

**Overton
Harriers**



**&
Athletic Club**

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February 2005 Issue 331

Visit us on our Web Site at www.overtonharriers.org.uk

This Newsletter is typed under Word for Windows. Please let Franny have your reports on disk.

Or you can email them directly to me on geoff@staddles.fsnet.co.uk

FIXTURES.

MARCH	6th	READING Half Marathon	CHRISTCHURCH 20 mile
	9th	FOXDOWN HANDICAP	
	13th	EASTLEIGH 10km	BANBURY 15 mile
	19th	COMPTON DOWNS 20 / 40 miles XC	
	20th	FLEET Half Marathon	SOUTHAMPTON "2 saints" 10 km
	25th	MAIDENHEAD 10 miles	
APRIL	3rd	TOTTEN 10K - WOKING 10	
	10th	WHITE HORSE ½M – COMBE GIBBET	
	17th	LONDON MARATHON	
	24th	MARWELL 10K	

If you know of any forthcoming races please tell Franny

FRANNY'S BITS.

Highlight of the month was undoubtedly the fantastic training weekend (for some a whole week) in wind swept Bude. Once again, many thanks to the Clarks' & Vossers' for all their hard work. The Sunday morning run will not be forgotten for sometime when the wind caused a few problems on the cliff tops for some, and the use of the Buller's Arms for the evening meals was a touch of inspiration. Hopefully someone has covered the trip in more detail elsewhere in this edition. Unfortunately the February handicap clashed with the Wimbourne cross country and was also the night before the training weekend which explains why it was the smallest field for many years. Sadly the clash with Wimbourne forced several withdrawals from the handicap and my apologies to those runners. Martin Allen now tops the handicap league, 3 points ahead of Dave who thought that Hannah's absence would gift him the lead. Rachel is another 3 points adrift with Eric not far behind. Dave does top the time league, 4 points clear of Keith Vallis with Rachel, once again, third. Full tables are on the notice board. The final handicap is on March 10th, there is a long gap between the first & last starter (15 minutes) so please be aware of your start time before you go out. You don't want to get too cold hanging around and please don't distract the starter as runners may be going off close together and we would like as little confusion as possible. **ANYONE, WHO ASKS THE STARTER WHEN HE OR SHE IS OFF, OWES HIM A BEER**

FOXDOWN HANDICAP.**10th February**

A cold night saw possibly the smallest winter handicap field of all time. Only two PB's were recorded as the marathon training paid off for Martin and Stuart as they filled the top two places. Steve McNair had an improved run to take third with the fastest man on the night, Dave, finishing close behind. Rachel was second fastest with Mardy Vardy third fastest.

POS	RUNNER	FIN. TIME	H'CAP	ACT. TIME	H'CAP POS
1	M. ALLEN	32:31	8:35	23:56	4
2	S. ALLEN	32:52	7:50	25:02	5
3	S. McNAIR	32:57	7:13	25:44	7
4	D. VOSSER	33:02	12:08	20:54	1
5	D. WICKE	33:11	3:45	29:26	10
6	R.KENCHINGTON	33:43	10:34	23:09	2
7	J. THOMAS	34:04	1:20	32:44	11
8	DAN EDWARDS	34:15	8:59	25:16	6
9	E. TILBURY	34:30	8:11	26:19	8
10	M. WOODS	34:35	6:45	27:50	9
11	M.VARDY	35:46	12:02	23:44	3
12	S. COOK	36:23	0	36:23	12

Whisky Thieves steal the show or (Gone with the Wind). BUDE 11-14 Feb2005 from Frank Kenny

The training weekend has been a firmly established favourite with the club for some time now, and like all other club traditions some members have seen them all, some have seen most and the majority having been to a few. As in years gone by the annual pilgrimage westward was begun with varying departure times to a rendezvous at the Red Cow in Honiton. The only difference this year was that the latecomers found they were likely to have a delay of at least 40 minutes for any food orders. The food looked good in the Red Cow, but not worth the wait. A suitable Café next door provided good soup and fresh coffee, certainly enough to fill the gap before the onward drive to our weekend encampment.

Court Farm Cottages at Marhamchurch sit comfortably on the top of a steep hill just outside Bude. With a village shop immediately opposite, and The Buller's Arms right next door the prospects for a superb weekend looked good. After an hour or so to settle in and find our place the first run of the weekend was a gentle cruise to the nearby Bude Canal for a steady 35-40 mins. Various groups ran comfortably at their own pace, all finishing within a few minutes of each other. Keith Clark was doing his own interval session on this run directing the groups at the main turning points. This involved him doing some tough speed work to ensure everyone got around the course without drifting off into the centre of Bude for some early entertainment. This shepherding of the whole team almost earned him the nickname of "SHEP" for the weekend.

Throughout the early evening the latecomers arrived and were welcomed into their various cottages. This year, with over 50 people to cater for we enlisted the help of The Buller's Arms, who provided the catering for us for the whole weekend. This gave everyone the chance to relax and enjoy themselves without having to worry about the food. The pub was serving 6 different real ales and the food didn't disappoint either. Copious amounts of carbs were provided along with some very tasty main dishes, everyone ate their fill.

Saturday morning was bright and fresh. The wind, which became very lively by Sunday, was beginning to gather pace as we set off for the now familiar Saturday morning rep session. The session was a pyramid, out and back on each leg, 2x 1:00, 1:30, 2:00, 1:30, and 1:00. As the standards were so varied this worked very well as the quicker runners were able to join the slower ones at the start of each change. After the reps small groups went off in various directions to either explore the locality or to examine more of the real ales in the company of the Sky Sports screen in the pub. Unlike JT the wind gathered pace throughout the afternoon.

In the afternoon the keener members set off on a run of about 40 minutes. The evening meal was earlier than the Friday night as the pub had another function on. The meal was finished long before 8:00 so we invaded the bar, bagged a corner for ourselves and settled down to sample yet more beer and waited to hear a local band called "Whisky Thieves". Cath, Keith and Hannah arrived from the day's Hampshire Cross-country meeting all with tales of success, notably Cath gaining 2nd vet and 5th overall. Keith and Hannah helped their teams to excellent final league positions.

Keith's 39th birthday was celebrated; firstly by Georgia throwing up and then by the harriers trying to convince him the big FOUR-OH had arrived a year early. He was having none of it! Whisky Thieves got going by 9:45 and played a set that included a lot of well-known oldies. (Appropriate really, considering the average age of club members who stayed to the end) We joined in with the locals in a range of tuneful singing and fairly focused head-banging to some very good sounds.

The wind continued to gather force through the night and by the following morning's long run it was a really serious force 8 gale blowing straight in from the North. My word, did it blow! The main group headed for the coast path but found the going very tricky. Cath made a close acquaintance with a high level post she was reluctant to leave. Another group stayed at a lower level and only got buffeted as they approached the coast. All in all it really was exhilarating (Scary, some might say...) and most agreed that they had not run in winds that strong in living memory. For the more senior members this was indeed a very strong wind!

Sunday lunch was set at the Falcon Hotel, and we are now a large enough group to have a room with bar all to ourselves. Various roasts, lots of fresh veggies and choice of dessert made for a very civilised occasion. Nicky was formally thanked by Helen, complete with a small token of our appreciation. Once again Nicky, from everyone, thanks for organising a brilliant weekend. Some of the more valiant runners prepared for an afternoon run. Some of the less valiant walked home via the canal, and the remainder were there when we got back. In the evening one or two headed back toward Overton, most stayed for another splendid meal with drinks after. No-one was too late in leaving as the extra running and food were beginning to take their toll.

Monday Morning was dry and bright; the run was a combination of steady paced running with a set in the middle of faster running. Before departing, a party in honour of Ron Wellman's 60th birthday was held in "Chestnut" and Cath's 2nd success of the weekend was finished in very quick order. (A cake created in a strange kitchen with a strange oven and no weigh scales) Well done, Cath, it was a great effort and enjoyed by everyone.

As you can see, the weekend is as much about the social side of the club as it is about the running. I'm sure everyone had a great weekend. Apart from the big hill back from most of the runs I'm also sure everyone enjoyed the running, so hopefully, we have found the ideal venue for several years to come.

I think we may have found a part of Cornwall that everyone liked, was able to cater for the numbers and also gives us room to expand if more want to come along. The standard of the cottages was excellent. The pub being "there" with its food, drink and Sky Sports screen, made it even better. The running was as easy or as hard as you wanted it to be made easier by the good company on the runs. The Sunday lunch was just first class, and just being away from work for a few days in the middle of February made this an excellent mid-winter break. Don't think about it next year, come along. Enjoy. We all did.

Hants League Wimbourne Feb 11

On Saturday February 11, a small but significant contingent competed in this season's final Hampshire Cross-Country League. The terrain was flat grassland interspersed with some hardcore tracks which contributed to a lifeless and very boring course, that was spiced up with a strong blustery wind.

In the Ladies race Cath quickly established herself in eighth place by halfway, eventually clinching 5th place overall, and 2nd in her category. In the final League positions, Cath was runner up in the Senior Women's category and outright winner in the Vet's category.

Next in action were the under 17 Boys over a two lap 6Km course. Aaron Harris tried to stick with the lead group, but this was not his day, and he finished a disappointing 11th. Mark Vardy and Robert Ridley settled down in the middle of the field to finish in 18th and 21st places respectively, helping the team to achieve a final League placing of fourth.

Last on the course was the Men's Team running three laps totalling 9Km. Due to clash of dates, which left the Club almost devoid of cross-country specialists, some of our newer members were drafted in to make up the teams and avoid relegation. This they did with a more than adequate seventh place on the day ensuring sixth place in the final League placings, for the Senior men's category, and eighth on the day in the Vet's category, and fourth overall. Gavin Duncan led the contingent home in 118th place, and was backed up in the team event by Martin Allen 145th, Dave Titcomb 148th, Stuart Allen 162nd, and Dan Edwards 152nd. Bringing up the rear were Dave Edwards 167th and Geoff Cloke 168th.

Results Hampshire Cross Country League Wimbourne 11th February

Position	Name	Mins	Secs	Category
11	A. Harris	21	53	U17 Boys
18	M. Vardy	22	58	U17 Boys
25	R. Ridley	23	43	U17 Boys
5	C. Wheeler	24	00	Ladies
118	G. Duncan	38	28	Men
145	M. Allen	40	45	Men
148	D. Titcomb	41	03	Men
152	Dan Edwards	41	55	Men
167	Dave Edwards	47	45	Men
172	G. Cloke	48	51	Men

FINAL HAMPSHIRE LEAGUE TABLES 2004/5

Senior Men - Team Aggregate

Division 2													
		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Aggregate	
1	Stubbington Green Runners	315	3	386	3	287	3	253	2	157	1	1398	12
2	Alton Runners	503	6	264	1	284	2	368	4	344	2	1763	15
3	Hamworthy Harriers	443	5	529	4	308	4	354	3	384	3	2018	19
4	Havant	289	1	307	2	450	6	426	9	546	8	2018	26
5	New Forest Runners	426	4	637	8	394	5	427	5	451	5	2335	26
6	Overton Harriers	534	7	828	10	249	1	211	1	725	7	2547	26
7	Hardley Runners	684	10	553	5	705	9	511	6	452	5	2905	35
8	Farnham Runners	658	9	774	9	565	7	676	7	480	6	3153	38
9	Chichester Runners	314	2	632	7	0	10	0	10	0	10	0	39
10	Portsmouth Joggers	608	8	556	6	687	8	692	8	625	9	3168	39

Veteran Men - Team Aggregate

Division 1													
		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Aggregate	
1	Reading AC	33	2	19	1	34	1	30	2	21	1	137	7
2	Hamworthy Harriers	24	1	42	2	39	2	31	3	103	3	239	11
3	City of Portsmouth	69	5	55	3	96	6	67	4	109	4	396	22
4	Overton Harriers	99	7	119	6	46	3	18	1	211	8	493	25
5	Southampton RC	58	3	91	5	210	9	105	5	120	6	584	28
6	Bournemouth	68	4	131	7	105	7	162	8	155	5	581	31
7	Fleet & Crookham	117	8	302	10	84	5	123	6	55	2	681	31
8	Reading Roadrunners	77	6	133	8	74	4	0	10	0	10	0	38
9	Farnham Runners	296	10	297	9	204	8	246	7	194	7	1237	41
10	Aldershot, Farnham & District	140	9	81	4	173	10	0	10	0	10	0	43

Senior Women - Individual Aggregate (Prizewinners)

			1	2	3	4	5	Aggregate	
1	R Townend	Winchester & District	3	1	1	3	1	6	
2	C Wheeler	Overton Harriers		3	7	5	5	20	
3	H Buckingham	Team Southampton	6	5	3		8	22	
4	N Coveney	Winchester & District	8	10	8	8	2	26	

Veteran Women - Individual Aggregate (Prizewinners)

			1	2	3	4	5	Aggregate	
1	C Wheeler	Overton Harriers		1	2	2	2	7	
2	C Thomas	Poole Runners		2	1	3	4	10	
3	P Willson	Fleet & Crookham	4	4	6		6	20	

Under 17 Men - Team Aggregate

		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Aggregate	
1	Aldershot, Farnham & District	23	2	28	2	11	1	9	1	16	1	87	7
2	Team Southampton	45	3	40	4	76	8	41	3	31	2	233	20
3	Basingstoke & Mid Hants	47	4	50	5	65	3	47	4	44	5	253	21
4	Overton Harriers	11	1	34	3	50	2	0	11	50	6	0	23
5	Isle of Wight	64	6	27	1	54	5	0	11	70	8	0	31
6	City of Portsmouth	0	10	0	11	60	6	34	2	35	3	0	32
7	Reading AC	60	5	0	11	53	4	48	5	45	7	0	32
8	Poole Runners	64	7	0	11	0	11	0	11	35	4	0	44
9	Poole AC	0	10	62	6	65	7	0	11	0	11	0	45
10	Fleet & Crookham	0	10	0	11	0	11	49	6	0	11	0	49
11	Chichester Runners	0	10	75	7	0	11	0	11	0	11	0	50

Under 17 Men - Individual Aggregate (Leading Positions)

			1	2	3	4	5	Aggregate
1	S Blake	Aldershot, Farnham & District	1		2	1	1	5
2	M Clark	Poole Runners	3	1	1	2	3	7
3	G Smith	Aldershot, Farnham & District		5	5	3	5	18
4	L Cooke	City of Portsmouth	9		6	6	4	25
5	C Bradbury	Reading AC	13		3	10	2	28
6	R North	Team Southampton	7	7	13	9	6	29
7	A Harris	Overton Harriers	5		17	4	11	37

Veteran Men - Individual Aggregate (Leading Positions)

			1	2	3	4	5	Aggregate
1	D Roberts	Havant	1	1	1	1		4
2	A Clements	Hamworthy Harriers	2	2	2	3		9
3	T Munt	Reading AC	4	4	4	8	4	16
4	C Hayes	Hamworthy Harriers	7		16	6	3	32
5	N Kenchington	Bournemouth	11	6	6	18		41
6	M Proven	Reading AC	17	11	17	9	7	44
7	S Bond	Reading AC	12	8	13	13	15	46
8	D Vossier	Overton Harriers	25	20	11	5		61