

# Overton Harriers Summer Fixtures 2009

<b>April</b>	2nd Training - 5 x 700 m  4th 5th <b>Combe Gibbet</b>  9th <b>Summer Handicap</b>  11th Compton Downland Challenge 20 12th Oakhaven Easter 10K  16th <b>Flying Coach (School - Half Lap Parlauf)</b>  18th <b>Hurstbourne 5</b> 19th Sainly 5k  23rd Training - School - Long Reps  25th 26th <b>London Marathon</b>  30th Training - School - Short Reps	<b>June</b>	3rd Yateley 10k 4th Training - Pyramids  6th <b>Southern League - Portsmouth</b> 7th Braishfield Beer Race 5  11th Training - Half Lap Parlauf  13th 14th <b>Arlesford 10k</b>  18th <b>Summer Handicap</b>  20th 21st Brading 10  25th Training - 8 x 2 min  27th 28th Lordshill 10k	<b>August</b>	1st <b>Southern League - Bournemouth</b> 2nd Lambourn 5  5th Yateley 10k 6th Training - Half Lap Parlauf  8th 9th <b>Sidmouth Festival 10k**</b>  13th Training - 10 x 90s  15th 16th Isle of Wight Half-Marathon  20th <b>Summer Handicap</b>  22nd 23rd Lymington 10k  27th Training - 8 x 2 min  29th <b>Test Way Relay</b>
<b>May</b>	2nd <b>Southern League - Andover (Home Fixture)</b> 3rd Fordingbridge Fire Station 10K 4th Shinfield 10K  7th Training - Half Lap Parlauf, Harriers AGM  9th 10th <b>Alton 10 (HRRL)**</b>  14th <b>Flying Coach</b> 15th <b>Annual Dinner</b>  16th <b>Southern League - Basingstoke (Home Fixture)</b> 17th <b>Netley 10k (HRRL)**</b>  21st <b>Summer Handicap</b>  23rd 24th Wokingham Half Marathon 25th <b>Kintbury 5**</b>  28th Training - 8 x 2 min  30th 31st <b>Newbury 10k</b>	<b>July</b>	1st Yateley 10k 2nd Training - Half Lap Parlauf  4th 5th <b>Tadley 10k</b>  9th Training - 12 x 60s  11th <b>Southern League - Basingstoke</b> 12th New Forest 10  16th <b>Winchester 5k**</b>  18th 19th Surrey Slog Half-Marathon  23rd <b>Summer Handicap</b>  25th 26th Thames Towpath Half-Marathon  30th Training - 8 x 2 min	<b>Sept</b>	3rd Training - School  5th <b>Overton 5 (HRRL)</b> 6th Reading Oracle 10k  10th Training - School  12th 13th <b>Andover 5 (Round the Park)</b>  17th Training - School Parlauf  19th 20th <b>Victory 5 (HRRL)**</b>  24th <b>Foxdown Handicap</b>  26th <b>SEAA 6 Stage Road Relay Champs</b> 27th New Forest Marathon

HRRL: Hampshire Road Race League

\*\* Consistency League Event

\*\*\*\* Consistency League and Club Championship

### Key Fixtures Winter 2009

October	4th	Clarendon Way and IOW Marathons
	10th	Farley Mount XC Winchester
	11th	Solent Half Marathon
	18th	Salisbury Half Marathon, Denmead 10k
	25th	Great South Run
November	1st	Lordshill 10
	7th	Goodwood XC, Chichester
	15th	Gosport Half Marathon
December	5th	Ashe XC, Overton
	6th	Tadley Runners Xmas XC

### 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 slower runners and juniors.

#### Sunday at 9.00am

Cross country long runs 10 to 15 miles split into similar ability groups.

### Where we Meet

Overton Recreation Centre  
Bridge Street  
Overton

Club Officers		
President	John Thomas	01256 770348
Club Captain	Piers Puntan	07740 598533
Ladies Captain	Cath Wheeler	01256 770726
Vets Captain	Richard Francis	07908 641898
Team Manager	Paul Wheeler	01256 770726
Committee Members		
Chairman	Mark Dennison	01256 771861
Treasurer	Cath Wheeler	01256 770726
Secretary	Vacant	01256 770964
Member	Cath Wheeler	01256 770726
Member	Martin Allen	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
Gibbet Race	Keith Vallis	01256 773255
Statistician	Richard Francis	07908 641898
Web Admin	Bob Hawrylak	01256 896204

Last Updated April 2009

## Overton Harriers



## & Athletic Club

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*Running since 1974*

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## SUMMER SEASON 2009 TRAINING AND KEY RACES

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

[www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)