

**Overton  
Harriers**



**&  
Athletic Club**

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Email your reports to me at [PiersPuntan@overtonharriers.org.uk](mailto:PiersPuntan@overtonharriers.org.uk)

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July 1 <sup>st</sup>	<b>Charmouth Challenge (HRRL)</b>
8 <sup>th</sup>	<b>Southern Athletics League (Salisbury)</b>
9 <sup>th</sup>	New Forest 10
10 <sup>th</sup>	<b>Southern Veterans League (Aldershot)</b>
19 <sup>th</sup>	Hampshire Athletics Grand Prix (Basingstoke)
20 <sup>th</sup>	<b>MOB MATCH (Overton)</b>
27 <sup>th</sup>	<b>Summer Handicap</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**

Lordshill 10k completed the HRRL with both the men's and ladies teams having a lacklustre season mainly due to events selling out very quickly this year. Hannah finished as 5<sup>th</sup> Lady and Sean and Simon finished 9<sup>th</sup> and 10<sup>th</sup> men respectively; a great performance from all three. Track and Field continues both at the Senior and Veteran level and we have the usual Triathlon reports.

## **SOUTHERN VETS TRACK & FIELD, BASINGSTOKE**

**12<sup>th</sup> June**

*from Piers Puntan*

Home fixture so a few more Harriers than Portsmouth but it was still the usual stalwarts out in the evening sun. Particular thanks to Keith for doing nearly all the V50 events and for Anna and John who officiated.

### **Ladies**

1 <sup>st</sup>	Winchester & District	139.5
2 <sup>nd</sup>	Southampton	118.5
3 <sup>rd</sup>	City of Portsmouth	112
4 <sup>th</sup>	Basingstoke & Mid Hants	94
5 <sup>th</sup>	Havant	86.5
6 <sup>th</sup>	Aldershot, Farnham & District	82.5
7 <sup>th</sup>	Overton Harriers	25

### **400 metres**

W50	6 <sup>th</sup>	Liz Sandall-Ball	W65	106.7
W60	4 <sup>th</sup>	Monique HVN	W60	90.9

**1500 metres**

W50	2 <sup>nd</sup>	Kay Noyce	W50	05:57.1
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**Javelin**

W35	6 <sup>th</sup>	Sian Davies	W45	15.77
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W50	6 <sup>th</sup>	Kay Noyce	W50	7.52
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W60	5 <sup>th</sup>	Liz Sandall-Ball	W65	8.61
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**Men**

1 <sup>st</sup>	Southampton	154
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2 <sup>nd</sup>	Basingstoke & Mid Hants	140
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3 <sup>rd</sup>	Havant	107
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4 <sup>th</sup>	City of Portsmouth	103
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5 <sup>th</sup>	Winchester & District	94
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6 <sup>th</sup>	Aldershot, Farnham & District	80
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7 <sup>th</sup>	Overton Harriers	61
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8 <sup>th</sup>	Fleet & Crookham	49
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**100 m**

M35 A	7 <sup>th</sup>	Matt Wateridge	M45	13.9
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M35 B	7 <sup>th</sup>	Gareth Juliff	M35	14.2
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M50	6 <sup>th</sup>	Keith Vallis	M50	17.2
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**400 metres**

M35 A	8 <sup>th</sup>	Lee Tolhurst	M40	68.8
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M35 B	7 <sup>th</sup>	Sean Holmes	M45	71.4
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M60	7 <sup>th</sup>	Steve Spence	M65	95.5
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**1500 metres**

M35 A	6 <sup>th</sup>	Sean Holmes	M45	04:58.7
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M35 B	5 <sup>th</sup>	Neil Martin	M45	05:11.0
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**3000 metres Steeplechase**

M35 A	3 <sup>rd</sup>	Lee Tolhurst	M40	11:12.4
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M35 B	5 <sup>th</sup>	Keith Vallis	M45	12:33.9
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M50	1 <sup>st</sup>	Mike Peters	M50	12:32.6
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**Medley Relay**

8 <sup>th</sup>	Overton Harriers	04:39.2
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**High Jump**

M35	5 <sup>th</sup>	Gareth Juliff	M35	1.3m
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M50	6 <sup>th</sup>	Keith Vallis	M50	1.15m
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**Long Jump**

M35	8 <sup>th</sup>	Gareth Juliff	M35	3.87m
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M50	6 <sup>th</sup>	Keith Vallis	M50	2.98m
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**Shot**

M35	7 <sup>th</sup>	Piers Puntan	M45	6.25m
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M50	6 <sup>th</sup>	Keith Vallis	M50	5.12m
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M60	6 <sup>th</sup>	Steve Spence	M65	4.8m
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**Hammer**

M35	7 <sup>th</sup>	Piers Puntan	M45	14.8m
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M50	8 <sup>th</sup>	Keith Vallis	M50	5.4m
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## SOUTHERN ATHLETICS LEAGUE (ANDOVER)     17<sup>th</sup> June

from Mark Bradford (Andover AC Chairman)

I would like to take this opportunity to thank all the officials, volunteers, and of course the athletes who made this such a successful match for the team. Despite the tough competition we witnessed a great overall performance by our composite team recording our first match win of the season with 198.5 points. After three matches (one of which we did not compete in) we have amassed 380.5 match points and 7 league points, and are in 10th place.

I must say our team spirit and tenacity was amazing, we really done ourselves proud. Our strategy, to gain as many points as possible by fielding athletes in as many events as possible, really paid off. This was really evident with the Men's team, with many of our senior men stepping in to compete in events they would not usually do; our Overton seniors leading the way (*Editor's Note, that would be Lee and Piers' Triple Jump Smackdown*). Whilst the Men's team recorded just four first place finishes, it was the fact that we were represented in 29 of 36 events (A/B string) that bumped our overall score up.

If our Men were fantastic then our Women were phenomenal! Our highly talented women competed in 28 of 36 events, and recorded an outstanding 20 first place finishes; absolutely incredible! A special mention must go to Elizabeth Butler-Clack who was accountable for 6 first place finishes (including the relay). The talent of our women combined with the tenacity of our men proves we are a force to be reckoned with, and there are still two matches remaining.

It was pleasing to see so many new, young faces on the team for this match. Many young athletes came forward to compete and non-score, and it is evident that we have a rich seam of talent emerging that will strengthen our team for years to come. Congratulations to you all, and we hope to see you back again for our remaining matches this season.

A special mention must go to our volunteers who provided exceptional service with some excellent catering, keeping everyone well fed and watered on the day. Jane Ball's barbecue proved very popular, receiving many compliments for the great food. Not forgetting Sheila Oldacre, who provided some truly sumptuous officials lunches; no one ever goes hungry at Andover! A big thank you to you all.

Finally, a reminder to all athletes, officials, and volunteers that we need as much support as possible for our next fixture at Salisbury – 8th July.

Congratulations to the following athletes who achieved 1<sup>st</sup> place finishes, and those of you who achieved new PB's in your events.

### **1<sup>st</sup> place finishes:**

- Travis Carpenter – 400m B
- Lee Tolhurst – 2000m Steeplechase A,
- Keith Vallis - 2000m Steeplechase B
- Matthew Wateridge - Javelin B
- Elizabeth Butler-Clack - 100m A, High Jump B, Pole Vault B, Shot Putt A, Discus A, 4x100m
- Victoria Butler-Clack - Discus B
- Jasmine McClutchie - 200m A, 4x100m, 4x400m
- Carrie Power - 800m B
- Kay Noyce - 3000m A
- Molly Wateridge - 100H, High Jump A, Triple Jump A, 4x400m
- Abbie Mills - Long Jump A, Triple Jump B,
- Amelia Cairns - Long Jump B, Javelin B, 4x400m
- Molly Wood - 100m B, 4x100m
- Nnenna Evans - Javelin A
- Hayley Coney - 4x100, 4x400m

**GOLD AT LAST**

Since 2003 this event has been held annually at Horwich, Lancashire. I have run in all except two. It is always held on Father's Day which is about a week after my birthday. The medals are awarded in 5 year age bands, so my best chance comes round every 5 years.

My late friend John Perratt from Exmouth, who was known to some Overton runners, was about 3 months older than me. Sadly he died nearly two years ago. In 2007 we were both newly 70. I emailed him to ask whether he might be doing Horwich. He then put in his entry, ran a terrific race, and I settled for silver! I did defeat John in three other events, but otherwise he always beat me. Several years ago as a new 75, I had very high hopes of achieving gold. Sadly I finished 7 seconds behind Walter McCaskey, a lovely guy from Edinburgh, and nearly 3 years older than me!

At this event I had won 5 silver medals which was pleasing. However, I had won Gold 19 times in other British Masters championships from 1500m to marathon. I really needed to get the twentieth at Horwich. This year another new age group.....Would it happen?

Horwich has a town centre course, 3 laps of a narrow triangle plus an extra bit for the start and another for the finish. This is cunning as it means the nasty 250 yards uphill bit is run 4 times. At least I am familiar with all the details – course, changing facilities, parking, etc.

Now that entries are all electronic you know who else has entered. In this case there was one other M80, Roger Harrison-Jones from Prestatyn whom I knew from Horwich and also International Cross Country. I might not beat Roger on muddy country but on paper I should beat him on the road. So in that sense the race was mine to lose. This was where the worries set in. You cannot win if you are stuck in traffic, or seemingly for a vast number of other potential reasons. You have to be fit enough, determined enough and get on and do it!

It was hot – unusually so for the North. I had run a hot 25.31 in Hyde Park recently, but Horwich is a tougher proposition. In the end I beat not only Roger but also 3 in the 75 group and one in the 70 category, in 25.32. All the effort (like Overton's Baldaro session) was worth it.



## LORDSHILL 10k

18<sup>th</sup> June

The final race of this season's Hampshire Road Race League was held in near perfect running conditions today. Many thanks to Lordshill Road Runners for putting on a great race - the first time that this 10K has featured as a league race.

There was a fair turn out from the Harriers, though were a few were caught out by the SOLD OUT sticker that appeared nearly a month before the race. Well done to all the runners and supporters that travelled down the M3 and M27 to the Ordnance Survey being used as race HQ.

There's been a slight blip with the results, however provisional results as published at the moment are as follows.

Harrier	Time	Position	Cat Position
Sean Holmes	35:44	17 <sup>th</sup>	3 <sup>rd</sup> V40
Neil Martin	38:15	44 <sup>th</sup>	
Robin Oakley	41:29	94 <sup>th</sup>	
Gareth Juliff	42:40	129 <sup>th</sup>	
Sian Davies	46:00	210 <sup>th</sup>	
Katie Brothers	53:38	348 <sup>th</sup>	
Sarah Young	55:02	373 <sup>rd</sup>	

Caption Competition:



*Drink at the Social Club for the best suggestion that can be published!*

**SUMMER HANDICAP (RACE 2)****22<sup>nd</sup> June***from Richard Francis*

The second handicap of the summer saw Simon take the honours in the handicap with Sean winning the time trial.

Pos.	Runner	Time	H/Cap	Act. Time	Time Pos.
1	S. REDFERN	28.30	27 sec	28.03	12
-	H. BLISS	30.45	6.47	23.58	7
2	B. JOHNSON	31.30	5.29	26.01	10
3	R. VISICK	32.03	6.47	25.16	9
4	M. BLISS	32.12	9.48	22.24	2
5	G. JULIFF	32.28	8.34	23.54	6
6	R. OAKLEY	32.31	9.21	23.10	5
7	S.HOLMES	32.37	12.17	20.20	1
8	R. CLIFFORD	32.45	10.18	22.27	3
9	K. VALLIS	32.59	10.08	22.51	4
10	R. GRINDLE	33.13	8.22	24.51	8
11	S. McCANN	33.15	4.37	28.38	14
12	N. McCANN	33.17	4.44	28.33	13
13	S. UNITT	34.22	1.28	32.54	16
14	S. YOUNG	34.28	27 sec	34.01	17
15	G. SCOTT	34.55	3.41	31.14	15
16	P. PUNTAN	35.28	7.28	28.00	11

**COTSWOLD 226****25<sup>th</sup> June***from Simon Lovelock***The not so Iron distance race !!!!!!!!!!!**

So with my main training partner racing at Ironman 70.3 Wimbleball and having a brilliant race and finally putting together a performance he is capable of (Congrats Martin). I didn't fancy doing my long training weekend of a 100 plus mile bike ride and a 22 mile run on my own so I thought why not use a race as training.

So here I was lining up at a race in the Cotswold with a race start time of 5:30am. It was the most relaxed I have ever been for a race and for a triathlon to have only 150 competing kept everything easy in the build-up. The main thing I had to remember was that this was just a long training day and not a race..... yeah right.

My swim training has been going well and have become a lot more consistent at hitting my times recently mainly due to Martin killing me on our 4.5k dreaded Friday sessions he plans. The water was lovely after the hot week we had. The course was easy to follow and I had no problem finding space and got into a rhythm early on. I exited the water in 1:01:56 and felt like I was not pushing it to hard and came out in 6th place.

Onto the bike and this is when the fun really started as the course was 2 loops with the first half of the course into the wind and the tailwind on the way back. The wind was draining at times but I kept everything under control with no surges and overtook 3 people to come into transition in 3rd place. my splits for the 2 laps only had a difference of 1 minute between them and finished the 112 mile bike leg with a time of 5:15:43.

You never know what the legs are going to feel like until you take those first few steps and yes I had them today :-). When in transition the race director told me I was 3 minutes behind 2<sup>nd</sup> place so race on.

The run route was 5 loops around the lake and then an out and back. I realised the course was going to be short after the first lap, not just short but 2 miles short. Normally I wouldn't mind but when I was running well and potentially on for a sub 3hr marathon off the bike this got me down. I caught 2nd place on the 3rd lap and we gave each other encouragement as we passed one another.

I finished the 24mile run with a split time of 2:44:25 with a cruise in the last 200 meters to have a quick chat to Leanne and Arabella.



Shame this wasn't a full marathon at the end as this could have been an Iron distance PB but hey it was meant to be a training race so to do a 9:06 on a course just 2 miles short I will take that. 3 weeks till the next one and hope I can take this form on to it in sunny Bolton.

### **IRONMAN 70.3 UK (WIMBELBALL)**

**25<sup>th</sup> July**

*from Martin Groundsell*

In 2013 Stuart and I both popped our Ironman cherries at this race. So when it was announced that this year's race would be the last at Wimbelball we both had to go back for one more day of pain. The course is brutal, 1.2mile swim with a 600m uphill into T1, 56 miles on the bike with 52 hills totalling 1100m of climb and a half marathon with the same climb as the downs run. At the end of it you have earned your medal.

After the usual 04.30 alarm it was time to race, I didn't have the usual nerves but I really didn't know that the race was going to go as well as it did. Even with the staggered start the swim was fast and close as I got into a good fast group. At the first buoy we managed to avoid each other and I was surprised to find the pack tired as we made the second turn to home at around 3/4 of a mile. I decided to make a break for it and swam away from the group and exited the water in 26th place. T2 was slow as I picked up my run bag instead of my bike bag, but I was soon back out into the rain on the bike.

The roads were soaked and very slippery but I managed to get round the first few bends and onto the 4 mile climb that kicks off the bike. To my surprise I wasn't being caught by as many people on the bike as usual but the course was so slippery that you didn't know if you would exit each corner upright or on your arse. The bike lap finishes with a 6 mile climb and then 4 miles downhill into the lake. At the start of the final climb I had a few cyclists around me from my age group and two started to pull away. I knew I would beat them on the run but I had to stay close enough to them to stand a chance. It was time to enter the hurt locker and stamp on the pedals.

I didn't know it at the time but I was 6<sup>th</sup> in my age group and 40<sup>th</sup> something overall at the end of the bike. I saw some bikes in T2 as I entered but instead of getting dishearten this year I just saw targets. A quick T2 and I was out, my back was tight but instead of letting it come to me I decided to tear myself apart to see what I could do. It helped that three targets were ahead of me. The two in my age group who had been close to me on the bike were a few minutes down the road but on the out and back sections they didn't look good which spurred me on. I caught one on the second lap but the Kiwi guy was hanging on.

At the start on my last lap my back loosened up and I saw Stu for the first time. His encouragement lifted me and I decided to go even harder. This was starting to really hurt now so I had to shut the mind down and focus, with a mile to go I finally saw the Kiwi, with half a mile I passed him but then had to kick so it didn't come down to a sprint.

On the final hill I gave it everything and continued this onto the red carpet thinking he was right behind me, luckily he wasn't but I didn't dare look back until the line.

Wimbelball has its own micro climate and zero mobile signal. So I had no idea of where I had come. After Stu finished and we had sorted ourselves out the results came out. My face lit up and Stu's sank.

I had come third in age group and 23rd overall which meant I am off the Chattanooga, Tennessee to race at the Ironman 70.3 World Championships in September. Stu knew this meant we had to wait four hours till the awards ceremony as you have to attend in person to claim your spot, we finished racing around 13.30 and there is nothing to do but drink tea in the little cafe.

Thankfully he had raced well considering he has been injured for so long and Kirsten was there to keep him company.

### **BASINGSTOKE MOB MATCH**

**29<sup>th</sup> June**

Nice evening's run over at Cliddesden but unfortunately, mainly due to sheer weight of numbers Basingstoke beat us. The return is on 20<sup>th</sup> July at the ORC

<b>Position</b>	<b>Bib</b>	<b>Time</b>	<b>Name</b>		<b>Club</b>	<b>BMHAC</b>	<b>OHAC</b>
1	53	13:50	Rob	Wood	BMHAC	1	-
2	23	14:02	Alex	Hamilton	BMHAC	2	-
3	2	14:21	Simon	Lovelock	Overton	-	3
4	16	14:33	Sean	Holmes	Overton	-	4
5	4	14:58	Lenny	Passingham	Overton	-	5
6	1	15:17	Neil	Brown	BMHAC	6	-
7	59	15:21	Marc	Soane	BMHAC	7	-
8	22	15:39	Neil	Martin	Overton	-	8
9	32	15:49	Mark	Reid	Overton	-	9
10	17	15:58	Ian	Thompson	BMHAC	10	-
11	6	16:06	Richard	Clifford	Overton	-	11
12	69	16:11	Patrick	Faulkner	BMHAC	12	-
13	14	16:16	Mike	Bliss	Overton	-	13
14	57	16:17	Tony	Watkins	BMHAC	14	-
15	51	16:29	Mark	Slaney	BMHAC	15	-
16	8	16:33	Keith	Vallis	Overton	-	16
17	12	16:54	Robin	Oakley	Overton	-	17
18	5	17:11	Matt	Hallin	BMHAC	18	-
19	41	17:15	Michael	Hickey	BMHAC	19	-
20	61	17:19	Rohan	Chaffey	BMHAC	20	-
21	34	17:23	Gareth	Juliff	Overton	-	21
22	24	17:24	Hannah	Bliss	Overton	-	22
23	63	17:25	Ray	Gartland	BMHAC	23	-
24	35	17:29	Mark	Norris	BMHAC	24	-
25	55	17:41	Andy	Waddington	BMHAC	25	-
26	9	17:50	John	Bigg	BMHAC	26	-
27	15	17:55	Terry	Wegg	BMHAC	27	-
28	44	18:08	Sian	Davies	Overton	-	28



Position	Bib	Time	Name		Club	BMHAC	OHAC
29	20	18:26	Piers	Puntan	Overton	-	29
30	7	18:31	Gemma	Bigg	BMHAC	30	-
31	37	18:34	Graeme	Cooper	BMHAC	31	-
32	26	18:51	Ben	Johnson	Overton	-	32
33	65	19:12	Alison	Sheltrum	BMHAC	33	-
34	75	19:24	Tom	Steckiw	BMHAC	34	-
35	19	19:36	Lisa	Gottwald	BMHAC	35	-
36	49	19:39	Robin	Bruce	BMHAC	36	-
37	33	20:03	Caroline	Partner	BMHAC	37	-
38	47	20:19	Gordon	Law	BMHAC	38	-
39	30	20:26	Simon	Redfern	Overton	-	39
40	21	20:26	Gail	Tyson	BMHAC	40	-
41	11	20:37	Josh	Strudwick	BMHAC	41	-
42	18	20:47	Alistair	Paul	Overton	-	42
43	3	20:53	Margaret	Moody	BMHAC	43	-
44	73	21:10	Nina	Watkeys	BMHAC	44	-
45	40	21:20	Katie	Brothers	Overton	-	45
46	43	22:11	Nick	Walshe	BMHAC	46	-
47	10	22:41	Richard	Francis	Overton	-	47
48	71	22:57	Ali	Ball	BMHAC	48	-
49	36	23:33	Sarah	Young	Overton	-	49
50	27	23:38	Jenny	Froud	BMHAC	50	-
51	28	24:03:00	Liz	Sandall Ball	Overton	-	51
52	42	24:08:00	Svetlana	Unitt	Overton	-	52
53	45	24:11:00	Jane	Law	BMHAC	53	-
54	25	26:11:00	Paula	Steckiw	BMHAC	54	-
55	29	28:28:00	Kathryn	Yule	BMHAC	55	-
56	31	34:18:00	Wally	Thorpe	BMHAC	56	-

	BMHAC	Overton
Number of Runners	35	21
Total Points (all runners)	1053	543
Scoring Points	412	543

## **THE OVERTON WHEELBARROW RACE**

**Friday 14<sup>th</sup> July**

Cost: £10-00 per head

The same set up as previous years, with the race starting at Pound Road & dropping into all the village pubs/clubs with a finish line party at Bridge Street including presentations, marquee, 2 local music acts, licenced bar, real ale & BBQ.

If anyone is interested in joining the Harriers team for this year's race please contact Keith V. at [keith@vallis.org.uk](mailto:keith@vallis.org.uk) or 07979 968760.

**Bridge Street Facilities**

The grounds and pavilion at Bridge Street are often hired out to different groups, sometimes at the same time to maximise their usage and revenue for the ORC. In order to increase security and maintain privacy of the changing rooms we have requested new door keys. This will mean that groups can lock the doors from inside or outside when they are in use, preventing unauthorised entry when the Harriers hire them.

The Harriers only hire the changing rooms at the REAR of the building on a Sunday morning, Monday evening and Thursday evening. We do NOT hire any of the rest of the building so we should not be using any of the other facilities (i.e. kitchen or toilets at the front of the building) during these times, especially when other groups are using the building.

**Berrydown Athletics**

Work has now started on new floodlights at Berrydown. This work needs to be done before the contractors can come in and start on the long jump runway, pit and throwing circle. This is the nearest that we have ever got to having the additional athletics facilities at Berrydown, so we're really pleased that we are getting closer.

**PARK RUNS**

Thanks to Allan Stinson for pulling together all these times.

**JUNIOR PARKRUN**

	<b>04/06/17</b>	<b>18/06/17</b>
<b>Basingstoke junior parkrun</b>		
William HOROBIN	09:06	
Abigail SPENCER	10:33	11.52

**SENIOR PARKRUN**

	<b>03/06/17</b>	<b>10/06/17</b>	<b>17/06/17</b>	<b>24/06/17</b>
<b>Andover parkrun</b>				
Sian DAVIES	21:47			
Greg ENGLAND	21:47	22:35	21:36	
Jasper JONES	23:04			
Martin ALLEN	23:04			
Albert JONES			21:07	21:30
Gavin SCOTT			27:32	26:40
Jasper JONES				23:20
<b>Basingstoke parkrun</b>				
Cath WHEELER		20:44	20:34	20:35
Claire BOYLE		21:51		22:29
Melanie HODKIN			34:23	
Ed SIMPSON				26:22
Svetlana UNITT				28:48
Bracknell parkrun				

	<b>03/06/17</b>	<b>10/06/17</b>	<b>17/06/17</b>	<b>24/06/17</b>
Gavin ROBERTS	23:47			
Melanie HODKIN				35:11
<b>Treslissick parkrun</b>				
Claire SPENCER	22:07			
Newbury parkrun				
Claire SPENCER		21:51		
Mike BLISS				19:17
Hannah BLISS				20:10
<b>Tilgate parkrun</b>				
Claire SPENCER (+ K9)			23:06	
<b>Gadebridge parkrun</b>				
Matt WATERIDGE	21:54			
<b>Maidenhead parkrun</b>				
Matt WATERIDGE		21:21		
<b>Canons parkrun</b>				
Matt WATERIDGE			21:56	
<b>Pomphrey Hill parkrun</b>				
Matt WATERIDGE				21:34
<b>Nonsuch parkrun</b>				
Dave BUSH	19:57			
<b>Rushmor parkrun</b>				
Dave BUSH		19:34		
<b>Frimley Lodge parkrun</b>				
Dave BUSH			19:58	
<b>Didcot parkrun</b>				
Katie BROTHERS			25:09	
<b>Chichester parkrun</b>				
Neil MARTIN			19:15	

Outstanding results this month:

- Sian Davies 1<sup>st</sup> gender position at Andover on 3<sup>rd</sup> June
- Cath Wheeler 1<sup>st</sup> gender position (age graded 1<sup>st</sup> overall with 87.30 %) at Basingstoke on 10<sup>th</sup> June and 2<sup>nd</sup> gender position (age graded 1<sup>st</sup> overall with 88.01 %) at Basingstoke on 17<sup>th</sup> June and 1<sup>st</sup> gender position (age graded 1<sup>st</sup> overall with 87.94% %) at Basingstoke on 24<sup>th</sup> June
- Claire Boyle, 2<sup>nd</sup> gender position at Basingstoke on 10<sup>th</sup> June
- Canicross runner Claire Spencer, 1<sup>st</sup> gender position at Trelissick on 3<sup>rd</sup> June and 2<sup>nd</sup> gender position at Newbury on 10<sup>th</sup> June
- Neil Martin 3<sup>rd</sup> at Chichester on 17<sup>th</sup> June.
- Hannah Bliss 1<sup>st</sup> gender position at Newbury on 24<sup>th</sup> June

## JULY TRAINING

	<b>Monday (ORC) 19:00</b>	<b>Tuesday (War Memorial Park) 19:00</b>	<b>Thursday (ORC) 19:30</b>	<b>Sunday (ORC) 09:00</b>	<b>Notes</b>
w/c 3 <sup>rd</sup> July	Triangle <a href="#">(9.1k)</a>	6min (2rec) 3min (2rec) 3min (2rec) then 4 x 90sec (1min rec) then 6min	Downers 4 x 3min (1) 2min (1) 1min (2)	Lamas <a href="#">(10 / 12 miles)</a>	<i>SAL Salisbury (Sat)</i>
w/c 10 <sup>th</sup> July	Southern Vets Track & Field (Aldershot)	4 mins (2), 8 mins x 2 (3 mins), 4 mins	Parlauf Session 20 minutes (5min) 10 minutes	Churches <a href="#">(10 miles)</a>	
w/c 17 <sup>th</sup> July	Long Pigs <a href="#">(10k)</a>	Inverted Pyramid: 4 mins (2 mins), 3 mins (2 mins), 2 mins (1 min), 1 min (1 min), 2 mins (1 min), 3 mins (2 mins), 4 mins	MOB MATCH	Popham <a href="#">(10.5 miles)</a>	<i>Twist 10k</i>
w/c 24 <sup>th</sup> July	Polo Fields <a href="#">(10.9k)</a>	Speed Steps: 30 secs (30 secs), 1 min (30 secs), 1 min (30 secs), 1 min (30 secs), 30 secs (30 secs) x 4 w/2 min recovery between steps	SUMMER HANDICAP	Wrong way Downs <a href="#">(13 miles)</a>	
w/c 31 <sup>st</sup> July	Northdown Orchard <a href="#">(10k)</a>	Pyramids: 2 x 1min, 2min, 3min, 2min, 1min (1,1,2,1,1,1,2,1)	The Clifford Balduino session	Charlie Church's <a href="#">(10.8 miles)</a>	

*Sunday's runs have links showing routes; these can in most cases be extended or shortened as required.  
Leave a message on [Overton Harriers Facebook Site](#) if you want to extend or shorten!*