

**Overton
Harriers**



**&
Athletic Club**

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November 2012 Issue 423

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

December 1 st	HANTS XC LEAGUE: POPHAM AIRFIELD
2 nd	Tadley XC Lord Wandsworth XC
16 th	CYCLIST'S RACE CLUB XMAS DINNER
20 th	FOXDOWN HANDICAP
23 rd	Portsmouth Waterside Marathon

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday

FRANNY'S BITS

As many of you will now be aware, Eric has not been too well and at the time of writing is currently in Southampton Hospital. There was definitely "something" missing on Handicap night and I am sure that you all join me in wishing Eric a speedy recovery.

Congratulations to Katie & Steve on the birth of "Baby" Edwards who weighed in at 8lbs 3oz . Mother & baby are reported to be doing well whereas dad's training has gone to pot.

We had a great month in the Road Race league as the following reports show with the Men currently topping Division One and the Ladies A sitting in third place in Division 2. On the XC front the ladies are doing well with the men showing improvement after Goodwood.

Final shout for the Christmas dinner, if you haven't told John your starter choices please do so ASAP.

The Cyclist race takes place on the morning of the Christmas dinner so please turn up at Bridge Street to work up a good appetite. Details are on the notice board.

Finally thanks for all the reports this month, the variety of writers certainly makes for a more interesting read.

Please could all those interested in running at either of the Hampshire or Southern XC Championships please put their names up on the board. If there is sufficient interest transport to the Southern Champs, at London's famous Parliament Hill, will be via a club hired minibus. The club will pay the entry fees – however that's only if you actually do compete. Who knows this year we may win the elusive Hampshire Cup!

What a great day for a race – NOT! Lying in bed and hearing the rain lashing against the window and the wind moving large amounts of items around the garden, I would have been forgiven for thinking that hurricane Sandy had arrived overnight in Overton!!

Being the hardy bunch that we are, a group of us made the trek down to Southampton for a 10 mile race that promised to be a tad damp!

As it was the Club 10 mile Championship we saw more runners turn out than otherwise might have given the weather conditions. The course here is predominantly flat with a few undulations, but nothing too much to worry about. The biggest concern this year was the rather large puddles (compulsory swim sections) that we were to encounter at mile 3 and as the course loops back on itself mile 6 as well. First male Harrier home, and in third place overall was James (1st VM35) in 54:55 which was a PB over this distance.



First female Harrier home in 73.03 was me. My 10 mile PB was placed only a week earlier at the Great South Run (72.52) and this was close enough to that for me to be pretty pleased. The biggest achievement for me was beating Dave Titcombe during an exciting final 200 metres, nearly causing me to pass out at the line!

Sean took the MV40 Prize in a time of 56 minutes dead. Mike also continued his return to form with a pleasing 59.15 and 3rd MV50 place (clearly showing the depth of talent within that category!!)

Despite the weather conditions further PB's were achieved from Neil Martin (60.42), Claire Boyle (81.21), Neil Glendon (62.47), Sarah McCann (88.09)

The Men's team results were excellent, both A and B teams 1st in Div 1 of the HRRL, in fact our B Team was better than Winchester's A team.

The Ladies A team also had a good day out and were 4th in Div 2 of the HRRL.

Harrier	Time	Position
James Knight	54:55	3 rd (1 st MV35)
Sean Holmes	56:00	6 th (1 st MV40)
Lee Tolhurst	57:05	9 th (3 rd MV35)
Mike Bliss	59:15	23 rd (3 rd MV50)
Neil Martin	1:00:42	30 th
Robin Oakley	1:02:29	48 th
Neil Glendon	1:02.47	55 th
Richard Clifford	1:03.01	59 th
Piers Puntan	1:06.23	102 nd
Kerri Barton	1:13.03	195 th (11 th Lady)
Dave Titcombe	1:13.04	196 th
Claire Boyle	1:21.21	291 st
Lucy Pearson	1:22.12	305 th
Sarah McCann	1:28.09	350 th

Women's

The women's team only had 3 finishers in this second race of the season but they all put in excellent runs to finish 7th on the day and thus maintained their fine start to the season. Audra led them home in 33rd place with a strong run that earned her 9th place in the Vets. Rebecca made a welcome return to club colours and put in a fine performance around a half minute back in 42nd place.



Team captain Kerri looks to be getting close to her best form again and she closed the team with a good run that saw all 3 finishing within a minute of each other. Michelle made her XC debut over this challenging course, sadly an asthma attack brought it to an early end but hopefully she will be back over the much flatter Popham Course.

Harrier	Time	Position
Audra Dennison	25:12	33 rd
Rebecca Brady	25:41	42 nd
Kerri Barton	26:10	47 th

106 Finished

Men's

Turnout for the men was also low but some excellent packing saw the team improve on last months performance to finish 8th on the day. They were led home by Sean with Bliss having a great run to finish just over a minute behind. Neil & Robin appeared closely matched and only 15 seconds split them at the line.

Richard Clifford was another to run well and was not far behind the pair in front. The only other Harrier was Piers who had started but unfortunately pulled up on the first lap with a calf strain.



The 8th place on the day saw us remain 9th overall in the league, Reading Road Runners failed to complete a team which means they automatically drop into relegation, We are currently level on

points with 8th placed Andover who have a slightly better match point aggregate than us but as we beat them on the day we have a good chance of avoiding the drop providing we have good turnouts for the remaining races.

Harrier	Time	Position
S. Holmes	31:50	41 st
M. Bliss	32:59	59 th
N. Martin	34:20	84 th
R. Oakley	34:35	89 th
R. Clifford	34:57	95 th

227 Finished

GREAT SOUTH 5K RUN IN AID OF THE LINK CENTRE YOUTH CLUB *from Lucie Barton*

After an early start we arrived in Portsmouth where the atmosphere was building. I was actually glad I was running not watching because it was oh so cold and very, very windy. Being my first proper race it felt strange to line up with the runners not just be cheering others on. The gun went and off I went and it was great to hear Robin cheering me on in one corner and Kerri cheering me on in the other corner and mum by the pyramids and before I knew it I was across the finish line. It was brilliant feeling knowing that I completed it and raised so much money for the link centre youth club which is an important cause to me.



Big thanks to everyone that sponsored me in my great south 5k run and for all the words of advice and encouragement. With their help I have raised five hundred and sixty five pounds for the link centre (special need youth club). I can assure you that this money will benefit all teenagers that go there.

Specials thanks to my big sis Kerri and' of course' Robin who both came with me for support. Also, another big thanks for to my mum who got me there and back and was also there to support me.

GREAT SOUTH RUN

11th November

from Robin Oakley

The weekend started with support duties as Kerri's sister Lucie was taking part in the Great South 5k on the Saturday in ridiculously cold and windy conditions. The first mile was especially difficult as it was into the teeth of the wind, but she kept running and smiling throughout and came back with a great result, raising an impressive amount for her chosen charity.



Then it was the turn of Kerri and I in the 10 mile race on the Sunday. The original idea was for this race was to target my first sub-60 time, but after a few poor runs over the previous weeks this was never really going to be an option. Kerri was hoping to continue her return to form over recent weeks after a terrible run of injury problems. It was very cold at the start particularly as we had to be in our pens early.

Despite being given a "faster-paced runners" number, Kerri decided to slum it with me in the Orange wave. As it turned out we managed to get very close to the front so it was no disadvantage. Finally the gun went and we were off. Within the first 100 metres I had to show some nimble footwork to avoid a Stubbington runner who crashed to the floor right in front of me (and no, I didn't trip him Jamie!). I

got into my running and was feeling pretty good for the first half of the race going through 5 miles in about 30:45, however I wasn't able to sustain it, particularly against the wind in the final 2 mile straight. However on balance I was reasonably pleased to clock 62:21 in 121st place.

Kerri had a cracking run finishing in 72:52 in 985th place (80th female), a new personal best. Also running were Katie Rundle and Carole Driver though unsurprisingly we didn't see them on the day!

Harrier	Time	Position
Robin Oakley	1:02:21	121 st
Kerri Barton	1:12:52	985 th
Carole Driver	1:36:52	9124 th
Katie Rundle	1:40:48	10674 th

17048 finished

HELLRUNNER **10th November** *from Martin Groundsell*

So after last year's attempt where I felt I had given in half way round I was back to have another crack. However this time the mud was worse and bogs even deeper.

The run started well and after pushing my way past people in fancy dress who had hogged the front of the start, I was with the lead pack of my wave. I should have looked at my Garmin as it would have said slow down from 5 min 30 pace but I didn't and after a mile the hills started and my heart rate went through the roof. After dropping back to about 10th I managed to get my heart rate under control and started to push again. The hills kept coming and we soon caught the back markers of the first wave which had a 30 min head start on us. It was at this point that the run becomes a single track path but with some diving between trees and taking different routes up the hills I was able to pass people without too much bother.



At 6 miles we hit the first of the real bogs, last year the water level was up to my chest but this year it was nearer my chin (as you can see in the finish line picture).

It did make me laugh that people were shouting at me to slow down as I charged into the bog, I assume they wanted to keep their hair dry or something but as people in the crowd were shouting that's how to do it I carried on. As I came out of the last of the hills and bogs we hit the mile or so of sand dunes which just zaps all of the remaining energy but as I was still overtaking people I kept pushing.

Finally crossed the line in 1hr 22min which put me 34th out of 1,688 who finished across the two waves, last year I came 106th so even though the time was the same it still shows an improvement which the main thing.

British & Irish Masters International Cross Country, Belfast **10th November** *from Cath Wheeler*

It was with a huge sigh of relief that Paul and I were travelling to Belfast on Friday 9th Nov for the Annual British and Irish Masters XC race. For the past two years I've been plagued by injury but this time all was well!

The race was supposed to have been at Stormont Park, a beautiful undulating area but it transpired that it was under 3 foot of water in places so the course was moved to Queen's University sports fields.

This presented Paul and I with our first problem, Paul had found a Park Run to do which was ½ way between our hotel and Stormont Park. The University was in completely the opposite direction but not to be deterred, Paul searched on line and found another one at the Queen's University Sports ground too!!

The course was fast but, although it was around football fields, not flat or dry as had been put about! Short sharp banks took you between levels and these quickly cut up.

I was really pleased to feel that I ran competitively, finishing 6th in my age group but the Welsh team as a whole had a rather poor result with few team medals or individual ones to collect.



A great week-end though and I look forward to next year but more especially to 2015 when I move into another age group!!!

The following piece comes from Franny (With apologies to Monty Python).

“And now for something completely different.....”

It started off with a message on the Basingstoke google group advertising a head torch run and even the location, Pamber Forest, didn't ring any alarm bells. After all there must be some nice gravel tracks to run on in Pamber Forest. The meeting point was the Plough at Little London (which held absolutely no attraction to me!!!) at 7pm on a dark wet Friday evening. About 20 runners gathered and split into two groups, the faster runners, including Josh Bliss who appears to have cut down on his pie intake recently, went one way for a 6-7 mile run while we went in the opposite direction for a 5 mile run.

A narrow track led us off the road into a field of sheep who, at the sight of 10 torches coming towards them, promptly went into stampede mode, reaching the far side of the field we followed the fence until we climbed a stile and entered the forest. Any thoughts of gravel paths were soon dashed, in single file we ran down a narrow path giving warning shouts to the runners behind. Branch, branch, branch. Bramble, bramble, bramble. Mud, mud, mud. Bog, bog.....LAAAAAAKKKKEEEE.

Luckily no one fell in so we retraced our steps and set off down another path. After 15 minutes running all was going well until someone (guess who) went down in one of those slow motion falls ending in thick mud up to his knees (and elbow). It was at this point that I realised that road shoes were possibly not the best footwear for the conditions. I was soon on my feet and running behind our guide Tim who casually said “Don't tell anyone but I think were lost”. I had been suspecting this since the lake but after a short regroup we were soon running along at a reasonable pace and were now seriously annoying the local owl population. The forest erupted with hoots and screeches resembling an old Hammer horror film with several owls being clearly visible flying through our torch beams.

At this point I decided to lie down for a rest, alright I clipped a tree root and hit the ground with a thud that registered on the Richter scale. This brought several caring comments such as "Wow, I bet that hurt". With the toes on my right foot throbbing, we carried on splashing through mud and more mud and soon we were back with the stampeding sheep with our 5ish mile run taking an hour to complete. A couple of welcome pints rounded off a great evening. Now how can I integrate this type of run into a club training session around Overton?

Despite saying she was only running a few times a week, Jill was actually in secret training for a personal challenge. This was a strangely organised event on a Wednesday with the route not being finalised until the day of the run. Add to this, Jill's navigational exploits over the years are as renowned as Lee's so, here is her report.

CLARENDON WAY ULTRA MARATHON (48 Miles Multi Terrain) 14th November

I took part in the Clarendon way Ultra Marathon a race around of approx 50miles in length, but I kept it secret because I didn't want any pressure put on me. It started in a village called Pitton just outside Salisbury. I wasn't expecting a lot of runners due to the length of race but I was totally amazed when there was only 3 of us that turned up; myself & 2 young men. I was even more surprised when I was told there would be no markers out on course for us.

I had an OS map & written instructions. If I had known in advance there was only going to be 3 of us I would NEVER had taken part, but as I was there I thought I'd give it a go. We set of & I stayed with the men and it wasn't long before we got lost but we got back on track & made it to 1st C.P Kings Somborne at mile 11 but we had ran 14m due to getting lost. We set of again but the men were too fast for me so we split they went on together leaving me by myself.

It wasn't long before I thought I'd gone wrong so I went back on myself only to realize I was right first time and had to go back on myself.



I eventually made it to C.P 2 in Winchester which marked the 20mile point but I'd done some 24miles due to going wrong and I was now 40min behind the men.

Leg 3 was to be my undoing..... I had difficulty finding the bridge over the M3 onto Southdown Way but a kind cyclist put me right. I carried on and came to next little village were I had to find a church called St Andrews; I found it but I couldn't find the track that was on my directions so I took the wrong turning & for some time was heading in the wrong direction. Eventually I came across a lady out running who told me that I'd almost ran back into Winchester, so I had to go back & guess which was the track, by which time I'd run some 30miles. I eventually came across a walker who after looking at map with me said I was back on track.

I came to A272 & crossed over were I found some ramblers. By this time I was getting tired & was getting a bit disoriented so they put me straight & off I set. I had to keep stopping as I wasn't sure I was going the right way. I carried on & soon found myself falling head first into mud, I'd tripped over some vine weed, I was OK but feeling a bit low as I wasn't sure were I was by this time. I came across a village & asked a man in his garden were I was; "Tichborne" came the reply which was a village on my list. But by this my Garmin said I'd done 40miles & had another 20 to go to the finish, it would be dark within the hour so I knew I had to withdraw from the race.

I had a friend waiting for me at C.P 3 at Bishop's Sutton who came & got me & took me to C.P 3 were I withdrew from race. I felt very disappointed having run so far & not being able to finish, although I was tired I felt fine in myself & could have carried on but not in the dark on my own. I would definitely have another go, but I'd be better prepared and would hope for more runners to make a proper race of it & were I wouldn't be left on a course all alone.

GOSPORT HALF MARATHON 18th November from Richard Francis

Perfect weather and the flattest course in the south of England could mean only one thing.....PBs. The nature of the course meant that there were several sections where it doubled back on itself giving the chance to shout encouragement to clubmates going in the opposite direction.

James set the ball rolling with a great PB run the give the men's team a more than useful start in 12th place while Sean continued his fantastic form in 20th with his third half marathon PB this autumn. Lee was next home and was several minutes faster than last year, he had just over a minute in hand over Blissly who seemed pleased with his run which enabled the mens team to take second place on the day.

This meant they moved back to the top of division 1. Neil led home the B team ahead of Martin who made the huge improvement to his PB that was long overdue. His big rival, Stuart, chased him home with a sadly below par Robin closing the team that is now third in the league. Let's hope Robin's injury clears up soon.

The ladies did a great job to improve their League prospects as they climbed back to 3rd place in their division. Rebecca was first home after what appeared to be a race long battle with Kerri who smashed her PB out of sight. Dave was seen chasing this pair at the 9 mile mark and must have been pleased with his run which I think makes him to only Consistency League runner to have completed all the races so far. No one was surprised to hear that Lucy closed the ladies team with a PB but 8 minutes was simply amazing. After a chest infection I was more than happy with my time as it was only planned as a long training run, Steve has missed some training as well recently and so was also happy with his run. Last but not least was Sarah with a great run which, if not a PB, was a huge improvement on her run here last year.

Harrier	Time	Position
James Knight	1:12:41	12 th
Sean Holmes	1:14:09	20 th
Lee Tolhurst	1:16:55	41 st
Mike Bliss	1:17:57	46 th
Neil Martin	1:21:22	78 th
Martin Groundsell	1:23:59	122 nd
Stuart Searle	1:24:21	126 th
Robin Oakley	1:25:29	142 nd
Rebecca Brady	1:35:12	388 th
Kerri Barton	1:35:28	399 th
Dave Titcomb	1:36:21	423 rd
Lucy Pearson	1:44:07	671 st
Richard Francis	1:48:58	807 th
Steve Edwards	1:50:11	848 th
Sarah McCann	1:54:21	988 th

1567 Finished

FOXDOWN HANDICAP

22nd November

Another very dark night for running and the very strong wind blowing into our faces down Foxdown Hill meant that fast times would be hard to come by but some runners had a different view. This was possibly one of the best handicaps ever as less than a minute covered the first 13 runners home thus giving the recorders some problems, In fact there was so much overtaking going on in the closing stages I dropped 7 places in the last half mile or so.

Robbie claimed victory by taking 17 seconds off his PB to hold off the improving Brian Hay. Keith Vallis did well to hold off Sean who in all honesty had a phenomenal run in the stormy conditions and would probably have gone Sub 20 minutes on any other night. (It's about time someone did it). Kerri was close behind Sean and she is hitting a purple patch and should crack her long standing PB for this course soon.

First Battle Royal honours of the winter goes to Martin who edged out Stuart by only a second after giving him a second head start with Bex & Claire & Neil Glendon finishing with a few seconds of them. Time wise Sean's run was a clear winner over a minute ahead of Lee. Neil Martin stormed to

third place on time while Richard Clifford edged Neil Glendon in the race for 4 place with Martin Groundsell & Stuart taking the next two places only a few seconds back.

Finally.....Well done to Mark who showed a huge improvement on his opening time by taking over 2½ minutes off his opening race time.

Pos.	Harrier	Fin Time	H/Cap	Act Time	Time Pos
1	R. Dennison	34.07	6.50	27.17	13
2	B. Hay	34.15	8.39	25.36	10
3	K. Vallis	34.25	12.18	22.07	7
4	S. Holmes	34.32	14.22	20.10	1
5	K. Barton	34.34	8.47	25.47	11
6	M. Groundsell	34.40	12.34	22.06	6
7	S. Searle	34.41	12.33	22.08	8
8	R. Brady	34.41	9.47	24.54	9
9	C. Boyle	34.45	7.27	27.18	14
10	N. Glendon	34.47	12.48	21.59	5
11	R. Clifford	34.54	12.58	21.56	4
12	N. Martin	34.55	12.04	21.51	3
13	S. McCann	35.06	4.42	30.24	16
14	R. Francis	35.21	7.27	27.54	15
15	L. Tolhurst	35.47	14.29	21.18	2
16	A. Dennison	35.48	9.47	26.01	12
17	M. Bulpitt	36.25	GO	36.25	18
18	C. Driver	38.45	4.40	34.05	17

CHRISTMAS LUNCH *from John Hoare*

I have booked the Test Valley Golf Club again for our annual Christmas lunch. This will be on Sunday 16th December after the **CYCLISTS RACE** (starts 10.45a.m.). Lunch will be 1.00pm for 1.30pm sitting. Cost will be same as last year £20 per adult and £10 for children under 12. There will be no charge for toddlers in high chairs. Menu is:

Starter

Homemade Vegetable soup
Melon with Winter Berries
Salmon Terrine

Main

Traditional Carvery
Roast Nut Cutlet

Puddings

Xmas Pudding
Chocolate Profiterole
Raspberry Pavlova
Fresh Fruit Salad in a brandy snap basket

Coffee and mince pies

When booking I will only need to know which starter you want and if you would prefer the vegetarian option as a main course. No deposit required – pay on the day. **Early booking appreciated**

QUOTE OF THE MONTH

Prize for the best!!!



SOUTHERN ATHLETIC LEAGUE – 2013

We now have the first info regarding the fixtures for the 2013 Track and Field season. After narrowly slipping down a Division we are now in Division 2 South West.

April 20 th	at Eltham	v	Cambridge Harriers, Brighton and Tonbridge
May 18 th	at Croydon	v	Croydon, Team Dorset and Havant
June 15 th	at Winchester	v	Winchester, Woking, St Mary's Richmond
July 13 th	at Kingston	v	Kingston & Poly, Epsom & Ewell and Team Kennet
Aug 10 th	at Andover	v	Ashford, North Devon and Swindon

Please put the dates in your diary, the events are well worth competing in and our joint team with Andover would welcome any middle distance runners and field athletes, especially ladies where Andover are historically weak.

HUGOFOX SPONSORSHIP



Hugofox.com has been a sponsor of the Overton 5 race for the past two years and as part of this we distribute their cards in our race programmes. We are also listed on the website - <http://www.hugofox.com/community/overton-harriers-athletic-club-3302> to help raise our own profile.

Hugofox.com is ideal if you are looking for a job, a service, a local event to take the kids to or keep up to date with the local news from your community.

The site has been sponsoring a number of local sports clubs to help raise their profile. To check out the good work they are doing in your Overton and the surrounding area take a look at news.hugofox.com – their roots are in the communities they serve, so whatever you need, HugoFox.com will help you find it.

We would like to thank HugoFox for their support and please feel free to use their website.