

**Overton  
Harriers**



**&  
Athletic Club**

**Overton  
Harriers**



**&  
Athletic Club**

May 2009 Issue 382

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

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)

You can view or print this and previous editions from our website

### **FIXTURES:**

June 3 <sup>rd</sup>	D Day 10k at Portsmouth    Yateley 10k
6 <sup>th</sup>	<b>SOUTHERN T&amp;F LEAGUE at PORTSMOUTH</b>
7 <sup>th</sup>	Braishfield 5 mile
10 <sup>th</sup>	Forest 5 mile at Bracknell    Hayling Billy 5 mile
14 <sup>th</sup>	Alresford 10k    North Downs 30k
18 <sup>th</sup>	<b>SUMMER HANDICAP</b>
21 <sup>st</sup>	Brading 10k
24 <sup>th</sup>	Summer 5 mile XC at Butser Hill    Woodland 5 mile at Crowthorne
28 <sup>th</sup>	Lordshill 10k    Purbrook Ladies 5 mile
July 1 <sup>st</sup>	Portsmouth Prom 5 mile    Yateley 10k

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings

### **FRANNY'S BITS**

A big vote of thanks to John Hoare for organising an excellent Presentation Dinner and to Moira for organising the trophies. The main winners were Dave Bush who doubled up with Track & Field Athlete of the year plus Best Marathon of the year. As was generally expected Sean received the Most Improved Trophy with Yours Truly winning the Club Person of the Year. Many thanks to all those who voted.....I know who you are.

The home Mob Match against Basingstoke will take place around the Harrow Way on June 18<sup>th</sup>. Despite losing to them overall last year we did manage to win the home race. Basingstoke will, as usual, be turning out a large team so it would be good to make it an interesting event by getting as many runners as possible to take part.

The track & field team have made a super start to the season, please try and find time to go and watch one of the remaining fixtures and give them some vocal support.

**SOUTHERN LEAGUE – ANDOVER**     **2<sup>nd</sup> MAY**     *from John Hoare*

A great start for the combined Andover and Overton team at the opening fixture at Andover as we swept to a comfortable win.

Major contributions came from Mike Bliss who narrowly missed an outright win in the ‘A’ string 5000m just beaten by a younger Radley athlete over the last 100m. Lee went one better when he comfortably won the ‘B’ string 3000m Steeplechase having made a late decision to compete.

Newcomer Carl Syrett made an impressive debut taking on the ‘B’ string field events and was rewarded by a win in the Javelin, 2<sup>nd</sup> in the Discus and 3<sup>rd</sup> in the Shot. Dave Bush, having given his Steeplechase slot to Lee, had an unusually quiet afternoon with just the Pole Vault to his credit although he did take a non scoring place in the Steeplechase where he finished just a few seconds behind Lee. Two other non scorers were in the 5000m.

Sean made his track debut and showed plenty of promise when he gets to grips with the event. Keith was a bit further down the field having made a pit stop near the end and then rejoining the race. Richard had a crack at a 1500m but was not happy as he just got under the 5 minute mark

**RESULTS**

5000m	‘A’ 2 <sup>nd</sup> M Bliss 17m 24.0s	N/S	S Holmes 18m 22.4s	K Vallis 21m 16.1s
3000m S/C	‘B’ 1 <sup>st</sup> L Tolhurst 11m 30.9s	N/S	D Bush 11m 41.8s	
Pole Vault	‘B’ 2 <sup>nd</sup> D Bush 2.20m			
Javelin	‘B’ 1 <sup>st</sup> C Syrett 31.44m			
Discus	‘B’ 2 <sup>nd</sup> C Syrett 25.79m			
Shot	‘B’ 3 <sup>rd</sup> C Syrett 8.59m			
1500m	N/S R Clifford 4m 57.5s			

<b><u>Match Result</u></b>	1 <sup>st</sup> Andover & Overton	107.5 pts
	2 <sup>nd</sup> Radley	93 pts
	3 <sup>rd</sup> Team Kennet	83.5 pts
	4 <sup>th</sup> Royal Navy	60 pts

**Quote of the Month**

When Franny met Julie Bliss at Testbourne School he asked her what her thoughts were on the infamous Hurstbourne 5 newsletter report.

**“Newsletter.....Don’t mention the B\*\*\*\*\*y newsletter to me”**

But the winner this month has to be Eric who came out with a classic line in the bar upstairs.

**“I started the evening with a 13 year old girl & finished with a 70 year old man”.**

Luckily for ET, he was only describing his performance in the handicap. (We hope).

## ALTON 10 9<sup>th</sup> May

Warm conditions and a hilly course meant that fast times were going to be hard to come by at the penultimate Road Race League fixture. Blissy was an early casualty and was believed to have been taken out by a hit man hired by someone who had read his Hurstbourne 5 race report.



Peter took top honours and is clearly in good form ahead of Sean with a slightly below par Lee in third. Cath made a very rare appearance over this distance and was 3<sup>rd</sup> woman overall and 2<sup>nd</sup> in her age group.

Neil and Brian were some way off their best times while Rachel put in a very promising run to finish 16<sup>th</sup> lady overall. Monique made a solid start in the defence of her Consistency title while Kate made good use of all her marathon training to duck under 90minutes.



The ladies team finished 8<sup>th</sup> and look safe from relegation while the men's 5<sup>th</sup> place on the day gives them a fighting chance to avoid the drop.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Peter Williams	61:49	16th (2 <sup>nd</sup> Vet)
Sean Holmes	62:54	21 <sup>st</sup>
Lee Tolhurst	64:48	32 <sup>nd</sup>
Cath Wheeler	66:34	3 <sup>rd</sup> (2 <sup>nd</sup> Vet)
Neil Martin	67:53	61 <sup>st</sup>
Brian Hay	71:59	105 <sup>th</sup>
Rachael Hessom	73:10	16 <sup>th</sup>
Monique Van Nueten	86:01	71 <sup>st</sup> (21 <sup>st</sup> V45)
Kate Hickman	88:49	94 <sup>th</sup>

*496 finished*

## SOUTHERN LEAGUE – BASINGSTOKE

16<sup>th</sup> May from John Hoare

Although we suffered a narrow defeat at the hands of a very strong Plymouth team we are still very much in the hunt for promotion as you will see from the league table. Jamie and Lee were our 'A' string runners and both got very good second places behind the vastly experienced Simon Anderson from Plymouth. Dave Bush also got very narrowly beaten in the 'B' string Steeplechase to complete a busy afternoon where he took a second equal in the 'B' Pole Vault and third in the Hammer.



There was also a very busy afternoon for Carl whose best was a second place in the Discus to add to his two thirds in the Javelin and Shot. Just for good measure he also tried his hand at the Hammer and High Jump as a non scorer.

To complete our contingent Sean had another go at the non scoring 5000m but was not happy with his time as he saved his best for the important 10K the following day

## RESULTS

5000m	'A'	2 <sup>nd</sup>	J Jones	16m 50.5s	N/S	S Holmes	18m 55s	
3000m S/C	'A'	2 <sup>nd</sup>	L Tolhurst	11m 22.5s	'B'	2 <sup>nd</sup>	D Bush	11m 54.5s
Pole Vault	'B'	2 <sup>nd</sup> =	D Bush	2..00m				
Hammer	'B'	3 <sup>rd</sup>	D Bush	13.81m	N/S	C Syrett	19.83m	
Javelin	'B'	3 <sup>rd</sup>	C Syrett	24.82m				
Discus	'B'	2 <sup>nd</sup>	C Syrett	25.46m				
High Jump	N/S		C Syrett	1.20m				
Shot	'B'	3 <sup>rd</sup>	C Syrett	8.09m				

## MATCH RESULT

1 <sup>st</sup>	City of Plymouth	122 pts
2 <sup>nd</sup>	Andover & Overton	114 pts
3 <sup>rd</sup>	Fleet & Crookham	83 pts
4 <sup>th</sup>	Haslemere Border	17 pts

## LEAGUE TABLE DIV 3 West

	<u>Match Pts</u>	<u>League pts</u>
1. Team Southampton	231.5	7.5
2. Poole	208	7.5
3. Andover & Overton	221.5	7
4. City of Plymouth	221	7
5. Basingstoke	197	7
6. Radley	198	6
7. Oxford	192.5	6
8. Team Kennet	169	5
9. Havant	162	5
10. Team Bath/Salisbury	141	4
11. Abingdon	140.5	4
12. Bournemouth	148	3.5
13. Royal Navy	144	3

**NETLEY 10k** **17<sup>th</sup> May** *from Richard Francis*

Monsoon conditions on the M27 gave way to clear skies with a slight breeze but the underfoot conditions were slippery in places especially through the woods. For the men's team everything was perfectly clear.....Beat Salisbury or be relegated!!!

Jamie (Ronaldo) Jones had been bribed into running but tried his best to get out of competing, even to the extent of crashing onto the road after a tangle of legs in the starting straight, it was later claimed that it was a blatant dive that warranted at least a yellow card. Unfortunately ex rugger star Piers was close at hand and, instead of stamping Jamie into the asphalt, he grabbed his arm and literally towed him for some distance. Piers will not repeat what he said to him but Jamie was suitably inspired to run a blinder to finish 6<sup>th</sup> overall.

Sean broke 38 minutes but was heard muttering about not beating his PB while Richard and Martin did more than enough to help the team to a 5<sup>th</sup> place finish to ensure that Salisbury were beaten by a clear margin. Brian got the bragging rights over Bob in a closely contested race and Piers did well despite carrying several extra stone for part of the race.

Rachel made a steady start then tore through the field to finish 15<sup>th</sup> woman overall to record a highly respectable PB and crossed the line a short distance in front of Steve who seemed pleased with his run. Eric did well to take 6<sup>th</sup> in his age group ahead a very below par Keith.

I was pleased that I could still fit (JUST) into my club vest and even more pleased with my time though I was a wreck over the last 100 meters.

Monique was slightly disappointed with her time even though it was her 2<sup>nd</sup> fastest ever while Belinda had a great run to close the team home in a superb 4<sup>th</sup> place in the league leaving them, very comfortably, mid table.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Jamie Jones	34:59	6 <sup>th</sup>
Sean Holmes	37:56	25 <sup>th</sup>
Richard Clifford	39:26	43 <sup>rd</sup>
Neil Martin	39:42	48 <sup>th</sup>
Brian Hay	41:06	68 <sup>th</sup>
Bob Hawrylak	41:15	69 <sup>th</sup> (V40 23 <sup>rd</sup> )
Piers Puntan	41:33	75 <sup>th</sup>
Rachel Hessom	43:14	15 <sup>th</sup>
Steve Mcnair	43:22	99 <sup>th</sup> (V40 36 <sup>th</sup> )
Eric Tilbury	44:14	108 <sup>th</sup> (V60 6 <sup>th</sup> )
Keith Vallis	47:33	133 <sup>rd</sup> V40 56 <sup>th</sup> )
Richard Francis	48:12	138 <sup>th</sup> (V40 61 <sup>st</sup> )
Monique Van Nueten	50:17	63 <sup>rd</sup> (11 <sup>th</sup> V50)
Belinda Lade	54:24	100 <sup>th</sup>

**HARROW WAY HANDICAP****21<sup>st</sup> May***from Richard Francis*

A field of 16 runners was an excellent turnout for the summer opener but sadly the ladies were very thin on the ground. Junior made a return after a lengthy absence but put in a very strong run to lead the field home. Michael did well on his course debut in second and will probably go faster next time out now that he knows the way round.

A classic sprint finish saw ET hold off the fast finishing Edmond for third spot ahead of the only female finisher, Emily.

On the time front Jamie showed everyone a clean pair of heels and got close to a sub 19 minute clocking. Greg took time off from organising races to take second ahead of Sean

Clive was the other runner to make his course debut and was still smiling as he crossed the line in a very respectable time considering the nature of the course.

<b>Pos.</b>	<b>Runner</b>	<b>Fin. Time</b>	<b>H'Cap</b>	<b>Act. Time</b>	<b>Time Pos.</b>
1	JUNIOR	30.12	4.13	25.59	13
2	M.BALL	30.20	4.13	26.07	14
3	E.TILBURY	30.30	4.58	25.32	12
4	E.SIMPSON	30.31	5.24	25.07	11
5	E.CLARKE	31.38	4.58	26.40	15
6	B.HAY	31.43	8.41	23.02	7
7	S.HOLMES	32.07	11.02	21.08	3
8	N.MARTIN	32.09	10.01	22.08	6
9	K.VALLIS	32.15	10.25	21.50	5
10	J.CASTELLI	32.30	8.09	24.21	8
11	C.CORNWALL	32.35	4.13	28.22	16
12	G.ENGLAND	32.56	11.59	20.57	2
13	J.JONES	33.06	13.51	19.15	1
14	R.CLIFFORD	33.29	11.42	21.47	4
15	B.HAWRYLAK	34.04	9.19	24.45	10
16	P.PUNTAN	34.48	10.09	24.41	9

**Kintbury 5 Mile****25<sup>th</sup> May***from Piers Puntan*

Following two years of horrendous weather it was a pleasant surprise this year as the Bank Holiday was dry and sunny.

Personally had a rubbish race but other Harriers seemed to enjoy their day out in the sun. First Harrier home was Jamie in third place, Greg was in tenth showing Sean and Lee a clean pair of heels.

Richard couldn't quite break the half hour though did achieve a top 20 finish though he was just beaten by a man pushing a buggy (*yes we all thought that as he passed us*). Neil and Brian were the next in for the Harriers both making their debut on this popular race.

It's good to see Steve McNair consistently racing again and he pipped Eric by a few seconds. Mick had a solid race finishing bang on 37:00 minutes taking several seconds off last year's time. Belinda was the sole Lady Harrier finishing in 42:27.

Most of the Harriers then moved to the Furze Bush, a pub in the middle of nowhere, which proved an excellent choice for food, beer and a general snooze in the garden.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Jamie Jones	21:17	3 <sup>rd</sup>
Greg England	28:49	10 <sup>th</sup> (2 <sup>nd</sup> V40)
Sean Holmes	29:32	13 <sup>th</sup>
Lee Tolhurst	29:46	16 <sup>th</sup>
Richard Clifford	30:33	20 <sup>th</sup>
Neil Martin	31:14	24 <sup>th</sup>
Brian Hay	32:45	36 <sup>th</sup>
Piers Puntan	33:12	40 <sup>th</sup>
Steve McNair	35:20	66 <sup>th</sup>
Eric Tilbury	35:38	71 <sup>st</sup> (3 <sup>rd</sup> V60)
Mick Woods	37:05	92 <sup>nd</sup>
Belinda Lade	42:57	150 <sup>th</sup>

*219 finished*

**Newbury 10k**      **31<sup>st</sup> May**

No reports on this race as of yet though a number of Harriers entered before the race sold out. Interesting clustering of the Harriers, obviously Steve, Dave and Bob are all equally matched over this distance. Eric picked up 2<sup>nd</sup> Vet 60 and it's obvious that Kate's caught the racing bug and her times are sure to tumble over the summer.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Bob Hawrylak	44:11	42 <sup>nd</sup> (11 <sup>th</sup> V40)
Steve McNair	44:20	44 <sup>th</sup> (12 <sup>th</sup> V 40)
Dave Titcomb	44:27	46 <sup>th</sup> (6 <sup>th</sup> V50)
Michael Ball	47:29	91 <sup>st</sup> (29 <sup>th</sup> V40)
Eric Tilbury	47:36	95 <sup>th</sup> (2 <sup>nd</sup> V60)
Kate Hickman	51:56	22 <sup>nd</sup> F

*513 finished*

## Consistency League

With only three races run it's still tight at the top with the top 5 men and top 3 ladies being very close.

### Men

Runner	Alton 10	Netley 10k	Kintbury 5	Winchester 5k	Sidmouth 10k	TOTAL
1 Sean Holmes	19	19	18			56
2 Neil Martin	17	17	15			49
3 Brian Hay	16	16	14			46
4 Jamie Jones		20	20			40
5 Lee Tolhurst	18		17			35
6 Richard Clifford		18	16			34
7 Piers Puntan		14	13			27
8 Steve McNair		13	12			25
9 Eric Tilbury		12	11			23
10 Peter Williams	20					20
11 Greg England			19			19
12 Bob Hawrylak		15				15
13 Keith Vallis		11				11
14 Richard Francis		10				10
15 Mick Woods			10			10

### Ladies

Runner	Alton 10	Netley 10k	Kintbury 5	Winchester 5k	Sidmouth 10k	TOTAL
1 Rachel Hessom	19	20				39
2 Belinda Lade		18	20			38
3 Monique Van Nueten	18	19				37
4 Cath Wheeler	20					20
5 Kate Hickman	17					17

## STOP PRESS

The Week commencing 29<sup>th</sup> June is Get Active week in Basingstoke - Clubs and facilities are opening their doors free of charge during this week.

It's also National School's Sports Week.

For this reason we will be holding a Juniors Open Night on Thursday 2nd July, the target audience being Key Stage 2 - so this is approximately age 8 to 11

The aim is to see if we can get a viable Juniors Section up and running.

We will need help on the night, if you can support please contact Keith Vallis

More details will be published on the Notice Board and website

Hampshire Road Race League - Final

	Mens A-team Div 1	Total	Overton	Solent	Lordshill	Gosport	Victory	Stubbington	Ryde	Bramley	Salisbury	Eatleigh	Alton	Netley													
1	Winchester	8	242	1	21	1	14	1	20	1	27	2	99	1	26	1	32	2	70	1	40	3	102	5	111	1	62
2	Pompey JC	21	698	3	111	8	245	5	141	3	127	1	74	4	102	2	61	4	91	6	119	6	201	1	47	3	85
3	So'ton RC	23	631	2	55	3	115	2	30	2	59	5	162	3	70	8	302	7	124	5	97	1	43	7	150	7	191
4	Farnham R	24	836	7	173	2	101	3	126	7	161	3	105	5	130	3	93	5	100	4	92	4	169	3	86	2	64
5	Stubb'n Green	27	788	5	149	5	190	8	229	5	134	10	402	2	40	4	121	9	256	3	85	2	89	2	71	4	99
6	Denmead S	43	1227	9	371	10	372	6	179	4	134	8	272	6	176	5	123	3	85	9	296	7	202	6	147	6	181
7	New Forest R	43	1306	6	165	7	219	4	131	6	155	4	109	7	200	11	342	1	66	10	402	8	261	11	250	11	437
8	Overton Harriers	45	1132	4	116	4	156	11	329	9	242	9	314	9	234	6	126	6	120	7	155	9	267	4	103	5	122
9	Salisbury ARC	50	1470	8	233	6	193	7	224	8	165	6	180	10	318	9	332	10	257	2	69	5	181	9	240	8	225
10	Victory AC	64	1850	10	504	9	255	9	319	10	255	7	190	8	204	7	228	8	234	8	238	10	284	8	182	9	427

	Ladies A-team Div 2	Total	Overton	Solent	Lordshill	Gosport	Victory	Stubbington	Ryde	Bramley	Salisbury	Eatleigh	Alton	Netley													
1	Eastleigh RC	7	353	1	53	10	209	1	58	1	79	2	68	1	81	1	49	10	212	1	54	3	77	1	30	1	30
2	Fareham	15	520	3	103	2	89	3	77	3	138	3	92	2	87	3	118	1	59	2	92	4	81	2	57	3	59
3	Romsey RR	18	649	6	123	10	209	2	68	2	93	1	62	3	133	10	225	2	98	6	152	2	72	10	239	6	141
4	New Forest R	23	741	4	138	1	23	4	115	4	144	4	120	5	225	10	225	4	154	7	228	5	93	6	229	2	47
5	Overton Harriers	29	976	2	82	10	209	10	276	10	223	5	176	8	268	2	69	10	212	5	160	8	423	3	71	4	150
6	Lordshill RR	32	1424	10	209	4	139	10	276	5	180	10	373	9	271	4	215	10	212	3	117	6	377	5	215	5	181
7	Hardley R	34	1351	5	199	3	124	6	266	10	223	7	267	6	259	10	225	6	202	10	271	1	61	10	239	7	240
8	Hart RR	38	1403	10	209	5	153	10	276	6	213	8	363	4	210	10	225	3	106	8	261	10	462	4	97	10	333
9	Totton RC	40	1711	10	209	6	220	5	177	10	223	6	271	7	266	10	225	5	176	4	149	7	452	10	239	8	323

	Mens B-team Div 1	Total	Overton	Solent	Lordshill	Gosport	Victory	Stubbington	Ryde	Bramley	Salisbury	Eatleigh	Alton	Netley													
1	Winchester B	13	1317	2	182	1	70	1	151	2	211	5	372	1	102	2	188	2	202	2	228	2	211	5	353	3	202
2	Pompey JC B	16	1653	4	298	5	430	4	284	3	226	1	205	5	285	1	186	1	171	3	230	6	401	1	154	2	197
3	Farnham R	18	1988	6	376	3	292	3	190	4	238	2	262	4	267	3	291	3	339	1	224	5	383	2	200	1	190
4	So'ton RC	19	1897	1	174	4	402	2	173	1	185	6	385	2	188	16	611	4	405	4	282	1	88	11	613	16	616
5	Winchester C	42	2932	7	386	2	200	5	316	9	458	9	601	3	252	12	601	6	416	6	495	4	333	9	534	9	588
6	Pompey JC C	43	3018	11	685	10	606	9	587	5	316	3	308	6	408	4	335	8	426	7	553	9	695	3	221	7	451
7	Eastleigh RC	45	3042	8	423	7	455	6	379	8	442	7	398	12	636	5	381	5	414	16	727	7	438	4	304	4	273
8	Salisbury ARC	51	3529	9	482	6	450	7	477	7	406	8	474	11	613	7	427	7	502	5	324	8	671	6	518	6	425
9	Victory AC	69	4452	16	747	16	863	10	647	11	644	4	372	7	464	11	546	11	498	9	658	10	739	7	528	16	616
10	Gosport RR	74	4647	10	623	8	465	12	754	16	686	11	722	15	752	8	560	9	453	8	562	12	829	16	623	8	508
11	Denmead S	78	4846	12	737	16	863	11	739	12	676	10	695	14	664	6	411	10	470	11	717	13	841	8	532	10	606
12	Overton Harriers	81	3766	3	241	16	863	16	764	13	648	16	732	8	491	10	451	16	512	10	489	16	851	16	623	5	311
13	Alton Runners	83	4226	5	340	16	863	8	522	10	612	16	732	9	528	9	447	16	512	16	727	16	851	10	649	16	616
14	New Forest R	96	4408	13	421	9	497	16	764	6	324	12	606	13	663	16	611	16	512	16	727	11	769	16	623	16	616
15	Hardley R	109	4620	16	747	16	863	16	764	16	686	16	732	10	547	16	611	16	512	16	727	3	293	16	623	16	616

	Ladies B-team Div 2	Total	Overton	Solent	Lordshill	Gosport	Victory	Stubbington	Ryde	Bramley	Salisbury	Eatleigh	Alton	Netley													
1	Alton Runners	24	1507	13	214	13	10	2	253	13	349	4	239	1	333	13	121	13	167	13	339	2	307	1	210	1	155
2	Totton RC	49	1512	13	214	13	10	3	257	3	317	13	359	3	413	13	121	13	167	1	227	13	317	13	299	13	321
3	Team So'ton	49	1584	13	214	13	10	13	321	1	224	13	359	6	472	13	121	13	167	13	339	1	301	2	289	13	321
4	Ryde Harriers	57	1481	13	214	13	10	13	321	13	349	2	306	2	374	1	111	13	167	13	339	13	317	13	299	13	321
5	Hart RR	62	1730	13	214	13	10	13	321	2	339	13	359	7	590	13	121	1	157	13	339	13	317	13	299	13	321
6	Andover AC	64	1705	13	214	13	10	4	311	13	349	3	349	5	533	13	121	13	167	13	339	13	317	13	299	13	321
7	Lordshill RR	64	1782	13	214	13	10	13	321	13	349	13	359	8	630	13	121	13	167	2	329	13	317	13	299	2	311
8	Romsey RR	79	1298	13	214	13	10	1	170	13	349	13	359	13	640	13	121	13	167	13	339	13	317	13	299	13	321
9	Portsmouth AC	79	1331	13	214	13	10	13	321	13	349	1	203	13	640	13	121	13	167	13	339	13	317	13	299	13	321
10	Overton Harriers	79	1439	1	204	13	10	13	321	13	349	13	359	13	640	13	121	13	167	13	339	13	317	13	299	13	321
11	I.O.W. RR	82	1614	13	214	13	10	13	321	13	349	13	359	4	486	13	121	13	167	13	339	13	317	13	299	13	321
12	Poole AC	91	1477	13	214	13	10	13	321	13	349	13	359	13	640	13	121	13	167	13	339	13	317	13	299	13	321

Individual Runners

Pos.	Harrier	Score	Pos.	Harrier	Score
14	Lee Tolhurst	91.2	38	Monique Van Nueten	54.1
21	Sean Holmes	86.1			
40	Neil Martin	75.5			
45	Ryan Wakefield	69.5			
60	Piers Puntan	59.6			