

**Overton  
Harriers**



**&  
Athletic Club**

**Overton  
Harriers**



**&  
Athletic Club**

## October 2006 Issue 351

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

Email your reports to me at [geoff@staddles.fsnet.co.uk](mailto:geoff@staddles.fsnet.co.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:**

Nov. 5th	LORDSHILL 10 mile
11th	XC LEAGUE at GOODWOOD
19th	GOSPORT half mar. CAMBERLEY XC
23rd	FOXDOWN HANDICAP
26th	HAYLING 10 mile
Dec. 2nd	XC LEAGUE at OVERTON
3rd	VICTORY 5 mile
10th	TADLEY XC
17th	CYCLISTS RACE
21st	FOXDOWN HANDICAP

### **FRANNY'S BITS.**

A busy month ahead, with three consistency league events at Goodwood, Gosport and the club 10 mile championship at Hayling which means double points. The men's league is very close after 4 races with Keith Vallis holding a one point advantage over Richard Clifford with the club captain a few points back in third spot. Nicky has opened what may be an unassailable lead in the ladies league following her double point victory at Hardley. Full tables are on the Club web site and on the notice board.

The Foxdown all time list has raised a lot of interest and discussion. Thanks to Mick Scoggins who has looked back through the early club newsletters and passed on 21 additions to the list that pre-dated my records. The only down side is that this means I have now dropped 2 places on the list.

I am looking to re-compile the club road running records for Seniors and, if possible, for each of the Veteran age groups. To help with this, if you think you may hold an age group record can I ask you to complete the slip that I will be handing out shortly.

Finally a reminder for volunteers to help with preparing the course, catering, marshalling etc for our home cross country fixture on December 2<sup>nd</sup>.

## CROSS COUNTRY LEAGUE at FARLEY MOUNT 7th OCTOBER from Franny

Warm temperatures and blue skies could only signify one thing.....the start of the X Country season. Despite the recent rain the course was surprisingly mud free which made for very fast running. The ladies race was a thriller for those of us dotted about the course with Cath and Rachel close together on the first lap with Nicky not far behind. Unfortunately Rachel dropped out with an injury around half way before Nicky made her move on the second ascent of the hill. Cath however chased her all the way to the line and only 2 seconds separated them at the finish.

Jill made a welcome return and despite picking up some blisters put in a great effort to close the scoring team that finished in 6<sup>th</sup> place. Another close race developed further back with Liz, Madeline, Rachel and Moira all closely bunched at the top of the opening climb. Liz and Madeline had pulled away by the time they had gone up the hill for the second time with Liz taking the honours by 8 seconds and anchoring the Vets team into 4<sup>th</sup> place. Rachel ran a storming debut race and will surely improve as the winter progresses with Moira completing the squad a minute behind.

15th	N.CLARK	23m 14 sec
16th	C.WHEELER	23m 16 sec
68th	J.HILLS	27m 01 sec
93rd	E.SANDALL BALL	28m 50 sec
95th	M.VOSSER	28m 58 sec
107th	R.HESSOM	30m 24 sec
113th	M.WEST	31m 24 sec

### 133 Finished.

The mens team were missing several of their faster runners and this was shown by the shown in the team results as both the A team and Vets finished 9<sup>th</sup>. Dave led the squad home ahead of Lee who is reaping the benefits of his marathon training at the moment. Chris put in a very welcome appearance and ran well as did Tim who almost made the top 100. Keith completed the scoring team ahead of Richard and Martin. I managed my best race since London and was hotly pursued by Eric who definitely found the fast going to his liking. Gavin had his first race for some time and was chased in by Dave Titcomb. Keith made a pretty good start but faded after the first lap while Brian made a very impressive debut and will be another to improve over the coming months.

51st	D.VOSSER	32m 31 sec	194th	R.FRANCIS	38m 23 sec
67th	L.TOLHURST	33m 20 sec	211th	E.TILBURY	39m 05 sec
82nd	C.MINTER	33m 45 sec	215th	G.DUNCAN	39m 31 sec
104th	T.HARRIS	34m 56 sec	217th	D.TITCOMB	39m 51 sec
126th	K.VALLIS	35m 53 sec	229th	K.CLARK	40m 41 sec
142nd	R.CLIFFORD	36m 26 sec	253rd	B.HAY	42m 13 sec
171st	M.CRAWSHAW	37m 42 sec			

### 297 Finished.

## HARDLEY Half Marathon 15<sup>th</sup> OCTOBER from Franny

Almost perfect weather, apart from a short stretch into the wind at Lepe Bay, made for fast times with several club members recording PB's in an event that incorporated the club championship. Last year we left this event laden with prize money but sadly no one managed to gain financially this time.

Dave played his captain's role to the full with an excellent performance in 9<sup>th</sup> place overall and taking third Vets spot but only the first Vet won a prize. Richard was very pleased with his run as he took a fair chunk off his PB. Nicky easily won the handicap prize here last year and so the handicapper had ensured there would be no chance of her repeating the feat. However the handicapper was well and truly stuffed as she ran yet another blinder to hack almost 9 minutes off last years time to finish 3<sup>rd</sup> senior and 5<sup>th</sup> lady overall. This result gives her the overall lead in the Road Race league.....no pressure Nicky !!!!! Sadly she was our only lady which resulted in the team dropping from second to seventh in the overall league table.

Keith was next home in a time that was some way below the norm and with several runners missing due to various reasons there was a three way fight to close the men's team. After fighting off the need to "do a Paula" between 6 and 8 miles I was able to put in a burst and pull clear of Piers and Eric who had been in close contact since the start. The A team finished 5<sup>th</sup> on the day and actually climbed one place in the overall league to 3<sup>rd</sup> spot. It could have been much better with a faster 4<sup>th</sup> counter.

Eric had a fine run and finished well to take third in his age group and despite fading in the closing stages Piers still managed to clip a couple of seconds off his PB. Dave Titcomb had a solid run despite being hampered with an injury to complete the club interest. Unfortunately we were unable to finish a fourth counter for the B team which finished a lowly 9<sup>th</sup> on the day and thus slipped two places in the table to 5<sup>th</sup> overall.

9th	D.VOSSER	1h 16m 31 sec	3 <sup>rd</sup> V40
49th	R.CLIFFORD	1h 25m 38 sec	
51st	N.CLARK	1h 25m 56 sec	5 <sup>th</sup> Lady 3 <sup>rd</sup> Senior
61st	K.VALLIS	1h 28m 12 sec	
85th	R.FRANCIS	1h 32m 09 sec	
96th	E.TILBURY	1h 33m 26 sec	3 <sup>rd</sup> V60
101st	P.PUNTAN	1h 34m 09 sec	
123rd	D.TITCOMB	1h 37m 22 sec	

### 359 Finished.

#### **FOXDOWN HANDICAP RESULTS 19th OCTOBER from Franny**

A small turnout on a blustery and very dark evening made fast times unlikely, at least the rain held off until the end of the warm down. Congratulations to Geoff for finally making the big time with a clear victory in a time that was a big improvement on last years. Richard continued his good form and hacked a whole second from his PB to take runners up spot, passing Keith in the closing stages. It was tight behind these three with 12 seconds covering the next six runners which included Tim who was fastest on the night ahead of Richard and Keith. Dorothy was only just outside her PB whilst promising debuts came from Brian and Bob who will both go faster now they know the way round.

POS.	RUNNER	TIME	H'CAP	ACT. TIME	TIME POS.
1	G.CLOKE	32.15	4.32	27.43	13
2	R.CLIFFORD	33.01	11.14	21.47	2
3	K.VALLIS	33.04	11.01	22.03	3
4	D.WICKE	33.09	6.50	26.19	11
5	T.HARRIS	33.13	11.44	21.29	1
6	M.VOSSER	33.16	4.43	28.33	14
7	E.TILBURY	33.18	7.45	25.33	8
8	N.CLARK	33.21	9.31	23.50	6
9	B.HAWRYLAK	33.30	7.45	25.45	10
10	C.WHEELER	33.38	10.49	22.49	4
11	H.VOSSER	33.51	8.15	25.36	9
12	B.HAY	34.11	7.45	26.26	12
13	R.FRANCIS	34.24	9.54	24.30	7
14	A.HARTLEY	34.34	10.47	23.47	5
15	M.WEST	35.02	5.41	29.21	15

There was a healthy turnout of juniors who ran one lap of the course with Gavin coming in first ahead of Jade and Jenna.

1	G.ALEXANDER	15.10
2	J.O'BRIEN	16.36
3	J.WAITE	16.41
4	B.O'BRIEN	16.47
5	H.PARKER	19.48
6	M.MATSON	19.52
7	C.BEVAN	19.53

## Henley Half Marathon 8th October 2006 from Lee Tolhurst

My last warm-up for the Abingdon marathon, the day after the Farley Mount XC which helped get some fatigue in my legs. I decided to start on the front row after being boxed in the day before and went off with the leaders, the first mile was chaos however as we had to run through the entire field of the 10k 'fun-run'. I was then settled into leading the race through the next 3 miles. At mile 4 the eventual winner picked-up the pace to sub-5min/mile and dropped me, subsequently the fast pace meant I had to consolidate over the next 2miles and a further 5 runners went past. As we got to the one hill in the race at mile 8, I was feeling tired and the pace dropped but I pushed on up bettering my 10mile PB at the 10mile split. However I rallied myself to finishing strongly taking 7<sup>th</sup> place.

7 <sup>th</sup>	Lee Tolhurst	79:25
-----------------	--------------	-------

**1487 finished**

## Abingdon Marathon 22nd October 2006 from Lee Tolhurst

After severe weather warning for the day, it turned out to be perfect marathon weather. Abingdon is a fast course of three separate loops around the town centre starting and finishing at Tilsey Park Athletics Track where Maz and I lined-up with the same target in mind, Sub-3, and agreed to pace together for as long as possible.

We started controlled if a little fast with a 6:21 first mile then got faster; we are possibly not the best combination to pace each other. By mile 6 we had settled into somewhere near the right pace of around 6:30 which we stuck to for the next 12 miles, during which time we worked together to hold things together. As we came into the town centre for the last time we saw Andy Hartley and his children, which gave the lift we needed, thanks Andy. However we separated at 18miles as we both slowed, Maz slightly more, as we headed out onto the final and hardest loop as what incline there is, is here and it is rather desolate around an airfield. I plugged away at just over 7minute miles staying in touch with a Southampton runner who provided excellent support and encouragement.

With just over 1 mile to go I knew I could reach for a slightly faster target 2:55 and just made it. I just left the medical tent in time to see Maz striding around the track to finish under 3 hours. We were greeted by a large crowd cheering us home including Andy and his children again, thanks your support was much appreciated. I don't think either of us has stopped smiling since. The race finished in controversy for the winner however Colin Paton from the Army Athletics Association was disqualified for wearing someone else's number without notifying the organiser!

32 <sup>nd</sup>	Lee Tolhurst	2:54:37
50 <sup>th</sup>	Maz Firouzi	2:58:51

**681 finished.**

## 'Brits Abroad' – Czech Trip - 20-23 October – Martin Allen

Flying three hours after the larger group of 10, Dave, Madeline, Liz and I had a late check in at the airport, which swung in our favour as the 'Famous Four' managed to get upgraded to Club Class. A little bit over excited and in Liz's case staggering from the plane, after swigging 'at least 5 bottles of champagne', we headed for our hire car (a Skoda no less), aiming to beat our counterparts (the Wheelers, Vallis', John, Monique, Piers and JT) who were about to start an epic train journey to our destination of Nove Mesto nad Metuji, near the Polish border. The two groups managed to arrive at our base for the weekend together, and after settling in, headed for our first Czech beer and an incident involving a stressed bartender.

The group were awoken by cold showers on the Saturday morning (I believe that this was race preparation Czech style) and headed off to the town of Nachod, about 12km from our base, for registration. The competitors were then squeezed into buses in a manner that could have got an entry in the Guinness Book of Records, and taken to the start – 9km away, in the town of Beh Hronov. The race was an 8.85km point to point between the two towns, down a flattish but bumpy main road, around trucks and over a level crossing, before finishing in front of the ornate town hall for tea and wafers! 10 of the group competed (well, I was there just to take part) against a strong field of runners that left David, leading the team back, just outside of the prizes for his age group. Cath had better luck, leading the women's team home, as 5<sup>th</sup> lady overall and winning her age category – which provided her with some more beer money, a goody bag and flowers at a formal presentation in the town hall. Cath unfortunately missed the presentation, so Liz enjoyed the spotlight. Full club results as follows:

### Beh Hronov - Nachod 21.10.2006

Place	st.č.	Běžec	kategorie	kategorie	Place	dat.nar.	věk	čas
27	117	Vosser David	Muži C	4		1960	46	0:31:05
54	115	Wheeler Paul	Muži C	11		1960	46	0:33:08
68	116	Wheeler Cath	Ženy C	1		1960	46	0:34:06
88	118	Vallis Keith	Muži B	22		1966	40	0:35:20
95	120	Puntan Piers	Muži B	19		1969	37	0:35:43
156	119	Allen Martin	Muži A	62		1976	30	0:39:45
196	123	Van Nueten Monique	Ženy C	6		1956	50	0:43:49
197	6	Vosser Madeline	Ženy C	7		1959	47	0:43:49
200	122	Sandall-Ball Liz	Ženy C	8		1951	55	0:44:17
221	124	Thomas John	Muži E	9		1937	69	0:53:37
227		Finished						

After a well earned hot shower, the group tried to feed JT to the bears at the castle, before beginning a 12 km trek/ pub crawl through the forest, back to the town where we were staying. The further we went, the more unusual the concoctions that we were asked to try by our hosts (including white brandy and what can only be described as mouthwash and aviation fuel) – Ahead of the rest of the group, and with some of our hosts, Dave, Madeline and I settled into our third stop and another gallon of aviation fuel and Czech beer. By the time we had finished here, it was dark and the others were back at the hotel, our hosts arranged cars to take us home – I am a little vague in recollection of the rest of the evening (which I blame wholly on Madeline for not drinking her shots ☺), but I am assured that it involved her being ‘kidnapped’ whilst Dave and I were distracted by a kitten. The party were eventually reunited in the hotel bar, where Cath was enjoying her winnings, in the form of Champagne, with the ladies.

Worse for wear (some of us worse than others), Sunday brought another world record attempt for the slowest 10km, by the hardened runners in the group, whilst the rest of us potted around the picturesque town square, slept on benches, put Tom and JT in chains outside the Castle and entertained little Georgia. The afternoon brought communal lunch, bowling/ sleeping and whilst the others began drinking again, ‘The Famous Four’ enjoyed a long stroll in the surrounding woodland, where linguistic skills were tested to purchase honey from a local resident. Reconvening, we enjoyed our last evening with a meal, and of course more beer, with our hospitable Czech counterparts.

Heading in our separate ways the next morning, the large group took the train back to Prague for further sightseeing before their flight, whilst we raced against other Skodas, and explored traditional Czech towns on our way to the airport, where David used his charm to get us a second upgrade, to top of a thoroughly enjoyable weekend.

### Mob Match – Newbury AC v Overton Harriers 29 October 2006, Snelsmore Common from Keith Vallis

Racing elsewhere, a lunchtime party and newly acquired fatherhood status (congratulations Richard and Susan) meant that a rather depleted Harriers team made the journey to Snelsmore Common. Then, against all expectations, we won! This year’s course was a ‘short 5 miles’ consisting of two laps, using much of the 2004 course. As with 2004, great care was required, in places, both underfoot and navigation-wise (see Greg and Josh for details!). Thanks go to Newbury AC for providing a challenging race on a lovely Autumn morning.

### Mob Match – Newbury AC v Overton Harriers 29 October 2006, Snelsmore Common from Mark Dennison

A small contingent of sober Harriers took part in the annual event at Snelsmore Common Country Park about 5 miles over country tracks pleasant for runners and spectators. Josh won the race, with Nicky first lady to finish. Both collected bottles of Red wine for their troubles. Newbury won the event with Overton’s 10 runners against their first ten finishers. Nice low key event which was a shame we could only muster 10 runners. Clearly more interest will need to be generated for next year.

Position	Name	mins	secs	Position	Name	mins	secs
1	Josh Bliss	28	30	3	Greg England	30	36
5	Keith Vallis	31	34	8	Nicki Clark	32	22
11	Martin Crawshaw	32	45	17	Audra Dennison	34	57
18	Piers Puntan	35	05	23	Dave Titcomb	36	07
25	Bob Hawrylak	36	15	39	Rachel Hessom	41	42

## **Club Training Weekend (Feb16th - 19th 2007)**

Marhamchurch, Bude.

Bookings are being taken now.

All accommodation is arranged for you by the club, however this is where we stay :-

<http://www.courtfarm-holidays.co.uk/> . We have booked all of the cottages apart from the Farmhouse.

Please contact Nicky Clark (01256 771983) for more information and to secure your place with a £25 deposit.

## **Message from Liz Sandall-Ball**

Volunteers wanted please.

I am looking for help on Saturday 2nd December at our X/C at Ashe Meadows.

Two people making tea/coffee and selling cake etc.

Two people cooking Bacon butties.

Also can I have donations of cakes on Thursday 30th November or on the day.

Thank you.

## **FREE SPORTS MASSAGE from Rachel Kenchington**

As some of you may know I am doing a Sports Massage course and will hopefully be a fully qualified SMA Sports Masseur by next May.

However, I need your help! I have to do at least 100 practice hours and need volunteers that I can practice techniques on.

If you are willing to have a free massage (for 15 minutes-to-1 hour) I would really appreciate it!

You can call me on **07791 694032** or email [rachelkench@hotmail.com](mailto:rachelkench@hotmail.com) or just see me down the club!

Thanks in advance for any help you can give me, and you may even feel the benefit of a free sports massage!

## **Overton Harriers Christmas Function Sunday 17 December 2006 – 12:30 pm Test Valley Golf Club**

This years Christmas function will be held after the mob match on 17 December, at Test Valley Golf Club.

Please find attached a menu – the cost of the meal is £16 per head. If you are able to attend, please mark your choices and return to myself, with full payment (cheques made payable to Overton Harriers & AC) by Thursday 7<sup>th</sup> December.

I hope that you are able to come

Martin Allen

