

**Overton
Harriers**



**&
Athletic Club**

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March 2005 Issue 332

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

This Newsletter is typed under Word for Windows. Please let Franny have your reports on disk.

Or you can email them directly to me on geoff@staddles.fsnet.co.uk

FIXTURES

APRIL	3rd	TOTTON 10 km	WOKING 10 mile	WHITE HORSE Half Marathon
	10th	COMBE GIBBET to OVERTON		
	17th	LONDON Marathon		
	24th	MARWELL 10 km		
MAY	1st	FORDINGBRIDGE 10 km		
	2nd	SHINFIELD 10km		
	8th	ALTON 10 mile MOORS VALLEY 10km at RINGWOOD		
	11th	PORTSMOUTH Prom. 5 km		
	15th	HOOK 10 mile OXFORD 10 km BOGNOR REGIS 10 km NETLEY 10km		
	21st	MARLBOROUGH DOWNS 20miles & 33 miles		
	22nd	ISLE OF WIGHT Marathon WINCHESTER 10km		
	25th	FINCH COASTERS WOODLAND 5 mile series		
	29th	ROPLEY 10km		
	30th	KINTBURY 5 mile		

FRANNYS BITS.

A busier month at last with several road races attracting the attention of club members, even I managed my first competitive run since November even if it was only a handicap.

The winter handicap league is now complete and congratulations go to Martin Allen and Dave Vosser for winning the two titles on offer. Many thanks of course must go to John Hoare for organizing the time keeping and thanks also to those of you who helped him out during the winter.

The Consistency league comes to an end with the Totton 10k and the final tables will be on the board once I have the results. However the main prizes have already been decided with Eric and Audra winning their respective leagues. Dave Vosser is guaranteed second though third is technically up for grabs between Dave Titcomb and Greg. The minor places in the ladies league are between Cath and Rachel.

The Coombe Gibbet race takes place on April 10th and any offers of assistance with marshalling etc. will be gratefully accepted. The race being held a little later than normal which will hopefully mean a dryer and faster course. This makes it an ideal time for some of our newer members to have a go over this scenic but slightly challenging course.

FOXDOWN HANDICAP.**10th MARCH.**

There was a slightly larger field for the final race of the winter season. With only three points between Martin and Dave Vossler leading into this race, Dave needed a good run to snatch the title. However Martin's marathon training showed as he clocked a PB by 19 seconds to record a very narrow victory over Ian who, in turn, also scored the second PB of the night with a 17 second improvement. Madeline must have thought her first victory was possible but ended up third as she was hunted down on the run in. Dave was obviously not at his best on the night and his low 12th place allowed Rachel to sneak through to steal the Silver medal spot. Eric almost managed the same for third but ended up tying with Dave.

Fastest on the night, though almost a minute down on his best was Aaron. Second fastest was Voss whose run guaranteed him the time league title by, possibly, the biggest margin ever recorded? Rachel was third on the night and with several runners missing, she moved up the table to finish second overall. Martin was the other to benefit from the absentees to sneak into third with Eric fourth.

POS.	RUNNER	FIN TIME	H'CAP	ACT. TIME	HCAP POS
1	M.ALLEN	34.06	10.29	23.37	4
2	I.VOSSER	34.08	9.33	24.35	5
3	M.VOSSER	34.11	5.11	29.00	13
4	R.KENCHINGTON	34.43	11.35	23.08	3
5	E.TILBURY	34.49	9.12	25.37	9
6	P.PUNTAN	34.56	9.25	25.31	6
7	D.WICKE	35.11	4.59	30.12	15
8	H.VOSSER	35.13	9.38	25.35	8
9	S.McNAIR	35.19	9.23	25.56	10
10	A.HARRIS	35.21	15.02	20.19	1
11	M.ARTHUR	35.33	9.23	26.10	11
12	D.VOSSER	35.41	13.31	22.10	2
13	J.HILLS	36.12	9.46	26.26	12
14	M.WOODS	36.37	6.35	30.02	14
15	R.FRANCIS	36.40	11.06	25.34	7
16	J.THOMAS	38.03	2.10	35.53	16

Thanks to Piers for the following reports.

A good set of results from the distance boys especially the big PB from Piers at Christchurch. Good to see Alistair and Andy back on the roads while the long Sunday runs are helping Martin, Dan and Stuart with their marathon preparation. I know that Club captain Dave Vossler was extremely pleased with the turnout at Christchurch, which was a Hants Road Race League event where the points gained by these lads should help immensely come the end of the season.

Bramley 20/10

This is one of the best-organised races one can run. The location is convenient and there is ample parking, on MOD land near-by. Marshals are numerous, helpful and friendly with the water stations having isotonic drinks.

The course is based on a 10-mile lap, which is generally flat but with some inclines that can test on the second lap.

Running through the beautiful Hampshire countryside was a joy especially on the first lap when the sky was blue. However by the time most people were starting their second lap the sun had gone in and the north wind blew.

Overton had two entries, Alastair and Piers:

383	2:46:04	PAUL, Alastair	Overton Harriers & AC	Men Veterans
473	2:54:24	PUNTAN, Piers	Overton Harriers & AC	Senior Men

Christchurch 20

It was an early start to get down to Christchurch for this Hampshire Road Race League Event.

The official title is the Mad March 20, which presumably means that it's in March so it will be wet and windy and Mad because there's no car parking and a 50-minute queue for the toilets. Well there was no car parking problems and it was a glorious, albeit cold, day.

The race meanders its way through the Dorset countryside with the usual rural sights and smells to entertain. The course was a figure-of-eight course, the crossover being at about nine miles for outgoing runners and thirteen for runners heading home. Apart from a few slight inclines it was a flat course, definitely a PB course for those willing to give it a go.

Overton managed to put out a team of five, which given the distance, early start and location is pretty good.

Place	Time	Name	Club	Class
70	2:22:37	HARTLEY, Andrew	Overton Harriers & AC	Senior Men
141	2:39:01	PUNTAN, Piers	Overton Harriers & AC	Senior Men
146	2:40:28	ALLEN, Martin	Overton Harriers & AC	Senior Men
194	2:51:32	EDWARDS, Daniel	Overton Harriers & AC	Senior Men
245	3:02:49	ALLEN, Stuart	Overton Harriers & AC	Senior Men

Thanks to everyone who took part and helped the races go smoothly.

EASTLEIGH 10km

MARCH 13th

13 runners out in club colours for the penultimate race in this seasons' Consistency league. This popular race also doubled as the club 10k Championship. Unfortunately I gleaned these results from the Internet and men and women were listed separately hence the different positions.

First home and taking the club title was Daddy Jones who had to get round quick to be in time for the next feed. Greg had an excellent run to get the better of Dave who in turn was chased home by Cath who finished 6th lady overall and second in her age group. Rachel put in another solid performance the finish second club lady ahead of the evergreen ET who tightened his grip on the Consistency league by only dropping two points to Dave.

Audra was only 20 seconds down on Eric but had a much larger margin over Piers who was possibly feeling the effects of two 20 milers in close succession. Mick Moule is an old member of the club who hopefully will feel tempted to put in a visit on a training night following this run. Liz managed fifth place in the W50 age group with a good run that was better than her training suggested. Moira is looking towards a profitable summer by winning her age group by 90 seconds, after finishing second and third on numerous occasions this was her first "win" away from the track and was still celebrating when I saw her the following Sunday. I understand that Dave persuaded Rebecca to run under the club flag and she put in a credible performance on the day.

Bringing up the rear for the club but still beating many runners more than half his age was JT. Its good to see his name back on the result sheets again.

In the team event the ladies took the honours with both the Seniors and Veteran teams finishing second.

29th	J.JONES	33m 10sec	
87th	G.ENGLAND	36m 42sec	
91st	D.VOSSER	37m 00sec	
6th	C.WHEELER	37m 13sec	2 nd W40
11th	R.KENCHINGTON	38m 37sec	
173rd	E.TILBURY	41m 05sec	6 th M50
22 nd	A.DENNISON	41m 25sec	5 th W35
265 th	P.PUNTAN	44m 02sec	
270 th	M.MOULE	44m 21sec	
68 th	E.SANDALL BALL	46m 30sec	5 th W50
100 th	M.WEST	48m 23sec	1 st W55
173 rd	R.HINE	53m 54sec	
602 nd	J.THOMAS	56m 58sec	

Pos.	SENIORS TEAM	Pts.	Pos.	VETERANS TEAM	Pts.
1	SOUTHAMPTON RC	29	1	ALTON	28
2	OVERTON	39	2	OVERTON	45
3	ALTON	57	3	WINCHESTER	47

The mens' Senior team finished 10th whilst the Veterans were 7th
671 men & 373 women finished

Committee Meeting. 14/3/2005

Present G. Cloke, C. Wheeler, P. Wheeler, M. Dennison, N. Clark
Apologies J. Jones, , H McMahan

Matters Arising.

1. Gas tea urn prices £200 120 cups and £355 215 cups. Put on hold, until Hants XC League venues are decided
2. Geoff to discuss with Helen McMahan vacant post of Secretary for the next year.
3. Shed needs a lock. Paul to sort.

Treasurer's Report.

Income: £241 Expenditure: £1420 Current Account: £936 Reserves: £2056

Secretary's Report

1. Club Dinner 29th April
2. AGM Thursday 8:30pm 5th May at the Rec Centre

AOB

1. Moira and Liz agreed to take over trophies from Gwyneth.

Combe Gibbet

- Geoff to do Risk Assessment
 - Paul to mark out the course, organise refreshments and marshalls
 - Liz to organise cakes
2. Need to avoid Handicaps clashing with important races. Discuss at the AGM.
 3. Overton 5 to go ahead. Geoff nervous about the numbers now involved.

Meeting closed at 9:40 p.m.
Date of next meeting 11/4/05

Fleet Half Marathon 20 March 2005 - Report by Martin Allen

With only four weeks to go until the Flora London Marathon, this was our opportunity to put in a PB before our final long run and taper period. Only two of our marathon contingent made it to the start line due to injury, luckily Stuart and I seemed to have overcome our problems. On paper the course looked uninspiring, with a large section along the M3, although this was not the case. Much of the route was surprising rural with a wooded area masking the noise of the motorway traffic. The weather was conducive for a PB performance, overcast with a slight breeze, which assisted our efforts and we both managed to knock 8 minutes from our previous half marathon times (and ahead of the Emmerdale cast taking part!)
.....next race, London!

Positions

342 Martin Allen 1hr 34:16
549 Stuart Allen 1hr 39:58
2002 finished