

**Overton
Harriers**



**&
Athletic Club**

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October 2008 Issue 375

Visit us on our Web Site at www.overtonharriers.org.uk

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You can view or print this and previous editions from our website

FIXTURES:

November 2nd	LORDSHILL
8th	HANTS XC LEAGUE AT GOODWOOD
16th	GOSPORT ½ MARATHON (Club Championship)
20th	FOXDOWN HANDICAP
23rd	Castle Combe 10K
30th	Downton Half-Marathon

FRANNY'S BITS

The Cyclist's race takes place on December 21st and is followed by the Club Xmas dinner at Test Valley Golf Club. The cyclist's were victorious last year (I knew I should have run) so let's try to win the trophy back. John Hoare is organising the meal (but not cooking it) and further details are included in the newsletter and are on the notice board. And finally I am sure that everyone sends their best wishes to Marie & Neil who celebrate their big day on November 8th.

The front page this month sees a guest visit from Martin Allen who wanted everyone to see his bit's on display.

MARTIN'S BITS: - Flora London Marathon - Club Places *from Martin Allen*

If you have not been successful in the ballot for the Flora London Marathon 2009 and would like to be entered into the draw for a club place, please pass your rejection slip to me ASAP. The draw will take place at the Christmas party, as usual.

Changing Room Security

A quick reminder that we should still be vigilant about locking the changing rooms when training. The key should be left in a secure place. Please make sure that you leave the changing rooms promptly in order that those locking up do not have to wait around.

HANTS XC LEAGUE, FARLEY MOUNT

11th October

from Piers Puntan

The first XC of the season brought out a large field in all age groups helped by the good weather.

The ladies team was captained and led home by Cath who finished in a reasonable time of 24:18 and was 5th Vet. Next in was Helen in 27:10 very closely followed by Nicky who is back in training. Monique on her first XC outing for the Harriers finished in 77th place in a time of 29:53.

The ladies team finished 9th team overall and fourth team in the Vets category a pleasing result.

The men's team was large but there was a distinct lacking of pace men at the front of the field and this combined with mediocre performances meant that the team finished in a disappointing 28th place and are rooted to the bottom of Division 1. The leading runner was Richard Clifford in 36:03 followed by Martin Allen at 37:33 and Martin Crawshaw in 38:32, the men's A team completed by Keith in 40:20.



Mark Dennison made a rare outing and headed the B team in 40:55 shortly followed by Dave Titcomb and Eric Tilbury. Mike Ball who was competing for the first time as an Overton Harrier finished the course and completed the B Team in 45:19.

Ladies

Harrier	Time	Position
Cath Wheeler	24:18	24 th (V5 th)
Helen Heap	27:10	37 th (V9 th)
Nicky Clark	27:23	71 st
Monique Van Neuten	29:53	103 rd (V44 th)

134 finished

Men's

Harrier	Time	Position
Richard Clifford	36:03	111 th
Martin Allen	37:33	139 th
Martin Crawshaw	38:32	160 th (V57 th)
Keith Vallis	40:20	196 th V77 th)
Mark Dennison	40:55	203 rd (V83 rd)
Dave Titcomb	41:14	211 th (V91 st)
Eric Tilbury	43:43	231 st (V106 th)
Mike Ball	45:19	244 th

269 finished

SOLENT ½ MARATHON**12th October***from Piers Puntan*

Due to the usual clash between the Farley Mount XC and HRRL it was a small group of Harriers that went down to Hardley for what is a very good half marathon course. Initially the team was to be Richard Clifford, Lee, Neil and Ryan but Richard had family commitments and switched to the XC on the Saturday.

This would have meant that we wouldn't have completed a team so I decided to head down with Neil to make up the numbers, a ½ at marathon pace being the ideal preparation for Abingdon Marathon the next week.

The start was misty with heavy dew on the ground making the first lap round the field very wet and slippery; though it didn't seem to hamper Lee who I could see setting off at a fast pace being in 5th or 6th place as the race went up onto the road.

I settled into a nice 7 minute mile pace chatting away to Fiona Ross-Russell of City of Salisbury, whose husband works for the same company as myself, she was doing the opposite to me as she'd just run Clarandon Marathon and was taking things easy. After about 5 miles the sun came out and it turned into a glorious day, made even better by the fact that I overtook at least twenty runners in the last two miles finishing in 1:34:36

At the finish were all the Harriers; Lee slipped off the early pace and came home in a time of 1:23:28 a little off his PB but in an excellent 16th place. Neil and Ryan both had fast runs coming in within a minute of each other, Ryan just missing out on a top 50 place.

The excellent positions that the team managed to achieve has meant that we are now 3rd in Division 1 of the HRRL.

Harrier	Time	Position
Lee Tolhurst	01:23:28	16th
Neil Martin	01:28:48	42nd
Ryan Wakefield	01:29:38	51st
Piers Puntan	01:34:36	82nd

372 finished

ABINGDON MARATHON**18th October***from Piers Puntan*

This is a flat fast marathon that promised a good chance of a PB and with that in mind I had done all the training and it was with high hopes that I lined up at the start at Tinsley Lane Track, the race HQ.

I quickly settled into a 7:10 min mile pace and churned out the miles until the 18 mile mark when I had a bad mile or two, though by 20 mile marker I was feeling good and still well on track for sub 3:08. Unfortunately at 21 miles the bottom of the hamstring in the pit of my knee started to get very tight and before I knew it I was sitting on the side of the road in quite a lot of pain unable to continue.

This was when the organisation really impressed as within 5 minutes I was in the back of a warm minibus being offered ice packs, a drink and warm clothing.

A disappointing day though it may be on my race calendar for next year.

FOXDOWN HANDICAP 20th October *from Richard Francis*

Heavy rain an hour or so before the start probably scared off the less hardy souls but as the small field went out to the start conditions were ideal for a quick couple of laps of the Foxdown course.

Shaun played his cards close to his chest, bluffed the handicapper and cruised to an easy win. Ryan had a storming run to slice 23 seconds from his PB to record the fastest time of the night in second place while Bob made an impressive return after 8 weeks out with injury problems to take third and only narrowly missed his PB.

Cath was fourth overall and ran the second fastest time with Keith finishing third fastest. It was a very disappointing turnout for the first race of the season but hopefully numbers will pick up next month.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.	
1	S.HOLMES	27.01	2.12	24.49	4	FT
2	R.WAKEFIELD	28.53	6.12	22.38	1	PB
3	R.HAWRYLAK	29.26	4.36	24.50	5	
4	C.WHEELER	29.35	6.41	22.54	2	
5	C.WOODS	29.51	1.27	28.24	8	
6	M.VAN NUETEN	29.56	40 sec	29.16	9	FT
7	N.MARTIN	31.14	6.01	25.13	6	
8	K.VALLIS	31.27	7.37	23.50	3	
9	E.TILBURY	31.35	2.12	29.23	10	
10	D.WICKE	33.09	2.54	30.15	11	
11	R.FRANCIS	33.15	4.52	28.23	7	

KENNET & AVON CANAL RUN

OCTOBER 26th *from Richard Francis*

11 club members turned out for this Sunday training run over a pancake flat course that started & finished at The Rowbarge pub at Wallingford. The heavy overnight & early morning rain caused a few puddles along the towpath to Aldermaston Wharf but with the rain holding off until the end it did get surprisingly warm. The longest run was just over 90 minutes and everyone seemed pleased with the choice of course.



It has already been suggested that we do this again and Keith Vallis is currently plotting a course around Longparish so please keep an eye on the notice board for further details.

Club Communication

from Richard Francis

Following the above event a club member has complained that “This run was organised by E Mail and I knew nothing about it”. Not withstanding the fact that there was a notice on the board at least a month in advance and it was mentioned in last month’s newsletter I believe that E Mail is a quick & cheap form of communication.

However my mailing list is limited and some of the addresses that I have for members are now unobtainable. Therefore can I ask club members to update their E Mail details and send them to both Piers and I at the addresses on the front page.

GREAT SOUTH RUN

26th October

from Neil Martin

I’ve done this race for the last few years and despite the expense I continue to enter as a guide to how well I’m running. Those that ran in 2007 will remember the last two miles straight into a 25 mph wind and this year the forecast didn’t look much better. Driving down the M3 in torrential rain didn’t promise much, but by the time the race started the rain had stopped and the wind was quite light.



For the first time this year they staggered the starts within each colour coded wave. I seemed to end up in the second start, which meant I wasn’t running along the grass verge to make up places. However, after half a mile I turned a corner to be confronted by a human barrier consisting of the larger runner doing about 11+ minute mile pace. This coupled with those who had the time to jump about in front of TV cameras got me in a groy and muttering as I weaved from one side of the road to another.

I don’t know why so many slow runners started in the first wave, but it did remind me of Jamie’s comment at Winchester 10k that he “didn’t normally see this end of the field”. Albeit that Jamie was referring to people who could only manage 38 minutes for a 10k!

After 3 miles I escaped the crowds and psychologically it was good to always be overtaking people. At the finish I had just managed to get my third PB in three weeks and got out of Portsmouth before the usual nightmare traffic had built up.

Due to the poor management of the starting groups and the cost I wouldn’t recommend this race, but that said I’d probably do it again next year to see how I’m going.

Harrier	Time	Position
Neil Martin	1:05:28	171 st

11540 Finishers

CYCLISTS RACE

21st December

The Cyclists Race has been arranged and will take place on Sunday 21st December. Start at 10.45am. Please be at the Recreation Centre in good time to pick up your number. Note that this is a Consistency league race.

The cyclists won this event and last year and will be looking to retain the trophy. We need a good turn out to regain the honours.

This will be followed by:

XMAS LUNCH

21st December

To be held at the Test Valley Golf club. 1.00pm for 1.30 meal.

Menu

A choice of starters:

Broccoli & Stilton Soup, Garlic Mushrooms or Melon Balls in Port.

Main meal will be a choice of:

Carvery, Beef, Turkey or Duck

For the vegetarians it will be Creamy Leek & Gruyere Crown

A choice of 4 Chilled Desserts or Xmas Pudding

All followed by Coffee and Mince pies.

No need to book your choices. That will be arranged on the day. Meal will cost £16.95 per head.

To arrange numbers please let me know asap if you are coming. A deposit of £5 per head will guarantee your meal.

Look forward to seeing you on 21st

John Hoare

STOP PRESS – New York Marathon

News has just reached Hampshire that Dave Bush has completed the New York Marathon in the spectacular time of 2:59:49. The story is sketchy at this time, especially on how he didn't blow up at the 2 mile mark, but we will have all the details and pictures next month.



Overton Harriers & AC

Training Weekend

Saturday 14th – Tuesday 17th February 2009

The 2009 training weekend will be held at Northway Holiday Cottages near Bideford, North Devon. It will run from Saturday 14th to Tuesday 17th February, this will allow people to run in the final Hampshire Cross Country race at Salisbury on the Saturday.

Please can you complete the slip below and return to either Nicky Clark or Anna/Keith Vallis, with your non-returnable deposit of £25 per person, by 31st October. We will book the number of houses required based on the replies at this date and we will then be able to give you a final costing for the week / weekend.

If you are interested in staying for the week, please can you indicate on the reply form if you would prefer to stay from the Friday to Friday or Saturday to Saturday. As some of the houses are quite large, we can not guarantee that you will have a whole house to yourselves if you stay for the week – we will of course try and accommodate everyone's wishes where possible.

Name:

Number of Adults:

Number of Children:

Number of babies requiring cot:

(no charge for babies in cots)

I/we will be staying for the: Weekend / Week*

If you are staying for the week, please indicate your preferred departure/arrival day:

Friday to Friday / Saturday to Saturday*

Please attach a cheque for £25 per person (made payable to Overton Harriers & AC) and give to either Nicky Clark, or Anna/Keith Vallis by 31st October 2008.

* Please select the applicable option