

**Overton
Harriers**



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Athletic Club

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September 2007 Issue 362

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:

Oct 7 th	SOLENT Half Marathon
13th	XC League at FARLEY MOUNT
14th	TADLEY 10 Mile, HENLEY & SWINDON Half Marathons, FLEET 10km
21st	DENMEAD 10k
25th	FOXDOWN HANDICAP
26th	ORIGINAL MOUNTAIN MARATHON
27th	GREAT SOUTH RUN, SALISBURY Half Marathon, FORDINGBRIDGE 10 mile

FRANNY'S BITS

With the evenings closing in it's time for the annual safety message, this takes on a special importance following the tragic fatality in Basingstoke several weeks ago.

Club members are reminded to take extra care when training especially when negotiating road junctions and unlit sections of the village.

Please make yourself as visible as possible by wearing a mixture of white and reflective clothing. Reflective clothing on its own is fine for motorists to see you but in unlit areas such as the Lynch or Station Hill pedestrians will get better warning of your approach if you wear something white as well. It will also stop runners colliding with each other in the dark.

Please use pavements where possible and take extra care when crossing the B3400 at the bottom of Dellands or at Overton Hill. There have been several complaints about runners dashing in front of oncoming traffic in the past few years and this does not reflect well upon the club.

The club has a limited supply of reflective vests, please contact Martin.

SUMMER HANDICAP **23rd August** *from Richard Francis*

A stewards enquiry after this race came to show that the first three home: Lee, Keith and Tim had accidentally been sent off a minute early and after making the necessary corrections it was Moira who took the glory with a 2 second margin over Denny with Brian overhauling John in the final few yards for third spot.

The adjustments made a big difference in the final handicap table with Jamie taking the title from Tim. Brian's fine run pushed him up into third overall with Cath edging out Lee on count back for fourth.

Jamie made it a double title winning evening by running the fastest time of the night ahead of Lee who took overall silver ahead of Tim with Keith Vallis fourth ahead of Cath.

Thanks once more go to Mick and Emma for their assistance throughout the summer and to those others who have helped with the recording etc.

Pos.	Runner	Fin. Time	H'CAP	Act. Time	Time Pos.
1	M.WEST	31.50	3.27	28.23	19
2	M.DENNISON	31.52	6.56	24.56	12
3	B.HAY	31.57	8.09	23.48	7
4	J.CASTELLI	31.58	6.32	25.26	14
5	R.FRANCIS	32.10	6.56	25.14	13
6	J.HILLS	32.18	7.54	24.24	9
7	L.TOLHURST	32.23	11.55	20.28	2
= 8	B.HAWRYLAK	32.23	7.53	24.30	10
= 8	C.WHEELER	32.23	10.21	22.02	5
10	J.JONES	32.26	13.26	19.00	1
11	K.VALLIS	32.37	11.41	20.56	4
12	T.HARRIS	32.41	11.55	20.46	3
13	P.ABBOT	32.56	8.24	24.32	11
14	E.SANDALL BALL	33.04	3.16	29.48	21
15	D.TITCOMB	33.06	8.47	24.19	8
16	N.MAUGHAN	33.13	4.12	29.01	20
17	E.TILBURY	33.19	7.29	23.50	16
18	M.ALLEN	33.30	9.45	23.45	6
19	A.DENNISON	33.39	8.06	25.33	15
20	D.WICKE	33.50	6.20	27.30	17
21	G.ALEXANDER	34.09	5.48	28.21	18
22	K.BURTON	43.03	GO	43.03	23
23	M.CHALLENGER	47.40	9.45	37.55	22

SUMMER HANDICAP LEAGUE

RUNNER	MAY	JUNE	JULY	AUGUST	TOTAL
J.JONES		3	2	10	15
T.HARRIS	8	5	7	12	20
B.HAY	18	7	11	3	21
C.WHEELER	16	9	6	8	23
L.TOLHURST	10	8	8	7	23
G.ALEXANDER	1	2		21	24
P.PUNTAN	12	4	10		26
K.VALLIS	19		1	11	31
J.HILLS		10	15	6	31
B.HAWRYLAK	17	11	14	8	33
J.CASTELLI	21	12		3	36
D.TITCOMB	5		16	15	36
M.WOODS	2	18	19		39
C.WOODS	4	15	20		39
M.VOSSER	11	14	17		42
H.VOSSER	6	19	18		43
E.TILBURY	9		22	17	48
N.MAUGHAN	30	6		16	52
D.WICKE	14		26	20	60

SUMMER TIME LEAGUE

RUNNER	MAY	JUNE	JULY	AUGUST	TOTAL
J.JONES		1	1	1	3
L.TOLHURST	1	3	2	2	5
T.HARRIS	2	4	4	3	9
K.VALLIS	5		3	4	12
C.WHEELER	6	5	8	5	16
P.PUNTAN	8	6	11		25
B.HAY	15	8	14	7	29
D.TITCOMB	9		12	8	29
B.HAWRYLAK	14	11	16	10	35
H.VOSSER	10	12	13		35
J.HILLS		10	17	9	36
M.VOSSER	12	9	15		36
J.CASTELLI	19	13		14	46
E.TILBURY	11		20	16	47
G.ALEXANDER	21	15		18	52
C.WOODS	18	14	22		54
D.WICKE	17		23	17	57
N.MAUGHAN	22	17		20	59
M.WOODS	20	18	21		59

OVERTON 5 mile 1st September *from Richard Francis*

A monster field of almost 500 runners squeezed its way out of the Recreation ground gate and headed off for the annual double lapper round the village. The warm weather also brought out a larger than normal crowd of spectators especially near the crossing at the traffic lights.



Even though it was a little warm it was obviously good conditions for running as both the men's and ladies course records were beaten.

First home was Winchester's Toby Lambert who stormed to a clear victory ahead of Birchfield's Thomas Payn who in turn was just over a minute clear of third placed Peter Grist from Wells City Harriers.



Sophie Morris from Windsor Slough & Eton was the clear winner of the women's race finishing 18th overall. Lucy Hasell, from Thames Hare & Hounds, had a 6 second margin over Aldershot's Susie Bush for second spot. The club interest was lead home by the in form Lee who made the top 50 in 29:04, Richard was 30 seconds behind with another good run with Keith Vallis having a 17 second margin over Tim.

Cath led home a good contingent of Overton ladies to take second in her age group and 12th woman overall. Bushy continued with his summer road running campaign to get inside the top 100 ahead of a slightly below par Martin Crawshaw.

Keith Clark put in a solid run to get the better of the fast improving Brian who in turn had almost half a minute on Dave Titcomb.

Jill was the very surprised winner of a county silver medal in her age group and was only 2 seconds behind Penny, who was running for her home club. Eric put in another dogged effort and finished close behind them and was well clear of Bob Hawrylak and Drew Robinson.

Next home was Helen Heap who was making a welcome return to club colours and she anchored home the ladies team that finished in an impressive 4th spot.

Madeline had a decent run considering she had not trained much in the weeks leading up to the race though Hannah Oliver continued to show an improvement in form as she just got the edge over Alistair. John ducked under 38 minutes and will certainly go much faster on a flatter course as his strength improves while Moira had another good run and was almost a minute in front of Liz.



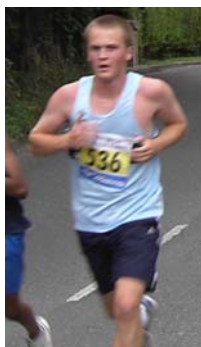
The large club interest (22 finishers) was completed by Nigel and, like John, he will benefit from a good Winters training and clock some much faster times soon.

46th	L.TOLHURST	29m 04 sec	179th	E.TILBURY	34m 35 sec
55th	R.CLIFFORD	29m 34 sec	188th	B.HAWRYLAK	34m 59 sec
74th	K.VALLIS	30m 55 sec	195th	D.ROBINSON	35m 08 sec
78th	T.HARRIS	31m 12 sec	210th	H.HEAP	35m 44 sec
89th	C.WHEELER	31m 28 sec	234th	M.VOSSER	36m 40 sec
97th	D.BUSH	31m 49 sec	244th	H.OLIVER	37m 27 sec
133rd	M.CRAWSHAW	33m 22 sec	246th	A.PAUL	37m 30 sec
140th	K.CLARK	33m 29 sec	262nd	J.CASTELLI	37m 57 sec
148th	B.HAY	33m 47 sec	314th	M.WEST	40m 22 sec
164th	D.TITCOMB	34m 14 sec	349th	E.SANDALL BALL	41m 23 sec
173rd	J.HILLS	34m 24 sec	392nd	N.MAUGHAN	44m 58 sec

450 Finished

OVERTON 2.5 mile Run.

The 2.5 mile Fun run was won by Andover's Chris Bernsten, with Hannah running for Winchester it was Gavin who led home the juniors in 10th place.



Chris was not that far behind with Jade leading home Emily and Bethan who all did very well over the hilly course.

10th	G.ALEXANDER	18m 41 sec
12th	C.WOODS	18m 58 sec
20th	J.O'BRIEN	22m 37 sec
22nd	E.REID	23m 16sec
31st	B.O'BRIEN	26m 55 sec

39 Finished

Overton 5 Thank You *from Martin Allen*

On behalf of the race committee, I would like to thank everybody involved in making the Overton '5' race weekend a great success! From those who entertained the Belgian guests (John Hoare remarked that they had a marvellous time), to those involved in organising, marshalling, assisting and catering for the race and the Saturday do, it was a great team effort!

New Forest Marathon **16th September** *from Keith Vallis*

This was the 25th running of the marathon and this year incorporated the Hampshire Marathon Championships. A well organised race passing through some beautiful areas. The weather was dry and warm with a cooling but strong breeze in the open areas of the Forest.



My usual problems were there right from the start and the 6.5 minute mile pace that I had maintained for the first 4 miles soon disappeared on the first biggish climb at 5 miles.

I don't know about you but I do prefer the wheels to come off over the last 5 or 6 miles of the marathon and not the first. I then spent the rest of the race feeling sorry for myself and working out what my angle of approach would be down at the doctors the next day. Now where did I put that baseball bat?

Piers only decided at the last minute to turn up for this race. His plan was to do 20 miles as part of his preparation for October's Original Mountain Marathon; to this end a bag of kit was stuffed in the hedge at the 20 mile mark. He duly jogged round in under 8 minute or so pace until he got to the 20 mile mark when he thought about completing the whole 26 miles, however some wag at the Hare and Hounds decided to heckle the runners by waving a pint in front of them with a shout of "want a drink". Piers, much to the guy's shock stopped and replied; "yes please, pint of Landlord". The guy was good as his word and after refreshment Piers got his kit, jogged to Sway station and got the train to New Milton.

Name	Position	Time
Keith Vallis	57 th	3:26:31

438 Finished

Andover Round the Park 5-Mile **9th September** *from Dave Titcomb*

This was the inaugural running of the round the park course; previously Andover AC have put on a 10k event in the town centre and also out at Charlton. The course was two loops of an attractive lap which passed through lakes, sports fields and shady tracks. Both the start and finish were on the track which made it good for spectators and over 50 athletes started the race.

I was the only male harrier there but we have strong ladies showing consisting of Moira, Helen, Karen and Gwyneth – this being the first race in a long time for both Karen and Gwyneth.

As we lined up I found myself uncharacteristically at the front with runners from Pewsey and Denmead and as this was the first time I had run on a track I set off too fast and led for the first 400m. Once we were out onto the course proper I was passed by a few and settled into 5th place where I stayed for the remainder of the race.

The course was fairly flat and had a lot of varying terrain which made it more interesting. In places we were just yards from the goal nets of several football matches but the standard of play meant that we were rarely troubled by balls screaming past us!

The finish was back on the track where I had 350m to go and a good opportunity to try and catch the runner in front before the welcome sight of Emma and Mick at the finish line.

I ran a PB of 33.01 and took the 1st vet man prize and Moira took the 1st vet ladies prize. Next in was Helen who needed to be quick to get her flight from Heathrow, followed by Karen and Gwyneth who both had excellent runs after a long time not racing.

It was a very well organised race and deserved more than the 50+ runners it attracted, maybe it was too close to the Overton 5 (which had 10x the numbers). I would certainly recommend it for next year and I am sure the numbers will grow.

Hursley 10k X/C 23rd September *from Liz Sandall-Ball*

Helen was the instigator of Moria and myself running this new X/C race, with us all looking forward to a nice Sunday lunch at the Cricketers Longparish afterwards.

We all enjoyed the event being very well organized with the proceeds going to the John Keble School. The race was through forest and gravel tracks quite undulating, the start and finish was very rutty, its start was around a crop field, you had to really concentrate.

1st home was Moria having a storming run, next me and then Helen being very pleased with her run. We all agreed we would like to run it next year.



Name	Position	Time
Moira West	159 th	54:43
Liz Sandall-Ball	190 th	56:43
Helen McMahan	229 th	60:06

356 Finishers

“QUOTE OF THE MONTH”

Another quiet month on the quotation front with Paul Wheeler making the early running by stating “Put me on the next handicap starting list Franny”. Is this the big come back?

After the aforementioned start list was put on the board there were numerous comments, the most important and one I will not forget came from Brian Hay who said “Cheers Franny, I must get you that pint.”.....I’m still waiting.

But the mystery winner this month is a club Vet who came out with a cracker at the Southern Road Relays,

“Do you mind if I run the first leg because I’ve left my son with an unsuspecting baby sitter.”

Latest reports are that the babysitter is recovering nicely and is finding the therapy course very beneficial.

De La Rue Run **15th September** *from Richard Francis*

This low key event, organized for employees of said company, took place on a warm Saturday morning. With the recent reports of foot & mouth it came as no surprise when we were informed, that the proposed course at Laverstoke Park would not be available to us. Quick thinking by Paul Wheeler quickly mapped out a shortened version of the Harrow Way handicap course with the resulting BBQ & presentations at Bridge Street.

The race started at 11:00 which meant an 8:30 start for me as I set off round the course with a large drum of red & white tape to ensure we had no repeat of the mob match where we lost several Basingstoke runners.

Just onto the Harrow Way a mountain biker stopped to inform me that a lady (and I use that term very loosely) was ripping the tape down behind me. A run back to the barns above the school found me catching said lady in the act. After informing me that, "Bloody farmers, you can't stop the public from walking in the countryside because the F&M is miles away". I "gently" informed her (in my best Queen's English) that; a) I was not a farmer and b) I was marking a running course, trying to make sure that runners did not get lost.

Sadly she would not believe me and continued to pull down tape so I explained again, this time VERY LOUDLY and in my best Anglo Saxon. This had the desired effect and off she waddled, back towards the village.

The run itself went well for me, a steady start up to the Harrow Way then picking off work colleagues to finish 7th overall behind a bunch of much younger runners.

Many thanks must go to Geoff for doing the Registration, timekeeping & results and also to Piers, Denny, Eric, Keith Vallis & Keith Clarke for turning out on the day and marshalling the major junctions, happily we lost no one despite having several late starters. Thanks also to Phil & Anita Wheeler for opening the bar early for us.

Globe Trotting Pot Hunters

On another recent trip Florida, Dorothy and Ed managed to find a local 5k race over a flat course in a field of just under 60 runners. Dorothy picked up more silverware by taking what Ed called the Grand Mistresses prize !!!!! Ed was only 15 seconds behind at the finish, equalling his fastest 5k time in the last 10 years and also taking the Grand Masters prize.

D.WICKE	22 min 00sec
E.WICKE	22 min 15sec

DHL Relays, Copenhagen **3rd September** *from Greg England*

The DHL relays are an annual event in Copenhagen. Teams run five legs of 5K around one of the city centre parks. My company entered 30 teams; I was press-ganged into one of them.

Having not met my team mates before (they were in IT after all!), I thought I had better find out what our plan was. I was slated for the 4th leg; our first leg runner was apparently running about 18:16. Interesting, I thought! I could be the weak link here, if the other four were all running 18 mins for 5K!! I warmed up and went over to the start/finish enclosure at about 6:45, ready to take the batten from our 3rd runner, only to find her still waiting for our second runner to come in. It turned out that 18:16 was our start time.....Doh! Organisation obviously wasn't our strong point!

Eventually, it came to my turn. I grabbed the batten and immediately ran into a wall of people all trying to wind their way around the narrow course; a course made considerably narrower by the throngs of runners that had finished their leg and were now making the most of the copious quantities of Carlsberg and burgers provided by the sponsors! I ran as best I could.....mostly diagonally, avoiding joggers, drunken Vikings and atmospheric flaming torches. Who needs waxing when you can just burn the hairs off your body as you squeeze between a burger wielding Dane and a naked flame!

At the end of my 5K, I ran to our handover pen, only to find that the 5th leg runner had not been able to resist the delicate bouquet of BBQ and booze and was back in the tent stuffing his face! My 5K dash therefore turned into a 10K slog.....or more like 12K meander!

Luckily for me, no individual results are published! My team finished in 1hr 51' 55". We were one of 3575 teams that competed on the night. The relay carried on for a further three evenings, with over 72,000 people taking part in total. Quite an event!

The winning time was 1hr 27' 12". Anyone up for a challenge next year? We could beat that couldn't we?!

Foot & Mouth

Several events have been cancelled recently due to the foot & mouth outbreak, these include the Windsor half marathon and more locally, the Highclere 10k and Laverstoke Trot as reported earlier.

Jody Scheckter's estate has notices posted asking for people to refrain from using the footpaths and tracks that cross his land and whilst this has no legal status it would be in the club's interest to generally accept this. To those who are unsure as to the estate boundaries it would be safe to say that this covers all farmland between Ashe and Laverstoke, SOUTH of the B3400 as far as Test Valley Golf Course.

Southern Counties Road Relays 29th September *from Richard Francis*



Piers spent the previous week juggling an assortment of names and finally succeeded in getting two men's teams to the start line at Rushmoor Arena near Fleet for the annual relay championship.

First off was an old gits V40 squad running in a combined race with the V50's & V60's that had no delusions of finishing anywhere near the front, amazingly Overton was in second place at the end of the first leg (unfortunately this was Richard Overton of Oxford City AC). Greg however gave us a great start and was easily our fastest runner crossing the line in 35th place and 25th in the age group. Dave put in a great effort losing only 8 places in our age group with a run that looks very promising for the XC season.

I had a reasonable run considering only having had 2 hours sleep due to night shifts and lost 6 places whilst being hunted down by Don Powell of the Basingstoke V50 team. Any chances of them beating us were dispelled by a finely judged anchor leg by Martin who made up 6 places to bring us home 43rd overall and 29th in our age group.

35th	G.ENGLAND	22m 23 sec
43rd	D.TITCOMB	25m 25 sec
49th	R.FRANCIS	26m 23 sec
43rd	M.CRAWSHAW	24m 08 sec

62 Teams Finished

Following a discussion on race tactics and whether fastest or slowest should go off first it was decided that Piers, as Club Captain, should lead off the senior team. He was well outclassed by the whippets around him and finished 86th before dashing off to the Brecon Beacons for a relaxing ramble!

Jamie whipped round the course, making up 16 places and breaking 20 minutes for the 6k circuit. Lee produced another excellent run and picked up another 8 places in the process.

Martin made up one place as he continued his return to full fitness while Bushy put in a sterling performance, despite mugging up for the photographer as his road running career continues to blossom.

Keith was the ~~Old City~~ Vet 40 promoted to the senior team and made up 2 places on the anchor leg, as he closed the team in 60th position.



86th	P.PUNTAN	23m 33 sec
70th	J.JONES	19m 49 sec
62nd	L.TOLHURST	21m 22 sec
61st	M.ALLEN	23m 12 sec
62nd	D.BUSH	23m 15 sec
60th	K.VALLIS	22m 41 sec

69 Teams Finished

Captain's Bits

Thanks to all of you who turned out in club colours for the Overton 5, the first HRRL of the season. After a solid performance we are sitting 4th in Division One of the Men's League and 2nd in Division One of the Ladies League.

The next fixture Solent Half Marathon is this weekend (7th October) so again a good turnout would be appreciated. Entry Lists for the other HRRL fixtures are on the board in the ORC, please sign up as soon as possible.

Saturday 13th October sees the start of the Cross Country Season at the traditional Farley Mount Course in Winchester. Please reserve this date in your diary as we will have to get results in the bag as again Wimbourne XC clashes with the Training Weekend.

Changes to fixture list

It has been a very trying last two months trying to bottom out the fixture list this year. The increase in traffic and lack of venues is severely restricting road racing in Hampshire. Hayling 10 has been cancelled on police advice and it took an eternity for the Eastleigh 10k and Gosport Half to be confirmed.

Consequences of this are:

- **Gosport Half Marathon has moved to November 25th**
- **Combe Gibbet can be finally confirmed as 9th March**

Because of these changes it has been decided to bring the November handicap forward a week to November 15th so as not to clash with Gosport and has meant some changes to the Consistency League, Hayling 10 being replaced by the Southern XC Championships.

An updated fixture list is attached and is available on the Harriers Web site.

And Finally

HOW do you know you are a runner? No, we're not talking about one of those fancy lightweights who you see pounding the streets on January 1st, who invest in a new pair of running shoes at Christmas, and whose New Year's resolution to keep fit lasts no longer than the final festive repeat of Only Fools And Horses.

Hey, we're talking about the sort of committed person, with enough shoes in their cupboard that puts Imelda Marcos in the shade and whose life centres around their running. Is that you? Then check out the following test, and see if you fit the bill.

You know you're a Runner...

- when you've run, showered, and eaten breakfast (twice) before your family even wake up
- when your family knows that you will run at New Year, Easter and Christmas no matter what
- when you register for a race during your honeymoon even though your new spouse is not a runner (and they are not surprised or angry)
- when you tell people you ran a 10k and you are shocked that people think that is a long run
- when you try to convince people to run a 5k because it's "only" 3 miles
- when your friends think they need to practice more before they can run with you
- when your spouse begs you to go for a run because you are in a bad mood
- when you have two eggs, two pieces of toast, bacon, orange juice, and a yogurt for breakfast and are still hungry by 11am
- when you fly with your running clothes and shoes in your carry - on bag
- when you know how to pronounce Plantar Fasciitis
- when you are the only person in town who knows what Quinine is used for besides treating malaria

Still not sure, then how about:

- when you have more shoes than your girlfriend or girl friends (as the case may be)
- when every T-shirt you own has a race name and sponsors listed on it
- when your socks come in two categories: running socks and others
- when you go from having a drawer for your running clothes to having an entire chest
- when you balk at the cost of everyday shoes and then spend £65 on a pair of running shoes that will only last 3 months and think you're getting a fabulous deal
- when you think a black Timex Ironman watch goes with formal dress
- when you can shop at your local running store for hours, but can't stand 5 minutes anywhere else
- when you spend £12 on socks that help you avoid blisters
- when you have to explain to everyone why you can't run in the T-shirts you get at races
- when you get off an 18 hour flight and go for your long run because a) you need to stretch your legs, b) you want to see the city / country, and c) you have a scheduled run
- when you realise that all the travelling you did in the last year revolved around races
- when you won't stay at a hotel unless it's next to a bridleway so you'll be able to run
- when you look in supermarkets for food that has the highest calories per 100g

If that's you then see you at Farley Mount and make sure you've signed up for the HRRL fixtures.