

**Overton
Harriers**



**&
Athletic Club**

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NOVEMBER 2004 ISSUE 328

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 at Work geoff.cloke@iptest.com or at Home on geoff@staddles.fsnet.co.uk

FIXTURES

DECEMBER 5th	VICTORY 5 mile
12th	SOUTHAMPTON 5 km
14th	HOGS BACK 9mile
19th	CYCLISTS RACE followed by the Christmas Lunch at Test Valley Golf Club
23rd	FOXDOWN HANDICAP followed by the Christmas Party
26th	JOHN DUKE 5 km at SOUTHAMPTON COMMON
JANUARY 8th	HANTS. XC CHAMPIONSHIPS AT DIBDEN INCLOSURE
9th	STUBBINGTON 10km
15th	HANTS. XC LEAGUES AT PROSPECT PARK READING
22nd	HANTS. SCHOOLS XC CHAMPIONSHIPS AT DIBDEN INCLOSURE
29th	SOUTHERN XC CHAMPIONSHIPS AT PARLIAMENT HILL

Frannies Bits

Main talking point seems to be the clubs poor league placing in the men's cross-country league. Injuries and unavailable runners have given us our worst start to the season in 20 years. Our Overton result last Saturday did us no harm, but it is now important that we get as many runners out as possible for the remaining fixtures. The ladies are doing us proud in this league with the Vets. Squad sitting in third place with a good chance of grabbing second from Farnham Runners.

John Hoare is organising the club Christmas dinner on December 23rd following the cyclist's race. Please make sure you return your menu choice and deposit to him if you have not already done so.

Remember the last Thursday before Christmas Party up in the bar following the handicap on December 23rd.

Committee Meeting. 8/11/04

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

Apologies J. Jones

Matters Arising.

1. Moira/Liz taken on medals.
2. Helen McMahon has shown interest in taking up vacant post of Secretary.
3. Overton 5 will earn us \approx £1600.
4. Nicky to price hire of tea urn for HCCL at Ashe.

Treasurers Report.

Income: £379 Expenditure: £985 Current Account: £268 Reserves: £2044

AOB

1. New members Dan & Dave Edwards and Piers Puntan
2. Agreed to pay £50 entry fee for next season's Southern League T&F.
3. Club London Entries applied for
4. Geoff to supervise marking out XC course will need help.
5. Parking fees at XC collected by Rugby Club. Nicky to communicate.

Meeting closed at

9:15 p.m. Date of next meeting

13/12/04

Alastair Paul – New York City Marathon, 7th November 2004

Many of you have tracked my progress preparing for my first ever marathon at the ripe old age of 46 – some of you kindly provided me with valuable advice and guidance to help me train for my big day – thanks in particular to Mark Dennison for sacrificing a coveted running magazine to provide me with a comprehensive programme, which formed the basis of my training. So how did I get on?

Well, for me this wasn't just about running in a marathon, it was about participating in one of the pre-eminent marathons in the world in a unique city. The whole experience of our extended weekend in the Big Apple will live with me for a long time. Four of us arrived on Friday lunchtime in NY – 2 marathon runners (joggers??) and 2 marathon shoppers – their wives (for the record I was running with an old school friend from Manchester who happens to live and work in the Basingstoke area)

The first thing that impressed us about the event was the organisation. Our first port of call was the NYC Marathon Expo to pick up our personal race packs. These days the city is paranoid about security, many would argue for good reason. All foreign runners were required to present their passports to enter the Expo and to pick up our packs. Despite the security hoops, we had obtained our packs within 5 minutes of arrival, and then proceeded to organise an raiding party, in true anglophile style, to take advantage of whatever freebies were on offer in the vast mid-town exhibition centre. Several T-shirts, energy drinks, power-bars and “Go” boards later, we retreated back to our Manhattan hotel with our booty.

Saturday morning's “warm up” event was the international friendship fun run, starting from the United Nations building and finishing in Central Park. All four of us walked or ran or jogged it along with 10,000 other, mainly overseas, marathon runners and friends etc.. This was our first real and unique view of Manhattan with the course taking us up the impressively named Avenue of the Americas, closed off especially for the occasion.

The rest of Saturday was devoted to sight-seeing – a visit to Ground Zero followed by a boat trip out to the Statue of Liberty and Ellis Island, with great views across the Hudson river to the Manhattan skyline. From here we got our first sight of the imposing Verrazano Straits suspension bridge linking Brooklyn to Staten Island with it's 1 mile + span. This was where the following day's big race would spectacularly begin for the 37,000+ runners.

Race day started with us queuing with 15-20,00 other runners at 06:30 in the morning to board one of the hundreds of coaches laid on to transport all the runners over to Staten Island before they shut the bridge to traffic at 08:00. Again we were impressed with the organisation and speed with which the runners were boarded.

So to the race itself. It started with an awe-inspiring view across to Manhattan as we climbed to an elevation of over 400 feet above sea-level crossing the Verrazano Straits bridge. Descending from the bridge into Brooklyn, we encountered our first experience of the crowds of spectators, several deep, who lined the route yelling, cheering and “high-fiving” the runners as they streamed through. Along the vast straight length of 4th Avenue Brooklyn, a stream of runners for several miles as far as the eye could see in either direction. Passing through Polish and Hassidic Jewish quarters among other ethnic enclaves and on into Queens. Jon and I reached the half way point in Queens in around 1 hour 53 minutes.

We crossed from Queens into Manhattan via the Queensborough bridge to be greeted by the vocal Manhattan throngs. And so on to the 5 mile long gradual incline of 1st Avenue from mid-town to up-town Manhattan. By this stage, I was beginning to feel the effects of the heat (this was New York's warmest November day on record since 1967, with temperatures touching 20°C.) and needed to take on copious quantities of water and Gatorade (or “Gutter-aid” as I discovered it was referred to in Marathon circles).

On into the Bronx, at the 20 mile point, where they say the biggest incentive to stop you from walking as you hit “The Wall” is the possibility of being mugged for your running shoes! I slowed up significantly between 20 & 23 miles when I learnt the true meaning of mind over matter. Finally into Central Park, where Georgina and Heather spotted me from a prime vantage point at the 26 mile mark, where they had earlier witnessed the spectacular climax to the women's race culminating in Paul Radcliffe's great win.

For the record, I finished the race in 4:08:23, and secured a position within the upper quartile of the overall field. I have to say I felt too exhausted to feel elated on crossing the finish line. I felt disappointed for Jon who ran on ahead of me only to miss

hitting our target time of under 4 hours by just 4 seconds. That night we celebrated the completion of our first marathon with a special meal in a fashionable French restaurant on Lexington Avenue, proudly sporting our finisher medals.

A few words on the impressive use of technology in the race....Through a supplied chip attached to each runners shoe, split times were recorded and instantaneously published on the official web-site. Friends and relations of runners could stand in the crowd and track their loved one's progress using a hand-held computer, or sit in front of a PC anywhere in the world, as they crossed the 10K, half-way and 20 mile points, with an ETA being provided. Provisional race times are available as soon as you cross the finish line. Some runners were even using GPS satellite navigation technology to enable their progress to be tracked!

The weekend concluded with a 2nd marathon on Monday morning – from Macy's to Bloomingdales via 5th & Maddison Avenues in under 26.2 dollars – an impossible challenge! We flew home on Monday afternoon out of Newark Airport taking in a last view of the Manhattan Skyline and the whole marathon course as the plane banked and climbed on it's ascent out of NY. A fitting memory to take home from a truly memorable weekend.

Finally, many thanks to all of you who pledged money for the 2 charities I ran for - I raised over £1,000. The winner of the £100 prize sweepstake to guess closest to my finishing time was Mel Byles, who lives in the village. Mel has very kindly donated the money back for the charities.

OXFORDSHIRE XC LEAGUE - WITNEY - 7.11.04 from Mike Bliss

Mark Vardy and Robert Ridley, have trained with us on Thursday club nights for the last couple of years now. Their first claim club is Team Kennet, but they regularly race for Overton Harriers in the Hants XC league, Southern Road Relays, and Mob matches, etc, and are valued members of our successful boys team. On Sunday 7.11.04, Josh had a chance to return the favour, by running for Team Kennet in the opening Oxfordshire league fixture, on a course in the middle of nowhere, in the scenic Cotswolds. Scenic for the spectators and injured, like me, soggy, muddy, and hilly, for them. Oh, and wet. The race was round a 3 day event horse cross country course and included the water feature, i.e. a muddy descent, a 20 metre splash (length, not depth, as that might have caught a few of them out!), before a long gradual climb, culminating in a vicious climb to the finish - done twice. Eric, where were you - mud and hills aplenty!

As the runners left the opening field, Josh was at the head of the field, with Mark about 5th and Robert a bit further back. At the end of their first swim and mountaineering experience (or first big lap), Josh had about a 25 sec lead. Mark had lost a couple of places, but was running strongly, whilst Rob appeared to be struggling a bit. Josh continued to extend his lead and at the finish, was 50 secs ahead of the second place. Mark held on to finish a fine 8th, whilst Rob, probably a bit under par as he is normally close to Mark, stuck to his task well to finish 15th. The team were victorious on the day, picked up no faults or time penalties, and I hope, due their tender age, did not get their oats!

1st Josh Bliss 17.11
8th Mark Vardy 19.02
15th Rob Ridley 20.29

Hampshire XC League at Ashe Meadows from Geoff

On Saturday November 27, Overton Harriers hosted this season's third Hampshire Cross Country League meeting at Ashe Meadows, on land owned by Richard Gibbins of Polhampton Farms and Mrs Biggs of Lower Ashe Farm.

The under 15 Boys team were first in action over a two lap course of 4.5Km, which included two tough hill sections on the edge of a ploughed field. Andover based Phillip Berntsen running in Overton colours for the first time went with the initial manic dash, and slotted quickly into third place behind the early leaders. On the second lap Phillip made his move, grabbed second place, which he maintained and just failed to win the race by 5 seconds. A very impressive run on his first outing at this level.

Overton's Ladies were next in action over a two lap course measuring 6K2m. The very fast start was just what the doctor ordered for the Cath Wheeler. Cath quickly established herself in the top ten, doggedly chasing her younger rivals and eventually clinched 7th place overall, and 2nd place in the Vet's category. Cath was well supported in the team event by the

fast improving Rachael Kenchington 15th, Liz Sandall-Ball 81st, Moira West 95th, Madeleine Vosser 98th, and Dorothy Wicke 99th. The team retained comfortably their 3rd place in the Ladies Vet's League.

Next in action were the under 17 Boys over the same two lap course. Craig Williams got involved with the lead group from the start and was leading for most of the first lap, before drifting off the pace to finish in 15th place. Aaron Harris had an equally dismal run finishing 17th. Newbury based athletes Mark Vardy, James Moorcroft and Robert Ridley settled down in the middle of the field to finish 18th, 20th, and 25th respectively, whilst Andover based James Foulkes completed the team in 30th position. Despite below par performances the team finished in second place behind the mighty Aldershot.

Last on the course was the Men's Team running three laps totalling 9Km. Ian Ford, led the Overton contingent home in 18th place followed by Jamie Jones in 31st place, Club Captain Dave Vosser 55th, Andover based Kieron Hooley 60th, and Martin Crawshaw 85th. The Senior Men's Team finished first on the day in Division 2, their best performance by far this season, possibly good enough to give them a chance of survival but certainly not promotion. The Harrier's B team was made up from Andover based James Coney in 122nd place, Keith Clark 129th, Richard Francis 144th, Dave Titcomb 150th, Piers Puntan 174th and Geoff Cloke 178th.

Results Hampshire Cross Country League Ashe Meadows November 27

Position	Name	Mins	Secs	Category
15	C. Williams	22	36	U17 Boys
17	A. Harris	22	56	U17 Boys
18	M.Vardy	22	57	U17 Boys
20	J. Moorcroft	23	26	U17 Boys
25	R. Ridley	24	37	U17 Boys
30	J. Foulkes	28	19	U17 Boys
7	C. Wheeler	24	44	Ladies
19	R. Kenchington	25	50	Ladies
81	L. Sandall-Ball	30	54	Ladies
95	M. West	32	50	Ladies
98	M. Vosser	33	08	Ladies
99	D. Wicke	33	09	Ladies
18	I. Ford	31	52	Men
31	J. Jones	32	39	Men
55	D. Vosser	33	46	Men
60	K. Hooley	34	07	Men
85	M. Crawshaw	35	54	Men
119	D. Bush	38	01	Men
122	J. Coney	38	08	Men
129	K. Clark	38	39	Men
144	R. Francis	39	44	Men
150	D. Titcomb	40	02	Men
174	P. Puntan	42	19	Men
178	G. Cloke	44	03	Men

Hampshire Cross Country League 2004/5 Tables – Two Matches left

Senior Men - Team Aggregate

	Division 2	09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Aggregate	
1	Stubbington Green Runners	315	3	386	3	287	3					988	9
2	Havant	289	1	307	2	450	6					1046	9
3	Alton Runners	503	6	264	1	284	2					1051	9
4	Hamworthy Harriers	443	5	529	4	308	4					1280	13
5	New Forest Runners	426	4	637	8	394	5					1457	17
6	Overton Harriers	534	7	828	10	249	1					1611	18
7	Chichester Runners	314	2	632	7	0	10					0	19
8	Portsmouth Joggers	608	8	556	6	687	8					1851	22
9	Hardley Runners	684	10	553	5	705	9					1942	24
10	Farnham Runners	658	9	774	9	565	7					1997	25

Veteran Men - Team Aggregate

	Division 1	09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Aggregate	
1	Reading AC	33	2	19	1	34	1					86	4
2	Hamworthy Harriers	24	1	42	2	39	2					105	5
3	City of Portsmouth	69	5	55	3	96	6					220	14
4	Overton Harriers	99	7	119	6	46	3					264	16
5	Southampton RC	58	3	91	5	210	9					359	17
6	Reading Roadrunners	77	6	133	8	74	4					284	18
7	Bournemouth	68	4	131	7	105	7					304	18
8	Aldershot, Farnham & District	140	9	81	4	173	10					394	23
9	Fleet & Crookham	117	8	302	10	84	5					503	23
10	Farnham Runners	296	10	297	9	204	8					797	27

Under 17 Men - Team Aggregate

		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Aggregate	
1	Aldershot, Farnham & District	23	2	28	2	11	1					62	5
2	Overton Harriers	11	1	34	3	50	2					95	6
3	Isle of Wight	64	6	27	1	54	5					145	12
4	Basingstoke & Mid Hants	47	4	50	5	65	3					162	12
5	Team Southampton	45	3	40	4	76	8					161	15
6	Reading AC	60	5	0	11	53	4					0	20
7	Poole AC	0	10	62	6	65	7					0	23
8	City of Portsmouth	0	10	0	11	60	6					0	27
9	Chichester Runners	0	10	75	7	0	11					0	28
10	Poole Runners	64	7	0	11	0	11					0	29
11	Fleet & Crookham	0	10	0	11	0	11					0	32

Senior Women - Team Aggregate

		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Total	
1	Winchester & District	16	2	13	1	29	1					4	
2=	Aldershot, Farnham & District	13	1	50	3	42	4					8	
2=	Reading AC	56	4	25	2	39	2					8	
4	Team Southampton	33	3	67	6	41	3					12	
5	Reading Roadrunners	75	5	89	7	52	6					18	
6=	Basingstoke & Mid Hants	80	6	103	8	104	10					24	
6=	Poole Runners	170	11	62	5	71	8					24	
6=	Havant	110	7	140	10	64	7					24	
9	Overton Harriers	227	14	52	4	103	9					27	
10	City of Portsmouth	166	10	129	9	163	14					33	
11	Farnham Runners	177	13	174	11	156	13					37	
12	Victory	263	17	232	12	226	15					44	
13	Portsmouth Joggers	230	15	266	14	233	16					45	

Veteran Women - Team Aggregate

		09/10/04		30/10/04		27/11/04		15/01/05		12/02/05		Total	
1	Winchester & District	16	1	32	2	42	3					6	
2	Farnham Runners	60	3	50	5	54	4					12	
3	Overton Harriers	67	5	43	4	66	5					14	
4	Portsmouth Joggers	64	4	75	8	80	6					18	
5	Victory	75	6	90	9	82	7					19	

Remaining Hampshire Cross Country Fixtures
 Saturday 15 January - Prospect Park, Reading
 Saturday 12 February - Hamworthy Club, Wimborne

Maps and timetables can be found on www.overtonharriers.org.uk