

**Overton  
Harriers**



**&  
Athletic Club**

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## June 2005 Issue 335

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

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

### FIXTURES

JULY	6th	PORTSMOUTH Promenade 5km YATELEY 10km
	9th	TRACK LEAGUE BASINGSTOKE
	10th	NEW FOREST 10 mile
	13th	GIBBET HILL 10km HASLEMERE
	14th	HARROW WAY HANDICAP FOLLOWED BY A BRING YOUR OWN BARBECUE
	17th	TADLEY 10km THRUXTON 10km
	21st	WINCHESTER 5 km
	27th	FINCH COASTERS WOODLAND 5 mile series
	29th	BUSHEY PARK 7km
	30th	TRACK LEAGUE BOURNEMOUTH BRIGHTSTONE 10 mile (Isle of Wight)
	31st	DOWNLAND 30mile CHALLENGE West Sussex
AUGUST	3rd	YATELEY 10km
	7th	MILLAND VALLEY 10km & 21km MT LAMBOURN CARNIVAL 5 mile
	10th	PORTSMOUTH promenade 5km
	14th	MIDHURST 10km SALISBURY 5-4-3-2-1
	15th	HARROW WAY HANDICAP
	21st	ISLE OF WIGHT half mar.

### FRANNYS BITS.

A busy few weeks with road races of various distances, Multi terrain races, and of course Track & Field where our team continues their push for promotion. The fixtures for the Consistency league are now on the notice board and are included elsewhere in this edition. If you can see any glaring mistakes on my part please let me know sooner, rather than later.

The next fixture is the ever-popular Winchester 5km, which is normally a 3-lap race through the city center and around the Cathedral. This is held on a Thursday evening and the club always gets amongst the prizes, especially the ladies. Fish and chips are compulsory after the race.

Another convincing victory for the track team at Swindon pushes them ever closer to promotion. The next fixture is at Basingstoke on July 9<sup>th</sup>. Hopefully there will be a nice crowd turning out to cheer them on. The final match is on July 30<sup>th</sup> at Bournemouth.

**CONSISTENCY LEAGUE FIXTURES 2005/6**

May 10th	ALTON 10 mile	
July 21st	WINCHESTER 5km	
October 8th	HARDLEY half marathon	*
October 16th	XC League at FARLEY MOUNT	
November 5th	XC League at GOODWOOD	
November 20th	GOSPORT half marathon	
November 27th	HAYLING 10 mile	*
December 4th	VICTORY 5 mile	*
December 18th	CYCLISTS' Race	
January 7th	XC League at READING	*
January 14th	HANTS XC Championship	
February 25th	BRAMLEY 10 mile	
March 5th	MAD MARCH 20 mile	
March 19th	EASTLEIGH 10km	*
April 9th	TOTTON 10km	

**Events marked with a \* are the Club Championships.**

**Netley Abbey 10km - 15th May from Becki Hine**

A scenic course and a sunny spring morning were both omens for a good run, together with the promise of a fast and flat course. The flat course did have one fairly long "undulation" though, which unfortunately you had to run up three times. Jamie was the first club member home, putting in an impressive performance and just being pipped at the post in the sprint finish to finish 5th overall. Becki was next in her second road race for the club, finishing just outside a PB, followed by David who hung back to lend moral support to his wife who was also competing.

Results

	<u>Position</u>	<u>Name</u>	<u>Time</u>
Men -	5th	Jamie Jones	33m 33s
	221st	David Titcomb	1hr 5m 58s
Ladies -	57th	Becki Hine	54m 5s

223 men and 132 ladies finished.

**Finch Coasters Woodland 5, my Alternative Running Schedule Event! ☹ 25<sup>th</sup> May, from Greg England**

I should have known there was something strange about this event when I saw the directions.....meet in Broadmoor car park!? Don't let anyone ever tell you this is an easy 5 mile run; it's neither easy nor 5 miles! The starter gave away the inaccuracy of the title when he mentioned that the race was *about* 5 miles .....or 5.5 .....ish! One runner with a GPS receiver calculated that it was more like 9.8K. I'm not so disappointed with my time now!

However, it has to be said that it is a well-organised event, with good marshalling, on a pleasant woodland course. It is advisable to check the course out first though; otherwise, like me, you could suffer the embarrassment of sprinting past the young fit bloke in front of you only to realise that there is another half lap to go!

Dave and I tried to do our bit for the Overton cause, but Martin insisted on running incognito.....Leighton who?? There are two more races in the series, on 29<sup>th</sup> June and 27<sup>th</sup> July. Well worth a trip to Crowthorne if you fancy a mid-week race.

Results

10 <sup>th</sup>	Greg England	37:17	(3 <sup>rd</sup> Vet)
36 <sup>th</sup>	Dave Maughan	41:40	
151 <sup>st</sup>	Martin Churm	52:41	

192 finished

**Woodland 5, 29th June, by Greg England**

This was the second in the series of three Woodland 5's, hosted by FinchCoasters. The race is held over the "undulating" (and long!) woodland course near Broadmoor. Unfortunately no other Harriers made the journey up the M3. This final race is on Weds 27th July; hopefully we'll get a bigger turnout then!

Greg England 37:13 9th (3rd Vet)  
There were 184 finishers

The second handicap of the summer was run a week later than scheduled so as not to clash with the Brading 10k. Apologies to anyone who did not hear of this change in dates. Dorothy is having a purple patch as she made it two out of two as a 56 second improvement from last month gave her a comfortable winning margin. It was close for second place with Jill managing one of her finishing kicks to hold off the fast finishing Keith Vallis. Bliss looks to be getting up to speed again as he led home a blanket finish with six runners covered by only ten seconds. Time wise it was Keith who took the spoils with a sub 20 minute clocking ahead of Mike. Most improved Greg took third spot ahead of Cath and Rachel.

Many thanks to John, Emma and Mick for dealing with the time keeping and results, it must have been quite hectic at times with all the close finishes, just over 2 minutes covered the first 18 home.

Pos	Name	Time	H'cap	Act. Time	Pos on Time
1	D.WICKE	31.09	5.58	25.11	15
2	J.HILLS	31.48	7.10	24.38	11
3	K.VALLIS	31.49	11.51	19.58	1
4	M.BLISS	31.57	11.37	20.20	2
5	R.KENCHINGTON	31.59	10.07	21.52	5
6	M.ALLEN	32.01	8.46	23.15	8
7	A.DENNISON	32.01	8.31	23.30	9
8	C.WHEELER	32.04	10.25	21.39	4
9	D.MAUGHAN	32.07	9.44	22.23	6
10	M.CHURM	32.18	4.03	28.15	18
11	D.EDWARDS	32.27	7.27	25.00	13
12	I.VOSSER	32.29	7.28	25.01	14
13	S.ALLEN	32.34	7.53	24.41	12
14	G.ENGLAND	32.43	11.37	21.06	3
15	J.THOMAS	32.53	0.00	32.53	20
16	M.VOSSER	32.56	4.32	28.24	19
17	N.CLARK	33.12	7.10	26.02	16
18	K.CLARK	33.12	9.44	23.28	10
19	A.HARTLEY	33.31	10.47	22.44	7
20	E.TILBURY	35.09	7.53	27.16	17
21	G.CLOKE	37.34	0.00	37.34	20
22	M.WEST	38.06	3.20	34.46	21

Five juniors also ran the handicap course and for most it was possibly the longest run that they have attempted. All can feel very pleased with their runs considering the tough nature of this course.

A.RUDGE	31m 10 sec
D.LANGDALE	31m 41 sec
E.REID	32m 00 sec
J.O'BRIEN	37m 15 sec
E.WRIGHT	37m 26 sec

### **Brading 10k June 19, from Dave Vosser**

Overton Harriers managed to finish the Hampshire road race league in style at Brading on the Isle of Wight last Saturday. With a possibility of relegation from division 1 it was crucial that we finished in the top six teams on the day. The Jones brothers Jamie and Chris ensured that any fears of relegation were soon forgotten as they both took on a strong field of over 220 to finish 7th and 14th respectively. Chris demonstrated his commitment to the club's success by having to briefly stop mid-race for a bout of sickness and then recover to maintain his position.

Club Captain David Vosser finished 18<sup>th</sup> and 3<sup>rd</sup> over 40 to complete the team, the 'A' team finished just outside the medals in 4<sup>th</sup> spot but guaranteed division 1 status for another year. Greg England, voted most improved athlete of the year, continued to impress by claiming 33<sup>rd</sup> spot just in front of our latest signing Maz Firouzi. In total 11 men completed this tough course on a particularly hot day.

The Ladies, however, collected the most prizes on the day with the ever consistent Cath Wheeler taking 3<sup>rd</sup> Lady and 44<sup>th</sup> overall just 9 seconds in front of Rachel Kenchington with Audra Dennison completing the team who were narrowly beaten into second place by the strong Winchester team.

#### Full Race Results

##### Brading 10 km Road Race 19/6/2005 Men's Results

Men		POS	M
0:35:06	JONES, Jamie	7	7
0:36:19	JONES, Christopher	14	14
0:36:41	VOSSER, David	18	18
0:38:53	ENGLAND, Greg	35	33
0:38:55	FIROUZI, Mazeyar	36	34
0:44:08	ALLEN, Martin	85	73
0:44:34	TILBURY, Eric	89	77
0:46:30	ALLEN, Stuart	115	94
0:48:03	EDWARDS, Daniel	128	105
0:51:38	VOSSER, Ian	154	122
1:00:20	THOMAS, John	202	146
Women		POS	W
0:40:09	WHEELER, Catherine	44	3
0:40:18	KENCHINGTON, Rachel	45	4
0:43:00	DENNISON, Audra	74	10
0:47:17	CLARK, Nicola	121	22

#### Lowe Alpine Mountain Marathon (LAMM) 17-19<sup>th</sup> June 2005 from Dave Maughan Location: Isle of Mull, Scotland

After a rather bleak winter on the running front and a notable absentee at OHAC I needed a new challenge to focus the 'training'. In late February the Lowe Alpine Mountain Marathon seemed to be a good idea. For those of you unaware (not many I guess) this is a 2-day orienteering exercise in the Scottish Highlands the exact location of which you do not find out until 2 days before on the event website. There are 6 categories ranging from Elite to Novice with A,B,C,D in the middle. Being new to this kind of event my team mate and I agreed that the 'D' class would do for us! This was 25.2km on Day 1 with 1030m of ascent and 19.1 km on Day 2 with 1020m of ascent. Oh yes the other thing is you have to carry your kit for an overnight which includes a Tent, Stove and provisions! Being a Southern Softy, Cockney and West Ham supporter I was obviously going to fit in with these battle hardened Walsh shoe wearing types! I naturally traveled up to Glasgow by Plane to meet the coach pickup at 7.30 on the Friday. At this point all we knew was that the location was Oban. After over 2hrs on the coach we arrived at the Ferry port and realised that we were actually getting on it and our weekend would be spent on the Isle of Mull. We then arrived at the Event Centre where under 'drizzly' rain we put up the Base camp tent and registered.

The next morning saw some frantic activity in the Portaloos before embarking on this adventure. Two laminated A2 size Maps were given to us and we were driven to the start. Leaving the coach and walking (sorry running) to the start a stream was crossed where water went straight in the trainers..something that became immaterial. The 9 grid references were plotted and we were off!

Initial travel was combination of fast walking and running. The terrain was long grass, Mud and holes as we contoured at about 200 metres. The Day got a little worse as the rain got heavier but you basically keep moving and there is not much time for sightseeing! By about half way on the first day we were doing ok. No major navigational errors and plodding up and down, running slopes and jumping through streams. Climbs of 200-300 metres would present some challenge but it is amazing how a Jelly Baby can just give you the right boost! As we neared the end of the First day a lot of groups were forming and the last checkpoint was nicely placed in a gully on the side of a hill that you had to climb down to register your SI-Card. Then a final push into the overnight campsite across bog, peat, reeds and water covered me in well..crap basically. 7hrs 20 minutes.

The overnight campsite was a sort of Glastonbury of fit hard people dressed in Cotswold camping's finest. There's your moaners, storytellers, smug types, done it before's, agony stricken and scared all in this overnight village. Initial washing was completed in the stream as competitors assembled for this activity something akin to the banks of the Ganges! Then it was supptime – Spaghetti with a Tomato sauce and Tuna followed by Custard chocolate crepes...all tasted absolutely fantastic. A cup of hot chocolate as the Saturday results were put up and we were in 17<sup>th</sup> place..not bad..over 100 entries. I must mention the toilet facilities which were basic and brutal to anyone with a shed of dignity. A trench was dug out and without getting two graphic 'squat' skills were required for any substantial download..just what your thighs wanted!

Day two saw us up at 5.30 hoping to get a 6.30 start. We packed everything up and as the previous day picked up our grid refs. Any thoughts of an 'easy' day were quickly dispelled looking up at our first 300m climb into the clouds. We made it to the first checkpoint and were quickly moving on to the next one. The next one saw us covering ground by a river where just keeping on your feet was proving difficult. We then had another climb to reach the checkpoint and everyone ploughs on. Checkpoint 2 to 3 saw our 'Alp Duez' – 600 m climb of a ridge that just went on and on we actually went to the summit at 768m before descending trying to locate the very descriptive "Stream Re-entrant". After locating Checkpoint 3 we contoured and stay'd high to reach Checkpoint 4. From here 5,6, and 7 were gathered quite closely together and crucially descending. The last checkpoints saw morale up and running. We buzzed checkpoint 7 and then it was about 1km taped to the Finish. At 6hrs 20 for Day 2 were completed and received a hot meal from Wilf's catering. It was a great two days and certainly toughened me up in the hills. We all got back on the Ferry and left Mull where I spoke to one bloke from Bracknell (Finch Coaster actually) who was driving back that afternoon. However, he probably got back before me as my flight was delayed till 2300 and I actually got in my door at 1.30 am... Love it!

### **Overton Harriers Match Report: Southern League Track and Field Division 4 25<sup>th</sup> June 2005**

Overton Harriers continue to dominate their division in the Southern League after a record breaking third consecutive match victory at the weekend. With just two fixtures remaining, the Harriers are looking to secure promotion at the next match in Basingstoke on Saturday 9<sup>th</sup> July.

Once again Andover athletic club based athletes, coached by James Coney, provided vital support to the Harriers. The Man of the Match award went to Andover star James Folkes who gained six individual victories two relay victories and two personal bests.

Maximum points, with double wins, were also gained in the 5000 metres (Jamie Jones and Mike Bliss making a welcome return to the track), 1500metres (Phil Berntsen, setting a personal best time, and David Vosser), 400m Hurdles (Chris Jones and David Vosser). Lud Ramsey, together with James Folkes dominated all the Sprints and Jumping events taking double victories in the 100metres, 200metres, 400metres, Long Jump and Triple Jump.

Patrick James, in his second match for the Harriers, won the Pole Vault and took an individual win in the Hammer. Chris Jones continues to benefit from increased track training by winning the 400m Hurdles and comfortably winning the Steeplechase and then rounding the day off by setting the 4 x 400metre relay squad up with an unassailable lead. The honour of the glory leg was given to Phil Berntsen, who ran confidently to bring the Harriers home to a superb victory. Overton's next match is at Basingstoke on 9<sup>th</sup> July with the final fixtures on July 30<sup>th</sup> at Bournemouth. Overton Harriers progress and full results can be found on the web at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk).

Final Match result:-

1 <sup>st</sup>	<b>Overton Harriers</b>	<b>162</b>
2 <sup>nd</sup>	Bournemouth	118
3 <sup>rd</sup>	Poole Runners	66
4 <sup>th</sup>	Team Southampton	47
5 <sup>th</sup>	Winchester	0
6 <sup>th</sup>	Weymouth	0

### **2005 Thame 10k result Sunday 26<sup>th</sup> June from Dave Vosser**

Another excellent result from Ian Ford.

13th Ian Ford Overton Harriers 4<sup>th</sup> Veteran Men 00:35:31  
754 finished

### **Yateley 10k results Wednesday 1<sup>st</sup> June from Dave Vosser**

	Overall Position	Time	Category position
Hartley Andrew	46	37:56	S 33
Firouzi Mazeyar	69	38:41	S 46

Please remember to send your results in to either Geoff, Franny or David Vosser. We really do want to know what our club members are up to!

### **Hampshire Cross Country League dates 2005/2006 from Dave Vosser**

You may recall at the AGM, I mentioned that we had three targets to achieve.

- Stay in Division 1 of the Hampshire Road Race League – Achieved
- Win Southern League Division 4W Championship – Nearly!
- Get promoted to Division 1 of the Hampshire Cross Country League (see below)

The only way we can do this is to make sure we have full attendance at the following events. We have in the past started the season poorly and as a result struggled – so let's change that. Please put these dates in your diary.

Teams of 5 to score for the Men (A and B teams), 3 for ladies ,all vet categories and Men 'C' teams.

	Date	Venue	
Match 1	Saturday 8 <sup>th</sup> October	Farley Mount	Winchester
Match 2	Sat 5 <sup>th</sup> November	Goodwood	Chichester
Match 3	Sat 3 <sup>rd</sup> December	Ashe Meadows	Overton
Match 4	Sat 14 <sup>th</sup> Jan 2006	Prospect Park	Reading
Match 5	Sat 11 <sup>th</sup> Feb 2006	Wimbourne	Hamworthy

### **Competition Florida Style from Dorothy Wicke**

So how does the Billy Bowlegs Midnite Run appeal to you? Or the Hurricane, Bushwacker, Blow the Whistle, Hot to Trot, Great Pumpkin, Boggy Bayou Sunrise Run or Hog's Breath 5Ks? If you fancy a run with a strange name, late at night or very early in the morning, in temperatures of 80+ degrees Fahrenheit and 90+% humidity, then north-west Florida is the place for you.

I love it, and made sure my holiday this year coincided with both Billy Bowlegs and the Gate-to-Gate.

The G2G is from the east to west gates of Eglin Airforce Base and is in its 20<sup>th</sup> year. This year over 1,900 participants pounded the 4.4 mile course. Its held early on memorial day and patriotism is the order of the day. The race starts with the singing of the national anthem and at the 1 mile mark everyone drops a red carnation on the Veterans' Memorial as a way of honouring all those who died in defence of the nation. It ends with all the beer you can drink and black beans and rice for breakfast. Not for the faint-hearted or weak stomached!

Billy Bowlegs, on the other hand, is in honour of a local pirate of times past. It's run at night, in darkness, heat and high humidity with the heady scent of tropical flowers wafting heavy in the air. This one ends with lots of beer and pizza. The partying continues 'til 2am under the stars.

Both races were great fun. I brought 2 trophies home with me for 1<sup>st</sup> Female Grand Master in each race. G2G in 32:37. Billy Bowlegs 22:09. The fastest times in the G2G were 23:56 female, 21:54 male. For BB it was 18.34 female, 16.11 male.

The local running club is the Northwest Florida Track Club and can be found at [www.nwftc.com](http://www.nwftc.com). Do have a look!

