

**Overton  
Harriers**



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**Athletic Club**

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November 2008 Issue 376

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Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

or Franny at [richard.francis@uk.delarue.com](mailto:richard.francis@uk.delarue.com)

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### **FIXTURES:**

December 6 <sup>th</sup>	<b>OVERTON XC, ASHE MEADOW</b>
7 <sup>th</sup>	<b>VICTORY 5</b> , Tadley Runners Xmas XC 5.3 Miles
18 <sup>th</sup>	<b>FOXDOWN HANDICAP</b>
21 <sup>st</sup>	<b>CYCLISTS RACE</b>
28 <sup>th</sup>	Somerley 10k & 5k

### **FRANNY'S BITS.**

A reminder that the Cyclist's race takes place on December 21st and is followed by the Club Xmas dinner at Test Valley Golf Club.

Please see John Hoare ASAP about the meal, details on the back page

Turnouts have been very disappointing for the first two handicaps this winter but hopefully the numbers will rise for the next one as the Xmas party is on the same night. Martin will be doing the ballot for the 2 club entries for the London Marathon so ensure you have given him your rejection slips if you want to be included.

We are struggling in the Hampshire XC and Road Race Leagues and the men may slip out of Division One. If you are available please turn out for the Harriers for the Overton XC and/or Victory 5.

If you are injured, marshals and other volunteers are needed for the XC at Ashe Meadow.

**LORDSHILL 10**      **2<sup>nd</sup> November**      *from John Hoare*

Quite a pleasant surprise for our competitors to find a changed course with the hill no longer part of the proceedings. A good course, well organised with plenty of marshals, and just the boredom of running through an industrial estate over the latter stages, but it certainly had the potential for PB's. Unfortunately Greg didn't quite make his, collapsing in a heap at the end with the disappointment of missing out on the hour by just nine seconds. Not so for Monique who is showing the benefit of regular training and racing with the club, as she knocked more than four minutes off her previous best ten mile time.

One thing surprised me though. A flat course, good running weather, Hampshire Road Race League fixture, County Championship and a Consistency League race. Where was everybody??

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Greg England	1:00:09	8 <sup>th</sup> V40
Monique Van Nueten	1:22:45	69 <sup>th</sup> (18 <sup>th</sup> V45)

*397 finished*

**NEW YORK MARATHON**      **2<sup>nd</sup> November**      *from Dave Bush*

So, in case you didn't see me on TV a few Sunday's back. I was the, formerly fat, but now rather skinny sprinter hiding behind the Kenyans in the Overton vest. Well actually quite a way behind.

New York marathon went a bit like this:

T -3 days: Arrive in New York, ready to rumble. Eat some pasta

T -2 days: Eeek!! My group has been allocated a 4am transfer bus from Manhattan to the start on Staten Island. Eat some more pasta

T -1 day: Get up early and do the Friendship warm-up run with girlfriend. Eat yet more pasta

T -0.5 day: New plan. Avoid the 4am start by smuggling me, and a hastily purchased air bed, like illegal aliens into my brother and brother in laws twin room on Staten Island. Last night of pasta, thankfully!!

T -3 hrs: After a restless nights sleep, sneak into breakfast and hope nobody notices I shouldn't be staying at this hotel

T -2 hrs: Fed and watered, creep onto the hotel transfer bus to the start with 30 other marathon runners

T -1.5 hrs: Stuck in a traffic jam. Everyone is getting really anxious we'll be late

T -1 hr: NYPD spot our dilemma and the bus gets blue lighted to the start. Great way to arrive. Do it in style :)

T -30mins: Bag checked with UPS and head for the starting line-up. Oh no!! My wave has already closed so I'm forced to join the back of the second wave. Squeeze round about a thousand runners and join very back of wave 1 :(

T -1 min: Clothes are flying off faster than Usain Bolt off the start line as everyone prepares themselves for the klaxon.

Go!!! : Different emotions all around. Some are pumped with adrenaline and cheering, others are quiet and focused, I'm just feeling claustrophobic surrounded by 40,000 others, so I run on the outside and look for some clean lines

1 mile: Into it now, this is gonna be good

2 miles: Hill, what hill.

2.1 miles: Much to my surprise I've not blown up!!

3 miles: Now we hit the first of the cheering crowds, this is great. Love those New Yorkers, cheering like only Americans can

4 miles: Gatorade station, it's early but why not. Yuk, do not ever pour Gatorade up your nose!!!

5 miles: Still feeling good

6 miles: More Gatorade, carefully does it, agh, I'm hating these dumb cups. Have a gel instead

7 miles: Piece of cake so far

8 miles: Really nice piece of cake

9 miles: Gatorade again. Sussed it, you pinch the sides of the cup together, and release just a mouthful of liquid into your mouth

10 miles: Looking good

11 miles: Half way is approaching fast

12 miles: Even faster

13 miles: Sub 1:30. Feeling fine

14 miles: I'm just lovin' those little wax cups now, got them completely sussed

15 miles: More bridges. They're uphill and there's no crowds to cheer you on. Hate 'em, they're so quiet, even the runners seem to hush over the bridges

16 miles: Rolling into Manhattan

17 miles: 4 straight miles out to the Bronx on 1st Avenue. 1...

18 miles: 2...

19 miles: 3...

20 miles: 4 and another damm bridge

21 miles: Welcome to the Bronx. Now 4 straight miles back on 5th Avenue

22 miles: Pick a quick runner, and run 'em down

23 miles: Pick the next runner. Focus on them and not the pain in my legs. Catch them before the turn into Central Park

24 miles: They're tumbling now

25 miles: Agh, it's so lumpy in the park. Just roll the downs, drive the ups

26 miles: Still picking up places. Unleash my inner "speed demon". Oh shit, he's already left the body

26.2 miles: Cross the line, yes!!



And that's how it feels to run New York. As for the time, there's chip time, gun time and stop watch time, but for my money it's whatever gets published in the New York Times on Monday that matters.

..... 2:57:10	950	Helfenbein, A, 47M.....	2:59:45	1159	Piket, A,
..... 2:57:11	951	Jaubert, F, 31M.....	2:59:45	1160	Bole, S,
..... 2:57:13	952	Conner, C, 45M .....	2:59:45	1161	Svensson
..... 2:57:13	953	Joseph, B, 46M.....	2:59:46	1162	Menager
..... 2:57:13	954	Blokland, I, 32M.....	2:59:47	1163	Zeibig, G
..... 2:57:13	955	Cepeda, L, 38M.....	2:59:47	1164	Goetti, T
..... 2:57:15	956	Brunnquell, S, 53M.....	2:59:47	1164	Hulings,
..... 2:57:15	957	Dayem, A, 34M.....	2:59:48	1166	Deutner,
..... 2:57:16	958	Bush, D, 39M .....	2:59:49	1167	Holmes,
..... 2:57:17	959	Albin, B, 59M.....	2:59:49	1168	Wilson, K
..... 2:57:18	960	Doyle, P, 40M.....	2:59:50	1169	King, J, 4
..... 2:57:19	961	Crespo, A, 42M.....	2:59:50	1170	Julien, J,
..... 2:57:22	962	O'Brien, S, 40M.....	2:59:51	1171	Oishi, K,
..... 2:57:22	963	Alig, G, 36M .....	2:59:51	1172	Hayashi,
..... 2:57:23	964	Solarz, C, 30M .....	2:59:51	1173	Moller, L,
..... 2:57:24	965	Maida, W, 50M.....	2:59:51	1174	Votapka,
..... 2:57:24	966	Armstrong, J, 31M.....	2:59:52	1175	Vazquez,
..... 2:57:24	967	Pieterse, Z, 42F .....	2:59:53	1176	Evans, D,

## HANTS XC LEAGUE, GOODWOOD

8<sup>th</sup> November

*from Piers Puntan*

As opposed to the glorious weather at Farley Mount, Goodwood was anything but, windy and pouring with rain; the ladies race being run in a total downpour.

Despite the dreadful conditions the ladies did well, especially Helen who just pipped a certain Winchester Lady to the finishing line. Can't imagine who it might be, can you?

The rain held off for the men's race though our performance was not as convincing as the ladies, the blokes finishing last again, though not quite as bad a total as the tally at Farley Mount.



This is going to be a difficult year for the Harriers and any support you can give the XC teams would be most appreciated.

### **Ladies**

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Cath Wheeler	23:01	19 <sup>th</sup> (3 <sup>rd</sup> Vet)
Helen Heap	24:29	42 <sup>nd</sup> (7 <sup>th</sup> Vet)
Monique Van Nueten	29:37	103 <sup>rd</sup> (38 <sup>th</sup> Vet)
Liz Sandall-Ball	30:22	108 <sup>th</sup> (40 <sup>th</sup> Vet)

*127 finished*

### **Men's**

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Greg England	34:50	98 <sup>th</sup> (25 <sup>th</sup> Vet)
Lee Tolhurst	35:03	102 <sup>nd</sup>
Richard Clifford	36:25	135 <sup>th</sup>
Martin Allen	37:53	162 <sup>nd</sup>
Keith Vallis	38:32	177 <sup>th</sup> (60 <sup>th</sup> Vet)
Mike Ball	45:51	241 <sup>st</sup> (110 <sup>th</sup> Vet)

*253 finished*

## GOSPORT ½ MARATHON

16<sup>th</sup> November

*from Piers Puntan*

The previous flat two lapped course around Gosport was no more; a victim to more elfin safety issues, so a new course was on offer this year. The less said about the course the better, suffice to say that it needs a lot of work before next year, at least it was flat.

The Harriers had a reasonable team on offer though only Greg and Lee out of the usual front runners was on show, Ryan, Shaun and Brian being the only other true athletes on show. Martin and myself were in attendance but both of us were coming back from a long period of injury and no serious racing was on the cards.



The race between Greg and Lee was won by Greg though Lee led for quite a significant part of the race, Ryan had a cracking run knocking over a minute off his PB and Shaun took over ten minutes off his.

Brian was a little disappointed with his race as he didn't get a PB but it certainly won't be long until he breaks 90 minutes. Martin and I caused no end of mischief around the course with some caustic comments and probably won't be invited back next year.

Monique was the only lady Harrier finishing in an impressive 1:51:13

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Greg England	1:19:22	11 <sup>th</sup> (46 <sup>th</sup> V40)
Lee Tolhurst	1:20:41	61 <sup>st</sup>
Ryan Wakefield	1:27:10	149 <sup>th</sup>
Sean Holmes	1:29:11	185 <sup>th</sup>
Brain Hay	1:31:59	234 <sup>th</sup>
Martin Allen	1:34:23	284 <sup>th</sup>
Piers Puntan	1:34:49	298 <sup>th</sup>
Monique Van Neuten	1:51:13	694 <sup>th</sup> (48 <sup>th</sup> V50)

*1235 finished*

### **FOXDOWN HANDICAP**

**20<sup>th</sup> November**

*from Richard Francis*

A good night for racing but there was a very low turnout for the second race of the season. Hannah was first home as she just managed to stay in front of Shaun who took almost a minute of his PB. Bob was third for the second month running and easily beat his PB and is now officially faster than Brian Hay. John ran his first race over this course as did Kate and both seemed happy with their runs.

Fastest was Cath who gave the men a good thrashing finishing a minute clear of Keith with Shaun in third.

Tables will be posted after the next race though at present the handicap title lead looks to be between Shaun & Bob.

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>	<b>H'Cap</b>	<b>Act. Time</b>	<b>H'Cap Pos.</b>
1	H.OLIVER	32.10	5.54	26.16	7
2	S.HOLMES	32.17	8.24	23.53	3
3	B.HAWRYLAK	32.53	8.36	24.17	4
4	E. SANDALL BALL	33.10	2.53	30.17	13
5	J.CASTELLI	33.17	8.09	25.08	6
6	C.WHEELER	33.18	10.29	22.49	1
7	M. VAN NUETEN	33.29	3.57	29.32	11
8	K.HICKMAN	33.37	3.57	29.40	12
9	B.HAY	34.12	9.11	25.01	5
10	E.WICKE	35.17	5.50	29.27	10
11	K.VALLIS	35.26	11.37	23.49	2
12	E.TILBURY	35.27	6.12	29.15	9
13	R.FRANCIS	35.58	8.09	27.49	8

## **HAMPSHIRE ROAD RACE LEAGUE**

Low turnouts in recent races have seen us dramatically tumble down the league tables in the league. Following the Gosport half marathon the men's team have slipped into the Division 1 relegation zone in 7<sup>th</sup> place and will need some good turnouts in the New Year to avoid the drop.

The ladies team is propping up Division 2 but if they simply finish a team in a couple of races they could climb several places quite quickly and avoid the drop into Division 3. Hopefully a good turnout at the Victory 5 will see an improvement in our positions.

## **CYCLISTS RACE**                      **21<sup>st</sup> December**

The Cyclists Race has been arranged and will take place on Sunday 21<sup>st</sup> December. Start at 10.45am. Please be at the Recreation Centre in good time to pick up your number. Note that this is a Consistency league race.

The cyclists won this event and last year and will be looking to retain the trophy. We need a good turn out to regain the honours.

This will be followed by:

## **XMAS LUNCH**                      **21<sup>st</sup> December**

To be held at the Test Valley Golf club. 1.00pm for 1.30 meal.

### **Menu**

A choice of starters:

Broccoli & Stilton Soup, Garlic Mushrooms or Melon Balls in Port.

Main meal will be a choice of:

Carvery, Beef, Turkey or Duck

*For the vegetarians it will be Creamy Leek & Gruyere Crown*

A choice of 4 Chilled Desserts or Xmas Pudding

All followed by Coffee and Mince pies.

No need to book your choices. That will be arranged on the day. Meal will cost £16.95 per head.

To arrange numbers please let me know asap if you are coming. A deposit of £5 per head will guarantee your meal.

Look forward to seeing you on 21<sup>st</sup>

John Hoare