

Overton Harriers



& Athletic Club

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FIXTURES:

Oct. 1st	CLARENDON Marathon, half & Relay	HIGHCLERE 10k	ALTON Downland 5k & 10k
7th	<i>X COUNTRY LEAGUE at FARLEY MOUNT</i>		
15th	<i>HARDLEY Half Marathon</i>	DENMEAD 10k	
19th	FOXDOWN HANDICAP		
22nd	GREAT SOUTH RUN	FLEET 10k	ABINGDON MARATHON
29th	NEWBURY MOB MATCH	SALISBURY half mar.	
Nov. 5th	LORDSHILL 10 mile		
11th	XC LEAGUE at GOODWOOD		
19th	GOSPORT half mar.	CAMBERLEY XC	
23rd	FOXDOWN HANDICAP		
26th	HAYLING 10 mile		

FRANNY'S BITS.

A very successful Overton 5 weekend both on, and off the road. Many thanks to all those who helped make the race such a great success. Once again there was excellent support around the course and the response from runners on the Runners World web site was full of praise. This is due to the road race committee who put in a lot of hard work to make the race possible.

The summer handicap series is now complete and congratulations go to Dave and Nicky on winning their respective titles. Next year I will make sure it is not too dark to run the last race around the Harrow Way.

The long dark nights are now upon us and safety becomes a major issue. The club has some Reflective bibs available from Martin Allen at £5.00 each. Please ensure you either wear white or reflective kit (preferably a combination of both around the darker parts of the village). Also flashing lights are now readily available from shops or by mail order (mine cost less than a fiver at Wilkinsons).

FOXDOWN ALL TIME LIST

From Statto.

This is now displayed on the notice board and is on the club Web site. It contains all the Personal Best times (PB's) of everyone who has run this course since November 1979. Since then there have been 90 handicap races around this course and stop watches have been used every time, despite Nick Dalton insisting that the use of candle clocks in the early days are the reason why some of our longer serving members have such fast PB's.

Following the last summer handicap, Josh moved from 18th spot to 14th, Lee climbed from 63rd to 57th while Nicky went from 107th to 93rd overall. She also became the 7th fastest lady of all time as she broke through the 23 minute barrier for the first time.

OVERTON 5 mile 2nd SEPTEMBER from Franny

The month got off to a good start with a bumper turnout of club members, first harrier home was club captain Dave who did well to finish 5th in his age group. Next was a disappointed Josh whose form will now hopefully improve now that he is wearing the right vest. Maz had the edge on Lee while Richard continued his return to form beating Tim by a second. Rachel made a welcome return to lead home the ladies ahead of Cath with Keith, edging out the ever improving Nicky.

Martin picked up yet another injury while Steve showed a big improvement to get the better of Eric. I blew up just before half way while Dave Titcomb was another to be slightly below his best. Dorothy had a good run ahead of Liz while Becki did well to hold off Simon who was delighted with a PB.

In the 2½miles Fun Run, Gavin Alexander was the first Junior Harrier home in 17m 30s, followed by Chris Woods in 19m 3s and Jade O'Brien in 22m 17s.

27th	D.VOSSER	28m.04 sec	111th	M.ALLEN	32m.10 sec
36th	J.BLISS	28m.43 sec	126th	S.McNAIR	33m.01 sec
44th	M.FIROUZI	29m.11 sec	139th	E.TILBURY	33m.32 sec
52nd	L.TOLHURST	29m.27 sec	145th	R.FRANCIS	33m.48 sec
62nd	R.CLIFFORD	30m.14 sec	163rd	D.TITCOMB	34m.39 sec
64th	T.HARRIS	30m.15 sec	198th	D.WICKE	36m.49 sec
77th	R.KENCHINGTON	30m.45 sec	248th	E.SANDALL BALL	39m.21 sec
91st	C.WHEELER	31m.20 sec	291st	B.HINE	42m.27 sec
96th	K.VALLIS	31m.32 sec	294th	S.COOK	42m.33 sec
101st	N.CLARK	31m.48 sec			

345 Finished.

SUMMER HANDICAP

14th SEPTEMBER.

Due to it being too dark to run the Harrow Way course it was decided to stage the final race over the Foxdown circuit. Winner on the night was newcomer Ed who held off the fast finishing Lee by a second with Lee in turn beating Nicky by two seconds. Sadly Lee's storming PB (14 secs.) was not good enough to take the title as Nicky's 47 second improvement gave her the title by a point. Dave Vosser took third in the league by passing Madeline in the closing stages, thus relegating her out of the medal placings. (No buns for him then).

Fastest runner was Josh with an 11second PB, Dave was second fastest with Lee third. Dave took the time league ahead of Lee with the absent Tim clinging on to third. Down the field Martin Crawshaw recorded his first time on this course since January 1999 (where has he been hiding) while Geoff got his winter underway with a PW.

POS	RUNNER	TIME	H'CAP	ACT. TIME	H'CAP POS
1	E.RYLE	35.36	10.41	24.45	9
2	L.TOLHURST	35.37	14.29	21.08	3
3	N.CLARK	35.39	12.55	22.44	5
4	J.BLISS	35.48	16.34	19.14	1
5	E.TILBURY	35.52	10.41	25.11	10
6	D.VOSSER	35.56	15.25	20.31	2
7	M.VOSSER	36.03	7.49	29.14	13
8	C.WHEELER	36.15	13.27	22.48	6
9	H.VOSSER	36.24	11.02	25.22	11
10	K.VALLIS	36.27	14.32	21.55	4
11	E.SANDALL BALL	37.05	8.26	28.39	12
12	P.PUNTAN	37.34	12.57	24.37	8
13	M.CRAWSHAW	37.43	14.32	23.11	7
14	G.CLOKE	38.18	8.22	29.56	14

1	G.ALEXANDER	15.04
2 =	B. O'BRIEN	17.25
2 =	J.WAITE	17.25
4	M.MATSON	17.52
5	J.O'BRIEN	20.11

FINAL SUMMER HANDICAP TABLES.

	MAY	JUNE	JULY	SEPTEMBER	BEST OF 3 RUNS
N.CLARK	7	12	5	3	15
L.TOLHURST	8	14	6	2	16
D.VOSSER	10	4	7	6	17
M.VOSSER	2	9	10	7	18
C.WHEELER	18	12	2	8	22
K.VALLIS	4	8		10	22
M.WOODS	6	11	8		25
E.SANDALL-BALL	19	2	16	11	29
P.PUNTAN	1	22	18	12	31
G.CLOKE	14	14	4	14	32
T.HARRIS	17	6	9		32
J.O'BRIEN	21	1	13		35
E.TILBURY		21	17	5	43

	TIME LEAGUE				
	MAY	JUNE	JULY	SEPTEMBER	BEST OF 3 RUNS
D.VOSSER	3	2	1	2	5
L.TOLHURST	4	5	2	3	9
T.HARRIS	6	3	3		12
K.VALLIS	5	4		4	13
C.WHEELER	8	7	4	6	17
N.CLARK	10	9	5	5	19
P.PUNTAN	9	10	13	8	27
E.TILBURY		16	11	10	37
G.CLOKE	15	20	10	14	39
M.WOODS	14	18	9		41
M.VOSSER	16	21	12	13	41
E.SANDALL-BALL	17	19	14	12	43
J.O'BRIEN	21	24	15		60

South of England AA 6 Stage Relay Saturday 23rd September from Dave Vosser

Overton Harriers sent a strong team to the prestigious Southern 6 Stage relays with a clear target of improving on their 62nd overall finishing position of the previous year. Dave Vosser lined up on the first leg, and quickly realised that he was in the wrong race when the 2002 - 1500metres Commonwealth champion Michael East joined him on the start line. Mike was lead off man for eventual winners Newham and Essex Beagles. David struggled to maintain his early pace but worked hard to move through to bring the team in 66th position of the 93 starters, handing over to Jamie Jones who ran the two lap course consistently moving the team up to a creditable 55th spot.

Maz Firouzi took the 3rd leg and was very pleased to improve on his previous year's performance especially as he is currently training hard for the forthcoming Abingdon Marathon. Maz handed over to another athlete preparing for Abingdon, Lee Tolhurst, who is gaining with strength and confidence from each race. Lee maintained the clubs 56th spot and was followed by Richard Clifford who also improved significantly over the previous year, again holding the club in 56th spot.

The anchor leg was taken by club stalwart Keith Clark who is regaining his race fitness after a short time away from active competition. Whilst European 5000 metre silver medallist Mo Farah flew round to give Newham & Essex Beagles an easy victory, Keith brought the club home in a creditable 58th position beating last years endeavours by a comfortable 2minutes and 4 places.

Results

Name	Team Position	Team Leg Position	Time		First Lap		Second Lap		Individual Position
			mins	secs	mins	secs	mins	secs	
Dave Vosser	66	59	21	14	10	21	10	54	289
Jamie Jones	55	38	20	24	10	10	10	14	192
Maz Firouzi	56	52	21	33	10	30	11	03	325
Lee Tolhurst	56	55	21	53	10	46	11	07	365
Richard Clifford	56	64	22	37	11	02	11	35	400
Keith Clark	58	70	24	38	11	44	12	53	477
TOTAL			2hrs 12m 17s						

93 teams started and 76 teams finished

Can you name the two famous athletes on the next page seen warming up together at the recent 6 stage championships?"

