

NEWSLETTER

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

This Newsletter is typed under Word for Windows 95. Please let Franny have your reports on disk.

Or you can email them directly to me at **Work** geoff.cloke@iptest.com or at

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FIXTURES:

SEPT 4th.	OVERTON 5miles
5th	HIGHCLERE 10km TRAIL.
12th	ALICE HOLT 10km
18 th / 19th	ISLE OF WIGHT FELL RUN WEEKEND
19th	NEW FOREST marathon & half-mar. STANSTEAD SLOG TRAILS
26th	MORTIMER 10km LITTLEDOWN 5mile MEN'S ALDERSHOT ROAD RELAYS
27th	WOMEN'S & YOUNG ATHLETES ALDERSHOT ROAD RELAYS
OCT 9TH	HANTS XC LEAGUE FARLEY MOUNT
17TH	HARDLEY ½MARATHON HANTS RR LEAGUE
30TH	HANTS XC LEAGUE GOODWOOD

FRANNY'S BITS

Nothing much to report this month with summer holidays taking precedence.

The preparations for Saturday's Overton 5 are well underway. If you are not running your assistance on the day will be needed for a multitude of tasks including marshalling, drink stations, recording. Speak to John Hoare, Paul Wheeler or JT, and help us make this event a success once more.

SOUTHERN LEAGUE – BASINGSTOKE – 07-08-2004 from John Hoare

Our home fixture provided us with the best result of the year and was by far the closest and most exiting contest of the season. We were nip and tuck with Wycombe Phoenix all afternoon even though they were our sole opponents. Unfortunately we lost out to them and our second place and high points total was not rewarded with any significant rise in the table for us to gain promotion. On the track we were the top points scorer with a number of impressive results, but in the field events Wycombe paid us the compliment of entering a squad which was far too strong for us.

Congratulations to everyone who took part throughout the season and to all our volunteers who acted as officials, especially on this afternoon when the event ran like clockwork. Many thanks to you all.

		A String		B String		
400m Hurdles	1st	D Bush	66.1	1st	K Vallis	71.5
100m	2nd	J Foulkes	12.1	1st	L Ramsey	12.3
800m	1st	K Hooley	2m 11s	1st	J Whiteman	2m 11s
5000m	1st	J Jones	16m 35s	1st	M. Crawshaw	18m 11s
400m	2nd	D Owde	55.6	1st	J Foulkes	59.0
110m Hurdles	2nd	K Vallis	22.7	2nd	D Bush	22.8
200m	1st	L Ramsey	24.4	1st	J Foulkes	24.8
1500m	1st	K Hooley	4m 32s	1st	M Bliss	5m 05s
3000m S/C	1st	K Vallis	10m 45s	2nd	S McNair	13m 31s
4 x 100m Relay	dnq					
4 x 400m Relay	2nd		3m 43.7s			
Long Jump	2nd	J Reynolds	5.57m	2nd	J Foulkes	5.27m
High Jump	2nd	J Reynolds	1.40m	2nd	D Bush	1.40m
Pole Vault	2nd	D Bush	1.10m			
Triple Jump	2nd	L Ramsey	11.62m	1st	D Bush	11.37m
Hammer	2nd	S Morgan	28.91m	2nd	S McNair	21.57m
Javelin	2nd	C Wightman	34.69m	1st	S Morgan	30.71m
Shot	1st	J Reynolds	10.19	2nd	S Gubby	7.90m
Discus	2nd	S Morgan	28.49m	3rd	J Reynolds	24.47m

STRAGGLERS 7km at BUSHY PARK.

30th JULY.

Just a small flock of Harriers made the journey up the M3 to the suburbs of London to the excellent surroundings of Bushy Park, to celebrate the 24th anniversary of the marriage of Princess Diana to Prince Charles. This race is always well subscribed, and attracts a quality field, which this year included Irish International Sonia O’Sullivan.

Josh was given strict instructions to run an even paced race, which he promptly ignored in order to run stride for stride with Sonia O’Sullivan for the first 2Km before she burnt him off. He slowed down considerably thereafter but held on to win the Juniors race and finish 16th overall. Sonia O’Sullivan, en route to the Olympics in Athens, won the race in a new Ladies record time of 22minutes 47seconds.

Next home was Steve McNair who was delighted with his effort, followed by a not quite on form Eric who still managed to finish 2nd V60. Geoff had a painful run dogged by a sore achilles.

16th	J. Bliss	25m 05sec	1st Junior
95th	S. McNair	29m 24sec	
141st	E. Tilbury	30m 10sec	2nd V60
303rd	G. Cloke	36m 38sec	

534 finished



Intercounties Track Fixture West London 29th August

Aaron Harris and Josh Bliss were invited by Hampshire to take part. Aaron competed in the 1500m finishing in the middle of the field in a modest time of 4mins 24secs. Josh came 3rd in the 3000metres in 9mins 12secs in a race he should have won.

Both boys are suffering from competition deficiency syndrome and expect to run faster over the next few weeks as the winter competition season approaches.