

**Overton
Harriers**



**&
Athletic Club**

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SEPTEMBER 2004 ISSUE 326

FIXTURES.

October	
3rd	Clarendon Way Marathon Races, Finch Coasters Tough 10 mile, Alton Downland 5k & 10k Butser Hill 4.5 mile XC
9th	XC LEAGUE FARLEY MOUNT
10th	Great South Run 10 mile
14th	Foxdown Handicap
17th	HARDLEY HALF-MARATHON Fleet 10k
24th	Fordingbridge 10 mile
30th	XC LEAGUE GOODWOOD
31st	Denmead 10k
November	
6th	Bath Road races
7th	Lordshill 10 mile
11th	Foxdown Handicap
14th	GOSPORT HALF-MARATHON
20th	Wimbourne 10 mile
21st	Camberley 9.5 k XC
27th	XC LEAGUE OVERTON
28th	Boscombe 10k Hayling 10 mile

Consistency events are in bold type

FRANNY'S BITS.

Once again I missed the printer's deadline last month so hopefully we have a slightly thicker edition this month.

The summer handicap season came to a close with Hannah and Keith taking the spoils. The course round the Harrow Way has been quite slippery this summer due to the odd "light shower" but fortunately most of us have managed to stay on our feet. The dates for the Winter series round the Foxdown course will appear shortly.

As some people at the club appear to have some difficulty in contacting me, here are my phone numbers. 01256892738 (home) or 07748064884. If possible, please do not phone before 1pm as I work shifts.

Thanks to JT for the following reports.

RACE FOR HOPE 5 miles at WINCHESTER

Only a small group of us turned out for this charity race which was well organized with plenty of marshals, mile markers etc over an undulating course around the Springvale area and back along the Andover road to finish in the recreation fields by the sports center.

Eric was seeking to improve his fitness after his idle holiday and was well beaten by Steve who is showing good form despite a lack of consistent training. JT again struggled with his dodgy calf muscle that let him down on the return section of the route.

28th	S.McNAIR	33m 40 sec	
34th	E.TILBURY	34m 35sec	2 nd O/60
132nd	J.THOMAS	42m 15 sec	

263 Finished

LAMBOURN CARNIVAL 5miles.

8th AUGUST

For the second year running we entered this low-key race on the roads and tracks around this Berkshire town. Although it was very hot it was nothing compared to last year when temperatures were in the 90's.

Eric had another battle with Steve McNair only to lose out by over a minute and failing to recapture some of the form lost whilst vegetating in Greece. JT suffered, yet again, with a re-occurrence of his calf problem and struggled home vowing not to race again until this had properly cleared.

15th	S.McNAIR	34m 18 sec
20th	E.TILBURY	35m 31 sec
46th	J.THOMAS	43m 55 sec

71 Finishers.

SUMMER HANDICAP.

12th AUGUST.

The final race of the summer season resulted in an easy win for relative newcomer Mark. Bliss continued his comeback in second place and was second fastest on the night whilst Keith Vallis took third with the fastest time overall. Cath had a great run to take third fastest on the night. The time league was won by Keith following a very consistent summer. Cath's storming run helped her to second in the league while Mike took third despite his injury problems.

Despite recording her worst result of the summer, Hannah was the popular winner of the handicap title by 3 points ahead of Keith. This time Cath had to settle for third spot. Many thanks to all who helped with the time keeping during some rather damp evenings.

POS	RUNNER	FIN TIME	H'CAP	ACT. TIME	TIME POS
1	M.DELLAFERA	29.08	4.46	24.22	7
2	M.BLISS	29.39	8.35	21.04	2
3	K.VALLIS	29.46	9.29	20.17	1
4	M.WEST	30.34	1.39	28.55	12
5	E.TILBURY	30.37	4.52	25.45	9
6	K.CLARK	31.14	8.25	22.49	4
7	C.WHEELER	31.26	9.04	22.22	3
8	R.FRANCIS	31.27	7.14	24.13	6
9	E.SMITH	31.43	1.48	29.55	14
10	S.McNAIR	31.50	7.10	24.40	8
11	M.VOSSER	32.09	2.58	29.11	13
12	D.MAUGHN	32.18	9.25	22.53	5
13	H.VOSSER	32.42	6.15	26.27	10
14	D.VOSSER	33.44	6.20	27.24	11

CONSISTENCY LEAGUE.

1	May 9th	ALTON 10 mile	
2	July 15th	WINCHESTER 5 km	
3	October 9th	Hants. XC Lge. At FARLEY MOUNT	
4	October 17th	HARDLEY half-marathon	CLUB CHAMPS.
5	October 30th	Hants. XC Lge. At GOODWOOD	
6	November 14th	GOSPORT half-marathon	
7	November 28th	HAYLING 10 mile	CLUB CHAMPS.
8	December 5th	VICTORY 5 mile	CLUB CHAMPS.
9	December 19th	CYCLIST'S Race	
10	January 8th	COUNTY XC CHAMPIONSHIPS	
11	January 9th	STUBBINGTON 10 km	
12	January 22nd	Hants. XC Lge. At READING	CLUB CHAMPS.
13	February 12th	Hants. XC Lge. At WIMBOURNE	
14	March 6th	CHICHESTER 20 miles	
15	March 20th	EASTLEIGH 10 km	CLUB CHAMPS.
16	April 3 rd	TOTTON 10 km	

Some venues (XC league) and dates are still to be confirmed.

Consistency Lge. Contd.

The Overton 5 and our home XC fixture have not been included as some club members help with marshalling etc. The current tables are on the notice board.

If all dates etc. are confirmed we should only have one weekend with a double fixture.

The rules are the same as in previous seasons with the first runner home in each event scoring 20 points, second runner 19 points etc. Club Championship events are indicated above and score DOUBLE points i.e.: 40, 38, 36 etc. Should any event be cancelled I will endeavor to find a suitable replacement where possible. PLEASE support these fixtures, a big turn out is a great advertisement for the club and attracts new members.

OVERTON 5 miles. 4th SEPTEMBER from Franny

A huge field, with almost 400 starters for the main race, there was also a large turnout also for the one lap event. The very hot conditions took it's toll on many runners with a fare few doing a 'Paula' and failing to finish. The race was won by Basingstoke's Phillip Tulba in a time narrowly outside 25 minutes. He had a comfortable margin over Carl Morris of Wells City and Winchester's Phil Killingley. First woman home was Shona Crombie-Hicks of Bourton Road Runners with Southampton's Kaye Harwood second with Cath taking a superb third place that was good enough to also win the vets title. First home from the club was Ian Ford who wound back the clock with a brilliant effort in 15th place. This was good enough for second in his age group and 3rd Vet overall. Josh was fading badly towards the end and just held off Mike by a narrow margin. Great to see you competing again Mike. Keith Vallis had the wrong vest on but has to get a mention as he gave Mark Simcox a good hiding. Skinny Darren Cuff is back with a vengeance but after Africa may have found it a bit chilly. Cath was in next with Martin coming home close behind, Andy's training has been a little up and down of late but seemed reasonably happy with his run.

Next came the pack and at the drink stop six runners were only yards apart. I had a good second lap to lead home the chasing pack though Dave Titcomb never gave up the chase and was too close for comfort at the end. He had the consolation of beating Eric again but one gets the feeling that Eric will soon be out for revenge. Mark suffered a little on the second lap but will be breathing down our necks once he sorts out his pace judgment. Steve died big time at the drink station and only kept going to get another glass for his collection.

Liz had a solid run and was just clear of ex club member Linda Younghusband as they finished 2nd and 3rd respectively in their age group. Moira was close behind to take 2nd spot in her age group closely followed by Elaine who had a good run in the blistering conditions. Rod Sayers was, I believe, running his first open race in club colours and showed the benefit of the training he has done throughout the summer months.

15th	I.FORD	27m 39 sec	153rd	D.TITCOMB	34m 43 sec
31st	J.BLISS	28m 37 sec	156th	E.TILBURY	34m 56 sec
32nd	M.BLISS	28m 41 sec	176th	M.DELLAFERRA	35m 40 sec
76th	D.CUFF	31m 09 sec	244th	S.McNAIR	39m 00 sec
86th	C.WHEELER	31m 31 sec	293rd	E.SANDALL-BALL	41m 18 sec
93rd	M.CRAWSHAW	31m 55 sec	302nd	M.WEST	41m 49 sec
114th	A.HARTLEY	32m 58 sec	310th	E.SMITH	42m 18 sec
147th	R.FRANCIS	34m 31sec	334th	R.SAYERS	46m 15 sec

381 Finishers.

HIGHCLERE 10km.**5th SEPTEMBER.**

A larger field but the quality was lower than the previous day. The earlier start time meant that it was cooler and the organizers once more tweaked the course to put “more off road” into this multi-terrain event. Paul Wheeler led home the club interest (never thought I would type that sentence out again) with a very respectable top 20 finish. Cath had run the day before so can feel very happy with her 30th place which was good enough to finish fourth woman and first Vet by over 5 minutes. I made a late decision to try the weekend double and surprised myself by having a better run than the day before.

Our Belgian guests got amongst the prizes with Edmund and Marie-Paul both taking the Vet 50 titles. Andy Hartley took on the role of spectator as Emma completed the course and comfortably beat the 60-minute barrier.

18th	P.WHEELER	38m 34 sec
30th	C.WHEELER	40m 14 sec
65th	R.FRANCIS	43m 16 sec
325th	E.HARTLEY	58m 19 sec

478 Finished.

Committee Meeting. 12/07/04

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

Apologies G. McLaughlin

Matters Arising.

- 1) Letter of resignation received from Gwyneth, and reluctantly accepted. Geoff to reply and advertise the post on the notice board.
- 2) Paul has sourced a metal shed and will get a quote for a suitable base.
- 3) Hants XC League at Ashe Meadows will be 27th November.

Treasurers Report.

Income: £411 Expenditure: £567 Current Account: £380 Reserves: £2530

AOB

1. Southern League T&F Meeting Home Fixture at Down Grange went well. Many thanks for help
2. Overton 5 was very successful again many thanks to marshalls, officials and helpers.

Meeting closed at 9:00 p.m.

Date of next meeting 11/10/04

Southern Road Relays Aldershot 26 September from Geoff

Our U17 Boys team was made up from two Team Kennet boys who regularly turn out for us in the Hampshire League, Martin Hooley from Andover and Josh Bliss. After a dithering start Josh ran a superb first leg finishing in 6th position, and was followed by Robert Ridley, Mark Vardy, and Martin Hooley, who brought the team home in 16th place.

Results

BOYS U17 CATEGORY 4X 4Km 23rd out of 31 finishers							
LEG	NAME	MINS	SECS	LEG	NAME	MINS	SECS
1	C. Williams	12	36	2	R. Ridley	14	13
3	M. Vardy	14	05	4	M. Hooley	14	04