

**Overton  
Harriers**



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**Athletic Club**

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## October 2007 Issue 363

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:**

November 3 <sup>rd</sup>	Hellrunner
4 <sup>th</sup>	AGC's Kings Worthy Half Marathon    Lordshill 10 mile    Tidworth 10km
10 <sup>th</sup>	<b>GOODWOOD XC League</b>
15 <sup>th</sup>	Foxdown Handicap
17 <sup>th</sup>	Camberley Open XC races (all age groups male / female)
25 <sup>th</sup>	<b>GOSPORT Half Marathon</b>

### **FRANNY'S BITS**

A thin month for races but obviously the 2 important ones are the Cross Country fixture at Goodwood and the Gosport Half Marathon where good turnouts are important to help improve our standing in the league tables. Please try and attend these fixtures if possible.

Don't forget that Goodwood XC is the club championships this year which means the chance of medals and double consistency league points.

Our home X Country fixture is at Ashe Meadows on December 1<sup>st</sup>, again a good turnout of runners would be appreciated as would any offers of assistance with course marking, marshalling, catering, etc.

## SOLENT Half Marathon 7<sup>th</sup> October *from Piers Puntan*

A very disappointing turn out for this HRRL event which doubled up as the Club Championship meaning bumper Consistency points for those who ran. At first it looked as if we only had four runners but Lee is not one to let a club title go begging and with Jane under strict instructions not to go into an early labour he managed to toe the line with the rest of us.



Lee set off at a cracking pace hitting 5 mile marker in 29:33 though sanity got the better of him and he eased up, though still allegedly hitting a 10k PB. The early pace hit home around the 9 mile mark though he dug deep through the hills and stormed home in 1:20:57 a PB by several minutes.

Richard had a poor start and didn't feel great at the end of mile 1 though was cheered up by the 4' minute mile at the 3 mile marker. Unfortunately this was due to faulty marking as opposed to an injection of pace. Richard settled into a steady 6' 10" or so pace hanging on to Michaela McCallum through the second part of the race finishing strongly in 1:22:47 a PB by over three minutes.

I was determined to get a PB with an outside chance of breaking 90 mins and thus pushed for a strong start and hit the first mile marker in 6:18. This was a bit too quick and I eased off immediately, depressing as I then got passed by a large number of runners. It was difficult to pace the next few miles with the 3 mile marker error, but eventually I settled on 6' 45" pace hitting 10 miles in 1:07:03 an unofficial PB. I struggled up the final drag to Fawley not helped by the out of place 12 mile marker and it was only when I started being caught did I realise I was slowing and pushed on. As I turned the corner into the finish straight I sprinted for the line as planned with cheers of encouragement from Richard and Lee and crossed the line in 1:28:53 a PB by 3 minutes.

Franny had at long last a faint glimmer at the end of the tunnel, a long period of niggling injuries has seen him struggling, but though he was 5 minutes slower than last year he finally felt competitive and picked up the pace over the last 6 miles to catch Brian and closed the team that finished in 8<sup>th</sup> spot. Also being the only Vet there meant he took my first club title after 33+ years of trying. His thoughts were "many thanks to those who could not make it."

Brian was another runner who started strong, "far too strong" according to himself and hit 5 miles in 35:53, this told and by 8 miles the pace was starting to tell, unfortunately this was at Lepe Bay and it was all uphill from there. Brian then made a "tactical decision" to ease up and let Franny pass him before gritting his teeth for the final few miles. Brian had encouragement from Harriers waiting on the last mile shouting for a sprint for the line; he lengthened his stride, caught the runner ahead and finished in 1:39:01 a PB by nearly 10 minutes. His run took the handicap title which meant that everyone got amongst the trophies.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Lee Tolhurst	1:20:57 <b>PB</b>	15 <sup>th</sup> (9 <sup>th</sup> SM)
Richard Clifford	1:22:47 <b>PB</b>	22 <sup>nd</sup> (12 <sup>th</sup> SM)
Piers Puntan	1:28:53 <b>PB</b>	55 <sup>th</sup> (25 <sup>th</sup> SM)
Richard Francis	1:36:57	118 <sup>th</sup> (39 <sup>th</sup> V40)
Brian Hay	1:39:01 <b>PB</b>	136 <sup>th</sup> (47 <sup>th</sup> SM)

**333 Finished**

## **Hants Road Race League**

Following the Solent half, the men's A team lie in 5th place in Division 1 with the B team a mid table 14<sup>th</sup> of 30 teams. Individually: Lee is 10<sup>th</sup> overall, Richard Clifford is 13<sup>th</sup>, Keith Vallis is 75<sup>th</sup>, Piers is in 79<sup>th</sup> place and Tim is 81<sup>st</sup>.

With the ladies failing to finish a team they dropped from 2<sup>nd</sup> to 6<sup>th</sup> in Division 1, Cath is 30<sup>th</sup> in the individual rankings, Jill is 40<sup>th</sup>, Helen Heap is 50<sup>th</sup> and Hannah Oliver is 67<sup>th</sup>.

## **Overton Harriers Golf Champs 2007**      **7<sup>th</sup> October**    *from Richard Francis*

After the success of last year's event the OH Golf Championship was again hosted @ the Hampshire Golf Club Sunday 7th Oct sponsored by the Blue Ginger Indian Restaurant, Whitchurch.

Conditions were more favourable than last years event with the wet summer providing greens that were a little more receptive to a skilled approach although it has to be said that they had also suffered considerably to the damage of both local pests as well as rabbits! Last years scores were used to establish this year's handicaps (a fact kept secret from the competitors on the day)

Due to the no show of Piers" I'm too tired to swing" Puntan & Mike "not sure if I can make it all the way round" Bliss the field was cut down to just five participants. Under the circumstances we received special dispensation from the course to play a 5 ball.

As per last year nerves got the better of all the players & the 1st green was untroubled especially by young Franny who set up @ 45° to play his usual left to right "fade" only to hit the ball dead straight towards the road! Standards improved as the round progressed despite the constant sledging & the back 9 produced some stunning golf with the gross & net championships still open till the last hole.

Nearest the pin was picked up by Gavin on the short 74 yard 16th with a delightful chip & run although at an earlier hole Franny very nearly pitched one straight into the hole which would have been a first in many different ways.

In failing light the group stepped off the last & with a handshake set off to the scorers hut (The Blue Ginger) for a few beers & a curry which was better than watching Scotland getting beaten by The Argies!

	<b><u>Andy</u></b>	<b><u>Nick</u></b>	<b><u>Steve</u></b>	<b><u>Richard</u></b>	<b><u>Gavin</u></b>
<b><u>Front 9</u></b>	33	36	43	41	80
<b><u>Back 9</u></b>	31	32	35	41	53
<b><u>Total</u></b>	64	68	78	82	133

## CONSISTENCY LEAGUE

After 4 races Richard Clifford has made a determined start in his effort to lift one of the clubs major trophies. Having not missed an event, his 93 points gives him an 11 point lead over Piers who is the only other runner with a 100% attendance. Lee will miss a few, if not all, of the next few fixtures and is currently third on 79 points. His absence should help Brian Hay and Keith Vallis to leap frog him as they are currently tied on 53 points with Franny a further 4 points in arrears.

Sadly the women's league has yet to warm up with only Cath completing 2 of the possible fixtures for a total of 40 points. The rest of the field have only run 1 race each with Audra having a one point gap over Liz & Helen Heap with Moira & Jill another point in arrears.

Let's hope that a few more people can show up for the next fixture at Goodwood, full league tables are on the notice board.

### HANTS XC at Farley Mount      14<sup>th</sup> October      *from Richard Francis & Mark Dennison*

Saturday 14<sup>th</sup> was a very overcast day, which meant for unpleasantly warm conditions for cross country running. As usual this course was firm underfoot with many opting for racing flats instead of spikes.

#### **Under 13**

We only had one junior competing with young Hannah Parker having a fantastic run in the Under 13 girl's race where she finished in a very commendable 33<sup>rd</sup> place in a large field. Hopefully she will continue to improve as she gains more race experience. (RF)

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
H.PARKER	10min 27 sec	33 <sup>rd</sup>

**62 Finished.**

#### **Senior Ladies**

The Ladies race provided the girls with the first chance to stretch their legs and our 4 competitors can all feel well rewarded for their afternoons exercise.

First home was Cath finishing a very commendable 12<sup>th</sup> place, always up with the main bunch at the front of the field. Cath was followed by Audra, competing her first race for a while, and can be pleased with a fine 33<sup>rd</sup> place. Helen completed our team in 42<sup>nd</sup> place, coming through the field well and can now look to progress as the season goes on. Jill completed the squad in 56<sup>th</sup> place with a good, though uncomfortable, run after one of her spikes broke through the sole of her shoe. (RF)

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
C.WHEELER	23m 07sec	12th
A.DENNISON	24m 42sec	33rd
H.HEAP	25m 16sec	42nd
J.HILLS	26m 05sec	56th

**124 Finished**

## Senior Men's

Looking at the Men's race over 9km, 3 laps, it was good to see a strong number of people turning out in club colours.

First home was Jamie looking every bit a cross country runner in 18<sup>th</sup> place, a good starting point for the further cross country and other important races to come. Greg produced his usual solid performance in 74<sup>th</sup> position; it must have been the streamline vest. I do have more for sale if you require a new one Greg. Keith followed closely behind Greg in 85<sup>th</sup> looking stronger as each lap passed, and no doubt would have been right up with Greg if another lap was required.

Richard Clifford was next in 101<sup>st</sup> a top 100 place no doubt on the cards next time. The team was completed by Martin, having his best run for sometime, starting steady and coming through the field well. 117<sup>th</sup> place an excellent result.

The B team lead home by Piers in a fine 125<sup>th</sup> finishing place, started slowly and picked off the runners in front well, using the race as a warm up for the next days Brecon Beacon Training. Neil, running his first race for the club, enjoyed the experience finishing 165<sup>th</sup>, good to see you racing and look forward to many more.

Next home was ever reliable Keith running steadily throughout the race, holding off an ever improving Steve who was looking better as the race progressed, finishing 177<sup>th</sup>. Dave completed our b team, 194<sup>th</sup> place a good effort and just holding off Brian.

Brian and Gavin, finishing 196<sup>th</sup> and 197<sup>th</sup> place, both worked hard and looked comfortable just beating the 200 barrier. Brian warming up for the Tadley 10m race the next day. Bob was pleased with his place and any race when you hold of Mr Francis must be pleasing. Richard and Eric battling away completed our contingent.

It was nice to see many runners with Overton Vests competing, this commitment is going to be required throughout the whole season, and I might even be able to finish one of the Cross Country's myself.

MD

Harrier	Time	Position	Harrier	Time	Position
J.JONES	30m 18sec	18th	S.McNAIR	38m 36sec	177th
G.ENGLAND	33m 27sec	74th	D.TITCOMB	39m 28sec	194th
K.VALLIS	33m 53sec	85th	B.HAY	39m 36sec	196th
R.CLIFFORD	34m 46sec	101st	G.DUNCAN	39m 39sec	197th
M.ALLEN	35m 31sec	117th	B.HAWRYLAK	40m 26sec	209th
P.PUNTAN	35m 46sec	125th	R.FRANCIS	40m 33sec	211th
N.MARTIN	37m 55sec	165th	E.TILBURY	40m 34sec	212th
K.CLARK	37m 59sec	166th			

**272 Finished**

## Captain's Bits

Outside of the race calendar, this month saw ten Harriers attending a Level 1 Coaching Course at Andover. The course was attended by a mix of Overton Harriers and Andover Runners and was hosted James Coney a Level 3 Coach.

The day long course was quite intensive and required quite a lot of hands on activities; several people had sore muscles the day after.



Hopefully the rest of the Harriers will see the benefits of the coaching later in the season especially in the Junior Section.

There have been yet more changes to the fixture list, Totton 10k being now on the 6<sup>th</sup> April (*Note it is still incorrectly stated as 30<sup>th</sup> March in a number of locations*). This has enabled us to bring the Combe Gibbet forward to the 30<sup>th</sup> March so minimising the possibility of people finishing in the dark.

As detailed by Franny we are going to have to work hard this year to maintain our Division 1 status in both the HRRL and the XC so please remember the fixture schedule when arranging weekends away.

Piers

**FOXDOWN HANDICAP 25<sup>th</sup> OCTOBER** *from Richard Francis*

The first race of the winter series gave a good opportunity to see who has improved during the summer months and whose running has gone down the pan. Four PB's were clocked including race winner Ryan who took full advantage of an easy debut last winter, and therefore a decent handicap, to run out a clear winner. Steve has been training well in recent months and clocked his fastest time for three years to take second spot ahead of Brian who showed his improvement by hacking 66 seconds of his best time.

The other PB's came from the flying Lee with a 12 second improvement and Martin, who is well on the road to top form with his 6 second PB. Of the rest Dave Titcomb was only a second outside his best while several made their first outings over this course for several years, notably Karen who was running it for the first time in 5 years.

Fastest on the night was Jamie who was the only runner to break 20 minutes, will anyone else join him this season? Second was Lee with Keith Vallis, showing improved form, only 12 seconds behind. Richard got the edge over the resurgent Martin who was just in front of a storming run from Keith Clark that bodes well for the winter races.

<b>Pos.</b>	<b>Harrier</b>	<b>Fin. Time</b>	<b>H'Cap</b>	<b>Act. Time</b>	<b>H'Cap Pos.</b>
1	R.WAKEFIELD	27.07	2.34	24.33	7
2	S.McNAIR	27.52	3.16	24.36	8
3	B.HAY	28.06	2.49	25.17	12
4	B.HAWRYLAK	28.33	3.31	25.02	10
5	G.ALEXANDER	28.38	GO	28.38	21
6	K.CLARK	28.42	5.40	23.02	6
7	L.TOLHURST	28.46	7.52	20.54	2
8	K.VALLIS	28.48	7.42	21.06	3
9	M.ALLEN	28.54	6.21	22.33	5
10	D.TITCOMB	29.01	4.21	24.40	9
11	R.CLIFFORD	29.10	7.47	21.23	4
12	H.VOSSER	29.18	3.24	25.54	15=
13	J.JONES	29.20	9.57	19.23	1
14	E.SANDALL BALL	29.35	0.07	29.28	22
15	R.FRANCIS	29.48	4.44	25.04	11
16	M.VOSSER	30.00	4.06	25.54	15=
17	M.WEST	30.14	1.39	28.35	20
18	D.WICKE	30.16	2.48	27.28	19
19	E.WICKE	30.39	3.16	27.23	18
20	E.TILBURY	31.04	4.11	26.53	17
21	G.DUNCAN	31.40	5.51	25.49	14
22	D.VOSSER	33.58	8.13	25.45	13
23	K.BURTON	34.47	0.26	34.21	23

**One lap: Junior: 16mins 05secs**

**OMM**      **27-28 October**      *from Piers Puntan*

The OMM is a two day race held in a different location each year, for 2007 it was the Lowther Hills near Dumfries. The event is an orienteering style team competition over about 20 miles each day; I was roped into this by a work colleague whose team mate had let him down by being posted to Afghanistan.

After I accepted, the training runs with backpack, map and compass over the Brecon Beacons and the steepest the Downs had to offer began and by the eve of the event I was looking forward to the weekend.

However this optimism was short-lived. The weather during the weekend was very poor and whilst the rain and the wind were not too much of a problem the low cloud on the hills meant that navigation had to be top notch, ours wasn't.

We were taking far too much time to find controls, by the ninth control visibility was down to less than twenty metres and teams were forming ad-hoc groups and fanning across the mountain to try and find the control. By the time of the tenth control I was very demoralised realising that I had underestimated the event and had insufficient compass skills for what was required. In a group of about 20 competitors we spent 20 minutes looking for the control point and when the light started to go we "cut and run" for the last control as neither of us wanted to be out on the hills in the dark.

Failing to find a control was an immediate retirement in our class, though there was the option of running unclassified the next day. I was desperately disappointed in having not completed the event though our team was not the only one; out of 192 teams in our class only 100 finished. To add insult to injury as we set up camp the mother of all rain storms hit us; gale force winds and over an inch of rain. I got bugger all sleep and was knackered on Sunday morning and a joint decision not to run on was made.

It's the first time in my running "career" that I have been so utterly demoralised by an event. There is a definite skill to running about the mountains on heavy ground and it takes a different kind of fitness. Contouring, running round the side of hills, gave me some serious foot and blister problems and it was impossible to run without constantly falling over. If you are interested in this event then my advice is to get very experienced at orienteering and fell running, personally I have no intention of ever going near this event again.

**Tadley 10**      **14<sup>th</sup> October**

Brian Hay was the only Harrier to turn out for this race, and it was the first time he had ever run it. The course is a single 10-mile loop over quiet country lanes, with a few ups and downs but nothing at all too daunting - definitely nothing that could be described as a steep hill.

As the event was the Masters Championships there were some good performances put in and if you exclude the Masters, who had come from all over the country, Brian was 19<sup>th</sup>, a pretty good performance considering his Farley Mount XC run the day before

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Brian Hay	77:38	79 <sup>th</sup> (19 <sup>th</sup> SM)

**169 Finished**



**Great South Run**    **28<sup>th</sup> October**                      *from Jamie Jones*

Started off wet and got wetter!

I got stuck behind a load of “D list celebs”... basically fat joggers from Holby City, Coronation Street and Emmerdale who had been inserted between the elite runners and the club runners.



Gun went off after 10 mins delay and it was like fighting through the Harrods Sale crowd. I had to wait until the road opened up and then ran around the slow crowd to get to the mile marker 30 seconds down on what I would have expected. I had hoped to sit on the back of Mara Yamuchi but she and Hayley Yelling were way ahead and I couldn't close the gap. I passed a very tired sounding Liz Yelling at 2 miles and I could see the lead women were about a minute ahead of me at 3 miles as they went down the other side of the dual carriageway. I was somewhat distracted by Jennifer Augusto's (Portuguese 16<sup>th</sup> in World XC) bum cheeks which were not in her scanty pants! (*Ed.'s Note – Where are the photos*) I went through 10km feeling good in 33.32 which is the 2<sup>nd</sup> quickest 10km I have run this year and then through 8 miles in nearly 43 minutes.

The turn into the wind along the seafront was worse than last year. The rain stopped momentarily but it was like running pushing against a wall. Augusto sat in behind me and then with a mile to go went past and I had another chance to look at her cheeks!

I could see Fernanda Ribeiro ahead but there was no way I was going to catch her and sprinted to the line ahead of Augusto in 55:33 meaning it had taken me nearly 13 minutes to run the last 2 miles so I was pretty annoyed.

I would never recommend this race to anyone; £30 to enter...yes that was thirty pounds and I only ran it to raise money for the RNLI and therefore ran in the wrong vest! JJ

Also running for the Harriers was Brian Hay who was able to provide some details on his race. The race starting late allowed Brian to celebrity spot, Eamon Homes was mentioned, though the delay meant that he had to stop after a mile for a toilet break and this wasted some time. He worked hard to make up the time on the next 6 miles but the last two as detailed by JJ were into a strong wind. He dug in and crossed the line in 72:06 which was 3 minutes quicker than the previous year and was another PB.



<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Jamie Jones	55:33	31 <sup>st</sup> (M35 1 <sup>st</sup> )
Brian Hay	72:06	518 <sup>th</sup>

**11450 Finished**



## **Overton Harriers Christmas Lunch**

**Sunday 23<sup>rd</sup> December, 1pm**

**Following Cyclists Race / Newbury Mob Match**

**Test Valley Golf Club**

**£14.95 adults**

**£10.00 children**

**This year the golf club are having a carvery for their Christmas meal, with the choice of three different meats and a vegetarian option for the main course. The price includes three courses followed by coffee.**

**If you require further details or have any specific dietary requirements please contact Anna Vallis.**

**Please add your name to the list on the notice board in the Recreation Centre if you wish to attend.**

