

**Overton
Harriers**



**&
Athletic Club**

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NEWSLETTER

DECEMBER 2003 ISSUE 317

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:

JANUARY	
3rd	COUNTY XC Champs at DIBDEN INCLOSURE
10th	HANTS XC Lge at OVERTON
11th	STUBBINGTON 10km
15th	WINTER HANDICAP Race 4
17th	COUNTY SCHOOLS XC Champs
24th	SOUTHERN COUNTIES XC Champs at PARLIAMENT HILL
25th	ROMSEY 5 mile Road Race
FEBRUARY	
1st	CHICHESTER 10km
7th	HANTS XC Lge at WIMBOURNE
13 th to 16 th	TRAINING WEEKEND
21st	NATIONAL XC Champs. At LEEDS
29th	BRAMLEY 10 mile and 20 mile road races

CHECK NOTICE BOARD FOR FURTHER DETAILS

FRANNY'S BITS.

With the festive season I have been hard pressed to get this edition ready and was not helped by a last minute computer failure. Anyway, I hope you have all over indulged in the food and drink because I need all the help I can get to stay with anyone in training.

Looking ahead to Saturday 10th January and a call for volunteers to help with our home cross country fixture. Any offer of help would be greatly appreciated, especially with the course marking where Paul and Geoff would welcome any offers of help. If you are not thinking of racing on the day then we could always do with a few extra marshals or help with the refreshments etc.

Don't sit in doors, please come and help and give those who are running some much needed vocal support.

There is a great tussle in the men's consistency league between Eric and Dave Titcomb with Dave scoring his first victory over ET. As it stands Eric holds a narrow 2-point margin over his younger rival. Dave's cause may not have been helped with Southampton being dumped out of the cup as ET will now have fewer excuses to bunk off any races that clash with home games at St. Mary's.

Cath is clear in the ladies league though Audra, Dorothy and Liz are still in contention; full tables are on the notice board.

The Christmas party went well, many thanks to those who helped organized it and special thanks to the hardy trio of Ken, Helen and Hannah who had to make themselves heard over some decidedly dodgy carol singing. The Christmas lunch following the cyclist's race was also a great success. Well done to John Hoare for ensuring there were no "slip ups" on the day.

Finally, congratulations to Andy and Dorothy on getting the club places for the London marathon, as far as I know I am the only other entrant so we now have to start enjoying all that extra training.

The following two reports come from JT.

LORDSHILL 10 mile

2nd NOVEMBER.

My apologies for not supplying the results of our members in this popular event, which was, started in appalling weather, with a strong, cold wind and teeming rain. Added to this were large puddles on the course including a flooded area, which had to be negotiated twice on the initial loop before going out into more rural areas. At 7 miles there is a notorious long hill that tends to sort out the men from the boys before falling back to the finish.

Jamie had a good run in 9th place in 57:15, which cannot be a good time for him, but in these conditions..... Dave Maughn was next home in a good time 63:50 (the sub 60 minutes is beckoning) and then Gavin in a rare road race for him.

Eric was not far behind him in a moderate time of 71:19 but took second place in the over 60's. JT had little more ambition than to finish in one piece following a period of injury which he achieved without any distress, only to go down with a bug the following week, further curtailing consistent training.

9th	J.JONES	57m 15sec
46th	D.MAUGHN	63m 50sec
76th	G.DUNCAN	68m 50sec
98th	E.TILBURY	71m 19sec
238th	J.THOMAS	86m 13sec

315 Finished.

HAYLING 10 miles.

30th NOVEMBER.

Only 5 club members managed to get out for this year's Hayling 10 in perfect weather conditions on a notoriously flat course. This was not only a club championship, Hampshire road race league event but also the county championships, which should have been incentive enough for a large entry from the club.

It would appear, unhappily, that we were not for the Hampshire championships which had the result of Eric being denied a gold medal in the over 60 category. This, obviously, was an injustice and something that, for future events (in my opinion) should be addressed by the club committee.

There were some good runs from the 5 of us who contributed to a very large field which toed the line, including PB's from Dave Maughn (deputizing for Jamie who was there giving us vocal support) and Dave Titcomb both of whom should now be setting themselves the benchmark of sub 60 minutes. Eric was disappointed with his time but still managed 2nd place overall in his age group while JT was pleased to hold things together despite a lack of suitable training. He had quite a battle with a lady from Eastleigh R.C. for at least 8 of the 10 miles only to be beaten over the last 200 yards or so.

Our fifth competitor was Karen who was our only lady runner and will be declared club champion for the distance, well done Karen.

98th	D.MAUGHN	62m 05sec
219th	D.TITCOMB	68m 58sec
229th	E.TILBURY	69m 19sec
559th	J.THOMAS	83m 56sec
640th	K.BURTON	89m 03sec

819 Finished

FOXDOWN HANDICAP.

18th DECEMBER.

Another good night for the juniors with 4 PB's, these along with Hannah's spectacular debut meant that juniors took the top five places. Josh clocked his second victory of the series with a 54 second PB and achieved a rare, if not unique, double by winning the fastest time section as well. Ian took second with a 55 second improvement with his sister clocking a brilliant debut time to take third. Mark Vardy and Robert Ridley scored 28 second and 11second PB's respectively to take the next two places.

Second on time was surprise, surprise another junior in the form of Aaron. It was left to Keith Vallis to salvage some honor for the old fogies as he finished third fastest.

The winter handicaps have now reached the halfway stage and the competition is fierce in both leagues. Juniors hold the top five places in the handicap league with Josh leading thanks to victories in the last two races. Mark, Aaron and Robert tie for second with Ian a further 2 points back. However due to their improvements in the opening events they all may find that the handicap system will catch up with them with Cath, Steve and a few others taking advantage.

The time league is led by Aaron with Keith and Josh 2 points behind, again there is a group waiting for the handicap system to bite with Dave Maughn, Mark Vardy and Cath leading the chase. FULL tables are on the notice board.

POS.	RUNNER	TIME	H'CAP	ACT. TIME	TIME POS
1	J.BLISS	31.49	11.21	20.28	1
2	I.VOSSER	32.01	6.55	25.06	11
3	H.VOSSER	32.10	4.09	28.01	19
4	M.VARDY	32.15	10.31	21.44	4
5	R.RIDLEY	32.32	10.02	22.30	6
6	G.CLOKE	32.58	6.14	26.44	14
7	A.HARRIS	33.06	12.19	20.47	2
8	K.VALLIS	33.09	12.15	20.54	3
9	D.MAUGHN	33.12	11.27	21.45	5
10	C.WHEELER	33.18	10.45	22.33	7
11	E.SANDALL-BALL	33.19	5.52	27.27	14
12	M.WOODS	33.30	6.33	26.57	15
13	H.HEAP	33.32	6.14	27.22	16
14	A.DENNISON	33.40	8.38	25.02	10
15	C.BOYLE	33.50	1.57	31.53	22
16	M.BLISS	33.58	10.07	23.51	8
17	G.DUNCAN	34.23	9.51	24.32	9
18	M.VOSSER	34.25	4.09	30.16	21
19	F.KENNY	34.41	6.47	27.54	18
20	A.PAUL	34.48	6.35	28.13	20
21	E.TILBURY	35.03	8.21	26.42	13
22	D.VOSSER	37.40	11.48	25.52	12

Committee Meeting. 8/12/03

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

Matters Arising.

- 1) Overton 5 £2,500 received into main account.
- 2) London Marathon, two club places. These to be drawn at Christmas party, rejection slips given priority.
- 3) Christmas party, food to be made by club members.
- 4) Hampshire cross country, tent to cost £100. Rugby club to arrange parking.
- 5) Club of the year entry, no takers so have missed the entry date.

Treasurers Report.

Income £1555.66
Expenditure £779.86
Current £712.59
Reserve £ 1249.08 Annual membership fee to ORC : £720.

Secretaries Report

- 1) Hants Champs XC Entry sent to Geoff.

AOB

- 1) J. Hoare now out of action, unable to assist in cyclist race, cross country, and Christmas dinner
- 2) Cyclist race Time keeping, and numbers. Paul to take on this job.
- 3) Handicap also by Paul.
- 4) Cross country, Most already booked, Paul to start. Need more people to mark the course.
- 5) Letter of resignation received from M. Simcox.

Meeting closed at 9.20 p.m.

Date of next meeting 12/01/04

Hampshire Road Race League News from Dave

The Petersfield Half Marathon (scheduled for Sunday March 14th) has been cancelled. It has been replaced in the Hampshire road race league by the Alton 10 which will take place on Sunday May 9th.

We are currently lying 3rd in the Men's Division two and stand an excellent chance of promotion. Please try and build these events into your diaries.

Remaining Road Race League Fixtures are: -

11 January - Stubbington Green 10 km

8 February - Chichester 10 km

29 February - Bramley 20 mile

4 April (Provisional) - Totton 10 km

9 May – Alton 10miles

20 June - Brading 10 km

Hampshire Cross Country League Tables from Dave

With just two events to go it looks like certain victory for the Lady Vets but the men still have some work to do to guarantee promotion. Please try and make these final fixtures.

Saturday 10th Jan Ash Meadows home fixture

Saturday 7 February Wimborne Hamworthy Harriers

Men's League Table Division 2

Team	11/10/03		01/11/03		29/11/03		Aggregate	
1 Team Solent	125	1	63	1	60	1	248	3
2 Winchester & District	248	2	304	2	445	3	997	7
3 Overton Harriers	582	5	319	3	318	2	1219	10
4 Stubbington Green Runners	535	4	324	4	819	6	1678	14
5 Alton Runners	730	7	476	5	666	4	1872	16
6 Farnham Runners	699	6	557	6	657	5	1913	17
7 Hardley Runners	515	3	918	8	0	10	0	21
8 Portsmouth Joggers	779	8	842	7	0	10	0	25
9 Wessex Road Runners	897	9	959	9	867	7	2723	25
10 Southampton City	1005	10	972	10	0	10	0	30

Veteran Women - Team Aggregate

	11/10/03		01/11/03		29/11/03		Total	
1 Overton Harriers	41	1	22	1	29	1	3	
2 Farnham Runners	56	3	48	2	43	3	8	
3 Victory	72	4	71	4	52	4	12	
4 New Forest Runners	103	7	102	7	79	6	20	

Results of the Cyclists Race Sunday 26th December from Geoff

Position	Name	Club	Time
1	Josh Bliss	Overton Harriers & AC	19.57
2	Ian Ford	Overton Harriers & AC	20.06
3	Keith Vallis	Overton Harriers & AC	20.23
4	Tim Ricardson	Cyclist	20.49
5	Aaron Harris	Overton Harriers & AC	21.39
6	Bernie Charlick	Cyclist	21.49
7	Martin Harris	Cyclist	22.08
8	Doug Maclean	Overton Harriers & AC	22.17
9	Andy Hartley	Overton Harriers & AC	22.21
10	Cath Wheeler	Overton Harriers & AC	22.24
11	Dave Bush	Overton Harriers & AC	22.33
12	Simon Lunskey	Cyclist	24.01
13	Dave Titcomb	Overton Harriers & AC	24.08
14	Alex Charlick	Cyclist	24.21
15	S.Potts	Cyclist	24.22
16	Audra Dennison	Overton Harriers & AC	24.31
17	David Vosser	Overton Harriers & AC	24.56
18	Richard Francis	Overton Harriers & AC	25.00
19	Damian M'Keavney	Cyclist	25.14
20	Patrick Wright	Cyclist	25.25
21	Helen Heap	Overton Harriers & AC	25.52
22	Ian Vosser	Overton Harriers & AC	26.03
23	Keith Clark	Overton Harriers & AC	26.05
24	Nicky Clark	Overton Harriers & AC	26.05
25	Jenny Carter	Cyclist	26.08
26	Sam Charlick	Cyclist	26.20
27	David Fee	Cyclist	26.31
28	Martine Reynolds	Cyclist	27.08
29	Hannah Vosser	Overton Harriers & AC	28.20
30	Dorothy Wicke	Overton Harriers & AC	28.21
31	Liz Sandall-Ball	Overton Harriers & AC	28.21
32	Moira West	Overton Harriers & AC	28.42
33	Margaret Seniofield	Cyclist	28.46
34	Karen Burton	Overton Harriers & AC	28.59
35	Madeline Vosser	Overton Harriers & AC	29.41
36	Helen McMahon	Overton Harriers & AC	30.18
37	John Thomas	Overton Harriers & AC	30.51
38	Elaine Smith	Overton Harriers & AC	31.58
39	Geoff Cloke	Overton Harriers & AC	33.38

Some Juniors Results from Geoff

Aaron Harris and Josh Bliss represented Hampshire, in the Southern Counties Cross Country Championships at Stowe School near Buckingham, on December 6. Aaron was first in action in the under 17Boys race over a 5Km hilly, but dry grassland course, starting cautiously on the very fast downhill start. At halfway he was in 24th position, and briefly improved to 19th before losing a place on the final run in to finish 20th, and fourth counter for his County, who were runners up to Essex, in the team event.

Josh Bliss was next away in the under 15Boys race over 4.2Km and quickly established himself in a group chasing the leaders. By halfway he was slowly gaining, but could not get on terms with them and finished 6th. He was first counter for Hampshire who were again runners up, to the in form Essex, in the team event.

Victory 5 miles December 7th from Geoff

The day after the Inter-Counties Aaron Harris competed in the Victory 5miles Road Race at Portsmouth, along with Cath and Paul Wheeler, Greg England, Liz Sandall-Ball, and Moira West. The course is flat and fast and is arguably the South's premier event at this distance.

Aaron started cautiously, covering the first mile in 5mins 20secs, wisely locking on to a similarly paced group, to gain protection against a severe swirling wind. At 4miles he was on target to finish below 28minutes, but slowed down in the final mile to complete the course just two seconds over, in 50th spot.

Cath and Paul Wheeler, and Greg England running in close proximity covered the first mile in around 6minutes, maintaining this pace throughout, with Paul and Greg just dipping below this average to finish in 29mins 44secs and 29mins 57secs respectively. Cath clocked 30mins 27secs and was 9th in the Ladies Race. Liz Sandall-Ball was 60th in 36mins 45secs and Moira West was 94th in 40mins 46secs. The Ladies were third in the Veteran's category.

Web site update from Dave Vosser

This month we have added a little bit of history along with the Decembers Cyclists results. All results from 1976 are now posted, just by clicking any year you'll be taken back in time. A copy of all the winners are listed below, young Patrick's record looks safe for a few years yet!

If you have any problems finding things on the web site or discover errors please let me know and I will correct them or if you have any ideas to add items just give Ian or myself a shout. If things are out of date – speak to me – Ian manages the technical aspect of the site (i.e. he ensures it works) and I do the admin bit (i.e. try and keep it up to-date). It is however, thanks to Ian that our website is now supported by Hampshire County Council who Host the site for no charge.

David Vosser



OVERTON HARRIERS AND ATHLETIC CLUB

	Cyclist Race Winners
2002	Look Bikes 19.57
2002	Jamie Jones 19.20
2001	Jamie Jones 18.22
2000	Ian Ford 20.08
1999	Mike Bliss 17.57
1998	Jamie Jones 18.52
1997	Mike Bliss 19.29
1996	Paul Wheeler 19.45
1995	David Vosser 19.41
1994	Stuart Mills 19.45
1993	Mark Dennison 23.32
1992	Andy Hoare 20.00
1991	Patrick Hoare Course Record 17.40
1990	Mike Bliss 18.34
1989	Andy Hoare 18.55
1988	Marty Jones 17.58
1987	Cancelled
1986	Patrick Hoare/Andy Hoare/Mark Dennison 19.02
1985	Patrick Hoare 18.25
1984	Patrick Hoare 18.17
1983	Patrick Hoare 18.23
1982	Paul Wheeler/Patrick Hoare 19.22
1981	Andy Hoare/Mark Dennison 19.12
1980	Paul Wheeler 18.21
1979	Paul Wheeler 18.16
1978	Bob Wilkinson 18.14
1977	Paul Wheeler/Chris Tall 19.17
1976	Paul Wheeler 19.47

PROSPECT PARK – READING CROSS COUNTRY From Elaine Smith

The dismal, grey conditions did little to deter the Harriers competing at Reading.

The weather was against us but the enthusiasm was great, and despite a few injuries, we managed to field a full team in both the mens and womens races.

What with the constant drizzle and high winds, it was an “exhilarating” course, and I wasn’t too disappointed to be standing on the sidelines with a mug of hot soup and a woolly hat.

It must’ve been a tiring day for the Vosser family – Hannah came 12th in the U13 girls; a tremendous effort for only her second cross country! Next up was Madeline, followed by Dave in the last race of the day.

Geoff was highly in demand as Farnham tried to poach him for their own team. But he wasn’t having any of it as he pulled on his Overton vest.

The course was great, well marshalled, on even grass tracks with a testing uphill loop that separated the boys from the men. I’m glad to report that none of our guys stopped to walk on the hill (although we did catch a few of the other teams pausing for a breather). It just goes to show what a few hill reps can do for us through the winter!

At the end of the afternoon, we noticed a few shouts and strange smells coming from behind the bushes – as a supply of hot dogs wafted through the air.

Liz, Moira and Helen provided their usual ample supply of food and drink for both runners and supporters (thank you very much ladies) and then we all happily made our way home.

Hampshire Cross Country League Prospect Park Reading 29th November 2003 from Elaine Smith

Position	Name	Mins	Secs	Category
2	J. Bliss	13	10	U15 Boys
5	A. Harris	18	07	U17 Boys
9	C. Williams	18	50	U17 Boys
18	M. Vardy	19	49	U17 Boys
25	R. Ridley	21	25	U17 Boys
10	C. Wheeler	20	23	Ladies
31	A. Dennison	22	00	Ladies
67	N. Clark	24	00	Ladies
69	L. Sandall-Ball	24	11	Ladies
103	M. Vosser	27	26	Ladies
32	J. Jones	29	55	Men
53	D. Vosser	31	26	Men
85	M. Crawshaw	33	14	Men
90	G. England	33	37	Men
100	K. Clark	34	04	Men
161	E. Tilbury	37	49	Men
180	G. Cloke	39	44	Men