

**Overton
Harriers**



**&
Athletic Club**

May 2005 Issue 334

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

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FIXTURES

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
JULY	6th	PORTSMOUTH Promenade 5km
	10th	NEW FOREST 10 mile
	17th	TADLEY 10km THRUXTON 10km
	21st	WINCHESTER 5 km
	27th	FINCH COASTERS WOODLAND 5 mile series
	30th	BRIGHTSTONE 10 mile (Isle of Wight)

FRANNYS BITS.

If you have any race reports and any other articles that may be of interest you can now E mail me at:

richard.francis@uk.delarue.com

The Club Presentation dinner was held at the Test Valley Golf Club and was a very enjoyable evening for those who attended. Many thanks to John Hoare for organizing the meal and also to Moira who made an excellent job of sorting out and then allocating the trophies. Congratulations to all the winners especially Jamie (Southern league best athlete), Greg (most improved) and Emma & Mick who were the popular winners of Club Person of the Year.

The dates of the remaining summer handicap races are June 16th, July 14th and August 15th.

The track & field boys put out a strong team for the opening southern league fixture and were rewarded with a fine victory at Bournemouth, This was a great start to the season and was backed up with another resounding win at Basingstoke later in the month. Congratulations to Dave for mustering the troops and lets hope this fine run continues for the rest of the season. Rumour has it that the promotion party has already been planned.

All the fixtures are close to home so why not get out and give them support in the remaining fixtures, See the notice board for dates and venues.

Overton Harriers Match Report : Southern League Track and Field Division 4 from Dave Vosser

Overton Harriers had the best possible start to this summers track and field season with a comprehensive win in their first match of the season at Poole last Saturday. As a result of league restructuring, Overton Harriers narrowly missed out on promotion last year and have therefore set a realistic target of finishing as Division 4 champions to secure automatic promotion.

Overton's team has been boosted through an alliance with Andover Athletic Club coach James Coney whose squad gained a number of victories during the afternoon. The Andover athletes earned maximum points in the 800metres with impressive wins from Kieran Hooley and Phil Bernsten. Richard Pitcher was just edged into 2nd in the 200metres. Not to be outdone coach James responded with wins in the 400metres and Long Jump.

Overton's Track athlete of the year, Jamie Jones gained an excellent 2nd place in a very competitive 5000m. Keith Vallis, who has been competing on the track for Overton for many years, gained a win in the steeplechase and 2nd places in the 110 hurdles and 400m hurdles.

A delighted Club Captain David Vosser said 'the win was secured because we were able to field a quality athlete in every event, with strong all-rounder's like Dave Bush, Jeremy Reynolds and Simon Morgan, winning promotion this year is a realistic target'.

Overton are short of a Pole Vault, so if you have experience of this event and are currently out of competition and are interested in helping the team gain promotion then please contact David Vosser (www.overtonharriers.org.uk).

The next fixture is on Saturday 21st May at Basingstoke.

Final Match result:-

1 st	Overton Harriers	162 pts
2 nd	Poole Runners	140 pts
3 rd	Bournemouth	126pts
4 th	Winchester	104.5pts
5 th	Team Southampton	87pts
6 th	Weymouth	39.5pts

Alton 10 Mile Road Race report, May 8, 2005 from Dave Vosser

Overton Harriers turned out in force at the recent Alton 10 mile road race. This race, over a scenic but hilly course, is recognised as one of the tougher courses in the Hampshire Road Race League series. After a season made difficult through injuries and fixture clashes it was important for the Harriers to finish in a strong position to avoid any risk of relegation with just one more race in the series left.

Club Captain David Vosser, who had been competing on the track the day before, led the team home in 32nd and first over 45. Greg England, who recently won the clubs most improved athlete of the year award, followed closely in 38th place less than a minute behind. New signing Mazeyar Firouzi, in his first race for the club, struggled in the latter stages but was still very well placed in 64th. The team was completed by Martin Crawshaw.

Richard Clifford, another new signing, led in Overton's second team in 110th. Star of the day was however, Eric Tilbury, a member of the Harriers since its formation back in 1974 who finished first over 60 in just over 69minutes. Dave Titcomb, Piers Puntan and John Thomas completed the Harriers.

Overton are now lying equal 7th of 10 in the league with the bottom two clubs going down. Attention is now focused on the final league race at Brading, in the Isle of Wight on June 19th.

Place	Time
31	1:01:29 David Vosser
38	1:02:27 Greg England
62	1:05:01 Mazeyar Firouzi
66	1:05:09 Martin Crawshaw
110	1:08:59 Richard Clifford
113	1:09:35 Eric Tilbury
140	1:12:25 David Titcomb
160	1:14:07 Piers Puntan
353	1:34:18 John Thomas

MOB MATCH on HARROW WAY MAY 19th from Franny

Here are the handicap results for the Mob match. Handicaps were mainly based on the winter handicap leagues with newcomers being allocated times that reflected their recent performances (if any). It proved to be a good evening for the ladies as they somehow managed to take the first four places. Maybe they run faster in the daylight. Dorothy was a clear winner ahead of Nicky who in turn was well clear of the pack. Madeline held off Hannah for third spot.

Only 3 minutes covered the next 24 runners so I think I got it about right. The next handicap is on June 16th and the handicaps will be based on the results below so if everyone runs to form it should be a close finish.

H'CAP POS	RUNNER	TIME	H'CAP	H'CAP TIME	TIME POS
1	D.WICKE	26.06	4.59	31.05	22
2	N.CLARK	25.54	6.12	32.06	21
3	M.VOSSER	27.32	5.11	32.43	23
4	H.VOSSER	23.08	9.38	32.46	12
5	G.ENGLAND	20.27	12.24	32.51	3
6	R.CLIFFORD	21.22	11.30	32.52	6
7	P.PUNTAN	23.42	9.25	33.07	16
8	A.HARTLEY	21.17	11.51	33.08	5
9	D.TITCOMB	23.25	9.46	33.11	14
10	R.KENCHINGTON	21.57	11.35	33.33	9
11	K.VALLIS	20.13	13.24	33.37	1
12	M.ALLEN	23.18	10.29	33.47	13
13	A.DENNISON	23.33	10.17	33.50	15
14	C.WHEELER	21.39	12.12	33.51	8
15	D.VOSSER	20.27	13.31	33.58	2
16	M.FIROUZI	20.33	13.31	34.01	4
17	I.VOSSER	24.36	9.33	34.09	18
18	J.THOMAS	32.04	2.10	34.14	26
19	G.DUNCAN	22.44	11.30	34.14	11
20	E.TILBURY	24.11	10.17	34.28	17
21	Dan EDWARDS	24.37	10.00	34.37	19
22	M.CRAWSHAW	21.24	13.25	34.49	7
23	D.MAUGHN	22.20	12.40	35.00	10
24	E.SANDALL-BALL	28.12	6.58	35.10	25
25	T.JOHNSON	25.44	10.00	35.44	20
26	M.CHURM	28.01	7.43	35.44	24
27	S.COOK	36.17	GO	36.17	27

Southern League Track and Field Division 4 Saturday May 21, 2005 from Dave Vosser

Overton Harriers stayed on track for promotion and have their sights firmly set on winning the division 4 title after another resounding success at the weekend. Andover based athletes (James Foulkes, Richard Pitcher, Phil Berntsen and Kieran Hooley) coached by James Coney again added significantly to the team's success.

Kieran and Phil took maximum points in the 800metres with two wins, however Phil, the under 17 Hampshire County 3000metres champion, had to make a dramatic surge in the home straight to snatch victory. James Foulkes won the 100m into a strong headwind in 12.1secs with Richard Pitcher taking 2nd place in the B string.

Maximum points, with double wins, were also gained in the 5000 metres (Jamie Jones and Paul Phillips) 3000metres Steeplechase (Chris Jones and Keith Vallis) and the Long Jump (James Foulkes and Jeremy Reynolds).

Two new signings for the club have added considerably strength to the team. Lud Ramsey (1st 200metres, 2nd 400metres, 3rd triple jump) and Patrick James (Pole Vault 2nd and Discus 3rd). In addition Mike Gregory's return to the team demonstrated that age is no barrier with Mike setting new veteran category club records for both the Shot and Hammer. Club Captain David Vosser said "Our heavy event men Mike Gregory and Simon Morgan have been competing for the club since the 1970's and it was great to see them both competing and picking up individual victories"

Overton's next match is at Swindon on 25th June with the final two fixtures on July 9th at Basingstoke and July 30th at Bournemouth. Overton Harriers progress and full results can be found on the web at www.overtonharriers.org.uk.

1 st	Overton Harriers	152.5
2 nd	Poole Runners	115
3 rd	Winchester	92
4 th	Bournemouth	79.5
5 th	Team Southampton	67
6 th	Weymouth	0

MARLBOROUGH DOWNS CHALLENGE. 21st MAY. from Franny

When we ran this event last year the conditions were perfect and a check on results from previous races showed that most people had run up to an hour quicker than in previous years. The forecast did not look so good for this year's race and the heavy showers in the days before gave some cause for concern. With our 5hour 51minute clocking from last year it seemed sensible to aim for a slower time of around 7 hours, especially if the weather turned bad on the day.

We set off from Marlborough College at 9am in heavy rain and the early stretches, through heavy woodland, were a test of staying upright as the ankle deep mud tried its best to upend us. We emerged onto the Wansdyke after 45 minutes and for the next 35 minutes or so enjoyed the magnificent views from the downland ridge.

The rain began to fall again as we neared the turn away from the ridge and as we headed south it turned into a downpour for the next hour. The four-mile stint along the tow path of the Kennet & Avon canal was run in ankle deep water the whole way but we made good time here and passed quite a few runners who were starting to struggle in the conditions. The heaviest rain fell as we left Devizes up a track that resembled a river but as we climbed on our tour of the White Horses, north of the town, the sun finally broke through.

Around the 18 mile mark the underfoot conditions took their toll on Jill and a lingering injury flared up with a vengeance but she was determined not to drop out. I tried to cheer her up by getting electric shocks from two fences in three minutes but the long climb up Cherhill lost us some time (as it did last year). Despite trying to knock herself out on a overhanging branch we reached the marathon checkpoint in 4 hours 50. The last 7 miles take in the long climb over the Ridgeway before dropping downhill to the finish in Marlborough. This was tough spell for Jill but she refused to stop and walk and despite being caught by a shower of hailstones in the final mile we finished only 17 ½ minutes slower than last year.

This event is a true test of stamina and, with a meal provided at the finish was well organized with a 20- mile option for those with more common sense than us. We hope to be back next year.

38th	R.FRANCIS	6hrs 08min 29sec	
39th	J.HILLS	6hrs 08min 29sec	6 th Lady

89 Finished.

Poole Southern League Division 4						
07/05/2005						
	A String			B String		
Event	Place	Name	Time	Place	Name	Time
Track						
5000	2	J.Jones	16:20.0	1	P.Phillips	16:29.5
3000 S/C	2	K.Hooley	10:49.3	1	K.Vallis	10:52.2
1500	2	D.Vosser	04:28.8	1	P.Phillips	04:46.3
800	1	K.Hooley	02:06.3	1	P.Bernsten	02:14.8
400	4	D.Bush	00:58.8	1	J.Coney	00:58.8
200	4	J.Reynolds	00:25.2	2	R.Pitcher	00:25.0
100	4	R.Pitcher	00:12.2	2	J.Coney	00:12.7
110H	2	J.Reynolds	00:23.0	2	K.Vallis	00:24.0
400H	2	D.Bush	01:12.9	2	K.Vallis	01:12.4
4x100	2		00:51.0			
4x400	3		04:00.0			
Field						
Pole Vault	3	D.Bush	2m20	1	D.Vosser	1m10
High Jump	4	J.Reynolds	1m55	2	D.Bush	1m45
Long Jump	3	J.Reynolds	5m50	1	J.Coney	4m81
Triple Jump	3	D.Bush	11m01	3	J.Coney	8m63
Shot	3	J.Reynolds	9m52	1	S.Morgan	8m34
Hammer	2	S.Morgan	29m56	1	J.Reynolds	18m23
Discus	4	S.Morgan	22m91	1	P.Puntan	21m40
Javelin	3	D.Bush	33m40	3	P.Puntan	22m54

Full match results are on our website along with fixture dates for the next matches

Hampshire Road race League - Latest

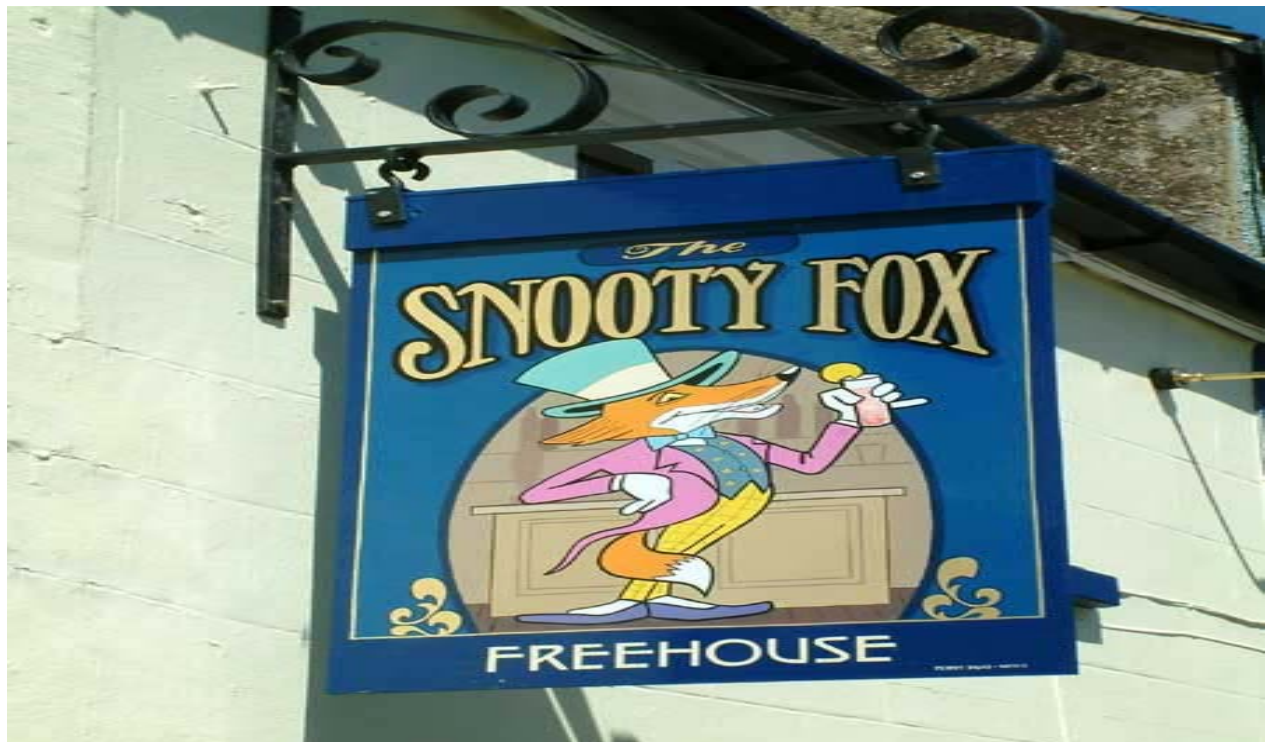
Next Match Brading 10k Sunday June 19th. Wightlink Ferries are doing a car plus 4 for £29.50 return or car plus 5 for £33.50, so please fill your car with runners and come over to the Isle of Wight for the day. You are all needed (supporters and runners) to ensure we stay in Division 1.

I think Alton will enter a strong team and could finish 2nd or 3rd so we must beat Victory ac to make sure we are safe.

Entries are accepted on the day, most people tend to book the 9.00am ferry from Portsmouth (more details on the notice board) or on www.overtonharrisers.or.uk. I've also booked a room for lunch at the Snooty Fox in Brading, where everyone is welcome, please let me know if you'll be staying for lunch and I'll confirm numbers with the pub. Travel home on a mid afternnonn ferry. Any questions just ask me.

David Vosser

MENS LEAGUE DIV 1	Overton 5	Hardley 1/2	Gosport 1/2	Hayling 10	Stubbington 10k	Mad March 20	Eastleigh 10k	Totton 10k	Alton 10	Total less 2
TEAMS										
DENMEAD STRIDERS	1	1	1	1	2	1	1	3	2	8
WINCHESTER AC	2	3	3	3	4	2	4	2	1	16
SOUTHAMPTON RC	4	2	4	4	3	3	3	1	5	20
STUBBINGTON GREEN	5	10	2	2	1	11	2	6	3	21
EASTLEIGH RC	7	4	7	6	6	6	5	7	8	41
CITY OF SALISBURY AC	8	5	5	7	7	4	9	5	9	41
VICTORY AC	9	6	9	8	5	5	8	9	6	47
OVERTON HARRISERS	3	7	9	9	9	7	6	8	7	47
PORTSMOUTH JOGGERS	10	8	6	5	8	11	7	10	10	54
ALTON RUNNERS	6	9	8	11	10	11	10	4	4	51



Club Presentation

Congratulations to Mick & Emma Scoggins joint winners of the 'Club Person of the Year Award'

