

**Overton
Harriers**



**&
Athletic Club**

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July 2005 Issue 336

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

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FIXTURES

AUGUST	3rd	YATELEY 10km
	7th	MILLAND VALLEY 10km & 21km MT LAMBOURN CARNIVAL 5 mile
	10th	PORTSMOUTH promenade 5km
	14th	MIDHURST 10km
	21st	ISLE OF WIGHT half mar.
SEPTEMBER	3rd	OVERTON 5 mile
	4th	HIGHCLERE 10km MT HEADINGTON 10km
	11th	ALICE HOLT 10km MT COTSWOLD 10 mile WITNEY
	18th	NEW FOREST marathon & half BISHOPS WALTHAM 5 mile
	25th	WINDSOR half mar.

FRANNYS BITS.

Thanks to Geoff, Liz and Co. for arranging the barbecue after the last handicap, everyone appeared to have a good time despite some rather black sausages.

The track & field lads have sewn up promotion, Dave Vosser is now looking to double up with promotion for the men's XC team, the first race is only 2 months away!!!

The ladies section had a bumper night at Winchester with prizes galore, they should also do well this winter if they manage to get everyone out.

Thanks to our roaming mountain goat Andy Hartley for the following report.

Charmouth Challenge- Golden Cap Fell Race- 9/7/05

A few years ago when I was on holiday in North Yorkshire I saw the 3 Peaks race advertised (24 miles up three huge hills with plenty of rough terrain in between and an average finish time of 5 hours). One day I promised myself I would do that. Anyway to be able to compete in this piece of masochism you need to have complete 2 races under Fell Race rules. My first was in April – the Exe to the Axe (20.3 miles, 4000ft of climbing along the coastal path between Exmouth and Seaton. The first 10 miles was moderately difficult, the second 10 had five 200 metre climbs and descents. It hurt! 3 hours 20 minutes. Try it next year!)

Today was Golden Cap. Around 8 and a half miles, the weather was way too hot to be running up big hills but after a 2 hour drive I just had to get on with it. The first half-mile was flat road then whoosh a full mile up hill climbing around 200 metres! Then we ran along a ridge climbing slowly. By now Golden Cap was in view however the terrain on all 4 sides dipped steeply down to its base (“You mean it stood proud like a large solitary breast?” I hear you say. Why yes that’s exactly right.). We descended steeply from grass to meadow to road. At one point I hurdled a stile at full pelt, which saved me time but was a

bit silly in retrospect. As we began to climb the organisers had considerably put most of the climb through fields of thigh high grass with gates at each side to vault.

The final assault was a set of steep zig zagged steps before the summit and a quick descent. The next mile was undulating (in the same way that some people describe the Moscow winter as a bit chilly). It then dawned on me through sweat, fatigue and saliva that the first hill we climbed still stood between me and a return to Charmouth. This climb was very steep and shade less but the mile descent was fantastic afterwards. My clearance of a cattle grid at full pelt was particularly impressive. The last half-mile on the flat required some extreme teeth gritting and the 100 metre uphill finish was not welcome.

However, I did it and after standing next to the drinks station for 10 minutes and drinking like a camel I was fine. The fire brigade were also on hand to squirt you down with their hoses which was very welcome and a nice touch. To give you an idea of the race two ambulances were called for distressed athletes. Not for the faint hearted but you do get a huge adrenalin surge when the hyperventilation ends and you realise you did it.

Time: 1hr 08 min 14sec. Position: 23rd

HARROW WAY HANDICAP.

14th JULY.

With a couple of bodies running off un-official handicap this took a little bit of sorting. Place of glory goes to Geoff who finally gets to win a handicap, I'm sure this moment will stay with him forever. Second spot went to Dan who held off a storming run from Aaron which was the fastest on the night. Second fastest was Blissly who just missed the 20 minute barrier and was closely followed by Keith with another fine effort.

Pos	Name	Time	H'cap	Act. Time	Pos on Time
	T.HARRIS	30.48	8.34	22.14	
1	G.CLOKE	31.01	4.03	26.58	17
	M.DENNISON	31.17	8.34	22.43	
2	D.EDWARDS	31.25	7.29	23.56	10
3	A.HARRIS	31.30	12.40	18.50	1
4	S.ALLEN	31.39	7.23	24.16	12
5	M.BLISS	31.43	11.44	20.01	2
6	J.HILLS	31.49	7.26	24.23	14
7=	R.KENCHINGTON	31.53	10.12	21.41	6
7=	I.VOSSER	31.53	7.31	24.22	13
9	D.WICKE	31.57	6.53	25.04	15
10	C.WHEELER	31.58	10.25	21.33	5
11	D.BUSH	32.13	8.56	23.17	8
12	K.VALLIS	32.18	12.06	20.12	3
13	M.VOSSER	32.23	4.32	27.51	18
14	G.ENGLAND	32.25	11.37	20.48	4
15	E.SANDALL-BALL	32.26	3.52	28.34	19
16	J.THOMAS	32.29	0	32.29	22
17	R.CLIFFORD	32.32	10.42	21.50	7
18	H.VOSSER	32.44	8.56	23.48	9
19	M.CHURM	32.47	4.03	28.43	20
20	G.DUNCAN	33.35	9.20	24.15	11
21	E.TILBURY	34.11	7.53	26.18	16
22	M.ALLEN	38.43	8.49	29.55	21

Once again there was a good turn out of juniors who all did well on a very warm evening.

D.DUELL	26m 02 sec
D.LENGTHDALE	32m 17 sec
J.O'BRIEN	32m 27 sec
J.OXFORD	33m 14 sec
H.ROLLINSON	34m 19 sec
C.DUELL	38m 47 sec
R.JOBSON	38m 53 sec

Here are the current summer tables:

Handicap League

	MAY	JUNE	JULY	SUM
D.WICKE	1	1	9	2
J.HILLS		2	6	8
M.BLISS		4	5	9
R.KENCHINGTON	10	5	7	12
Dan EDWARDS	21	11	2	13
K.VALLIS	11	3	12	14
M.VOSSER	3	16	13	16
S.ALLEN		13	4	17
M.ALLEN	12	6	22	18
C.WHEELER	14	8	10	18
G.ENGLAND	5	14	14	19
I.VOSSER	17	12	7	19
N.CLARK	2	18		20
A.DENNISON	13	7		20
H.VOSSER	4		18	22
G.CLOKE		21	1	22
R.CLIFFORD	6		17	23
A.HARTLEY	8	19		27
J.THOMAS	18	15	16	31
D.MAUGHN	23	9		32
G.DUNCAN	19		20	39
E.SANDALL-BALL	24		15	39
E.TILBURY	20	22	21	41
M.CHURM	26		19	45

Time League

	MAY	JUNE	JULY	SUM
K.VALLIS	1	1	3	2
M.BLISS		2	2	4
G.ENGLAND	3	3	4	6
C.WHEELER	8	4	5	9
R.KENCHINGTON	9	5	6	11
A.HARTLEY	5	7		12
R.CLIFFORD	6		7	13
D.MAUGHN	10	6		16
H.VOSSER	12		9	21
M.ALLEN	13	8	21	21
G.DUNCAN	11		11	22
Dan EDWARDS	19	13	10	23
A.DENNISON	15	9		24
S.ALLEN		12	12	24
J.HILLS		11	14	25
I.VOSSER	18	14	13	27
D.WICKE	22	15	15	30
E.TILBURY	17	17	16	33
N.CLARK	21	16		37
M.VOSSER	23	19	18	37
M.CHURM	24	18	20	38
G.CLOKE		22	17	39
J.THOMAS	26	20	22	42
E.SANDALL-BALL	25		19	44

**The writer of this article has asked not to be identified as they do not wish to reveal their true age.
IN DAYS OF OLD.....**

With the track team heading for promotion some of the old, and in some cases, very old gits will be fondly looking back to those dark and distant days when the club took it's first, faltering steps onto a running track. Until then club members had only experienced the joys of road and cross-country and, for most, throwing things and jumping was something that they had last done at school many, many years before. The club took part in its' first league fixture on May 10th 1975 in the Southern league division 4 West at Salisbury.

No Tartan or even cinders for us, just a grass track on the playing fields at Laverstock School, with no facilities for hurdles or Steeple Chase. Contrary to popular belief, Stopwatches had just been invented by this time but the jumps and throws were measured in good old feet and inches. Competing against us were West Cornwall, Andover, Basingstoke, Salisbury and Trowbridge. Surprisingly, 30 years on and a goodly few of the team survive at the club, though maybe not as nimble as they once were.

John Hoare: high jumper and master of the 400metres, JT: who in the next match started our great tradition in Steeple-chasing. (With the rest of the team cheering him on from the bar). Eric: had a good turn of speed so found himself running the 800, Mick Scoggins had a canter in the 1500 whilst two callow youths set out on the road to athletics glory.....Well, the technically too young to compete Paul Wheeler did, Franny was crap at Triple Jump then and nothing has changed.

But shining like a beacon, and scoring one of only three wins that day, was Mike "Geggy" Gregory who is still chucking lumps of metal for the team aged 60 plus. Great athletes have come and gone but the old boy is still picking up the points, though his poetry seems to have dried up. On the day we scored 70 points and beat Trowbridge with the rest a long way ahead.

As the season progressed people experimented to find their strongest event, if any. As mentioned earlier JT started getting his leg over at Cambourne, but when Geggy tried to get his leg over he ended with a club Pole Vault record but several weeks off work with damaged ligaments. Eric dropped down to the sprints then back up to the 400m. John Hoare converted his phenomenal flat 400 speed into the Hurdles and was actually heard bragging about his PB at the Basingstoke fixture recently. Franny got to prove he could not Long Jump either.

In the last three fixtures the squad managed only 3 individual winners giving a seasons total of 6, how many did we achieve in the last fixture this year? At the last match Trowbridge turned up with their entire squad in a mini, plus one on his motorbike. After a hard fought match, where Franny proved his 800 meter running was as poor as his Long / Triple Jumping, we beat them by one whole point. Many others competed through the season and most can be seen in the corners of local pubs, hiding in case we try to drag them out of retirement. Don't panic guys, you've done your duty. 30 years, a long, long time but a lifetime of memories, here's to Division 3 next season and a few more pub stops on the way home.

North Downs 30k (Sunday 26 June 2005) from Piers Puntan

It was a bit of surprise to note that there were two Overton Harriers, Richard Clifford and Piers Puntan, at the start at Gravesend on a muggy Sunday morning. Neither knew the other had entered what is a tough race that meanders through some fabulous scenery on the north Kent coast. The course is very much in the Gibbet mould being very undulating, though the downhill sections were hair-raising in places. Richard finished as 30th senior man, an excellent result, Piers' time was hampered by cramp after 22 km though he still managed to get a credible time.

CLIFFORD, Richard Senior Men (30th) 60 2:28:36
PUNTAN, Piers Senior Men (81st) 206 2:52:38

New Forest 10 July 10, 2005 from Piers Puntan

Well this is supposed to be a nice run around the forest tracks, though it turned into a ten mile slog in the heat of the afternoon sun. A shade temperature of 32C and the fact that there is no shade on the route, even if it was the New Forest, meant that times were never going to be fast; even the winning time was 6 minutes slower than the previous year. - Never again.

PUNTAN, Piers Senior Men (93rd) 276 1:26:53

Winchester 5k 21/07/05 from Dave Vosser

Overton Harriers season of success continued at the recent Winchester City Centre 5k with the Ladies amassing a total of 6 individual prizes and the first 3 team places. Rachel Kenchington was the first Overton lady home in 18min31s and second overall beating her team-mate and Welsh international into 3rd spot. Cath gained first place in the over 40's category. Rachel has made excellent progress since joining the club last year, and recently completed the Halstead marathon in 3 hours 13minutes. She is now in full training for the Nottingham Marathon which is scheduled for the 11th September. Rachel was particularly pleased with her run bearing in mind her current marathon training workload.

The winning team was completed by Ladies captain Audra Dennison who finished 4th overall. Dorothy Wicke was next to finish winning first over 50 very closely followed by Nicky Clark in 21min43, who has been making excellent progress and benefiting from extra training. Liz Sandall-Ball gained second over 50 with a delighted Madeline Vosser gaining her first ever trophy in open competition to win the first Lady over 45 prize. Moira West completed the list of winners taking first over 55 with Helen McMahon running well to complete the ladies contingent.

Overton men also had nine runners competing but where no match for the ladies, best runs for the men came from Greg England in 25th place closely followed by newcomer Tim Harris in 30th. Eric Tilbury once again showed age is no barrier running strongly to win the over 60's category in exactly 21minutes. Other finishes for the Harriers were :- David Maughan 31st, Richard Clifford 37th, Martin Allen 50th, Dave Titcomb 65th, Stuart Allen 73rd, Piers Puntan 76th and John Thomas 131st.

WINCHESTER CITY CENTRE 5K ROAD RACE

Thursday 21 July 2005

Men

<i>Pos.</i>	<i>Name</i>	<i>Club</i>	<i>Age</i>	<i>Age Pos</i>	<i>Time</i>
25	ENGLAND Greg	Overton Harriers & AC	M40	6	18.20
30	HARRIS Tim	Overton Harriers & AC	Snr	22	18.53
31	MAUGHAN David	Overton Harriers & AC	Snr	23	18.56
37	CLIFFORD Richard	Overton Harriers & AC	Snr	27	19.12
50	ALLEN Martin	Overton Harriers & AC	Snr	34	20.13
65	TITCOMB Dave	Overton Harriers & AC	M45	6	20.52
69	TILBURY Eric	Overton Harriers & AC	M60	1	21.00
73	ALLEN Stuart	Overton Harriers & AC	Snr	44	21.05
76	PUNTAN Piers	Overton Harriers & AC	Snr	45	21.14
131	THOMAS John	Overton Harriers & AC	M65	2	28.12

Women

<i>Pos.</i>	<i>Name</i>	<i>Club</i>	<i>Age</i>	<i>Age Pos</i>	<i>Time</i>
2	KENCHINGTON Rachel	Overton Harriers & AC	Snr	1	18.31
3	WHEELER Catherine	Overton Harriers & AC	W40	1	18.45
4	DENNISON Audra	Overton Harriers & AC	W35	2	20.41
8	WICKE Dorothy	Overton Harriers & AC	W50	1	21.35
9	CLARK Nicola	Overton Harriers & AC	Snr	3	21.43
11	SANDALL-BALL Elizabeth	Overton Harriers & AC	W50	2	23.45
13	VOSSER Madeline	Overton Harriers & AC	W45	1	24.21
18	WEST Moira	Overton Harriers & AC	W55	1	25.25
39	McMAHON Helen	Overton Harriers & AC	W45	5	27.57

MEN'S TEAMS

1	Bournemouth AC	16
2	Southampton RC	22
3	Winchester & District AC	26
4	Alton Runners	50
5	Southampton RC 'B'	72
6	Eastleigh RC	82
7	Overton Harriers & AC	93
8	Winchester & District AC 'B'	106
9	Winchester & District AC 'C'	166
10	Southampton RC 'C'	166
11	Overton Harriers & AC 'B'	184
12	Overton Harriers & AC 'C'	280

WOMEN'S TEAMS

1	Overton Harriers & AC	9
2	Overton Harriers & AC 'B'	28
3	Overton Harriers & AC 'C'	70
4	Eastleigh RC	70

Overton Harriers Southern League Division 4 Match Report from Dave Vosser
Held at Basingstoke Saturday 9th July 2005

Overton Harriers target of achieving promotion to Division 3 has been achieved ahead of schedule after another comprehensive win last weekend. With only one Match left they cannot be caught and will be promoted as Champions for the first time in their history. The Harriers joined the League back in 1975 and have only ever been promoted once before.

This years success has largely been achieved by the addition of a number of Andover based athletes coached by James Coney. However, it was Mike Gregory, who got the Harriers off to a winning start with a victory in the 'A' string Hammer setting another Veteran club record in the process. Mike is a founder member of the club and has been competing for the club for 30 years and is looking forward to competing next year at a higher level.

On the track Dave Maughan made a welcome return to competition taking first place in the 400metre Hurdles with Chris Jones winning the A string. Chris Jones along with his brother Jamie are two of the clubs most talented athletes. Jamie comfortably won the 5000metres while Chris won the 1500metres and set the team up with an unassailable lead in the 4 x 400metres relay. Another club member returning after too long away from competition was Keith Clark, showing he's lost little of his track speed by winning the 1500metres 'B' and then 'volunteering' to run and gain valuable points in the 3000m steeplechase.

James Folkes had another sparkling day for the club taking 6 individual victories and 4 personal bests. Other victories came from Lud Ramsey (800m, 200m), David Awe (800m), Keith Vallis (3000m steeple), Paul Phillips (5000m), Jeremy Reynolds (Long Jump), James Coney (Triple Jump), Patrick James (Pole Vault) and Simon Morgan in the Shot.

The Harriers are now seeking to remain unbeaten all year and will be hoping to win the final match at Bournemouth on Saturday 30th July. Full details of the clubs results and training times are available on www.overtonharriers.org.uk, or for more information about the clubs activities contact Club Captain David Vosser on 01962 862496.

MATCH RESULT

1 Overton	150 pts
2 Bournemouth	98.5 pts
3 Winchester	95.5 pts
4 Poole Runners	79 pts
5 Team Soton	26 pts

Southern League Division 4w Match 5 30/07/05 - Bournemouth						
	A String			B String		
Event	Place	Name	Time	Place	Name	Time
5000		2J.Jones	16.25.1		1P.Phillips	16.44.1
3000 S/C		1K.Vallis	10.57.8		1M.Firouzi	11.36.7
1500		1P.Berntsen	4.34.1		1K.Clark	4.57.3
800		1C.Jones	2.01.6		1M.Hooley	2.16.5
400		1D.Awde	54.2		1C.Jones	55.2
200		4D.Awde	25.3		3R.Pitcher	25.5
100		2J.Folkes	11.4		4R.Pitcher	12.5
110H		3K.Vallis	23.8		3M.Firouzi	24.7
400H		2K.Vallis	72.1		1C.Jones	72.6

Southern League Division 4w Match 5 30/07/05 - Bournemouth					
4x100	2		48.6		
4x400	1		3.43.4		
Pole Vault	3=D.Vosser	1m10		2P.Wheeler	1m10
High Jump	2D.Vosser	1m45		2=K.Vallis	1m00
Long Jump	4J.Folkes	5m62		1J.Coney	5m17
Triple Jump	2J.Folkes	12m13		2J.Coney	9m77
Shot	4S.Morgan	8m17		4P.Wheeler	6m07
Hammer	3S.Morgan	30M67		3P.Wheeler	15m19
Discuss	4S.Morgan	26m48		3P.Wheeler	16m96
Javelin	5S.Morgan	30m83		3P.Wheeler	19m80

European Youth Championships, Alexandroupolis, Greece: 24 July, 2005 copied from the BTA website

Great Britain's World Class Girls and Boys today won Gold and Silver in the European Youth Championships in Alexandroupolis, Greece. Racing the relay format of 3 consecutive super-sprint legs, the Team secured their first double medal haul since the competition began.

Leading off the Girls Team, Kirsty McWilliam took an immediate lead and handed Jodie Stimpson a 24-sec lead that was never breached. Working hard on the bike, Stimpson forged further ahead of her competitors, before passing to the youngest of the trio, Sophie Coleman, to finish the job. The Team finished in 1:25:58 hrs, with a 27-sec margin over the Italians and the Russians in 3rd.

The Boys – without a medal for 2 years after several previous golds – faced a stiff test from 15 other countries, but also pushed the pace from the start. **Aaron Harris** emerged as joint leader from the first swim, side-by-side with the Russian Team they would battle till the end. **Harris** lost a little ground on the bike but made up again on the run and handed on to Devon King on even terms. Using his swimming strength, King took Britain to a slight lead, but though National Youth Champion Phillip Graves tried everything he knew, he couldn't shake Russia's anchor on the bike and finally succumbed to a quicker run. Britain finished a clear 2nd in 1:16:00 hrs, just 22 sec behind the winners, with the trio a full 1:39 min clear of Italy in 3rd.

Southern League Track and Field Division 4 30th July 2005 from a delighted Dave Vosser

Overton Harriers have secured promotion to Division 3 of the Southern League for only the second time in the clubs history. The final match proved to be the toughest of the season for the village club, having won the 4 previous matches comfortably they met a stiff challenge from the home team Bournemouth, who were seeking to gain the second promotion slot.

The Harriers successfully maintained their unbeaten record, to finish Division 4 Champions. Bournemouth, however, started the match strongly gaining valuable points in the field events with Overton suffering from some athlete shortages through holiday commitments and injury.

Overton's significant strength has been on the track this season with the squad being boosted by a number Andover based athletes coached by James Coney. Victories came thick and fast in the middle distance events; the most notable performance came from Chris Jones who won the 800metres in an excellent time of 2min01.6. Marty Hooley, in his first run for the club, also ran confidently to win the 'B' 800metres. Other double wins came in the 400metres, (David Awde and Chris Jones), 1500metres (Phil Berntsen and Keith Clark) and the 3000metres Steeplechase (Keith Vallis and Maz Firouzi).

James Coney was the only winner for the Harriers on the field events winning the 'B' string Long Jump. James Folkes narrowly missed winning the Triple Jump being pushed into second by a Bournemouth athlete.

Overton were 1 point behind Bournemouth with only the 4 x 400metres relay to run. David Awde ran the first leg finishing just behind Bournemouth handing over to Marty Hooley who brought the baton home only 1 metre behind the opposition. Phil Berntsen ran a fantastic leg in a personal best time of 56.7's to keep in touch with the leaders. However, Bournemouth had no answer to Overton's glory leg man James Folkes who simply ran away take victory and ensure the Harriers kept their unbeaten record.

Club Captain, David Vosser expressed his delight that the Harriers had finally been promoted and added that joining forces with Andover had ensured that the team now had the strength of depth to hold its own in the higher division. The Harriers are

still desperately seeking a Pole Vault and 110metre Hurdler and David would be keen to speak to anyone wishing to compete in these disciplines next year.

Full results and other news about the Harriers can be found on their website at www.overtonharriers.org.uk.

Southern League Division 4w Match 5 30/07/05 - Bournemouth						
	A String			B String		
Event	Place	Name	Time	Place	Name	Time
5000	2	J.Jones	16.25.1	1	P.Phillips	16.44.1
3000 S/C	1	K.Vallis	10.57.8	1	M.Firouzi	11.36.7
1500	1	P.Berntsen	4.34.1	1	K.Clark	4.57.3
800	1	C.Jones	2.01.6	1	M.Hooley	2.16.5
400	1	D.Awde	54.2	1	C.Jones	55.2
200	4	D.Awde	25.3	3	R.Pitcher	25.5
100	2	J.Folkes	11.4	4	R.Pitcher	12.5
110H	3	K.Vallis	23.8	3	M.Firouzi	24.7
400H	2	K.Vallis	72.1	1	C.Jones	72.6
4x100	2		48.6			
4x400	1		3.43.4			
Pole Vault	3=	D.Vosser	1m10	2	P.Wheeler	1m10
High Jump	2	D.Vosser	1m45	2=	K.Vallis	1m00
Long Jump	4	J.Folkes	5m62	1	J.Coney	5m17
Triple Jump	2	J.Folkes	12m13	2	J.Coney	9m77
Shot	4	S.Morgan	8m17	4	P.Wheeler	6m07
Hammer	3	S.Morgan	30M67	3	P.Wheeler	15m19
Discuss	4	S.Morgan	26m48	3	P.Wheeler	16m96
Javelin	5	S.Morgan	30m83	3	P.Wheeler	19m80

Match 5 Result	
OVERTON HARRIERS	133
Bournemouth	133
Poole Runners	98
Winchester	81
Team Southampton	59
Weymouth	4

SOUTHERN LEAGUE 2005 FINAL TABLE

Division 4 West

Team	Match 1	Match 2	Match 3	Match 4	Match 5	Total						
Overton	135	6	152.5	6	162	6	150	6	133	5.5	732.5	29.5
Bournemouth	103	3	79.5	4	118	5	98.5	5	133	5.5	432.5	22.5
Poole Runners	110	5	115	5	66	4	79	3	98	4	468	21
Winchester	76	4	92	3	0	0	95.5	4	81	3	344.5	14
Team Soton	71	2	67	2	47	3	26	2	59	2	270	11
Weymouth	41	1	0	0	0	0	0	0	4	1	45	2

Wedding Day 7K July 29, from Geoff Cloke

Great comeback run from Mike Bliss to finish 17th and 4th M45 in 24mins 52secs. Eric Tilbury also did well to finish 133rd in 30mins dead having had a tough time catching the in form Dorothy Wicke. Dorothy was 3rd F45 and finished in 31mins 25secs. Geoff Cloke was 237th in 33mins 41secs, Liz Sandall-Ball finished in 34mins 26secs, John Hodge was 260th in 34mins 38secs, Moira West finished in 35mins 18secs, and John Thomas was 438th in 40mins 15secs. There were 563 finishers.

National Aquathlon Championships Salford Quays July 30 from Geoff Cloke

This was a race in which Aaron Harris was determined to do well, having finished 1st last year, and then denied the title by incurring a time penalty. No such problems this time, he finished 3rd in 26mins 8secs, just over a minute behind the winner.

Southern League Track and Field news, from Dave Vosser

Elsewhere in this newsletter will be the report regarding our fantastic season on the Track and Field. It was over 20 years ago that the Harriers got promoted to Division 3. That was back when we had the likes of Paul Sanders and John's lads Patrick and Andy winning nearly everything in sight. Unfortunately we got relegated the very next season and have since then spent many years in the mid table of Division 4. The last couple of years saw us struggle somewhat and when the league was regionalised and the divisional structure changed I felt we were rather harshly treated and dumped into Division 4 West.

This year I was determined that we would get promoted and with the help of Andover Coach James Coney we managed to put out a strong team at every match. Over the 5 matches which includes 18 events with two athletes in each event we only failed to cover the 110 metres hurdles on two occasions. All other events were covered.

Looking ahead to next year we must continue to cover all events at every match and the only way we will do this is by again combining with Andover. I have proposed to the Committee that we make this arrangement more formal and that we enter the League as a combined 'Overton and Andover' team. We would continue to be responsible for all administration and correspondence with the League secretary.

The main benefit for us will be that it will ensure that we continue to run a summer track and field squad with opportunities to compete in a league. Without Andover we would not have been promoted and I doubt if we could raise a team next year.

Andover would also be committed to supply some officials at each match and share the cost of our home fixture. We currently rely on a small band of helpers (Mick and Emma Scoggins, John Hoare, John Thomas, Eric Tilbury, Ian Vosser, and Anna Vallis) and extra help is often needed.

The obvious benefit for Andover is that it gives their small team the opportunity of League competition, they do not have the numbers to raise a complete team. Could you please consider this proposal and let me know your views before the September Committee meeting on Thursday 8th September. I will represent your views at this meeting before we make a final decision.

OVERTON HARRIERS & AC 2005/2006 WINTER FIXTURE LIST

Sept 05			
Sat 3	OVERTON '5'	C	HANTS ROAD RACE LEAGUE
Sat 24	South of England Road Relays - Rushmoor (Senior & Veteran Men)		
Sun 25	South of England Road Relays - Rushmoor (YA U13 to U17, Senior/Vet Women)		
October			
Sat 8	Hampshire League, Farley Mount, Winchester (All)	C	HANTS CROSS COUNTRY
Sun 16	Hardley a Half (Club Champs)	C	HANTS ROAD RACE LEAGUE
Sat 22	AAA 6 Stage Road Relays - Sutton Park, Birmingham (Seniors Men & Women)		
November			
Sat 5	Hampshire League, Goodwood, Chichester (All)	C	HANTS CROSS COUNTRY
Sun 6	Lordshill 10miles		HANTS ROAD RACE LEAGUE
Sat 12	ECCA Cross Country Relays, Mansfield		
Sun 20	Gosport 1/2	C	
Sun 27	Hayling 10miles (Club Champs)	C	HANTS ROAD RACE LEAGUE
December			
Sat 3	Hampshire League, Ashe Meadows, Overton		HANTS CROSS COUNTRY
Sun 4	Victory 5miles – Portsmouth (Club Champs)	C	
Sat 10	South of England Inter Counties - Stowe		
Sun 18	Cyclists Race Overton	C	
January 06			
Sat 7	County Championships	C	
Sun 8	Stubbington 10k		HANTS ROAD RACE LEAGUE
Sat 14	Hampshire League, Prospect Park, Reading (Club Champs)	C	HANTS CROSS COUNTRY
Sat 21	County Schools		
Sat 28	South of England Championships, Bicton, Devon		
February			
Sat 11	Hampshire League, Wimborne (All)	C	HANTS CROSS COUNTRY
10 th – 13 th	Harriers Training Weekend 'Marhamchurch'		
Sat 18	Inter - County Schools		
Sat 25	Bramley 10miles	C	HANTS ROAD RACE LEAGUE
Sat 25	English National Championships, Parliament Hill (All)		
March			
Sun 5	Mad March0 Christchurch	C	HANTS ROAD RACE LEAGUE
Sat 11	UK Inter Counties Championships, inc (World Trials), Wollaton Park, Nottingham		
Sun 19	Eastleigh 1222220k (Club Champs)	C	HANTS ROAD RACE LEAGUE
Sat 25	English Schools Championships, Mansfield		
15 th -26 th	Commonwealth Games - Melbourne		
April			
Sun 2	South of England 12 Stage Road Relays - Milton Keynes (Senior Men & Women)		
Sun 9	Totton 10k	C	HANTS ROAD RACE LEAGUE
Sat 15	AAA 12 Stage Road Relays - Sutton Park, Birmingham (Senior Men & Women)		
Sun 23	London Marathon & mini-marathon		
May			
Sun 14	Alton 10miles		HANTS ROAD RACE LEAGUE

C – Denotes Club Consistency Race