



March 2008 Issue 368

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### **FIXTURES:**

APRIL 6th	<b>TOTTON 10k</b>
13th	<b>LONDON MARATHON</b>
24th	<b>ANNUAL GENERAL MEETING</b>
25th	<b>PRESENTATION DINNER</b>
27th	MARWELL 10k

### **FRANNY'S BITS**

Several important items this month, firstly is the club AGM which will be held after training on Thursday 24<sup>th</sup> April, attendances have been slipping in recent years and it would be nice to have a good turnout this year.

Secondly is the Presentation dinner which will take place the following evening at The Honey Pot, See the notice board for further details.

This leads me finally to ask you all to vote for the Club Person of the Year, I have voting slips for those who require them plus I can accept votes by E Mail or Text.

Finally, good luck to all our marathon runners at London on April 13<sup>th</sup>.

### **“Quote of the month”**

A quiet month, almost won by Nicky who threw a challenge down to our top men in the Gibbet. But, the winner has to be the conversation between 2 runners at the 13 mile mark of the Gibbet race, note that they had been together since the 5 mile point.

**“What’s your name?”      “James Hazledean.”      “Hello James.”**

The strange thing is that they were both running for the same club. Obviously they do not socialise as much as us.

## Training

**Dark, windy and debris all over the roads, what sort of fool would turn up for training on the night after the “Big Storm” of March 10<sup>th</sup>? Read Nick’s report below to find out.**

Can I put a story in for the newsletter for the “**club men**” for yesterday?

Monday 10th March conditions blustery though dry. The elite & dedicated band of 4 men huddled in the changing rooms in preparation for their daring training run.

Steve “Two towels” McNair (formerly 5 Bellies), Ryan “two stops” Wakefield, Mike “min two stops” Bliss & myself Nick “twin acres” Dalton.

We waited & waited but nobody else showed! Went out, ran round the village as usual, showered & went home smug in the knowledge we were better than you!

P.S. Two towels even did a reverse village beforehand though he did say it made him dizzy!

## Foxdown Handicap      14<sup>th</sup> March    *from Richard Francis*

The final race of the season saw Gwyneth making a welcome return with an easy win after starting off on go. Brian was next home and his fine effort was enough to nick title from Steve by one point. Bob maintained his consistent form to finish third on the night and took that position in the final table.

Richard cancelled several long standing family engagements to ensure he took the time league though Bliss was fastest on the night. Cath was third fastest on the night but it was a below par Keith who took overall silver ahead of (ICBINS) McNair.

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>	<b>H’Cap</b>	<b>Act. Time</b>	<b>H’Cap Pos.</b>
	G.McLAUGHLIN	31.47	GO	31.47	13
1	B.HAY	33.13	9.11	24.02	6
2	R.CLIFFORD	33.18	11.46	21.32	2
3	B.HAWRYLAK	33.23	8.36	24.47	8
4	N.MARTIN	33.39	10.01	23.38	4
5	M.BLISS	33.57	12.30	21.27	1
6	C.WHEELER	34.06	10.41	23.25	3
7	S.McNAIR	34.22	9.58	24.24	7
8	M.WEST	34.40	4.53	29.47	12
9	E.TILBURY	35.34	6.12	29.22	11
10	G.ENGLAND	36.11	12.11	24.00	5
11	G.ALEXANDER	36.30	5.58	26.34	10
12	K.VALLIS	38.00	11.37	26.23	9

Many thanks to Mick, Emma, JT and all of you who have helped with the timekeeping and recording this season, your assistance is greatly appreciated. An up to date all time list will be on the club web site shortly.

## Handicap League

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
B.HAY	3		1	5	3	1	13
S.McNAIR	2	2	2	3	5	7	14
B.HAWRYLAK	4	9	3	4	8	3	22
R.CLIFFORD	11	8	6	6		2	33
K.VALLIS	8	5	11	12	9	12	45
M.WEST	17	3	8	11		8	47
E.TILBURY	20	13	13		4	9	59

## Time League

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
R.CLIFFORD	4	3	1	1		2	11
K.VALLIS	3	2	3	2	3	9	13
S.McNAIR	8	6	6	4	7	7	30
B.HAY	12		7	9	8	6	42
B.HAWRYLAK	10	8	8	10	9	8	43
E.TILBURY	17	12	11	13	10	11	57
M.WEST	20	14	12	15		12	73

## Gloucester 20 miles

2nd March

*from Steve McNair*

Having heard that Ryan was going to Gloucester as part of his marathon training, I offered to go along and provide some company for an even paced race. Admittedly a bit further than I had done for a while, but after all it's only like doing two 10 mile runs, isn't it?

We soon settled into our planned pace of 8 min miles, and at 5 miles we were bang on target and feeling fairly good. This stayed the same until around the 7 mile mark when Ryan indicated he was getting stomach pains. It later transpired that he had made the fatal runners mistake of eating food he was not used to the evening before. Even worse he has allowed his brother to do the cooking.

After a short Pit Stop we got back into our stride, but it was obvious that Ryan was not feeling good. Despite this we managed to maintain our pace up to 12 miles, at which point Ryan started to look at the gaps in the hedges with increasing anticipation. By 13 miles Ryan had to stop again and on his re-emergence decided that he was not going to be able to continue. Reluctantly I continued on my own and soon set about catching the runners that had passed us at both stops. Surprisingly I was able to pick up the pace and managed to maintain it to the finish. I was pleased with my time, which for a middle aged ex 5-Bellies was fairly reasonable. The biggest regret was that Ryan was not able to complete the run, after all this was the aim of the trip down to the world of Tractors and Combine Harvesters, but I am sure he will bounce back and soon show he is capable of achieving his target.

Pos.	Harrier	Time	Category
162nd	Steve McNair	2:32:07	26 <sup>th</sup> V45

*531 Finishers*

**Reading Half Marathon**    **2nd March**                    *from Piers Puntan*

This event has now become a major event in the Road Race calendar the organisers stating it is now the second largest half marathon in the UK, though this sets its own problems with regards to overcrowding. Apart from me, Jamie, Audra, Brian and Hannah also ran this race, though Brian wore the colours of his “Reading Jogger” alter ego.

I wasn’t sure what time I would go for but as the elite pen was sub 1:25 I headed to the front of the next pen. The elite pen was marshalled by a work colleague of mine, Paul Kurowski, who is a Reading Roadrunners stalwart, so I was able to line up at the very back of the elite pen.

As soon as the gun went I started overtaking the “elite” runners in front so I slowed down thinking I was setting off too fast, I wasn’t and ended up way off the pace at the one mile marker (7:05) so sped up but then I started getting overtaken so I pushed on and went too fast, 6:20 for the second mile. It took until the 5 mile marker for me to settle on the right pace but by then I knew it wasn’t going to be a PB race so I relaxed and just tried to take in the atmosphere “jogging in” for a reasonable time of 1:29:17.



Jamie had a great run finishing in a time of 1:12:40 which bodes well for his London performance. Also in training for London were Audra, who finished in a great time of 1:28:05 and Hannah who achieved a PB of 1:48:09.

Brian got another PB and even managed to break the seven minute mile barrier by a few seconds finishing in a time of 1:31:27. I’m sure that with a Harriers vest on he would have taken a few more seconds off.



The Reading Half is now a well organised event though due to its relatively high price there are a large number of unattached first time runners. This can cause problems especially as even with coded numbers and marshalled pens a significant proportion of runners were in the wrong pens and it was probably this that threw out my pacing.

I personally get free entry into this race as the company I work for provides a car park so I’ll be back but I’m not sure I’d ever pay to enter this event.

<b>Pos.</b>	<b>Harrier</b>	<b>Time</b>	<b>Category</b>
42nd	Jamie Jones	1:12:40	
479th	Audra Dennison	1:28:05	7 <sup>th</sup> W40
568th	Piers Puntan	1:29:17	
775th	Brian Hay	1:31:27	
4380th	Hannah Oliver	1:48:09	

*11181 Finishers*

**Eastleigh 10k**                    **16th March**

Not a huge amount to report from the race however we understand that the challenge was to pace Brian to a sub-40 10k with Richard doing the pacing. All things went well up to the 8k with Brian on target with according to Richard a gaggle of other runners hanging on to Richard’s pace. However from then on he slipped off the pace and it was obvious to Richard that Brian wasn’t going to break the magic 40 minute mark ☹



From that point Richard pushed on, confusing all the other runners following his pace “*I didn’t owe them anything*” was Richard’s quote, catching a slowing Keith Vallis and finished in 39:37

Other Harriers were Steve McNair, in just under 40 min, Dave, Bob, Eric, Moira and Liz. From my interpretation of the results Liz and Moira should have been in the prizes, but all depends on Eastleigh’s categories.

Unfortunately our HRRL position was not great so we need to have a good turnout for the last 3 races, Totton, Alton and Winchester.

<b>Pos.</b>	<b>Harrier</b>	<b>Time</b>	<b>Category</b>
151st	Richard Clifford	39:37	
156th	Keith Vallis	39:46	45th V40
165th	Steve McNair	39:59	50th V40
188th	Brian Hay	40:39	
257th	Dave Titcomb	42:12	
276th	Bob Hawrylak	42:36	
290th	Eric Tilbury	42:59	9th V60
672nd	Moira West	50:06	2nd W55
753rd	Liz Sandall-Ball	51:35	3rd W55

### *1372 Finishers*

#### **Bath Half Marathon**

**20th March**

*from Mark Dennison*

Audra continued her build up to London, with a trip to wet, cold and down right chaotic Bath. Having arrived at the start area which was partly a mud field, at 9.45 ish, we looked around for a while and then Audra set off to warm up – only for an announcement that the start was to be delayed for an hour, now at 12.00 due to safety reasons at the start.

Anyway a bit of persuading, and a hot drink, Audra decided to run rather than just come home as it was still wet, cold and lots of people everywhere. Jamie also using this as part of his build up to London decided on the latter and made his way back, rather cheesed off, but his decision was understandable.

The runners then started to line up on the start line, all walking across a muddy bog to drop off their kit in the tents, although of course I spared my wife from this pain, and carried her bag whilst she ran.

The route is a fast flat two lap course, ideal for spectators and well worth a race, seeing the sights of Bath. All times were generally down due to the weather, whilst cold, the rain stopped when the runners set off. Audra running at marathon pace enjoyed the run and looked very comfortable, completing the course on schedule.



Audra finished in 479<sup>th</sup> place (10th V40) in a race chip time 1:29:16.

We actually parked in a town centre car park, the park & ride runners we spoke to in the café, had to wait an hour for a bus to turn up, ran like mad for the 11.00 start after getting dropped off at 10.45, only to find the start delayed !

All in all nice course/run, but the organisation left a lot to be desired.

<b>Pos.</b>	<b>Harrier</b>	<b>Time</b>	<b>Category</b>
479th	Audra Dennison	1:29:16	10 <sup>th</sup> W40

*10054 finishers*

**Norwich Union Trowse 10k**

**23rd March**

*from Richard Clifford*

So the plan was: go to Norwich for Easter, be well fed and cosseted by Susie's parents, accept free childcare, roll up at local, flat 10k, run PB, bask in sense of satisfaction. The first sign that this might be an over-optimistic plan came on Good Friday when we stepped out of the car to be met by a wind so forceful as to merit the description biblical. Then the feeding and cosseting reached such a level that I was practically forced to go for a run on the Saturday to avoid my arteries furring up too much. Eight miles into a howling gale is probably not the best preparation the day ahead of a race.

The day of the race itself dawned...white. It was quickly apparent that this race would be my first in blizzard conditions. On the plus side, the wind had dropped to the merely stiff. As I trotted the couple of miles to the start I admit that positive thinking had escaped me a little. Misgivings became worse when I eavesdropped on a couple of fellow lunatics (more than 300 people turned out to run despite conditions that might have tested Captain Scott) talking about the "steep hill".

At least this meant that once we got underway I wasn't completely shocked by what followed. I established myself just behind the first lady (who had marked herself out as either quick or an exhibitionist by wearing a bikini to the Arctic) and the first 2k actually went to plan. Then it stopped going to plan.

Norfolk is not known for its hills, steep or otherwise, but Trowse turned out to stand on a long drag which, if not steep, was testing. This meant that on a two-lap course I spent 2k running uphill. Worse though, far worse, was the downhill section that followed the hill. The course went off-road here along a narrow footpath which, given snow and ice, was more like a bobsleigh run than anything. And on the second lap this death trap was crowded with slower runners completing their first lap. The result was chaos.

All-in-all I had a reasonable run that got me nowhere near a PB but did still allow me a sense of satisfaction for having managed to complete the race alive. Hypothermia had seemed a possibility at one stage. Extraordinarily I quite fancy having another pop at this next year. The route was good, just made practically unrunnable in places by the conditions, the marshalling excellent and the other runners friendly. I'd like to see how fast I could do it on a calm day in the sunshine.

<b>Pos.</b>	<b>Harrier</b>	<b>Time</b>
17th	Richard Clifford	37:55

*308 Finishers*

**Combe Gibbet Race****30th March***from Piers Puntan*

With the start of British Summer Time it was early out of bed for the organizing team and their group of helpers this year, but the morning brought sunshine and not too much wind.

The coaches all turned up and a police escort ensured that there was a prompt arrival at the Gibbet where stunning views were to be had all the way to Didcot Power Station! JT got us started and it wasn't long before we were all knee deep in water or slithering in the mud, though this didn't stop Lee storming up to the leading group of runners. The rest of the Harriers were a bit more circumspect easing off full pace and taking in the views, after all, the Gibbet is a tough race.

At the half way point all the Harriers seemed to be progressing well, I got to Liz and the water team just over the hour mark and thought that there might be an outside chance of breaking the 2 hour margin, however it all went wrong from then on, stomach troubles and a fall taking a few minutes off my performance.

Lee drifted off his initial pace but still had a good run finishing in 1:51:58 in 6th place taking first Harrier prize; he was followed by Richard and then Keith. Steve had an even paced run being cheered on by Sabrina at virtually every point of the course; his 2:10:21 being 9 min quicker than last year.

Ryan, Helen, Bob and Rachel were all competing in the Gibbet for the first time and all should be pleased with their times and Andy had a gentle paced run

Photos will appear on the Harriers "Snapfish" site in the near future

<b>Pos.</b>	<b>Harrier</b>	<b>Time</b>	<b>Category</b>
6th	Lee Tolhurst	1:51:58	
19th	Richard Clifford	2:03:13	
24th	Keith Vallis	2:05:04	5th V40
28th	Piers Puntan	2:06:10	
37th	Steve McNair	2:10:21	7th V45
43rd	Ryan Wakefield	2:12:07	
53rd	Helen Heap	2:15:41	2nd Lady 1st F40
57th	Andy Hartley	2:20:37	
74th	Bob Hawrylak	2:27:38	12th V40
110th	Rachel Hessom	2:46:53	22nd Lady

***151 Finishers***

Thanks to all the organisers, helpers and marshals, especially Anna and Martin, for all their efforts.

The race is getting high ratings on the Runners World website. If you haven't rated the event please do so as we got a large number of first time runners this year due to last year's positive comments.

**Trophies**

Please return any trophies to Moira as soon as possible, details are on the ORC notice board.





## **Notice of Annual General Meeting 24 April 2008**

**Overton Recreation Centre, Pavilion, 8:30pm**

1. Apologies
2. Minutes of last AGM, 26 April 2007 to be ratified
3. Chairman's Report : Mark Dennison
4. Club Captain's Overview : Piers Puntan
5. Treasurer's Report : Mike Scoggins
6. Review of Membership Fees
7. Election of Officers

POST	NOMINATION
President	John Thomas
Chairman	Mark Dennison
Treasurer	Vacant
Secretary	Martin Allen
Club Captain	Piers Puntan
Ladies Captain	Vacant
Vets Captain	Richard Francis
Member	Cath Wheeler
Member	Dave Titcomb
Member	Jamie Jones
Member	Helen McMahan
Member	Anna Vallis
Member	Vacant

8. AOB