

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

July 2006 Issue 348

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

Email your reports to me at geoff@staddles.fsnet.co.uk

or Franny at richard.francis@uk.delarue.com

You can view or print this and previous editions from our website

FIXTURES:

Aug.	2nd	YATELEY 10km PEWSEY 5 mile
	5th	TRACK LEAUGE at BASINGSTOKE
	6th	MILLAND VALLEY 21km MT STURMINSTER half mar.
	9th	PROM 5 mile at PORTSMOUTH
	13th	LAMBOURN 5 mile SALISBURY 5-4-3-2-1
	17th	HARROW WAY HANDICAP
	20th	BURNHAM BEECHES half mar I.O.W half mar DORSET DODDLE 31 mile
	27th	PEWSEY half mar
Sept.	2nd	OVERTON 5 mile
	3rd	HEADINGTON 5 mile READING "ORACLE" 10km
	9th	TEST WAY RELAY
	10th	ALICE HOLT 10km ALDBOURNE 10km HARDY HIKE 16 / 24 mile
	14th	HARROW WAY HANDICAP
	16th	WOODSTOCK 12 mile
	17th	LONGWORTH 10km NEW FOREST marathon & half mar. STANSTEAD SLOG MT
	24th	WORTHY DOWN 10km MORTIMER 10km

FRANNY'S BITS.

Defeat in our home Mob match fixture was off-set by Victory over the two legs. Basingstoke turned out in force and beat us on our own turf for the first time. I have been asked to pass on their thanks for our hospitality on the night and their intention to take the trophy next year. Many thanks to those who helped on the night with timekeeping, marshalling and the BBQ, which I am told was very tasty.

Looking on the Runners World web site recently a new starter asked what he would get from joining a running club. Answers included cheap race fees, shower facilities, coaching and access to a track.

Not mentioned was something that was very visible amongst the Overton contingent at the Winchester 5k. Team Spirit, with everyone staying near the finish area to cheer their mates home, the banter in the queue at the Chip shop, the loudest cheers at the Prize Presentation and of course the very sociable post race drink at the Black Boy pub.

The Overton 5 weekend is fast approaching, please can everyone make a concerted effort to sell all of their raffle tickets as this provides a major part of the funding for this event. If you think you can sell a few extra tickets please contact JT as I am sure he has a few books to spare.

Up to date Consistency leagues are on the notice board, once I receive the dates for the cross country league fixtures I will prepare the completed fixture list.

COMPTON DOWNS CANTER 6.4 miles 2nd JULY from Franny

This event was originally advertised as 6 “country miles” and was later officially measured at 6.4 miles. Held in conjunction with a village fete it brought back fond memories of the Grove road race and started and finished in the center of the village before heading off road for a large loop along the Ridgeway path before descending back for the run in through the village to the finish. Entries were “on the day only” and with the entry desk only opening an hour before the start and with England v Portugal kicking off two hours later it was no surprise that only 26 runners started.

The weather was very, very, very hot and the long climb soon thinned out the field with Keith making a good start and trying to stay in contact with the leaders. After a mile plus of steady climbing the course soared up an even steeper climb to the top of the Ridgeway with it’s spectacular views. Bob Taylor of Newbury passed me shortly after this point on a descent to the half way drinks station.

The following climb was like Ladle Hill with knobs on. The rutted chalk surface reflected the glare of the sun and there was no shelter to be found, reaching the “top” we found a left turn leading onto a concrete road and another half-mile drag. Keith managed to take a wrong turn on the final descent but the field was so spread out that I don’t think he lost any position as he crossed the line in 4th place. I had a fairly good run considering the conditions to finish a sun burnt 8th.

This was a nice, low-key run that may have benefited from an evening start time. Two runners failed to finish and a second drink station might have been a good idea considering the weather.

4th	K.VALLIS	43 min 53 sec.
8th	R.FRANCIS	47 min 31 sec

24 Finished.

Yateley 10k July 5th from Tim Harris

Having turned up for the 9th June race, to discover it was full, I ensured a place for the July & August races by booking on line the next day! However, minor panic at the prospect of missing the July race kicked in when I was sitting in a traffic jam on the M3 just past Basingstoke, with half an hour until the gun.

I arrived at Yateley School with 5 minutes to go, had a much needed pee which seemed to last forever, and joined the 649 other runners with about 2 minutes to spare. I said my hellos to Dave Maughan and we were off.

The race went fine apart from a 5 minute stretch at around the 6-7K mark, when for some bizarre reason about 10 people overtook me, with great ease. I managed to keep some of them within my sights, and clawed (sped) past 3 of the accused in the last 100 metres. That’ll teach them!

Dave was happy with his performance having just returned from a week long stag do in Las Vegas!

60th	T.HARRIS	38min 48 sec
105th	D.MAUGHAN	40min 42 sec

649 Finished

Elstead Run Friday 7th July 7.00pm from Tim Harris

PLACE – Small village in Surrey

DISTANCE – 5 miles-ish

TERRAIN – Everything – tarmac, dirt paths, sand tracks, cobble stones, cow fields with 2-3ft reeds & grasses (divots big enough to hide all but the largest cattle) and a river!

WEATHER – Hot

COMMENTS – Quite a laugh really

I found out about this race from friends who live there. I turned up not knowing what to expect. There were a fair number of club runners, but I'm guessing most were from the local area.

At 7pm about 120 of us set off. After 1km, just as we were heading towards the woods, I realised I was in the top 12 and I might do alright here. I soon passed a group of 3 local lads (lots of cheering for them at the start) who were fading fast – particularly the one wearing the bright yellow basketball top down to his knees and carting enough loose change in his pockets to pay for all the cars in Basingstoke multistorey for a day! Within another km or two I was in fourth place with the front 3 all in sight. At this point a bizarre thought suddenly popped into my head – I could win this! Having caught up with the 3rd runner (from Aldershot), we trundled along together possibly gaining on the lead pair, until about mile 3. Then things suddenly changed, I became tired! Who wants to be first anyway? Once you've won a race everyone expects so much from you, second would be great.

5 minutes later as we lost sight of the leader, and we began to loose ground on the 2nd chap, I found myself saying “bronze is good”. I mean silver is like being second best – the bloke in front won and you lost. Another 5 minutes and the sand tracks turned into massive Sahara Desert sand dunes, but not for the Aldershot runner. Yep, 4th position was becoming far more attractive. Let's face it, bronze isn't even a precious metal. It's an alloy made from copper and tin. Dog food, baked beans and pineapple rings come in tins! Being the best of the rest is far more prestigious.

With this thought in mind I had a stern word with myself and even consolidated my final glorious 4th place with a sprint uphill to the finish line. Definitely a race to do again.

Overton Harriers and Andover Athletic Club Match Report: Southern League Track and Field Division 3 Match 4 at Guildford Sat 8th July 2006 from Dave Vosser

Overton Harriers and Andover Athletic Clubs combined track and field team faced their stiffest opposition of the season when they were matched against strong teams from Chichester, Metropolitan Police and Stubbington Green for the penultimate match of the season.

Unfortunately due to the fixture clashing with the English Schools championships the team were without the likes Phil Berntsen and James Folkes. However, it did give a number of athletes an opportunity to shine in events that they would not normally be asked to run in.

Richard Pitcher moved up to the 'A' string 100metres event and ran well to take 3rd place, supported by newcomer Joash Robinson who finished 4th. Chris Jones made a welcome return to competition by competing in both the 400metre Hurdles and the 400m flat claiming 3rd spot in both events.

Star of the day was Dave Awde, who delivered an awesome set of performances including a personal best in the 110metre Hurdles. Dave won the 800metres comfortably and also competed in the 200metres finish 2nd, the Pole Vault and he ran the fastest leg of the teams 4 * 400metres relay.

Harriers Club captain, David Vosser narrowly missed out on a victory in the 800metres just being beaten into 2nd place in the final few strides, he later finished 4th in the 1500 supported by Keith Clark making a return to competition following a calf muscle injury.

The consistent Jamie Jones ran in a very strong 5000metres field to finish 3rd, this was the first time this season that Jamie had not finished in the top 2. Keith Vallis showed great club spirit by winning both the 5000metres 'B' string and the 3000metres 'B' string earning much needed points for the club. One of the best performances of the day went to Maz Firouzi, who recorded a personal best by over 10secs to break 10minutes for the first time in the steeplechase. Maz has been making excellent progress in this event in only his 2nd season of track competition.

The combined team, once again struggled for points on the field events with notably performances coming from Ollie Lindridge in the shot and an injured Jeremy Reynolds in the Long Jump. However the shortage of field event men and the strength of the opposition meant the club fell behind the opposition to finish 4th overall.

The final match of the season will be held on Saturday 5th August and both Andover and Overton are desperately seeking competitors to cover field events in particular the High Jump and Pole Vault. If any one is interested in finding out more information please contact ether David Vosser for Overton Harriers or James Coney for Andover. Full contact details are on the clubs web sites. www.overtonharriers.org.uk and www.andover-athletic.co.uk.

1st	Chichester	142 pts
2nd	Met Police	139 pts
3rd	Stubbington Green	120 pts
4th	Overton & Andover	103 pts

Mob Match v Basingstoke AC.**13TH July.**

24 runners turned out for the club in this return fixture that saw our 25 visitors scoring a well deserved victory on the night by 72 points, however, our winning margin of 99 points in the opening fixture saw us taking the trophy again with 29 points to spare.

First home was David Fry who completed the double in a good time on a very warm evening. Maz put in a good performance to beat Dave Vossler by 11 seconds with Mark Simcox, who was making his racing come back following his injury in the Combe Gibbet run, taking 4th ahead of Matt Slaney and John Burrell. Overton filled the next four places before Basingstoke filled the next seven places to set them-selves up for victory.

2nd	M.FIROUZI	19m 28 sec	29th	R.FRANCIS	23m 52 sec
3rd	D.VOSSER	19m 39 sec	30th	H.VOSSER	24m 01 sec
7th	T.HARRIS	20m 30 sec	32nd	D.EDWARDS	24m 14 sec
8th	K.VALLIS	20m 31 sec	33rd	E.TILBURY	24m 22 sec
9th	L.TOLHURST	20m 46 sec	35th	D.WICKE	24m 51 sec
10th	R.CLIFFORD	21m 05 sec	37th	M.WOODS	26m 28 sec
18th	C.WHEELER	21m 55 sec	38th	E.SANDALL BALL	26m 37 sec
20th	A.HARTLEY	22m 09 sec	39th	G.CLOKE	26m 59 sec
21st	N.CLARK	22m 22 sec	40th	M.VOSSER	27m 14 sec
24th	P.PUNTAN	22m 56 sec	43rd	M.RANSOM	28m 02 sec
27th	K.CLARK	23m 20 sec	44th	M.WEST	28m 35 sec
28th	G.DUNCAN	23m 42 sec	48th	J.O'BRIEN	32m 30 sec

49 Finished.**HANDICAP RESULT.**

The second Summer Handicap was combined with the Mob Match and saw quite a few runners improve on their time from last month. The most obvious was Jade who sliced a huge 5 min 43 secs. off her best to finish a clear winner on the night. Liz has a history of out witting the handicapper and was another to make a big improvement to take second, Maz's fine run earned him third spot ahead of Dave.

Pos.	Runner	Fin Time	H'Cap	Act. Time	Time Pos.
1	J.O'BRIEN	32.30	GO	32m 30 sec	24
2	E.SANDALL BALL	33.13	6.36	26m 37 sec	19
3	M.FIROUZI	33.19	13.51	19m 28 sec	1
4	D.VOSSER	33.30	13.51	19m 39 sec	2
5	R.CLIFFORD	33.48	12.43	21m 05 sec	6
6 =	T.HARRIS	34.41	14.11	20m 30 sec	3
6 =	D.EDWARDS	34.41	10.27	24m 14 sec	15
8	K.VALLIS	34.44	14.13	20m 31 sec	4
9	M.VOSSER	34.46	7.32	27m 14 sec	21
10	A.HARTLEY	34.52	12.43	22m 09 sec	8
11	M.WOODS	35.03	8.35	26m 28 sec	18
12 =	C.WHEELER	35.06	13.11	21m 55 sec	7
12 =	N.CLARK	35.06	12.44	22m 22 sec	9
14 =	L.TOLHURST	35.10	14.24	20m 46 sec	5
14 =	G.CLOKE	35.10	8.11	26m 59 sec	20
16	G.DUNCAN	35.13	11.31	23m 42 sec	12
17	D.WICKE	35.18	10.27	24m 51 sec	17
18	K.CLARK	35.20	12.00	23m 20 sec	11
19	H.VOSSER	35.21	11.20	24m 01 sec	14
20	R.FRANCIS	35.23	11.31	23m 52 sec	13
21	E.TILBURY	35.42	11.20	24m 22 sec	16
22	P.PUNTAN	35.53	12.57	22m 56 sec	10
23	M.WEST	36.07	7.32	28m 35 sec	23
24	M.RANSOM	36.37	8.35	28m 02 sec	22

TADLEY 10km 16th JULY from Franny

Despite the very warm weather, over 200 runners turned out for this race though only four club members toed the line. Lee is running well at the moment and was first harrier home in a highly respectable 15th place, the hilly nature of the course and the temperature are reflected by his time that was approximately a minute below his PB.

Andy decided to leave his rucksack, map and compass at home for this race and was next home with yours truly having a better than expected run to anchor the team into third place (only the winners got a prize). It was good to see Alistair running again after his lay off and he must have been quite pleased to make the top half of the field in such testing conditions.

15th	L.TOLHURST	38m 42 sec
28th	A.HARTLEY	41m 10 sec
43rd	R.FRANCIS	43m 49 sec
91st	A.PAUL	49m 20 sec

216 Finished.

WINCHESTER 5km. 20th JULY from Franny

A great night, with no less than 19 club vests on show for this popular race. The course reverted back to it's original twisting loop round and through the Cathedral and along the banks of the river Itchen. The finish was also subject to a late change with several tight turns in the last 70 meters. The marshalling for this Concept Sport organized event left a lot to be desired and made for some interesting race reviews on the Runners World web site.

The evening temperature was still very warm and a fast start was necessary to beat the crush at the corner leading into the Cathedral close. Choisty Tolhurst led the charge and finished in a superb 16 place overall, he was closely pursued by Richard who is happily returning to his pre London Marathon form. Andy had a good run to narrowly hold off Keith Vallis with Cath taking first in her age group a further 12 seconds back.

She in turn was hotly pursued by Nicky who maintained her great run of form. Keith made a rare race outing finishing just ahead of Piers with me someway further back with a rampant Eric breathing down my neck as he won his personal battle with the very fast starting Dorothy as they both won their respective age group. Mick was another to make a rare racing appearance while Liz and Madeline recorded the same time, as both took second in their age groups.

Mark ran a fine debut race ahead of Helen who in turn had a clear gap to Gail who was also making her club debut. It has been along time since JT last raced, it was good to see him back but he missed out on an age group prize despite finishing first in his age group thanks to a couple of nippier 70+ year-olds getting in front of him. Michelle completed the club interest with a solid debut to finish well inside 30 minutes.

16th	L.TOLHURST	17m 42sec	76th	D.WICKE	20m 56 sec
18th	R.CLIFFORD	17m 51 sec	100th	M.WOODS	22m 31 sec
31st	A.HARTLEY	18m 34 sec	109th	E.SANDALL BALL	23m 19 sec
33rd	K.VALLIS	18m 40 sec	110th	M.VOSSER	23m 19 sec
37th	C.WHEELER	18m 52 sec	154th	M.RANSOM	25m 39 sec
44th	N.CLARKE	18m 56 sec	162nd	H.MacMAHON	26m 16 sec
46th	K.CLARK	19m 21 sec	186th	G.EVERSON	27m 15 sec
49th	P.PUNTAN	19m 29 sec	190th	J.THOMAS	28m 58 sec
67th	R.FRANCIS	20m 26 sec	186th	M.MATSON	29m 25 sec
70th	E.TILBURY	20m 37 sec			

244 Finishers.

TEAM RESULTS

MEN

1st	WINCHESTER	30 pts.
2nd	SOUTHAMPTON	39 pts
3rd	OVERTON "A"	52 pts
7th	OVERTON "B"	104 pts
9th	OVERTON "C"	203 pts

19 Teams

WOMEN

1st	WINCHESTER	8 pts.
2nd	SOUTHAMPTON	26 pts
3rd	OVERTON "A"	28 pts

9 Teams

Moel Siabod Fell Race (15th July 2006) 6.2miles 2500 feet from Dave Vosser

Ian was due to take his Grade 3 Canoe instructors certificate at Plas-y-Brenin, National White Water Centre in Capel Curig, North Wales over this weekend so we decided to take the opportunity to do a bit of hill walking. However, just as I'd finished my lovely cooked breakfast our landlady at the B&B just happened to mention that there was a fell race starting in Capel Curig and running up Moel Siabod.

I just couldn't resist the temptation, so at 2pm I joined around 150 odd fell runners in a simple straight up and back down course. All runners had already been instructed "for insurance purposes" to wear a bum bag containing emergency provisions. I had no intention of camping at the top so ignored the Welsh Fell Runners association advice but soon noted after the start that the majority of the leading runners simply complied with the rules by carrying an empty bum bag.

Moel Siabod is a mountain in Snowdonia and sits isolated between the villages of Betws-y-Coed and Capel Curig. I am told that from the top you can see 13 of the 14 highest peaks in Wales without turning your head, however the demands of racing soon took hold and I forgot to take in the scenery.

The Race almost immediately enters Forestry Commission land and follows a variety of dirt tracks and footpaths before exiting onto the grassy northern side of the mountain before reaching a rocky path which occasionally required the use of hands. Going up was great fun reaching the top in around 8th place in 36mins, however I got completely hammered by experience runners on the way down eventually finishing 15th but very pleased to pick up 1st over 40.

The aftermath of this race was something that I had never experienced before, my quads were so smashed from the descent that I simply could not even attempt to run until 6 days later – I'm hoping to go back and have another go next year though.

Hannah also ran in the Junior race, comfortably taking the first female prize.
Result David Vosser 15th, 150 ran 60min12 1st over 40.

Wedding Day 7K July 28, from Geoff Cloke

Great inaugural run from Piers Puntan to finish 79th in 29mins 13secs. Eric Tilbury had a satisfying run dipping under 30 minutes to finish 95th in 29mins 57secs. Dorothy Wicke was 2nd F45 and 124th overall in 31mins 9secs. Geoff Cloke was 199th in 33mins 55secs, and John Thomas was 402nd in 41mins 45secs.
There were 517 finishers.

Overton 5 Results from 1989 to 1997

Ian tells me that these are now on our website, but he is missing 1998 & 1999. Can anyone help?

IMPORTANT DATES FOR YOUR DIARY

Hampshire Cross Country League Dates 2006/2007

Sat 7 th October	Farley Mount	Winchester	
Sat 11 th November	Goodwood	Chichester	
Sat 2 nd December	Ashe Meadows	Overton	Home Fixture
Sat 6 th January	Memorial Park	Basingstoke	County Champs
Sat 13 th January	Prospect Park	Reading	
Sat 10 th February	Wimbourne	Hamworthy	

Hampshire Road Race League Dates

<u>race</u>	<u>Date</u>
Overton 5m	2nd Sept 2006
Hardley a Half	15th Oct 2006
Gosport half marathon	19th Nov 2006
Hayling 10m	26th Nov 2006
Victory 5m	3rd Dec 2006
Stubbington 10k	14th Jan 2007
Ryde 10m	28th Jan 2007
Mad March 20m	4th Mar 2007
Eastleigh 10k	25th Mar 2007
Totton 10k	15th Apr 2007

Please also think about putting your name down for the Southern Relay championships to be held over the 23rd / 24th September at Rushmoor Arena. Men's 6 stage, Vets 4 stage and Ladies 4 stage – so everyone is required! We will also go drinking after this event. Names on the board asap please. Speak to David Vosser if you have any questions.

Late News from Dave Vosser and Maz Firouzi

Mighty Maz Conquers Snowdon (full report to follow from Maz)

Result Maz Firouzi 67th 1hr27min16

Ascent 47th 53m29

Descent 131st 33m47

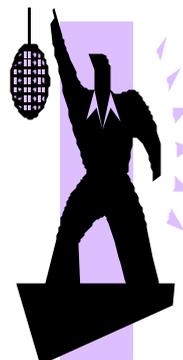
Interesting set of splits!

Here is my result from my Snowdon race, you know that I was actually ahead of the two girls running for the England team for a lot of the time. When going uphill they just reached the summit 1 min before me; got overtaken on the last stretch. If it hadn't been for a Welsh runner that really motivated me and informed me that the worst part was over, I probably would have died hehe!

Overton Harriers Summer Party

Test Valley Golf Club – Saturday 2 September 2006 - 7pm

Following the success of last years Overton 5 Event, I hope you can join us at this years celebrations, which is being held at Test Valley Golf Club



Only £15 per person (children £7-50)

Price Includes:

- Pimms/ Juice on arrival
- Barbeque buffet on the terrace, overlooking the 18th green (including a variety of meat /vegetarian options and accompanied by a selection of potato dishes, and a variety of salads)
- Desert
- Disco!!!!

If you would like more information, please speak to Martin or Anna

If you would like to attend, please complete the attachment and return it with your payment, to Martin or Anna, by Thursday 10 August.

Overton 5 Summer Party – Test Valley Golf Club - 2 September 2006

Name :

Number of Adults: (Vegetarians:)

Number of Children:

Amount Attached (cheques payable to Overton Harriers & AC): £