

**Overton  
Harriers**



**&  
Athletic Club**

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August 20 <sup>th</sup>	<b>SOUTHERN ATHLETICS LEAGUE (WORTHING)</b>
27 <sup>th</sup>	<b>CARFEST FESTIVAL DASH</b>

*Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common,  
Newbury and Charlton Sports Ground, Andover at 9:00 Saturday*

## **ROUND UP**

Well July was a bumper filled month with the Harriers doing races all over the place. Great reports, especially from our first time contributors including one from Chamonix, a place that you can truly moan about the hills. August is a relatively quiet month though the Overton 5 will be soon upon us and the Hampshire Leagues will start again. Enjoy the rest.

### **CHAMONIX CROSS 23k**

**23<sup>rd</sup> June**      *from Lucy Sykes*

Registration for the Chamonix Cross at the 'Trail Camp' area was a highly organised affair: it needed to be for the thousands of runners arriving to take part in the 10km, cross, marathon, 80km and KMV (vertical kilometre, more on this later) over the weekend 24-26<sup>th</sup> June. My race pack was checked for the compulsory kit of minimum 0.5L water, waterproof jacket, mobile phone, survival blanket, whistle and cup, and after I collected my race number including timing chip, temporary tattoo of the race profile, T-shirt and goody-bag we headed off for a big pre-race dinner.

Race morning started bright and sunny despite the ground being wet from heavy rain and thunderstorms overnight. Because of the threat of further storms the race route was changed for the first time in 38 years to bring us back down into Chamonix rather than finishing at the exposed Pranplaz cable-car station (altitude 2016m).

The race started from the paragliding landing area (altitude 1035m), initially heading out of town up the valley along the cross-country ski route up into the woods where the terrain got rockier with several steep sections of switch-backs and a couple of waterfalls to jump over which caused bottlenecks. The route was a continuous climb winding in and out of the woods and through villages where the locals came out of their houses to cheer us on, ringing cowbells and banging saucepans for encouragement. The sky had become overcast and the rain was coming in fits and starts making the ground slippery.

The first feed station at Tre Le Champs (11.5km, altitude 1385m) was crowded but well organised. I arrived later than I had hoped at 1:48 so quickly filled my bottles, took a gel and headed over a

temporary bridge set up across the main road to Vallorcine. This section of the race was always going to be the hardest, with a big up-down-up profile made harder by the now fairly continuous rain and intermittent thunder. The ascent through thick woods was steep so I settled into a steady speed-walk with my aim to keep going at a continuous pace. Reaching the first summit I was then able to open up into the downhill section although the weather was deteriorating as thunder, lightning and heavy rain turned the path into a stream. I was moving fast enough to stay warm and was soaked through already so didn't put my jacket on at this stage, but I did have to scramble around a lot of other runners who were stopping to put on theirs.

The ascent to La Flégère cable-car station (17.9km, altitude 1865m) and the second feed station was similarly steep, slippery and challenging, leading into a long section across open ground where the full force of the weather could be felt. By the time I reached the station at 2:38 I was very cold so I filled my bottles again, took another gel and dived inside for a brief comfort stop and to put on my jacket before heading out onto the revised route back down into the woods towards Chamonix.

I warmed up and was making good progress, feeling strong and hopeful that I would finish in my target time of 4:00. However, about 20 minutes later a lady fell in front of me and cut her head open so I stopped to help her. Several others also stopped, luckily some who had good mobile phone signal and could speak French. I thanked my stars for remembering to carry a tiny first aid kit in my pack which included some big plasters and grabbed one to press over the large cut on her forehead. I stopped the bleeding and a paramedic who had also been running the race checked her over for any broken bones whilst someone spoke to the Emergency Rescue Service. Although she was shaken she managed to get up and start walking down with the help of her husband and the paramedic.

Despite the fact that she and I had been wrapped up in a number of survival blankets, 20+ minutes sitting in the rain had made me very cold again so I set off downhill at a fair pace which I managed to maintain right down into town.

The final stretch passed through streets alive with supporters and bands into the finish and final feed station at Place Du Triangle De L'amitié (23km, altitude 1035m) where I received my finishers' medal and met Paul just in time before he headed off to run the 10km: a flat course along the valley, by now bathed in warm sunshine! I completed in 4:42 which overall I feel pleased with considering the conditions, and importantly I was still smiling at the end.



Later that week Paul and I decided to challenge ourselves to the KMV. This is only 3.8km distance but 1000m of vertical gain in switchbacks between Chamonix paragliding landing area and the take-off area just above Pranplaz cable-car station.

We soon realised that I was going to be slower than Paul so split up, arranging to meet again at the top. As the switchbacks are so tight it was possible for us to see and call to each other for almost the whole climb, but Paul gradually pulled away from me as he reached the upper more technical section

of the route. The first section felt very long and I found myself counting the number of steps between each of the 100m markers (620 if you're interested!) but the views opening out across the valley were amazing. I was speed-walking again and trying to regulate my temperature as the heat from the sun built up on the largely unshaded route: wearing a cap and sunnies was essential and we were each carrying about 0.5L water.

Above 600m there was a cool breeze and my pace slowed as the terrain became more technical requiring some scrambling and use of fixed cables. The final section is more exposed but for the last 100m of climb you can see the finish which helps maintain focus. We both managed to run the last section up to the paraglide take-off area before a well-earned Orangina at the station café.

The fastest competitors in the official KMV complete in under 30 minutes – I was significantly slower at 1:48!



## **CHARMOUTH CHALLENGE 3<sup>rd</sup> July**

The weather for this year's race was cooler than last year but there were some muddy sections to negotiate but everyone was hopeful that the men's team could retain the team prize and make it a hat trick of wins. Sean went off at a good pace and led the way up the opening mile plus climb of Stonebarrow Lane.



The eventual winner went past him on a downhill stretch and disappeared into the distance. Sean appeared over the top of the last hill holding a comfortable lead over the next runner to repeat his second place from last year & also take the Vets prize.

Axe Valley Runners then had 2 runners home before Neil crossed the line; he has been piling in the miles in preparation for an upcoming ultra and put a great run to duck under the hour mark.

So... 2 runners each, who would be next? The answer was Keith Vallis who is showing some good form of late, He was closely followed by Richard (I don't like cross country) Clifford whose great effort sealed the team victory once again.



Hannah then decided to take a bit of the glory with a brilliant run to finish 3<sup>rd</sup> lady on her course debut. Piers looked to have had a good run as he charged down the final descent to give Gareth no chance of a last minute overtake although Gareth did look good in the photos !!!

Steve was running the course for the first time and seemed very happy with his run after comfortably ducking inside the 80 minute mark.

A slightly unfit Keith decided to pace Sarah around and obviously his efforts worked as she took the best part of 7 minutes off last years' time and succeeded in her goal of beating Neil's best time by 3 minutes....something she took great pleasure in telling him via Skype later that evening. Monique completed the club interest with another super performance as she managed to slice over a minute from last years' time to seal a great day for the club.



The men's team were comfortable winners on the team competition though unfortunately the Ladies didn't manage to complete a team which is a shame as we would have a good chance of doing a team clean sweep.

Harrier	Time	Position
S. Holmes	56:43	2 <sup>nd</sup>
N. Martin	59:26	7 <sup>th</sup>
K. Vallis	1:05:46	25 <sup>th</sup>
R. Clifford	1:07:46	31 <sup>st</sup>
H. Bliss	1:09:15	38 <sup>th</sup>
P. Puntan	1:14:09	62 <sup>nd</sup>
G. Juliff	1:14:53	65 <sup>th</sup>
S. Edwards	1:19:01	76 <sup>th</sup>
K. Clark	1:23:45	106 <sup>th</sup>
S. McCann	1:23:47	107 <sup>th</sup>
M. Van Nueten	1:31:22	142 <sup>nd</sup>

*194 Finished*

**SOUTHERN VETERANS T&F LEAGUE (ALDERSHOT)****4<sup>th</sup> June**

Again the weather Gods smiled on us for the final veteran's Track and Field fixture of the season and the location meant that we had a good men's though the ladies team were down on numbers.

Highlights in the men's were the 3000m where we picked up good points and 2k Walk where we had a clean sweep with Keith and Lee both winning. In the ladies the highlight was the debut of Zara in the Ladies Team winning the 800m in great style.

**MEN'S****200 metres**

M35 A	6 <sup>th</sup>	Gareth Juliff	28.9
M35 B	6 <sup>th</sup>	Gavin Roberts	29.8
M50	7 <sup>th</sup>	Martin Crawshaw	39.6

**800 metres**

M35 A	5 <sup>th</sup>	Chris Dewey	2:23.3
M35 B	5 <sup>th</sup>	Neil Martin	2:26.1
M50	7 <sup>th</sup>	Martin Crawshaw	3:07.3

**3000 metres**

M35 A	3 <sup>rd</sup>	Lee Tolhurst	9:39.5
M35 B	3 <sup>rd</sup>	Sean Holmes	10:15.6
	7 <sup>th</sup>	Richard Clifford	10:46.1
	8 <sup>th</sup>	Neil Martin	10:51.2
M50	4 <sup>th</sup>	Chris Dewey	10:31.7
	8 <sup>th</sup>	Keith Vallis	11:28.1

**2000 metres Walk**

M35	1 <sup>st</sup>	Lee Tolhurst	11:41.9
M50	1 <sup>st</sup>	Keith Vallis	11:27.9

**Pole Vault**

M35	4 <sup>th</sup>	Dave Bush	2.00
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**Triple Jump**

M35	6 <sup>th</sup>	Gareth Juliff	6.24
M50	5 <sup>th</sup>	Martin Crawshaw	6.45

**Discus**

M35	7 <sup>th</sup>	Piers Puntan	17.30
M50	7 <sup>th</sup>	Keith Vallis	16.12

**Javelin**

M35	3 <sup>rd</sup>	Matthew Wateridge	29.24
M50	7 <sup>th</sup>	Martin Crawshaw	15.81

**4x200m Relay**

M35	4 <sup>th</sup>	Overton	1:53.4
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**LADIES****200 metres**

W35 A	7 <sup>th</sup>	Sian Davies	35.0
W50	3 <sup>rd</sup>	Zara Hyde-Peters	33.4
W60	6 <sup>th</sup>	Liz Sandall-Ball	45.5

**800 metres**

W35 A	5 <sup>th</sup>	Sian Davies	2:46.7
W50	1 <sup>st</sup>	Zara Hyde-Peters	2:41.7

**Long Jump**

W35	7 <sup>th</sup>	Sian Davies	2.94
W60	6 <sup>th</sup>	Liz Sandall-Ball	2.13

**Shot**

W50	8 <sup>th</sup>	Liz Sandall-Ball	3.73
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**Discus**

W35	6 <sup>th</sup>	Sian Davies	17.68
W50	7 <sup>th</sup>	Liz Sandall-Ball	13.11

The Final League positions were that both Men's and Ladies teams finished in 7<sup>th</sup> place in their respective leagues.

Southampton and Winchester & District were once again men's and women's champions and will represent the region in the Southern Finals.

## **BEER RACE**

7<sup>th</sup> July *by the sober one*

Most Harriers enjoy a beer (or two) after a race, so it was inevitable that sooner or later both drinking and running would be combined at Overton.

The Beer Mile itself, is not an Overton Harriers invention, its origins can be traced to the USA, where college students would participate for fun, dare or sheer stupidity.

The idea is simple, you start by consuming one can (355ml) of lager/beer with an ABV of at least 5.0%, (5.2% Brooklyn lager in our case), finish the beer completely, then run one lap (400m) drink another beer, run a lap, drink and so on.... You must consume 4 beers and run 4 laps that equals 1 mile. Tampering with the beer is not allowed, you must drink within the "beer zone" and should you vomit, you must run an extra lap.

FYI: The current world records are:

Men: Lewis Kent (Canada) 4:55:78, Women: Erin O'Mara (USA) 6:08:51.

It was Richard "I always finish a race" Clifford who introduced this now annual event to the Harriers. (*Ed. Different beer next year!*) It was a warm humid Thursday night when the race took place. Most competitors had already done the rep session beforehand, so were nicely dehydrated in readiness for the mile. Most runners had yet to have any dinner either, so the combination of dehydration and an empty stomach was looking interesting for the consumption of 4 lukewarm strong beers.

After Richard had delivered the race briefing, the competitors (all 10 of them) lined up and ready. The command was given and they were off!!!!

Well.... not exactly off as such. The beer wasn't to everyone's taste; it was warm and very gassy, which was making it hard to drink quickly. However, Lee wasn't troubled by this, as he quickly downed his beer and was off on a rapid lap. Dan Crone soon followed, as did pre-race favourite Simon not far behind.

Meanwhile, Emma Edwards was still drinking her beer.



The first lap didn't seem to trouble anyone too much and the second of four beers were soon in hand and being consumed. Lee quickly established himself as race leader, with an impressive ability to run and drink. He was taking it quite seriously, as he'd donned spikes in order to improve traction and cornering on the ORC field.

Meanwhile, Emma Edwards was still drinking her beer.

As the laps and drinking progressed, Lee was storming into the lead with Dan not far behind and Simon in the battle for a podium spot. Keith Vallis turned up late and joined in the mayhem at least two laps down.

Meanwhile, Emma Edwards was still drinking her beer.

As the laps wore on, the alcohol content and the pure gassiness of the beer was starting to take effect. First victim was race director Richard Clifford, who orally ejected his beer on the third lap. As a result of this, he was forced to run one extra lap. There were also unconfirmed sightings of Dave Bush doing the same, however this remains unclear.

Meanwhile, Emma Edwards may have completed a lap, possibly two, but was still drinking her beer.

Lee Tolhurst was the clear winner in an impressive time of 7:06. Rumours are that he trained specifically for it; however, we have no blog to prove this.

Dan Crone was second in a time of 9:22, with Simon Lovelock taking third in 10:31.

Gareth Juliff surprised us all, with an incredible last lap sprint to overtake Sean and beat him to 7<sup>th</sup> by a slim margin of 2 seconds.

Eventually and with daylight fading and the mosquitoes biting, Emma downed her final beer and ran her last lap. She took the ladies prize and finished in a time of 35:42.

We only had one DNF, Allan Stinson who withdrew after 3 laps. He was encouraged (in the normal Harriers fashion) to continue, but common sense prevailed.

A thoroughly enjoyable (for those watching) way to end off a Thursday rep session. I'm sure we'll be doing it again next year, so get training. Happy to report that no competitors drove themselves home after the event.

### **REMEMBER: PLEASE DRINK RESPONSIBLY**

#	Harrier	Lap 1	Lap 2	Lap 3	Finish	
1	Lee Tolhurst	1.28	3.21	5.12	7.06	1 <sup>st</sup> V40
2	Dan Crone	1.44	3.50	6.11	9.22	
3	Simon Lovelock	1.46	4.11	6.55	10.31	
4	Dave Bush	2.09	4.33	7.38	11.08	
5	Piers Puntan	1.58	4.32	8.26	12.02	
6	Keith Vallis				14.18	Sorry no splits (late starter)
7	Gareth Juliff	1.56	4.45	9.30	15.00	
8	Sean Holmes	2.05	5.63	10.32	15.02	
9	Richard Clifford	2.12	5.10	13.15	21.27	Extra lap run due to a vomit violation
10	Emma Edwards	4.00	14.31	28.09	35.42	1 <sup>st</sup> Lady
	Allan Stinson	2.51	7.18	23.20	DNF	withdrew after third lap



## SOUTHERN T&F LEAGUE (ETON) 9<sup>th</sup> July

No report received though word is that we struggled with the joint Andover/Overton team finishing in last place. We are sitting in mid division with one match to go at Worthing on 20<sup>th</sup> August.

## TWIST 10k 17<sup>th</sup> July *from Sian Davies*

It is not often that you can jog from home to the start of a race in less than 10 minutes and have a Sunday lie in. Whilst wanting to support a local event I did feel ambivalent about entering the Kingsclere Twist 10k. After all, I jog up and down 'that hill' twice a week.

Racing it did not seem like fun. After putting in a late entry and mulling over changing to the 5K, Sunday can round rather warm but cloudy with a slight breeze. There was a lovely atmosphere at the start and after a very slow warm up and a quick chat here and there we were ushered to the line.

I turned up on Sunday morning determined to treat it as a tempo run. Of course as soon as the race number was on and I was stood on the start line that went out the window. After about 800 metres of tarmac we veered left off the Ecchinswell Road, onto the gallops. This was smooth going and on the first turn there was the Bliss brigade giving great support.



As many of you know, it is difficult to run in Kingsclere without coming across a hill and so began a 1.2 mile ascent to the top of White Hill. By this time Hannah was a distant light blue spec in the distance (don't believe anything she tells you on the start line about her form!) and we were quite well spread out. I kept an OKish pace on the less steep part and managed to overtake the only female athlete anywhere near me. As we approached the top there was no choice but to walk.

After a cheer from my son's school friend, the relief of getting to the top was tempered by the next section of ludicrously leg sapping long grass. We then turned onto a gravel track (oh the relief!) for the start of the descent, veering onto Wayfayrers Walk.

Despite being surrounded by beautiful panoramic views, at this point quite frankly, I was in one big sufferfest. A sharp descent off Wayfayrers took a lot of concentration; we were then back in the



valley for the last couple of miles home. Onto familiar territory and the only thing my poor brain could think about was how much further the finish was from my house.

Luckily, for most of the last three miles I had a Bramley Trail Runner ‘on my tail’, which helped me keep the pace up and stopped me sneaking home and calling it a day. We were soon on the village boundary and with the last ascent past Gaily Mill and some enthusiastic support from lots of village folk and it was the last sprint home with lots of support again on the finishing straight.

I finished in 49:19 and after water and a Mars bar had a restorative pint of Gem on the field with friends whilst the kids ran around having fun. This is a low-key race with a nice off-road course, but the best bit about the race was the atmosphere – not least because of the participation of Kingsclere residents as race organisers, marshals and runners.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Hannah Bliss	45:??	3 <sup>rd</sup> (1 <sup>st</sup> Lady)
Sian Davies	49:19	??

*???? finished – apparently the results are a bit vague and incomplete*

### **CARFEST 2016      26<sup>th</sup> & 27<sup>th</sup> August      from Piers Puntan**

Thanks for all those who volunteered. We are still finalising the course with Carfest so after that we can confirm numbers of marshals and I’ll be in touch shortly.

Apologies for the delay but it’s a new course with a 2.5k and 5k option to the East of the Festival Site and it requires a landowner’s approval and is not yet fully agreed.

### **HAMPSHIRE XC FIXTURES 2016-17**

We now have the Hampshire Cross Country League fixtures for the 2016-2017 season.

15 <sup>th</sup> Oct 2016	Farley Mount	14 <sup>th</sup> Jan 2017	Reading
12 <sup>th</sup> Nov 2016	Bournemouth	11 <sup>th</sup> Feb 2017	Queen Elizabeth Park
3 <sup>rd</sup> Dec 2016	Popham Airfield		

The dates and location for the Hampshire Championship have yet to be fixed however it is expected that the date will be 7<sup>th</sup> January 2017 and the location will be the same as last year, Fairthorne Manor in Botley.

### **HAMPSHIRE ROAD RACE LEAGUE 2016-17**

2016-17 Season will soon be with us. At the AGM the races for the 2016/17 season were agreed as follows:

Overton 5	04/09/16	Ryde 10	05/02/17 <i>TBC</i>
Solent Half	09/10/16	Salisbury 10	05/03/17
Gosport Half	20/11/16	Eastleigh 10K	19/03/17
Hayling 10	27/11/16	Alton 10	7/05/17
Victory 5	04/12/16	Netley 10K	21/05/17
Stubbington 10K	15/01/17	Lordshill 10K	11/06/17 <i>TBC</i>

**MOB MATCH**      **21<sup>st</sup> July**

We were well beaten; I don't have the results but Richard Francis has done the Handicap Table which is based on the Mob Match Results.

Thanks go to Geoff, Jacqui, Monique and all who helped on the BBQ.

	<b>Harrier</b>	<b>Time</b>	<b>H'Cap</b>	<b>Act. Time</b>	<b>Time Pos</b>
1	E. Juliff	34.54	3.15	31.39	30
2	G. Juliff	35.03	11.23	23.40	13
=3	S. Edwards	35.39	12.21	23.18	9
=3	S. Unitt	35.39	4.53	30.46	27
5	M. Van Nueten	36.05	5.59	30.06	25
=6	M. Bliss	36.28	15.01	21.27	6
=6	S. Spence	36.28	7.55	28.33	22
8	J. Harrison	36.29	9.04	27.25	19
=9	L. Avenell	36.31	15.18	21.13	18
=9	S. Davies	36.31	11.30	25.01	17
11	S. Young	36.37	4.23	32.14	31
12	M. Reid	36.40	12.48	23.42	14
=13	N. Glendon	36.41	14.46	21.55	7
=13	L. McCann	36.41	11.53	24.48	16
=15	R. Grindle	36.42	12.48	23.52	15
=15	G. Duncan	36.42	6.51	29.51	24
17	A. Paul	36.48	9.03	27.45	20
18	E. Simpson	36.51	5.24	31.27	29
19	S. Lovelock	36.57	16.15	20.42	3
20	M. Brown	37.00	6.26	30.34	26
21	D. Crone	37.01	13.34	23.27	11
=22	L. Tolhurst	37.08	17.25	19.43	1
=22	P. Puntan	37.08	12.20	24.48	17
24	S. Holmes	37.12	16.52	20.20	2
25	H. Yadsan-Appleby	37.19	4.05	33.14	33
26	C. Wheeler	37.20	13.44	23.36	12
27	H. Bliss	37.37	14.16	23.21	10
28	R. Clifford	37.40	15.44	21.56	7
29	L. Warriner	37.44	5.22	32.22	32
30	M. Groundsell	38.07	17.07	21.00	4
31	C. Spencer	38.11	10.23	27.48	21
32	R. Francis	38.35	9.39	28.56	23
33	L. Sykes	39.26	8.16	31.10	28
34	K. Edwards	40.12	3.22	36.50	34

## DOWN TOW UP FLOW HALF MARATHON

24<sup>th</sup> July from Emily Juliff

I wasn't planning on doing another half marathon until the autumn but when Gavin said he was doing the Down Tow Up Flow half marathon I loved the sound of it and decided to tag along.

Having set the alarm for a really unpleasant time for a Sunday morning we were on the road. The half marathon ran from Windsor to Marlow this year so the first part of the journey was to Marlow to leave the car at the finish. We were in good time and managed to get on the first bus to Windsor and have around an hour to kill before the off, we were feeling smug that it wasn't as hot as forecast as the day before had been baking. I have never been at a race with a more relaxed atmosphere at the start, people sitting around drinking coffee and chatting and no huge queues for the toilets.

The start was in three waves, Gavin got off to a good start in the first wave while I waited around for wave number three. As the race got underway I paid the price for starting too far back in my wave and spent the first few miles overtaking people which proved tricky as the track was narrow in places. The course ran along beside the river and was crazily flat, I settled into a nice steady pace hoping to put to bed my half marathon demons from Milton Keynes where I had started too fast.



The race was described as mixed terrain and they were definitely telling the truth there, including a lovely set of steps down from a bridge crossing around mile 7 and another foot bridge slightly later in the race with steps up and down that really hurt your legs.

I was still running really well as we got past the halfway point, taking on fluids and sugars while the temperature continued to rise. Mile 9 we took a turn slightly away from the river through a nice shady wooded area which was a pleasant relief from the sun.

I paid the price at this point for thinking the race was going completely to plan so far, well up on my HM pb and feeling strong; I took a spectacular fall over a tree route! Brushing off the dirt I picked myself up and managed not to cry... nothing broken, four miles still to run.

Once back out of the woods it was getting seriously hot, time for the long grass. Three miles of long grass! I was beginning to see a pb slip through my fingers as my pace seemed to be getting slower and slower; I have a new least favourite running surface.

My last mile did see a bit of a pace improvement due to some very large cows deciding to take an interest in us slower runners, I was so pleased when I spotted Gavin and he told me there was literally only 400m to go.

Time for a final sprint and last minute spot of overtaking to finish with a new pb after all. Gavin had a really good run too but unfortunately the heat and terrain kept him from a new pb this time out.

I loved this race and would highly recommend it, very well organised but nice and relaxed at the same time, next year it will run in the opposite direction which would get the grass out of the way early on, a definite bonus!

Results:

Emily Juliff 2:13:15 (previous pb 2:19:13)

Gavin Roberts 1:48:13



**JULY 2016 PARKRUN RESULTS***from Allan Stinson*

	02/07/2016	09/07/16	16/07/16	23/07/2016	30/07/16
<b>Basingstoke parkrun</b>					
Gavin DUNCAN	26:52		26:28		25:40
Svetlana UNITT		27:42		29:33	
Matthew WATERIDGE				21:17	
John HARRISON				25:58	
Claire BOYLE					22:14
Edmond SIMPSON					25:35
<b>Newbury parkrun</b>					
Sian DAVIES	22.25				
Richard FRANCIS		25:43			
Cath WHEELER				20:33	
Gareth JULIFF				21:03	
Claire BOYLE				22:27	
Melanie HODKIN				35:58	
Richard CLIFFORD					<b>18:35</b>
Mike BLISS					18:54
Hannah BLISS					<b>19:49</b>
John HARRISON					25:07
Emily JULIFF					27:12
<b>Andover parkrun</b>					
Gareth JULIFF		21:13			
Gavin Roberts		22:23		21:38	
Ben JOHNSON			23:52		
<b>Fulham Palace parkrun</b>					
Matthew WATERIDGE	19:52				
<b>Frimley Lodge parkrun</b>					
Dave BUSH			20:39	20:38	20:16
<b>Brockenhurst parkrun</b>					
Dave BUSH	20:13				
<b>Lymington Woodside parkrun</b>					
Dave BUSH		21:26			
<b>Dulwich parkrun</b>					
Matthew WATERIDGE					20:26
<b>Lanhydrock parkrun</b>					
Allan STINSON	37:29				

Notable results this month:

- Sian Davies 3<sup>rd</sup> female at Newbury on July 2th
- Cath Wheeler 1<sup>st</sup> female at Newbury on July 23rd
- Hannah Bliss 2<sup>nd</sup> female at Newbury on July 30<sup>th</sup>
- Ed Simpson 2<sup>nd</sup> Highest Age Grading at Basingstoke on July 30<sup>th</sup>

For Details of Training Sessions see Harriers Website: <http://www.overtonharriers.org.uk/about/>