

## Overton Harriers



## & Athletic Club

# January 2005 Issue 330

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This Newsletter is typed under Word for Windows. Please  
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Or you can email them directly to me on  
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## Overton Harriers



## & Athletic Club

### FIXTURES.

FEBRUARY 10th	FOXDOWN HANDICAP
11 <sup>th</sup> – 14th	CLUB TRAINING WEEK-END
12th	HANTS XC LEAGUE AT WIMBOURNE
13th	MEON VALLEY PLOD                      WOKINGHAM Half Marathon
19th	NATIONAL XC CHAMPS
20th	BRAMLEY 10 / 20 miles
27th	WINCHESTER 10km                      GORING 10km
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

**If you know of any forthcoming races please tell Franny**

### FRANNY'S BITS.

Firstly, many thanks to the person who contributed the article about our "longer standing members" in the last newsletter. This certainly produced some witty remarks in the changing rooms. Are there any other budding comics, writers or dare I say it, poets out there. Come on, the more you contribute the less I have to type.

Four races completed in the winter handicap series and the full league tables are now on the notice board. There's a big grudge match in the handicap league with Hannah leading her old man by two points Martin is improving with every run and lies third with four others within two points of him.

Voss leads Keith Vallis by a point in the time league and both are well clear of Cath and Blissly who are battling it out for third place.

### FOXDOWN HANDICAP.

### 23<sup>rd</sup> DECEMBER.

T'was two nights before Christmas and not a mouse was stirring, though there was a large group of harriers galloping down Foxdown hill. A good turnout of 23 runners took part with Dave Titcomb and Rachel recording PB's though only by 3 seconds and 1 second respectively. Perhaps the party season had finally caught up with everyone.

One person who had obviously stayed off the Christmas spirit was the patriarch of the Vossler clan who turned the clock back several years to record a very rare double victory. Alistair seemed to have got rid of his post marathon aches and pains to finish second on the night ahead of Dave Bush who was only there for the after race Christmas party. Second fastest was Blissly senior with junior Mark Vardy taking third with a good effort.

POS	RUNNER	FIN. TIME	H'CAP	ACT. TIME	H'CAP POS
1	D.VOSSER	31.32	10.14	21.18	1
2	A.PAUL	31.38	5.28	26.10	14
3	D.BUSH	31.43	9.00	22.43	6
4	D.TITCOMB	31.48	7.09	24.39	9
5	R.KENCHINGTON	31.50	9.00	22.50	7
6	E.TILBURY	31.52	6.38	25.14	10
7	M.BLISS	32.01	10.04	21.57	2
8	DAVE EDWARDS	32.04	2.42	29.22	19
9	C.WHEELER	32.10	9.38	22.32	5
10	M.VOSSER	32.15	2.37	29.38	20
11	F.FENNY	32.26	4.26	28.00	16
12	M.VARDY	32.30	10.29	22.01	3
13	M.ALLEN	32.41	5.53	26.48	15
14	H.VOSSER	32.42	7.04	25.38	11
15	M.DELLAFERA	32.46	7.02	25.44	12
16	H.HEAP	33.12	7.09	26.03	13
17	R.JACKSON	33.13	9.00	24.13	8
18	J.THOMAS	33.23	1.08	32.15	22
19	K.VALLIS	33.38	11.09	22.29	4
20	S.ALLEN	33.52	5.02	28.50	18
21	S.COOK	34.44	GO	34.44	23
22	S.McNAIR	35.32	7.07	28.25	17
23	M.WOODS	36.57	5.12	31.45	21

Thanks to JT for the following report

**STUBBINGTON 10km.**

**9<sup>th</sup> JANUARY**

The day after the County Cross Country Championships there wasn't a lot of interest from club members in this excellently organized race with plenty of Consistency points up for grabs. There was enough of us to complete a team in the Road Race League but without sufficient quality to improve our position.

Dave turned out for a second race of the weekend to register a useful 38<sup>th</sup> spot, way ahead of the rest of us. Eric had a good run to collect the third over 60 prize and put some distance between himself and arch rival Dave Titcomb, who in turn managed to outstrip relatively new members Martin and Dan.

JT managed to complete the course reasonably, following a period of little or no training following a bug.

38th	D.VOSSER	36m 45sec
140th	E.TILBURY	41m 35sec
204th	D.TITCOMB	43m 20sec
233rd	M.ALLEN	43m 55sec
297th	Dan EDWARDS	45m 32sec
630th	J.THOMAS	53m 41sec

**800+ Finished**

**FOXDOWN HANDICAP.**

**20<sup>th</sup> JANUARY.**

A very windy night saw the smallest field of the winter so far. Steve Allen scored a narrow victory over the fast finishing Aaron with Martin taking the third spot on the rostrum. These three also recorded the only PB's of the night, Steve (75sec), Aaron finally breaking the 20 minute barrier (61sec) and Martin (69sec). Aaron was also first on time ahead of Keith Vallis and Voss.

With two races to go the overall positions are starting to look clearer with the handicap league being especially tight, the next race is on February 10<sup>th</sup>, the night before most of us troop of to Bude.

POS.	RUNNER	FIN.TIME	H'CAP	ACT. TIME	H'CAP POS,
1	S.ALLEN	30.36	5.02	25.34	10
2	A.HARRIS	30.39	11.16	19.23	1
3	M.ALLEN	30.52	6.03	24.49	7
4	M.BLISS	31.38	10.04	21.34	4
5	K.VALLIS	31.44	10.43	21.01	2
6	D.VOSSER	31.49	10.33	21.16	3
7	D.WICKE	32.05	2.26	29.39	14
8	C.WHEELER	32.20	9.38	22.42	5
9	E.TILBURY	32.29	6.38	25.51	11
10	Dan. EDWARDS	32.38	7.16	25.22	9
11	A.DENNISON	32.42	7.43	24.59	8
12	M.WOODS	32.51	5.20	27.31	13
13	S.McNAIR	33.01	5.40	27.21	12
14	J.THOMAS	34.07	1.08	32.59	15
15	S.COOK	34.25	GO	34.25	16
16	K.CLARK	34.36	9.53	24.43	6

**Committee Meeting. 10/1/2005**

Present G. Cloke, C. Wheeler, H McMahon , M. Dennison  
 Apologies J. Jones, N. Clark, P. Wheeler

Matters Arising.

1. Gas tea urn prices £200 120 cups and £355 215 cups. Helen to review prices.
2. Helen McMahon will take up vacant post of Secretary, until AGM.
3. Martin Allen awarded Club place for London.
4. Cyclist's Race very successful, probably largest field ever. Thanks to John Hoare and Paul Wheeler for organising it.
5. Xmas party very successful, probably largest group ever . Thanks to Liz Sandall-Ball and her army of caterers. Also to Liz's worse half Guy for providing the piano. many thanks to the musicians Hannah Vosser, Emily Clark, Thomas Wheeler, and Jenny Hoare.
6. Xmas Lunch very much appreciated. Thanks to John Hoare for the organization.

Treasurer's Report.

Income: £1224 Expenditure: £1543 Current Account: £2155 Reserves: £2056

Secretary's Report

1. Resignation letter from Josh Bliss received and accepted.
2. New member Stuart Allen accepted.

AOB

1. Shed has been erected. Thanks to all who helped or hindered.

Meeting closed at 9:10 p.m.

Date of next meeting 7/2/05

**Some Juniors Results from Geoff**

On Saturday January 22, Aaron Harris represented Basingstoke Schools at the Hampshire Schools Cross Country Championships at Ansty Park, Alton. The 6.4Km course was pretty well flat, but the going was deceptively tough. Aaron finished a satisfying 8th in his first year as a Senior Boy.

## Hampshire Cross Country Championships 8<sup>th</sup> Jan 2005 from Dave Vosser

Cath once again demonstrated that she is one of the leading cross country runners in the county with a superb individual 3<sup>rd</sup> and a win in the vets category. Closely following was our newcomer Rachel only 16 seconds behind in 7<sup>th</sup> place on this demanding course. Rachel has been improving all winter and seems to be going from strength to strength. Good runs also came from Audra, Helen, who flew in from New York especially (thanks Helen – travelling expenses are in the post), Liz, Madeline and Moira. The Vets picking up 3<sup>rd</sup> team.

Aaron produced a superb run in 5<sup>th</sup> place to guarantee himself a place in the County team.

One of the star performances of the day, however, came from Ian Ford who because of Duathlon commitments is limited to the number of races he can make for us. Once again he showed great form winning the Vet 45 category and 2<sup>nd</sup> Vet overall. Unfortunately we couldn't finish a team but Piers must be pleased with his first ever county championships performance – hopefully the first of many to come.

## Stubbington Green 10K Sunday 9<sup>th</sup> Jan 2005 from Dave Vosser

The morning after the Hants Champs we unfortunately had a Hants Road Race League down on the South Coast and a 10.00am start! I struggled to get there for 9.45 so didn't bother with a warm up. Our regular road runners Eric, Dave Titcomb and J.T ensured we had a team for this important fixture. However the real bonus was our newcomers Martin Allen and Dan Edwards boosting our numbers. Martin is now in full training for London and both have committed to run the Christchurch 20 ensuring we will have a team – thanks guys.

## Hampshire AA Cross-Country Championships 2005

### 8 January at Dibden Inclosure, Applemore

#### Results - Senior and Veteran Men (11.7 km)

Position	INDIVIDUALS	Age Group	Pos.
27	<b>Ian Ford</b>	<b>M45</b>	<b>1 42:06:00</b>
40	<b>David Vosser</b>	<b>M40</b>	<b>3 43:44:00</b>
64	Greg England	M40	9 46:06:00
153	Piers Puntan	SM	64 55:16:00
170	Finished		

#### Results - Under 17 Men (5.8 km)

5	Aaron Harris	19:23
32	Finished	

#### Women

	INDIVIDUALS	Age Group	Pos.
3	<b>Cath Wheeler</b>	<b>W40</b>	<b>1 31:27:00</b>
7	Rachael Kenchington	SW	6 31:43:00
30	Audra Dennison	W35	6 35:05:00
46	Helen Heap	W35	8 37:15:00
54	<b>Liz Sandall-Ball</b>	<b>W50</b>	<b>3 39:12:00</b>
70	Madeline Vosser	W40	15 42:03:00
74	Moira West	W55	4 42:23:00
93	Finished		

Team	5th	Overton Harriers	86 points
Vet Team	3rd	Overton Harriers	62 points

## Hants Cross Country League Reading 15<sup>th</sup> Jan 2005 from Dave Vosser

**What a fantastic turnout – 15 Senior Men!** We needed an extra special result to lift us from the doldrums of Division 2. We won at the last match in Overton and we did it again. Nearly everyone was available and some old stars made a welcome return plus Dave Bush and Andy Hartley had been doing some recruitment bringing along Maz and Mark who both turned in superb runs. Notably runs came from Chris Jones – away from racing for some time but making a very welcome return. Mike Bliss, first time in spikes for 3 years and Chris Try who is in training for his 10<sup>th</sup> consecutive London and happy to get a local race in. Maz Firouz is a real prospect for the club, I've trained with him a couple of times along with his work colleague Dave Bush and I'm convinced if he competes for us next year he will have a great winter. Maz ran this, his first ever race, in flats!

Thanks to James Cooney our alliance with Andover is paying dividends he brought along 3 athletes to this match – I'm hoping he can do the same at Wimborne at our final match (12<sup>th</sup> Feb).

Cath continued her charge to get in the individual honours for the women's league, she missed the first match so will have to race at Wimborne.

### Results:

#### HAMPSHIRE CROSS COUNTRY LEAGUE 2004/5

Senior Men		Prospect Park Reading				15-Jan
Time		Surname	Cat	Place	Vet Cat	Junior
30	: 48	Ian	Ford	v/40	22	2
31	: 36	Chris	Jones		32	
31	: 46	David	Vosser	v/40	36	5
32	: 12	Mike	Bliss	v/40	48	11
33	: 40	Chris	Try	v/40	73	23
33	: 41	Maz	Firouz		74	
33	: 49	Keith	Hooley		76	14
34	: 8	Greg	England	v/40	81	26
35	: 49	Dave	Bush		113	
36	: 47	Mark	Hunter		130	
37	: 4	Keith	Clark		134	
37	: 15	Andy	Hartley		136	
37	: 17	Eric	Tilbury	v/60	137	64
37	: 53	James	Coney		143	
38	: 23	Dave	Titcomb	v/40	149	72
			188 Finished			
<b>Under 17</b>						
18	: 5	Aaron	Harris		5	
<b>Under 15</b>						
15	: 10	M	Hooley		16	
<b>Women</b>						
22:00		Cath	Wheeler	Vet	5	2
22:42		Rachel	Kinchington	Sen	11	
24:36		Audra	Dennison	Vet	31	9
26:18		Sarah	Holliday	u17	54	15
28:43		Madeline	Vosser	Vet	87	31
			103 Finished			

#### Final Hants League Fixture @ Wimborne Saturday 12<sup>th</sup> Feb

Your help is needed at this match please – This fixture clashes with the Training weekend so availability is really stretched. If you can run please let me know. We must have 5 senior men and 3 ladies running to complete each team – something we never fail to do.

Just for info – the course at Wimborne is Flat and easy and suitable for flats.

## South of England Cross Country Championships at Parliament Hill Field Sat 29<sup>th</sup> Jan. from Dave Vosser

Anyone who has done this course will have fond memories of it and you've all heard the mud and hills stories. Well this year didn't disappoint. By the time the younger age groups finished there was no shortage of mud. We only had two runners – something we must try and improve on, however first up was Aaron in the under 17's tackling his first Southern's finishing a creditable 19<sup>th</sup> of 159 finishers. I didn't manage to speak to him afterwards to get his thoughts but he was in close contention with his Aldershot rivals so I'm sure he will be pleased with that performance.

I was hoping to beat my highest place of 163<sup>rd</sup> but just fell short of that in 173<sup>rd</sup> while plodding pathetically in the mud. I was pleased however to beat our old club colleague Mark Simcox catching him at the end of the first lap. My race was helped by trying to hang on to one of the Winchester squad who took 20 seconds out of me by the end but at least it gave me a target. One positive note was my time which was 11 minutes quicker than 2002 – but it really was muddy that year.

### Results

Under 17 Aaron Harris 19<sup>th</sup> 23m18 159 finished

Senior men – David Vosser 178<sup>th</sup> 56min43, 830 finished.

## Hampshire Cross Country League Tables

### 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			1241	11
2	Alton Runners	503	6	264	1	284	2	368	4			1419	13
3	Hamworthy Harriers	443	5	529	4	308	4	354	3			1634	16
4	Havant	289	1	307	2	450	6	426	9			1472	18
<b>5</b>	<b>Overton Harriers</b>	<b>534</b>	<b>7</b>	<b>828</b>	<b>10</b>	<b>249</b>	<b>1</b>	<b>211</b>	<b>1</b>			<b>1822</b>	<b>19</b>
6	New Forest Runners	426	4	637	8	394	5	427	5			1884	22
7	Chichester Runners	314	2	632	7	0	10	0	10			0	29
8	Hardley Runners	684	10	553	5	705	9	511	6			2453	30
9	Portsmouth Joggers	608	8	556	6	687	8	692	8			2543	30
10	Farnham Runners	658	9	774	9	565	7	676	7			2673	32

### 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			116	6
2	Hamworthy Harriers	24	1	42	2	39	2	31	3			136	8
<b>3</b>	<b>Overton Harriers</b>	<b>99</b>	<b>7</b>	<b>119</b>	<b>6</b>	<b>46</b>	<b>3</b>	<b>18</b>	<b>1</b>			<b>282</b>	<b>17</b>
4	City of Portsmouth	69	5	55	3	96	6	67	4			287	18
5	Southampton RC	58	3	91	5	210	9	105	5			464	22
6	Bournemouth	68	4	131	7	105	7	162	8			466	26
7	Reading Roadrunners	77	6	133	8	74	4	0	10			0	28
8	Fleet & Crookham	117	8	302	10	84	5	123	6			626	29
9	Aldershot, Farnham & District	140	9	81	4	173	10	0	10			0	33
10	Farnham Runners	296	10	297	9	204	8	246	7			1043	34

### 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			71	6
2	Basingstoke & Mid Hants	47	4	50	5	65	3	47	4			209	16
3	Overton Harriers	11	1	34	3	50	2	0	11			0	17
4	Team Southampton	45	3	40	4	76	8	41	3			202	18
5	Isle of Wight	64	6	27	1	54	5	0	11			0	23
6	Reading AC	60	5	0	11	53	4	48	5			0	25
7	City of Portsmouth	0	10	0	11	60	6	34	2			0	29
8	Poole AC	0	10	62	6	65	7	0	11			0	34
9	Fleet & Crookham	0	10	0	11	0	11	49	6			0	38
10	Chichester Runners	0	10	75	7	0	11	0	11			0	39
11	Poole Runners	64	7	0	11	0	11	0	11			0	40

### Senior Women - Team Aggregate

		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Total	
1	Winchester & District	16	2	13	1	29	1	13	2			6	
2	Aldershot, Farnham & District	13	1	50	3	42	4	11	1			9	
3	Reading AC	56	4	25	2	39	2	41	3			11	
4	Team Southampton	33	3	67	6	41	3	83	6			18	
5	Reading Roadrunners	75	5	89	7	52	6	87	7			25	
6	Poole Runners	170	11	62	5	71	8	81	5			29	
7	Overton Harriers	227	14	52	4	103	9	47	4			31	
8	Basingstoke & Mid Hants	80	6	103	8	104	10	101	9			33	
9	Havant	110	7	140	10	64	7	182	13			37	
10	City of Portsmouth	166	10	129	9	163	14	120	10			43	
11	Farnham Runners	177	13	174	11	156	13	143	11			48	
12=	Portsmouth Joggers	230	15	266	14	233	16	228	15			60	
12=	Victory	263	17	232	12	226	15	240	16			60	

### Veteran Women - Team Positions

		Club	1st	2nd	3rd	Total	
1		Poole Runners	3	6	15	24	
2		Winchester & District	1	14	21	36	
3		Overton Harriers	2	9	31	42	
4		Farnham Runners	7	17	19	43	
5		Stubbington Green Runners	11	23	24	58	
6		Portsmouth Joggers	18	29	30	77	
7		Victory	22	27	35	84	

## Hants Road Race League Table – Exc Stubbington result Future Fixtures

MENS LEAGUE DIV 1	TOTAL		Overton 5		Hardley 1/2		Gospport 1/2		hayling 10		Final position less 2
	LG	RC	LG	RC	LG	RC	LG	RC	LG	RC	
DENMEAD STRIDERS	4	217	1	77	1	26	1	65	1	49	2
WINCHESTER AC	11	359	2	88	3	72	3	94	3	105	5
SOUTHAMPTON RC	14	458	4	167	2	34	4	127	4	130	6
STUBBINGTON GREEN	19	680	5	173	10	345	2	87	2	82	4
EASTLEIGH RC	24	875	7	276	4	139	7	251	6	209	10
CITY OF SALISBURY AC	25	924	8	312	5	254	5	145	7	213	10
OVERTON HARRIERS	28	1666	3	154	7	294	9	431	9	787	10
PORTSMOUTH JOGGERS	29	1620	10	850	8	329	6	243	5	198	11
VICTORY AC	32	1418	9	462	6	287	9	431	8	238	14
ALTON RUNNERS	34	1792	6	226	9	342	8	364	11	797	14

These are critical fixtures where we need to field as strong teams as possible to stay in Division 1. You will be too late for a club Eastleigh entry but there are entry forms available on the web – please try and make these fixtures.

**Future Fixtures:** March 6th [Mad March 20 mile](#) (Nr Christchurch)

March 13th Eastleigh 10k [www.eastleigh10k.org/](http://www.eastleigh10k.org/);  
April 3rd [Totton 10k](#) ;

May 8th Sunday 10.30 [Alton 10 Miles](#) [www.altonrunners.org/alton\\_ten.htm](http://www.altonrunners.org/alton_ten.htm)

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.

### SOUTHERN LEAGUE 2005

Yet again the league has been reorganised. This year there are only six teams in our Division. They are Overton, Poole Runners, Weymouth, Team Southampton, Winchester and Bournemouth. We have five fixtures and all six teams will be competing at each fixture. Dates and venues are as follows:

May 7<sup>th</sup> Bournemouth; May 21<sup>st</sup> Southampton; June 25<sup>th</sup> Swindon (Home Fixture); July 9<sup>th</sup> Basingstoke; July 30<sup>th</sup> Bournemouth

**Harriers Archives – Can anyone name this crowd of athletic looking types, what event were they just about to do?**

