

## Overton Harriers



### & Athletic Club

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## November 2006 Issue 352

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

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### FIXTURES:

Dec. 2nd	XC LEAGUE at OVERTON	
3rd	VICTORY 5 mile	
10th	TADLEY XC	
17th	CYCLISTS RACE	
21st	FOXDOWN HANDICAP	
Jan. 6th	COUNTY XC Champs. at BASINGSTOKE	
13th	XC LEAGUE at READING	
14th	STUBBINGTON 10km	MARLBOROUGH 10 mile MT
18th	FOXDOWN HANDICAP	
21st	BOURNEMOUTH 10km	
27th	SOUTHERN XC Champs	
28th	RYDE 10 mile	ROMSEY 5 mile

### FRANNY'S BITS.

As can be seen by the size of this month's edition it has been a very busy month with newsletter reports coming at me from all directions. Many thanks to those who contributed this month, but there are one or two races that I do not have results / reports for.

The Consistency Leagues look very different with the club captain holding a one point lead over Keith Vallis with Lee leading the chasing pack. The ladies table shows Nicky with an almost unassailable 120 point lead over Cath with Madeline moving up into third spot.

Two races down in the winter handicap League with the next race scheduled for the 21<sup>st</sup> December. The updated all time list for this course is now on the club web site.

Following the delay in getting last months run started can I please ask.....again!!!! If your name is not on the list and you wish to run then please let me know ASAP. If I am not around then please write your name on the starting list which is on the notice board, I can then allocate you a handicap.

### **Club Marathon Places from Martin Allen**

The club have two Flora London Marathon places. If you have been unsuccessful in the ballot, and want to be included in the club ballot, please pass your rejection slips to myself by 18 December. The ballot will take place at the Christmas Party, on December 21st.

### **Budding Track and Field Officials from Mike Scoggins**

Last year several club members showed an interest in taking the new Level 2 Officials course. The Hampshire Officials Secretaries, Eileen and Terry Williams, will be organising courses in all four disciplines in late February. My understanding is that the courses will be run on the weekend 24/25 February in Basingstoke. There is a cost for the course, £10 per candidate. The courses are a mixture of theory and practical but there is no exam at the end. The names of those who showed interest

earlier were passed onto Eileen and Terry and they will be contacted directly nearer the time. If anyone else is interested please contact Eileen and Terry directly, by phone, 01252 664455, or by e-mail, [eileenandterry@ntlworld.com](mailto:eileenandterry@ntlworld.com)

### Highclere Castle 10k Multi Terrain Race 1st October by Dave Titcomb

This year the course was truly multi terrain with only a small proportion of the race run on the road. The start was a wet and windy affair with runners emerging from cover seconds before the gun. The rain eased off during the race but returned with a vengeance after the Overton contingent had finished. There were 400+ runners, many of them unattached, as this race attracts many locals and charity runners.

Tim took an hour off work and dashed over to Highclere to come in a very strong 12th. I had my usual battle with Eric but he pulled away mid race and I couldn't close the gap. It was a very enjoyable run in a beautiful setting. Well worth the short trip up the A34.

12th	Tim Harris	38m 43sec
55th	Eric Tilbury	43m 35sec
62nd	Dave Titcomb	44m 19sec

421 finished

### X COUNTRY LEAGUE at GOODWOOD. 12th NOVEMBER by Franny

A very blustery afternoon saw a below strength contingent racing over this undulating course, despite the recent rain the course was very dry and fast. Sadly we could only field three runners in the women's race with Nicky continuing to improve with a super 12<sup>th</sup> place to lead home the team. Cath was next home and was possibly holding a bit back for the International XC the following weekend. Madeline has shown a big improvement over the past few months and had every reason to be pleased with her run to bring the team home in 7<sup>th</sup> place which is also their current position in the league.

12th	N.CLARK	21m 51sec
15th	C.WHEELER	22m 22sec
70th	M.VOSSER	26m 36sec

**109 Finished.**

The men were hoping to improve on their 9<sup>th</sup> place in the opening fixture but sadly this was not to be despite the sterling efforts of those who ran. Dave was, as usual, first man home though he confessed before the start that he may have over exerted himself earlier in his role as coach to the Winchester girl's team. Lee had to run in trainers as he only got to the start with 30 seconds to spare, he seemed happy with his run though I suspect he still had the after effects of his marathon in his legs. Keith Vallis was never far behind and ran well to just get into the top hundred finishers.

Richard used up a whole years worth of brownie points to turn out on Susan's birthday and will be, quite rightly, doing all the nappy changing for the next 12 months. He came in just ahead of Bliss who was making a cautious, though very welcome, comeback to close the men's team that sadly slipped to 10<sup>th</sup> place on the day. Martin was not far behind these two with an improvement on his Farly Mount effort with a solid run.

Keith Clark has reportedly been training in secret and this must explain his big improvement from the previous race, I struggled through the woodland stretches but finished strongly to pick off three Basingstoke runners in the last mile. Eric had another great run as the firm going undoubtedly suited him to finish first Vet 60 some 30 seconds in front of the very fast starting Dave Titcomb (rumour has it that he actually used starting blocks). Brian was another fast starter and showed a big improvement over his Farley Mount debut to complete the club interest.

54th	D.VOSSER	31m 47sec	155th	K.CLARK	36m 39sec
91st	L.TOLHURST	33m 28sec	160th	R.FRANCIS	36m 53sec
98th	K.VALLIS	33m 52sec	172nd	E.TILBURY	37m 23sec
117th	R.CLIFFORD	34m 53sec	179th	D.TITCOMB	37m 53sec
124th	M.BLISS	35m 12sec	203rd	B.HAY	39m 52sec
130th	M.CRAWSHAW	35m 25sec			

**234 Finished.**

## FOXDOWN HANDICAP. 23rd NOVEMBER. by Franny

A better turnout for the second race of the season saw Hannah take advantage of a very generous handicap on her debut to win by over 2 minutes. Madeline is showing much improved form of late and put in the run of the night in second place as she took 2 minutes and 6 seconds off her best time. Mick showed a marked improvement to take third on the night ahead of another debutant Rachel, who in turn held off Chris who scored the second PB as he hacked 1 minute 39 second off his previous best. Bob took the final PB as he improved by 51 seconds in sixth spot.

With several runners missing through injury, or resting up for Hayling, It was Keith Vallis who took full advantage to finish fastest on the night. Tim Harris was a close (6 sec.) second with Bliss scoring valuable points in third as he finished 2 seconds in front of Cath. Two others made their course debuts; Tim Hills took the family honours and along with Karry will certainly go quicker now that they know the course.

Undoubtedly the best clash of the night came with Eric over-hauling Dorothy on the second climb of Station Hill only for her to re-pass him on the descent of Foxdown for a comfortable "victory". Tales of Eric's "spanking" were heard in the White Hart later.

POS..	RUNNER	TIME	H'CAP	ACT. TIME	TIME POS.
1	H.OLIVER	28.51	GO	28.51	21
2	M.VOSSER	30.56	4.43	26.13	12
3	M.WOODS	31.03	4.27	26.36	14
4	R.HESSOM	31.40	4.27	27.13	17
5	C.WOODS	31.51	4.27	27.24	18
6	B.HAWRYLAK	32.12	7.18	24.54	9
7	M.CRAWSHAW	32.40	9.56	22.44	5
8	C.WHEELER	32.56	10.30	22.26	4
9	T.HILLS	32.58	6.50	26.08	11
10	K.VALLIS	33.05	11.01	22.04	1
11	K.BEVAN	33.13	GO	33.13	23
12	R.FRANCIS	33.20	9.04	24.16	8
13	K.CLARK	33.22	10.02	23.20	6
14	M.ALLEN	33.29	9.56	23.33	7
15	J.HILLS	33.32	6.50	26.42	15
16	G.CLOKE	33.36	5.19	28.17	20
17	D.WICKE	33.43	6.50	26.53	16
18	T.HARRIS	33.54	11.44	22.10	2
19	E.TILBURY	33.59	7.29	26.30	13
20	D.TITCOMB	34.07	8.23	25.44	10
21	M.BLISS	34.25	12.01	22.24	3
22	E.SANDALL BALL	34.30	5.10	29.20	22
23	S.McNAIR	35.20	7.18	28.02	19

## Gosport Half Marathon Sunday November 19th 2006 from Dave Vosser

Overton Harriers sent two men's teams and one ladies team to take on the challenge of the 1,000 competitors at the popular Gosport Half Marathon. A beautiful clear but slightly breezy day set the agenda for a fast race.

Harriers star of the day was Ladies Captain Nicky Clark, who had set a superb personal best of 1hr25min55secs at the Hardley Half Marathon only five weeks before, and was determined to set another best time. Nicky was 2<sup>nd</sup> Lady for the first half of the race but realising she was on schedule for an excellent time pushed on to win by 42 seconds in a best time of 1hr22min08secs. The Ladies team was completed by newcomers to Half Marathon racing, Emma Edwards in 2hrs04mins55secs just outpacing Becki Hine who finished in 2hrs05mins28secs.

David Vosser led the men home in 23<sup>rd</sup> place and 4<sup>th</sup> over 45, closely followed by an under the weather Jamie Jones who finished in 26<sup>th</sup> spot ensuring a good team position. Lee Tolhurst, tired from his recent endeavours at the Abingdon Marathon finished 61<sup>st</sup> with an improving Keith Vallis completing the A team in 111<sup>th</sup>.

Piers Puntan led the 'B' team in with another personal best improving his time by 2min25secs. Eric Tilbury finished 212<sup>th</sup> for 3<sup>rd</sup> over 60 followed by Dave Titcomb in 24<sup>th</sup> and newcomer Bob Hawrylak completed the Harriers contingent in 368<sup>th</sup>.

David Vosser	23rd	1-16-44	4th 0/45
Jamie Jones	26th	1-18-13	
Nicky Clark	55th	1-22-08	1st Lady
Lee Tolhurst	61 <sup>st</sup>	1-22-55	
Keith Vallis	111th	1-27-31	
Piers Puntan	176th	1-31-46	
Eric Tilbury	212th	1-34-40	
Dave Titcomb	248th	1-36-49	
Bob Hawrylak	368th	1-42-10	
Emma Edwards	794th	2-04.55	
Becki Hine	799th	2-05.28	

### Great Britain and Ireland Masters championships at Falkirk November 18th 2006 from Dave Vosser

International Cath Wheeler competed as Welsh Team captain at these Championships. Cath ran strongly over challenging terrain to finish a pleasing 6<sup>th</sup> over 45 and 22<sup>nd</sup> overall to lead the Welsh team in.

### HAYLING 10 mile. 26th NOVEMBER. by Franny

A good turn out from the men for this event which included the club Championship and double Consistency points. In very windy conditions Jamie took the honours with a fine performance in 9<sup>th</sup> place and just missing out on a sub 56-minute clocking. Dave had injury worries in the week preceding the race but put in yet another solid run to finish 6<sup>th</sup> Vet. Lee is finding it difficult following his great marathon run and was slightly disappointed with his time. Keith was closing him down over the closing miles and seems to showing signs of a return to his old form.

Nicky was our only female competitor and despite being very nervous before the start she had yet another cracking run to finish 2<sup>nd</sup> Senior and 6<sup>th</sup> woman overall though the strong blustery wind made her time slower than she had hoped for. A long gap led to yours truly who made good use of my high training mileage to run an even paced run to beat my 70 minute target with ease. Eric put in another great run to overhaul Piers just after half way and only narrowly missed out on a sub 70-minute clocking. Piers had an off day following his PB the previous weekend, he was almost caught by Dave Titcomb who was steadily closing him down and who seemed very pleased with his run at the finish.

There was a close result in the handicap with Eric narrowly getting the verdict over a slightly miffed handicapper by 10 seconds.

9th	J.JONES	56m 05sec
20th	D.VOSSER	58m 25sec
55th	L.TOLHURST	62m 22sec
59th	K.VALLIS	62m 43sec
65th	N.CLARK	63m 03sec
170th	R.FRANCIS	69m 00sec
189th	E.TILBURY	70m 10sec
206th	P.PUNTAN	70m 49sec
221st	D.TITCOMB	71m 22sec

**785 Finished.**