

NEWSLETTER

MAY 2004 ISSUE 322

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:

| | | |
|----------|--|---|
| JUNE 2nd | YATELEY 10km | PORTSMOUTH 10km |
| 6th | POOLE 10km | PURBROOK LADIES 10km |
| 9th | FOREST 5 mile at BRACKNELL | |
| 13th | SALISBURY 10 mile | BRAISHFIELD 5 miles WARGRAVE 10km GOODWOOD 10km |
| 20th | BRADING 10km | |
| 24th | SUMMER HANDICAP & MOB MATCH & BARBECUE | |
| 26th | TRACK & FIELD LEAGUE at SALISBURY | |
| 27th | LAMBOURN 10km | LORDSHILL 10km BADBURY RINGS 10km MT |
| 30th | FINCH COASTERS WOODLAND 5 miles | |
| JULY 4th | TADLEY 10km | WINCHESTER 5mile Race for Hope |
| 7th | YATELEY 10km | PORTSMOUTH 5km |
| 8th | SUMMER HANDICAP | |
| 10th | TRACK & FIELD LEAGUE at BOURNEMOUTH | |
| 11th | NEW FOREST 10mile | |
| 15th | WINCHESTER 5km | |
| 18th | THRUXTON 10km | |
| 30th | BUSHEY PARK 7km | |

FRANNY'S BITS

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.

The return Mob match is on JUNE 24th and a big turnout is required if we are to overturn the deficit from the first race and retain the trophy. See the notice board for further details.

I hope to finalise the fixtures for the consistency league as soon as the road race league fixture list is published. In the mean time the next fixture will be the Winchester 5k on Thursday July 15th. This event normally attracts a good turnout, especially from the ladies. Entry forms are available in the rack

HIGHWORTH 5 miles From JT.

25th APRIL

Eric and JT decided to travel out-county for this excellent event that they had run 2 years ago. The field was dominated by members from Wiltshire & Gloucestershire clubs and Eric and JT seemed to be the only representatives from Hampshire. The course undulates generally downhill for the first four miles then goes up in a "Burley Lanesque" fashion to finish the last 200 meters on a school playing field. The village is not called "Highworth" for nothing.

The course seemed to suit Eric well, finishing in a good time of 33:45 to win a goody bag whilst JT enjoyed the experience in 41:21.

| | | |
|-------|-----------|------------|
| 52nd | E.TILBURY | 33m 45 sec |
| 191st | J.THOMAS | 41m 21 sec |

352 Finished

ALTON 10 miles From JT.

9th MAY.

Dave Vosser did a good job in stirring up the troops for the penultimate Hampshire league fixture that also doubled up as the County Championships. Although Dave was not there in person he did ensure that a much younger version ran on his number but not at all as good as him. Our all male contingent acquitted itself quite well and kept us in touch with 2nd place in our division.

Some of us had not run this course before but rumours of it being quite hilly were not exaggerating as it undulated the whole way, including a mile-long drag starting at the two-mile point. Our team of Greg, Martin, ET and Dave all finished in the first 150 with Eric taking medals for 3ed Over 60 in the race as well as 1st place in the County Championship. Steve McNair entered on the day after a late fitness test and was our 5th counter in 75:28, Our DV in disguise finished next followed by JT who struggled home having sustained a sore calf muscle at about 6 miles.

No official results have been received at the time of writing but we did manage to sniff out most of the times and positions.

| | | |
|-------|------------|------------|
| 38th | G.ENGLAND | 64m 27 sec |
| 50th | M.CRAWSHAW | 65m 32 sec |
| 110th | E.TILBURY | 70m 07 sec |
| 149th | D.TITCOMB | 73m 13 sec |
| 184th | S.McNAIR | 75m 28 sec |
| 195th | GUEST | 76m 33 sec |
| | J.THOMAS | 88m 46 sec |

HARROW WAY HANDICAP

20th MAY.

An overcast night for the first race of the summer season saw Hannah come home almost a minute ahead of Josh who easily clocked the fastest time of the night though he's still not as fast as his old man. Greg took third spot with the third fastest time on the night but was some half a minute slower than Keith Vallis. Cath recorded a pair of fourth places as a promising 18 runners competed. Thanks to Belinda for helping with the recording, next race is the mob match on June 24th.

| POS | NAME | FIN.TIME | H'CAP | ACT. TIME | TIME POS |
|-----|----------------|----------|-------|-----------|----------|
| 1 | H.VOSSER | 28.59 | 4.02 | 24.57 | 13 |
| 2 | J.BLISS | 29.53 | 11.23 | 18.30 | 1 |
| 3 | G.ENGLAND | 30.09 | 9.02 | 21.07 | 3 |
| 4 | C.WHEELER | 30.19 | 8.31 | 21.48 | 4 |
| 5 | H.HEAP | 30.32 | 6.59 | 23.33 | 8 |
| 6 | D.TITCOMB | 30.38 | 7.21 | 23.17 | 6 |
| 7 | M.ALLEN | 30.41 | 6.07 | 24.34 | 11 |
| 8 | S.McNAIR | 30.41 | 7.19 | 23.22 | 7 |
| 9 | J.THOMAS | 30.43 | 1.30 | 29.13 | 17 |
| 10 | E.TILBURY | 30.47 | 6.07 | 24.40 | 12 |
| 11 | K.VALLIS | 30.47 | 10.21 | 20.26 | 2 |
| 12 | R.SAYER | 31.13 | 2.55 | 28.18 | 16 |
| 13 | M.VOSSER | 31.21 | 3.29 | 27.52 | 14 |
| 14 | I.VOSSER | 31.29 | 7.11 | 24.18 | 9 |
| 15 | A.DENNISON | 31.30 | 7.01 | 24.29 | 10 |
| 16 | D.BULL | 31.30 | 9.02 | 22.28 | 5 |
| 17 | E.SANDALL-BALL | 33.13 | 5.12 | 28.01 | 15 |
| 18 | K.BURTON | 33.47 | 3.29 | 30.18 | 18 |

NETLEY 10km

16th MAY.

From JT

I thought that I had seen everything when visiting the Czech Republic, runners wearing shoes that I wouldn't wear in the garden, but I did here. Steve forgot his race shoes and instead came with his gardening shoes in such a poor condition that both were split at the seams with the soles. Steve admitted they had nothing in the soles that would save his feet from quite a

battering and had calf muscles like bricks the following day. As it happened he managed quite a respectable run in a time of 43:36.

Our first counter on this very hot day was Greg who just managed to beat Cath who ran well enough to take first lady, ½ a minute clear of the runner up. Eric is currently suffering from the sub 40 minute blues and cannot get under that time at the moment but, he still took 11/2 minutes out of Dave Titcomb who completed the second placed male Vets. Team. Dave only just managed to beat Audra by the small margin of 7 seconds. JT was the clubs final runner, struggling in the heat but had taken the trouble to leave his gardening shoes at home

| | | | |
|-------|------------|------------|-------------------------|
| 20th | G.ENGLAND | 38m 22 sec | |
| 25th | C.WHEELER | 39m 03 sec | 1 st lady |
| 53rd | E.TILBURY | 41m 31 sec | 3 rd Over 60 |
| 66th | D.TITCOMB | 43m 03 sec | |
| 69th | A.DENNISON | 43m 10 sec | 5 th lady |
| 76th | S.McNAIR | 43m 36 sec | |
| 202nd | J.THOMAS | 51m 34 sec | |

358 Finished.

MARLBOROUGH DOWNS CHALLENGE.

22nd MAY.

My training had been without any focus following my disappointing run in the London Marathon and a new challenge was needed. I prefer to run off road and Jill & I had competed in various multi-terrain events up to the marathon distance in recent years. Due to work commitments and injury Jill's running training had been sparse to say the least but, due to her work, I thought she should be fit enough for the 20 mile option included in this event. I was surprised when she suggested we do the longer **33 mile** option and despite her having second thoughts the following day I persuaded her it should be ok provided we paced it sensibly. The rough plan was to walk the long climbs that were mentioned in the pre race literature and I estimated we should manage to get round in between 6 and 7 hours.

Race day dawned with clear skies for the 9am start which was quickly uphill out of the town before passing through several miles worth of bluebell woods, We emerged out of the trees onto the downland ridge. The next 6 miles saw the course follow the route of the Wansdyke, this was, and still is in places, a 15 foot high bank and ditch which formed the border between the kingdoms of Wessex and Mercia in the dark ages. Its path covers a distance of 60 miles and gives runners the benefits of the most stunning views of the surrounding countryside.

At 10 miles we left the Wansdyke and dropped down to the Kennet & Avon canal where Jill picked the pace up slightly for the 4 mile run into Devizes. We passed the half way mark in 2hrs 35mins but we knew the main climbs were still to come. A stiff climb up past one of Wiltshire's famous White Horse's was followed by a tough section of track that had been ruined by the 4 wheel drive brigade caused the pace to drop. Another stiff climb through waist high grass was followed by the longest climb of the lot. Cherhill is located just to the west of the Devizes to Swindon road and is topped by a huge stone column, it is also the site of another of the White horses and an iron age hill fort. We lost several minutes here as the directions were unclear but we were soon running again until I decided to belly flop onto some rough tarmac at around the 25.5 mile mark. Lifting myself off the deck took some doing but I soon got back into my running as Jill was jogging off down the track in front of me .

The last 7 miles took us through Avebury village and a sub 6 hour clocking looked possible, but it was on the long climb up onto the Ridgeway path that I was struck down with the worst cramp I've ever had. Jill's response to my dilemma was as supportive as ever....."Come on, I'm not walking the last 6 miles". Fortunately I managed to get going again quite quickly and, despite some cows and the largest bull you have ever seen, we got to the last check point. The last three miles were "all downhill" but some clown had decided to put one last sting in the tail with a nasty little....and I mean little, hill with less than half a mile to run . As she climbed it I'm sure the timekeepers could hear Jill's comments as they waited at the finish line.

In the end we easily beat our target time, mainly because we walked far less than we expected (less than 2 miles of the roughest climbs). The course was fantastic with some of the stunning views stretching out for miles. Towards the end, sight seeing was at the bottom of our agenda, with just getting to the finish being our only goal. I managed to clock a good weeks training into one run while Jill's performance is quite outstanding as she clocked almost a fortnights mileage to finish as 6th lady and 3rd in her age group. Any body fancy this for next year?

| | | |
|------|-----------|------------------|
| 23rd | J.HILLS | 5hr 50min 59 sec |
| 24th | R.FRANCIS | 5hr 50min 59sec |

87 Finished.

HAMPSHIRE CHAMPIONSHIPS - PORTSMOUTH 15 &16 MAY 2004 from Mike Bliss

Aaron and Josh again went head to head in the U17 3000m, which was also combined with the U20 men race. For once, there was not a mad first lap, but a good, strong, consistent pace. A group of about 8, including Josh and Aaron, were still together at 1500m, passed in about 4.31 sec. Although the pace slowed slightly over the next couple of laps, it was still fast enough for a couple to drop off. With about 600m to go, two U20 had opened a gap from Josh in 3rd and Aaron about 10m behind in 4th. This stayed the same until around the final 200m, when Aaron began to close with a sprint finish. However, Josh saw the threat and managed to respond, to finish in 3rd with Aaron 4th. With the first two being in the older age group, it meant gold and silver in the U17 race. A bonus was two large PB's. Josh by 7 sec. and Aaron by 5 sec.

1st Josh 9.07.28sec
 2nd Aaron 9.09.35sec
 10 U17 ran + 4 U20

The next day Josh returned for the U17 1500m. Luckily, with Josh saying that he still felt tired after the 3000m, the race was a straight final. The overwhelming favourite, Laurence Cox from Aldershot, had won the 800m in a championship best of 1.56sec, the previous day. True to form, he ran the first lap in 62sec, with only Josh prepared to go with him, right behind. Although Josh was then immediately dropped, he had a large gap to the following runners. With the fast first lap and running on his own, it was no surprise that the third placed runner began to close on the last lap and rapidly gained with a sprint around the final bend. Once again though, rather than dying, Josh found another sprint himself, to keep ahead and cross the line for the silver medal. Laurence Cox ran 3.59sec. for another championship best and Josh ran 4.13.00sec, for another 5 sec. PB. That alone would have been very pleasing, but 18 hours after a PB 3000m, it is extremely encouraging, and, hopefully, shows he can improve it further this season.

2nd Josh 4.13.00sec.
 16 ran.

Men's Southern League results from Dave Vosser

A close match throughout finished on a high note with us just beating Bournemouth into 2nd place. A promising start to the season with James Coney bringing along some valuable new signings from Andover, James Wightman and James Foulkes. So the 4 X 400metres team was made up of James, James, James and strangely Josh (he's going to get his name changed to help to clarify things)

| <u>Division 4W Match 1 Results</u> | | 01/05/2004 | |
|------------------------------------|-------------------|-----------------|--|
| Southampton Match | Score | Points | |
| 1 City of Plymouth | 142.5 | 4 | |
| 2 Wimborne/Poole | 126 | 3 | |
| 3 Team Solent | 103 | 2 | |
| 4 Weymouth St Pauls/Dorchester | 57.5 | 1 | |
| Sandown Isle of Wight Match | | | |
| 1 Isle of Wight | 160.5 | 4 | |
| 2 Winchester | 121.5 | 3 | |
| 3 Bracknell | 95 | 2 | |
| 4 Oxford City | 0 | 1 | |
| High Wycombe Match | | | |
| 1 Wycombe Phoenix | 148 | 4 | |
| <u>2 Overton</u> | <u>135</u> | <u>3</u> | |
| 3 Bournemouth | 133.5 | 2 | |
| 4 Chichester Runners | 4 | 1 | |

Match 2 looked much more promising with a larger and stronger squad, including Jeremy Reynolds and Dave Bush. Wins from Keith Vallis (two wins), Jamie, the James team from Andover, Josh, Jeremy and Steve McNair (two wins) ensured we were not far behind the Isle of Wight. We managed to get revenge over High Wycombe who we meet once more this season.

| <u>Division 4W Match 2 Results</u> | | | | 22/05/2004 | | | | | |
|------------------------------------|---|--------|-------|------------|----|------|-----------|------|---|
| Event | | Name | Pos'n | Event | | Name | Pos'n | | |
| 400H | A | D.Bush | 70.4 | 2 | LJ | A | J.Foulkes | 5.25 | 3 |

| | | | | | | | | | |
|----------|---|------------|---------|---|---------|---|------------|---------|----|
| 400H | B | K.Vallis | 71.3 | 1 | LJ | B | J.Coney | 4.68 | 3 |
| 100M | A | J.Foulkes | 11.9 | 1 | HJ | A | J.Reynolds | 1.40 | 3 |
| 100M | B | J.Coney | 12.7 | 2 | HJ | B | D.Bush | 1.40 | 3 |
| 800M | A | J.Bliss | 2.07.7 | 3 | PV | A | D.Bush | 1.10 | =2 |
| 800M | B | J.Whiteman | 2.09.9 | 1 | PV | B | D.Vosser | 1.10 | =1 |
| 5000M | A | J.Jones | 16.09.7 | 1 | TJ | A | J.Reynolds | 11.16 | 1 |
| 5000M | B | D.Mills | 19.10.6 | 2 | TJ | B | D.Bush | 10.77 | 1 |
| 400M | A | J.Foulkes | 56.7 | 2 | Hammer | A | S.Morgan | 33.32 | 3 |
| 400M | B | J.Whiteman | 56.6 | 1 | Hammer | B | S.McNair | 15.94 | 2 |
| 110H | A | J.Reynolds | 22.4 | 1 | Javelin | A | S.Morgan | 29.88 | 3 |
| 110H | B | K.Vallis | 24.7 | 2 | Javelin | B | J.Reynolds | 17.96 | 2 |
| 200M | A | J.Foulkes | 25.6 | 3 | Shot | A | S.Morgan | 8.43 | 2 |
| 200M | B | J.Coney | 26.5 | 3 | Shot | B | S.McNair | 6.25 | 1 |
| 1500M | A | J.Bliss | 4.37.4 | 1 | Discus | A | S.Morgan | 28.32 | 2 |
| 1500M | B | K.Clark | 5.02.8 | 1 | Discus | B | J.Reynolds | 26.62 | 2 |
| 4 X 100 | - | | 49.2 | 3 | 4 X 400 | - | | 3.47.7 | 2 |
| 3000 S/C | A | K.Vallis | 10.36.8 | 1 | 3000S/C | B | S.McNair | 12.58.4 | 1 |

Division 4W Match 2 Results

22/05/2004

| Bracknell Match | Score | Points |
|----------------------|-------|--------|
| 1 Wimborne/Poole | 149 | 4 |
| 2 Bournemouth | 128.5 | 3 |
| 3 Bracknell | 110.5 | 2 |
| 4 Chichester Runners | 2 | 1 |

| Braunton | Score | Points |
|--------------------------------|-------|--------|
| 1 City of Plymouth | 167.5 | 4 |
| 2 Team Solent | 107 | 3 |
| 3 Oxford City | 69 | 2 |
| 4 Weymouth St Pauls/Dorchester | 57.5 | 1 |

| Reading | Score | Points |
|-------------------------|-------------------|-----------------|
| 1 Isle of Wight | 143.5 | 4 |
| <u>2 Overton</u> | <u>141</u> | <u>3</u> |
| 3 Wycombe Phoenix | 137.5 | 2 |
| 4 Winchester | 53 | 1 |

The Table so far, after two matches: we are in a strong 5th place, but we need to win the next match to move up the table.

| League Table | Match 1 | | Match 2 | | Total | |
|---------------------------------|---------|------------|---------|------------|--------|------------|
| | Points | League pts | Points | League pts | Points | League pts |
| 1 City of Plymouth | 142.5 | 4 | 167.5 | 4 | 310 | 8 |
| 2 Isle of Wight | 160.5 | 4 | 143.5 | 4 | 304 | 8 |
| 3 Wimborne/Poole | 126 | 3 | 149 | 4 | 275 | 7 |
| 4 Wycombe Phoenix | 148 | 4 | 137.5 | 2 | 285.5 | 6 |
| 5 Overton | 135 | 3 | 141 | 3 | 276 | 6 |
| 6 Bournemouth | 133.5 | 2 | 128.5 | 3 | 262 | 5 |
| 7 Team Solent | 103 | 2 | 107 | 3 | 210 | 5 |
| 8 Bracknell | 95 | 2 | 110.5 | 2 | 205.5 | 4 |
| 9 Winchester | 121.5 | 3 | 53 | 1 | 174.5 | 4 |
| 10 Oxford City | 0 | 1 | 69 | 2 | 69 | 3 |
| 11 Weymouth St Pauls/Dorchester | 57.5 | 1 | 57.5 | 1 | 115 | 2 |
| 12 Chichester Runners | 4 | 1 | 2 | 1 | 6 | 2 |

Hampshire Road Race League Update from Dave Vosser

Following on from our strong result at the Alton 10, the men's team are now securely in 2nd place and have almost guaranteed promotion. A special thanks to those who ran at Alton, particularly Martin Crawshaw and Steve Mcnair who both stepped in at the last moment to ensure we finished a team. We actually gained our first overall victory in division 2 – so all we have to do is turn a team out for the Brading 10k on the Isle of Wight (which is on Sunday 20th at 11.00am) and we are promoted! This race is a compulsory event in the league so we must finish a team.

The club has offered to refund your travelling expense up to £10.00 – This will cover the Portsmouth Harbour to Ryde Pier head Wightlink Catamaran ferry fare of £7.60 return and the bus fare to the start at £2.00 return. You will need to catch either the 8.50am or 9.20am sailing. Please call me if you need an entry form or any transport advice (01962 862496) closing date is Sat12th.

Detailed 2004 Division 2 table after the Alton 10 with just Brading to come.

Hampshire Road Race League 2003/2004 Division 2

| | Overton 5 | Hardley 1/2 | Lordshill 10 | Hayling 10 Stubbington 10K | Chichester 10k | Bramley 20 | Totton 10k | Alton 10 | Total Less 2 | Race points |
|-------------------------|-----------|-------------|--------------|----------------------------------|----------------|------------|------------|----------|--------------|-------------|
| Men's Division 2 | LG | LG | LG | LG | LG | LG | LG | LG | LG | RC |
| Stubbington Green | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 7 | 1468 |
| Overton Harriers | 3 | 3 | 2 | 8 | 2 | 2 | 4 | 1 | 15 | 2508 |
| Gosport R.R | 7 | 5 | 4 | 3 | 5 | 3 | 4 | 7 | 2 | 5261 |
| West Wight RR | 5 | 7 | 3 | 6 | 3 | 6 | 11 | 6 | 4 | 3437 |
| Team Solent | 2 | 6 | 6 | 7 | 4 | 11 | 11 | 2 | 11 | 3176 |
| Ryde Harriers | 11 | 11 | 7 | 2 | 6 | 4 | 3 | 11 | 11 | 4867 |
| Totton RR | 6 | 4 | 5 | 9 | 7 | 11 | 11 | 11 | 11 | 53121 |
| Basingstoke & MH | 4 | 11 | 11 | 5 | 10 | 11 | 11 | 3 | 11 | 554511 |
| New Forest Runners | 11 | 1 | 11 | 11 | 8 | 11 | 11 | 5 | 11 | 585212 |
| Havant AC | 8 | 11 | 11 | 4 | 9 | 5 | 11 | 11 | 11 | 595382 |

Hampshire Road Race League 2004/2005 from Dave Vosser

I delighted to say that the Overton 5 has again been chosen to form part of the Hants Road Race League, this is a real boost to the club and certainly guarantees a large field. All teams who enter the league have an opportunity to vote at the leagues AGM for any nominated race to be included, 15 Clubs attended and 12 Voted for the Overton 5. This confirms what a popular race it has become over the years. Races chosen for next years league are:

Hants Road Race League fixtures 2004/2005 (Some dates to be confirmed)

| Race | Date |
|---------------------|---------------------------|
| Overton 5 | Sept 4 th 2004 |
| Hardley 1/2 | Oct 17 th 2004 |
| Gosport ½ | Nov 14 th 2004 |
| Hayling 10 | Nov 28 th 2004 |
| Stubbington 10k | Jan 05 |
| Christchurch 20mile | March 05 |
| Eastleigh 10k | March 21 st 05 |
| Totton 10k | April 05 |
| Alton 10mile | May05 |
| Brading 10k | June 05 |