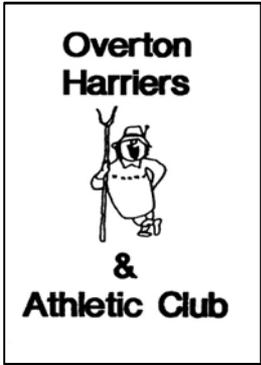




NEWSLETTER
MARCH 2004 ISSUE 320
www.overtonharriers.org.uk



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 geoff.cloke@iptest.com and geoff@staddles.fsnet.co.uk

EVENTS DIARY:

Saturday APRIL 3RD	Young Athletes Track Meeting Basingstoke
Sunday APRIL 4th	TOTTON 10k Hants RR League Event (Entries Available on day)
Sunday APRIL 18TH	LONDON MARATHON & MINI MARATHON
Friday APRIL 23RD	CLUB DINNER AT THE GOLF CLUB
Monday APRIL 26TH	ANNUAL GENERAL MEETING - 8:15pm
Saturday MAY 1 st	Southern Men's League Div 4 Match High Wycombe
Sunday MAY 9 th	ALTON 10 Hants RR League Event
Saturday MAY 22nd	Southern League Match @ Reading
Sunday 20 th June	BRADING 10K Hants RR League Final Event

AGM - Monday APRIL 26TH

This will soon be upon us, and as always new additions to the committee will be more than welcome. We meet at 8:30pm on the second Monday in the month, and usually conclude our business by 9:30pm.
 To help us promote our Club as family friendly, the Committee will recommend a subscription for Family Membership for approval at the AGM. Think about it, and decide what is appropriate. Remember it is your Club.

Hampshire Road race League Update

The men's team is still lying in 2nd place behind Team Solent in the league. With only 3 matches to go we are guaranteed promotion if we can field a team of 4 in the last 3 events. Totton 10k, Alton 10miles and the Brading 10k, please try and make these events and help your club to get back in Division 1.

BASINGSTOKE and DEANE SPORTS AWARDS EVENING from Mike Bliss

In the same week as the Oscars, Aaron and Josh also got their posh frocks out, having been selected to attend, arguably, the towns most prestigious awards ceremony. They were amongst the 15 finalists for the 2003 Junior Men Sports Awards. Just making the final meant that they were each presented with a Sports Grant Aid, and Josh was also presented with a sports Trust Scholarship, to match Aaron, who had previously been awarded one. This scholarship allows them free access to the town sports centre, all its facilities, and a personal trainer, for five years. To round off a good evening, Aaron was awarded the third place award. The winner, a kayaker, is ranked third in Europe and finished 8th in the world junior event. This shows the caliber of opposition Aaron and Josh were up against and obviously, it was a credit to them, and for Overton Harriers, that they were even in the final.

Overton Recreation Centre Junior Sports Person of 2003 from Mike Bliss

No less prestigious locally, a few days later, Josh was also awarded the Overton Junior Sports Person of 2003, by the clubs and sections associated with Overton Recreation Centre. Our thanks go to all those concerned.

Sun 29th Feb 2004 - Bramley 20

On a very chilly February morning six Harriers chose to tackle this challenging event. All the 20 milers were using the race as preparation for London, I just went along to ensure we finished a team of 4 runners and so keep us in contention for promotion to Division 1 of the Hampshire road race league. I tried to keep a steady pace all the way knowing that I was desperately short of mileage, felt really uncomfortably in the last few miles but managed to keep under 2.15. I didn't run for a week after though! Andrew and David's training is really paying off for them running negative splits and both looking pretty comfortable afterwards. Jill's and Dorothy's preparations also seem to be going well. A big credit to Franny who worked all night then came and ran all morning.

Ian Ford showed he is well on the way back from his recent training accident finishing a very strong 5th place just outside 57minutes, also picking up a vets prize.

Bramley 20		
Pos	Time	Runners Name
110	2:14:16	VOSSER, David
187	2:21:34	HARTLEY, Andrew
192	2:21:54	MAUGHAN, David
328	2:35:22	FRANCIS, Richard
473	2:47:55	HILLS, Jill
474	2:47:58	WICKE, Dorothy
808		Finished
Sun 29th - Bramley 10		
5	0:57:02	FORD, Ian
381		Finished

UK INTERCOUNTIES AND WORLD TRIALS - NOTTINGHAM - 6.3.2004 from Mike Bliss

After the glamour of the Sports Awards Evening the night before, Josh and Aaron were brought down to earth by having to be at Basingstoke Rail station at 6.00am the next morning, to catch the Hampshire team coach. In the U15 race, Josh was hoping to improve upon his 21st place in the Nationals, a fortnight earlier, though this time he would also be facing the best runners from Scotland, Wales and some from Ireland. Despite Josh saying afterwards that he had a terrible start, when we saw the video afterwards, it looked like he was about 20th, after the long opening straight and first bend. The races were televised by Sky and luckily a friend taped it, therefore we could see nearly everything. Unfortunately, at this point, the coverage switched to an interview for about one minute. When it returned to the race, there was Josh neck and neck with the leaders. Looking back, Josh now realises, that he sprinted and ran too hard, in a short space of time and caught them too quickly. Having said that, although he wasn't with them for many minutes, he was always around the top ten. He actually entered the finishing straight in 9th, but couldn't manage a sprint finish after his earlier efforts and lost two places to finish a magnificent 11th. With the Scottish champion and runner up ahead of him, he was 9th Englishman. Had he not slowed to a jog before the line (being safe in 11th), he would have only been about 10 secs. behind 4th place.

Aaron was in the lower end of the age group in the U17 race. Unfortunately, I don't have any details of his race, other than he had a sore neck and bad cold and finished a disappointing 140th. However, it was a great achievement to even make the Hampshire team and his 'bad' run was still good enough to finish in the middle of the field!

U15 boys

11 Josh 15.28 - 301 finished.

U17 boys

140 Aaron 22.36 - 257 finished.

ENGLISH SCHOOLS CHAMPS - MAIDSTONE - 13.3.2004 from Mike Bliss

What an achievement for the lads, Geoff and the club! Half of the Hampshire intermediates team was made up of Craig, Aaron and Josh. To complete a full set in this age group, Geoff's other training group members, Mark Vardy and Robert Ridley, were picked to represent Berkshire. This time Josh was the baby of the group, being the one in the lower end of the age group and still eligible to run next year in the same race. The course was tough and muddy and made worse by a heavy downpour of rain just before the start. I first saw them after about 1K. Craig was about 40th, Aaron about 150th and Josh about 250th, of the 350 starters. I know it sounds stupid, but I really thought that Josh had missed the start, he was so far back. After about 3.5K of the 5.2K race, Craig was well up in the thirties, and Josh about 100th. Aaron was working hard, but appeared to be about mid-field. I last saw them with about 1K to go. Craig was having a stormer, being about 30th and first Hampshire. Although there seemed to be a lot of runners between Craig and Josh timewise, there didn't appear to be too much distance between them. Aaron was doing his 'Kenyon' impression, though unfortunately not by being at the front of the race, but by being brown all over, following a tumble down a steep hill. At the finish, Craig lost a couple of places in the sprint finish but finished a magnificent 34th, to lead the Hampshire team home, in his first major championship. Josh, after his awful start, had a great run also, moving through the field throughout the race to finish 56th and 4th Hampshire counter. Aaron 'Satchmo' Harris, battled on well, still below par with his cold, to finish 159th, still in the top half of the finishers. The best news was yet to come. Hampshire finished 3rd team and the boys have a National Championship Bronze medal!

Again, I haven't got details of Mark and Robert's run, though I know both found it tough. But unless you have been there as a competitor or watched it as a knowledgeable spectator, you don't realise what a high-class race it is. It is an achievement to even make your county team. It is obvious, but it is easy to forget, that it is only the best 8 runners in each county, that even get to run in the race, so even finishing down the field, means you have done incredibly well.

34 Craig	Hampshire 3rd	about 330 Mark
54 Josh		about 335 Robert
159 Aaron	44 Teams finished	Berkshire 39th

Hampshire Road Relay Championships 14th March 2004 Report by David Vosser

These Relays were being held for the first time in 18 years and were generally well supported by Hampshire teams, unfortunately the runners were greeted with absolutely foul weather conditions. The course was based on 1.5 laps of Southampton common, traffic free but dog walkers were a problem in the early stages of the ladies relay until the rain started hacking it down when the common suddenly became deserted.

Well done to everyone for supporting this event.

Vet Men 7th. Overton Harriers 1.27.59

Martin Crawshaw	20.48
David Vosser	20.33
Richard Francis	22.51
Steve McNair	23.37

Senior women 8th. Overton Harriers A 1.48.12

Jill Hills	24.24
Madeline Vosser	28.03
Karen Burton	29.17
Audra Dennison	27.38

FOXDOWN HANDICAP - 18th March.

Results of this Final race will be reported soon, the rumour is that the Handicap results were very close .

Eastleigh 10k Sunday 21st March

The 21st Eastleigh 10k proved as popular as ever, still handing out tasteful? T-shirts, with over 1000 starters on a very windy day. The course seemed to be largely sheltered from the worst of the wind except for the 8k mark where we turned to head back to Fleming Park. The finish was changed last year, making the last 1k a very fast finish on the tarmac paths of the park itself. Best performance of the day went to Helen who smashed her previous best by over two minutes (a good advert for those Thursday night rep sessions).

	B&Q	EASTLEIGH 10k		
Sunday		21 March	2004	
Men				
	82 VOSSER	David	(M40 9th)	36.42
	201 TILBURY	Eric	(M60 5th)	41.45
	216 TITCOMB	David	(M40 38th)	42.24
	226 GOLD	Adam		42.55
	419 KENNY	Frank	(M50 35th)	48.41
	451 THOMAS	John	(M65 5th)	49.47
	697	Finished		
Women				
	26 HEAP	Helen	(W35 6th)	42.48
	60 DENNISON	Audra	(W35 16th)	46.25
	313	Finished		

Combe Gibbet Results 28/03/04

Position	Time	Name	Cat
11	01:48:44	VOSSER, David	M40
26	01:55:03	HARTLEY, Andy	SM
36	02:02:28	DUNCAN, Gavin	M45
40	02:06:14	FRANCIS, Richard	M40
74	02:18:46	HILLS, Jill	F40
111	02:37:27	THOMAS, John	M65
134	02:51:12	DALTON, Nick	M40

A full report will appear next month under the headline Mud Mud Mud. A very big thank you to all helpers on the day making this years event another great success with 160 happy but muddy finishers.

Committee Meeting 8/03/04

Present G. Cloke, N. Clark, J. Jones, M.Dennison, C. Wheeler, P. Wheeler, G. Mclaughlin.

Matters Arising.

- 1) New date for AGM. Due to the hall being booked this will now be Monday April 26th At 8.15p.m.
- 2) ORC AGM. Paul and Mark attended. Josh was voted as Young Sports Person 2003 (ORC).
- 3) Family membership info put on notice board prior to AGM, some interest from members.
- 4) Combe Gibbet. Marshall's needed. Refreshments Paul and Marks mums contacted.

Treasurers Report

Income	£727
Expenditure	£1328.97
Current	£286.91
Reserve	£3255.66

Secretary's Report.

- 1) Clubs Directory for our area, Overton not included despite filling forms. Gwyneth has contacted them, we will be included next issue.

AOB

- 1) Course marking for Coombe Gibbet, need volunteers.
- 2) Geoff requires hurdles for youngsters costing£100
- 3) Discussion over new shed or similar to store the above.
- 4) Jamie put forward suggestion to contact members who have drifted away from the club. Agreed in principle.
- 5) Gates must be locked on Thursdays after training. Need to inform bar staff or thespians.

Meeting closed at 9.20.p.m.

Date of next meeting 5/04/04

Some Juniors Results from Geoff

15 year old Aaron Harris, and 14 year old Josh Bliss, opened their track seasons with a visit to the annual Floodlit Athletics Meeting at Mountbatten Centre, Portsmouth, 17 March.

Both competed in the 3000metres, following their successful winter cross country season, with Aaron taking an early lead in this 7½ lap race. Initially Josh was tracking Aaron in third place, but fell heavily in the first 200metres, following a clash of spikes, and not surprisingly found himself at the back, once he had regained his posture. To his credit Josh tried to back on terms with the leaders but could not quite make up the gap and finished 5th in what was a disappointing time for him, of 9mins 31secs.

On the other hand, Aaron continued to lead the race until the final two laps when two of his older rivals picked up the pace, relegating him to 3rd place, which he comfortably maintained in a finishing time of 9mins 16secs just two seconds off his best.

Southern Men's League Division 4 West from David Vosser

2004

For the benefit of our Track and Field athletes here are the 2004 Southern League dates and venues.

May 1st	High Wycombe
May 22 nd	Reading
June 26 th	Salisbury
July 10 th	Bournemouth?
July 31 th	Basingstoke

Please make a note in your diaries and confirm your availability for the first match to either Paul Wheeler or myself.