

**Overton  
Harriers**



**&**

**Athletic Club**

**Overton  
Harriers**



**&**

**Athletic Club**

## November 2007 Issue 364

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)  
or Franny at [richard.francis@uk.delarue.com](mailto:richard.francis@uk.delarue.com)  
You can view or print this and previous editions from our website

### **FIXTURES:**

December 1 <sup>st</sup>	<b>ASHE XC</b>
2 <sup>nd</sup>	<b>VICTORY 5</b>
9 <sup>th</sup>	<b>TADLEY RUNNERS XC</b>
20 <sup>th</sup>	Foxdown Handicap, Christmas Party
23 <sup>rd</sup>	<b>CYCLISTS RACE</b> , Club Christmas Lunch
26 <sup>th</sup>	Boxing Day Event
30 <sup>th</sup>	Somerley 10k

### **FRANNY'S BITS**

Despite missing several of our top runners the men's team is still holding a good position in the HRRL following the Gosport half where several runners were rewarded with PB's. Sadly the Women's team lie bottom of the table after failing to finish a team in the last two fixtures.

In the XC league the ladies are doing better than the men with the Vets team very much in contention for their league title. The men did well at Goodwood to climb one place in the league with the Club Championship that was included in this fixture, attracting our largest male turnout at this venue for several years.

Reports for Ashe XC and Victory 5 will be included in the December newsletter though Mark, Piers and the rest of the committee would like to thank everyone for their efforts at Ashe last weekend. The Hampshire League were very complimentary on the course, facilities, organisation, refreshments and even the weather.

**Salisbury Half Marathon    28th October            *from Keith Vallis***

This was the second time I'd run this race (2005 also) and it was just as rainy then. The race HQ, start and finish is at Salisbury Fire Station which this year played host to the UK Fire Services Half Marathon Championships. The course heads north out of the city, up the Avon Valley and then back again, very scenic and hilly. Time wise, I ran a fairly consistent first 10 miles but slowed up, for some reason, over the last 3, allowing Dave Vosser past at 11.5 and relegating myself to 4th place in the Championships.



Flip (or words to that effect).

11th	D. VOSSER	1h 24min 28sec
13th	K. VALLIS	1h 25min 04sec

**Great South Run    27<sup>th</sup> October            *from Richard Francis***

Hannah Parker had a sensational run in the Junior Great South Run held in Portsmouth. Only a week after her 11<sup>th</sup> birthday, she recorded a very impressive time of 10m 52sec for the 2.5km course finishing 5<sup>th</sup> in the 11 years & under race in a large field with 251 finishers. She was very pleased that her name and club was announced as she crossed the line.

5th	Hannah Parker	10min 52sec
-----	---------------	-------------

**251 Finished**

**FOXDOWN ALL TIME LIST            *from "Statto"***

I have recently updated the list of everyone's personal best times for the Foxdown course that we use for the winter handicap races. A total of 238 runners have now completed at least one race around the two laps but no one has got close to Patrick Hoare's 17m 46sec course record that has now stood for 21 years.

Some people have noted the decline in British men's distance running since its marathon heydays of the early-mid 80's and this is reflected by the fact that since the turn of the century only 6 runners had made it into the top 50 over this course, these being Jamie, Josh, Aaron, Mark Simcox, Keith Clark and Jamie's brother Chris.

Therefore it has been a pleasure to enter Lee Tolhurst's name into the exclusive Top 50 club following his 20:54 clocking in the October race.

Of other present members closing in on a top 50 place: Greg needs to chop 6 seconds off his PB, Richard Clifford 17 seconds & Tim Harris 22 seconds.

Of course their real target is Franny's impressive 20:13 clocking from 1984 but, in all honesty, they stand more chance of winning the lottery jackpot on ten consecutive weeks.

A full list is displayed on the club notice board.



In the usual blustery conditions that are always prevalent on this down land course our first competitor on the day was Hannah Parker who recorded a very good 42<sup>nd</sup> place in a field of 64 runners. Some of her competitors in this league are 2 years older than her and this must bode well for the future.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Hannah Parker	11:26	42nd

**64 Finished**



Next away were the ladies and Cath and Audra both started quickly round the opening short lap only to find out that the organizers had decided to make it 2 short laps before sending them off through the woods on their long lap. I don't think they were the only ones caught out after hearing some of the comments at the end.

Despite this, both ran well taking 3<sup>rd</sup> and 10<sup>th</sup> places in the Vets section respectively with the club title going to Cath. Good support came from Liz and Moira who both had fine runs, Moira made the faster start and had a narrow lead going into the woods on the large lap but Liz put in a strong finish to anchor home both the A team that finished 10<sup>th</sup> and the Vets team which finished 4<sup>th</sup> with Moira not far behind. Liz's run also gave her the club handicap title.

Currently the Vets team are third in their league while the A team is seventh overall.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
C Wheeler	22:40	18 (V3 <sup>rd</sup> )
A Dennison	24:03	29 (V10 <sup>th</sup> )
E Sandall-Ball	29:17	95(V34 <sup>th</sup> )
M West	29:51	101(V37 <sup>th</sup> )

**122 Finished**

There was a very good turnout in the men's race with the only downside being me turning an ankle and recording my second DNF in four races. However it gave me the chance to watch Jamie having "a steady run" to take the club XC title. Chris Minter put in a very welcome appearance and gave our teams points total a valuable boost. Keith Vallis put in a very aggressive display and was only 5 second back at the line. Greg made his racing comeback with a solid run and was a minute clear of Richard who anchored the A team home to a second consecutive 9<sup>th</sup> place. However, with results going our way, this lifted us up one place in the overall standings but only match points separate us from the two teams below us.

Martin ran well to lead home the B team and had enough energy to give a verbal response to my encouraging words. Piers put in another of his do or die efforts to stay clear of Keith Clark who had put in a long day at the course after taking Emily down for her race. Steve proved that his blinder in the opening fixture was not a one off and despite my best efforts ended up with the men's handicap title. Ryan discovered the joys of XC racing but will need better shoes before the mud & hills that await later in the season. Martin Crawshaw had turned his ankle whilst training the day before and was forced to walk several times but gallantly made it round because he thought he was still needed to finish a B team. Brian was only 2 seconds behind him and completed the club interest.



Harrier	Time	Position
J Jones	30:08	22
C Minter	32:40	72
K Vallis	32:45	73 (V14 <sup>th</sup> )
G England	33:00	82 (V18 <sup>th</sup> )
R Clifford	34:05	102
M Allen	34:43	116
P Puntan	35:39	129
K Clark	36:14	143
S McNair	36:55	155 (V62 <sup>nd</sup> )
R Wakefield	37:26	167
M Crawshaw	38:26	185 (V82 <sup>nd</sup> )
B Hay	38:28	187

### 243 Finished



**LONDON MARATHON 13<sup>th</sup> April** *from Martin Allen*

As usual, the draw for club marathon places will take place at the Christmas party, on 20<sup>th</sup> December, at the social bar.

If you have not been successful in the main ballot, and would still like the chance of taking part, please hand your rejection slip to me by 13<sup>th</sup> December.

**FOXDOWN HANDICAP 15<sup>th</sup> November** *from Richard Francis*

Gavin was the clear winner of the second race of the winter series having been paced throughout by Piers. It will not be so easy next time once the handicapper makes allowances for his 83 second PB. Second on the night was the elite training clubs star runner Steve McNair who is putting in a good string of performances lately. Moira took a fine third place ahead of Jill who just held off Keith Vallis & Jamie.

These two were the fastest runners with Jamie matching his time from last month while Keith ducked under 21 minutes for the first time in ages. Richard Clifford was third fastest ahead of Martin who is slowly coming back to form. Promising debuts came from Neil who was 5<sup>th</sup> fastest and Sam. Both will certainly go quicker now that they know the way round the course.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	G.ALEXANDER	27.37	22 sec	27.15	10
N/S	P.PUNTAN	27.41	22 sec	27.19	11
2	S.McNAIR	28.34	4.24	24.10	6
3	M.WEST	28.47	27 sec	28.20	14 =
4	J.HILLS	28.50	3.04	25.46	9
5	K.VALLIS	28.53	7.54	20.59	2
6	J.JONES	29.00	9.37	19.23	1
7	M.ALLEN	29.07	6.27	22.40	4
8	R.CLIFFORD	29.14	7.47	21.27	3
9	B.HAWRYLAK	29.35	3.58	25.37	8
10	A.DENNISON	29.40	4.30	25.10	7
11	N.MARTIN	30.19	6.27	23.52	5
12	E.SANDALL BALL	30.27	7 sec	30.20	16
13	E.TILBURY	31.31	4.11	27.20	12
14	S.WILLIAMS	32.29	4.11	28.18	13
15	G.DUNCAN	32.31	4.11	28.20	14 =
16	K.BURTON	33.56	29 sec	33.27	17

**One Lap:**

Junior Lweno            13m 30sec  
Emily Clark            13m 32sec

Piers has sacrificed his handicap position for this race so he could run round with the juniors but still scores in the time league, If anyone wishes to volunteer to act as the safety runner next month please let Franny know.

## “QUOTE OF THE MONTH”

As we travelled down to the Gosport half everyone was full of excuses: Franny’s being at work until 6am and Piers “ran up Slieve Donard on Friday” both seemed to be excuses of the highest standard. This was until Brian came out with “I think I may have eaten or drunk something last night”.

When asked what he had been drinking his reply was “a glass of wine” So the of quote of the month goes to the always sympathetic Piers who in a loud voice replied

**“A \*\*\*\*\* glass.....call your self a Harrier”.**

### GOSPORT ½ MARATHON

25<sup>th</sup> November

*from Richard Francis*

There were perfect conditions for fast times with cool temperatures, clear blue sky and very little wind. The large field did a small loop of about a mile before setting out on two loops of 6 miles that included a pleasant stretch alongside Stokes Bay and a close up view of the Spinnaker Tower. The best thing however was the course was as flat as a pancake and several club members took full advantage to run some impressive times.



Keith had a good first couple of miles and then for the rest of the race his performance was “not too dissimilar to that of England’s versus Croatia”, his excuse being that he had been suffering with “man-flu” for the week. Piers was looking to improve on his PB from Hardley and was disappointed not to beat it by as much as he had hoped but like the rest of us he had a valid excuse.

Steve McNair was making a return visit to his old stomping grounds and ran the race of the day chasing Piers all the way round and clocking what he later claimed as his fastest ever time as a veteran. Everyone had known he was running well but I don’t think that anyone expected him to go this well.

Brian closed the A team, pacing the race far more sensibly than he had at Hardley, he clocked a PB of over 5 minutes and soundly whipped me in the process despite feeling under the weather on the way down to Gosport.



Ryan was making his half marathon debut and will certainly go much faster once he gains more experience. He suffered over the closing miles after paying the price of possibly setting off a tad too quickly. I was disappointed with my time, especially after fading in the last mile but was pleased not to finish as last counter, which is what I had expected, but paid the price at work that night.



Bob’s preparation for this race had been disrupted and despite a cautious start he also faded over the final few miles as his lack of mileage caught up with him. Dave was another suffering from erratic training and was several minutes down on what one would normally expect from him on such a fast course.

Jill was running her first half marathon for several years and found herself stranded near the back of the field as the race started. Deckered out in her Radcliffe socks and nursing a calf injury she worked her way through the slower runners to make into the top half the field. Her own “start to finish” clocking was 1:38:47 and would have been even faster allowing for the slower runners.

Harrier	Time	Position
K Vallis	01:25:22	83 <sup>rd</sup> (9 <sup>th</sup> V40)
P Puntan	01:28:31	117 <sup>th</sup> (57 <sup>th</sup> SM)
S McNair	01:28:51	124 <sup>th</sup> (22 <sup>nd</sup> V45)
B Hay	01:33:50	197 <sup>th</sup> (95 <sup>th</sup> SM)
R Wakefield	01:34:40	212 <sup>th</sup> (91 <sup>st</sup> SM)
R Francis	01:36:02	235 <sup>th</sup> (44 <sup>th</sup> V45)
B Hawrylak	01:37:12	250 <sup>th</sup> (110 <sup>th</sup> SM)
D Titcomb	01:37:47	261 <sup>st</sup> (48 <sup>th</sup> V45)
J Hills	01:40:13	341 <sup>st</sup> (10 <sup>th</sup> V40)

**874 Finished**



**OAREDEAL 10miles**

**26<sup>th</sup> November**

*from Greg England*

Oaredeal by name ordeal by nature! This was the first running of this arduous 10M offroader. After the hideously steep first hill we were under no illusions as to the nature of this event! Climbing the hills did reap some rewards though, as the views across the Wiltshire countryside were glorious!

For a small event, the marshalling was pretty good. Unfortunately it was missing at a couple of crucial points, consequently a few people did the alternate course(s); a few of them coming in well ahead of the guys that led from start to finish. In the end the lead group managed to work out their own “unofficial” positions.

Overall, it was a very good cross country run and good value at £7 with a T-Shirt for all finishers.

I am sure the course marking and marshalling will be improved for next year, so it will be well worth the trip over to Wiltshire.

My unofficial position was 8<sup>th</sup> (5<sup>th</sup> Vet) in 74'4

**HAMPSHIRE & SOUTHERN XC CHAMPIONSHIPS**

**5<sup>th</sup> and 26<sup>th</sup> January**

Please can those people who wish to run either of these events please put their name on the board at the ORC by Thursday as the list will come down. If you can't make it to the ORC please email either me or Emma Scoggins asap.

For the Southern Counties we are thinking of providing a coach/minibus to and from Parliament Fields which will be subsidised by the club but we need to have some idea of numbers so it's crucial we have firm numbers.

Don't forget that both of these races are consistency league events.

**TRAINING WEEKEND**

**16th – 18th February**

*from Nicky Clark*

Just a short paragraph to say that the training weekend is going to be from the 16th February - 19th February at Northway holiday cottages near Bideford (<http://www.northwayholidaycottages.co.uk/>)

Deposits are now due and should be given to me as soon as possible. Many thanks. Nicky

