



## August 2007 Issue 361

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

|          |  |
|----------|--|
| Sept 1st | <b>OVERTON 5 mile</b>  |
| 2nd      | HEADINGTON 10k   |
| 9th      | ANDOVER 5 mile   |
| 15th     | DLR LAVERSTOKE TROT  |
| 16th     | NEW FOREST marathon & half                                     |
| 22nd     | ISLE OF WIGHT Fell Running Weekend                             |
| 23rd     | HURSLEY 10k  |
| 29th     | <b>SEAA 6 Stage Road Relay Champs</b>                          |
| 30th     | CLARENDON WAY marathon etc HIGHCLERE 10k FINCHCOASTERS 10 mile |

### FRANNY'S BITS

Our trip to Sidmouth was a great success despite my best efforts to burn down the camp site, a great set of results saw us bringing back one large trophy plus a challenge to return next year from the host club.

Piers and I have been busy compiling the winter fixture list and this should be available shortly. The Consistency fixtures are finalized after much debate and are listed in this edition and on the notice board.

Piers has asked that all members try and compete at as many HRRL and XC fixtures as possible. We will also try and send teams to the SEAA 6 Stage Road Race Relay on 29<sup>th</sup> September and the Southern XC Championships on Saturday 26th January 2008.

Please take time to read the notices from Mick regarding Subs and the new national registration scheme. Please help out if you can.

## **SIDMOUTH 10km 12<sup>th</sup> August by Richard Francis**

Race day dawned cloudy and cool but, by start time the sky had cleared and the temperature was climbing. We all knew about the opening beast of a climb up Peak Hill but all were expecting a normal cross-country jaunt to follow. After the opening kilometre plus of climbing this was true, with 2k of fairly flat tracks before we ran back into the woods. From then on the course turned into a series of short undulations around the side of the hill with excursions up even longer undulations. How the race organiser managed to fit so many climbs into a 10k race is a mystery and all agreed this was the toughest event of this distance that they had ever run.

Lee had set his mind on winning the “King of the mountain” trophy by being the first to the top of the opening climb, he certainly made a valiant effort by leading the field from the start. Towards the top there was a flight of steps and an untimely stumble allowed the only other man chasing him to get past and open a narrow gap that Lee was unable to close. Keith made a steadier start and was well in contention at the summit; he caught Lee around the 3k mark and put in his best performance for some time to lead the team home. Lee had put a lot into the opening climb and slipped back over the next few km but he managed to find a second wind to finish strongly in 9<sup>th</sup> place.

Richard had a similar race plan as Keith and was closing on Lee until the final few km. A storming finish saw him home in 10<sup>th</sup> spot putting the team in contention for a team prize. The job of anchorman fell to Keith Clarke, despite struggling with a heel injury and sore quads he put in a sterling performance. He was passed by a Sidmouth runner in the closing stages which made the wait for the team result quite tense.

I also tried to pace it steadily early on but in all honestly the wheels had fallen off by the time I passed through 1km in 8min 16 seconds. The rest of the race was a constant struggle with “several competitive walks” thrown in for good measure. Moira put in one of the best runs of the day and came flying down the last hill as fast as anyone else. Liz also did exceptionally well over a very tough course and seemed very pleased with her run.

Helen had announced her strategy of “walking the hills and running the rest” before the race, as it turned out this was probably the most sensible method of coping with this course as she just ducked inside 76 minutes to complete the squad.

After a big build up by the race organiser; comparing different methods of deciding the team prize and throwing down a challenge for next year, the men’s team collected their rather grand trophy after beating the host team by a single point. The challenge has been thrown down for us to defend our title next year by the host club.

|       |                 |           |
|-------|-----------------|-----------|
| 7th   | K. Vallis       | 43m 43sec |
| 9th   | L. Tolhurst     | 44m 23sec |
| 10th  | R. Clifford     | 45m 13sec |
| 42nd  | K. Clark        | 50m 21sec |
| 129th | R. Francis      | 58m 08sec |
| 162nd | M. West         | 63m 17sec |
| 177th | E. Sandall-Ball | 67m 17sec |
| 216th | H. McMahon      | 75m 55sec |

**224 Finished.**



**SIDMOUTH RUNNING FESTIVAL 10k  
12<sup>th</sup> AUGUST 2007**



Please read – this may affect you

### Affiliation to England Athletics

As was mentioned at this year's AGM the role of SoEAA would change from administering athletics in the South of England and just become a competition provider. This change requires that the club affiliates to a new body, England Athletics (EA) as from April 2007. Affiliation to EA requires registration of the club **AND ITS MEMBERS, YOU.**

Affiliation fees for 2007 have been set at £50 for the club and £3 for **EACH COMPETING CLUB MEMBER AGED 11 OR OVER.** Each competing member will receive a **COMPETITION LICENCE** and a membership card from EA. Non-competing club members will also have to be registered with EA and will receive a membership card but will not be liable for the £3 membership fee. Non-competing members will be asked to state their role within the club.

You may well ask why the club is affiliating to EA. Apart from Third party insurance cover, affiliation to EA gives access to club places in the London Marathon. **Probably of more significance for us is that Hampshire XC League has decreed that all competitors must be registered with EA and it is the responsibility of member clubs to confirm such registration.**

I am currently collecting members' details for submission to EA and I intend to submit the minimum required, i.e. Name, gender, DoB, contact address, First claim status. EA intend to store all members' details on a central database that will become accessible to individual members and club officers as from September! Access will be password protected.

You will appreciate that affiliation to EA will be at least twice as costly for the club as was the case with SoEAA. The club intend to pay a block affiliation fee covering all competing members, therefore, the club will not expect each member to pay affiliation fee directly. This fee will be part of your annual club subscription.

Whether EA can keep to their proposed timelines or how this system will develop is unclear at this time. If, however, you require any further details please speak to me or any other member of your Committee.

Mike Scoggins 2<sup>nd</sup> August 2007.

### Annual Subscription Reminder

It is now the end of August and many of our current membership have yet to pay their subscription for this year. If you are one of these please renew your membership as soon as possible. An up to date list of paid up members is displayed on the notice board. It only costs £40 p.a. to have your name added to this elite group. Payment may be made by cash, cheque or electronic transfer into the club account. Alternatively, payment by Standing Order can be set up. See me for details.

Mike Scoggins, Club Treasurer.

## **Overton Harriers and Overton Recreation Centre**

It may be useful to remind everyone, or bring to the attention of newer members, the relationship between the club and Overton Recreation Centre (ORC). The club hires the changing rooms and showers from ORC at a discounted rate that is dependent upon each club member also being a member of ORC. ORC has responsibility for provision and maintenance of the facilities the club uses. ORC membership is £24 p.a. and entitles each member to participate in a monthly draw with prizes up to £500.

At present over a third of the club's total membership pay their own ORC membership fee in addition to the club subscription. The club pays the ORC membership fees for approximately 30 club members from central funds. Why this is so is the result of events many years ago.

One important thing to remember is that if a member is fortunate enough to win a prize in the ORC monthly draw and the club pays that person's ORC membership, the prize belongs to the club not the individual. Probability would indicate that one of our club members is due to win a big prize in the ORC draw soon. This may be you! To ensure that you as an individual benefits from such a win, although you may be asked to buy a few beers once the news gets out, rather than the club each member who does not already do so, should consider taking the responsibility of paying for their own ORC membership.

Anyone requiring further details about ORC membership should speak to Emma Scoggins, ORC Membership Secretary or Paul Wheeler, ORC Chairman.

### **"QUOTE OF THE MONTH"**

Lots of candidates this month mainly from the Sidmouth weekend:

"(Censored)" comes from Franny after his incident with a flaming gas cylinder.

"Tut Tut", or words to that effect, from Helen a few moments later.

"I'm a trained fire-fighter and couldn't get near the fire" was the plaintive response from Keith Vallis.

And, from young Warren, who thought Martin's technique with the ladies were "just like James Bond".

But the clear winner has to come from Keith Clarke who, on leaving the toilets for the third time before the race stated to one and all "I think someone must have slipped me a pink sausage last night"....Nicky refuses to clarify this comment!

**Yateley 10K Road Race Series (Race 3) 1<sup>st</sup> August from Lee Tolhurst**

After being drafted in at short notice (thanks Tim) not knowing what to expect, I got attacked by a marauding Maz before the start, then arrived Jamie, Dave and Andy, in various states of readiness and with excuses at the ready. Jamie raced at the weekend (33.13 in Cardiff), Dave was dreaming of a Curry, Andy had just driven through the night from the Alps with only 3hrs sleep and Maz was hoping for a PB.

The race itself took its usual form, Jamie at the front letting the initial leader go haring off then pegging him back, Maz and I going off far too quick, Dave trying to stick to his pre-race pacing plan taped round his wrist with Andy keeping a good even pace going, judged with help from his new Garmin, which I'm sure will be more used off road. We then headed out onto the undulating but never hilly course, where Maz slip-streamed me for the first 8k, in Tour de France fashion.

At the end of this incredibly well organised event there were varying levels of happiness, Jamie was overjoyed with his first race win in a while, Maz disappointed in missing out on a PB (if Maz wants a PB he will have to slipstream someone quicker than me!) Dave was happy to nip under 39mins and beat Andy, who ran well after so little preparation to be well inside 40mins, I was happy to just finish with my second best time over the distance.



Jamie finished off collecting nearly all his prizes from a worried looking lady as he went back for his second kiss!

| Race No | First name | Surname  | Gun Pos | Gun Time | Category Name |
|---------|------------|----------|---------|----------|---------------|
| 547     | Jamie      | Jones    | 1       | 33:51    | MSEN          |
| 378     | Mazeyar    | Firouzi  | 26      | 36:45    | MSEN          |
| 470     | Lee        | Tolhurst | 41      | 37:19    | MSEN          |
| 121     | Dave       | Bush     | 70      | 38:55    | MSEN          |
| 2958    | Andrew     | Hartley  | 79      | 39:23    | MSEN          |

**Boldron Sports FR 4<sup>th</sup> August from Lee Tolhurst**

I returned to the scene of my only race win with the intention of retaining my trophy and as I toed the start line it became clear it was going to take serious injury to prevent it happening, as a was a rag tag collection of local 'athletes' looked to compete.

I managed little more than a jog over the revised longer but less steep course to finish well ahead of a junior runner in second to reclaim the Dennis Wallis Memorial Cup.

**Ulverston 10km    15<sup>th</sup> August    *from Dave Maughan***

Hi Folks remember me .....

My work took me to the delights of the Lake District to Ulverston during the middle of August. I have not exactly been the most committed member for the last two years but my passion for running and the club has remained despite the lack of attendance. I have recently returned from the World Scout Jamboree at Chelmsford where 40,000 Scouts and Guides from all corner of the World including Angola, Pakistan, Mauritania and Las Vegas descended for ten days for our Centenary celebrations and we had a fantastic time. Anyway back to the running.....

So my first week back at work I note the Ulverston 10km is being run and I really did not have any excuse not to partake. It is run by the Hoad Hill Harriers who have their base in the Glaxo Smithkline Sports and Social club right outside the manufacturing plant. The past year has seen me travel quite a bit and that has meant rich hotel food and some drink .... I am probably more equipped to talk the benefits of a Chilean Merlot than a good hard Fartlek session on a cold Thursday night... but there you go.

The Ulverston 10km would attract some good runners from the North West and I could expect a healthy field. The extra weight I have acquired this year would at least keep me firmly to the ground against the strong wind that all of us continued to battle against. The route is undulating with a long dragging hill (1:16 ... no I am lying) up to 3 miles and then turns back with a slight uphill finish. I took the attitude early on that a PB was not on the cards. In fact as I started puffing during the warm up I was frightened☹. Would I have the embarrassment of breaking down on 10km?... at least the last time I broke down and had to ask for a lift 3 miles to go on a training run I had run 20 miles...!

My other worry was my colleague Rod. Rod is a 40 year old Australian who is a PT instructor in the TA. He has been in the country for over 20 years but he is the most archetypal Aussie you can imagine... He naturally did the race dressed in a Tiger felt Top with matching Tiger Hat to match. My best description is somewhere between the awful interior of 1980s Cortina and the outfits of a Nigerian Chieftain! Of course being Australian, Rod is naturally fit and competitive...this Cat was going to beat me!

So the race begins and it wasn't too long before I was feeling the benefits of my strict diet of the last year and somewhat laissez-faire training regime. As ever though I hanged in there and after two miles of the long drag I still had some climbing in me to take people on the hill. It doesn't matter that most of them remember Baden Powell in his prime I felt better! It always amazes me how people can be so strong on the flat but give them a hill and they really struggle. I missed the 3 mile marker which was actually a psychological benefit and when I got to 4 miles I thought I would up the ante and try and at least look like someone who could run. Meanwhile, Rod was off into his own jungle and local street kids commented on how the "Cheetah Man" gave them a high-five I learnt afterwards, that battle was clearly lost. What I have failed to mention about Rod is that he was also carrying a "squeaky" rubber chicken which he intermittently compressed to which I am sure those runners around him would have appreciated.

I am into the last mile and I am sure by now I am going to make it. There was a bunch behind me but I felt I was strong enough to have a go at the next group ahead. I have 800 metres to go and I am now in full flow and put on a last minute dash to the finish and kiss my imaginary ring "Raul" style at the line. No one came past after half way and I am happy. My time was a disappointing at 44.30. However, despite being beaten by two minutes by my antipodean colleague dressed a something akin to the hero of Frosties Packet and the fact this was my worst time by four minutes I remembered the words of Kipling's "IF" and then sank a few Cumberland Ales. I run the Windsor half on the 30<sup>th</sup> Sept some definite training needed. Hope to be down the club soon again. Cheers Dave

**Champignonloop Val-Meer - Belgium**    **19 August**    *from Jamie Jones*

After plenty of drinking and eating the night before and a morning of watching Liz expertly skiing (except for Jonny Hoare and Colonel Helen who were cycling around the flat streets of Limburg) the Harriers set off for the picturesque town of Val Meer about 20 minutes drive from Kortesseem. This town is famous for its mushrooms and all competitors were rewarded with a punnet on completion of their race.

Colonel Helen McMahon and Martin Allen were first on the start line for the 5.5km which involved a swift figure of eight 1 km lap of the town centre before heading out to the only hill in Belgium. After months of injuries Martin set off swiftly, passing the first km and looking composed in 3.39. Helen took things slightly more sedately after her near 40km's of cycling in the morning but was still beaming and waving as she passed the raucous British contingent cheering from the sidelines.

One curiosity of these races is that the Belgians made very little attempt to cheer on any competitors. They were all happy to sit and drink beer and watch with some disdain the sweaty masses passing by. Therefore us cheering and clapping like loons stood out like a sore thumb. Anyway back to the race...the loop out of town is about 4.5km in length and includes 1 sharp hill and 1 long drag interspersed with lots of open flat straight roads.

Martin's lack of training after his 2nd stress fracture meant his exuberant 1st km crept up on him during the middle phases but he looked composed and strong on the last drag up to the finish in 22.57 well ahead of his pre-race prediction of 25 mins.

Colonel Helen took things steady all the way around and smiled her way across the finish line in 31:32 and then proceeded to eat the entire punnet of mushrooms presented at the end!

Myself and Liz or just 'Sandall-Ball' as she was referred to in the results took on the arduous task of completing the 3 lap 13.5 km race. With the sun beating down we were praying for the promised rain that eventually turned up for about 2 minutes halfway through the race. The start was steady with nobody really wanting to take the lead. I wished I had pushed on as I felt quite strong after the last 2 weeks of doing reps on the grass but hung back to run within the 5 strong lead group through the first lap in 15.10.



The 2nd lap of 15.20 was even cagier and I think they were trying to suss me out as I kept hearing them talking to each other about the Englander! Passing the Overton contingent through the town centre for the last time I got a bit of a stitch and 2 of the group got away from me up the sharp hill on the back of the course. With 1 km to go I resisted giving Liz a pat on the bum as I went past as I tried to run the leaders down.

Even with John Hoare and Martin shouting at me I couldn't quite catch them but got to within 1 second of the 2nd place guy in 45:39 which was a minute quicker than I ran here 2 years ago. I then ran the loop for a 4th time with Liz to keep her going. She lost a couple of places on the uphill but strode out and passed 3 people on the downhill section finishing 8th over 35 in 1:13:25 and 87th place overall. She then had the more interesting task of getting to the ladies showers without seeing any naked men as we all found they don't really understand the concept of privacy or doors in Belgium.

The long and boring task of waiting for the prize giving to commence meant Colonel Helen had ample opportunity to supply everyone with a nice glass of Leffe which went down a treat. After nearly 2 hours of waiting we were able to leave with our stomachs rumbling for the evenings festivities. JJ

#### 5.6km Race

| Name          | Position | Time  |
|---------------|----------|-------|
| Martin Allen  | 19th     | 22:57 |
| Helen McMahan | 63rd     | 31:32 |

#### 13.4km Race

| Name             | Position | Time    |
|------------------|----------|---------|
| Jamie Jones      | 3rd      | 45:39   |
| Liz Sandall-Ball | 87th     | 1:13:25 |

### **Champignonloop Val-Meer – Belgium – The Social Side**

**17-20 August from Martin Allen**

*(Due to incompetence by the editor this report was missed from some printed versions of the August newsletter – sorry, Ed.)*

On 17 August, a small contingent of the club decided to invade Belgium, led by Colonel Hells Bells, and backed up by her plucky privates, JT, Ron, Liz, Jamie and Martin. Their mission was to drink the country dry and in good Harriers style, drinking commenced at 10am at the Eurostar terminal. During the journey, the Eurostar staff believed that Amy Whitehouse had boarded the first class carriages, due to Liz's Champagne demands, which resulted in the train restocking, on entering France. We were met by Kevin and Annalise on our arrival in Brussels, with just enough time for our first Belgian beer, before travelling 50 miles East to our respective hosts in the town of Kortesseem. Ron and JT were hosted by Kevin and Annalise, Liz and Hells Bells with Ludo and Rosette and Jamie and I with Edmond and Rita. Following dinner, small talk and giggles about the unlockable toilets and sleeping arrangements, we met up for more drinking and a catch up with our undercover agent, John Hoare.

Day 2 saw a packed agenda, designed to tire us before Sunday's race. We were first taken to a cave/quarry system where Jamie was horrified to learn that mushrooms were grown on horse manure. After sampling cave beer and trying to lose JT in the miles of tunnels, we moved onto the local town for a leisurely lunch. In the afternoon we were taken to Eben-Emael, a WW2 fortress between Liege and Maastricht. The fort lasted 36 hours against the Nazis in 1940, the Harriers had it over run in minutes, striking humorous poses with the mannequins on display, marching lessons from Hells Bells and attempted kidnapping the lovely Sophie (all evidence can be seen on Belgium Crimewatch). A homemade goulash and flowing wine topped of a busy day.

The day of the race commenced with a trip to an indoor ski slope. Liz was the only daredevil in the group, throwing herself down the piste like 'Eddie the Eagle' whilst the rest of us held up scores and laughed at those falling over. Following the mornings activities, we were taken to the race (report by Jamie) and then onto a restaurant in Kortesseem where the food, drink and speeches were plentiful, we were manhandled by 'Vincent the Physio' and Kevin kept us entertained with 'Little Britain' impressions.....Unfortunately his wife was not as amused by his constant "I don't like that one..." and apparently threw him into the lift like an Olympic shot putter at the end of the evening.

A Champagne reception saw us onto the train to Brussels, where the weather deteriorated and Liz attempted to give us a guided tour in monsoon conditions; before we settled for rustic Belgian grub in the

square, where we had a debriefing on our successful mission, before sleeping off our alcohol abuse on the Eurostar. A very enjoyable weekend and recommended to those contemplating a foreign trip with the club, in the future!

**BUPA Great Welsh Run Cardiff 29 July** by *Jamie Jones*

Cath, Paul, Thomas and I made the long journey back to Cath’s homeland to run in the inaugural Great Welsh Run which started on the dockside outside the distinctive Millennium Centre and for all you Doctor Who fans the entrance to Torchwood. Cath bugged around for half an hour deciding whether to run in the main race or in the elite women’s race which started 10 minutes before and it was only when they were lining up that she decided to strip off and get to the start. As soon as she did they were off and so she couldn't really change her mind, but who would have argued with her if she did?

We had both been led to believe that the course was flat as a pancake but Cath was the first to discover that in fact there is a significant climb up over a flyover and down to the other side of Cardiff Bay. The downhill on the other side was pretty severe as one of the wheelchair competitors found out as he crashed at speed on the other side. Cath just jumped over him and carried on...only joking! The rest of the course takes you out over the barrage and then does a skanky loop of the undeveloped parts of the docks and then around a loop of the Millennium Centre. The main race with the elite men at the front started 10 mins after Cath and she just failed to hold off the 2nd place Kenyan (and Olympic medallist) Patrick Ivuti.



The TV coverage shows her trying to kick him as he goes past but I am sure Cath will deny this. Her time of 39:02 was good considering the lack of training she has had this year due to horse related injuries (!) but she still managed to pick up first V45 just in front of fellow international vet Bronwen Cardy Wise who wimped out by running in the main race.



I had a good solid run in 38th place overall in my fastest time for a few years of 33.13. Unfortunately I also managed to get my first ever vets category prize as I found out later on that I was 3rd over 35. My devastation at officially becoming old was tempered somewhat by receiving a nice new bag for my efforts in the post from the organisers.

Although we both picked up prizes I am not sure I would consider doing this race again. It’s a long way to go, very pricey and we were lucky with the weather. It’s a very open course so thankfully there were no strong winds that day. Also the atmosphere was particularly lacking for a race with over 3000 competitors.

But it was a good day out as there is plenty to do for spectators. We all enjoyed the Dr Who exhibition afterwards and there are plenty of bars and restaurants on the dockside, it’s like Gun Wharf Keys without the tower!

JJ

| Race No | First Name | Surname | Position | Time  | Category Name          |
|---------|------------|---------|----------|-------|------------------------|
| 4348    | Jamie      | Jones   | 38       | 33:13 | M35 (3 <sup>rd</sup> ) |
| 1023    | Catherine  | Wheeler | 112      | 39:03 | F45 (1 <sup>st</sup> ) |

## **Library**

Jamie has over the years collected a number of books on running, some of which will undoubtedly be inspirational. He has kindly made these available to any club member who wishes to borrow them:

Kelly Holmes - My Olympic 10 Days  
Roger Bannister - The First 4 Minutes  
Bob Phillips - Zatopek Zatopek!  
Stan Greenburg - Olympic Almanac 2004  
Cliff Temple - Marathon, XC and Road Running  
Paul Tregat - Running To The Limit  
Norrie Williamson - Everyone's Guide to Distance Running  
Stan Greenburg - Running Stats  
Franz Stampfl - Running  
Jim Dennison - 'The Greatest' - The Haile Gebreselassie Story  
Sonia O'Sullivan - Running To Stand Still  
Richard Dale - The Contenders  
Tony Ward - Athletics The Golden Decade (1980's)  
Harry Wilson (Steve Ovetts Coach) - Running My Way  
Michael Sandrock - Running Tough (75 tough running sessions)  
Paula Radcliffe - My Story So Far  
Dick Beardsley - Staying the Course  
Alastair Aitken - Athletics Enigmas  
Julie Welch - 26.2 Running The London Marathon  
Bruce Tulloh - The Marathon Book  
Harry Wilson - Running Dialogue - A Coaches Story  
John Syer - Sporting Body Sporting Mind

## **Consistency League**

As detailed in "Franny's Bits" there was a lot of friendly discussions on this issue. Should we include Bramley 20, what about Hayling 10?, Southern XC Champs is a must, etc. etc.

Anyway list is finalised as:

1. Kintbury 5
2. Winchester 5k
3. Solent Half Marathon
4. Farley Mount XC
5. Goodwood XC
6. Gosport Half
7. Hayling 10
8. Victory 5
9. Tadley XC
10. Cyclists Race
11. Hants XC Champs
12. Reading XC
13. Ryde 10
14. Eastleigh 10k
15. Totton 10k

## **Fixture List**

For those of you who haven't access to the website or e-mail then the Winter Fixture list is attached at the end of the newsletter. This is printed such that it can be folded into a leaflet for easy access.

## Overton Harriers Winter Fixtures 2007 / 2008

|                  |      |   |
|------------------|------|---|
| <b>September</b> | 1st  | <b>Overton 5 (HRRL)</b>                 |
|                  | 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 - 12 x 60 secs                 |
|                  | 22nd | IOW Fell Races                          |
|                  | 23rd | Hursley 10K, IOW Fell Races             |
|                  | 27th | Training - <i>Pyramids</i>              |
|                  | 29th | <b>SEAA 6 Stage Road Relay Champs</b>   |
|                  | 30th | Highclere 10K<br>Clarendon Way Marathon |

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

HRRL: Hampshire Road Race League

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

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

\*\* Consistency League Event

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

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|                 |                      |                               |
|-----------------|----------------------|-------------------------------|
| <b>February</b> | 2nd                  |                               |
|                 | 3rd                  | <b>Ryde 10 **** (HRRL)</b>    |
|                 | 7th                  | Training - 6 x 700m           |
|                 | 9th                  |                               |
|                 | 10th                 | Wokingham Half Marathon       |
|                 | 14th                 | Monthly Handicap              |
|                 | 16th                 | <b>Training Weekend</b>       |
|                 | 17th                 | <b>Wimbourne XC</b>           |
|                 | 17th                 | <b>Bramley 20 Mile (HRRL)</b> |
|                 | 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 (TBC)

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 **Totton 10k \*\***

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**April**

3rd Training - 6 x 90 secs

5th  
6th **Combe Gibbet (TBC)**

10th Training - Half Lap Parlauf

12th  
13th London Marathon

17th Training - 12 x 60 secs

19th  
20th

24th Training - Pyramids

26th  
27th

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| 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

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*Running since 1974*

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**SEASON 2007/08**

### TRAINING AND KEY RACES

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