

**Overton
Harriers**



**&
Athletic Club**

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NEWSLETTER

January 2004 ISSUE 318

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 home geoff@staddles.fsnet.co.uk

FIXTURES:

February	
7th	HANTS XC Lge at WIMBOURNE
8th	WOKINGHAM ½ MARATHON CHICHESTER 10km
12th	FOXDOWN HANDICAP
13 th to 16th	Training weekend in Devon
19th	MEON VALLEY 19.5 mile PLOD
21st	NATIONAL XC at LEEDS
22nd	WINCHESTER 10km SALISBURY 10km
29th	BRAMLEY 20miles & 10 miles
March	
7th	READING ½ Mar.
11th	FOXDOWN HANDICAP
14th	FLEET ½ Mar.
21st	EASTLEIGH 10km
27th	COMPTON DOWNS 20/40 miles
28th	COOMBE GIBBET TO OVERTON
April	
4th	TOTTON 10km

See notice board for further details.

FRANNY'S BITS.

The cross-country league races at Ashe were another successful promotion for the club and many thanks to all of those who helped out on the day. With one fixture to go the senior men's team have an outside chance of promotion from division two but we really have to hope that Winchester turn up with a seriously weakened team. The male Vets. are currently fourth in the table and realistically, that looks where they will finish. The ladies on the other hand lie equal sixth in division one while the all conquering Vets team have only to finish a team in the last fixture to lift the title. Individually Voss is 5th in the men's Vets table, Aaron lies 7th in the under 17's and Josh has a shot at the under 15 title as he is in a three way tie for second place and only one point behind the league leader.

A good turnout will be required for the final fixture so lets get the bodies out.

The training weekend is rapidly approaching and reports about our destination in darkest Devon sound very promising. Lets hope for good weather and some scenic running. Don't forget there is a handicap race the night before we go.

Congratulations to Josh on winning his County title and to Eric for taking a county silver at Stubbington. A lot of stuff is still going unreported so please let me have any news or reports before the last Thursday of each month.

ROAD RACE LEAGUE.

The latest league tables that I have for the Hampshire road race league are only taken up to the Hayling 10. These show the men currently in second place in division two while the ladies are in 5th place in their corresponding division. Promotion for the men is a real possibility and is due to the splendid efforts of Dave Vosser who is ensuring we finish a team in every event.....so, if anyone would like to run the Bramley 20 at the end of February get your name up on the board now.

STUBBINGTON 10km

JANUARY 11th.

This years Stubbington 10 km doubled up as both a Hants. Road race league fixture and the County championships. Following a day after the Ashe Meadows cross-country we were surprised that so many members turned out to make a very busy weekend with no less than six of our members doing both events. Jamie led us home with a moderate race for him in ideal conditions with no rain and only a light breeze coming in off the sea. However he did manage 15th place in an entry of over 1200 with nearly 900 finishers.

Dave Vosser completed a double fixture despite injury problems, which seem to dog him these days. This was, it appears, to be reflected in his moderate time of 37:58. The other Dave (Maughn) seems to be improving with very race and was only half a minute behind Voss. Andy Hartley completed the Road race team of four with a solid run in 77th spot to record 39:18. Eric proved again to be our only prize winner taking 3rd place O/60 overall but took the silver medal in the County championship. Dave Titcomb was only a minute behind and breathing down Eric's neck after being passed by him earlier in the race. Frank made a rare appearance in a road race and seemed pleased with his performance to record 48:50, whilst JT recorded a personal worst for 10km after suffering a period of running on the spot at the beginning having gotten caught up in the sheer weight of numbers.

To complete our interest in the race Belinda managed to achieve her target by ducking under the hour by about half a minute.

15th	J.JONES	34m 46sec	
55th	D.VOSSER	37m 58sec	
66th	D.MAUGHN	38m 32sec	
77th	A.HARTLEY	39m 18sec	
155th	E.TILBURY	42m 34sec	3 rd O/60, 2 nd Hants. champs
189th	D.TITCOMB	43m 47sec	
391st	F.KENNY	48m 50sec	
473rd	J.THOMAS	50m 51sec	6 th 0/65
737th	B.LADE	59m 31sec	

895 Finished.

FOXDOWN HANDICAP.

JANUARY 15th.

The clash with the County Schools meant that most of the junior section gave this one a miss as only 13 finished on a wet night that was so bad that I was actually glad to be at work. Steve McNair did best against the strong currents and rising tide to record a comfortable win with Helen scoring her best position so far in second. Demands for Ian's disqualification had no affect on the handicapper despite the rumors that Ian had stashed a canoe somewhere out on the course.

Fastest was Vosser senior who was 2 seconds quicker than Keith Vallis with Dave Maughn third.

<u>POS</u>	<u>NAME</u>	<u>TIME</u>	<u>H'CAP</u>	<u>ACT. TIME</u>	<u>TIME POS</u>
1	S.McNAIR	32.24	6.53	25.31	5
2	H.HEAP	32.45	5.21	27.24	8
3	I. VOSSER	33.22	7.37	25.45	6
4	D.VOSSER	33.51	11.48	22.03	1
5	D.MAUGHN	33.56	11.27	22.29	3
6	C.WHEELER	33.59	10.45	23.14	4
7	C.BOYLE	34.10	1.57	32.13	13
8	K.VALLIS	34.20	12.15	22.05	2
9	M.WEST	34.26	5.08	29.18	10
10	E.SMITH	34.44	3.49	30.55	11
11	N.CLARK	34.57	7.21	27.36	9
12	J.THOMAS	35.11	3.51	31.20	12
13	E.TILBURY	35.23	8.21	27.02	7

The numerous absentees have made widespread changes to the handicap leagues with several fancied runners being eliminated after missing their second race. The time league is now led by Aaron who is two points clear of Keith Vallis. They have a gap over Dave Maughn with Cath and Voss in with a shout of a medal. The handicap has never been as competitive as this with any one of seven runners in with a great chance of winning it. Despite not running on the night Mark Vardy has replaced Josh at the top but only on count back from Ian. Steve is a point behind with Aaron another point back but all four have missed a race so Cath, Robert and Dave Maughn are all in with a good chance. Does anyone want to run a book on this one? Full tables are on the notice board.

CONSISTENCY LEAGUE.

Another competition that is hotting up as the year progresses. Cath has a firm grip on the ladies league, though a missed race or two would let in Liz who has scored a lot of points recently having competed in the last four races. Audra lies third ahead of the chasing group. The men's table is very interesting with Dave Titcomb having a 14-point lead over ET. Dave needs to maintain his points scoring over the final three races especially with the double pointer at Eastleigh or will Eric sacrifice his title chances to watch his beloved Saints. Greg is having a good season in third and should either of those above him miss a couple he could sneak the title. AGAIN, FULL TABLES ARE ON THE NOTICE BOARDS.

Hampshire Cross Country League Ashe Meadows Overton 10th January from Elaine Smith

Conditions were damp and chilly, but not the bitter cold that we had last year.

Although Overton Harriers have competed in cross country competitions since the club's foundation, I know that some of the runners who turn up at these events have not run cross country since school – not always a fond memory.

I certainly witnessed a few saddened faces crossing the finish line, and as I was walking across the field to the start, I heard a man behind me mention that you could always tell how hard a race was by the faces of the juniors coming back the other way, sometimes in tears. I'm glad to say that I didn't spot anyone in tears on this occasion.

The tea tent brought back fond memories of Girl Guide camp as Cathryn and Belinda huddled behind the display of alluring cakes and sandwiches (it's a tough job, but somebody has to do it.)

Helen Heap put in a grand performance, coming back from injury to finish in 13th place in her age group. I have also included action shots of Cathy and Audra speeding downhill towards the finish line.

Although the leaders set a cracking pace, sometimes the real spirit of the day is the field behind the elite runners, and even the last runner across the line put in an astounding effort. Having remembered the race from last year, I was unfortunately (running?) late and missed the start of the womens' race – oh well...there's always next year!



Results Hampshire Cross Country League Ashe Meadows Overton 10th January

Position	Name	Mins	Secs	Category
4	J. Bliss	15	40	U15 Boys
31	T. Ridley	19	01	U15 Boys
8	A. Harris	23	35	U17 Boys
13	M. Vardy	25	23	U17 Boys
16	R. Ridley	25	56	U17 Boys
8	C. Wheeler	21	46	Ladies
30	A. Dennison	23	33	Ladies
48	H. Heap	24	53	Ladies
54	N. Clark	25	27	Ladies
58	L. Sandall-Ball	25	51	Ladies
86	S. Rowland	28	33	Ladies
92	M. West	29	35	Ladies
30	J. Jones	30	56	Men
44	D. Vosser	35	00	Men
70	G. England	36	35	Men
72	M. Crawshaw	36	50	Men
92	D. Maughan	37	13	Men
93	K. Clark	37	15	Men
129	E. Tilbury	41	17	Men
130	D. Titcomb	41	22	Men
151	S. McNair	43	06	Men
158	D. Henery	44	23	Men

Committee Meeting. 12/01/04

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

Matters Arising.

- 1) London Marathon, places given to A. Hartley & D. Wicke.
- 2) Christmas party, this went well many thanks to all concerned.
- 3) Hants League XC. As no tent was needed we saved having to use club funds. Rugby club did the car parking and raised in excess of £100. Food costs to still be handed in.
- 4) Cyclists race, XC, and handicap all organised by Paul. This was due to John's absence, all went well many thanks also to all the helpers.
- 5) Letter of thanks to land owners for use of XC event, from Geoff.

Treasurers Report

Income	£3328.16
Expenditure	£1551.09
Current	£489.66
Reserve	£3755.66

AOB

- 1) Presentation Dinner, provisionally booked for April 23rd at the golf club. Arranged by John.
- 2) AGM, This will be on Thursday April 22nd.
- 3) Southern league dates and venues are now available.

Meeting closed at 9.10.p.m.
Date of next meeting 9/02/04

BELGIUM 2004

Could you please note that the date for this visit has been changed. Due to problems with accommodation our hosts have altered the date of the race to Saturday 17th April. Thus we will travel on Friday 16th April returning on Monday 19th.

They have requested that we supply them with the names of those travelling at the beginning of March. Therefore could you please let me know by the end of February if you intend to go.

John Hoare

SOUTHERN LEAGUE – 2004

This year we are competing in the re-organised Division 4 West. There are only five fixtures, details of which are:

<u>Date</u>	<u>Venue</u>	<u>Opponents</u>		
May 1 st	High Wycombe	Wycombe	Chichester	Bournemouth
May 22 nd	Reading	Isle of Wight	Wycombe	Winchester
June 26 th	Salisbury	Winchester	Plymouth	Chichester
July 10 th	Bournemouth	Bournemouth	Isle of Wight	Wimborne/Poole
July 31 st	Basingstoke	Chichester	Isle of Wight	Wycombe

Some Juniors Results from Geoff

On Saturday 17 January, 14 year old Josh Bliss and 15 year old Aaron Harris, both students at Testbourne School Whitchurch, together with 16 year old Craig Williams, a student at Brighton Hill School Basingstoke were in action at the Hampshire Schools Cross Country Championships at Ansty Park Alton. The 5.4Km course was pretty well flat, but the going was deceptively tough, due to recent heavy rains.

The three boys went with the initial manic dash, and quickly settled down with the lead group of six. By halfway this group had splintered, with Josh finding himself locked in a battle for second place, and Craig and Aaron fighting for fourth place in a group of three, some twenty metres behind. Aaron dropped off the pace towards the end of the race but still came in a respectable 6th, whilst Craig broke away with about 800metres left, to finish 4th. Josh managed to pull away from his nearest opponent but could not catch the leader, and finished in a fantastic 2nd place. These results mean that all three boys will represent Hampshire in the English Schools Cross Country Championships at Maidstone, Kent in March.

Stubbington Green 10 Km 11th January 2004 Race Report by Frank Kenny

My first outing for about 18 months due to a long-term injury was always going to be tough, both mentally and physically. Leaving Whitchurch in plenty of time the weather looked like it was going to play a major part in the day's events but as I neared the small centre of Stubbington the rain moved away, the clouds broke up and the wind died down to leave an almost perfect mid-winter morning. My main objective of the day was to get round comfortably and to enjoy the experience of racing again.

The organisation at this event is always good and the pre-race atmosphere was very positive and encouraging. Not being sure how I would fare I ran the first kilometre very conservatively, staying toward the back of the main field. As the race progressed I picked up my own pace, passing JT at around 2.5 km and for the next 30 mins I was regularly overtaking people. Even better than that I was running at a consistent pace and enjoying it to boot! All good things come to an end though and as I reached 8km life was decidedly uncomfortable. (Nothing new there then!) The last 2 km were spent in the company of three runners from Gosport and a Portsmouth lady. The sprint finish just wasn't there but I ended up ahead of the contingent from Gosport but behind Portsmouth.

I was very tired but satisfied that I had kept going over the last 10 minutes. I had had a good run for me and, well, that was very nearly the best bit of the day. Drink in hand I headed to the rest of the Overton group and was given a round of applause! Many thanks guys, it was very much appreciated and made me realise just what a fantastic atmosphere there is within the club. It didn't matter what my time was, the fact that I had run in club colours and had the effort recognised at the end was a very nice moment.

From post race chats it seemed that most people had a reasonable run. The weather stayed dry, the spectators were excellent and Stubbington Green Runners put on a very enjoyable race. Together with a very flat course you can see why this draws such a large field. It is a great loosener after Christmas and New Year and long may it continue. Roll on Eastleigh. Who knows, I might even aim for a time there!