

**Overton
Harriers**



**&
Athletic Club**

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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 1 st	LORDSHILL 10 Mile
7 th	XC LEAGUE at GOODWOOD
15 th	GOSPORT HALF MARATHON
26 th	Foxdown Handicap
29 th	Hayling 10

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings

FRANNY'S BITS

Virgin London Marathon - Club Places

If you have not been successful in the ballot for the Virgin London Marathon 2010 and would like to be entered into the draw for a club place, please pass your rejection slip to Lee Tolhurst ASAP. The draw will take place at the Christmas party.

Please could all members make sure their subs are up to date and please note that only fully paid up members will be eligible for the London Marathon draw.

Training Weekend

Last chance for the Training Weekend; if you're interested please contact Anna or Keith Vallis **as soon as possible**.

XTREME TERRAIN FESTIVAL, CAMBERLEY

26th September

from Neil Martin

At the end of a month of hard racing and training I dragged myself (and the pregnant wife!) out of bed for the Xtreme Terrain Festival at the not so extreme Hawley Lake in Camberley. The event is an off-road mix of triathlons, duathlons, aquathon and 10k cross country run. I was racing in the sprint duathlon (5k+ run, 12k(ish) mountain bike, 2k run), in which I came third last year.

Looking around me at the start I got the feeling that I wasn't going to be third again this year. With the world off-road triathlon championships in one month's time, the spattering of British vests around the site provided very clear evidence of this fact. Fortunately, only one was in my event, but apparently he was the UK number one! As the gun went it was clear that some people had Lee-like tactics as they went off like a bunch of nutters and I soon found myself back in about 12th place. So I took some comfort in the fact that I could relax as much as I ever can in a race and enjoy it.



Surprisingly, my run splits weren't much different to the elite racer, but he did his damage on the rest of the field by being a full 7 minutes faster than anyone else over the 12km bike stage. But with all the recent dry weather the course was good and I started to pick off a few people ahead of me and got up to 6th place. I always hate running after cycling and I crawled my way through the sandy course to eventually finish 7th.

Then it was home to the far more exhausting activity of being dragged round Babies-R-U's and Mothercare by Marie. The full joys of prams, maternity jeans and breast pumps are only just opening up in front of me! Although, some of the Dinosaur toys look pretty cool!!

Harrier	Time	Position
Neil Martin	1:13:48 (Run: 23:53 Bike 38:49 Run 11:05)	7 th

76 Finishers

CLARENDON WAY HALF-MARATHON

4th October

from Richard Francis

Having re-captured the racing bug this was my third race in three weeks and probably the longest run that I have done since November 2007. Having completed the marathon 4 times in the past I knew the course well when it ran from Winchester to Salisbury but with the race now going in the opposite direction I was not looking forward the big climb up to the monument at Farley Mount.

As if on cue, the sun came out as we lined up for the start in Broughton. For some reason I was struggling from the start and it was not until the 4 mile mark at Kings Somborne that I felt comfortable.

Unfortunately there was a long climb out of the village that slowed a lot of the big field to walking pace just as the course got rather narrow. Those of us who wanted to keep running were not helped by the numerous walking IPOD wearers who insisted on hogging the middle of the track & being unable to hear our shouted requests to keep to one side.

As the course widened I managed to up the pace but had a repeat walk up the opening stretch of the climb up Farley Mount& had a heavy collision with one runner who did not know her left from her right. The field thinned as we got farther up the hill and I found myself running well as we looped through the Woods at Farley Mount and over the Sparsholt Road. Despite another collision, this time with an IPOD

wearer (why do they wear them in races!!!) and six hills in the last 2 miles I managed to finish strongly and was comfortably inside 2 hours.

Jill made her first return to the event since breaking her ankle some years earlier. This time she ran the second leg for a relay team from Beechdown. Her roughly 6 mile leg saw several stiff climbs and some very rough descents especially the last one down to Broughton. Her split of approximately 55 minutes was a good performance but, as is usual for Jill, she had to add another injury to her already impressive list. This time an overhanging bramble did the business leaving her with several scratches, the worst one cutting her lip which left her with a very blood soaked vest.

I believe she did it on purpose as she did not want to be outdone by my own blood stained vest, caused by running the last 7 miles with runner's nipple.

Harrier	Time	Position
Richard Francis	1:58:06	209 th

298 finished

HAMPSHIRE XC LEAGUE – FARLEY MOUNT **10th October**

JUNIORS (U13 Boys) *from Mark Dennison*

Three boys provided some much needed juniors at the first fixture of the season. Having only trained a few times together and new to racing, they all found it a little daunting, with pace judgement very difficult to learn at this age.

Nevertheless, they have to start somewhere, and can look forward to progressing throughout the season. All three boys are only 11 and will be in the same race next season.

First home was George coming 60th, despite a cold and can I feel develop much further over the coming weeks/months. Perhaps he can get some tips from his next door neighbour KV. Sam followed closely behind, starting slowly and coming through the field well taking a couple of others in the home straight. Robbie set off a little too fast and suffered towards the end, didn't listen to his old man, but no change there then!, but was still smiling at the end.

All three boys can be proud of their first XC race and can progress with more experience and training.

Harrier	Time	Position
George Preece	12:51	60 th
Sam Conneely	13:37	74 th
Robbie Dennison	13:59	78 th

83 finished

SENIORS *from John Hoare*

A tremendous turnout for the opening cross country match of the season in spite of the Solent ½ the following day. Unfortunately some of our leading lights opted for the Hants Road Race League fixture and we were a bit short at the sharp end and ended the men's race in a disappointing 8th place in division 2 after last season's relegation. The Vets fared a little better with 5th place, also in div 2.

Leading our team home was Greg who managed 93rd in a strong field while Richard ran well to pick up second counter.



Keith just got the better of Martin as these two led home the Vets team with Piers, the only one on to tackle both events that weekend, completing both teams. A true captains run! But he only just held off a strong finish from Brian who was just two places and one second behind.



Another close race saw Dave edging out Mark by a few seconds as Mark completed a great family afternoon for the Dennisons.

Steve seems to be racing a fair bit more now and came home strongly ahead of Michael who tackled the difficult course well. And it was a couple of our more ‘experienced’ athletes, Richard and Eric who completed the impressive contingent of twelve.

The ladies team was somewhat depleted with just four making the event and the senior and vets team was made up of the same three athletes. It was certainly a welcome return to Overton colours for Audra who led them home with Monique turning in an improved run from the same fixture last year as she made up plenty of places over the final ½ mile or so. The teams were made up by Moira as she put in a good performance before she retires to sunny Portugal for the winter. There was an impressive debut from young Lucy who looked strong at the end and will certainly prove an asset to our team. Teamwise we finished in 15th place and 6th in the Vets.

Men’s

Harrier	Time	Position
Greg England	34:45	93 rd (17 th Vet)
Richard Clifford	36:20	127 th
Keith Vallis	38:20	169 th (50 th Vet)
Martin Crawshaw	38:40	175 th (54 th Vet)
Piers Puntan	39:42	193 rd (67 th Vet)
Brian Hay	39:43	195 th
David Titcomb	40:41	215 th (81 st Vet)
Mark Dennison	40:47	217 th (83 rd Vet)
Steve McNair	41:11	220 th (86 th Vet)
Mike Ball	43:23	243 rd
Richard Francis	44:25	253 rd (109 th Vet)
Eric Tilbury	44:41	256 th (112 th Vet)

278 finished

Ladies

Harrier	Time	Position
Audra Dennison	25:40	46 th (10 th Vet)
Monique Van Nueten	29:52	86 th (32 nd Vet)
Moira West	31:17	94 th (40 th Vet)
Lucy Griffiths	32:30	101 st

114 finished

SOLENT HALF MARATHON**11th October***from Piers Puntan*

Just a small team of elite runners went down to Hardley for what is a nice ½ Marathon. Well it was supposed to be an elite team but, Jamie pulled out after failing a fitness test and was replaced by me which after the previous day at Farley Mount meant it was unlikely a PB would be on the cards.

The main news for the day was that Cath ran; probably the first time in ten years that she had raced more than 10k or so and even she didn't really know why she'd entered. Cath talked about a gentle run to make sure that she didn't go off to fast and would aim for 89 – 90 minute finishing time. However once the gun went off she flew and within 10 minutes she was well ahead of me and only just behind Neil. She didn't blow up and crossed the line in a cracking time of 1:26:29.

The other news was that both Lee and Sean need to practise more sprinting. Reports after the race were unclear but it appears that Sean passed Lee up the final long drag to Hardley and Lee failed to pass him for the sprint for the line. Notwithstanding, both runners put up great performances with Sean smashing his PB; this was matched by Neil and after going through old results it looks like it could be a PB for him as well.

This all meant that we had a good team position and the men's team moved to 4th in the HRRL.

Harrier	Time	Position
Sean Holmes	1:19:25	13 th
Lee Tolhurst	1:19:26	14 th
Neil Martin	1:25:29	32 nd
Cath Wheeler	1:26:30	3 rd (1 st V45)
Piers Puntan	1:31:38	83 rd (16 th V40)

402 Finished

BMAF 10 MILE CHAMPS, PORTLAND**11th October 2009***from Edmond Simpson*

A nice course noted for its hilliness and on the day it was very breezy. For the first five or six miles I ran with John Perratt, an old friend of mine from Exmouth, who is known to some Overton members. I had a good run and won Silver medal in the M70 class. I was really pleased as I don't usually beat John. I had hoped (or dreamed) I would win, but Rex Legge from Poole piped me over the last 200m.

My time was 75.35 which is much better than I expected especially as it is nearly 10 years since I last did a 10 miler. No ill effects I am glad to report.



Next race is the International Cross Country, this year at Birmingham on 14th November. I have been selected again for the England M70 team of four. Cath Wheeler is not only running again for Wales in the W45 category, but is also the Welsh ladies' captain.

Overton is up there with the best!

TADLEY 10**18th October***from Greg England*

This year's Tadley 10 was held on a perfect autumnal morning - no wind, slightly chilly. The course comprises one lap around the undulating country lanes of Tadley and Baughurst.

My plan was to test how unfit I was.....the plan worked! I set off at sub-6 min pace with a group of seasoned old gits and tried to hang on for as long as I could.....about 2.5 miles it turned out. After that, the undulations turned to mountains (in my head at least) and I lost touch with the group. I dragged my weary legs across the finishing speed bump (not a good place for a finish line) in just under 61 mins.

Kate had an excellent run, achieving a new PB, 1.5 mins ahead of her target time.

Harrier	Time	Position
Greg England	1:00:43	9 th (5 th Vet)
Kate Hickman	1:21:27	11 th Lady

161 Finished

FOXDOWN HANDICAP**22nd October***from Richard Francis*

There was a very poor turnout for the first race of the season. But, as the saying goes, you have to be in it to win it and Michael took full advantage to run out a clear winner from the second fastest man Greg. He was clear of the third place cavalry charge that was headed by Brian. Sean was fourth with the fastest time of the night with third fastest Keith crossing the line next.

Claire did well on her debut as did Edmond & Kerri and it was good to see Bliss running again. Hopefully next month's run will see a better turnout.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	H'Cap Pos.
1	M.BALL	32.13	6.16	25.57	8
2	G.ENGLAND	33.36	10.37	21.59	2
3	B.HAY	32.48	8.15	24.33	6
4	S.HOLMES	32.50	11.35	21.15	1
5	K.VALLIS	32.51	10.35	22.16	3
6	C.BARBOUR	32.58	GO	32.58	14
7	J.TUCK	33.28	6.27	27.01	10
8	C.WHEELER	33.45	10.24	23.21	4
9	D.TITCOMB	34.06	8.33	25.33	7
10	E.SIMPSON	34.11	6.10	28.01	11
11	L.GRIFFITHS	34.26	3.33	30.53	13
12	K.BARTON	34.43	8.15	26.28	9
13	E.TILBURY	35.02	6.10	28.52	12
14	M.BLISS	35.09	11.28	23.41	5

CZECH TRIP 09

23-26th October

from Piers Puntan

The trip started at 08:45 on the Friday morning with two cars taking the merry bunch to Stansted via Tot Hill services to pick up Mr McNair.

Jamie and JT were driving though it took a few trips round the roundabout before JT managed to get the car back onto the A34 after Tot Hill.

The trip to Stansted was uneventful, well it was in JJ's car and we were quickly in the terminal having breakfast and two hours later we were in the Czech Republic picking up the Hire Car. The car was a huge nine seater as big as a minibus and it was with some apprehension that I drove out of the airport, though Keith Vallis was co-driver and as he'd had lots of rest on the plane and had all the maps I was confident that he would get us to Nové Město nad Metují in one piece; unfortunately JT wasn't and within five seconds of getting onto the Motorway "this isn't the right way" came from the back seats.



As you can imagine this advice was as welcome as a f**t in a spacesuit, especially as he had no map and had never driven from the airport to Nové Město; he was nearly left on the hard shoulder there and then.

Keith did a great job and within two hours we were at the hotel and following some minor language problems we had checked in and were all sitting in the bar having a beer. Soon we were joined by George, Petr, Vladi and Inca and the beers were flowing. Later Iva and her son Jacob arrived, amazingly Jacob spoke fluent English though he had never been taught it he'd just picked it up from songs, TV and films.

Several more beers were taken, though they were purely medicinal as I had to make sure I was dead to the world so Steve's snoring would not wake me up.

Everyone made it to breakfast the next day and we drove to Nachod for the race where we would pick up buses that would take us to the start at Hronov, there we spent an hour warming up and looking for toilets.





The race, which follows the Metují river is fast and basically flat, is 8.85km and the standard is pretty high, slightly higher than say Victory 5. The start was in the town square and everyone went off at the gun like mad men, even the four runners dressed as Teletubbies were well ahead of me after 500 metres. I was not unnerved and I decided to stick to my normal 5 mile race pace.

I was rewarded by passing runners from the 2 km mark all the way to the finish which included burning off a young whipper snapper who thought he could out sprint me to the line, foolish lad.

Of the other Harriers Jamie was unsurprisingly first home (and was 6th Vet as it starts at 35 in the Czech Republic), though he had a few grumbles about the hills, second was Keith having a good run, Steve had a good race and it was return to racing from Martin.



Nachod – Hnorov 8.85km

Harrier	Time	Position
Jamie Jones	30:14	29 th (6 th V35)
Keith Vallis	33:22	59 th (15 th V35)
Piers Puntan	34:58	91 st (21 st V35)
Steve McNair	37:30	128 th (15 th V45)
Martin Allen	39:27	176 th

302 Finished

We then all went to lunch at a local restaurant whilst I dropped the minibus back to Nové Město, the idea being that Petr would drive me back to the restaurant and then all the Harriers would walk from Nachod back to Nové Město along the river gorge sampling some beers at the local hostelries on the way.

I got kidnapped by Petr who insisted that I had lunch with him and his wife to repay for my hospitality in Overton, thus I was treated to a four course meal including speciality beers and walnut liqueurs. I then met up with the rest of the crowd who had walked to the first pub on the route.

The Czechs then started getting out guitars, harmonicas and various other instruments whilst we got on with some serious drinking. The drinks flowed and we were entertained with Czech folk songs, until someone realised that one they were singing was a Bob Dylan number just being sung in Czech! More beers followed before we decided that we would need to sing something so a full three verse version of “Wild Rover” was sung by the Harriers to generous applause from our hosts.

It was now pitch dark outside and we had a good 7km to walk home and by this time our illustrious president started becoming “tired and emotional” so it was decided that we would start walking to the next bar at Peklo about 2km further down the river. As we got outside the tired President needed a very rapid sit down so it was decided that he would be driven back to the hotel for some rest.



It didn't take long to get to Peklo which has an 18th century saw mill that has been turned into a restaurant where we all met up again for some delicious food and more beer.

We then spent the next hour walking in the pitch dark back to the hotel, luckily we had a torch and the way was easily found! Apart from Steve who decided that he would investigate the local nettles which apparently sting even harder than English ones, luckily he didn't have his fly open at the time.



Next day Steve and I went out to do a gentle run out to Peklo and back along what is the Nové Město race route (*unfortunately it clashes with Farley Mount XC and Solent ½ Marathon*).

This was followed by a trip out to the local track where we were scheduled to take on Nové Město in a mile relay. Sensibly not many runners from the host club turned out and Martin and Jamie weren't up for it so we had a few laps for the photographers.

We then had a tour round the local chateau in Nové Město built in the year 1501. The chateau, which is styled in very much a Renaissance Baroque style though the interiors, had everything from Medieval, Art Deco and even Bauhaus influences.



We all went up the tower and drew lots to decide who would throw JT off the top; unfortunately he won and was dead against the whole thing.

We then had lunch in a local hostelry before driving into Poland where we took a dander around the Spa town of Kudowa-Zdrój where “heart and circulation system diseases were cured in the local sanatorium”. We had a wander around the park, which had a mineral water pump; some of us were stupid enough to drink the waters.

All the walking and drinking water meant that some of us were ready for a serious beer and as we were in the Czech Republic Steve, JT and I went to the local sports bar to watch English Premier League Football, well I was there for the beer and to chat up the bar maid. Jamie, Martin, Keith and Mark were much more cultured investigating the main square of Nové Město.

In the evening we walked up to Petr and Iva's house for a delicious buffet supper and a few more beers. Here the usual suspects from Nové Město and out came the photo albums some were so old that John Hoare was seen to still have hair.

The following morning it was time for home and after breakfast we headed south to Hradec Králové which is the equivalent of the County Town. During 1920s and 1930s the city mayor undertook a major expansion, the mayor employing some of the foremost Czech Modernist architects. Keith obtained some leaflets the night before from Petr and guided us round the town which definitely warrants a second visit.

Easy drive back to Prague and apart from the jaw dropping prices at Prague Airport we made the trip back to the UK without incident; great trip so next year keep the weekend of the 23rd / 24th October 2010 free.

“Quote of the month”

Obviously, almost all of the party that went on the Czech Republic trip got so drunk, they got delusional and started hearing strange things. This resulted in some quite unbelievable quotes from the most senior member of the Party.

Quote of the Month was: **“I think I have filled my pants”**

However there is more and JT completely sober and unprompted stated the Quote of the Decade.....
.....

“Money is no object”

He still didn't buy us all a beer

OVERTON HARRIERS COMMITTEE MEETING 1st October

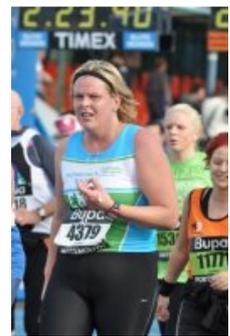
1. **Starting Blocks/Hurdles** – The committee has purchased starting blocks.
2. **Key Safe** – will be put-up in the ORC for Harrier use
3. **Subs List** – The definitive list is concluded and NM is chasing those whose payments are outstanding.
4. **National XC relays** - OHAC were invited to take part in the national XC relays, it was agreed we will not be sending a team
5. **School Trail** – Help/idea's have been requested for the school trail
6. **A Track and Field evening** – proposed once a month at Andover from January onward. This will focus on OHAC members becoming more proficient at the Field events.
7. **Monday Training** – It was suggested that there should be 3 groups on a Monday advanced, intermediate and recreational. This will require the creation of the middle intermediate group PP & NM agreed to lead the group around the village on alternate weeks. Additionally all groups will be encouraged to leave the changing rooms at the same time to allow everyone the choice of group to run in.
8. **Coaching** – Mark Dennison has passed his level 2 coaching course, well done.
9. **Next Meeting** - Thursday 5th November 2009

GREAT SOUTH RUN **25th October**

No reports received but we have some results and photos. From Pete's time it looks he was probably pacing Franny round.

Harrier	Time	Position
Neil Martin	1:07:31	225 th
Kerri Barton	1:16:05	81 st Lady
Peter Williams	1:52:00	6916 th (1054 th V40)
Emma Mabley	1:59:38	4672 nd Lady

13897 Finished



CHRISTMAS EVENTS **Sunday 20th December** *from John Hoare*

A bit early to think about Christmas I know but here are the details of the Sunday before Christmas.

Cyclists Race

This starts at 10.45am on the Sunday morning and follows the normal Harroway course. For those new to the event don't be fooled by the fact they are cyclists. They are extremely fit, good runners and almost always give us a good match and have been known to beat us on a couple of occasions. Be early to pick up your number and don't forget – **it is a consistency league event.**

.....followed by

Christmas Lunch

This will be a Carvery at Test Valley Golf Club. All welcome including partners and kids. Cost will be £18 per head and we plan to eat at 1.00pm (to be confirmed). Full menu will be on the website and club notice board. I will need names asap as I have to book in numbers in plenty of time.