



## **NEWSLETTER**

**JULY 2004 ISSUE 324**

Visit us on our Web Site at [www.overtonharriers.org.uk](http://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](mailto:geoff.cloke@iptest.com) or at  
**Home** [geoff@staddles.fsnet.co.uk](mailto:geoff@staddles.fsnet.co.uk)

### **FIXTURES:**

AUG. 1st	MILLAND VALLEY TRAIL. 21km or 6 miles
4th	YATELEY 10km
8 <sup>th</sup>	LAMBOURN 5 mile, MIDHURST 10km , SALISBURY 5-4-3-2-1
12th	FINAL HARROW WAY HANDICAP
15 <sup>th</sup>	BURNHAM BEECHES half-mar.
SEPT 4th.	OVERTON 5miles
5th	HIGHCLERE 10km TRAIL.
12th	ALICE HOLT 10km
18 <sup>th</sup> / 19th	ISLE OF WIGHT FELL RUN WEEKEND
19th	NEW FOREST marathon & half-mar. STANSTEAD SLOG TRAILS
26th	MORTIMER 10km LITTLEDOWN 5 mile

**SEE NOTICE BOARD FOR FURTHER DETAILS.**

### **FRANNY'S BITS,**

As I type this I wonder where the summer has gone, suffering from a cold and sore throat I am finding it difficult to motivate myself out the door for some much needed training. The black clouds definitely do not look very inviting. A good night was had in Winchester where the ladies team missed out on a team prize despite finishing second and hammered the men's team in the process. Several club members won individual prizes and congratulations to them. The preparations for the Overton 5 are well underway, If Nicky has not collared you to sell a few raffle tickets please offer your services, don't be shy. Your assistance on the day will also be needed for a multitude of tasks including course marshalling, please help us make this event a success once more.

### **Committee Meeting. 12/07/04**

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

- 1) Paul to source shed
- 2) Hants XC League at Ashe Meadows will be 15th January

### Treasurers Report.

Income: £625 Expenditure: £358 Current Account: £549 Reserves: £3280  
New Members: Rod Sayers, Mark Dellaferra, Martin Allen were all accepted  
Brading cost the Club £110 in total.

### AOB

1. Southern League T&F Meeting Home Fixture at Down Grange need help
2. Overton 5. We will have 12 Belgians and 6 Czechs. German contingent unknown.  
Glasses will be given to 5miles finishers with medals for Fun Run and Kids Races.
3. Mo Parry has officially resigned to join a Club in N. Wales where he now lives.

Meeting closed at 9:20 p.m.  
Date of next meeting 9/08/04

### HARROW WAY HANDICAP.

8<sup>th</sup> JULY.

A miserable, breezy evening for the third race of the series meant a slightly smaller field. The course was suffering the effects of the previous weeks rain and was quite slippery in places. Hannah had won the opening two races but could only manage 6<sup>th</sup> here, even though her time was the fifth fastest on the night, as Moira took advantage of her favorable starting time to record a comfortable win. Second spot went to Karen who had to work all the way to the line to hold off the fast finishing Keith. His was the fastest time of the night ahead of Mike who is slowly getting back into things. Third fastest was Cath with another solid performance.

POS.	RUNNER	FIN TIME	H'CAP	ACT.TIME	TIME POS
1	M.WEST	28.53	GO	28.53	12
2	K.BURTON	29.48	0.14	29.34	14
3	K.VALLIS	29.52	9.29	20.23	1
4	E.TILBURY	30.20	4.52	25.28	10
5	M.BLISS	30.25	8.28	21.57	2
6	H.VOSSER	30.33	6.15	24.18	5
7	D.VOSSER	30.36	6.20	24.16	4
8	E.SMITH	30.48	1.48	29.00	13
9	I.VOSSER	30.55	6.14	24.41	7
10	A.DENNISON	30.56	6.03	24.53	9
11	M.VOSSER	31.02	2.58	28.04	11
12	M.DELLAFERRA	31.06	6.20	24.46	8
13	C.WHEELER	31.11	9.04	22.07	3
14	R.FRANCIS	31.38	7.14	24.24	6
15	C.DUELL	39.28	2.45	36.43	15
16	D.WICKE	39.31	2.45	36.46	16
17	E.SANDALL-BALL	39.31	2.45	36.46	16

### LEAGUE TABLES.

With one race to go, Hannah leads the handicap league ahead of Josh who has missed one race. Keith and Cath are tied for third spot and the eventual winner should come from these four unless Eric or Dave Titcomb can cause a big upset. Josh leads the time league but cannot afford to miss another race. Keith is only a point behind with Cath third. Full tables are on the notice board.

## ENGLISH SCHOOLS CHAMPIONSHIPS - GATESHEAD - 10 JULY 2004 from Mike Bliss

We had a scare on the Tuesday before these prestigious champs, when Josh again tripped and fell on the track in training and survived with lumps, grazes and bruises(He's fallen down more times this season than JT after a night on the p\*\*\*, or Van Nistleroy in the box)! Despite a rather damp, dull, and fairly windy day, the atmosphere in the stadium was great, with thousands of athletes and spectators cheering on their counties. The Bliss's atmosphere was somewhat tense. Josh was the youngest and one of the slowest on paper, in the intermediate boys 3000m. All 19 qualifiers and entrants started, with eight of them running around cones in the outside lanes for the first bend, for a staggered start.

When the runners merged after the first bend, Josh was once again last - his usual first lap position in the big races this year! Barely in contact with the second to last runner at the end of the first lap, his time was still 68 secs. Very fast! His position was unchanged after the next lap, 800m in 2.19sec. For the next two-three laps, he latched on to a runner we had previously targetted, and together they gradually moved past runners, through four laps(1 mile) in 4.42sec. Unfortunately, with just under three laps to go, Josh dropped off his rival (who went on to finish 6th in 8.52 sec.) and, running on his own, his pace slowed. However, yet another good last lap took him past Alex Derricott, who was undefeated in all the winters major cross country races, and to an excellent 12th place finish, just one second outside his PB.

Ever the drama queen, and shades of Van Nistleroy again, at the finish, Josh had to be carried from the track to the medical room as his calfs had locked solid! The physio tested his high jump ability from a face down, horizontal, couch position, with some well aimed prods and words of, "does this hurt". The moral of this tale is - if you see Josh standing around before training runs or rep sessions, shout at him to "stretch those calfs"!

The offial results of his 3000m, made some interesting reading, and again showed the high level at which Josh has reached. Only one other runner (his targetted rival mentioned above), beat him, from the lower end of the age group, i.e. who will still be an intermediate next year. And the next three finishers behind Josh, had finished 1st, 2nd and 3rd, in the English National XC champs, just four months earlier!

12th Josh Bliss 9.03.2 19ran.

### WINCHESTER 5km

### 15<sup>th</sup> JULY from Richard Francis

An excellent turnout for the second consistency event of the season, I don't know if it was the scenic nature of the course, the pleasant conditions or the fish & chip shop near the finish that attracted so many but everyone one put in full effort over the 2 ¾ lap course.

This was the first time I had seen Jamie in a club vest in a long, long time and he did us proud with a thrilling victory ahead of Basingstoke's Jason Palmer. The club's women then took the glory with Cath showing great form to finish 23<sup>rd</sup> overall and second lady behind Winchester's Michaela McCallum. Ruth had a good run to comfortably beat the 20- minute mark for fourth lady and 32<sup>nd</sup> overall. Audra had her best run for some time and took a few scalps amongst the men's section.

Dave is obviously out to defend his consistency title and ran a tactically superb race to be our second counter. I was under the weather but was quite happy with my run but had the course been any longer Eric would have nabbed me, as I had nothing left at the end. Eric joined the clubs list of prizewinners as he took first spot in his age group.

Mark made a very fast start and paid the price for it in the closing stages. All he needs now is a club vest. Liz took second in her age group with a good run while Adam made a promising "debut" as a senior and is now nagging me about where the next race will be. Madeline did well to break 25 minutes ahead of Elaine and Karen while JT limped away from the race before the presentation with a painful calf injury.

1st	J.JONES	16m 52sec	84th	M.DELLAFERRA	22m 11sec
23rd	C.WHEELER	19m 03 sec	108th	E.SANDALL-BALL	24m 04 sec
32nd	R.KINGSTON	19m 40 sec	122nd	A.FRANCIS	24m 34 sec
54th	A.DENNISON	20m 45sec	127th	M.VOSSER	24m 41 sec
59th	D.TITCOMB	21m 01 sec	146th	E.SMITH	25m 50 sec
64th	R.FRANCIS	21m 21 sec	157th	K.BURTON	26, 47 sec
65th	E.TILBURY	21m 24sec	159th	J.THOMAS	27m 09 sec

### 217 Finished

### **ELITE YOUNG ATHLETES RESIDENTIAL TRAINING CAMP - 12.7.04 to 16.7.04 from Mike Bliss**

The Monday after the English Schools at Gateshead, and via Manchester for the Olympic trials, Josh made the shorter trip to Twickenham for this five day, residential, elite young athletics camp. It was an honour, but also recognition of his achievements, that Josh was invited to attend this training camp, sponsored by the London Marathon and Adidas, at St. Mary's College, Twickenham. The college is a part of Surrey University, specialises in sport, with top athletes attending or training there, and is a rival to the well known Loughborough University. Seventy boys and girls in total, aged from 13 to 16 were invited, from the whole of the UK. Only the top performing athletes from the National Championships in each country and last years English Schools championships, were invited.

Each day started at 7.30am, with a 20 min. easy run and stretching. Later in the morning or afternoon was the main running session, such as 2 x 10 mins threshold (basically race pace, for you and me!); 1 hour fast; interval session; repetition session; etc. The rest of the day and evening was made up of:-

Classroom sessions - on subjects such as, heart rate theory; nutrition and hydration; short term and long term goals; time management; rest and recovery - getting the right balance; diet; designing an interval session; etc.

Gym sessions - such as, stretching workshop; technique and drills; injury prevention and sports massage; core stability; strength and conditioning; hurdle walking and dynamic flexibility; etc.

Talks by and with, elite athletes/coaches - such as, David Bedford (before his involvement with the London Marathon and '118', he was a world record breaking athlete!); Mark Rowland (Olympic steeplechase bronze medalist, UK record holder, and now coach to top athletes); Michael East (selected for 2004 Olympics and commonwealth games champion); Hayley Tullett (selected for 2004 olympics and world championships bronze medalist); Chris Thompson (European under 23 champion and 2004 olympic trials winner); Dave Clark (National xc champion and UK representative in many world xc champs); Georgie Clarke (Australian athlete, Sydney Olympic games semi-finalist at age 15); Sammy Kipketer (Kenyan athlete, who ran a 7.30min 3000m a few days before and, we think, major games representative); Alan Storey (was UK team marathon coach, now UK athletics technical endurance director); etc.

Team games - such as sports and general knowledge quiz; 'Its a knockout' competition; games in the games room, such as pool; ball games and relays; a BBQ; etc.

We think that Josh was apprehensive beforehand, wondering if there would be anyone he knew, whether he could 'keep up' with the other elite young athletes, missing his doting parents and sisters (okay, perhaps not the last couple). Of course, we got no phone calls in the week as to how he was getting on, so it wasn't until we collected him on the Friday that we found out. He had a great time! The organisers and elite athlete speakers, had obviously got it just right, with a blend of hard training, informative classroom/gym learning sessions, fun team games and leisure activities. Far from struggling to keep up, Josh was 'promoted' to the higher age group for the rep. type sessions, rather than be with his peers who had been beating him in the winter cross country championship races. In the fast paced continuous runs, when those two groups merged, he again felt he was handling them better than his own aged athletes.

In summary, Josh has returned more confident. He realises that his peers are 'no better than him'. He may lose to the better runner on the day, but likewise, he may be the better runner. He has learnt and appeared to have taken on board, many things. He is actually stretching and doing other recommended exercises, every day - so the camp must have been good! He also got to meet some of those elite past and present athletes that he had only seen in books and magazines, on the TV, or on the track at the Manchester Olympic trials. Hopefully, there will be more camps such as this in the future. We can now say from experience that at least some efforts are being made to try to bring through a new crop of top class middle and long distance athletes in the future.

### **National Aquathlon Championships Salford Quays July 24 from Geoff**

This was a race that Aaron was determined to win having finished 3rd last year in his first year of the 15/16year age group. In a frenzied start Aaron wisely went off at his own pace in the 400metre swim and to our surprise emerged out of the water in first place. Thereafter the result was never in doubt as he pulled away from the rest of the field to win comfortably in 13mins 30secs, almost 20secs ahead of the runner up.

However Aaron incurred a penalty of 2mins for not placing his wetsuit in the box provided and was consequently relegated to 19th place.

### **London Triathlon Championships Youth's Super-Sprint July 31 from Geoff**

Another good start from Aaron enabled him to emerge from the 400metre swim in first place. But he was soon hauled back as the more experienced bike riders opened up a 30secs gap on the 10Km course. Undeterred Aaron fought back and almost caught the leader as he finished runner up by just 5secs in 35mins 10secs,