

**Overton
Harriers**&
Athletic Club**Overton
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Athletic Club**March 2007 Issue 356**Visit us on our Web Site at www.overtonharriers.org.ukEmail your reports to me at geoff@staddles.fsnet.co.ukor Franny at richard.francis@uk.delarue.com

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

FIXTURES.

April 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.

Spring has sprung and everyone (almost) has started to improve their PB lists with a great set of results from Eastleigh being the highlight of the month. With one more Consistency race (Totton) both Nicky and Dave have unassailable leads so congratulations to them both.

Good luck to Lee and Maz in this months marathon, Lee is currently flying and a PB will be just reward for all the effort he has put in.

Thanks to Piers for two excellent race reports this month, hopefully other can put pen to paper (or fingers to keyboards) in the coming months.

Overton United Social Club from Mark Dennison

It has been brought to my attention that all members who use the social club on Thursdays, must register as a member and pay £6 for the yearly membership. This is something the Club paid in the past but regulations now insist that this must be personally paid and individual membership authorised. Please hand over the £6 at the bar when you next visit.

Newspaper/Newsletter from Mark Dennison

For as long as can be remembered Dave V has kindly collated the results of races and passed these onto Geoff by email on word format with brief comment with the results, for the Newsletter and Geoff passes onto the Andover Advertiser and Basingstoke Gazette. David is no longer able to do this and so help is required to ensure the races do not go by without the above happening. The mail needs to be with Geoff early Monday morning. If someone could take responsibility for either doing this themselves or ensure someone does who attends the race in question this would be great. Otherwise all Club members attending the race can amongst themselves decide who can do this each time.

Any thoughts and/or comments please speak with me or any Committee members.

Field Event Officiating Courses from Martin Allen

We are currently trying to organise courses to enable individuals to be qualified to officiate field events. The level 2 course is currently pencilled in for 21 April at Abingdon. if anybody would like to be considered, with a view of assisting with the Southern League, please let me know ASAP.

Level 1 Coaching Courses from Martin Allen

Is anybody interested in gaining a level 1 qualification in athletics coaching? We have been asked if anybody from the club would like to gain this qualification on a one day course, planned to be run with our Southern League counterparts, at Andover track in the near future. If you would like to be considered, please speak to me ASAP.

MAD MARCH 20 mile at CHRISTCHURCH.

4th MARCH.

On probably the wettest day of the year three intrepid heroes went down to Dorset for lashings of Ginger Beer and cake. Unfortunately before the cake there was a small matter of a 20 mile race to be run.

Lee and Piers arrived early, so early that their pre allocated parking space was waiting for them, meaning they only had a small distance to dash into the Scout hut and didn't get soaked. This was not where we were to change as we were constantly reminded as the organisers had erected luxury-changing tents. Luckily these were on the driest part of the bog: there being only 1" of standing water, the loo queue and finish being in 2" of water. Franny joined the Harriers huddled in the tent deciding that that, for a 20 miler in a howling gale and vertical rain, no warm-up was necessary. Eventually we emerged and squelched our way to the start line with Lee taking up prime position, and after what seemed a ridiculously long time, to a chorus of "get on with it" the usual old duffer started the race.

Lee decided that on such a wet and cold day a suitable pace for the first warm up mile was 5' 45", which certainly put the wind up the pace car. From here he eased of a bit, if only for the company, and set a good even pace passing five miles in 29' 50" and ten in 59' 40" though by this point the main "elite" pack had eased past him. Between 13 and 14 miles the course doubles back on its self and gives the mortals a glimpse of the leaders, here Piers and then Franny were able to provide Lee with some encouragement. This did not have the desired effect as Lee then had a bad two miles slipping back down the field. At this point racers started to wonder if the Mad March 20 was a road race or a XC fixture: for over 500 metres the course was down a 6" deep river and Lee was passed by an Eastleigh runner and 2 mallards. Chastised at being passed by an Eastleigh runner he buckled down and dug deep to finish in 2' 04" 59" a stonking time.

Piers was determined not to take the race too seriously, a view reinforced by his reluctance to get out of Lee's comfortable car, so it was a paced run rather than a full on race. Piers churned out nice, comfortable 7' 30" miles round the course, chatting amiably to any ladies who would listen. This pace was abruptly stopped at about 14 miles when an electric cable crossing the road was brought down by the wind, causing chaos with the traffic and the race. Runners are not put off by a little high voltage wire and, whilst there was some apprehension, eventually everyone just hopped over it. The wire however did have the advantage of stopping the traffic which, on a particularly busy section of the course, was a welcome relief. As with Lee, Piers had a bad patch, though his was after the compulsory swim section and although he didn't completely sort things out he did record 2' 31" 45".

Franny was not in a racing frame of mind and only made the trip as he thought he was needed to make up the team. Sadly we were one runner short and if the race had started at 12:00 he and Piers would have probably gone to the pub instead. Still struggling to find any form with his marathon training he had planned to run 7:30 miles up to 15 miles and then take it from there. Already soaked after a long trek from his car and having been harangued by one of the organisers ("Why is your Gibbet race clashing with the Bournemouth Bay half?") He set off at a comfortable pace alongside Piers. A steady 10 miles was passed only seconds outside his schedule but he was not finding it as easy as it should have been and purposely eased off at the 12 mile point to finish fairly comfortably though 12 minutes slower than the previous year.

Whilst we all agreed that this is a good course and the superb marshals did their utmost to keep the runners spirits up on a dreadful day this event had some serious downsides. The facilities at the event are non-existent: there are no changing facilities, no showers and minimal loos which, for a HRRL fixture is unacceptable, especially when you consider what the Harriers put on at the Gibbet for a similar price.

Oh and the Ginger Beer, they only had instant coffee at £1 a cup!! (Though Franny cheered himself up with several pints at the superb Royal Oak at Fritham on the way home.)

12th	L.TOLHURST	2hr 04min 59sec	8 th Senior
104th	P.PUNTAN	2hr 31min 45sec	46 th Senior
123rd	R.FRANCIS	2hr 37min 11sec	42 nd Vet

378 Finished.

FOXDOWN HANDICAP.

15th MARCH.

A perfect evening for running produced 4 personal bests with several others running their fastest times for several years. Eric ran his quickest time since February 2003 to take an 8 second victory over debutant Debo. He in turn led in the calvary charge as thirteen runners were covered by only 90 seconds. Blissy was another to turn back the clock' with his fastest time since February 2002 being the fastest on the night to take third. Two seconds between the next pair with Richard slicing 27 seconds off his best to edge out Madeline who clocked her fifth consecutive PB by 25 seconds. This confirmed Madeline as the winter handicap Champion by the biggest margin on record.

Keith was in next to take second overall in the handicap league and also seal overall victory in the time league. Richard took the handicap Bronze and he also finished runner up in the time league beating Tim on count back. Piers recorded the third PB as his continued improved form saw another 10 seconds improvement whilst Rohan was the biggest improver, hacking a monstrous 2 minutes 7 seconds from her January debut

The end of another season and a short break now before the summer season starts, hopefully in May. Many thanks to Mick and Emma for their timekeeping duties throughout the winter and thanks also to those others who have helped out.

Post.	Runner	Fin. Time	H'Cap	Act. Time	Time Post.
1	E.TILBURY	32.21	7.32	24.49	9
2	D.SHOKUNBI	32.29	7.32	24.57	11
3	M.BLISS	32.33	11.50	20.43	1
4	R.CLIFFORD	32.35	11.22	21.13	3
5	M.VOSSER	32.37	7.43	24.54	10
6	K.VALLIS	32.38	11.20	21.18	4
7	P.PUNTAN	32.52	9.43	23.09	7
8	T.HARRIS	32.56	10.52	22.04	5
9	C.WOODS	33.06	5.38	28.28	14
10	C.WHEELER	33.08	10.36	22.32	6
11	B.HAWRYLAK	33.15	7.46	25.29	13
12	D.VOSSER	33.24	12.29	20.55	2
13	K.CLARK	33.50	10.02	23.48	8
14	A.DENNISON	33.59	8.32	25.27	12
15	M.WEST	34.33	5.41	28.52	15
16	R.MAYNARD	34.43	GO	34.43	16

Six Juniors ran one lap of the course and all of them showed improved form.

1	K.MAYNARD	13m 33sec
2	H.PARKER	15m 15sec
3	C.COXHEAD	15m 16sec
4	G.ALEXANDER	15m 45sec
5	B.O'BRIEN	16m 55sec
6	H.COXHEAD	16m 56sec

Handicap Table:

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
M.VOSSER	6	2	4	5	3	5	19
K.VALLIS	3	10	15	2	6	6	27
R.CLIFFORD	2		6	9	14	4	35
B.HAWRYLAK	9	6	10	12	11	11	47
E.TILBURY	7	19		16	4	1	47
C.WHEELER	10	8	13		8	10	49
T.HARRIS	5	18		13	16	8	60

Time League:

RUNNER	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
K.VALLIS	3	1	5	2	3	4	13
R.CLIFFORD	2		2	3	7	3	17
T.HARRIS	1	2		5	4	5	17
C.WHEELER	4	4	5		6	6	25
B.HAWRYLAK	10	9	11	10	11	13	51
M.VOSSER	14	12	12	11	8	10	53
E.TILBURY	8	13		16	10	9	56

EASTLEIGH 10km.**25th MARCH.**

We turned up at Fleming Park to the sounds of Belinda Carlisle blaring out the song “I feel weak”; was this going to be a portent of things to come.

Seven men and two ladies lined up at the start of what is one of the fastest courses in Hampshire. There was some wind, though the cool conditions and seamless start meant that if there were PB's to be got then today was the day to go for it.

Dave Vosser was the first Harrier home in a 34' 48", a shade slower than last years quick time, close on his heels was Mike who is getting back to real form. Two PB's were to follow as both Lee and Richard broke theirs by a substantial margin.

Keith had a race of three thirds, good start, dodgy mid section and strong finish and if this reporter is correct this was Keith's best 10k for a while.

Piers was determined to break 40 minutes after his poor run at Stubbington and using a clutch of Winchester runners as targets he had a storming run to break 39 minutes.

Nicky was coming off a great series of PB's and as predictable as a dodgy bet on a cricket match she got another, though the margin of her PB surprised even the Irish. The official time of 36' 342 was 45 seconds faster than Stubbington.

Madeline was running Eastleigh for the first time in nearly 20 years: in fact she was pregnant with Ian the last time she ran it. As with Nicky, Madeline has been having some cracking runs lately and her time of 42' 28" was a PB by over 2 minutes.

Unfortunately, Becki Hine, the final lady counter was forced to drop out with the flare up of an injury so things are going to be tight for the ladies regarding the HRRL. Totton may be make or break on the relegation front.

Eric had a solid race as usual recording 40' 53", over a minute quicker than last year, which was about the time he needed to knock back a pint at the Black Boy where a number of us stopped on the way home.

Thanks to Eastleigh for putting on an excellent race.

48th	D.VOSSER	33m 48 sec	2 nd Vet 45
55th	M.BLISS	35m 01 sec	5 th Vet 45
72nd	L.TOLHURST	35m 52 sec	
84th	N.CLARK	36m 34 sec	6 th Senior lady
91st	R.CLIFFORD	36m 57 sec	
92nd	K.VALLIS	36m 58 sec	
129th	P.PUNTAN	38m 51 sec	
183rd	E.TILBURY	40m 53 sec	6 th Vet 60
244th	M.VOSSER	42m 28 sec	4 th Vet 45

Combe Gibbet Sunday April 1st from Geoff

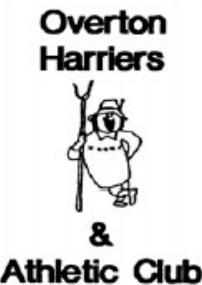
A dry but very windy afternoon put paid to any hopes of fast times on the 33rd birthday of this 16miles cross country event. It was miles eight to twelve that took their toll as runners were locked in mortal combat against a vicious headwind up Ladle Hill and over the downs towards Sydmonton. By the time they turned off the Wayfarers Way (my marshalling point) to the final drinks station, only Keith Vallis, Brian Hay and Moira West showed any signs of life; the rest looked very tired to put it mildly. Andy Macaskill from Maidenhead AC took the lead from the start and was never seriously challenged, as he stormed home in 1 hour 37mins, unaffected by the pace or conditions. Mike Bliss, the course record holder, was lying third during the early stages but managed to claim second place on the tough climb up Ladle Hill which he maintained, to finish in 1 hour 41mins. Julian Mann from Winchester AC was third a further 30 seconds down.

Fiona Ross Russell from Salisbury AC won the Ladies race in 2 hours 1min, with Carole Phillips from Swindon second in 2hours 5mins and Hannah Coombs from Southampton third in 2hours 8mins. Moira West was Overton Harriers first and only lady to finish in 2hours 47mins. Moira also doubled up as tour guide to a group of ladies struggling up Ladle Hill. They told me how grateful they were for her efforts and felt better educated as a result.

Lee Tolhurst was 8th in 1hour 48mins, and Maz Firouzi 10th in 1hour 53mins. I was contemplating urging Maz to try and catch a tiring Lee, but resisted the temptation on closer inspection. Race Organiser Keith Vallis was 17th in 1hour 57mins, Richard Clifford 30th in 2hours 4mins, Brian Hay 30th in 2hours 17mins, Steve McNair 72nd in 2hours 19mins and Alistair Paul 88th in 2hours 25mins. Piers Puntan dropped out and likewise Richard Francis with only two miles to go.

No doubt they will all be back next year for another dose.

Special thanks to the organisers, marshalls, and caterers, without whom there would be no event worth running or reporting.



Annual General Meeting - Thursday 26 April 2007 – 8:45pm - Bridge Street Pavilion

Agenda:

1. Apologies
2. Acceptance of 2006 Minutes
3. Matters Arising from 2006 Minutes
4. Chairman's Report
5. Club Captain's Overview
6. Treasurer's Report
7. (Re)election of Officers

<u>Post</u>	<u>Seeking Re election</u>
President	John Thomas
Vice President	Vacant
Chairman	Mark Dennison
Treasurer	Mike Scoggins
Secretary	Martin Allen
Club Captain	Vacant
Ladies Captain	Vacant
Vets Captain	Richard Francis
Member	Cath Wheeler
Member	Helen McMahon
Member	Anna Vallis
Member	Dave Titcomb
Member	Jamie Jones
Member	Vacant

8. AOB

Your Club Needs You!

In order to continue our achievements, we need to make sure that we continue to field a team/s at our fixtures - we therefore need a person(s) to captain the squad through the 2007/8 season and beyond. Furthermore, in order for the club to function and to continue the social/ race events that make our club so unique, we require assistance on the committee and sub-committees. Any volunteers for any of the above, please discuss with a committee member. Nominations should be submitted to Martin at least 14 days before the date of the meeting. No nominations for committee places will be taken on the night of the meeting.