

**Overton
Harriers**



**&
Athletic Club**

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September 2008 Issue 374

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:

October 5th	Alton Downland 10k & 5k Clarendon Marathon, ½ Marathon & Relay
11th	HANTS XC LEAGUE AT FARLEY MOUNT
12th	SOLENT HALF MARATHON, Chichester Priory 10k
19th	Tadley 10, Denmead 10k, Salisbury ½ Marathon, Abingdon Marathon
23rd	FOXDOWN HANDICAP
26th	Great South Run 10 mile at Portsmouth

FRANNY'S BITS

It's the time of year for my annual Safety lecture with the usual reminder to all club members to take increased care whilst out running.

On dark nights remember to wear light-coloured clothing and, if possible, something reflective. Please remember that reflective stripes etc. are OK for cars to see but pedestrians / other runners can't see them in dark places such as along the Lynch. Therefore a white shirt or small light could stop two runners colliding as has happened in the past.

Also remember to be more aware of traffic, refrain from dashing across the road in front of oncoming traffic and to use pavements wherever possible. Remember that trying to cut a few seconds from your run time could cost you several weeks, months or an eternity away from running.

The first of the ever popular winter handicaps takes place on October 23rd. See further details on how the handicapper organises, or fixes, this event on the next page. Please see Franny if you have never done a handicap before and please make sure you know your start time **BEFORE** you leave the changing rooms.

Sunday run along the Kennet & Avon Canal 26th October - This is open to all club members, please sign the notice on the board.

World Firefighter Games 2008, Liverpool 24th August to 2nd September *from Keith Vallis*

In the year that Liverpool took on the role of European Capital of Culture it also played host to the 10th World Firefighter Games. This is an Olympic style competition with 3,000 competitors from about 40 countries competing in over 70 different events. The events range from the Blue Riband “Toughest Firefighter Alive” to a more sedate game of poker. I opted for the Marathon which was held towards the start of the games and depending on recovery, the cross country and the 5k road race which were held over the last couple of days.

The marathon was on the Tuesday after the August Bank Holiday so it made sense to fill the car with family and camping equipment to make a long weekend of it. The weekend didn't start off too well, the M6 on a bank holiday weekend was always going to be trouble, but what we didn't take into account was that the campsite we'd booked (looked lovely on the internet) was the worst one we had been to (and yes, that even includes the 2007 Sidmouth trip!!!).

The Sunday made up for it though with a nice day in Southport followed by my last run, which was along Crosby Beach (North of Liverpool) in amongst Anthony Gormley's “Another Place”; an installation consisting of 100 solid cast iron statues of the man himself dotted along the beach/sea.

Monday was the Games Opening Ceremony so we took the train into the heart of Liverpool to the newly built Echo Arena in Albert Docks. Sporting our respective nations' shell suits (when in Rome...) we paraded around the outside of the arena before going inside to watch a lively opening ceremony, which included a choir, street dancing plus the statutory Beetles tribute band and a couple of fire-engines!

The following day was the marathon and we headed for Walton Sports Centre on the northern side of the city.

The first 7 miles consisted of 3 $\frac{3}{4}$ laps around the wide tarmac paths of the park after which we crossed a small road and on to the Trans-Pennine Trail. This section was on a nicely tarmaced disused railway where we headed north for 2.5 miles before turning and heading back south. The half marathoners were directed back into the park and us marathoners were left with a very lonely run south, along the railway for 6.5 miles before turning and retracing our steps back to the park for another $\frac{3}{4}$ lap and to the finish. I suppose it may sound a bit of a dull course but the organisers did well to fit in a traffic free marathon in the heart of a very built up area. I ran steadily to start with, but mile after mile got slower and slower despite putting in what felt like the same amount of effort.



On the drive home I decided that I hadn't experienced quite enough of The Games and wanted to go back for more, so the following week I packed my bag, took the coach up to Liverpool and booked into the Youth Hostel just across the road from the Echo Arena.

The cross country event was held at Croxteth Hall Country Park, the old stately home acted as race HQ, and the 5.25mile course consisted of 3 flat laps of a lumpy cow field and the nicely mown (but a bit soggy) lawns of the house.

The only downside of our trip up to the first weekend was that we didn't get to see any of the other vents. I made amends for this by spending the Monday evening at the Combat Sports Final night. Here I got to see the finals of judo, karate, boxing, wrestling and professional arm wrestling. I gave up before the taekwondo started at gone 11pm – some of us had a race to run in the morning (although the fellow firefighters that I was sharing with obviously weren't competing in the morning as they rolled in at about 5am!).

For the 5k we were back at Walton Sports Centre where we had started and finished the marathon. This time we did 2 slightly smaller laps of the parks paths and the fast boys (and girls) from the cross country the day before dominated the race again.

All in all a great experience, but a shame that I couldn't compete at the level I would have liked. There's always the next World Firefighter Games in South Korea 2010.....

OVERTON 5 **6th September** *from Richard Francis*

Another huge entry for our major fixture of the year and all the hard work done by the organising committee was rewarded by some fine performances. The heavy rain eased off as the start neared and in the end it was probably just a tad too warm for the majority of the runners.

The race was won by Toby Lambert who ran away from the field to win by over a minute. Phillip Tulba of Basingstoke took second ahead of Newham & Essex Beagles Oliver Laws. Karen Hazlitt was almost 2 minutes clear of her Winchester team mate Emma Patel who just managed to get the better of Aldershot's Kate Brown.

First Harrier home was Lee in a respectable 28th place, Richard was close behind and just ducked under the 30 minute barrier. Greg showed a lot of the younger Harriers a clean pair of heels to make the top 50. Bushy seemed pleased with his run as did Pete who was only 16 seconds behind. Tim put in a sterling effort ahead of the race of the day with Martin narrowly holding off a fast finishing Ryan. Helen was the first lady home for the club and is showing that all the effort she has put into the Thursday reps is starting to pay off. Keith probably recorded his slowest ever 5 mile time but he did have a good excuse.



The grudge match of the day saw John Castelli beat ET by a hairs breadth, OK it was 8 seconds but I couldn't resist the pun. Ben did well and has promised to get back down to training and he beat Tom by 3 seconds.

Dorothy put in a cracking run which I think surprised a few people ahead of perennial finisher Alistair. Less than a minute covered our final four runners with Moira taking the honours with a well paced effort. Monique had a 10 second gap over new member Michael who will certainly improve after a good winters training.

Liz completed the club interest with another fine run, finishing well up the large field of 422 finishers.

28th	L.TOLHURST	29m 28sec	169th	J.CASTELLI	35m 46sec
37th	R.CLIFFORD	29m 51sec	175th	E.TILBURY	35m 54sec
49th	G.ENGLAND	30m 29sec	191st	B. TURNER	36m 26sec
59th	D.BUSH	31m 01sec	195th	T.TYLER	36m 29sec
67th	P.WILLIAMS	31m 17sec	213th	D.WICKE	37m 03sec
72nd	T.HARRIS	31m 35sec	257th	A.PAUL	38m 57sec
96th	M.ALLEN	32m 20sec	305th	M.WEST	41m 08sec
99th	R.WAKEFIELD	32m 25sec	314th	M.VAN NUETEN	41m 39sec
113th	H.HEAP	33m 16sec	319th	M. BALL	41m 49sec
138th	K.VALLIS	34m 21sec	326th	E.SANDALL BALL	42m 06sec

“Quote of the month”

Because there have been so few nominations this month the clear winner is Franny who, while taking the entries on the day for the Overton 5 picked up a form that had not been ticked and asked Winchester’s Emma Patel.....

“Are you doing the 5 or the fun run?”

This bought some witty comments from several past “Quote of the Month” winners who were in ear shot.

Andover 5 Mile (Round the Park)

14th September

from Martin Allen

This was the second year that Andover had organised this event, which only saw 45 competitors in it's inaugural year, and prizes for Dave Titcomb and Liz. The race is run within the boundaries of Charlton Sports and Leisure Centre, starting and finishing on the track, and covering two laps of tarmac, grass, bridleway, wooden bridges and stony paths around lakes and playing fields. This year saw the entries double, with a healthy number of competitors from our club, which was good to see for a local race.

Due to the small number of competitors at the front of the field, I went off a too fast, clocking the first mile in 5:50, with Cath following close behind. After this, we settled into a more appropriate pace following the route around the lake and playing fields, where we were expecting to be hit by stray footballs. Although there weren't any particularly challenging hills, there were several climbs and the latter part of the lap was quite twisty, which along with the change in surface, made it difficult to keep a rhythm going. The race was won by Southampton's Simon Ridley in 28:12, closely followed by a group of athletes which included Andover's Chris Bernsten. The first lady was Winchester's Sarah Holliday, finishing in 31:32, with Cath producing a pleasing run after her injury to come 3rd.....and requiring ice!

Although Dave was 3 minutes slower than last year, he was pleased to finish without pain after a summer recovering from injury. The rest of the club members did well, with the rest of the ladies finishing close to each other, which should be interesting as we enter the cross country season. I would definitely recommend other club members support this growing race next year, as it is well organised and a great race sharpener!

Harrier	Time	Position
Martin Allen	32m 30s	13 th
Cath Wheeler	32m 49s	15 th 3 rd Lady
Dave Titcomb	36m 13s	26 th
Eric Tilbury	37m 25s	30 th
Liz Sandall-Ball	41m 17s	43 rd
Monique Van Nueten	41m 54s	46 th
Gwyneth McLaughlan	42m 17s	49 th
Karen Burton	43m 37s	52 nd
Belinda Lade	43m 47s	53 rd

XTREME TERRAIN FESTIVAL

27th September

from Neil Martin

Being quite into mountain bikes and looking for something different to a normal run I entered the Xtreme Terrain Festival at Hawley Lake, Camberley. The event consists of variations around a triathlon theme, from a 10k (which would be an absolute certain win for some of the club's members as the winning time was just over 40 minutes) to full distance triathlons for the more insane. The main feature is that it is all off road on MOD land which attracted around 600 competitors across the events.

I did the Duathlon, because I'm a rubbish swimmer and didn't want Weil's disease. I opted for the sprint distance of 5k(ish) run, 12k bike and 2k run, as based on previous results I reckoned that this was my best chance of a good position and the longer event looked too much like hard work!

My plan for the 5k run was to settle into a fairly easy pace near the front and not destroy myself for the later stages. There weren't too many steep bits and the course was dry, if sandy in places. After about 2k I was in 6th place, but a few others dropped away and I came into the transition in 3rd about 20 seconds off the lead.



The cycling was a mix of fire trails and woodland single track with the odd fallen tree and drop-off. After about 300m I came over a rise and ploughed through a foot deep puddle which put mud and water into all the nooks and crannies of my nicely serviced bike that meant that it creaked and groaned for the rest of the ride. However, I managed to get up into 2nd place for a while until a Reading Cycling Club guy came powering past me, only to fall off because he wasn't particularly good at going downhill in the woods. He soon recovered though and by the end of the cycle I was safely in third place and went out on the 2k run with little chance of improving on that.

Jumping off a bike and then running through sand turned by legs to jelly for the first kilometre and I settled for ensuring that I would stay in third (not that I had too much choice in that decision).

At £29 the event was quite expensive, but a decent technical T-shirt, the novelty of a prize and for something a bit different I'd definitely enter again.

Harrier	Position	Run	T1	Bike	T2	Run	Overall
Neil Martin	3	23:01	00:38	38:42	00:49	10:23	1:13:34

61 Finishers

CONSISTENCY LEAGUE

The consistency league is one of the clubs most hotly competed for trophies, especially amongst the men and is based on competitors results over 15 races during the year. The first runner home in each race gets 20 points, second gets 19 points etc with the Trophies going to those with the highest points total at the end of the year. Club Championship events score double points and there are separate leagues for men & women.

Following the summer break after the first 4 races (Alton 10, Kintbury 5, Winchester 10k & Winchester 5k) the men's league is led by Blissly on 99 points. He is closely followed by Lee on 95 points & Richard

Clifford on 91. Helen Heap leads the equally close ladies league on 59 points and is 2 points clear of Monique with Belinda a further 4 points back in third.

The remaining races are listed below with the double point Club Championship races marked **.

October 11th	XC League at Farley Mount
November 2nd	Lordshill 10 mile
November 8th	XC League at Goodwood **
November 16th	Gosport half marathon
December 7th	Victory 5 mile **
December 21st	Cyclist's race
January 3rd	XC League at Reading **
January 18th	Stubbington 10k
February 1st	Ryde 10 mile
March 8th	Salisbury 10 mile **
March 29th	Eastleigh 10k **

The full club fixture list is available on the notice board or on the club Web site as are the updated Consistency League tables.

CLUB TRAINING SESSIONS *From Franny*

Following request from several club members we hope to beef up this winters' training session on a Thursday night for those who think they may get some benefit. This will basically entail longer Reps with longer recoveries which will obviously mean longer sessions.

Therefore can all runners please ensure that we leave the changing rooms promptly and try to arrange to arrive at the start of the Reps. no later than 7:45. This means that people do not start getting cold while waiting for late arrivals especially on cold, wet nights.

Anyone is welcome to join in with these longer sessions but I would like to make it clear that there will be a structured training session for runners of all ages & abilities run in parallel, it will down to the individual to decide just how much you want to do. There will be some teething problems whilst we sort out start / finish points, lap times etc.

Piers , Denny & myself are currently working to our Grade 2 Coaching Standard and your comments regarding training as a whole plus **ANY** feedback from these Thursday (either positive or negative) from you the athletes would be most welcome.

HANDICAP LEAGUE

The winter handicap league is run once a month between October and March over the Foxdown course. Handicaps are set by Franny, based on your best time from your previous **3** runs over the course. The slowest runners go off first, with the rest of the field going off behind at times worked out from your handicap. New runners will have a handicap set for them by Franny based on what training or racing you have done in the past.

There are two leagues; the Time league is based on who runs the actual fastest times whilst the Handicap league is the more open event and is based on finishing positions. The titles are decided by your points total in 5 of the 6 races. This means you can miss a month and still be in the competition.

The winter handicap is one of the clubs longest running events with 239 runners having completed at least one race since 1979. No entry fee, just turn up on the night and check your start time on the notice board.

Franny would also like it to be known that **any offers of a bribe** to get him into giving someone an advantageous handicap will be gratefully accepted and that Brian Hay still owes him half a pint from last year.

HIGHCLERE 10k 28th September *from Brian Hay*

For the few that have never run Highclere 10K, it is a multi-terrain course made up of tarmac single lanes, gravel tracks, fields and wooded areas set in the picturesque grounds of Highclere Castle. The castle is the home of Lord Canarvon who, should you be a philistine and don't know your history, funded Carters excavation of Tutenkhamun's tomb. To add to the pleasant surroundings the weather was actually very good to us all. Cool air temperature but warm in the sunshine. Quite different from when it was run in 2006 when it poured down with rain. Last year had been cancelled due to the dreaded foot and mouth.

Eight Overton Harriers turned out on the day to run with Greg England achieving a 4th place and first harrier back. Due to the dry weather the course was generally in good shape with only one muddy section lasting 4 or 5 yards just before the 5km mark. The organisers had clearly made an effort to make the course a little more interesting this year by adding some moving obstacles. At about 4km the course goes through a field. Unfortunately the farmer was using a tractor to cut the hedge at the side of the field right in the middle of the course. The oncoming crowd of runners heading directly for him did not appear to phase him one jot despite the lead car having already informed him of their approach. Due to the avoidance measures required I think the final distance could be considered to be 10.1Km. Never the less, I personally managed a course personal best time.

Harrier	Time	Position
Greg England	37:17	4 th (1 st M40)
Richard Clifford	38:14	11 th
Tim Harris	39:28	15 th
Helen Ruth	42:40	4 th Lady (3 rd F35)
Brian Hay	43:42	47 th
Dave Titcomb	44:56	60 th (18 th M40)
John Castelli	45:54	72 nd
Eric Tilbury	47:58	103 rd (4 th M60)

418 finished



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