

**Overton
Harriers**&
Athletic Club**Overton
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Athletic Club**April 2007 Issue 357**Visit us on our Web Site at www.overtonharriers.org.ukEmail your reports to me at geoff@staddles.fsnet.co.ukor Franny at richard.francis@uk.delarue.com

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FIXTURES.

MAY 5th	SUMMER TACK LEAGUE at BASINGSTOKE	
6th	FORDINGBRIDGE 10k	SALISBURY 10 mile
7th	SHINFIELD 10k	
9th	PROM 5k at PORTSMOUTH	
13th	ALTON 10 mile	MOORS VALLEY 10k
17th	SUMMER HANDICAP	
20th	NETLEY 10k	HOOK 10 & 6 mile
23rd	TRUNDLE HILL 10k	(CHICHESTER)
27th	ROPLEY 10k	
28th	KINTBURY 5 mile	
30th	WOODLAND 5 mile	
31st	MOB MATCH at CLIDDESDEN	

FRANNY'S BITS.

For the first time in many years I have not had to type out a race report, Totton saw the culmination of the Consistency league where Dave & Nicky confirmed their victories. Thanks to Piers for putting the final table on the notice board.

The Honey Pot in Winchester Street was the location for a great Presentation evening with super food and a plentiful supply of wine (for some). Congratulations to all the prizewinners throughout the year with special mentions to Nicky, who added the most improved trophy to the lorry load that she had already acquired and also Helen who was the very popular winner of the Club Person of the year.

The away leg of the Mob match against Basingstoke will take place on May 31st at the usual venue of Cliddesden Village Hall. Our opponents are really up for this event this time and are looking to win both races this year so a good turnout is required. Start time in 7:30pm so please arrive in plenty of time to collect your numbers before the short jog to the start. Please can you sign the sheet on the board ASAP so I can inform Basingstoke of the numbers turning out.

I have finished the fixture list for the summer period, there are copies pinned to the notice board and it is also on the Club web site. If anyone has a race that I have missed please let me know. The first two Consistency races for this year are the Kintbury 5 on May 28th & the popular Winchester 5k on July 19th. The remainder of the league fixtures will be compiled once the dates for the X Country & Road Race leagues are finalised.

Finally I have prepared a list for the Thursday night training sessions, this is on both the web site & notice board, once again, any queries please contact me.

Combe Gibbet 2007

Thank you all for your help with this race. Other than a few minor problems this event seemed to go well. Please let me know of any other problems that you saw or heard about so that we can rectify these for next year. Also, please pass on your thanks to any friends, parents, loved ones etc. who helped out who may not see this.

Keith V. (01256)773255

Hampshire Marathon Championships 2007

This year's championship race will be the New Forest Marathon on Sunday 16th September. I'm hoping to run in this. Anyone else wanting to make up a team? (4 runners I think). If so, there's an entry list on the club noticeboard until mid-June or give me a ring.

Keith V. (01256)773255

Officials Course at Horsepath Stadium Oxford.

On the same day as Maz & Lee were toiling away in the London heat a small group of us travelled to Oxford to get on the ladder of athletic officialdom.

Anna, Martin, Piers & myself took the course to qualify as Level 2 field judges whilst JT took the course in Starting. The theory part of the course covered the duties and behaviour expected from an official, the correct positioning for judging the different field events, event specific information and health and safety.

The afternoon included a practical session with a group of volunteer juniors who attempted to perform every possible foul in all the events, some of the rules have changed since I last took an field judge exam so the new information was a useful refresher. JT then gave the highlight of the afternoon by demonstrating a new use for a starting pistol.

The course was a very useful experience and we now have to judge at four different fixtures to gain our qualification.

Totton 10k Road Race Sunday 15th April 2007 from Dave Vosser

Whilst the UK enjoyed its hottest weekend of the year we were busy ensuring a good team result in the final Hampshire Road Race League meeting of the year at Totton. The BBC Weather Centre reported a temperature of 26C in the Solent which put paid to many ambitions of finishing the season on a personal best.

Mike Bliss was unaffected by the conditions and ran strongly to record 35min28s for 7th over 40 followed by David Vosser in 36min32s. One of the strongest performances of the day came from Richard Clifford who was only 10 seconds short of a personal best, indicating that there is a lot more to come from this young talented athlete. Lee Tolhurst completed the 'A' team just outside 38minutes. Lee ran a composed race with his mind firmly on next week's London Marathon.

One of our track and field stars, Dave Bush, was next to finish but he was literally pushed all the way to the line by Eric Tilbury, who over the years has proved to be one of the Harriers toughest competitors. Brian Hay in 248th and Bob Hawrylak (290th) completed the Harriers 'B' team.

Nicky Clark was first home for the Lady Harriers finishing 6th overall and ensuring a superb 2nd overall in the Hampshire Women's Individual league. Cath Wheeler pushed herself hard in the conditions and was rewarded with 1st lady over 45. Madeline Vosser, who has been improving with every race recently, was also affected by the heat but was only 9seconds slower than her recent personal best achieved at the Eastleigh 10k. Becki Hine completed the Overton contingent in 137th place. The Ladies team finished a well deserved 4th overall.

Men's Results

Time	Name	POS	V40
35:28	Mike Bliss	38	7
36:32	David Vosser	54	10
37:08	Richard Clifford	66	
38:16	Lee Tolhurst	92	
41:45	Dave Bush	174	
41:51	Eric Tilbury	180	V60 6th
43:53	Brian Hay	248	
46:56	Bob Hawrylak	290	

Women's Result

Time	Name	POS	Race pos	V45
37:22	Nicky Clark	6	72	
38:50	Cath Wheeler	10	103	1
42:38	Madeline Vosser	25	206	6
54:39	Becki Hine	51	137	

London Marathon Sunday 22nd April 2007 from Dave Vosser

A record number of runners completed the London Marathon in unseasonal sweltering heat. Overton Harriers had two runners amongst the 36,361 finishers both of whom had been preparing meticulously for the big day however they had not banked on the temperature hitting 21c at midday, equalling the 1996 record.

First home for the Harriers was ‘mighty’ Maz Firouzi, who was unphased by the conditions and clearly enjoyed the event having time to wave at his band of supporters who had travelled from Overton to cheer them on. Maz was hoping to improve on his previous best of 2hrs58min51 recorded at Abingdon last October. Setting off at a confident pace he went through halfway in 1hr23.30 and continued to run strongly throughout the race to finish in a best time of 2hrs54min27.

Lee Tolhurst was also seeking to improve on his Abingdon Marathon best of 2hrs 54, however after a difficult first few miles he soon realised that a personal best wasn’t on the cards but gamely stuck to the task and finished tired but undaunted in 3hrs11min05.

Overton & Andover Club Pentathlon – 8 April 2007 – from Martin Allen

Despite it being Easter Sunday, a good contingent of Overton and Andover members turned up at Andover track for some team bonding prior to the Southern League, coaching on field events and to work off those Easter eggs!

The weather was unseasonably warm as we started the day with a morning of field event coaching. Whilst Piers threw inanimate objects across the field, the rest of us got some coaching on high jump technique from a very enthusiastic Canadian international coach. We were soon doing ridiculous drills and practicing our fall onto the mat, the addition of the bar made things a little trickier, but with a little technique we were all jumping reasonably well and thoroughly enjoyed the experience. Long jump and hurdles coaching followed, and even pole vault for the daring members!

The afternoon saw the competition get underway with the juniors and ladies competing in the 100m, High Jump, Long Jump, Javelin and 800m and the men substituting the track races with the 200m and 1500m. Highlights for our juniors were Emily’s strong 800m run, clocking 2:54 and taking bronze medal for the under 12s; Gavin and Warrens Javelin throws of 12.63m and 12.52m, which put some of us seniors to shame) and Tom’s gutsy performances.

Our vet ladies started with a exciting 100m race, where Cath and Moira were neck and neck to the line, Cath taking advantage of her long stride to win the race in 15.1, a fraction of a second ahead of Moira in 15.2. it was obvious that Cath had her eye on the chocolate prizes as she out jumped Liz and Moira, with Moira clawing back some points in the Javelin with a throw of 15.14m. A confident 800m performance saw Cath take the Gold, with Moira and Liz joining her on the podium. The vet men were much closer in points, with Robert Longley-Cook from Andover taking the top spot with 3180 overall points, leaving Paul and Keith Vallis fighting out for the other podium places. Despite Keith beating Paul on the track with a 1500m of 5:09, Paul came through on the field events to clock 2990 overall points to Keith’s 2940.

The Senior Mens event saw 9 competitors taking part, with the Andover guys outsprinting the Overton contingent to open proceedings. The field events saw Dave Bush coming through the group, taking the techniques learnt in the morning to win the high jump at 1.5m and winning the Javelin with a throw of 30.83m. The top spot was hotly fought as the final event approached, the 1500m, where Nicky decided to join the guys for an exciting race. First to finish in a time of 4:48 was Dave Awde, followed by Keith Clark who worked his way through the pack to finish in 4:55, Dave Bush came 3rd in 4:59 and closely followed by Nicky and James Coney in a photo finish at 5:03. Dave Awde took the gold and Bushy in 2nd overall position. All winners enjoyed chocolate supplied from the Easter Bunny, to top off an enjoyable day which forged our links with Andover for the summer track and field season and rejuvenated a popular event.

Overton Harriers Annual General Meeting 26 April 2007

Present: 24

1. Apologies: Jamie Jones, Audra Dennison, Ian Vosser
2. Minutes of last AGM, 27 April 2006, accepted – ratified: Cath Wheeler, seconded John Thomas
3. Chairman's Report : Mark Dennison
 - Thank yous given to those who have helped the club on the committee, newsletter, race entries, timekeeping, recording, fund raising, race organisation etc
 - Club continues to be respected for its races, but this requires a lot of organisation that the committee are unable to support on their own – Any volunteers to help with any aspect of this, would be appreciated
 - Thank yous given to Dave and Nicky for their work as Captains and on the committee
 - Praise given to the club for fielding teams in all leagues and events, by founder members and new faces, helping promote the club in Hampshire and beyond
4. Club Captain's Overview : David Vosser
 - Thank yous given to Mark Dennison, Moira, Paul Wheeler and John Thomas for organising a successful presentation evening, sorting trophies and conducting presentation
 - 2005/6 HRRL finished 3rd A team, Ladies finished as Champions of Div 2 and also 3rd B team – Trophy given to Richard Clifford, as top B team scorer
 - 2006/7 HRRL finished 4th A team, Ladies survived relegation by 1 point – Individual success with Nicky finishing 2nd overall
 - Hants XC League – A challenge to stay up, required us to beat Stubbington Green (with a membership of over 400) at Wimborne – With only 6 men and the help from Mike and Emma, this was achieved. Individual success from Nicky (2nd overall) and Cath (1st vet for an unmentionable number of consecutive years)
 - Southern Track and Field League – The success of the Overton/Andover partnership helped us finish mid table in Div 3
 - Individual highlights: Andy Hartley's three peaks, Maz's Snowdon fell race, Social events (including Czech trip), Lee winning a fell race, SEAA 6 stage road relay, 2 sub 3 hour marathons at Abbingdon, Cath was Welsh Team Captain at the GB and Ireland Masters Champs, Franny's 5000 newsletter submissions and compliments heard about the club
5. Treasurer's Report : Mike Scoggins
 - Accounts accepted by Piers Punton and seconded by Helen McMahon
 - Successful year financially with excess of income over expenditure of £2270.93, total funds of £7067.88 at 31 March 2007 and approximately £1000 outstanding expenditure
 - Increased income through increased membership
 - Increase in income from XC, from refreshments – thanks to those involved
 - Overton 5 income down due to reduced advertising income and increased race costs
 - 100 Club up, although more members (not necessarily from membership, would be beneficial)
 - Thanks given to all those involved in the club's various fund raising activities, everyone who pay their race entry bills in good time and all who pay their annual subscription promptly
 - After lengthy discussions, the ORC levy will remain similar to last years and therefore no change in subscriptions for 2007/8 – This will be reviewed again next year to see the effect of our new governing body's fees and an expected inflationary rise to ORC levy

6. Election of Officers

POST	NOMINATION	PROPOSED BY	SECONDED BY
President	John Thomas	Paul Wheeler*	Nicola Clark*
Chairman	Mark Dennison	*	*
Treasurer	Mike Scoggins	*	*
Secretary	Martin Allen	*	*
Club Captain	Piers Puntan	Richard Francis	David Vosser
Ladies Captain	Vacant		
Vets Captain	Richard Francis	*	*
Member	Cath Wheeler	*	*
Member	Dave Titcomb	*	*
Member	Jamie Jones	*	*
Member	Helen McMahon	*	*
Member	Anna Vallis	*	*

7. AOB

- Paul Wheeler asked the difference between the SEAA and our new governing body, England Athletics – It was explained that England Athletics will be governing the sport nationwide, although the SEAA will remain as a competition provider
- Helen McMahon said that Overton ‘5’ preparations are well underway and assistance will be required nearer the time to help sell tickets on a Saturday morning
- John Thomas commented that we require more advertisements for the Overton ‘5’ programme
- Emma Scoggins commented that the club should promote the ORC to new members and that the juniors parents should be ORC members – committee to discuss
- Richard Francis asked for contributions to race reports and Mark asked if the members would still like the paper copy of the newsletter printed, as Geoff will be unable to do this in the near future.
- Richard Francis said that the summer fixtures list had been completed and David had put this on the web site
- Richard Francis confirmed the date of the first mob match – 31 May at Cliddesdon Village Hall, for 7:30pm start. Committee to decide on date of return leg.