

**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

APRIL	2nd	TOTTON 10km WOKING 10mile LYMINGTON 10km
	9th	READING half-mar THAMES TOWPATH 10mile
	14th	MAIDENHEAD 10 mile
	15th	NEWPORT to RYDE 7 mile
	17th	WEST WIGHT 3 HILLS 8 mile
	23rd	LONDON MARATHON
MAY	7th	MARWELL 10km ALTON 10 mile (PROVISIONAL)
	20th	MARLBOROUGH DOWNS 20 & 33 mile MT
	21st	NETLEY 10km, HOOK 10 mile, WINCHESTER R4H 10km
	28th	ROPLEY 10km

FRANNYS BITS.

Last months item about lady members contributing to the newsletter did not bring any response from the female contingent, perhaps I used the wrong bait. However I did receive one E Mail from a male member asking if the request for recipes was only open to the fairer sex. As it is a well-known fact that all the top chefs are male this seems a fair comment so come on guys, one recipe to set the ball rolling please.

It was also suggested that Farmer Percy Dalton might contribute a gardening column from his country estate in Whitchurch.

Onto more serious matters and the Club Presentation dinner will be held at Test Valley Golf Course on MAY 26th. Please see John Hoare or the Club Web site for further details.

Nomination forms for the club person of the year are now in circulation, please see me if you have not received one already.

Many thanks to all those who helped with the organizing of the Combe Gibbet race, this event takes a lot of organizing so well done to John Hoare and his team.

Reflective Bibs from Martin Allen

We have recently purchased a number of reflective bibs for club members to purchase, at the bargain price of £5 each. If you are interested, please see me.

CHRISTCHURCH 20miles 5th March, from Franny

A breezy day greeted those who participated in the longest Consistency race of the season. Club captain Dave had chivvied out a team to maintain the men's high position in the Hants Road Race League but unfortunately, Audra was the only lady to turn out. The flat course promised fast times and Lee and Richard Clifford were quickly into their stride. Lee had a super run to record the first of several PB's in 31st spot. Richard just missed out on a top 50 placing but was happy to duck under 2hours 15minutes.

A group of 4 harriers set off together over the first few miles until Andy forged ahead on a shallow climb around the 3-mile mark. Audra ran steadily for the first 5 miles and then picked up the pace and went off in pursuit of him.

Piers and myself stayed together until just before the 12 mile mark where I started to close the gap on Audra. However, Audra (who was only doing a training run !!!) picked up the pace again in the last couple of miles and managed to catch a tiring Andy and went on to take the third Senior Ladies prize. I managed to overhaul Andy in the last mile and comfortably beat my target time whilst Piers hacked an amazing 13 minutes from his PB despite cramping up in the last few miles.

Maz had another one of those days, heading off in the wrong direction along the M27 and therefore missing the start. With everyone long gone he set off in pursuit and picked off exactly half the field to complete the club interest. With 4 to score in the men's team event it was a pleasant surprise to find out that we had boosted our Road league position with a fine third place.

31 st	L.TOLHURST	2hr 11min 24sec
51 st	R.CLIFFORD	2hr14min 58sec
91 st	A.DENNISON	2hr 24min 32sec
93 rd	R.FRANCIS	2hr 25min 19sec
98 th	A.HARTLEY	2hr 26min 20sec
107 th	P.PUNTAN	2hr 27min 56sec
182nd	M.FIROUZI	2hr 42min 26sec

364 Finished.

FOXDOWN HANDICAP 9th March, from Franny

After a dry but cold winter the series came to another successful close. Madeline ran out a clear winner on the night with a 15 second PB, but it was Lee in second place whose 25-second improvement was enough to take the handicap title. Moira, who improved her best time (set back in Dec. 2001) by a second, picked up third spot ahead of Keith Vallis who was only a second in front of Chris Woods who improved his best by 26 seconds.

The battle for second place in the league went down to the wire with Dorothy equaling her PB and holding Greg off by 12 seconds to secure the one position she required for the silver medal. The time league went to our illustrious club captain who beat Greg into second place both on the night and in the final league table. Lee was third fastest on the night ahead of Blissly but Keith Vallis had enough points in hand to secure third spot overall.

Many thanks to John, Mick and Emma for their help with the timekeeping and recording during the cold evenings. Full final tables are below and details for the summer season will be available soon.

POS.	RUNNER	TIME	H'CAP	ACT.TIME	TIME POS.
1	M.VOSSER	31.44	3.25	28.19	14
2	L.TOLHURST	32.19	10.57	21.22	3
3	M.WEST	32.25	5.04	27.21	12
4	K.VALLIS	32.27	10.26	22.01	5
5	C.WOODS	32.28	3.25	29.03	16
6	D.VOSSER	32.36	12.03	20.33	1
7	E.SANDALL-BALL	32.43	4.51	27.52	13
8	D.WICKE	32.44	6.32	26.12	10
9	G.ENGLAND	32.56	11.42	21.14	2
10	M.ALLEN	32.56	9.38	23.18	7
11	A.HARTLEY	33.16	10.29	22.47	6
12	B.HARVEY	33.18	3.25	29.53	17
13	M.BLISS	33.20	11.43	21.37	4
14	E.TILBURY	33.27	7.30	25.57	9
15	G.CLOKE	33.33	5.03	28.30	15
16	D.MAUGHN	34.24	10.47	23.37	8
17	M.WOODS	35.14	5.02	30.12	18
18	R.FRANCIS	35.54	9.36	26.18	11
19	M.RANSON	38.05	5.03	33.02	19

HANDICAP LEAGUE.

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLHURST	6	1	2	15	9	2	20
D.WICKE	4	10	7	2	12	8	31
G.ENGLAND		4	5	9	5	9	32
M.WEST	15		3	14	13	3	48
E.TILBURY	19	7	4	7	23	14	51
M.VOSSER	17	22	10	4		1	54
R.FRANCIS	5	8	9		15	18	55
D.VOSSER	13		14	8	14	6	55
S.COOK	2	19	17	18	22		78
K.VALLIS	16	12	24	16	16	4	64
E.SANDALL-BALL	14	24	20	13	19	7	73
P.PUNTAN	7	16	21	5	2	50	80
M.WOODS	10	14		20	20	17	81
G.CLOKE		21	19	21	21	15	97

TIME LEAGUE.

Runner	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
D.VOSSER	1		1	2	2	1	7
G.ENGLAND		2	2	3	1	2	10
K.VALLIS	2	1	22	5	6	5	19
L.TOLHURST	8	7	4	6	4	3	24
D.MAUGHAN	7		7	4	10	8	36
R.FRANCIS	9	9	6		13	11	48
P.PUNTAN	10	12	15	9	12		58
E.TILBURY	14	15	14	11	16	9	63
D.WICKE	19	18	16	12	14	10	70
M.WEST	21		18	15	17	12	83
E.SANDALL-BALL	20	22	20	13	19	13	85
M.WOODS	17	20		19	18	18	92
G.CLOKE		21	19	18	20	15	93
S.COOK	25	25	24	21	23		93
M.VOSSER	23	23	21	16		14	97

B&Q Eastleigh 10k Sunday 19th March 2006 from Dave Vosser

We continued our excellent Road Racing season with the Ladies guaranteeing near certain promotion as champions from division 2 of the Hampshire Road race League with another emphatic victory. This was their 5th team victory of the season so far to add to previous victories at the Overton 5, Hardley half marathon, Hayling 10 and Stubbington 10k; leaving just the Totton and Brading 10k races to complete an outstanding season.

Leading the Ladies home was Rachel Kenchington, in 25th place with a personal best time 37mins 44secs. Rachel was closely followed by Nicky Clark, yet again creating a new lifetime best mark and breaking 40minutes for the first time in 39mins 53secs to take 33rd spot. Dorothy Wicke completed the ladies winning team in 75th place overall, and 4th over 50, in a new personal best time of 45mins 10secs. Liz Sandall-Ball, who always runs well on this course, ran strongly to finish in 46mins 58secs and take 6th over 50. Moira West collected another trophy finishing 2nd over 55 in 48mins 33secs, another personal best. The Ladies contingent was completed by newcomer Becki Hine who ran well to finish 191st lady in a field of nearly 450.

Eight men competed for the Harriers, making sure that we maintained a mid-table spot in division 1 of the Hampshire League. First home in 70th place and 4th over 45 was David Vosser in a time of 34mins 45secs. Greg England, who is leading our consistency league, followed in 96th place in 36mins 7secs. Newcomer Lee Tolhurst smashed his personal best by over 2mins to claim 118th place in 37mins 34secs. Dave Maughan finished 146th after a strong second half to the race with Martin Allen

just behind in 156th place . Super Vet Eric Tilbury once again ran very strongly in this top quality field to grab 2nd over 60 in an excellent time of 41mins 39secs. Steve McNair and Ian Vosser completed the Harriers team in 261st and 363rd respectively.

Results 720 Finishers

70	D.VOSSER	34m 45sec
96	G.ENGLAND	36m 07sec
118	L. TOLHURST	37m 34sec
146	D. MAUGHAN	39m 15sec
155	M. ALLEN	39m 41sec
206	E. TILBURY	41m 39sec
261	S. McNAIR	43m 40sec
363	I.VOSSER	46m 36sec

Results 433 Finishers

25	R. KENCHINGTON	37m 44sec
33	N. CLARK	39m 53sec
75	D. WICKE	45m 10sec
98	L. SANDALL-BALL	46m 58sec
109	M.WEST	48m 13sec
191	B. HINE	53m 33sec

32nd Combe Gibbet 26th March from Geoff

The wet, slippery and very windy conditions made it extremely difficult for the runners, and was reflected in slower than usual finishing times. For the first 12 miles, the route follows the ‘Wayfarer’s Way’, rising to 297metres at Walbury Camp, the highest chalk hill in Southern England. It crosses the A343 at Ashmansworth, and the A34 at Lichfield, before the last tough climb over Ladle Hill and Watership Down. The course then veers south towards Overton and is mostly downhill.

Club Captain Dave Vosser, with a good winter’s competition in his legs, took an early lead, but was overtaken on the climb up Ladle Hill by the eventual winner Thomas Owens. Dave finished runner up, just over a minute down, in 1hr 43mins, and three minutes up on third placed Kevin Gadd from Guildford. Ex Harrier and current Basingstoke runner Mark Simcox was fourth in 1hr 47mins, closely followed by Lee Tolhurst in 1hr 48mins.

Alice Evans won the Ladies race in 1hr 55mins, with Anna McLaughlin from Ranelagh second; Nicki Clark, running her first Gibbet, was third in 2hrs 4mins, and Rebecca Crisp from Basingstoke was fourth in 2hrs 8mins.

Richard Clifford completed the Harrier’s winning team in 14th place in 1hr 54mins, and was followed by Andy Hartley in 23rd spot, and Keith Vallis 24th, both recording a time of 1hr 59mins. Martin Allen was 31st, Richard Francis 41st, Piers Puntan 56th, Dave Titcomb 59th, and Alistair Paul 80th.

Jill Hills was 76th overall and 5th Lady in a time of 2hrs 21mins.

2	D.VOSSER	1hr 43mins
5	L. TOLHURST	1hr 48mins
14	R. CLIFFORD	1hr 54mins
23	A. HARTLEY	1hr 59mins
24	K. VALLIS	1hr 59mins
31	M. ALLEN	1hr 43mins
41	R. FRANCIS	1hr 59mins
42	N. CLARK (3RD LADY)	2hr 4mins
56	P. PUNTAN	2hr 10mins
59	D. TITCOMB	2hr 12mins
76	J. HILLS (5TH LADY)	2hr 21mins
80	A. PAUL	2hr 22mins

Bodmin Moor 5 Tors race Sunday 2nd April 2006 from Dave Vosser

I missed the Totton 10k due to a pre booked family holiday in Cornwall but was lucky enough to find a nice little race on Bodmin Moor to keep me busy. Still feeling the effects of the Gibbet in my legs I started pretty steady but worked through to 5th by 6 miles and then had a real battle with a couple of local guys before I managed to get away on a road section near the end to take 3rd place. My downhill running ability, or lack of it, was really put to the test by these guys who simple ran away from me on each descent. Note to self – run faster downhill.

D.Vosser 3rd 1hr15min52sec. 130 finished

Totton 10K Sunday April 2 from Nicky Clark

A large Overton contingent turned out once again on for the popular Totton 10K, which doubled as a Hampshire Road Race League event . In the absence of Club Captain Dave Vosser, it was left to Mike Bliss to inspire the troops by leading from the front; that he dutifully did, finishing 45th in a superb return to form time of 35mins 39secs. He was well supprted in the team event by Greg England in a season's best of 36mins 3secs, and London Marathon entrant Richard Clifford in a personal best time of 37mins 27secs. Keith Vallis was 86th in 38mins15secs, Dave Bush 94th in 38mins 39secs, Eric Tilbury 146th in 40mins 45secs, Piers Puntan 159th in a personal best time of 41mins 46secs, and Dave Titcomb 173rd in 41mins 53secs. There were 474 finishers in the Men's race.

In the Ladies race, Club newcomer Alice Evans was 3rd overall and 1st in the over 35s category in 38mins 26secs; incredibly this was Alice's first ever 10K road race. In the team event she was followed by Nicky Clark who was 8th overall and 3rd Senior Lady in 39mins 58secs, and Liz Sandall-Ball in 47mins 11secs. Moira West was yet again in receipt of the runners up spot in the over 55s category in 48mins 28secs, Helene Kerr was 72nd in 48mins 55secs and Becky Hine 99th in a personal best time of 51mins 44secs. There were 210 finishers in the Ladies race.

45	M. BLISS	35m 39sec
49	G.ENGLAND	36m 03sec
72	R. CLIFFORD	37m 27sec
86	K. VALLIS	38m 15sec
94	D. BUSH	38m 39sec
146	E. TILBURY	40m 45sec
159	P. PUNTAN	41m 46sec
173	D. TITCOMB	41m 53sec

3	A. EVANS (1ST L35)	38m 26sec
8	N. CLARK (3RD SENIOR)	39m 53sec
58	L. SANDALL-BALL	47m 11sec
68	M.WEST (2ND L55)	48m 28sec
72	H. KERR	48m 55sec
99	B. HINE	51m 44sec

SOUTHERN LEAGUE 2006 from Dave Vosser

Here are our Southern League Track and Field dates for this season. We have entered a combined team with Andover this season. We believe that we can win the league and a good start to the season is vital.

It is confirmed that we 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.

All Track and Field events must be covered by two athletes from each team – we are in desperate need of Hurdlers, Pole Vaulters and Throwers. Please take a note of these dates and let me know if you are available. Supporters are more than welcome and we always stop at an Eric Tilbury chosen pub on the way home.

Any Questions, please give me a call

April 29th at Bournemouth - Double fixture with Div 1 v. Bournemouth, Basingstoke, Newquay & Par

May 20th at Tilsley Park - Probable double with Womens Southern League V. Radley, Haslemere, Plymouth

June 3rd at Swindon - Double Fixture with Div 1 v. Kennet, Oxford, Newton Abbot

July 8th at Guildford - Double Fixture with Div 1 v. Met Police, Stubbington, Chichester

August 5th at Basingstoke (Home Fixture) - Double with Div 3W v. Southampton, Wimborne/Poole, Wessex/Salisbury

Combe Gibbet March 26

Nicky Clark and Richard Francis approaching the water station near the A34 at Lichfield

