

Overton Harriers Summer Fixtures 2010

May 6th *Training - 75/60 sec Reps*

8th
9th **Alton 10 (HRRL)**

12th Portsmouth Prom 5k
13th *Training - Pyramids*

14th **Harriers Presentation Dinner**
15th **Southern League - Plymouth**
16th **Netley 10k (HRRL)**

20th **Summer Handicap**

22nd
23rd Minstead Stinger, Marwell 10K
Open Meeting Winchester

26th Woodland 5 Mile Series (Race 1)
27th *Training - 3,2,1 min Reps (4 Sets)*

30th Newbury 10k, Ropley 10K
31st D-Day 10K

June 2nd Yateley 10k Series (Race 1)
3rd *Training - 75/60 sec Reps*

5th **Southern League - Salisbury**
6th **Kintbury 5**

7th Thrupton 5k (Race 1)
10th **Summer Handicap**

12th
13th Arlesford 10k, Braishfield Beer Race 5

16th Hayling Billy 5
17th **Mob Match - Cliddesden**

19th
20th Brading 10K

24th *Training - Berrydown Reps*

26th
27th **Twist Kingsclere 5****

30th Woodland 5 Mile Series (Race 2)

HRRL: Hampshire Road Race League

July 1st *Training - 75/60 sec Reps*

3rd
4th Tadley Runners 10k

5th **Thrupton 5k (Race 2) ******
7th Yateley 10k Series (Race 2)
8th *Training - Parlauf*

10th **Southern League - Basingstoke**
11th New Forest 10

15th **Mob March - Harroway****

17th
18th

22nd *Training - 3,2,1 min Reps (4 Sets)*

24th
25th

28th Woodland 5 Mile Series (Race 2)
29th *Training - Pyramids*
30th **Wedding Day 7k**

31st **Southern League - Guildford**

August 1st

4th Yateley 10k Series (Race 3)
5th *Training - 3,2,1 min Reps (4 Sets)*

7th
8th **Sidmouth Festival 10k****

9th Thrupton 5k (Race 3)

12th *Training - Parlauf*

14th
15th Isle of Wight Half-Marathon

19th **Summer Handicap**

21st
22nd **Champignonloop Val-Meer (Belgium)**

26th *Training - Berrydown Reps*

28th
29th

** Consistency League Event

Sept 1st Promenade 5k
2nd *Training - 60 sec Reps*

4th **Overton 5 (HRRL)**
5th

6th Thrupton 5k (Race 4)
9th *Training - Parlauf*

11th **Test Way Relay**
12th **Andover 5 (Round the Park)**

16th *Training - 3,2,1 min Reps (4 Sets)*

18th
19th **Victory 5 (HRRL)******

23rd *Training - 1/2 Lap Parlauf*

25th **SEAA 6 Stage Road Relay Champs**
26th New Forest Marathon

30th *Training - Short Reps*

Oct 2nd
3rd Clarendon Way Marathon

7th *Training - 8 x 1000m*

9th **Farley Mount XC Winchester ****
10th **Solent Half Marathon (HRRL)**

14th *Training - 6 x 1400m*

16th
17th Salisbury Half Marathon, Tadley 10

21st **Winter Handicap**

23rd **Hronov Nachod Race (Czech Republic)**
24th Great South Run

28th *Training 12 x 700m*

30th
31st

**** Consistency League and Club Championship

Key Fixtures Winter 2010

November 1st	Lordshill 10 (HRRL)
7th	Goodwood XC, Chichester****
21st	Gosport Half Marathon (HRRL)****
December 5th	Hampshire XC, Popham**
19th	Christmas Cyclists Race**

Other Consistency League Fixtures

January 2011	Prospect Park XC, Reading
February 2011	Ryde 10 (HRRL) Hudson's Field XC, Salisbury Bramley 20 (HRRL)
March 2011	Salisbury 10 (HRRL) **** Eastleigh 10k (HRRL) ****

When we Meet

Monday at 7.00pm

Runs around the village and surrounding countryside.

Thursday at 7.30pm

Long road reps in winter, and short reps on grass in summer. Sessions are modified to suit runners of all abilities

Sunday at 9.00am

Long runs of 8 to 15 miles split into similar ability groups through the Hampshire countryside

Where we Meet

Overton Recreation Centre
Bridge Street
Overton

www.overtonharriers.org.uk

Club Officers		
President	John Thomas	01256 770348
Club Captain	Piers Puntan	01256 772149
Ladies Captain	Monique Van Nueten	01256 467085

Committee Members		
Chairman	Mark Dennison	01256 771861
Treasurer	Anna Vallis	01256 773255
Secretary	Lee Tolhurst	01635 291236
Membership Secretary	Neil Martin	07768 066936
Member	Martin Allen	01256 770964
Member	Helen McMahon	01264 358444
Member	Sean Holmes	01256 895178
Member	Richard Francis	07908 641898

Club Officials		
Timekeeper	Mick Scoggins	01256 770455
Race Entries	Richard Francis	07908 641898
Child Protection Officer	Cath Wheeler	01256 770726
Overton 5 Race	Helen McMahon	01264 358444
Gibbet Race		01256 773255
Statistician	Richard Francis	07908 641898
Web Admin	Bob Hawrylak	01256 896204

Last Updated 14 May 2010

www.overtonharriers.org.uk

Overton Harriers



& Athletic Club

Running since 1974

SUMMER SEASON 2010 TRAINING AND KEY RACES

Overton Harriers & Athletic Club
Overton Recreation Centre
Bridge Street
Overton
Hants

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