

**Overton
Harriers**



**&
Athletic Club**

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

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You can view or print this and previous editions from our website

FIXTURES

DECEMBER	3rd	XC LEAGUE at ASHE MEADOWS
	4th	VICTORY 5 mile TADLEY XC ALDERSHOT "GRIM" 8 mile
	18th	CYCLISTS RACE
	22nd	FOXDOWN HANDICAP
	26th	POOLE "Lakes" 10km
JANUARY	7th	HAMPSHIRE COUNTY XC CHAMPIONSHIP at STAUNTON PARK HAVANT
	8th	STUBBINGTON 10km
	14th	HAMPSHIRE XC LEAGUE at READING
	19th	FOXDOWN HANDICAP
	28th	SOUTHERN COUNTIES XC CHAMPS BICTON (DEVON)
	29th	ROMSEY 5 mile

FRANNY'S BITS.

A memory lapse by me meant that the handicap result for the Hardley Half was not reported last month. The winner, of course, was Nicky following her great run. Piers' PB earned him second place with Greg in third.

The X Country league continues with the men still holding top spot in division 2 despite a lower turnout than in the first fixture. Not to be out done the ladies team are snapping at the heels of the league leaders. Lets look forward to some silver ware at the end of the season.

The club Xmas dinner is at the Test Valley Golf Club on September 18th. (After the Cyclists' race). Please see John Hoare with your menu selections ASAP.

I have been asked to mention that Basingstoke AC is holding a series of handicap runs on the last Sunday of the month at 8am (YES 8am). If any early riser fancies a tough run of between 6 & 7 miles they meet at the bridge over the M3 on the road to Farleigh Wallop. See Franny for further details.

Finallyis anyone interested in running the Emsworth to Basingstoke Relay in early May. Teams of 6 runners run 3 legs each of approx. 3 miles per leg. Team transport would have to be arranged. See Franny for more details.

Christmas Party

This year's Party will take place at the Recreation Centre on Thursday December 22, after the Handicap. The Club will provide food and with luck entertainment will be provided by our resident choir and young musicians.

London Marathon Club Place

For those who entered the ballot for the Flora London Marathon, you should have heard whether you have been accepted or not by now.

If you have been rejected, you still have a chance to compete via a club place. To be included in the draw for the club place/s please give your rejection slip to Mark Dennison by Monday December 19, 2005. The draw will take place at the Christmas party on 22nd December.

XC League at GOODWOOD. from Franny**5th NOVEMBER.**

With the forecast heavy rain not arriving until well after the last race, conditions were perfect for racing. The woodland tracks were littered with fallen leaves and were surprisingly dry which meant that flats could be worn if desired. The ladies team was at almost full strength and put in some strong performances, Rachel continued her good run of form to lead the squad home ahead of Cath who finished as 4th Vet. Next home was Penny who was running as a non-scorer with Audra close behind to anchor the team to 4th place on the day. This was good enough to lift them up to 3rd place overall. Nicky put in another fine run while Liz closed the Vets team in an improved 2nd place which also moved them up to 3rd overall. Moira and Madeline both had good runs over this fairly fast though undulating course.

The men's team was certainly not at full strength with a variety of notes from mummy not being handed in. Under the circumstances the team performed well to take a second victory in division 2, though the Vets had to be satisfied with 3rd spot but they still top the table. First back was Blissy who broke into the top 50 to finish 5th Vet, Aaron had a good run to finish 10th Junior with Greg putting in another outstanding run ahead of Maz who was running the first part of a weekend double. Richard Clifford closed the scoring team that finished comfortably clear of New Forest Runners.

Martin led home the B team and anchored the Vets. Team. I was also doubling up this weekend and had another pleasing run, managing to overhaul a tiring Dave Bush in the last mile. Piers was our last two race weekender and he was very happy with his run. Great to see Dave Henery out in a club vest and thanks to him we managed to finish a B team after Martin Allen had been forced to DNF.

The next race is our own fixture, a good turnout at Ashe is required to maintain the momentum that both the ladies and men's teams have started the season with.

47th	M.BLISS	30m 46sec	131st	M.CRAWSHAW	34m 44sec
57th	A.HARRIS	31m 13sec	161st	R.FRANCIS	36m 22sec
83rd	G.ENGLAND	32m 37sec	175th	D.BUSH	36m 54sec
95th	M.FIROUZI	33m 06sec	197th	P.PUNTAN	38m 15sec
123rd	R.CLIFFORD	34m 25sec	207th	D.HENERY	38m 52sec

240 Finished.

9th	R.KENCHINGTON	21m 58sec	41st	N.CLARK	24m 27sec
13th	C.WHEELER	22m 16sec	71st	E.SANDALL BALL	27m 07sec
30th	P.ABBOT	23m 34sec	88th	M.WEST	29m 09sec
34th	A.DENNISON	24m 00sec	93rd	M.VOSSER	29m 41sec

106 Finished.**LORDSHILL 10 miles from Franny****6th NOVEMBER.**

As the song goes, what a difference a day makes. Heavy over night rain continued into heavy all morning rain. A strong wind did not help matters as parts of the course started to resemble New Orleans after the hurricane. Another slight problem concerned some suspect marshalling that saw us running up the middle of an A road for some time with traffic passing us from behind. Not for the faint hearted. With the conditions not being conducive to fast times we set off, at least we could not get any wetter.

Maz had raced the day before and put in a super effort to finish as first counter, he will obviously be closer to the hour mark next time out. Andy just broke the 65-minute mark with a good run and, after his fell running exploits, must have been the only one to find the hill at 7 miles a piece of cake. Next home was Lee who was making his club debut, he too will improve

on this time and looks to be a welcome addition to the club. Dave had played some game called “soccer” the day before, he made a steady start and comfortably beat the 70-minute mark.

This was my second race of the weekend and beat my target of 70 minutes but had to work hard over the last 2 miles to do so. Piers was another who raced at Goodwood and he completed a brilliant weekend by hacking over 3 minutes from his PB. Rounding off the club interest was ET, he had spent the previous afternoon watching some game called “soccer” and he splashed his way round to finish third in the Vet60 age group.

At the time of typing this, the men’s team finished in 6th place, which helps to keep us well above the drop zone. Next league race is the Hayling 10, please try to make it if you can.

31st	M.FIROUZI	62m 30sec
43rd	A.HARTLEY	64m 56sec
50th	L.TOLHURST	65m 36sec
75th	D.MAUGHN	68m 04sec
88th	R.FRANCIS	69m 24sec
107th	P.PUNTAN	71m 19sec
118th	E.TILBURY	72m 31sec

230 Finished.

FOXDOWN HANDICAP. from Franny

10th NOVEMBER.

The second race of the series was run in excellent conditions that produced a rash of PB’s, especially at the front of the field. First home was Lee who worked his way through the field and then had to hold off a fast finishing Rachel with only 2 seconds between them as they clocked PB’s by 52 and 50 seconds respectively. Third was James with a 42 second improvement with Greg taking 35secs. off his best in fourth. Other PB’s came from Richard Clifford (24sec) Tim (12sec) and finally Dorothy (9sec).

Fastest on the night was Keith Vallis ahead of Greg, Tim and Aaron. The starting list for the next race is on the notice board.

POS.	Runner	Time	H’Cap	Act.Time	H’Cap Pos.
1	L.TOLHURST	31.52	9.28	22.24	7
2	R.KENCHINGTON	31.54	9.54	22.00	6
3	J.GREEN	32.02	5.41	26.21	17
4	G.ENGLAND	32.09	10.43	21.26	2
5	J.HILLS	32.11	6.15	25.56	16
6	R.CLIFFORD	32.20	10.28	21.52	5
7	E.TILBURY	32.24	6.48	25.36	15
8	R.FRANCIS	32.31	9.17	23.14	9
9	T.HARRIS	32.32	10.57	21.35	3
10	D.WICKE	32.35	5.34	27.01	18
11	I.VOSSER	32.55	8.09	24.46	10
12	K.VALLIS	33.08	11.52	21.16	1
13	H.ROBINSON	33.19	2.00	31.19	24
14	M.WOODS	33.26	5.44	27.42	20
15	H.VOSSER	33.31	7.57	25.34	14
16	P.PUNTAN	33.34	8.26	25.08	12
17	K.CLARK	33.43	10.46	22.57	8
18	A.DENNISON	33.49	8.36	25.13	13
19	S.COOK	34.00	2.00	32.00	25
20	M.ALLEN	34.10	9.07	25.03	11
21	G.CLOKE	34.24	6.15	28.09	21
22	M.VOSSER	34.28	3.48	30.40	23
23	S.ALLEN	34.44	7.42	27.02	19
24	E.SANDALL-BALL	35.03	5.29	29.34	22
25	A.HARRIS	35.09	13.21	21.48	4

CLUB FORUM.

Fed up with the boring TV, too wet to go out for a run. Then check out the club forum on the web site, register then join in a frank exchange of views with like-minded individuals.

Meet localrunner, grumpyrunner and Royal male and mull over a variety of topics that will stretch your imagination to the limit.

Catch up on the latest news and views, it's as much fun as hand washing your dirty running socks.

HAYLING 10 mile. from Franny

27th NOVEMBER

A cold and frosty morning did not deter the large Overton contingent who were all looking for fast times over this exceptionally flat Road Race League course. The added incentive of the club championship over this distance also meant that no one wanted to miss out on the double consistency points on offer.

No surprise to see Jamie over the line first after a tough battle over the closing miles in a fine 13th place. Greg "shortcut" England ran the full distance and is proving to be one of our most reliable runners over the past year as he ducked under the hour. Another to do so Dave who nursed the club calves round to earn a well deserved rollicking from Cath the following evening. On the bright side his "steady" run was good enough to take the Vet.45 County bronze. Maz completed the scoring team less than a minute behind whilst taking almost 2 minutes off his PB. The team finished in 5th place that helps consolidate their position in the top half of the league.

Next home was Rachel who, I believe, also ran a PB, her super performance made her 6th overall and won her the County bronze medal. She was closely followed by Richard and Lee who, on all accounts, were neck and neck throughout the race, both were rewarded with big PB's. Audra put in another storming run but I'm not sure if was her fastest time. She finished 11th lady overall and took the County silver medal in the W35 age group. County Gold went to Eric who was several minutes faster than at Lordshill and he was chased all the way by Nicky who ran another PB. She closed the team that won both the team race and County gold. They now lie second in the league.

Closest finish of the day came from Martin and Piers who both clocked big PB's as the time keeper could not separate them and close behind was Dave Titcomb who easily beat the hour. Final man home was Dan who did well over a distance he had not trained for but was yet another to record a PB.

With so many PB's who would win the club handicap title, with recent form for some runners sketchy at best the handicapper had a tough time. However the handicap gold goes to Piers who managed to improve his recent PB by over 2 minutes. Eric was another to make a big improvement on Lordshill to take Silver with the bronze going to Lee who also made a 2-minute improvement upon his best time.

13th	J.JONES	55m 03sec	133rd	A.DENNISON	66m 07sec
46th	G.ENGLAND	59m 26sec	178th	E.TILBURY	68m 28sec
53rd	D.VOSSER	59m 44sec	180th	N.CLARKE	68m 40sec
58th	M.FIROUZI	60m 36sec	187th	M.ALLEN	69m 01sec
83rd	R.KENCHINGTON	63m 12sec	188th	P.PUNTAN	69m 01sec
86th	R.CLIFFORD	63m 40sec	198th	D.TITCOMB	69m 21sec
91st	L.TOLHURST	63m 57sec	296th	D.EDWARDS	73m 54sec

698 Finished.

SOUTHERN LEAGUE FIXTURES 2006 from John Hoare

We have received the dates of the fixtures for the 2006 Southern League season. They are:

April 29; May 20; June 10; July 8; July 22; August 5

It is confirmed that we have been promoted and will compete in Div 3 (West). This comprises of 16 teams and we will have five fixtures each one against three of the other teams. Thus one of these dates will not apply – almost certainly the August fixture.

Draft fixture list should be sent out around Christmas.

Lordshill 10 - 06/11/05 Hants RRL**MEN**

Overall Position	Name	Club	Category	Categ Pos	Time	mile pace	km pace
31	Mazeyar Firouzi	Overton Harriers & AC	mSnr	24	1:02:30	06:15	03:53
43	Andrew Hartley	Overton Harriers & AC	mSnr	29	1:04:56	06:30	04:02
50	Lee Tolhurst	Overton Harriers & AC	mSnr	30	1:05:36	06:34	04:05
75	David Maughan	Overton Harriers & AC	mSnr	39	1:08:04	06:48	04:14
88	Richard Francis	Overton Harriers & AC	mV40	36	1:09:24	06:56	04:19
107	Piers Puntan	Overton Harriers & AC	mSnr	49	1:11:19	07:08	04:26
118	Eric Tilbury	Overton Harriers & AC	mV60	3	1:12:31	07:15	04:30

Gosport Half Marathon 2005**Sunday 20 November 2005. 11:00 am**

position	time		
25	01:20:20	ENGLAND, Greg	Men 40 - 44
70	01:26:14	CLIFFORD, Richard	Senior Men
120	01:30:04	ABBOTT, Penny	Ladies 35 - 39
145	01:31:32	TILBURY, Eric	Men 60 - 69
168	01:33:28	TITCOMB, Dave	Men 45 - 49
180	01:34:15	PUNTAN, Pers	Senior Men
362	01:44:22	CRAWSHAW, Martin	Men 45 - 49
788		Finished	

Hants Road Race League News

After 3 races we are sat comfortably in 4th place, we finished 5th at Hayling Island which keeps us mid table. Please note future races –

5	Sun 10am	8th Jan 2005	Stubbington 10k RACE
			Full
6	Sun 10am	5th Mar 2006	Mad March 20m
7	Sun	19th Mar 2006	Eastleigh 10k
8	Sun	2nd Apr 2006	Totton 10k
9	Sun	14th May 2006	Alton 10m
10	Sun 11am	18th Jun 2006	Brading 10k

Mens League Div 1		TOTAL		Overton 5		Hardley 1/2		Lordshill 10m	
pos	Teams	LG	RC	LG	RC	LG	RC	LG	RC
1	Southampton RC	5	250	2	71	2	135	1	44
2	Winchester AC	6	296	1	50	3	177	2	69
3	Victory AC	12	550	3	173	4	186	5	191
4	Overton Harriers	13	466	6	207	1	60	6	199
5	Stubbington Green	16	595	8	323	5	196	3	76
6	Farnham Runners	19	689	4	180	6	220	9	289
7	Eastleigh RC	22	794	7	289	8	291	7	214
8	Denmead Striders	22	1283	10	783	9	424	3	76
9	Hardley Runners	24	984	9	468	7	259	8	257
10	City Of Salisbury AC	25	1174	5	197	10	656	10	321

The Ladies are heading to be promoted as Div 2 champions, but we must ensure we have a team at all of the remaining races.

Ladies League Div 1		TOTAL		Overton 5	Hardly 1/2	Lordshill 10
Ladies A-Division 2		LG	RC	LG	RC	LG RC
1	Victory AC	9	496	4	178	4 191
2	Stubbington Green	11	572	3	167	5 209
3	Overton Harriers	12	263	1	36	1 21
4	Farnham Runners	14	381	2	86	2 89
5	Totton RC	18	631	10	217	6 234
6	New Forest Runners	23	574	10	217	3 151
7	Basingstoke & MH	25	657	5	207	10 244
8	Ryde Harriers	30	667	10	217	10 244
9	Havant AC	30	667	10	217	10 244

Hampshire Cross Country League Tables 3 Races to go

Sat 3 December 2005 Ashe Meadows - Sat 14 January 2006 Prospect Park - Sat 11 February 2006 Wimbourne

Division 2 Men		08/10/05		05/11/05		Aggregate	
1	Overton Harriers	238	1	405	1	643	2
2	New Forest Runners	389	2	521	2	910	4
3	Eastleigh RC	542	4	687	4	1229	8
4	Hamworthy Harriers	455	3	867	8	1322	11
5	Fleet & Crookham	785	8	654	3	1439	11
6	Farnham Runners	735	7	797	6	1532	13
7	Poole Runners	727	6	810	7	1537	13
8	Havant	884	9	775	5	1659	14
9	Hardley Runners	610	5	1023	10	1633	15
10	Reading Roadrunners	0	10	796	9	796	19

Senior Women - Team Aggregate

		08/10/05		05/11/05		Total
1	Winchester & District	10	1	12	1	2
2	Aldershot, Farnham & District	14	2	25	2	4
3	Overton Harriers	54	3	56	4	7
4	Reading AC	79	6	50	3	9
5	Southampton RC	62	4	114	8	12

Veteran Men - Team Aggregate

		08/10/05		05/11/05		Aggregate	
1	Overton Harriers	27	1	53	3	80	4
2	Stubbington Green Runners	72	4	51	2	123	6
3	Southampton RC	44	3	77	5	121	8
4	Bournemouth	92	5	67	4	159	9
5	Reading AC	144	8	29	1	173	9
6	Hamworthy Harriers	35	2	212	9	247	11
7	City of Portsmouth	105	7	100	6	205	13
8	Poole Runners	97	6	125	8	222	14
9	Fleet & Crookham	175	9	118	7	293	16
10	Reading Roadrunners	0	10	0	10	0	20

