

**Overton
Harriers**



**&
Athletic Club**

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NEWSLETTER

June 2004 ISSUE 323

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:

JULY 4th	TADLEY 10k	WINCHESTER 5 mile Race for Hope
7th	YATELEY 10k	PORTSMOUTH 5km
8th	SUMMER HANDICAP	
10th	TRACK & FIELD LEAGUE at BOURNEMOUTH	
11th	NEW FOREST 10mile	
15th	WINCHESTER 5k	CONSISTENCY
18th	THRUXTON 10k	
30th	BUSHEY PARK 7k	
AUGUST 1st	MILLAND VALLEY TRAIL 21km or 6 miles	
4th	YATELEY 10km	
8th	SALISBURY 5-4-3-2-1	LAMBOURN 5mile MIDHURST 10km
15th	BURNHAM BEECHES half marathon	

FRANNY'S BITS.

A varied month with a good mix of track and road races. The men's team confirmed their runners up spot in the Hampshire road race league after completing the final fixture at Brading. The new season commences with our very own road race in September. With the dates of the cross-country fixtures confirmed I hope to have the full consistency league on the notice board shortly.

A reminder to those who missed it in an earlier newsletter or on the notice board, the next consistency race is the WINCHESTER 5K on July 15th. This is a popular evening event near to home and entries are taken on the night.

A great turnout for the return Mob match enabled us to over turn the deficit from the first fixture to snatch a narrow victory. Thanks to Geoff and his wife for manning the barbecue in rather damp conditions, to Liz for organising the food, John Hoare and JT for the results.

KINTBURY 5miles.

MAY 31st.

I made a late decision to run this race having been at work the night before when maybe I should have gone to bed instead. Unfortunately I have not received the results for this event but then again a lot of my mail appears to be going missing at the moment.

A fair turnout from the club endured very warm conditions that made the long opening climb even less enjoyable than normal. First home was Greg with another good run with Cath finishing next to, I believe, take the first lady prize. Steve McNair has been putting in some secret training and had a storming second half to first pass me, and then Eric with one of his best runs in a long, long time. Eric had a comfortable margin over me as I paid for a too fast start. Dave Titcomb completed the club scorers with a slightly below par run following a hard run the previous day.

One more club vest was on show as old club member Mick Moule decided to run this fairly low-key event and seemed pleased enough with his run. Hopefully we will see him at a few more races during the summer. If anyone has the results for this race please could you let me have a copy?

MOB MATCH.

JULY 1st.

Lets just say the club puts on some pretty memorable races, as everyone who got caught in the monsoon like conditions will testify. Josh went round so quick he must have finished before the rain came down as he recorded an easy victory. Aaron was runner up with a comfortable margin ahead of the first Basingstoke runners. Keith Vallis left the baby buggy behind and narrowly missed the 20-minute barrier in 5th while other good runs came from Mark Vardy and young Hannah. Good to see Mike easing himself back into action whilst promising to be showing Josh the way round soon.

The runners farther back suffered the worst of the conditions with the Lynch resembling a river in places so well done to all those who finished.

The impressive turn out of 25 runners enabled us to win on the night by 80 points, this gave us an aggregate total of 630 points against Basingstoke's 644 meaning a narrow winning margin of 14 points.

1st	J.BLISS	18m 33sec	24th	D.TITCOMB	23m 34sec
2nd	A.HARRIS	19m 30sec	27th	D.VOSSER	24m 12sec
5th	K.VALLIS	20m 03sec	28th	H.VOSSER	24m 17sec
9th	M.VARDY	21m 08sec	30th	E.TILBURY	26m 10sec
10th	M.CRAWSHAW	21m 15sec	33rd	N.CLARK	26m 54sec
11th	C.WHEELER	21m 28sec	35th	M.VOSSER	27m 34sec
13th	A.HARTLEY	21m 52sec	36th	J.HODGE	27m 38sec
15th	M.BLISS	22m 04sec	37th	E.SANDALL-BALL	27m 47sec
16th	D.BUSH	22m 05sec	39th	M.WOODS	28m 29sec
17th	K.CLARK	22m 07sec	41st	E.SMITH	28m 44sec
18th	D.LIVINGS	22m 08sec	42nd	K.BURTON	30m 32sec
19th	M.DENNISON	22m 16sec	43rd	M.WEST	30m 32sec
23rd	R.FRANCIS	23m 18sec			

44 Finished.

A lot of races over the next few months with quite a few being held in the evenings. If you hear of any events not on the list please let me know or better pick up a couple of entry forms and put them in the rack next to the notice board.

The track and field team have made a promising start to the season with two second places so far. The league has been re-structured this season to reduce the traveling distance so why not go along to one or more of the remaining fixtures and give the lads a cheer.

Brading 10K from Dave Vosser June 20.

Harriers promoted to Division One.

Promotion to division one of the Hampshire Road race league was finally secured in the last race of the season at Brading on the Isle of Wight. Seven team members with as many supporters travelled over early to the Isle of Wight to make the 11.00 o'clock start. Fortunately the rain held off until after the finish, when a number of the party were sensibly ensconced in the Snooty Fox Pub in Brading.

Cath was the star of the day easily taking the first lady prize, but still being comfortably beaten by Paul. The men's team was led home by Jamie followed by Paul and Keith; Steve McNair completed the team with a strong finish passing Mark in the last 2k. Eric completed the Harriers contingent.



Eric Tilbury – Our most regular performer

Results

Brading 10k	20/06/04	Time	
Jamie Jones	5th	00:34:21	
Paul Wheeler	36th	00:37:46	
Cath Wheeler	40th	00:38:10	1st Lady
Keith Clark	50th	00:39:37	
Steve McNair	80th	00:42:21	
Mark Dennison	87th	00:42:41	
Eric Tilbury	117th	00:44:55	

Full results <http://www.rydeharriers.co.uk>

Mens Southern League News

Match Result Only Saturday 26th June 2004 Match 3 at Portsmouth

1	Overton Harriers	167 points
2	Plymouth	140
3	Winchester	101

A fantastic turn out, boosted by the Andover contingent (thanks to James Coney) ensured we completely demolished the opposition on a wet and windy afternoon at Portsmouth. Plymouth came to the match unbeaten but soon discovered a third win was not on the cards. With two matches left this has put us in a strong position for promotion. Full results will appear next month

29 & 30 MAY Under 17 MEN 1500 metres - SOUTHERN CHAMPIONSHIPS at WATFORD from Mike Bliss

This was always going to be tough to qualify for the final, with the quality of the opposition. It was made tougher still when we found that there were three heats of twelve runners in each, with only the first three from each and the three fastest losers, to progress to the final the following day. Aaron was first off in arguably the toughest heat. Despite a 67 sec. first lap, he was last, and a 68 sec. second lap saw him only pick up some places. A 72 sec. third lap meant he could only maintain his position, though a gutsy last 300m brought him home in 7th place in 4.19.40sec. Aaron seemed to be working hard throughout, without it really clicking. Though with other pressures, such as GCSE exams, it is not surprising that he wasn't at his best.

Josh was in the final heat. He decided to give everyone else a head start by practically stopping after 10 metres to let everyone else go ahead, before joining in at the back. Afterwards, he said that having been tripped over after the start in his first track race of the season, he was worried about getting tripped again. Dad was not pleased! However, even with this slight delay, his first lap was 66 sec., though he was still last. A 68 second lap saw him take a couple of places and at the bell (3.07sec), he was in about seventh place, but with a large gap to the next runner. But this was groundhog day, and in almost a replica of his English Schools heat last year, he ran a storming last lap so that with 10 metres to go, he was neck and neck with a lad and battling for the third (qualifying) place. But this was ground hog day (remember) and once again, he suddenly stopped and practically walked over the finishing line. Though we couldn't see it from the other side of the track, Josh said that the other lad had put a leg out in front of him (cut him up) and he had to brake sharply to not trip up. Ever the nice guy (he needs toughening up), Josh did say, "he didn't mean it. He apologised afterwards". Us older and more cynical veterans may think that perhaps it was deliberate! The official times showed that Josh finished nearly a whole second behind his rival - a large amount in 10 metres. However, he had still run a 65 sec. last lap and ended up with a PB of 4.12.24 sec. He had also qualified for the final by just one third of a second, as the 'slowest', fastest loser.

The following day, the final was very much a case of just trying to run another PB. Being at the bottom of the age group, We had not really expected him to make the final, and being there, he had nothing to lose, being the slowest in the race. Once again, Josh went straight to the back of the field. This time though, it was due to the fast pace of the race and not deliberate, with his first lap being a rapid 64 sec. However, his next was a 68 sec. and though still last, was right behind a close bunch of five runners. To get a PB, he needed to pick the pace up, and luckily he heard my shouts to do so. Josh immediately overtook the group and was leading them at the bell in 3.04 sec., although they were still tightly bunched with him. The first five were well ahead, but a 67sec last lap would get Josh another PB. Once again, that last lap was almost identical to his English Schools final. A number of runners tried to pass Josh but each time he held them off. Again, down the final straight he was neck and neck with a rival, but this time held his form to finish in a fantastic 6th place. His last lap was again 65 sec. and he achieved a new PB of 4.09.52sec.

The quality of the race can be seen by the fact that the winner, Laurence Cox of Aldershot, broke the championship best that had stood for 29 years, with 3.55sec. Second place was Adam Hickey, who was unbeatable in cross country and who has won numerous national titles. One second ahead of Josh was Gary Bradbury who had won the silver medal in last years English Schools. Still 14 years old and only 7 weeks too old to still be in the under 15 age group, rather than the under 17, this obviously bodes well for Josh next year when he will still be in the same age group.

6th Josh Bliss 4.09.52 (12 ran) In the heats - 7th Aaron Harris 4.19.40 (12 ran).

Committee Meeting. 14/06/04

Present G. Cloke, C. Wheeler, P. Wheeler

Apologies N. Clark, G. McLaughlin, M. Dennison, J. Jones,

Matters Arising.

- 1) Shed in hand with Paul

Treasurers Report.

Not available

AOB

- 1) Discussion over incorrect use of Harrier's ORC membership.
- 2) Geoff to attend Hants XC AGM and offer Ashe Meadows for an event.

Meeting closed at 8.50 p.m.

Date of next meeting 15/07/04

Hampshire Schools T&F Championships Portsmouth June 12 from Geoff

Aaron and Josh elected to run in the 3000metres because they considered that it was their best chance of achieving the qualifying time for the English Schools, of 9mins 4secs. Both boys ran in the Intermediate category, but their race was run in conjunction with the Senior Boys, giving them the advantage of getting a fast time. Josh decided to track the race leader and started with a suicidal 65second lap, whilst Aaron elected for a more cautious start with a 70second lap. Josh continued to track the leader until lap 5 where he found himself on his own battling to keep to his schedule. By this time Aaron was also dropping back finding the pace too hot to handle. Although he was slowing, Josh managed to keep up the pace to win his category and finish in a time of 9mins 2secs inside the required qualifying time. Aaron was runner up in the same category in a time of 9mins 15secs.

Intercounties T&F Championships Tonbridge June 19 from Geoff

This was a much better run from Aaron in the 3000metres. He tracked the leaders and with 300metres to go broke away and won the race in 9mins 10secs.

CZECH TRIP

We have received an invitation from our friends in the Czech Republic to visit them in October to take part in their 10K road race. This will be held on Saturday 9th October. We will be travelling over to Prague on Friday 8th and returning on Monday 11th. Anyone interested please contact John Hoare on 01256 770489 or sign the notice on the club notice board.

Hampshire Cross Country League Meetings 2004/2005

October 9, 2004 Farley Mount

October 30, 2004 Goodwood

November 27, 2004 Reading

January 22, 2005 Overton

February 12, 2005 Wimbourne

Please note that the Ladies distance has been increased to 6Km by popular demand.