

Overton Harriers



&
Athletic Club

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Editor's Note

There could well be articles missing from this month's issue because my email connection at work has been down since Christmas Day. Apologies for any omissions which I will include next month.

FIXTURES

JANUARY	7th	COUNTY XC CHAMPIONSHIP
	8th	STUBBINGTON 10km
	14th	XC LEAGUE at READING
	19th	FOXDOWN HANDICAP
	28th	SOUTHERN COUTIES XC CHAMPS BICTON (DEVON)
	29th	ROMSEY 5 mile
FEBRUARY	2nd	FOXDOWN HANDICAP
	5th	CHICHESTER PRIORY 10km
	11th	XC LEAGUE at WIMBOURNE
	12th	WOKINGHAM half marathon MEON VALLEY PLOD
	10 th to 13th	TRAINING WEEKEND at MARHAMCHURCH
	26th	BRAMLEY 10 miles NAT. XC CHAMPS. PARLIHILL. WINCHESTER 10km

FRANNYS BITS.

A happy new year to all club members and I hope you all over did the eating and drinking during the festive season. The club finds itself on a high with the men's and ladies teams doing very well in both the road and cross-country leagues.

Many thanks to John Hoare who, once again, organized an enjoyable Christmas dinner at Test Valley Golf Course where we also celebrated our win against the Cyclists.

The club party on the following Thursday was another success; thanks here go to Liz and her helpers in organizing the food and music.

The Hants. League fixture at Reading incorporates the club cross-country Championship, this also means double consistency points. Dave Vosser is trying to drum up a large turn for the men's Southern Counties as there is a good chance that we could pick up some silverware for the most improved team from Hampshire. The race is at Bicton College near Exeter, which may be a long way to travel but could mean an early visit to a certain hostelry in Honiton on the way back, 12 Senior / Veteran men are required and WHEN we win the beer is on Dave.

CROSS COUNTRY LEAGUE at ASHE MEADOWS.**3rd DECEMBER.**

Another successful fixture with many members joining in with the course marking, marshalling, catering, officiating, clearing up afterwards and all the other tasks that go into hosting an event. It was a cold, blustery afternoon but thankfully the heavy rain held off. The course was surprisingly dry compared with previous years and probably it was the memories of previous mud baths that kept the numbers down in the senior events.

Several Overton vests were to the fore at the first corner of the women's race with Cath making a good start. A strong second lap saw Rachel move through the field to split a Winchester pack to take a very impressive 3rd place. Cath ran very well for 9th spot and was second Vet. across the line. Audra recorded her highest position of the year and Penny finished one place behind. Nicky ran another storming race to close the ladies team that finished third, which is also their position in the league.

Liz had hoped to shelter in the refreshment tent all afternoon but was forced into running which benefited the Vets. Team, as she anchored them to a clear victory on the day that lifts them to second place in the league. Madeline put in another solid run to close the club interest.

The men's squad was again missing one or two runners through injury, marshalling commitments or simply saving themselves for the Victory 5 though we were boosted by the appearance of Ian Ford. Unfortunately he had a slight problem with his runaway hound and by the time he finally got started the rest of the field were climbing the opening hill. Further disaster struck when Aaron was forced to drop out with a foot injury, with all things considered the remainder did a fantastic job and once again the A team won division 2 by a clear margin.

First back was Jamie who really loves this course; Dave got the club calves round in one piece to finish second Vet. Greg did the business again and is reported to have run the full course to be third Vet. Good to see Tim out again and he had a real battle with Maz as only 2 seconds separated them on the line. Ian Ford showed great determination to fight his way through over half the field to lead in the B team. Richard Clifford recorded a top 100 placing for the first time whilst I shook off a head cold and had another pleasing run. Bushy admitted to no training during the previous week as he faded after his usual positive start. Dave made his second outing of the winter and showed a marked improvement on Goodwood. Closing the squad was Colin who was persuaded to run by son Richard.

23rd	J.JONES	30m 44 sec	92nd	R.CLIFFORD	35m 02 sec
42nd	D.VOSSER	31m 49 sec	105th	R.FRANCIS	36m 00 sec
47th	G.ENGLAND	32m 13 sec	117th	D.BUSH	36m 42 sec
63rd	T.HARRIS	33m 11 sec	124th	D.HENERY	37m 07 sec
66th	M.FIROUZI	33m 15 sec	169th	C.CLIFFORD	47m 46 sec
80th	I.FORD	34m 08 sec			

170 Finished

3rd	R.KENCHINGTON	22m 27sec
9th	C.WHEELER	22m 53sec
20th	A.DENNISON	24m 01sec
21st	P.ABBOT	24m 10sec
25th	N.CLARK	24m 39sec
54th	E.SANDALL-BALL	28m 01sec
68th	M.VOSSER	30m 23sec

83 Finished.

TADLEY Cross-Country 5.3 mile Race.**4th DECEMBER.**

A cold, frosty morning was ideal for my second race of the weekend over a very testing course. The first half-mile was mostly downhill but at the bottom of the descent we hit true cross-country. A waterlogged stretch of track was followed by a long slog around the edge of several ploughed fields. Three flooded ditches nicely broke this up before we got onto the faster segment of the course that consisted of a long loop through the pine forest. The course has more than it's fair share of hills and is a true test of stamina.

I got away to a good start and was concentrating on staying with a training partner from my Tuesday speed sessions with Basingstoke. My much-improved fitness paid dividends as I had my second good run of the weekend but lost out to my friend by 4 seconds. 12th place in a field of this size was a surprise to say the least but I felt it was a fair return for all the hard training I have been putting in

Jill had an excellent run and seemed to be full of running as she finished 6th lady overall and won a nice crystal bowl by finishing first in her age group.

12th	R.FRANCIS	37m 55sec.
37th	J.HILLS	41m 58sec.

125 Finished.**CYCLIST' RACE.****18th DECEMBER.**

A very nippy morning saw possibly the biggest ever turnout for the 30th ??? running of this event. The bikers narrowly outnumbered us but solid packing saw us win the 10-counter team event by 134 points to 88. Greg judged his finish to perfection to pip Chris Minter by 4 seconds with Dave Vosser third with Maz fourth. Rachel was our next counter and first lady home ahead of new Overton resident Keith Vallis and second lady home Cath.

There was a proverbial cavalry charge over the next two minutes with a host of fine runs. After hot coffee and mince pies it was off to the Golf Club for a well-earned dinner.

1st	G.ENGLAND	19m 59sec	19th	N.CLARKE	22m 50sec
3 rd	D.VOSSER	20m 21sec	20 th	D.McLEAN	23m 03sec
4 th	M.FIROUZI	20m 40sec	21 st	D.EDWARDS	23m 04sec
8 th	R.KENCHINGTON	21m 37sec	25 th	E.TILBURY	23m 32sec
9 th	K.VALLIS	21m 40sec	27 th	P.PUNTAN	23m 48sec
10 th	C.WHEELER	21m 49sec	29 th	H.VOSSER	24m 19sec
11 th	A.HARTLEY	22m 08sec	35 th	I.VOSSER	26m 05sec
12 th	D.BUSH	22m 24sec	37 th	D.WICKE	26m 46sec
13 th	R.FRANCIS	22m 31sec	38 th	E.SANDALL BALL	27m 33sec
17 th	M.ALLEN	22m 46sec	39 th	M.WEST	27m 44sec
18 th	A.DENNISON	22m 48sec	41 st	M.VOSSER	28m 03sec

46 Finished.

Thanks to Piers for updating the **Consistency league tables**. It looks as if Greg and Rachel are going to take some catching, in fact, someone has mentioned that Greg is so far ahead he must have taken a short cut.

FOXDOWN HANDICAP.**22nd DECEMBER.**

Nicky recorded the biggest ever winning margin due to the fact she has improved so much since she last ran this race. Next time her handicap should be a little more realistic. Lee ran very well to finish runner up and takes an early lead in the overall league. Moira showed improvement on her first outing to take third on the night as she just held off a large chasing pack. The absent James is currently second overall ahead of Greg who seems intent on winning every trophy come the Presentation dinner.

Club captain leads the time league by a point from Keith Vallis who trailed in last after turning an ankle at the bottom of Station Hill. Surprise surprise.....Greg is third overall and is only 2 points off the lead, the next few races look interesting.

HANDICAP RESULTS

POS.	Runner	Time	H'Cap	Act.Time	H'Cap Pos.
1	N.CLARK	29.09	5.08	24.01	9
2	L.TOLCHARD	32.07	10.20	21.47	4
3	M.WEST	32.21	4.41	27.40	18
4	E.TILBURY	32.22	7.08	25.14	14
5	G.ENGLAND	32.24	11.18	21.06	2
6	T.HARRIS	32.27	11.09	21.18	3
7	D.WICKE	32.28	5.43	26.45	16
8	H.VOSSER	32.35	7.57	24.38	12
9	R.FRANCIS	32.38	9.30	23.08	6
10	M.VOSSER	32.42	3.48	28.54	21
11	D.TITCOMB	32.44	8.05	24.39	13
12	R.KENCHINGTON	32.51	10.44	22.07	5
13	P.ABBOT	33.02	8.26	24.36	11
14	D.VOSSER	33.06	12.07	20.59	1
15	A.PAUL	33.17	6.15	27.02	17
16	K.CLARK	33.23	9.47	23.36	8
17	S.COOK	33.27	2.00	31.27	24
18	D.MAUGHN	33.29	10.15	23.14	7
19	G.CLOKE	33.56	6.15	27.41	19
20	E.SANDALL-BALL	34.18	5.29	28.49	20
21	P.PUNTAN	34.46	8.26	26.20	15
22	H.MacMAHON	35.04	3.48	31.16	23
23	D.BUSH	35.04	10.59	24.05	10
24	K.VALLIS	42.52	11.52	31.00	22

HANDICAP LEAGUE TABLE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLCHARD	6	1	2				3
J.GREEN	3	3					6
G.ENGLAND		4	5				9
D.WICKE	4	10	7				11
E.TILBURY	19	7	4				11
R.FRANCIS	5	8	9				13
R.KENCHINGTON		2	12				14
R.CLIFFORD	8	6					14
T.HARRIS	11	9	6				15
M.WEST	15		3				18
A.DENNISON	20	18					18
S.COOK	2	19	17				19
H.ROBINSON	1	13					23
P.PUNTAN	7	16	21				23
H.VOSSER	18	15	8				23
M.WOODS	10	14					24
D.VOSSER	13		14				27
M.VOSSER	17	22	10				27
K.VALLIS	16	12	24				28
I.VOSSER	21	11					32
K.CLARK		17	16				33
E.SANDALL-BALL	14	24	20				34
G.CLOKE		21	19				40
S.ALLEN	22	23					45

HANDICAP TIME LEAGUE TABLE

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
D.VOSSER	1		1				2
K.VALLIS	2	1	22				3
G.ENGLAND		2	2				4
T.HARRIS	4	3	3				6
R.CLIFFORD	6	5					11
R.KENCHINGTON		6	5				11
L.TOLCHARD	8	7	4				11
H.VOSSER	12	14	12				12
D.MAUGHN	7		7				14
R.FRANCIS	9	9	6				15
K.CLARK		8	8				16
P.PUNTAN	10	12	15				22
I.VOSSER	13	10					23
A.DENNISON	11	13					24
E.TILBURY	14	15	14				28
S.ALLEN	15	19					34
D.WICKE	19	18	16				34
J.GREEN	18	17					35
M.WOODS	17	20					37
M.WEST	21		18				39
E.SANDALL-BALL	20	22	20				40
G.CLOKE		21	19				40
M.VOSSER	23	23	21				44
H.ROBINSON	24	24					48
S.COOK	25	25	24				49

