot with his fastest time for 3¹/₂ years which seemed a fair return for his recent training.

“Even older” Bliss took no prisoners and threw down the gantlet to his younger rivals as he became only the third person to break 21 minutes this year with his fastest clocking in 4 years. The top four all face the handicappers axe as does “ancient” Eric, who has steadily made his way up the start list but now has a big drop back down it as the handicapper punishes him for running his fastest time in a year.

Lucy gets trimmed as well as she ran a 12 second PB & managed to hold off the fast finishing Lee to maintain her lead in the handicap table. Sean leapfrogs Lee into second with the improving Bliss ominously moving into fourth to make this one of the most hotly contested handicap league for several years.

Lee has a firm grip on the Time League but cannot afford to miss another race. It’s a straight fight between Bambi Holmes and the Oakley flier for the minor medals with the advantage currently lying with Sean.

Pos.	Runner	Fin. Time	H’Cap	Act. Time	H’Cap Pos.
1	K.HICKMAN	31.48	3.33	28.15	10
2	R.CLIFFORD	32.13	9.54	22.19	5
3	R.FRANCIS	32.27	5.10	27.17	9
4	M.BLISS	32.33	11.41	20.52	2
5	E.TILBURY	32.44	4.21	28.23	11
6	L.GRIFFITHS	33.01	3.35	29.26	12
7	L.TOLHURST	33.18	12.58	20.20	1
8	J.CASTELLI	33.25	8.05	25.20	7
9	P.WILLIAMS	33.27	12.02	21.25	4
10	S.HOLMES	33.29	12.28	21.01	3
11	M.VAN NUETEN	34.23	4.36	29.47	13
12	B.HAY	34.47	8.40	26.07	8
13	K.VALLIS	34.53	10.57	23.56	6

H’CAP LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.GRIFFITHS	11	1	2	6			9
L.TOLHURST		2	1	7			10
S.HOLMES	4	3	4	10			11
M.BLISS	14	6	3	4			13
B.HAY	3	14	10	12			25
C.WHEELER	8	11	6				25
K.VALLIS	5		8	13			26
E.TILBURY	13	16	11	5			29

TIME LEAGUE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLHURST		1	1	1			3
S.HOLMES	1	2	2	3			5
M.BLISS	5	4	3	2			9
K.VALLIS	3		6	6			15
C.WHEELER	4	7	5				16
B.HAY	6	11	7	8			21
E.TILBURY	12	16	10	11			33
L.GRIFFITHS	13	15	9	12			34

SEAA XC CHAMPIONSHIPS, PARLIAMENT HILLS

30th January

from Piers Puntan

After nearly a month of trying to get a team of 12 together so that we could have a shot at the Hampshire Cup it was a little disappointing that we couldn't quite do it, however thanks to all those who were willing to take the trip if necessary even if injured.

The logistics of the day were made a lot easier by the hiring of a minibus and it wasn't long before we were trundling along the motorway; albeit at a speed limited 62 mph, towards London.

For aficionados the southern is special because it is the only big XC race in Britain that retains the old 9 miles distance, though they added a loop into the course this year so consensus was that it was nearer 10 miles (*times were much slower than 2008*). Add in the mud and hills of Hampstead Heath and it becomes a war of attrition to say the least. This year was no exception though the mud has decreased at the lowest points of the course with layers of pine chippings put down which improved the footing.



The ladies race started at 2:05 and our only representative Monique settled into mid pack up the first hill, unfortunately the bitter cold affected her breathing and by the second hill she had to drop out, great shame as she has only recently come back from injury. Interestingly neither Winchester nor AFD had the usual massive crop of runners out and although full results are not available as we went to press the Ladies Team prize went to Woodford Green AC with Essex Ladies well ahead of AFD and Winchester.

Eight men donned Harriers Vests to take part in the event, and after what was quite a crush and scramble to get to the line, off we went and I was nowhere near ready.

The start is quite a test of stamina as it's straight up a hill, not as bad as Sidmouth 10k but on a par with Dellands, and it was quite a surprise to find myself well at the back after the first 200 yards; even Franny was in front of me. After rectifying that problem I picked up a few places and settled down just in front of Steve slowly making up places lost in the start.

After the first lap I still hadn't really got up to full speed and could see Dave just a few places ahead. I upped the pace and as the field was starting to thin out it got easier to overtake and passed him, this continued and during the next two laps was able to make up a number of places, however I never really made up for the slow first lap and was a little bit disappointed at the finish.

First Harrier home was Bliss who showed the young gun a muddy pair of spikes finishing over a minute ahead of Lee who took bragging rights from Sean. Keith had in his words an OK run but was still struggling to push on up the hills.

Dave continued his good start, finishing strongly and succeeding in not getting lapped and Steve McNair made up the Harriers.

Franny started but after the first few hills he decided that he wasn't up for it and cheered us on from the sidelines.

Following a quick warm down it was a swift return to the warmth of the minibus to restock glucose levels with cakes, crisps and other high fibre low fat options washed down with a beer.

It took a while for the results to be published but Harriers did well in the men's team event coming 36th out of over 120 clubs competing; that's a creditable performance and we were 4th Hampshire club after AFD, Winchester and Southampton; an excellent performance.



Men's Results

Harrier	Time	Position
Mike Bliss	01:01:26	184 th
Lee Tolhurst	01:02:42	224 th
Sean Holmes	01:03:54	259 th
Keith Vallis	01:12:36	527 th
Piers Puntan	01:15:57	595 th
Dave Titcomb	01:17:49	628 th
Steve McNair	01:19:20	652 nd

36th Team

(4th Hampshire Team)

806 Runners Finished

SOUTHERN LEAGUE TRACK & FIELD LEAGUE 2010

Below is the updated fixture list for next season, any questions please contact John Hoare.

May 1st	at Andover	v	Team Soton	Basingstoke	Team Bath/Salisbury
May 15th	at Plymouth	v	Plymouth	Newquay	Radley
June 5th	at Salisbury	v	Yeovil	Havant	Bournemouth
July 10th	at Basingstoke	v	Winchester	Team Dorset	Team Kennet
July 31st	at Guildford	v	Fleet	Chichester	Royal Navy

All are double fixtures except our home fixture at Andover

OVERTON HARRIERS COMMITTEE MEETING 14th January

1. Overton 5 – the date has been set as Saturday 4th September 2010
2. The Presentation will be held at the Red Lion on Friday 14th May 2010.
John Hoare has kindly agreed to arrange the event, thank you.
3. The AGM will be on Thursday 22nd April 2010 at the ORC.
4. Training weekend 2011
 - a. There is a fire-fighters retreat, which may be available called Harcombe House in South Devon
 - b. AV will reconnoitre the venue during the upcoming training weekend
5. Next Meeting Thursday 4th February 2010

FEBRUARY TRAINING SCHEDULE

from Richard Francis

February	Coach	GROUP 1	GROUP 2
4 th	RF	8 x 700mtrs 2 min Recovery	6 x 700mtrs 2 min Recovery
11 th	RF	30 minute hill session	
18 th	RF	4 x 1400mtrs 2 min. Recovery	3 x 1400mtrs 2 min. Recovery
25 th	RF	Foxdown Handicap	

Volunteers

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 to the list on the club noticeboard. Any questions, see me, Keith Vallis, or ring me 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.