

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

June 2006 Issue 347

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:

JULY	1st	COMPTON 6 mile
	2nd	DIDCOT 5 mile KENNET 10 miles (DEVIZES)
	5th	YATELEY 10km SERIES , BARBURY CASTLE 5 mile, PORTSMOUTH PROM. 5km
	8th	TRACK LEAGUE at GUILDFORD
	9th	NEW FOREST 10 mile
	15th	MAIDEN CASTLE 6.5 mile
	16th	TADLEY 10km CHICHESTER 38km MT Challenge
	20th	WINCHESTER 5km
	23rd	WALLINGFORD 13km SURREY SLOG half mar.
	26th	WOODLAND 5 mile SERIES
	28th	WEDDING DAY 7km at BUSHEY PARK
	29th	SWANAGE half mar.

PLEASE... If you have any race reports and any other articles that may be of interest you can now E mail me at:

richard.francis@uk.delarue.com

FRANNY'S BITS.

A bumper edition this month, many thanks to those who have contributed reports this month.

The Road Race reached its climax at Brading with the women's team rounding off a great campaign by taking the Division 2 title. Not to be out done the men managed to hold off Stubbington on the day to take overall 3rd spot in Division 1 and the B team took 3rd as well. Combined with the Individual placings this will definitely be one of the highlights of the year.

The first race of this year's consistency league was the Alton 10; the next race will be the Winchester 5k on July 20th. An entry list is on the board but entries are normally available on the night, the league then goes into hibernation for the holiday period. A full list of Consistency fixtures will be posted as soon as I get the dates for the X Country fixtures.

I have compiled a more detailed fixture list running to the end of the year, I appreciate that the print is rather small but a clearer version is available on the club web site.

The return Mob Match against Basingstoke is scheduled for July 13th in conjunction with the monthly handicap around the Harrow Way. Start time for all is 7:30 but please turn up early to get your number.

Thanks to Andy Hartley for still having the energy to write the longest paragraph in newsletter history.

Three Peaks April 29th 2006 Horton in Ribblesdale, Yorkshire

I'd decided the previous January to do this legendary 24 miler which meant I had to make sure I'd done some proper fell races over the next 12 months to get an entry. Last year saw me do the 20 mile Axe to the Exe, Golden Cap in Dorset, the 17 mile Borrowdale in the Lakes and the Isle of Wight Fell running festival. With the right times and races I could at least enter. Next came the training; unfortunately my January to April perfect training schedule saw a heavy workload, more marital 'difficulties', colds, a groin pull and some very cold weather all intervene. The humiliation of seeing Franny go past in the Mad March 20 left me bruised and in many ways gave the absolute kick up the arse I deserved. It was strange but he never mentioned that I beat him easily in the Gibbet. Anyway I got myself into some sort of shape. My final 3 hour training run up on to the Ridgeway was particularly brutal however I now knew I could do it.

We went up on the day before and stayed in a local pub. It was a lovely room; very clean with fine views of the fells spoilt only by someone leaving their toenails on the bedside table!

Anyway the day dawned fine with a decent forecast. As soon as you got there you knew you had entered a different world of walnut-skinned men and women of indeterminate ages with the fells very firmly tattooed into their leathery skins. Lots of 'How do' acquaintance renewing around me left me feeling even more isolated and Southern. Keighley Harriers, Clayton le Moors, Ilkley, Bowland, Dark Peak; all the big fell running clubs were represented and one vest from Overton. I did a half-hearted warm up and lined up. Once again I questioned my sanity; I was scared about whether I could complete it and what horrid accidents could befall me en-route. The three peaks in question of Pen-y-Ghent, Whernside and Ingleborough are all formidable enough but together in one race it looked tough. A quick check of kit from the mountain rescue people and we were off. A half-mile of road before the climb up Pen-y-Ghent. It had suddenly got warm and the limestone track up to the base of this slope was steep and rutted. I was soon sweating hard and my legs felt heavy. I couldn't go too hard either; it was going to be a long day in the saddle. I got to the first summit in 42 minutes which was about right. The descent was hard work with lots of jagged boulders that were blurred behind the waterfall of sweat that was coming out of me. I'd seen the eventual winner Rob Jebb descend as I was still ascending. I can't understand why there aren't more deaths; he was in freefall down a steep rocky path. Incredible. We then had an undulating hour to the Ribblesdale viaduct which I know many of you are familiar with. I had my first food stop here before the ascent on Whernside. After crossing a stream and going up a short rise we then dropped down to what you might call 'a bit of a damp patch'. The bloke in front of me ran at it and went in up to his middle. Thick black bog mud covered him. I was little more hesitant but even at walking speed I still went in up to my thighs. We then had to drag ourselves up the North face of Whernside. Indeed, the last section was on all fours scrambling up the tussocky grass, lungs burning, thighs screaming in pain, back aching so much you doubt there can be a worse pain and then you reach the top. It was now around 2 hours and 30 minutes in and I was knackered. The descent was easy but annoyingly rocky and I was passed by many less tired or braver than me. However I pulled back many on the road section to the next check point but I did feel flat and the final climb looked hard. However yet another lucozade, dextrosol tablets, water and a couple of jelly babies later I was off. The climb was steady until we hit a stone ladder. Very tall steps and full of hikers. However I felt a little brighter all of a sudden and was suddenly passing people and this continued all the way to the final summit. Arms raised I gave a little whoop before the final drop. This was about 5 miles of rocky path but by now I was flying. I passed 30-ish people in the last few miles. My legs felt fine and I knew I could at last extend my lungs. Others were finishing less well as the rather busy St Johns ambulance tent proved. One of the last blokes I passed asked where Overton was and when I told him he said "Where does tha' train then? On the town hall steps?" Such Northern wit. As you finish you are handed a little print of all your split times which is good and this gave me something to look at while I lay down for 20 minutes. I slept well that night and for the whole week after my quads felt very sore but I did it. That sense of elation and satisfaction is only just receding several weeks later. The race is a legend and a great challenge with lots of running and not too much navigation so that even southerners can manage it. What next though?

Time: 4 hours 32 minutes 46 seconds. Position 224 out of 441 starters

ROPLEY 10k. MAY 28th from Franny

After struggling with a hamstring injury since London I decided it would be a good idea to race myself back to fitness. Ropley on Sunday with Kintbury the following day seemed a feasible test but all it proved was how unfit I really was. With a target of beating 45 minutes the first kilometer up hill on a warm, sunny morning was a big eye opener and I struggled from the start. Clocking 4:30 for the first km my splits dropped off gradually and by 7k I was reduced to almost a 5-minute km. By this point I was heading for my slowest ever 10k but thankfully the course took on a seriously downhill direction that helped me scrape inside 45 minutes.

Brenda, on the other hand, made a fine debut over this very testing course, clocking very even splits early on. She too managed to pick up the pace over the last 3km and was delighted to take 20 seconds off her previous best to finish 27th woman and 19th in her age group.

91st	R.FRANCIS	44min 38sec
213th	B.HARVEY	51min 56sec

380 Finished.

KINTBURY 5 miles. MAY 29th from Franny

The following day and another course with a long uphill start on another warm morning. There was a good turnout for this increasingly popular race with the start being delayed slightly for late entries thanks to an incorrect start time being advertised in one of the major running magazines. Mike showed that he is getting back into form as took the Vets. prize as he finished 3rd overall, Rachel took the Women's title with a great run to beat the 30-minute barrier whilst Cath took second in her age group as she held off Martin, who clocked an impressive PB. Richard seems to have put London behind him and kicked a few butts (mine included) and closed the team in 4th spot. Piers had a very close finish over Eric as they both ducked under 33 minutes and there was a slight improvement from me as I managed to drag myself up the last climb to narrowly get the better of Dave. All of us managed to beat Josh, whose name, mysteriously failed to appear in the results list.

3rd	M.BLISS	27min 34sec
16th	R.KENCHINGTON	29min 50sec
25th	C.WHEELER	30min 45sec
29th	M.ALLEN	31min 00sec
35th	R.CLIFFORD	31min 39sec
49th	P.PUNTAN	32min 57sec
50th	E.TILBURY	32min 59sec
62nd	R.FRANCIS	33min 50sec
64th	D.TITCOMB	33min 55sec

242 Finished.

Hayling Billy 5 miles 14th June from Dave Titcomb

The 14th June saw the running of the Hayling Billy 5 mile race on a very pleasant evening. This is a well established race along the disused Hayling railway line and is 2.5 miles out, around a pole, and back again. The track runs along the side of Langstone harbour and is about as flat as it gets. I was hoping for PB but soon realised that in the absence of Eric or Franny to chase I started to look at the scenery rather than for blue vests! I finished in 33.41 which was 42nd out of 223 finishers.

It was a very informal race and they were taking entries up until 7.25pm - thankfully! A pleasant way to spend a summer evening with a couple of pints of HSB on the return journey.

42nd	D.TITCOMB	33 min 41 sec
------	-----------	---------------

223 Finished.

HARROW WAY HANDICAP. 22nd June. from Franny

A good field of 21 runners took part in the opening race of the summer. First back was the much-improved Piers who has been having a good spell since London. He managed to scupper Madeline's moment of glory in the closing stages and these two were well clear of multi-handicap medallist Dorothy who led home the pack as 16 runners crossed the line in the 75 seconds. Debuts came from Brenda and Matt and both can look to improve as the series progresses. Fastest on the night was Josh (A.K.A "The AFD drop out") who must have clocked a PB if I had the records to hand. This was sweet revenge for Brading as Mike took second on the night, over a minute behind. Club captain was third fastest ahead of Lee with Rachel clocking the fastest time by a lady.

Pos.	Runner	Time	H/Cap	Act. Time	Time Pos.
1	P.PUNTAN	30.31	8.25	22.06	9
2	M.VOSSER	30.39	3.08	27.31	16
3	D.WICKE	31.08	6.32	24.36	13
4	K.VALLIS	31.16	10.26	20.50	5
5	M.BLISS	31.22	11.43	19.39	2
6	M.WOODS	31.31	5.03	26.28	14
7	N.CLARK	31.32	9.13	22.19	10
8	L.TOLHURST	31.36	10.57	20.39	4
9	D.TITCOMB	31.37	8.05	23.32	12
10	D.VOSSER	31.44	11.32	21.12	3
11	B.HARVEY	31.46	3.08	28.38	18
12	R.KENCHINGTON	31.46	10.44	21.02	7
13	J.BLISS	31.48	13.19	18.29	1
14	G.CLOKE	31.55	5.03	26.52	15
15	A.HARTLEY	32.00	9.40	22.20	11
16	M.CHALLENGER	32.16	GO	32.16	19
17	T.HARRIS	32.18	11.26	20.52	6
18	C.WHEELER	32.23	10.31	21.52	8
19	E.SANDALL-BALL	33.18	4.51	28.27	17
20	J.THOMAS	35.03	GO	35.03	20
21	J.O'BRIEN	38.13	GO	38.13	21

North Downs 30k Sunday 25 June 2006 from Piers Puntan

As last year had been an ad-hoc affair this year we were determined to get a team out and with some cajoling by Piers and Richard, Lee and Rachael formed the Harriers Party to make tracks into deepest darkest Kent.

The day was warm and overcast which made for trying conditions and the course is a tough one with six climbs of the Ladle hill variety and some seriously steep downhill sections to test the hamstrings, quads and calves.

The team set out with opposite styles, Lee and Rachael were going to blitz the opposition and win. Piers and Richard were going to take it a little bit more circumspect with the aim of 5 min kilometre pace, though their initial pace was significantly quicker.

Unfortunately the hills and early pace cause Rachael's hamstring to go at about the 6k mark forcing her to withdraw and turn her energies to vocal support.

Piers decided that Richard's pace was too much for him and at the 10k mark drifted away, this initial early pace made some sections of the course hard for Piers and the 10-15k section was a killer. Notwithstanding this he was able to keep up a reasonable pace and apart from the climb at 25k was able to "run" the whole course finishing in 2' 41" a course PB by 11 minutes.

Richard did not suffer as much with the early pace and achieved a finish of 2:33 a little slower than he did last year but the conditions were more testing.

Lee went off like the proverbial banzai and was in 10th place at 10k though a combination of the early pace, hills and testing conditions meant the places slipped. Lee said that it was pure mental willpower that got him through the hard sections. He finished in 22nd place with a time of 2:17. He will be back.

This is a great race, though it is seriously tough.

TOLHURST Lee	Overton Harriers & AC	Senior Men (14 th)	22 nd	2:17:32
CLIFFORD, Richard	Overton Harriers & AC	Senior Men (29 th)	74 th	2:33:21
PUNTAN, Piers	Overton Harriers & AC	Senior Men (39 th)	105 th	2:41:13

Hampshire Road Race League Update from Dave Vosser

What a fantastic set of results! Ladies are Division 2 Champions and the Men finished 3rd in Div 1 and our 'B' Men's team also took 3rd. Well done everyone. We also beat Stubbington Green in every league! The Ladies Trophy will be presented at the Overton 5 race.

Ladies A-League Div 2		best 7		TOTAL	
pos	Teams	L G	RC	L G	RC
1	Overton Harriers	8	407	31	984
2	Victory AC	11	868	22	1336
3	Farnham Runners	17	119 4	47	2835
4	Stubbington Green	26	159 8	51	2351
5	New Forest Runners	29	242 6	59	3199
6	Totton RC	51	207 6	81	3997
7	Ryde Harriers	60	260 1	90	3995
8	Basingstoke & MH	62	202 0	92	3941
9	Havant AC	65	189 5	95	3816

Mens A-League Div 1		best 8		TOTAL	
pos	Teams	L G	RC	L G	RC
1	Winchester AC	11	584	16	841
2	Southampton RC	13	771	19	899
3	Overton Harriers	30	1576	44	2108
4	Stubbington Green	32	1164	49	2257
5	Victory AC	40	1796	56	2968
6	Eastleigh RC	46	2211	61	2801
7	Farnham Runners	53	2124	72	3997
8	Denmead Striders	53	2602	73	3818
9	Hardley Runners	57	2693	77	3863
10	City Of Salisbury AC	62	2794	82	4179

Men's B Division		best 8		Total	
pos	Teams	LG	RC	LG	RC
1	Southampton RC	10	1768	20	2880
2	Winchester AC "B"	14	2377	21	3056
3	Overton Harriers	43	3799	78	5998
4	Stubbington Green	50	4495	92	6886
5	Eastleigh RC	51	4494	69	5824
6	Portsmouth Joggers	51	5045	76	8344

7	Winchester AC "C"	55	3923	78	5880
8	Victory AC	57	5315	78	7466
9	Denmead striders	84	7945	126	10336
10	City of Salisbury AC	95	5891	137	8813
11	Alton Runners	97	6457	139	9886
12	Farnham Runners	100	6846	142	10592
13	Gosport RR	105	8369	147	10535
14	Hardley Runners	109	6639	151	9030
15	New Forest Runners	109	7035	151	11282
16	Lordshill RR	114	7735	156	10126
17	Ryde Harriers	141	8117	183	12364
18	Totton RC	157	8758	199	13005
19	B'stoke MidHants AC	158	8968	200	13215
20	West Wight RR	168	8978	210	13225

Individual Results

Congratulations to Rachel finishing 2nd overall and to Audra and Nicky both getting in the top 10. This must be our best showing ever in both Team and Individual terms with 25 scoring in the individual league. Plan ahead for next year and mark off as many races as you can do.

Place	Final Ladies Table	Club	no. of finishes	overall total
2	Rachel Kenchington	Overton Harriers	6	607
4	Audra Dennison	Overton Harriers	6	558
6	Nicola Clark	Overton Harriers	8	729
61	Dorothy Wicke	Overton Harriers	3	210
68	Catherine Wheeler	Overton Harriers	2	187
69	Elizabeth Sandra-Ball	Overton Harriers	3	182
78	Moira West	Overton Harriers	3	161
114	Alice Evans	Overton Harriers	1	105
186	Lynda Wheeler	Overton Harriers	1	52

Place	Name	Club	no. of finishes	overall total
9	David Vosser	Overton Harriers	6	496
16	Greg England	Overton Harriers	6	423
18	Lee Tolhurst	Overton Harriers	6	387
33	Mike Bliss	Overton Harriers	4	343
39	Richard Clifford	Overton Harriers	5	313
42	Maz Firouzi	Overton Harriers	4	288
47	Andrew Hartley	Overton Harriers	4	257
56	Jamie Jones	Overton Harriers	2	198
79	Keith Vallis	Overton Harriers	2	154
106	Piers Puntan	Overton Harriers	2	106
121	Ian Ford	Overton Harriers	1	91
144	Paul Wheeler	Overton Harriers	1	76
182	Martin Allen	Overton Harriers	1	60
184	Richard Francis	Overton Harriers	1	60
204	Tim Harris	Overton Harriers	1	53
207	Keith Clark	Overton Harriers	1	51

Full Results are on www.hrrl.org.uk – it all starts again in September, please get these dates in your diaries.

Next season's (2006-7) league races have now been decided by representatives of 16 member clubs attending the HRRL AGM held on 5th June. Here are the dates and venues. I am delighted to say that the Overton 5 remains on the list receiving 15 votes, the Hampshire county 5 mile champs is also being held in conjunction with our race. The Brading 10k has been dropped and replaced by a 10miler in Ryde in January! Out also goes the Lordshill 10 replaced by the flat and fast Gosport half (this is a p.b course).

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

Hampshire County Championships 2006/2007 Dates

seq	day/time	date	race info	club/org link
1	Sat 3pm	2nd Sept 2006	Overton 5m	Overton
2	Sun tba	14th Jan 2007	Stubbington 10k	Stubbington Green
3	Sun tba	May 2007	Alton 10m	Alton
4	Sun tba	Sept 2007	New Forest Marathon	NFMA
5	Sun tba	Nov2007	Gosport half marathon	Gosport

INTERNATIONAL EVENTS. from Dave Vosser

Dorothy managed to fit in a couple of very successful races during her recent trip to the States and brought home a couple of impressive trophies including another “Eagle”. The first race was the Gate-to- Gate 4.4 miles and despite the early (8am) start the temperature was touching 30°C. In a large field of 1600runners she finished 9th lady and won first prize in her age group.

The second race was the Billy Bowlegs 5km, starting at 10.30pm with the thermometer showing a slightly cooler 28°C. She had another super run finishing 3rd lady in a mixed field of over 700 and won her age-group by over 5 minutes. Not to be out done, husband Ed finished 4th in the Male over 50 age-roup.

Gate to Gate 4.4 miles

88 th	D.WICKE	30min 44 sec	9 th Lady	1 st Grand Master
------------------	---------	--------------	----------------------	------------------------------

1600 Runners.

BILLY BOWLEGS 5km

3 rd Lady	D.WICKE	20 min 23 sec
5 th Male o/50	E.WICKE	22 min 15 sec

700 Runners.

A sign of how much Dorothy has improved over the past 12 months is shown by the fact she clocked times in both races that were almost 2 minutes quicker than last year.

Finchcoaster's Woodland 5 Race 1, 31st May 2006 from Dave Maughan

I did two of a three race series last year and thoroughly enjoyed hacking it through the woods of Crowthorne so I thought I would come back this year. Multi-Terrain, more like 6 miles (someone last year had in on there GPS as 9.8km) and a little damp from the weekend rain made it a fine opportunity to get down and dirty! As you may be aware my training regime is not exactly going to win awards at Loughborough University so one had limited expectations on this Wednesday night. It is essentially a two and half lap race with a lovely hill in the middle which really saps the old calves and hamstring as you try to go again from the top. I was fighting it out with a guy in a Ipswich Town shirt (yeah yeah battling it out with the Elite runners again!) who I recognised from last year. I noticed I was quite strong on the Hill sections but general race pace was a little pedestrian. I ended up sprinting the home straight and taking a couple of places to register a 41:08 time that was almost bang in the middle in terms of my times last year. I was pretty happy and thought there was a lot more in the tank to give pending training...erm sounding a familiar theme !

21st 41:08 MAUGHAN David

Dorking 10 Sunday 4th June 2006 from Dave Maughan

A rare race that I have completed in back to back years this 10 Miler saw strong field as it incorporated the Surrey 10 Mile Championships. The start and finish is from Dorking Rugby Club on the A25 at Bookham. I remember last year that it was a tough one and the Runner's euphemism of 'undulating' was seen in the pre-race literature. The run is one of quiet scenic roads looking up to the chalk cliffs of the North Downs very picturesque. It was going to be a particular stretch for me as the preceding weeks of training were hardly burning rubber from the soles of my shoes. The other incentive was to do something good physically or go to Church before entertaining Las Vegas two days later on a 5 day stag do! So I screamed in the car park with 20 mins to go £10 in hand and legged it to the race HQ to register.. I love a good warm up . The only complaint of this race is the start where you get penned in a country lane which seems a little odd when we there are acres of playing fields ..hey who am I to quibble!

With a rather abrupt start we were off and I thought I would 'ease' into the first two miles and get the legs in a good rhythm. It wasn't soon before I notice a gradual climb and this was to become a familiar theme throughout the race. Up to the four mile mark we had climbed 50 metres plus (I checked on a OS Map) and without any significant downhill to balance. I went through the turn feeling quite good although dripping with sweat due to the good weather. I have to say Mile 6-7 was particularly tough and my min/mile went to way over 7 mins. My hill climbing was still strong and I would gain places but my level 'normal' running is lacking at the moment. As we passed 8 mile the psychological barrier that I was going to finish the race felt completed and I thought about my fast finish ... quite where this was going to come from I am unsure. The last mile saw an efforts of sorts but I was a tired man and I got myself round in 68:31. Not a great time but one I felt was pretty fair for someone running barely 15 miles a week! I would encourage all to give it a go next year. It's clearly not a PB course but a real tough challenge and there were some good Pubs about !!

93rd 68:32 101 David Maughan

Brading 10k Road Race report – Sunday 18th June 2006 from Dave Vosser

Overton Harriers managed to finish the Hampshire road race league in style at Brading on the Isle of Wight last Sunday. Stars of the day were the ladies who had to beat the strong Portsmouth based team Victory A.C in order to gain promotion to division one for the first time and to finish the league as champions. With their strongest four runners in attendance, Overton ladies won comprehensively with Rachel Kenchington first lady home for the Harriers in 5th place followed by Cath Wheeler in 7th place. Welsh International Cath also took 1st over 45 and set a new course record for her category in 39min59s. Nick Clark finished 9th and Audra Dennison completed the team in 12th place.

Overton men also had a very successful day finishing 3rd team on the day to secure a best ever 3rd place in the League for the season beaten only by Winchester and Southampton. First home for the men was Mike Bliss, nearly back to full fitness finishing 9th overall and 1st over 40, followed by Club Captain David Vosser in 14th and 2nd over 40. The A team was completed by Keith Vallis in 25th and Paul Wheeler in 34th. Next home was Richard Clifford who just failed to break the 40min barrier with Piers Puntan in 79th and Martin Allen in 89th place.

BRADING 10K ROAD RACE 18th JUNE 2006**Men's****Result**

Time	Name	Club	PO S	M	S M	V4 0	V5 0
00:35:47	BLISS, Mike	Overton	9	9		1	
00:36:37	VOSSER, David	Overton	14	4		2	
00:38:25	VALLIS, Keith	Overton	25	1		6	
00:39:18	WHEELER, Paul	Overton	34	9		11	
00:40:14	CLIFFORD, Richard	Overton	42	5	20		
00:43:32	PUNTAN, Piers	Overton	79	7	34		
00:44:53	ALLEN, Martin	Overton	89	4	37		

Women's Result

Time	Name	Club	PO S	W	S W	V3 5	V4 5
00:38:49	KENCHINGTON, Rachel	Overton	31	5	3		
00:39:59	WHEELER, Catherine	Overton	39	7			1
00:41:54	CLARK, Nicola	Overton	58	9	5		
00:43:11	DENNISON, Audra	Overton	75	2		4	

Overton Harriers and Andover Athletic Club Match Report: Southern League Track and Field Division 3 Match 3 at County Ground Swindon 3/06/06 from Dave Vosser.

Overton Harriers and Andover Athletic Clubs combined track and field team travelled to Swindon for their third joint competition of the season with the realistic aim of finishing 2nd in the match.

Once again the Andover sprinting duo of James Folkes and Richard Pitcher combined to earn valuable points in the 100metres and 200metres. Both gaining excellent 2nd places in each event only being beaten by strong opposition from Newton Abbot. The strong start to the day continued with maximum points in the 800metres, with a revitalised Kearon Hooley winning from the front and gaining a new personal best time of 2min01.0. In the 'B' string debutant Sean Warnes ran a storming race to take a comfortable win in his first race for the combined team.

A Team victory looked a true possibility after Phil Berntsen teamed up with Kearon to take a comfortable double victory in the 1500metres. Phil looking particularly strong sprinting to victory in the last 100metres, whilst Kearon, having already raced, cruised in to win the 'B' string. In the 400metres David Awde continues to go from strength to strength recording an excellent 51.0seconds narrowly being beaten by a fast finishing Newton Abbot runner.

Overton's middle distance men collected maximum points from all the longer track races with resurgent Mike Bliss winning the 5000metres, supported by Club Captain David Vosser winning the 'B' string. The Steeplechase was a clear demonstration of front running by Keith Vallis winning comfortably but being pushed all the way by a determine Maz Firouzi who won the 'B' string.

Points were, once again more difficult to come by on the field events but performance of the day went to Andover athlete Ollie Lindridge taking 3rd place whilst throwing a personal best of 8m.34metres in the shot. Ash Berntsen created a scare in the Hammer with two no-throws but composed himself to grab 3rd spot with his final throw. Steve McNair and Dave Bush made welcome returns to the squad to cover the other field events.

The day finished on a high note with the Andover sprinters once again looking very strong but they suffered their first defeat to the West Country team Newton Abbot over the 4 x 100metres relay. They were also narrowly beaten into 2nd in the 4 x 400 metres relay by the same team. Newton Abbots strength in depth over the shorter sprints and field events ensured an overall victory for them and pushed the Overton & Andover team into 2nd place. The team are now looking forward to the next match at Guildford on Saturday July8th with a view to taking their first victory of the season.

SOUTHERN LEAGUE MATCH RESULTS

Southern League Division 3W Match 2 - 20/05/2006 - Tilsley Park Abingdon

	A String			B String		
Event	Place	Name	Time	Place	Name	Time
5000	2	J.Jones	16.47.1	1	M.Bliss	17.20.0
3000 S/C	2	L.Tolhurst	11.41.4	1	M.Hooley	12.06.7
1500	3	P.Berntsen	4.26.8	3	M.Bliss	4.55.9
800	4	K.Hooley	2.12.0	4	J.Whitman	2.25.8
400	3	D.Awde	55.0	1	J.Whitman	58.8
200	1	J.Folkes	22.8	1	R.Pitcher	24.7
100	2	J.Folkes	11.2	2	R.Pitcher	11.7
110H	1	D.Awde	21.5			
400H	2	M.Hooley	70.4	3	K.Vallis	86.3
4x100	1		48.0			
4x400	2		3.50.0			
Pole Vault	=3	D.Awde	1.10	3	J.Whitman	1.10
High Jump	3	J.Folkes	1.55	3	J.Whitman	1.40
Long Jump	3	J.Folkes	5.61	4	M.Hooley	4.74
Triple Jump	3	J.Folkes	11.52	3	D.Awde	9.72
Shot	3	S.Morgan	8.64	4	P.Wheeler	5.84
Hammer	3	P.Wheeler	14.93	3	S.Morgan	14.69
Discus	3	S.Morgan	24.09	3	P.Wheeler	17.16
Javelin	4	S.Morgan	27.80			

Match 2 Result

Plymouth	131
Haslemere	121
Overton & Andover	119.5
Radley	113.5

Southern League Division 3W Match 3 Swindon- 03/06/2006 -						
	A String			B String		
Event	Place	Name	Time	Place	Name	Time
5000	1	M.Bliss	16.47.3	1	D.Vosser	17.04.5
3000 S/C	1	K.Vallis	10.58.8	1	M.Firouzi	11.06.7
1500	1	P.Berntsen	4.26.5	1	K.Hooley	4.30.4
800	1	K.Hooley	2.01.0	1	S.Warnes	2.08.2
400	2	D.Awde	51.6	3	S.Warnes	55.8
200	2	J.Folkes	23.0	2	R.Pitcher	25.7
100	2	J.Folkes	11.6	2	R.Pitcher	12.5
110H	3	D.Awde	20.7	4	M.Firouzi	24.6
400H	4	M.Hooley	71.8	3	D.Bush	70.3
4x100	2		46.8			
4x400	2		3.48.7			
Pole Vault		Not Held			Not Held	
High Jump	=2	J.Reynolds	1.55	=2	D.Bush	1m40
Long Jump	3	J.Reynolds	5.33	4	P.Berntsen	4.35
Triple Jump	1	J.Folkes	12.45	3	D.Bush	10.03
Shot	3	O.Lindridge	8.36	4	S.McNair	6.64
Hammer	4	J.Reynolds	19.58	3	A.Berntsen	16.12
Discus	3	D.Awde	19.95	4	S.McNair	15.94
Javelin	4	J.Whiteman	30.53	4	M.Hooley	21.63

Match 3 Result	
Newton Abbott	132.5
Overton & Andover	127
Oxford	120
Team Kennet	117.5

**Overton
Harriers**



**&
Athletic Club**

**OVERTON HARRIERS & AC
100 CLUB**

£ 50 MONTHLY CASH PRIZE

ONLY £1 PER MONTH, FOR YOUR CHANCE OF WINNING!

TO BE INCLUDED IN FUTURE DRAWS, PLEASE CONTACT EMMA SCOGGINS

IF YOU'RE NOT IN IT, YOU CAN'T WIN IT!



