

**Overton
Harriers**



**&
Athletic Club**

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| | | |
|--------------------------|---|--------------------|
| February 5 th | RYDE 10 (HRLL & Const Lges) | Lord Wandsworth XC |
| 11 th | HANTS XC LEAGUE SALISBURY | |
| 12 th | BRAMLEY 20 (HRRL) , Meon Valley Plod 19.3 miles XC | |
| 23 rd | Foxdown Handicap | |
| 25 th | National XC at Parliament Hill | |
| 26 th | Winchester 10k | |

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

FRANNY'S BITS

It's certainly been a busy month with County & Southern XC Championships plus league fixtures on the road & XC. It's also the time of year when the marathon runners begin their build ups for the spring races.

Club performances have been superb with the larger than normal turnouts for this time of year being rewarded with several age group placings at Dibden with pride of place going to Liz who won the Vet 60 title before heading off abroad. Congratulations also to the veteran men who took the bronze medals at the same race.

The handicap leagues are now taking shape and competition has been as fierce as usual, full tables are included in this edition as are the updated Consistency Leagues, any errors / queries please let me know.

Everyone is also looking forward to the training weekend (week for some) at Weybourne. Let's hope that the weather is good as it was last year. Some good training sessions are planned including the ever popular relays and I'm sure the local running club will have something special planned for us.

Piers is organising a camping trip to Twywn for "Race the Train" in mid August, contact him for more details.

Finally.....a reminder to those who use the bar on Thursday nights that the annual bar subs are due, £8 please, payable to Phil or Graham at the bar.

COUNTY XC CHAMPIONSHIPS, DIBDEN **7th January**

This year saw one of our biggest entries for some years and it was good to finish teams in both the men's & women's events. At the end of a muddy afternoon we had one County Champion with several others placing in their age groups with the men's veteran team also taking well deserved bronze medals.

Senior / Veteran Women 8.4k

Cath led the team home by a clear margin and finished second in her age group, Emily put in a good effort to finish next with Deb putting in a very promising performance in her club debut taking 8th in her age group. Liz became our only County Champion as she took the Vets 60 title in style and completed a good team performance with the Seniors finishing 12th overall. Katie continued her progression over the Cross Country this year to finish 11th in her age group with our Vets team finishing 7th.



| Harrier | Time | Position |
|------------------|-------------|---|
| Cath Wheeler | 35m 51sec | 29 th (2 nd W50) |
| Emily Lowndes | 38m 05sec | 44 th |
| Debbie Heath | 42m 17sec | 66 th (8 th W50) |
| Liz Sandall Ball | 43m 51sec | 70 th (1 st W60) |
| Katie Rundle | 45m 15sec | 88 th (11 th W45) |

94 Finished

Senior Team: 12th of 19 Teams

Vets. Team: 7th of 10 Teams

Senior / Veteran Men 12.1k

Our men's squad continued the fine form they have been showing in the league to record a highly respectable 6th place out of 17 teams. Sean was first home and 3rd V40 while Bliss showed that he will be a contender for county titles soon as he took silver in the V50's. It must have been an interesting race as less than a minute covered our next 4 home as the ultra consistent Neil Martin overcame a strong challenge from Neil Glendon who was hotly pursued by Robin and Richard. Keith put in another one of his gutsy runs while Andy ran well but may have found the pace a bit faster than his previous outing.

| Harrier | Time | Position |
|------------|-----------|---|
| S.HOLMES | 43m 16sec | 31 st (3 rd Vet 40) |
| M.BLISS | 44m 47sec | 44 th (2 nd Vet 50) |
| N.MARTIN | 46m 43sec | 63 rd |
| N.GLENDON | 47m 06sec | 68 th (12 th Vet 40) |
| R.OAKLEY | 47m 18sec | 70 th |
| R.CLIFFORD | 47m 26sec | 73 rd |
| K.VALLIS | 49m 44sec | 87 th (11 th Vet 45) |
| A.HARTLEY | 51m 26sec | 104 th (17 th Vet 40) |

159 Finished

Senior Team: 6th of 17 Teams

Vets. Team: 3rd of 12 Teams

HANTS XC LEAGUE: BOURNEMOUTH

14th JANUARY

The first race of a busy weekend for some while others decided to put all their eggs in one basket. For many of the longer serving members this was a return to an old stomping ground around the rather flat and featureless course at Kings Park.

There was another good turnout from the ladies with Cath leading them home in 28th place which was good enough to finish 7th Vet. Emily ran well and was less than a minute in arrears with Cath's daughter Claire closing the senior team scoring with a very impressive performance. Next home and completing a family trio was Deb who along with Monique made up a Vets team that recorded its best result since Farley Mount.



The senior team finished 6th on the day which is also their position overall, the Vets team finished in 6th place on the day and currently lie in 4th place in the league.

| Harrier | Time | Position |
|--------------------|-----------|----------|
| Cath Wheeler | 24m 06sec | 27th |
| Emily Lowndes | 24m 52sec | 35th |
| Claire Boyle | 27m 31sec | 58th |
| Debbie Heath | 28m 09sec | 63rd |
| Monique Van Neuten | 29m27sec | 68th |

87 Finished

The men's turnout of 6 was much lower than normal with a few runners deciding to save their energy for the following day but, with every runner doing their best, the team equalled their best position in the league so far. Sean was, once more, the first man home with a run that also earned him 5th Vets place to keep him in contention for a top 3 placing at the end of the season. Next home was Bliss who is now showing some of the quality that made him one of the best runners in the County back in the good old days. This was his best race so far this winter and he was only 41 seconds behind Sean at the line.

Next home was Robin who continued his excellent pre Christmas form by holding off Neil Glendon by a narrow margin. The team was closed in by the ever reliable Keith who managed to duck inside the top 100. Dave completed the club interest and looks to be setting himself up nicely for the spring road races.....John Castelli take note.

The senior team finished in 6th spot which is also their league position while the Vets maintained their 2nd place in the league by finishing 2nd on the day.

| Harrier | Time | Position |
|----------------|-------------|-------------------|
| Sean Holmes | 32m 39sec | 32 nd |
| Mike Bliss | 33m 10sec | 39 th |
| Robin Oakley | 34m 49sec | 58 th |
| Neil Glendon | 35m 02sec | 65 th |
| Keith Vallis | 37m 04sec | 96 th |
| Dave Titcomb | 40m 26sec | 137 th |

173 Finished

STUBBINGTON 10k

15th January

from Men's Captain Lee Tolhurst

The day started badly for me at about 3am when the alarm went off or so my body thought due to jetlag. After collecting Sean on the way and managing to drive down without incident or mishap we arrived early. This gave me time after the usual pleasantries and to manage a 2 mile warm-up.

As the gun went the pack went out hard, so I did the sensible thing of chasing it, only to watch James and Sean disappear into the distance, more fool them as I knew I would catch them later when they paid for this early pace. The course is downhill and wind behind at this point making it easy to run too fast. I settled into my running going through 2 & 3, in 5:45, 5:40 respectively, knowing that I was on for 35:00 at halfway. I slowed to take a drink and struggled to get back into my rhythm for around 300m. At this point we started to punch into the wind (it was pretty strong) mile 4 completed in 5:55, not too bad I just need to up the pace. By this time Sean and James were out of site and their early pace didn't look so disastrous for them now!

As we turned onto the front and into the teeth of the wind, I was running on my own halting my progress slowing still further turning in a 6:12 mile. James was in the same boat, but Sean took some shelter (I think). At the end of this mile I was caught by a couple of other runners that I could sheltered behind, as we made our way into the last mile, during this time we collectively picked-up the pace and places (4, I think); mile 6 was completed in 5:50, OK for a wind against mile. The final sprint for 1/4 mile was at 5:25 pace to finish 23rd in 35:57. James however had pushed on for a PB in 34:25, which as he is now sharpening for Eastleigh watch out for an amazing time there.

Sean was out of the Vets medals for the first time, showing the quality of the field but only by 10s, despite out-sprinting a tiring Stubbington Runner in the last 200m. Neil M grabbed the 2nd PB of the day in 37:37, I'm not sure how in those conditions to edge out Richard.



Another battle saw Stuart hold off the fast finishing Robin who recorded yet another PB. Neil G then rounded out the B-team still under 40mins, a couple of years ago that was good enough to be 2nd counter in the A-team. Martin, Bob and Keith followed in quick succession. Then came the tightest of all battles between Lucy and Kate where Lucy piped Kate in this good natured rivalry to finish in 48:48 just 7s and 6 places in front. Steve and Katie Edwards showed there improvement on this taxing course with excellent finishes, Katie as third counter in the ladies team.

The Men's A-team claimed an impressive 2nd place in the HRRL by 1 point over Stubbington (Thanks to Sean's sprint finish) The Men's B-Team took 3rd by just 4 points. The Ladies team were 10th and will need something special to avoid relegation now.

| Harrier | Gun | Chip | Position |
|------------|-------|-------|-------------------|
| J Knight | 34:26 | 34:25 | 8 th |
| S Holmes | 35:02 | 35:01 | 14 th |
| L Tolhurst | 35:58 | 35:57 | 23 rd |
| N Martin | 37:39 | 37:37 | 52 nd |
| R Clifford | 37:57 | 37:54 | 60 th |
| S Searle | 38:51 | 38:45 | 85 th |
| R Oakley | 39:09 | 39:06 | 93 rd |
| N Glendon | 39:45 | 39:40 | 126 th |

| Harrier | Gun | Chip | Position |
|--------------|-------|-------|--------------------|
| M Groundsell | 42:41 | 42:35 | 218 th |
| B Hawrylak | 43:21 | 42:50 | 247 th |
| K Clark | 44:32 | 43:28 | 307 th |
| L Griffiths | 49:13 | 48:48 | 563 rd |
| K Groundsell | 49:20 | 48:55 | 569 th |
| S Edwards | 53:09 | 50:05 | 770 th |
| K Edwards | 70:43 | 68:42 | 1413 th |

1466 Finished

C.D.D. NAVE 3k X/C, MONCHIQUE

22nd January

from Liz Sandall-Ball

Just as last year we are house sitting for our friends in the Algarve, in an area of Monchique, which is a small Spa village. Behind the house the local running club put on an Algarve X/C Championships of the local area. It was so much like Dibden (no mud).

It's through the forest on very undulating gravel tracks. It started at 10am with juniors through to seniors and veterans; I raced 3000 metres that was 3 laps, very warm. Last year I came 2nd, 2.7k in 17:26, and this year my time was 19:14 for 3k. I was pleased to get 3rd vet as there was about 50 ladies of which 8 were vets and I was the oldest!!

| Harrier | Time | Position |
|------------------|-------|---------------------|
| Liz Sandall Ball | 19:14 | 3 rd Vet |

FOXDOWN HANDICAP**19th January**

Another night of tumbling PB's saw Nick win his first Harrier event after improving his best time by an impressive 71seconds. Brother Richard was not to be outdone with a 47 sec improvement but he could not catch Kate Groundsell whose 4 sec PB was good enough for her to pip him for second place.

Emily was next in on her debut run while Lucy clocked yet another PB (11sec) ahead of Blissly while Martin completed the 2nd family PB double as he snipped 5 sec. off his best with the final PB coming from Katie Edwards. Sean looks to have the Time League sewn up as he recorded his fourth straight win. Blissly continued his comeback by pipping "Young" Neil by 2 seconds with "Old" Neil 4th ahead of a "Very Young" Richard Clifford.

| Pos. | Harrier | Fin. Time | H/'CAP | Act. Time | Time Pos. |
|-------------|----------------|------------------|---------------|------------------|------------------|
| 1 | N.ALVIS | 34.04 | 10.09 | 23.55 | 9 |
| 2 | K.GROUNDELL | 34.25 | 7.28 | 26.57 | 16 |
| 3 | R.ALVIS | 34.28 | 10.04 | 24.24 | 11 |
| 4 | E.LOWNES | 35.00 | 9.49 | 25.11 | 14 |
| 5 | L.GRIFFITHS | 35.04 | 7.11 | 27.53 | 17 |
| 6 | K.EDWARDS | 35.07 | GO | 37.01 | 24 |
| 7 | M.BLISS | 35.10 | 13.41 | 21.29 | 2 |
| 8 | M.GROUNDELL | 35.12 | 11.10 | 24.02 | 10 |
| 9 | K.VALLISS | 35.14 | 12.39 | 22.35 | 8 |
| 10 | N.MARTIN | 35.19 | 13.47 | 21.32 | 3 |
| 11 | S.HOLMES | 35.21 | 15.10 | 20.11 | 1 |
| 12 | J.CASTELLI | 35.24 | 10.34 | 24.39 | 12 |
| 13 | R.CLIFFORD | 35.34 | 13.35 | 21.59 | 5 |
| 14 | S.SEARLE | 35.39 | 13.16 | 22.23 | 7 |
| 15 | N.GLENDON | 35.46 | 14.00 | 21.46 | 4 |
| 16 | C.DRIVER | 36.07 | 5.21 | 30.46 | 22 |
| 17 | B.HAY | 36.18 | 9.34 | 26.44 | 15 |
| 18 | R.OAKLEY | 36.21 | 14.12 | 22.09 | 6 |
| 19 | S.McCANN | 36.23 | 5.23 | 31.00 | 23 |
| 20 | C.PARSONS | 36.25 | 6.02 | 30.23 | 20 |
| 21 | C.BOYLE | 36.26 | 8.01 | 28.25 | 18 |
| 22 | S.EDWARDS | 36.27 | 8.01 | 28.26 | 19 |
| 22 | E.TILBURY | 37.39 | 7.04 | 30.35 | 21 |
| 24 | G.ENGLAND | 38.14 | 13.29 | 24.45 | 13 |

The League tables are now taking shape with the fast improving Blissly holding top spot in the Handicap League. Lucy is in second place, she appears to have mastered the art of foiling the handicapper as she seems to be a constant handicap title contender despite a long running string of PB's.

Third placed Nick will feel the handicappers axe next time out following his big PB whilst Neil Martin's consistency means he will not be punished as harshly. Richard also faces the chop next time out and this could well affect his chance of a medal.

A top 6 place in either of the last 2 races will give Sean the Time League so I think that's sorted. Neil Martin looks good for the runners up spot but the wily Mike could still have a big say in that. However, should Neil or Mike miss another race, Robin & Richard lead a small group of contenders who could sneak a medal.

FOXDOWN HANDICAP LEAGUE

| POS | NAME | OCT | NOV | DEC | JAN | FEB | MAR | TOTAL |
|-----|--------------|-----|-----|-----|-----|-----|-----|-------|
| 1 | M.BLISS | 19 | 3 | 2 | 6 | | | 11 |
| 2 | L.GRIFFITHS | 4 | 8 | 3 | 5 | | | 12 |
| 3 | N.ALVIS | 50 | 4 | 9 | 1 | | | 14 |
| 4 | N.MARTIN | 50 | 2 | 4 | 9 | | | 15 |
| 5 | R.ALVIS | 50 | 5 | 11 | 3 | | | 19 |
| 6 | S.HOLMES | 6 | 9 | 12 | 10 | | | 25 |
| 7 | M VAN NEUTEN | 10 | 6 | 13 | 50 | | | 29 |
| 8 | K.GROUNDELL | 15 | 16 | 14 | 2 | | | 31 |
| 9 | R.OAKLEY | 2 | 14 | 50 | 18 | | | 34 |
| 10 | K.VALLIS | 15 | 12 | 15 | 8 | | | 35 |
| 11 | R.CLIFFORD | 12 | 11 | 50 | 13 | | | 36 |
| 12 | S.SEARLE | 13 | 10 | 50 | 14 | | | 37 |
| 13 | E.TILBURY | 8 | 13 | 17 | 23 | | | 38 |
| 14 | K.BARTON | 5 | 18 | 16 | 50 | | | 39 |
| 15 | K.EDWARDS | 21 | 50 | 8 | 11 | | | 40 |
| 16 | N.GLENDON | 7 | 20 | 50 | 15 | | | 42 |

FOXDOWN TIME LEAGUE

| POS | NAME | OCT | NOV | DEC | JAN | FEB | MAR | TOTAL |
|-----|--------------|-----|-----|-----|-----|-----|-----|-------|
| 1 | S.HOLMES | 1 | 1 | 1 | 1 | | | 3 |
| 2 | N.MARTIN | 50 | 2 | 2 | 3 | | | 7 |
| 3 | M.BLISS | 50 | 5 | 3 | 2 | | | 10 |
| 4 | R.OAKLEY | 2 | 3 | 50 | 6 | | | 11 |
| 5 | R.CLIFFORD | 4 | 4 | 50 | 5 | | | 13 |
| 6 | S.SEARLE | 5 | 5 | 50 | 7 | | | 17 |
| 7 | K.VALLIS | 8 | 7 | 4 | 8 | | | 19 |
| 8 | N.GLENDON | 3 | 12 | 50 | 4 | | | 19 |
| 9 | N.ALVIS | 50 | 9 | 6 | 9 | | | 24 |
| 10 | R.ALVIS | 50 | 10 | 7 | 11 | | | 28 |
| 11 | K.BARTON | 11 | 13 | 10 | 50 | | | 34 |
| 12 | K.GROUNDELL | 13 | 14 | 9 | 16 | | | 36 |
| 13 | L.GRIFFITHS | 15 | 16 | 11 | 17 | | | 42 |
| 14 | E.TILBURY | 14 | 17 | 17 | 21 | | | 48 |
| 15 | M VAN NEUTEN | 19 | 19 | 14 | 50 | | | 52 |
| 16 | K.EDWARDS | 21 | 50 | 18 | 24 | | | 63 |

SEAA XC CHAMPIONSHIPS, BRIGHTON**23rd January***from Piers Puntan*

All I can really say is bugger that was hard, there were lots of hills, it was very fast at the front, I was very unfit and I got injured and had to walk the last 500m, oh and we didn't get any silverware.

However the vast number of Harriers enjoyed the day; Sean had sorted out a minibus and after the obligatory final toilet stops it was off to Brighton via the scenic South Coast Route. We knew that parking would be awkward, but we were told that minibuses could park at the football ground for £15

or so we thought. You could park there but you had to leave by 3:30 and even Sean wasn't going to finish a 9 mile race which started at 2:50 by then. After some selected advice from everyone in the bus we parked at a pay and display in the University which did or did not require a permit, some payment or both.

The course was in a large park which was basically a hill; we pitched our flags, which were small compared to some of the displays on offer; however the bigger the car, and set off for a warm up round the course



After the second hill very quickly Steve and I thought bugger that and we went off to watch the ladies race that had just started.



In summary everyone found the course hard going; though thankfully it wasn't very muddy. The ladies had a full team out for their 8k race with Cath leading the way, Kate next and Cath's sister not too far behind with Monique finishing the team.

| Harrier | Time | Position |
|--------------------|-------|-------------------|
| Cath Wheeler | 37:13 | 123 rd |
| Kate Groundsell | 41:42 | 216 th |
| Debbie Heath | 43:26 | 243 rd |
| Monique Van Neuten | 45:08 | 271 st |

335 finished

Ladies Team 38th

Following a three line whip and promises of medals 12 men true and, strong?, lined up at the start line for the 15k men's race with a view to take the Hampshire Cup. Steve and I thought about jogging round with a transistor radio listening to 5 live but we thought that Emma might explode at our lack of effort like the Southern League so we just took it very slowly. There were lots of laps and lots of hills and I got lapped and it was all pretty hard work.

The other Harriers did a lot better than me as you can see from the results. Apparently AFD won the Hampshire Cup even though they are affiliated to Surrey and they won it last year so we didn't even get any trophies.

| Harrier | Time | Position |
|-------------------|-------------|-------------------|
| Sean Holmes | 00:58:34 | 168 th |
| Mike Bliss | 01:00:50 | 234 th |
| Neil Martin | 01:03:45 | 308 th |
| Richard Clifford | 01:04:26 | 327 th |
| Robin Oakley | 01:04:29 | 329 th |
| Neil Glendon | 01:05:42 | 359 th |
| Keith Vallis | 01:07:33 | 414 th |
| Martin Groundsell | 01:10:57 | 513 th |
| Paul Wheeler | 01:11:23 | 524 th |
| Martin Crawshaw | 01:13:35 | 571 st |
| Piers Puntan | 01:22:09 | 683 rd |
| Steve McNair | 01:28:05 | 714 th |

745 finished

Men's A Team 32nd, B Team 71st

LORD WANDSWORTH RACE 3

15th January

from Georgia Dorothy Vallis

On a bitter cold January morning Molly Wateridge, Emily Wiltshire, Amelia Grey, Ella McIver and I (Georgia Vallis) made our way to Lord Wandsworth College. We started off with our normal warm up and drills. After that we waited for our races. Molly's race (Under 11 girls) started a few minutes before us. This time she was determined to beat the Basingstoke girl, who won the last race before Christmas which Molly came 2nd in. But this time Molly won by 3 seconds.

Next was the Under 9 girl's race. It was a 600m race which will sound really easy but it was really tough. This was Ella's first cross country race so she did really well coming 7th after a fast start. Emily was prepared and had a race plan but she found it too hard to follow, but she still did a very good time of 3:00 and a very good place of 5th. Amelia had another good race coming home in 6th place. I also had a brilliant run coming home 1st in a PB of 2:35 and I even beat the boys!!!!!!!!!!!!!!

JUNIORS - Under 9 & Under 11 *from Anna Vallis*

On Saturday 28th January whilst the Senior Harriers were having a trip to the seaside for the Southern XC Championships at Brighton, a depleted group of Juniors competed in our third Sportshall competition at Portsmouth. A note of thanks to all of those on the Brighton trip who looked after Edward, allowing me to manage our juniors. The change in date to a Saturday meant that many of our regular athletes had prior commitments and were not available; however we managed to turnout athletes for both the girls (Molly Wateridge, Jessica Wateridge, Emily Wiltshire and Amy Holmes) and boys Under 11s (Aidan McGill).

Again we had some promising performances which together with a combination of more training as well as competition experience should give us a great platform for next year. We have now been able to purchase some training equipment – many thanks to Martin Allen for securing a £500 grant from Basingstoke & Deane Council. This will mean that the children can now train on the same equipment that they compete on. Our last Sportshall for the winter is on Sunday 18th March at Eastleigh, so we're hoping to have a good turnout to round off the season.

The weekend wasn't over for three of our athletes (Molly, Jessica and Emily) who turned out in true Harrier style for a double fixture weekend, as we had our third Border League Cross Country race at Guildford on Sunday 29th January. On a rather cold Sunday morning they were joined by Georgia Vallis, Amelia Gray and Harry McDevitt.

The course was much tougher than at Lightwater as it started steeply uphill. Everyone had listened to the coaches and ran good solid races, not setting off too fast and with great sprint finishes on the downhill section. Georgia was the first Harrier home in the Girl's Under 9 race, closely followed by Jess (who wasn't going to run until she found out the day before that she'd make up a team if she competed – although she did say afterwards that it was 'definitely the longest race ever!'), then Emily and Amelia who had a strong finish to hold off several girls from Woking.

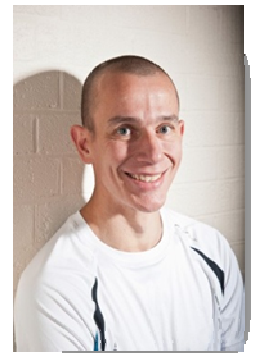
Harry had another good race in the Boys Under 9's and finished well up the leaderboard. Despite finding it a bit cold, Molly had another good run and again finished well in the top half of the field in the Girl's Under 11 race.

It's a much quieter month in February, with only one cross country race which is the 4th in the Lord Wandsworth series on Sunday 5th February.

RUNNERS WORLD & ASICS TARGET 26.2 *from Lee Tolhurst (aka Choisty)*

Part 2, I'm Not Kate Moss

The first month of training is now under my belt and everything is going well. I have run just under 300 miles for the month, with the longest run being 20miles, missing one session (as I was on a plane) and 1 mile from another, still I am 103% of my goal mileage.



The main event for us this month has been a training day at Birmingham University which took place on Sat 28th, clashing with the Southern, doh! The first part of the day involved various catch-up sessions; first was my coach Steve Smythe, who was pleased with my progress so far but recommended that I try and stay to the mileage and slow down some of the sessions a little (must listen to this); Next was Ruth McClean nutritionist to Sport Scotland, who recommended I eat more, especially fats (good ones) to help stop my weight loss! (*Ed. that would require deep fried Mars bars*) I also need to eat more veg and protein; finally the Physio gave me a few more stretches for my hips. It was then outside and onto the track for 90minutes of photo session, I don't think I would like to be a model after this session; it was too cold to be standing around for over an hour.

At last it was time for the main purpose of the day; a long progression run, we set-off together down to the canal after which we took our own pace toward Birmingham city centre for 10 minutes before turning back to the start, I was supposed to run at 7min/miles, but was running 6:30's resulting in a ticking-off, not for the last time. We then ran toward Kings Norton for 40min, unfortunately there was not enough canal to accommodate 40mins so I ran up into the Wast hills (a rather ugly housing estate). The pace increased as I ran back the 40mins at 6:30 pace to the track, followed by 20mins at marathon pace (6:06), I however managed to cover the last 5km in 17:25, showing good strength. After a spot of lunch we were subjected to both video and print interviews followed by more photos before driving home rather tired as the sun was setting.

The schedule for month 2 is:

Week 5: easier week: 53M-58M

Mon: January 23: Relaxed: 7 miles in 7 minute-miles

Tues: January 24: 1M, 4M of hills, 1M

Wed: January 25: Steady 8 miles at 6:30 pace
Thurs January 26: 8M inc 16 x 400m at approx 5k-10km pace (ie sub 80s) with wu/wd with 200m jog (1 mins recoveries)
Fri: January 27: 5M easy
Sat: January 28: c19M at Brum: 1st half at 7s, next 40min at 6:30, last 20min on track at 6:10s or faster
Sun: January 29: Rest or 5M easy

Week 6: 65-70M

Mon: January 30: am easy 4M pm: Relaxed: 7 miles in 7 minute-miles
Tues: January 31: 1M, 6M (40 mins) of three paces – 1m easy, 1 m marathon, 1 m 10K pace etc, 1M
Wed: February 1: easy 4M & Steady 9 miles at 6:30 pace
Thurs February 2: 8M inc 20 x 200 every 60 sec at 5k pace straight into 1600m at marathon pace.
Fri: February 3: 5M easy
Sat: February 4: 20M relaxed at 7 min miles
Sun: February 5: Rest or 5M easy

Week 7: 69-74M

Mon: February 6: am easy 4M pm: Relaxed: 8 miles in 7 minute-miles
Tues: January 7: 1M, 6M of fartlek, 1M
Wed: February 8: easy 4M & Steady 10 miles at 6:30 pace
Thurs February 9: 9M inc 4 x 2000m with 400m jog in 2 mins 30 - aim for sub 7s
Fri: February 10: 5M easy
Sat: February 11: 20M first half relaxed 7:30s, second half at close to marathon pace
Sun: February 12: Rest or 5M easy

Week 8: easier week: 45M

Mon: February 13: Relaxed: 7 miles in 7 minute-miles
Tues: February 14: 1M, 4M of hills, 1M
Wed: February 15: Steady 6 miles at 6:30 pace
Thurs February 16: 6M with 6 x 1 minute at half-marathon pace with 2 mins easy jog
Fri: February 17: 5M easy with a few strides
Sat: February 18: rest
Sun: February 19: Wokingham Half Marathon (15M inc warm up etc)

CONSISTENCY LEAGUES

Full Tables are on the OHAC website

Both of the Consistency leagues are still up for grabs with the 4 races remaining being the Ryde 10 miles, Salisbury 10 miles, Eastleigh 10k and the Combe Gibbet. The Mens' League table is not yet cut and dried, Sean has a handy lead but should he miss a couple of races Robin could sneak past especially as both the Salisbury 10mile & Eastleigh 10k are Club Championships and therefore carry double points. Third place could open up with Lee currently in the driving seat although his marathon commitments could allow the two Neil's to make inroads on him.

Lucy currently holds the upper hand in the ladies league and with only Audra entering the Ryde 10 there will be no change at the top until March when hopefully Kerry will be back from injury. Should Lucy run the remaining races she will win the title but missing one could let Kerry in. There is a small gap between Kate & Sarah and again it will be decided by who runs the most of the remaining races.

WORLD MASTERS INDOOR CHAMPIONSHIPS, JYVÄSKYLÄ, FINLAND

Following an E Mail from Liz to Kerry we understand that Moira will be competing in the World Masters Indoor Championships in Jyväskylä, Finland in April. Moira was ranked 4th for 400 meters in the 2011 World rankings and is currently putting in some good warm weather training during her visit to Portugal. We look forward to hearing about her exploits soon.

CALLING ALL MASOCHISTS *from Greg & Martin*

It's time for all you Masochists, fruit cakes and slightly deranged people to show your true colours again. The Hurstbourne 5 will take place on Saturday 14th April 2012. For those of you that haven't raced it before, it does have a reputation for including a couple of undulations, but don't worry too much about the hills; there's a flat bit too! (picture below)



This year we will be splitting proceeds between the HBT Development Trust and Naomi House. We would love to see as many Harriers as possible turning out again! Entry forms are on the board. Please hand your completed form along with your hard-earned dosh to Greg.

As usual, there will be T-shirts for all finishers and prizes for SM, SW and vets. We also have prizes for King and Queen of the hill. Sean is our reigning King of the Hill, so we'll be looking to him to retain his crown and perhaps even double up to win the race?? Just to inspire a little bit of competition, here are the Harrier PB's over the course:

| TIME | Harrier | YEAR | POSITION |
|-------------|--------------------|-------------|-----------------|
| 00:31:06 | Lee Tolhurst | 2011 | 1 |
| 00:31:57 | Sean Holmes | 2011 | 3 |
| 00:33:01 | Mike Bliss | 2009 | 4 |
| 00:33:36 | Stuart Searle | 2011 | 6 |
| 00:33:56 | Neil Martin | 2011 | 8 |
| 00:34:13 | Dave Bush | 2011 | 9 |
| 00:34:17 | Keith Vallis | 2011 | 10 |
| 00:35:08 | Richard Clifford | 2011 | 14 |
| 00:38:23 | Dave Titcomb | 2011 | 22 |
| 00:42:08 | Eric Tilbury | 2009 | 36 |
| 00:46:14 | Michael Ball | 2011 | 56 |
| 00:47:20 | Monique van Nueten | 2009 | 55 |
| 00:49:00 | Liz Sandall-Ball | 2010 | 76 |

Once again, we'll be really grateful for any help on the day, so if you cannot run, please come along and marshal. Contact Martin or Greg if you can help out.

More details at www.hbt.org.uk/Hbt5Race.htm or check out our Facebook page
Cheers! Martin & Greg.