

**&****&****DECEMBER 2004 ISSUE 329**Visit us on our Web Site at www.overtonharriers.org.uk

This Newsletter is typed under Word for Windows. Please let Franny have your reports on disk. Or you can email them directly to me at Work geoff.cloke@iptest.com or at Home on geoff@staddles.fsnet.co.uk

FIXTURES.

JANUARY	
8th	COUNTY XC CHAMPS at DIBDEN
9th	STUBBINGTON 10km
13th	FOXDOWN HANDICAP
16th	GUILDFORD (3G) 10km
22nd	XC LEAGUE at READING
29th	SOUTHERN COUNTIES XC at PARLIAMENT HILL
30th	ROMSEY 5 mile
FEBRUARY	
6th	CHICHESTER PRIORY 10km
10th	FOXDOWN HANDICAP
11 th – 14th	TRAINING WEEKEND in SUNNY BUDE
13th	WOKINGHAM half, MEON VALLEY PLOD 19 ½ mile XC
20th	BRAMLEY 10 mile / 20 mile
26th	GUILDFORD 10km
27th	GUILDFORD half marathon WINCHESTER 10km

If you know of any forthcoming races please tell Franny**FRANNY'S BITS.**

Only a short contribution from me this month as I have to get this in early to Geoff to beat the Xmas rush.

For those who may not have heard, our top deserter of the year Mark Simcox has become a dad, although he is still trying to work out how it happened. Owen Rhys weighed in at healthy 9lbs 13oz. and I am sure that all at the club send Mark and Nicky send their best wishes.

A reminder, yet again, about safety. Please wear light clothing as well as reflective gear, pedestrians can't see you in the dark if you wear a black shirt. Also, could those runners who have to dash between the traffic when crossing at the bottom of Dellands, please let me know what flowers you would prefer at your funeral. Is saving a few seconds during the warm up really worth the risk?

Results of the December handicap will appear in the next newsletter though hopefully up to date league tables will be on the board shortly.

Following the cyclist's race there was another large turnout for the club's Christmas Dinner. This was organized by John Hoare and many thanks go to him for a very successful occasion.

FOXDOWN HANDICAP.**11th NOVEMBER.**

PB's a plenty for the second race of the series, including the first three across the line. Hannah chopped another huge chunk from her best (80 seconds) to record her second consecutive victory and take control of the handicap league. Martin Allen clocked a 73 second improvement on last months time to finish runner up ahead of Piers who was closing him down quickly at the finish. He managed a PB by a margin of 69 seconds but all three should feel no mercy from the handicapper when the next stating list is published.

Fastest on the night was Mark Vardy who had an excellent run to clock an 18 second PB with Dave Vossier taking second ahead of Keith in third. Fourth fastest was Robert with yet another PB (19 sec) while other PB setters were Dan (53 sec) and Rachel (47 sec).

Obviously a good night for running as this was one of the most competitive handicaps for some time with just over 2 minutes covering the field.

POS	RUNNER	FIN. TIME	H'CAP	ACT. TIME	H'CAP POS
1	H.VOSSER	30.31	5.44	24.47	10
2	M.ALLEN	30.38	4.40	25.58	14
3	P.PUNTAN	30.42	5.42	25.00	12
4	M.DELLAFERRA	30.54	5.55	24.59	11
5	A.DENNISON	30.57	6.49	24.08	8
6	Dan EDWARDS	30.58	6.23	24.35	9
7	R.KENCHINGTON	31.04	8.13	22.51	5
8	E.TILBURY	31.08	5.55	25.13	13
9	M.WEST	31.17	3.04	28.13	19 =
10	S.ALLEN	31.29	4.40	26.49	18
11	R.RIDLEY	31.32	9.21	22.11	4
12	D.VOSSER	31.32	9.55	21.37	2
13	M.VARDY	31.33	10.11	21.22	1
14	Dave EDWARDS	31.59	2.50	29.09	21
15	A.PAUL	32.05	5.24	26.41	16
16	E.SMITH	32.10	2.38	29.32	22
17	A.HARTLEY	32.18	9.17	23.01	6
18	G.DUNCAN	32.21	8.56	23.25	7
19	E.SANDALL-BALL	32.37	4.24	28.13	19 =
20	M.VOSSER	33.02	3.08	29.54	23
21	J.THOMAS	33.12	1.08	32.04	25
22	K.VALLIS	33.14	11.09	22.05	3
23	S.McNAIR	33.18	7.07	26.11	15
24	M.CHURM	33.20	6.38	26.42	17
25	S.COOK	33.24	GO	33.24	26
26	D.WICKE	33.45	2.50	30.55	24

CONSISTENCY LEAGUES.

	TOTAL
R.KENCHINGTON	59
A.DENNISON	56
M.VOSSER	50
C.WHEELER	40
R.KINGSBOROUGH	19
M.WEST	19
D.WICKE	18
E.SANDALL-BALL	17
E.SMITH	15
K.BURTON	14

These are the rankings as at the end of November. Sadly I have not received the results of the Victory 5 yet but will update the notice board as soon as they arrive.

	TOTAL
E TILBURY	160
D.VOSSER	140
D.TITCOMB	120
P.PUNTAN	82
J.THOMAS	60
G.ENGLAND	76
M.CRAWSHAW	38
D.MAUGHN	38
M.ALLEN	34
R.FRANCIS	32
A.PAUL	32
Dan EDWARDS	32
S.McNAIR	31
J.JONES	20
M.DELLAFERRA	16
G.CLOKE	13
M.WOODS	12
A.HARTLEY	18
Dan EDWARDS	15
M.ALLEN	14

CYCLIST'S RACE

19th DECEMBER.

Possibly the biggest field ever assembled for this event over what I am led to believe what was a slippery Harrow Way course. The mud did not deter Josh however as he was the only runner to beat the 20 minute barrier to record a half-minute victory over cyclist Dave Meacock. Keith and Dave were next ahead of cyclists Tim Richardson and Martin Howard who in turn were split by our new second claim athlete Mark "Daddy" Simcox. Good to see Bliss senior doing the business again ahead of Greg and Mark Vardy with Cath being first lady home ahead of Rachel. With a large turnout from the club there were other fine fines the pick of which was possibly Dan Edwards who managed to split the Dave Titcomb / ET battle. Obviously several were starting their festivities early though Keith Clark and Dave Bush should note that their times will not be considered by the handicapper when he sets the start list for the first of the Summer series over this course.

1st	J.BLISS	19m 56sec	27th	E.TILBURY	25m 07sec
3rd	K.VALLIS	20m 54sec	28th	H.VOSSER	25m 20sec
4th	D.VOSSER	21m 13sec	32nd	G.CLOKE	25m 49sec
6th	M.SIMCOX	21m 19sec	33rd	I.VOSSER	26m 03sec
8th	M.BLISS	21m 46sec	35th	A.PAUL	26m 33sec
9th	G.ENGLAND	21m 56sec	37th	M.WEST	27m 55sec
10th	M.VARDY	22m 13sec	38th	E.SANDALL-BALL	27m 56sec
11th	C.WHEELER	22m 13sec	39th	N.CLARK	28m 23sec
14th	R.KENCHINGTON	23m 05sec	40th	K.CLARK	28m 23sec
15th	M.CRAWSHAW	23m 13sec	41st	M.VOSSER	29m 24sec
21st	A.DENNISON	23m 44sec	46th	D.BUSH	31m 51sec
24th	D.TITCOMB	24m 36sec	47th	J.THOMAS	32m 04sec
26th	Dan EDWARDS	25m 05sec			

50 Finished. In the team event, with 20 runners per side to count, we ran out victors by 382 points to 444.

Gosport Half Marathon 21st November 2004

This was the 3rd race in the Hampshire Road Race league series and it was particularly pleasing to be able to field two teams. The race was delayed by 10minutes before the start because of traffic congestion, no one but the drivers seemed to be bothered because it really was a pleasant wind free day. This course has a long stretch along Stokes Bay on each of the two laps which obviously can be a struggle on windy days. A very large field of over 850 was led off by our newest lady Harrier Rachel Kenchington who even though in good form slightly over cooked it early on and retired after one lap. Greg and myself took it a little bit more cautiously to run pretty even paced races. All of our runners took the opportunity to make the most of perfect running conditions with Eric in particular improving over his previous years performance by 1 minute.

The team finished 9th in the Hampshire League – further emphasising how important it is to make sure these events are as well supported as possible. Next Event is the Stubbington 10k – this race is over subscribed so if you didn't enter when it was on the board I'm afraid you are too late.

46	David	Vosser	Male Vet 40 - 44	01:21:08
72	Greg	England	Male Vet 40 - 44	01:23:44
155	Andrew	Hartley	Senior Men	01:30:10
158	Eric	Tilbury	Male Vet 60 - 69	01:30:13
203	Dave	Titcomb	Male Vet 45-49	01:33:29
318	Daniel	Edwards	Senior Men	01:39:57
347	Steve	McNair	Male Vet 40 - 44	01:41:27
394	Martin S	Allen	Senior Men	01:43:50
849	finished			

Hampshire League Fixtures

Please Support these Events. We need a good turn out in all of them to stay in Division 1.

9 January 2005	Stubbington	10 Km
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	6 March 2005	Mad March Hare, Christchurch	20 Miles
	13 March 2005	Eastleigh	10Km
	3 April 2005	Totton	10Km
	8 May 2005	Alton	10 Miles
	19 June 2005	Brading	10Km

Committee Meeting. 13/12/04

Present G. Cloke, C. Wheeler, P. Wheeler , M. Dennison
 Apologies J. Jones, N. Clark

Matters Arising.

1. Consider buying a gas tea urn. Geoff to get prices.
2. Helen McMahon has shown interest in taking up vacant post of Secretary.
3. Only one Club place for London received. Draw to take place at Xmas party 23rd from received reject slips.
4. Thanks to John Hoare, Dave Vosser, Keith Vallis, Piers Puntan, Geoff Cloke and Eric Tilbury for marking out the course at Ashe Meadows .

Treasurers Report.

Income: £2703 Expenditure: £498 Current Account: £2474 Reserves: £2044

AOB

1. Cyclist's race 10:30am 19th. 3 prizes with tea and biscuits after.
2. Food needed for Xmas party 23rd. Liz organising.
3. Xmas box for Cleaner and Groundsman agreed.

Meeting closed at 9:15 p.m. Date of next meeting 10/1/05