

**Overton  
Harriers**



**&  
Athletic Club**

**Overton  
Harriers**



**&  
Athletic Club**

## April 2005 Issue 333

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

Email your reports to me at [geoff@staddles.fsnet.co.uk](mailto:geoff@staddles.fsnet.co.uk)

or Franny at [richard.francis@uk.delarue.com](mailto:richard.francis@uk.delarue.com)

### **FIXTURES**

MAY	1st	FORDINGBRIDGE 10 km
	2nd	SHINFIELD 10km
	7th	TRACK & FIELD LEAGUE at BOURNEMOUTH
	8th	ALTON 10 mile MOORS VALLEY 10km at RINGWOOD
	11th	PORTSMOUTH Prom. 5 km
	15th	HOOK 10 mile OXFORD 10 km BOGNOR REGIS 10 km NETLEY 10km
	21st	TRACK & FIELD LEAGUE at SOUTHAMPTON MARLBOROUGH DOWNS 20miles & 33 miles
	22nd	ISLE OF WIGHT Marathon WINCHESTER 10km
	25th	FINCH COASTERS WOODLAND 5 mile series
	29th	ROPLEY 10km
	30th	KINTBURY 5 mile
JUNE	1st	YATELEY 10 km
	8th	PORTSMOUTH "D DAY" 10km
	12th	WARGRAVE 10 km PURBROOK Ladies 5 miles GOODWOOD 10km MT
	19th	BRADING 10 km
	25th	TRACK & FIELD LEAGUE at SWINDON
	26th	DIDCOT 5 mile LORDSHILL 10km RYDE half- marathon
	29th	FINCH COASTERS WOODLAND 5 mile series PETERSFIELD SUMMER XC

### **FRANNYS BITS.**

As you can see from the above table the next few months are very busy with numerous events taking place throughout the region. On the road the two main fixtures are the Alton 10 mile and Brading 10k where good turnouts are required to improve our standing in the Hampshire road race league. Please try to give Dave Vosser your full support and keep us in Division one.

The track and field boys get their season under way at sunny Bournemouth. I believe that the league has been restructured again and that we now meet the same teams in each match. A good start to the season should give us a psychological edge over the other teams so once again a strong turnout would be nice. Also, any assistance with officiating would be greatly appreciated.

The consistency league starts again at the Alton 10, Congratulations go to last seasons' champions, Audra and Eric. Who will take the titles this year? A full list of fixtures will appear shortly.

## COSISTENCY LEAGUE 2004/5.

Here are the final tables for last seasons league, a total of 36 club members ran in at least one scoring event. Well done to Audra and Eric for winning their titles, Most frequent racer was Eric who ran 13 of the possible 15 races with the two Dave's running 11 each.

		Pts.			Pts.			Pts.
1 <sup>st</sup>	E.TILBURY	310	9 <sup>th</sup>	M.ALLEN	83	17 <sup>th</sup>	D.MAUGHN	38
2 <sup>nd</sup>	D.VOSSER	290	10 <sup>th</sup>	I.FORD	60	18 <sup>th</sup>	R.FRANCIS	32
3 <sup>rd</sup>	D.TITCOMB	211	11 <sup>th</sup>	M.CRAWSHAW	55	19 <sup>th</sup>	A.PAUL	32
4 <sup>th</sup>	G.ENGLAND	200	12 <sup>th</sup>	M.BLISS	53	20 <sup>th</sup>	G.DUNCAN	20
5 <sup>th</sup>	P.PUNTAN	185	13 <sup>th</sup>	A.HARTLEY	46	21 <sup>st</sup>	M.DELLAFERRA	16
6 <sup>th</sup>	J.THOMAS	150	14 <sup>th</sup>	S.McNAIR	45	22 <sup>nd</sup>	M.WOODS	12
7 <sup>th</sup>	J.JONES	118	15 <sup>th</sup>	G.CLOKE	42	23 <sup>rd</sup>	A.PAUL	12
8 <sup>th</sup>	Dan EDWARDS	95	16 <sup>th</sup>	D.BUSH	40	24 <sup>th</sup>	K.CLARK	11

1 <sup>st</sup>	A.DENNISON	223	7 <sup>th</sup>	R.KINGSBOROUGH	19
2 <sup>nd</sup>	C.WHEELER	200	8 <sup>th</sup>	D.WICKE	18
3 <sup>rd</sup>	R.KENCHINGTON	173	9 <sup>th</sup>	H.HEAP	16
4 <sup>th</sup>	M.WEST	119	10 <sup>th</sup>	E.SMITH	15
5 <sup>th</sup>	M.VOSSER	112	11 <sup>th</sup>	N.CLARK	15
6 <sup>th</sup>	E.SANDALL-BALL	82	12 <sup>th</sup>	K. BURTON	14

### Thanks to JT for the following report.

#### TOTTON 10km

#### 3<sup>rd</sup> APRIL

Only 9 of us "toed the line" for this, the final race of the Hants. Road Race League that was also the final Consistency league fixture. The remainder who had entered cried off for one reason or another.

Jamie made a rare outing in a road race and was rewarded with a solid run in 13<sup>th</sup> place in just under 34 minutes well ahead of club captain Dave Vossler who would probably consider his performance as rather under-average on a warm sunny day. Greg followed just over a minute behind in 53<sup>rd</sup> position.

Eric had a good performance to take 2<sup>nd</sup> place in the Over 60's category only 14 seconds adrift of the first but unfortunately no prizes on this occasion. Piers was our next finisher in 44 ½ minutes putting in a solid performance ahead of newcomer Mark Arthur who, I believe, completed his first race for the club. JT had a DNF realizing very early in the race that he had not shaken off his virus (since the training week-end) and retired after 1km. This was only his 5<sup>th</sup> DNF in 31 years.

In the ladies race Cath had an excellent race finishing in 4<sup>th</sup> place overall and also 2<sup>nd</sup> W35, much to her disgust was only beaten by 10seconds by the first W/35. Audra was our second lady in 15<sup>th</sup> place in 41 ½ minutes making it a good solid run.

13th	J.JONES	33m 53 sec	
36th	D.VOSSER	35m 56 sec	
53rd	G.ENGLAND	37m 06 sec	
71st	C.WHEELER	37m 59 sec	4 <sup>th</sup> lady 2 <sup>nd</sup> W/35
147th	E.TILBURY	41m 17 sec	2 <sup>nd</sup> V/60
156th	A.DENNISON	41m 31 sec	15 <sup>th</sup> lady
236th	P.PUNTAN	44m 34 sec	
251st	M.ARTHUR	45m 04sec	

#### LONDON MINI MARATHON- April 17, from Geoff

This race was run over the last 2.6 miles of the London Marathon course, with only selected athletes able to compete. These consisted of teams of six with four to count, from all the London Boroughs, the top ten counties from the English Schools cross country champs, plus national teams from Scotland, Ireland and Wales.

Aaron Harris was 34<sup>th</sup> in his category in 13mins 45secs about one minute down on the winner.

## 25<sup>th</sup> Flora London Marathon – 17 April 2005 – Report by Martin Allen

Having picked up our numbers at the Marathon Expo, a few days earlier (bumping into Moira hunting for freebies), Stuart, Dan and I spent the night before the big day in a hotel in Green park – A short walk to the train station for the start, and stumbling distance from the finish!

Squeezing into the packed train to Blackheath on my own (Dan and Stuart were at a different start), I hoped that the months of cold baths, painful sports massage and no alcohol would pay off, and I was looking to take a large chunk off of my previous years disappointing debut at 26.2, of 4hrs 13mins. Eric's words of wisdom were sounding in my ears "run your first marathon, race your second" – luckily it was Dan and Stu's first – although they were lucky not to miss it after getting on the wrong train! The weather was completely different from the previous years wash out – the clear blue skies brought out the crowds, although a little warmer than us competitors would have liked! This historic 25<sup>th</sup> anniversary certainly attracted the worlds greatest athletes –World Champions, Olympic Champions and previous winners, including club pin-up, Paula Radcliffe who was about to win her third London Marathon and break the women's only world record.

During the first 10 miles, I concentrated on keeping my pace consistent and enjoying the crowds – especially around the Cutty Sark where the noise was deafening. We were all lucky enough to see friends, family and colleagues supporting us, although with our names printed on our club vests, it seemed that the whole of London had come to see us! After crossing Tower Bridge and into the second half of the race, I passed the lead group of men; unfortunately they were on the other side of the highway and by now within the closing stages.

Course changes led us in an anti-clockwise direction around the Isle of Dogs and weaving around the base of Canary Wharf, home of London's 2012 Olympic bid. The other aim of the course changes was to avoid the notorious cobbles around the Tower of London.

From 20 miles, the focus was on the last 10km, and although our respective paces had dropped slightly, the swelling crowds carried us onwards towards the Mall with our names ringing in our ears, feeling like Olympic Champions. Meeting in Horseguards Parade, feeling exhausted, emotional and sunburnt, we were all pleased with our performances and looking forward to further improvement. Our only regret?..... wearing a pair of Dave Vosser's jazzy shorts might have caught the attention of the BBC cameras! Thanks to everybody at the club for their support.

	Position	Time
Martin Allen	4,876	3:33:34
Dan Edwards	8,090	3:55:10
Stuart Allen	9,681	4:00:56
	35,105 finished	

## Hampshire League Cross Country Dates Season 2005/2006

Venues have yet to be decided

15 October Hampshire Cross Country League - 5 November Hampshire Cross Country League  
12 November English Cross Country Relays - 20 November Margate International  
26 November European Cross Country Trials - 3 December Hampshire Cross Country League  
11 December European CC Champs - 7 January Hampshire Cross Country League  
14 January Hampshire Cross Country County Champs - 28 January Southern Counties Cross Country Champs  
4 February Hampshire County Schools Champs - 11 February Hampshire Cross Country League  
18 February Inter County Schools - 25 February English National CC Champs  
11 March Inter Counties & World Trials - 25 March English Schools Champs  
1/2 April World Cross Country Champs

## 2005 / 2006 Hampshire Road Race Fixtures.

The following races have been selected for next years League

Overton 5 – Saturday 5<sup>th</sup> September 2005 - Hardley Half – Sunday October 16<sup>th</sup>  
Lordshill 10 – Sunday November 6<sup>th</sup> - Hayling 10 – Sunday November 27<sup>th</sup>  
Stubbington 10k – Sunday January 8<sup>th</sup> 2006 - Bramley 10 – Sunday February 25<sup>th</sup>  
Mad March 20 – Sunday March 5<sup>th</sup> - Eastleigh 10k – Sunday March 19<sup>th</sup>  
Totton 10k – Sunday April 9<sup>th</sup> - Alton 10 – Sunday May 14<sup>th</sup>

## 2004 / 2005 Hants Road Race League Table – Two races to go

MENS LEAGUE DIV 1	TO TA L	Ove rton 5	Hardle y 1/2	Gosport 1/2	Hayli ng 10	Stubbingt on 10k	Mad Marc h 20	Eastleig h 10k	Totto n 10k	Tota l less 2
TEAMS	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG
DENMEAD STRIDERS	11	1	1	1	1	2	1	1	3	6
WINCHESTER AC	23	2	3	3	3	4	2	4	2	15
SOUTHAMPTON RC	24	4	2	4	4	3	3	3	1	16
STUBBINGTON GREEN	39	5	10	2	2	1	11	2	6	18
EASTLEIGH RC	48	7	4	7	6	6	6	5	7	34
CITY OF SALISBURY AC	50	8	5	5	7	7	4	9	5	33
<b>OVERTON HARRIERS</b>	<b>58</b>	3	7	9	9	9	7	6	8	<b>40</b>
VICTORY AC	59	9	6	9	8	5	5	8	9	41
PORTSMOUTH JOGGERS	65	10	8	6	5	8	11	7	10	44
ALTON RUNNERS	70	6	9	8	11	10	11	10	4	47

### Future 2005 Fixtures

These are critical fixtures where we need to field as strong teams as possible to stay in Division 1. The bottom two go down!  
 May 8th Sunday 10.30 [Alton 10 Miles](http://www.altonrunners.org/alton_ten.htm) [http://www.altonrunners.org/alton\\_ten.htm](http://www.altonrunners.org/alton_ten.htm) - Entries taken on the day.

June 20th [Brading 10k](#) Isle of Wight

We will be making a full day of the trip to the Isle of Wight with a Sunday Lunch in a nice pub in Brading – more details will follow. Just make a note of the date.

### Mob Match against Basingstoke AC at Cliddesden April 26

A good evening's racing with some new faces produced an unexpected result. Josh managed to win by the narrowest of margins pulling us all round before the rain came down.

The impressive turn out of 22 runners enabled us to win on the night with Overton recording 492 points, against Basingstoke's 503.

We are hoping to run the return match before the end of May, but this has yet to be confirmed.

1st	J. BLISS	13m 52sec	21st	D. TITCOMB	17m 37sec
4th	M.VARDY	14m 53sec	24th	D. EDWARDS	17m 49sec
6th	K.VALLIS	15m 20sec	25th	E.TILBURY	17m 52sec
7th	M. BLISS	15m 29sec	26th	P. PUNTAN	17m 57sec
8th	M. FIFOUZI	15m 34sec	34th	E.SANDALL-BALL	20m 27sec
9th	G. ENGLAND	15m 36sec	35th	M. CHURM	20m 46sec
12th	M. CRAWSHAW	16m 12sec	39th	G. CLOKE	21m 50sec
13th	R. CLIFFORD	16m 26sec	40th	M. WEST	21m 55sec
17th	G. DUNCAN	17m 07sec	41st	N. GARRISON	22m 14sec
18th	S. ALLEN	17m 23sec	44th	B. HINE	23m 20sec
20th	M. ALLEN	22m 07sec	48th	J. THOMAS	25m 14sec

There were 49 finishers