

Overton Harriers dominate on rolling Devon hills



Mass ascent at Sidmouth

WITH a lull in the Hampshire race calendar during early August, Overton Harriers sent a team to compete in the Sidmouth Running Festival 10k on the South Devon Coast.

The course is over rough ground and takes in several large hills with an additional prize for the first athlete to the top of the first hill and several team and category prizes for the overall race winners. Overton managed to place three athletes in the top ten as Keith Vallis was first Harrier in 43:43 followed by Lee Tolhurst 44:23 in ninth, who was just pipped at the top of the first hill by the eventual winner Mark Cowen of Exeter. The next Harrier, in tenth place, was

Richard Clifford who finished strongly with a time of 45:13. There was then a small gap for Keith Clark in 50:21 and the men's contingent was completed by Richard Francis who crossed the line at 58:06.

The strong presence in the top ten meant that the team prize was won by Overton Harriers, one point ahead of the home club Sidmouth Running Club who were surprised by the strength of the Hampshire team.

Overton fielded a strong veteran ladies team led by Moira West who won the W55 category in 1:03:17. Liz Sandal-Ball and Helen McMahon completed the course in 1:07:17 and 1:15:55.