

**Overton
Harriers**



**&
Athletic Club**

**Overton
Harriers**



**&
Athletic Club**

August 2016 Issue 469

Visit us on our Web Site at www.overtonharriers.org.uk
Email your reports to me at PiersPuntan@overtonharriers.org.uk

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

September 4 th	Overton 5 (HRRL)
11 th	New Forest Marathon
18 th	Andover Lakes 10k
18 th	Hursley 10k
25 th	SEAA Road Relays

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

August is usually a quiet month, even more this year than usual with no Handicap though we did have the final Track and Field. Thanks to all who helped at the CarFest Dash, hope you enjoyed the Festival, and thanks to Allan Stinson for all the Parkrun data.

SOUTHERN ATHLETICS – WORTHING 23rd August

The final fixture of the season proved a real anti-climax and we slumped to another disappointing defeat with a derisory 77 points on a horribly wet and windy day. Notwithstanding well done to our athletes who have supported the combined team throughout the season.

RESULTS

Men

400m	'B'	3 rd	Lee Tolhurst	69.6s
5000m	'A'	2 nd	Lee Tolhurst	17m 04.1s
2000ms/c	'A'	2 nd	Lee Tolhurst	7m 00.6s

Ladies

1500m	'A'	2 nd	Hannah Bliss	6m 06.6s
3000m	'A'	3 rd	Hannah Bliss	11m 56.1s

MATCH RESULT

1 st	Worthing	202	2 nd	Chichester AC	151
3 rd	Bournemouth	107	4 th	Andover & Overton	77

FINAL LEAGUE TABLE

# Club	Match Points	League Points
1 Windsor, Slough, Eton & Hounslow A.C.	1243.5	20
2 Reading A.C.	1079	18
3 City of Salisbury A.C.	1052	17
4 Aldershot, Farnham & District	1025	17
5 Newquay & Par	1005	16
6 Guildford & Godalming	928	16
7 Horsham Blue Stars	840	14
8 Worthing Harriers	810	12
9 Bournemouth A.C.	645	11
10 Swindon Harriers	690	10
11 Andover & Overton	665.5	10
12 Chichester A.C.	649.5	10
13 Team Dorset	495.5	10
14 Team Kennet	555	7
15 Poole Runners	238	6
16 Fleet & Crookham	43	4

PARK RUNS

Thanks to Allan for pulling together all these times; shows where Harriers spend their summer!

	06/07/2016	13/07/2016	20/07/2016	27/07/2016
Basingstoke parkrun				
Mike BLISS	18:41			
Edmond SIMPSON	25:22			25:09
Gavin DUNCAN	25:27	25:44	26:19	26:22
Claire BOYLE		22:56		
Julia COTTRELL		32:40		
Morgan COTTRELL		32.41		
Newbury parkrun				
Stephen EDWARDS	20:04			
John HARRISON	24:22			
Stephen SPENCE	25:03			
Allan STINSON	34:36		35:07	
Mike BLISS		18:27		
Sian DAVIES		21:50		
Monique VAN NUETEN		25:53		
Gareth JULIFF			20:47	
Winchester parkrun				
Hannah BLISS				20:06
Barry Island parkrun				
Morgan COTTRELL			32:46	
Julia COTTRELL			32:47	
Portsmouth Lakeside parkrun				
Matthew WATERIDGE	21:18			

	06/07/2016	13/07/2016	20/07/2016	27/07/2016
Lymington Woodside parkrun				
Matthew WATERIDGE		21:02		
Colby parkrun				
Matthew WATERIDGE			21:27	
Luton Wardown parkrun				
Matthew WATERIDGE				21:09
Albert Park, Melbourne				
Keith VALLIS	19:20			
Medina, IOW parkrun				
Neil MARTIN	19:36			
Lee on Solent parkrun				
Allan STINSON		34:09		

Outstanding results this month:

- Congratulations to Ed Simpson on achieving 50 club membership.
- Mike Bliss & Ed Simpson - age graded 1st and 2nd males at Basingstoke on August 6th.
- Sian Davies - 2nd female Newbury August 13th.
- Mike Bliss - age grade 1st at Newbury on August 13th. This is also the 2nd best ever performance of a VM55-59 athlete at Newbury to date.
- Hannah Bliss -3rd female at Winchester on August 27th
- Ed Simpson - age graded 1st at Basingstoke on August 27th