

**Overton
Harriers**



**&
Athletic Club**

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Harriers**



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April 2006 Issue 345

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

Email your reports to me at geoff@staddles.fsnet.co.uk

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

FIXTURES

MAY 1st	SHINFIELD 10km
7th	MARWELL 10km, ALTON 10 mile, FORDINGBRIDGE 10mile, LYMINGTON 10km
8th	SPRINT 6km at SOUTHAMPTON
10th	PORTSMOUTH PROM. 5km
14th	MOORS VALLEY 10km WOODLEY 10km
20th	TRACK LEAGUE at TILSLEY PARK MARLBOROUGH DOWNS 20 & 33 mile MT
21st	NETLEY 10km, HOOK 10 mile, WINCHESTER 10km I.O.W marathon
25th	MOB MATCH at CLIDDESSEN 7:00 Start.
28th	ROPLEY 10km
29th	KINTBURY 5 mile
31st	WOODLAND 5 mile SERIES
JUNE 3rd	TRACK LEAGUE at SWINDON
4th	NEEDLES XC half & full marathons
7th	YATELEY 10km SERIES D DAY 10km at PORTSMOUTH
11th	SOUTH DOWNS marathon GOODWOOD 10km TRAIL WARGRAVE 10km
18th	BRADING 10km
21st	Midsummer 5 mile at CHICHESTER
25th	NORTH DOWNS 30km
28th	WOODLAND 5 mile SERIES XC at PETERSFIELD RACE 4 LIFE at B'STOKE

FRANNYS BITS.

As can be seen on the table above there is no shortage of events over the summer months including mid-week race series at Yateley, Portsmouth and Broadmoor !!!!! Also the Track & Field league gets under way as our newly promoted squad looks to continue last seasons fine results.

The first Mob Match against Basingstoke will be held on **Thursday May 25th at Cliddesden** and will start at 7pm. Please can we have a good turnout.

The provisional dates for the summer handicaps are: June 22nd; July 13th; August 17th; September 14th (Provisional)
These will be run over the Harrow Way 3.5mile course and one will be used for our home Mob Match fixture.

A reminder about the Club Presentation Dinner at Test Valley Golf Club on May 26th. If you have not confirmed your menu to John Hoare, please do so ASAP. Voting slips for Club Person of the Year are now in circulation. If you have not received one please see me. Please return completed slips to me by May 18th.

COMBE GIBBET 16+ mile XC Run. March 26th from Franny

With the rain over the previous few days it was fairly obvious that the underfoot conditions were going to be slightly worse than they have been in recent years and the low cloud and mist at the start hid the spectacular views from the ridge that are a feature of this event.

There was a good turnout from the club, led home by Dave Vosser who led early on until he was over-taken by Thomas Owens. Dave's second place was a great run and earned him the Pugh Cup for another year. Guildford's Kevin Gadd took third ahead of Basingstoke's Mark (I'm injured so will not be running) Simcox. Lee made his course debut with a fine performance to finish 5th overall and then tried to persuade the Club Forum that the course and conditions were much harder than they actually were.

Richard Clifford put his marathon training to good use to take 14th overall and finish one place in front of the first lady to finish. I had seen Alice out training around Longparish on several occasions and prompt action after the race from the Club Captain looks to have succeeded in the club gaining a new member. Andy has been struggling with illness & injury and did well to break 2-hours as did Keith who may have still had his party head on from the night before.

Martin has been training well of late and put in a useful run, I decided to pace Nicky round but was still faster than I had been in recent years and even had a few laughs at the expense of a couple of members from the Basingstoke AC mud skating team.

Nicky was looking to better 2 hours 10 on her course debut and was delighted to easily beat that by a comfortable margin, finishing 3rd lady overall, despite the greasy conditions early on. Piers was one of many to take a tumble but had a confidence boosting run in his lead up to London, a slightly below par Dave Titcomb was next home ahead of Jill who finished 7th woman overall. Alistair found the conditions tough but battled his way to the line to complete the club interest.

2nd	D.VOSSER	1h 43min 57sec
5th	L.TOLLHURST	1h 48min 41sec
14th	R.CLIFFORD	1h 54min 51sec
15th	A.EVANS	1h 55min 21sec
23rd	A.HARTLEY	1h 59min 22sec
25th	K.VALLIS	1h 59min 36 sec
36th	M.ALLEN	2h 03min 12sec
41st	R.FRANCIS	2h 04min 33sec
42nd	N.CLARK	2h 04min 54sec
56th	P.PUNTAN	2h 10min 53sec
59th	D.TITCOMB	2h 12min 38sec
76th	J.HILLS	2h 21min 38sec
80th	A.PAUL	2h 22min 48sec

150 Finished.

CONSISTENCY LEAGUE.

The final consistency event of the season was the Totton 10k with the amazing total of 46 runners taking part in at least one of the scoring events. Winner of the men's' title was Greg who won by the proverbial country mile having only missed one event all year. Runner up was Dave, who has done so much to ensure the large turnouts at many of the races this year. Super Vet. Eric did enough at Totton to pip Richard Clifford for the bronze medal with only 2 points separating them at the end. Maz would have finished higher if he could get to the starts on time while an honorable mention must go to 6th place Piers who has maintained the league tables so well.

The ladies league was a closer affair with Nicky's fine run of results since Christmas giving her a 29-point winning margin over Rachel. Audra was a clear 3rd ahead of Moira who beat Liz by a narrow margin of 7 points.

Full league tables are on both the Web site and on the notice board; the opening fixture of the new season will be the Alton 10 miles on May 7th.

Alastair Paul – Paris Marathon, 9th April 2006 Actual Time 4 hours 14 mins

Paris was my 4th marathon following New York in 2004, with London and Berlin in 2005.

My training had not gone brilliantly and, in early February, was compounded by a fracture in a metatarsal bone as a result of my foot getting in the way of a hockey ball travelling at high speed. Despite the set backs, I still felt it was realistic for me to complete the race in under 4 hours (my p.b. was in Berlin – 3 hours 53 mins).

Unfortunately, the night before the race I experienced a bout of food-poisoning and sat up all night in the hotel bedroom drinking re-hydration fluids whilst not on the loo!

Our hotel was perfectly positioned close to the Arc d'Triomphe, and no more than 10 minutes walk from both the start and finish. The mass race started at 08:45 local time to accommodate French television. The start was far from ideal with 30,000 runners squeezed into restricted pens on the Champs Elysee. There were inadequate numbers of portaloos (a real personal concern given my delicate condition!) and a cause of mass arguments as orderly queues disintegrated as the start time beckoned, with runners pushing forward to the heads of the queues.

The course is reasonably fast and flat. The official course map suggested a scenic feast of the capital which did not live up to expectation. Much of the route along the 8 mile stretch of the River Seine was in a sunken dual carriageway with tunnels.

From the start, I never felt entirely comfortable but managed to keep close to target pace up to the 30 km point, when I was quite ill again. Thereafter, I didn't have enough energy reserves to keep running continuously, but resisted the temptation to stop at one of several cheese and wine stalls on the final stages of the course – some how a slab of camembert washed down with vin rouge ordinaire didn't seem an appropriate energy booster!

On the real plus side, we had a great weekend in Paris visiting museums, shopping and an enjoyable boat trip on the river Seine. I also raised over £400 for St Luke's hospice in Plymouth.

Overall summary:

- Reasonably fast course but not as scenic as London or NY;
- Not in the same league as NY, London or Berlin for atmosphere – attracts only ¼ of spectator numbers that turn out for the others, and little charity presence;
- Scandalous shortage of Portaloos, at start and along entire course;
- Definitely my least favourite marathon but a great marathon city to visit if you want to make a weekend of it.

Folkestone 10 14th April 2006 from Dave Maughan

In an attempt to put some miles into my legs and "ramp up" the running I was looking at 10-mile road races around Easter!

Yes I could of gone half hour up the road to Maidenhead but that would of been too easy ... Folkestone by sea for me! The race literature spoke of a flat, fast race along the seafront starting in Hythe and running into Folkestone, what eventually was experienced was anything but!! Over 400 runners began the race and completed the first mile all staring at their watches and realising the 1 Mile marker may have been put out a little. Things got on back on track by Mile 3 with the wind behind and I was on at 19:30 .. looking at going under 65mins. As we approached the turn almost in Folkestone at 5 miles the weather deteriorated quite considerably. Wind and rain in the face was blowing any time targets out of the widow!

At 7 miles I got a "tap" on the shoulder and turned round: "I used to be a member of Overton Harriers 25 years ago" said the guy looking very relaxed next to a lady from Ashford Triathlon. This I discovered after the race turned out to be Alan Newman who knew Dave Vosser, Eric, Geoff, Mike B and of course JT. Alan now runs for Medway and Maidstone AC. He told me how he won the Gibbet one year (Please confirm Franny) and also the Wessex cross-country league as a senior. I was feeling it from 8 miles onwards but managed to take a couple of places in the last half mile to finish 44th in 66.24. Alan finished in 65.53 in 36th. The first three were as follows and the official report on the website details the winter conditions and the fact the winning time was over 2 mins slower than last year!

44th D.MAUGHAN 66min 24sec

LONDON MARATHON 23rd APRIL from Franny

Five Harriers joined almost 35,000 other nervous runners at the various start lines on Blackheath wondering what the day would bring, had they logged enough miles, would that niggling injury flare up, could they last the distance or would every thing run as smooth as silk. Light rain fell through out the race but combined with the warm temperature and no wind to speak off conditions were perfect. As the starting gun sounded we all made good starts, though some of us may have gone a bit too fast in the early stages.

Unusually, Maz had managed to get to the start on time and led home the Overton contingent. He made the TV coverage as he passed the Cutty Sark beside Olympic rowing Gold medallist James Cracknell and, although I only saw him briefly at the finish he seemed pleased with his run.

Audra had injury problems leading up to the race but managed to sneak into the first starting pen on the Green start from where she made a good start. She lost some time just before 10 miles when her timing chip came off but luckily she was able to retrieve and tie it back onto her shoe. Despite some pain in her legs she finished strongly to finish as the 144th woman home. I believe she now gets automatic entry for the Elite start next year.

I made a great start but realised very early on that my pace was a little ambitious for my 3:20 target but decided not to ease off. Every thing was going well as I crossed Tower Bridge well ahead of schedule and it was only at Canary Wharf (19 miles) that I started to slow. Despite slowing I was in no distress but passing a mate from Basingstoke at 24 miles gave me a big boost and I picked up the tempo. Full of running I managed to catch Richard as we turned into the Mall. Cramp forced me to curtail my sprint finish so I just jogged in a very happy chappy.

Richard also got away well but I'm led to believe he had problems from a fairly early stage. He was obviously not at his best as Audra passed him at the 20-mile mark but showed great determination in not dropping out. The last stretch along the Embankment was something of an ordeal as he mentioned afterwards clocking 11-minute miles. He will benefit from this experience and will undoubtedly run much quicker next time.

Completing the squad was Piers who made a trouble free start from Pen 3 and showed how much effort he had been putting into his training. He had possibly the club run of the day and was rewarded with a huge improvement on his PB. When I met him at the baggage buses he was obviously delighted with his run but was only interested in getting into some dry clothes. As I left for the changing area he was showing how modest he is by stripping off in the Mall thus giving the Queen a late birthday treat. (CCTV footage of which, will be shown on the next Crime Watch programme).

I'm sure that the others would join me in saying thanks to the Club members who cheered us round the course in several locations. Nicky, Martin, Keith, Anna & Georgia, Denny, Nick & Laura, Ian & Fay were the ones I either saw or heard and I believe Bliss & Josh were there too. Apologies to anyone whom I may have missed.

<u>Overall</u>			<u>Male / Female</u>
1701st	M.FIROUZI	3hrs 06min 35sec	1570th
1862nd	A.DENNISON	3hrs 08min 15sec	144th
2997th	R.FRANCIS	3hrs 18min 14 sec	2727th
3069th	R.CLIFFORD	3hrs 18min 42sec	2789th
4286th	P.PUNTAN	3hrs 27min 27sec	3804 th

34,000+ Finished.

London Marathon – A View from the Kerbside by Keith Vallis

Marathon day dawned and at what felt like a similar time, Nicky Clark, Martin Allen and the Vallis family started the journey up to London. Having spectated at the marathon on several occasions we thought that we had a great viewing point lined up, conveniently located next to a bacon roll van. By the time we had arrived in London breakfast seemed like hours ago and the bacon roll idea was about to turn into a mission.

We arrived at the 11 mile point and there was a distinct lack of catering services – luckily we managed to sniff down the frying bacon in the east end of London so we were now geared up for a hard day of Marathon watching.

First to pass us were the wheelchairs closely followed by the elite ladies (Martin was taking a very keen interest in this part of the race!), the elite men and then the masses. Our work was now cut out – were we going to be able to spot all of the Harriers in the throngs of marathon runners? Luckily for us the Mighty Maz was sporting new go-faster stripes in his hair so we couldn't miss him. Richard Clifford followed within a few minutes and Audra was next, looking very comfortable and one of

the faster ladies from the mass start. Shortly afterwards came Franny, excitedly pointing to his watch and shouting 'I'm on for 3:15'. The final Harrier was Piers, who despite continuous shouting from us, somehow failed to hear us. Having seen Piers pass we hot-footed it back to the underground station to cross the river to our next vantage point. Here we managed to find a space on the Highway at about 14 and 22 miles. We had just missed the leading men and ladies, but were in good time for all of the Harriers. Maz still looked strong. Richard passed us shaking his head indicating a bad day at the office. Audra looked as comfortable as at 11 miles. A silent Franny made us wonder if he was still on for his 3:15; and then Piers appeared. Shouting even louder we still can't work out how he didn't hear us – I think we'll have to borrow the club megaphone next time! Having seen the final Harrier at the 22 mile mark we squeezed on to the packed trains to meet up with Maz at the finish before heading back to Waterloo after a great day marathon watching.

Overton Harriers and Andover AC Match Report: Southern League Track and Field Division 3 April 29, Bournemouth from Dave Vosser

Overton Harriers and Andover Athletic Club have combined forces again for the Southern track and field league with a view to building on the tremendously successful season they enjoyed last year when winning Division 4. Through the efforts of James Coney and the Andover coaches they have managed to build a strong contingent of talented youngsters who when combined with the seasoned distance runners from Overton have formed a team who will be able to compete with the best in this higher division.

Overton Club Captain David Vosser recognised that competition would be stiffer in this league and had hoped the team would be able to take second place behind a strong Basingstoke squad. On the Track it was the Andover athletes who gained some excellent points with James Folkes and Richard Pitcher securing 9 out of the maximum 10 pts with a first and second in the 100 metres. This clearly boosted their confidence as they both went on to win their 200 metre races with Richard running particularly confidently to record a new personal best time of 24.8 seconds. James went onto take a 2nd place in the 400 metres with Dave Awde also in 2nd in the B event.

Keiron Hooley demonstrated how much a good winters cross country season can benefit an athlete by winning the 800metres in a personal best time of 2min04.2 and then taking 2nd place in the 1500metres after leading for most of the race. Keiron was well supported by Keith Clark working hard to grab 2nd spot in the 1500metres. Overton distance runners Jamie Jones and Mike Bliss showed they had lost none of their desire for racing on the track by taking 2nd and 1st places.

Points were a little more difficult to come by on the field events with the best performance coming from all rounder James Folkes in the Triple Jump (2nd Place). James also competed in the Long Jump and High Jump. Newcomer to the squad Ollie Lindridge demonstrated great potential, competing for the first time in the senior men's Shot, finishing 3rd but only 12 centimetres behind the teams much more experienced A string competitor Simon Morgan.

Southern League Division 3W Match 1 29/04/2006						
	A String			B String		
Event	Place	Name	Time	Place	Name	Time
Track						
5000		2J.Jones	16:24.4		1M.Bliss	16:52.6
3000 S/C		1K.Vallis	11:00.4		1M.Firouzi	11:26.9
1500		2K.Hooley	4:25.9		2K.Clark	4:54.6
800		1K.Hooley	2:04.2			
400		2J.Folkes	53.9		2D.Awde	54.7
200		1J.Folkes	23.1		1R.Pitcher	24.8
100		1J.Folkes	11.5		2R.Pitcher	12.1
110H		3D.Awde	21.5		2K.Vallis	25.6
400H		3D.Awde	65.0		3K.Vallis	73.9
4x100		1	47.6			

4x400	2		3:43.1		
Field					
Pole Vault	3	D.Awde	2m40	=3	J.Coney
High Jump	3	J.Folkes	1.65	3	D.Vosser
Long Jump	3	J.Folkes	5m72	3	D.Awde
Triple Jump	2	J.Folkes	12m22	3	J.Coney
Shot	4	S.Morgan	8m24	3	O.Lindridge
Hammer	4	S.Morgan	28m86	4	P.Wheeler
Discus	4	S.Morgan	24m17	4	P.Wheeler
Javelin	4	S.Morgan	31m66	4	K.Hooley

Match 1 Result	
Basingstoke	145
Newquay & Par	128
Overton & Andover	121.5
Bournemouth	82.5

Overton Harriers Annual General Meeting 27 April 2006

Present: 28

1. Apologies: Madeline V, Jamie J, Rachel K, Kieth C, Maz F
2. Minutes of last AGM, 5 May 2005, accepted – ratified: Eric T, seconded Dave V
3. Chairman's Report : Mark Dennison
 - Club has continued to grow, not just in the racing arena, but socially also.
 - Thanks given to those involved in running the club and organising events – particularly: John H (Gibbet/ Overton 5/ Presentation Dinner and Xmas Lunch), Mike and Emma (Timekeeping/ Race Entries/ 100 Club etc), Liz and Moira (Catering/ Trophies), Dave V (for fielding team at events), Ian V (Website), The Clark's and Vossers (Training Weekend), Paul W (Gibbet/ Overton 5), Richard F (Handicap etc) and Eric (Pontoon Tickets)
 - Any offers to help or ideas welcome by the Committee
 - Letter from Frank Kenny read out regarding what the club has meant to him
4. Club Captain's Overview : David Vosser
 - Southern League – Promoted from Division 4 with help from Andover (first promotion since 1983) – This years target to get promoted from Division 3
 - Hants XC League – Promoted to Division 1 – This years target to stay in top division

- Southern Counties XC Championships – Full team of 12 fielded, beaten by Stubbington Green, but will try again next year
- Hants Road Race League– Currently in 3rd position – Highlight so far, Hardley ½ where we won overall. Ladies on target to win Division 2
- Other highlights include wins at Winchester 5km, well organised home fixtures, Robin Hood Marathon, Ladies performance in the Southern Counties Road Relay, County Titles at Hardley ½, Pbs at Hayling 10 and the number of new members over the last couple of years which has strengthened the team
- Congratulations were given to Maz, Audra, Franny, Richard and Piers for London Marathon

5. Treasurer’s Report : Mike Scoggins

- ORC Levy’s explained
- Overton ‘5’ still main earner for the club
- Combe Gibbet income explained
- Purchases for club detailed
- Accounts ratified by Dave V and seconded by Ian V
- Concern expressed by Mark W regarding dropping 100 club prize money
- John T appealed for assistance with Overton ‘5’ raffle prizes, help selling tickets etc

6. Election of Officers

POST	NOMINATION	PROPOSED BY	SECONDED BY
President	John Thomas	Helen M	Nicola C
Chairman	Mark Dennison	Dave V	Martin A
Treasurer	Mike Scoggins	Eric T	Nicola C
Secretary	Martin Allen	Ian V	Richard F
Club Captain	David Vosser	Emma S	Martin A
Ladies Captain	Nicola Clark	Moira W	Liz S-B
Vets Captain	Richard Francis	Dave V	Martin A
Member	Cath Wheeler	John T	Ian V
Member	Dave Titcomb	“	“
Member	Jamie Jones	“	“
Member	Helen McMahan	“	“
Member	Anna Vallis	Helen M	John H
Member	Liz Sandall -Ball	Dave T	Mike S

7. AOB

- Amendments to Club Rules accepted by all present – thanks given to Mike S and David V for updating
- Richard F said that he will be organising slips for Club Person nominations
- Richard F requested newsletter contributions
- Richard F confirmed the first Mob Match date (away) as 25 May
- John H reminded everybody to get menus back for Presentation Dinner, 26 May
- John H stated that new faces on the Overton 5 Sub Committee would be welcome – next meeting is 31 May in Red Lion
- Emma S asked if the club had been asked to provide a list of ORC members in the club and promoted membership to ease further club expense

Meeting Closed 21:25

2006 SUBSCRIPTIONS

Unless you joined the Harriers after 31st December 2005 or pay your subscription by Standing Order,

YOUR 2006 SUBSCRIPTION IS NOW DUE

Prompt payment would be appreciated.

Current rates are; Seniors £40-00, Second claim seniors £20-00

Juniors £10-00,

Family membership (2 seniors plus all children) is also available at £80-00.

If anyone wants to change to Standing Order payment please let me know.

Mike Scoggins, Hon Treasurer.

Officiating at Southern League or other Track events from Mike Scoggins

Hopefully, this note will be of interest to those club members who officiate, or are contemplating doing so, at our Southern League fixtures this year and in the future.

UKA are in the process of revamping the current process for recruitment, training and educating track and field officials. One of the aims of the revision is to attract more and younger people into officiating. A basic Level 1 course has been prepared and is being trained. This Level 1 course is aimed at those coming into officiating with little or no prior knowledge of athletics and gives a basic grounding in track and field judging, timekeeping and starting. The next level course is Level 2 and this will replace the existing Grade 4 in 2007. Although the contents of the Level 2 course and the existing Grade 4 course are essentially the same there is no examination attached to the new Level 2 course. Progress is monitored by means of an experience record and attendance at 4 meetings. There is no prerequisite to do the Level 1 course before proceeding to Level 2.

It is my understanding that once Level 2 becomes effective 'unqualified' officials will not be covered by UKA insurance if they are unfortunate enough to be involved in an accident whilst officiating, unless they are officiating under the direct supervision of a qualified official. These 'unqualified' officials will merely be regarded as 'helpers'.

If anyone is interested in taking either the Level 1 or Level 2 courses please let me know and I will pass your name onto the Hampshire Officials Secretaries.

Finally, I would like to remind any club members officiating at the club's Southern League meetings this Summer to ensure they sign the officials' attendance sheet before starting their duties. This sheet is usually found in the officials' meeting room. Again, if you have **not** signed the attendance sheet and are involved in an accident during your officiating duties you will **not** be covered by existing UKA insurance.

SUMMER TRAINING PROGRAMME 2006

Thursday

Weekend Races

Apr 27 th	School – 4 x 1 lap and ½ lap	29 th	Southern League
=====			
May 4 th	ORC – 2 sets of 6 x 1 min		
May 11 th	ORC – Pyramids	14 th	Alton ‘10’
May 18 th	ORC – 2 sets of 6 x 1 min	20 th	S. League Abingdon
May 25 th	Mob Match – Basingstoke	21 st	Netley 10k Hants Champs
=====			
Jun 1 st	ORC – 2 sets of 6 x 1 min	3 rd	S. League Swindon
Jun 8 th	ORC – 2 sets of 4 x 1 ½ min		
Jun 15 th	School - 4 x 1 lap and ½ lap	18 th	Brading 10K
Jun 22 nd	Handicap		
Jun 29 th	ORC – Pyramids		
=====			
Jul 6 th	ORC – 2 sets of 6 x 1 min	8 th	S. League Guildford
Jul 13 th	Handicap		
Jul 20 th	School - 4 x 1 lap and ½ lap		
Jul 27 th	ORC – Pyramids		
=====			
Aug 3 rd	ORC – 2 sets of 6 x 1 min	5 th	S. League Basingstoke
Aug 10 th	School – 4 x 1 lap and ½ lap		
Aug 17 th	Handicap		
Aug 24 th	ORC – Pyramids		
Aug 31 st	ORC – 2 sets of 6 x 1 min	Sep 2 nd	Overton ‘5’
=====			
Sep 7 th	School – 4 x 1 lap and ½ lap		
Sep 14 th	Handicap (Provisional)		
Sep 21 st	Estate – 6 x 700m	25/26	Southern relays
Sep 28 th	Hills		
=====			

Subject to amendment depending on weather conditions or availability of ORC .



