

Overton Harriers Winter Fixtures 2007 / 2008

September	1st	Overton 5 (HRRL)
	2nd	Headington 10k
	6th	Training - 6 x 90 secs
	8th	
	9th	Andover Around the Park 5
	13th	Training - <i>Half Lap Parlauf</i>
	15th	Laverstoke Run
	16th	New Forest Marathon (Full & Half)
	20th	Training - 6 x 700m
	22nd	IOW Fell Races
	23rd	Hursley 10K, IOW Fell Races
	27th	Training - 4 x 1400m
	29th	SEAA 6 Stage Road Relay Champs
	30th	Highclere 10K Clarendon Way Marathon

October	4th	Training - 5 x 1000m
	6th	
	7th	Solent Half Marathon **** (HRRL)
	11th	Training - 6 x 700m
	13th	Farley Mount XC Winchester **
	14th	Henley & Swindon Half Marathons Tadley 10
	18th	Training - 30 mins Hills
	20th	
	21st	Denmead 10K
	25th	Monthly Handicap
	27th	
	28th	Great South Run Salisbury Half-Marathon

HRRL: Hampshire Road Race League

November	1st	Training - 4 x 1400m
	3rd	Hellrunner
	4th	AGC's Kings Worthy Half Marathon Lordshill 10
	8th	Training - 6 x 700m
	10th	Goodwood XC Chichester ****
	11th	
	15th	Monthly Handicap
	17th	
	18th	
	22nd	Training - 30 mins Hills
	24th	
	25th	Gosport Half Marathon ** (HRRL)
	29th	Training - 6 x 700m

December	1st	Ashe Meadows XC Overton
	2nd	Victory 5 Mile **** (HRRL)
	6th	Training - 30 mins Hills
	8th	London Santa Run
	9th	Tadley Runners Xmas XC**
	13th	Training - 5 x 1000m
	15th	
	16th	
	20th	Monthly Handicap
	22nd	
	23rd	Cyclists Race **
	27th	Training - 4 x 1400m
	29th	
	30th	Somerley 10K

** Consistency League Event

January	3rd	Training - 6 x 700m
	5th	Hampshire XC Champs (TBC) **
	6th	Goring 10k
	10th	Training - 6 x 700m
	12th	Prospect Park XC Reading **
	13th	Stubbington 10k (HRRL)
	17th	Monthly Handicap
	19th	
	20th	Bournemouth 10k
	24th	Training - 4 x 1400m
	26th	Southern Counties XC**
	27th	Slaughterford 9
	31st	Training - 5 x 1000m

February	2nd	
	3rd	Ryde 10 **** (HRRL)
	7th	Training - 6 x 700m
	9th	
	10th	Wokingham Half Marathon
	14th	Monthly Handicap
	16th	Training Weekend
	17th	Wimbourne XC
	17th	Bramley 20 Mile (HRRL)
	21st	Training - 30 mins Hills
	23rd	
24th	Terminator 10	
28th	Training - 5 x 1000m	

**** Consistency League and Club Championship

March

1st
2nd **Mad March 20 ****

6th Training - 4 x 1400m

8th
9th

13th Training - 5 x 700m

15th
16th **Eastleigh 10k **** (HRRL)**
Fleet Half Marathon

20th Monthly Handicap

22nd
23rd

27th Training - 30 min Hills

29th
30th **Combe Gibbet**
Totton 10k

April

3rd Training - 6 x 90 secs

5th
6th

10th Training - Half Lap Parlauf

12th
13th London Marathon

17th Training - 12 x 60 secs

19th
20th

24th Training - Pyramids

26th
27th

Club Officers		
President	John Thomas	01256 770348
Club Captain	Piers Puntan	01962 774741
Ladies Captain	Vacant	
Vets Captain	Richard Francis	07908 641898
Team Manager	Paul Wheeler	01256 770726
Committee Members		
Chairman	Mark Dennison	01256 771861
Treasurer	Mick Scoggins	01256 770455
Secretary	Martin Allen	01256 770964
Member	Cath Wheeler	01256 770726
Member	Jamie Jones	01264 324874
Member	Helen McMahon	01264 358444
Member	Dave Titcomb	01256 895537
Member	Anna Vallis	01256 773255
Club Officials		
Timekeeper	Mick Scoggins	01256 770455
Race Entries	Emma Scoggins	01256 770455
Overton 5' Race	Helen McMahon	01264 358444
C' Gibbet Race	Keith Vallis	01256 773255
Statistician	Richard Francis	07908 641898
Web Admin	David Vosser	01962 862496

Overton Harriers



& Athletic Club

Running since 1974

SEASON 2007/08

TRAINING AND KEY RACES

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