

NEW FOREST RUNNERS RAG



AUGUST 2006 / SEPTEMBER 2006

Hello Members

It's holiday time and I hope you all enjoy yourselves and have a good time. After all the events during June and July you deserve a rest. All of our activities were very successful thanks to your help.

The Wilverley RR10 saw a record number of runners taking part and they enjoyed the course and were impressed with the marshalling etc. Also the Club is doing well in the RR10 Series and good numbers are turning out each time. Keep it up as there are only two events to go.

We had a good attendance at the Biathlon and were lucky with the weather. Thanks for all your help with that event. As you know by now, the Club won the Miles of Miles run at Fawcetts for the 4th time. We thought we would have to organise it again next year but our friends at Eastleigh have volunteered to put on the event. I know it means we will have to travel but, if there is enough interest, we may hire a coach and make it a social evening as well.

Our weekend on the Isle of Wight was brilliant and we must thank Hilary and Jack for making it such an enjoyable event. The weather could not have been better and the hostel was nice. Hilary wants a rest next year so we are appealing for a volunteer to organise a weekend for us. We will tell you the date but the location can be your choice.

The NF10 and associated races were once again a success. Mike Smith is doing a report for a future Rag but I must thank you all for your help. We could not put on such a big event without your support. We were concerned that the revised timing might cause problems but, in the end, it worked okay and we did finish a bit earlier on Sunday.

Things are a bit quieter for the next few weeks but we are working on an autumn programme for you. Of course, the New Forest Marathon is coming up quickly so if you are taking part or helping, I hope it goes well for you. Details of our Silver Jubilee Event are also in this Rag to give you plenty of time to get ready for it.

That's it for now. Once again, thank you all for your support.

Enjoy your running.
Mike

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NEW FOREST RUNNERS BIATHLON/DUATHLON 2006

POSN	NAME	CLUB	TIME	RUN 1	BIKE	RUN 2
1	Gareth Beech	NFR	43.43	15.46	20.38	7.19
2	Steve Morton	NFR	45.10	16.36	20.48	7.46
3	Anthony Green	NFR	45.45	17.34	19.30	8.41
4	Howard Doe	NFR	47.30	17.12	22.18	8.00
5	Peter Wilson	NFR	47.34	18.08	20.54	8.32
6	Mark Darcy	Hardley Runners	48.01	18.38	20.58	8.25
7	Steve Jenkins	Hardley Runners	48.45	18.42	21.48	8.15
8	Mick Anglim	Hardley Runners	49.11	19.05	21.29	8.37
9	Andy Phimister	NFR	51.39	18.12	42.48	8.51
10	Martin Mobbs	Portsmouth Tri	52.04	19.36	23.16	9.12
11	Kevyn Doolan	NFR	52.20	19.36	23.42	9.02
12	Catrione Whitcombe	Team Southampton	52.48	19.27	24.21	9.00
13	Paul Whitcombe	Team Southampton	52.48	19.24	24.24	9.00
14	James Wright	NFR	53.10	18.24	26.04	8.42
15	Ross Boyle	NFR	53.25	19.56	23.27	10.02
16	Paul Bartlett	NFR	53.56	18.42	26.26	8.48
17	John Walsgrove	NFR	54.16	17.58	28.06	8.12
18	Chris Giles	NFR	54.29	21.09	23.43	9.37
19	Gail Walters	NFR	54.40	19.36	26.18	8.46
20	Keith Mitchell	NFR	55.24	21.10	25.12	9.02
21	Charlie White	Southampton Tri	55.29	19.36	26.18	9.35
22	Jane Morgan	Hardley Runners	55.38	19.56	26.20	9.22
23	Moray Martin-Rhind	NFR	55.47	19.56	26.50	9.01
24	Andy Boettger	NFR	56.01	22.22	22.36	11.03
25	Vivian Drake	Hardley Runners	56.38	20.25	26.34	9.39
26	Anthea Waters	NFR	58.20	20.35	27.13	10.32
27	Roger Morgan	Hardley Runners	58.30	21.40	26.14	10.36
28	Peter Harwood	NFR	59.04	22.18	27.06	9.40
29	Maggie Kirk	NFR	59.51	23.10	26.12	10.29
30	Colin Shaw	NFR	61.17	20.35	30.35	10.07
31	Ed Brett	NFR	61.27	22.53	27.22	11.12
32	Carmen Hoepping	Totton RC	67.13	23.26	32.54	10.53
33	John Mursell	Totton RC	67.15	23.22	32.58	10.55
34	Ve Stone	NFR	68.18	26.12	30.08	11.58
35	Caroline Holcombe	NFR	68.28	26.06	30.24	11.58
36	Carol Shaw	NFR	69.39	25.32	32.12	11.55
37	Daniel Harvey	NFR	72.43	24.59	35.25	12.19
38	Hilary Walsgrove	NFR	76.22	25.20	39.16	11.46
39	Lyn Kendall	NFR	76.22	25.20	39.16	11.46
40	David Johnson	NFR	78.56	30.00	34.46	14.10
41	Gary Sanford	NFR	79.13	25.38	41.40	11.55
TEAM EVENT						
1	Karen Goddard and Linda Phimister		56.56	19.56	28.16	8.44
2	Jane Pettifer and Jack Macdonald		57.33	22.45	24.50	9.58
3	Rhona Goodwin and Ian Taylor		59.14	24.12	24.00	11.02
4	Lucy Woodhouse and Trevor Neal		60.23	26.04	23.02	11.17
5	Chris Hunt and John Hunt		62.56	24.48	26.46	11.22
6	Claire Richardson and Kate Burrows		63.36	25.12	26.52	11.32
7	Sophie Rooker and Helen Wright		64.13	26.40	26.00	11.33
8	Julia Davie and Lyn Athorn		65.17	24.53	29.29	10.55
9	Shirley Strang and Yvonne Paddy		67.43	24.42	31.48	11.13
10	Angela Coubrough and Claire Knox		68.50	25.02	32.06	11.42
11	Hilary Bruce-Burgess and Jane Cathcart		75.58	27.08	35.56	12.54

New Forest Runner Wins Needles Marathon

New Forest Runner John Walsgrove claimed a splendid victory in the Needles marathon on the Isle of Wight on Sunday 3rd June. He won the race by just 12 seconds in a thrilling finish. Speaking after the race John expressed his delight at his achievement: "I have never won a race in my life before, so I was really chuffed to take the first prize". John's time of 3:21 was excellent for a course which included many hills and stiles. The annual event is tougher than the Isle of Wight marathon, which took place a couple of weeks earlier. John explained: "I took it steadily, but did not catch up the leading runner until after 23 miles. I just managed to hold on and crossed the finishing line just ahead. Moray Martin-Rhind also had an excellent run for the club finishing inside 4 hours to take 8th place.

- 1 John Walsgrove New Forest Runners 3.21.59 M 44**
- 2 Martin Bacon Portsmouth Joggers 3.22.11 M 40
- 3 Ulla Korenjak Ryde Harriers 3.27.48 F 32
- 4 Nick Brooke Yeovil Town RRC 3.35.18 M 53
- 5 Russ Bestley Portsmouth Joggers 3.36.04 M 43
- 6 Andrew McEwen West Wight Road Runners 3.39.36 M 44
- 7 Simon Oliver North Devon Road Runners 3.57.31 M 46
- 8 D M Martin-Rhind New Forest Runners 3.57.45 M 54**



New Forest Runner, Chris Olden, currently heads the men's overall individual table in the summer RR10 race series, a set of 10 races organised by running clubs in SW Hampshire. Chris claimed 3rd place to lead the club home in the 6th race of the league held at Manor Farm Country Park on midsummer's day. He was closely followed in 4th by the rapidly improving, Gareth Beech. With 7 members of the club in the top 22, the New Forest Runners A team were able to consolidate their 2nd position out of 48 competing teams. Club coach Mike Bruce-Burgess commented: "This was an excellent performance by the club, but we have yet to reach our full potential. It would be good to make up ground on Southampton Running Club at the top of the league". Paul Bartlett, for the junior section of the club, continues his improvement with a highly commendable 46th position out of the 176 runners. The junior section is continuing to grow in numbers and this is beginning to show in the results achieved by the younger members of the club. The ladies team of Gail Walter (9th), Laura Vine (47th) and Jane Pettifer (50th) ran well, despite the absence of the fastest ladies.



The New Forest 10 road race last Sunday (July 9th) was won by Mark Le Gassick of Stubbington Green Runners in a time of 55:30. It was a special occasion for the annual event organised by the New Forest Runners, as club President Mike Ryan noted afterwards: "This is the 25th anniversary year for the New Forest Runners and the New Forest 10 is our flagship event, so we were delighted that the event has maintained its successful record". Race Director, Mike Smith, commented: "We had 769 runners completing the race. Despite having to switch the start time at New Park Farm, Brockenhurst to 11.15AM in the morning, everything went extremely well. Many children ran in the fun runs as well". All proceeds from the event go to local charities, including Age Concern and St Johns Ambulance and it is hoped that last year's total of £3000 will be exceeded. First woman home was Kathy Bailey, a former New Forest Runner, now running for Winchester AC, who finished in 62:05. First men's team was Witney Road Runners and first women's team was Portsmouth Joggers. The New Forest Runners, who organise and marshal the event, hold their own alternative race on the previous evening.



Gareth Beech had a comfortable victory in the New Forest Runners annual biathlon held at Wilverley enclosure on Sunday 13th June. His time of 43:43 for the 2.2 miles run, 8 miles cycle followed by 1.5 mile run, put him 1.5 minutes ahead of second placed Steve Morton. Anthony Green, Howard Doe and Peter Wilson followed to give the New Forest Runners all the top 5 places. For the ladies, New Forest runner Gail Walters in 54:40 had to be content with second place behind Catriona Whitcombe for Team Southampton. James Wright, Ross Boyle and Paul Bartlett were the first 3 junior under-17s to finish with Charlie White the first junior under-13.

⁴
A father, passing by his son's bedroom, was astonished to see the bed was nicely made and everything was picked up. Then he saw an envelope propped up prominently on the centre of the bed. It was addressed, "Dad". With the worst premonition, he opened the envelope and read the letter with trembling hands.

Dear Dad,

It is with great regret and sorrow that I'm writing to you. I had to elope with my new girlfriend, because I wanted to avoid a scene with mom and you. I've been finding real passion with Joan and she is so nice – even with all her piercings, tattoos and her tight motorcycle clothes.

But it's not only the passion, Dad, she's pregnant, and Joan said that we will be very happy. Even though you wouldn't care for her as she is so much older than I am, she already owns a trailer in the woods and has a stack of firewood for the whole winter. She wants to have many more children with me, and that's now one of my dreams too.

Joan taught me that marijuana doesn't really hurt anyone, and we'll be growing it for us and trading it with her friends for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS, so Joan can get better; she sure deserves it!!

Don't worry Dad, I'm 15 years old now and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your grandchildren.

Your son

John

PS: Dad, none of the above is true. I'm over at Kevin's house. I just wanted to remind you that there are worse things in life than my report card that's in my desk centre drawer.

I love you! Call when it's safe for me to come home.

10 MILES OF MILES 2006 RELAY CHALLENGE

POSN	CLUB NAME	Total Team Time
1	New Forest Runners A	55.23
2	Hardley Runners A	56.18
3	Eastleigh RC A	56.54
4	Totton RC A	59.10
5	Eastleigh RC B	1:04.24
6	New Forest Runners (Junior Section A)	1:06.24
7	New Forest Runners (Junior Section B)	1:10.14
8	Totton RC B	1:11.13
9	New Forest Runners B	1:13.38
10	New Forest Runners D	1:18.25
11	New Forest Runners C (Dream Team)	1:32.08

New Forest A retain the Challenge Cup for a 5th year.

Eastleigh have agreed to host it for 2007

Fastest Stage: Gareth Beech (NFR) – 4 mins 51 secs

Fastest Female: Vicky Mannock (Totton RC) – 5 mins 49 secs

Fastest Male Junior: Will Harvey (NFR) – 5 mins 19 secs

Fastest Female Junior: Laura Vine (NFR) – 7 mins 4 secs

NEWS AND COMMENTS

WELCOME: to the following new members: Andrew Moody and Lucy Woodhouse. We hope you will be very happy running with us.

CAR STICKERS can be obtained from Jane Pettifer, price 50p.

RESULTS: Please pass the results of any races you take part in to Mike McCabe for his ranking lists.

PLEASE NOTE: If you need to contact New Forest Runners by telephone, you can ring the President on 01425 615934, or the Secretary, on 01425 672275.

MEDICAL CERTIFICATES: Please remember that, if you intend taking part in races in France, you will need to be able to produce a medical certificate confirming you are fit to run. If you need one, Alec Osborn has a small supply.

NEW FOREST RUNNERS WEB SITE: www.newforestrunners.co.uk. Please also note Keith Mitchell's Running Tree site which is dedicated to local races such as Milford, Everton, Hoburne, Christmas Pudding and the Mad March Hare 20. It includes race entry forms, reports and results. The address is www.runningtree.co.uk.

The 21st TEST WAY RELAY: is taking place on Saturday 9th September this year. This run follows the Test Way and is for mens, ladies or mixed teams of nine runners. Anyone interested in taking part, please contact Howard Doe or any other committee member (as soon as possible, please as entries for this event are limited).

C.R.B. CHECKS.

If any club member wishes to become a club coach, or would like to help with Derrick's young runners, they will need to complete a CRB form.

To obtain this form simply telephone the CRB on 0870 909 0844. They will ask you for your name and address and then send you the form. **THEY WILL ALSO ASK FOR THE FOLLOWING:**

- | | | |
|------------------------|---------|--|
| 1. CATEGORY? | Answer: | ENHANCED APPLICATION FOR
A VOLUNTEER. |
| 2. U.K REGISTERED No.? | Answer: | 22525500000. |

This is the number for UK Athletics which is our Registered Body!

When you have completed the form please bring it to me with three proofs of identity. As the Club's verifier I have to check that you are who you claim to be.

Peter Coupland.

Please pass any articles you would like included in the Runners Rag to John or Olive Howlett. We will be at the club for most club meetings. If you cannot make club meetings, please send them to 15 Pinewood Close, Walkford, Christchurch, BH23 5RR (emails to rag@newforestrunners.co.uk). The closing date for the next edition will be 24th September 2006.

Greta's get-away

Why not give it a go! This haven of beauty in the Snowdonia National Park will satisfy your needs for walking, climbing, sailing, golfing or just plain lazing around – or even RUNNING!

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**For further information and booking,
telephone Greta on 01590-642326.**

Dates for your Diary!

25th Anniversary Event

Sunday, 12th November 2006 is the date scheduled for our combined CiN and Anniversary Run/Walk at Wilverley Plain. The distance will be 5 miles so even if you are unable to run, do please come along and walk the route. We need lots of support to help make this a successful and worthwhile event.

Nearer the date sweat shirts will be available for purchase to commemorate the occasion. A horse brass memento will be awarded to all those taking part in the run/walk providing they have entered before the closing date. An Entry Form is included with this Runners Rag – *see you there!*

Trophy Presentation Evening

Scheduled for **Friday, 17th November** at Fawcett Field. Please do your best to attend, particularly if you know you have won a prize in a Club Championship race during the year. If you are unable to attend it would be most helpful if you could please arrange for somebody to collect your award on your behalf. Listen out for further details nearer the time.

Annual Dinner Dance

Booked for **Friday, 26th January 2007** at the Swallow South Lawn Hotel, Milford on Sea. Make a note of the date and watch for further details nearer the time.

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ALTERNATIVE TEN – CLUB TEN MILE CHAMPIONSHIP

POSN	NAME	TIME	POSN	NAME	TIME
1	Chris Olden (1SM)	57.45	39	Lisa Pavitt (3FV50)	91.18
2	Henry Szwinto (1MV40)	58.46	40	Catherine Pascoe	91.21
3	Steve Morton (2SM)	60.10	41	Hilary Walsgrove	93.31
4	Nick Mills (3SM)	61.47	42	Carol Shaw	93.53
5	Howard Doe (1MV50)	63.33	43	John Welsh	95.11
6	John Walsgrove (2MV40)	64.23	44	Helen Wright (2SF)	95.25
7	Peter Wilson (2MV50)	64.29	45	Rhona Goodwin (1FV60)	95.42
8	Sanjai Sharma (3MV40)	66.12	46	Linda Phimister	95.43
9	Andy Phimister	67.29	47	Cheryl Boettger	96.03
10	John Hunt (1MV60)	67.54	48	Olive Howlett	96.48
11	Frank Handy (1JM)	68.11	49	John Howlett	97.04
12	Lionel Handy (3MV50)	69.04	50	Ve Stone (2FV60)	97.14
13	Kevyn Doolan	69.33	51	Clare Richardson	98.23
14	Mike Smith	71.33	52	Kate Burrows	98.24
15	Jane Chapman (2 nd claim) (1 st Female)	71.39	53	Lyn Kendal	98.27
16	Chris Paterson	73.10	54	Caroline Holcombe	98.35
17	Keith Mitchell (2 nd MV60)	73.14	55	Glenys Ryan	103.17
18	Neil Cottrell	73.53	56	Hilary Bruce-Burgess	103.17
19	Jeff Palmer	75.08	57	Jaine Fry (3SF)	103.37
20	Gail Balfour (1SF)	75.37	58	Peter Coupland	104.58
21	Phil Handy (2JM)	76.19	59	Jackie Collins	106.26
22	Roger Watson-Hall	78.01	60	Ann Blackburn	107.03
23	Anthea Waters (Guest)	78.02	61	Rosemary Bartlett	107.22
24	Darren Price	78.39	62	Chris Potter	107.22
25	Colin Shaw	78.48	63	Lyn Athorn	107.31
26	Chris Harris (3MV60)	79.42	64	Julia Davie	107.31
27	Alan Benjafield	79.56	65	Wendy Simmons	109.50
28	David Ellis	80.27	66	Chris Parkin	110.24
29	Neil Richardson	81.13	67	Linda Hepper	111.00
30	John Rice	83.44	68	Jennifer Witte	111.11
31	Frances Black (1FV50)	83.47	69	Julie Jones	111.15
32	Trevor Neal	86.49	70	Claire Curtis	111.44
33	Karen Symonds (1FV40)	87.48	71	Pauline Breeze	112.49
34	Lynda Wheeler (2FV50)	88.08	72	Marian Oates	113.47
35	Peter Harwood	89.07	73	David Johnson	115.13
36	Andie Smith (2FV40)	89.35	74	Karen Barnes	121.44
37	Andy Boettger	89.57	75	Jean Wainwright	130.49
38	Angela Taylor (3FV40)	90.53	76	Greta Cookson (1FV70)	142.22

SWAY 5

POSN	NAME	TIME	POSN	NAME	TIME
1	Chris Olden	28.37	64	Rhona Goodwin	48.28
3	Henry Szwinto	30.57	65	Ann Pocock	49.02
4	Nick Mills	31.20	66	Angela Coubrough	49.04
7	Andy Phimister	32.42	69	Shirley Strang	49.28
8	Peter Wilson	32.52	71	Gillian Turcan	49.35
10	John Walsgrove	33.37	73	Caroline Holcombe	50.00
11	Howard Doe	33.47	74	Cheryl Boettger	50.12
17	Paul Bartlett	35.46	77	Claire Richardson	50.54
19	Andrew Smart	36.23	78	Lucy Woodhouse	50.57
26	Colin Shaw	38.00	79	Trevor Neal	50.58
28	Keith Mitchell	38.26	80	Julia Davie	51.09
32	Chris Paterson	39.11	82	Glenys Ryan	52.59
34	John Hunt	39.18	85	Linda Phimister	54.06
37	Karen Buckley	40.18	86	Hazel Lewis	54.14
38	Darren Price	40.46	88	Andrew Blackburn	54.42
40	Geoff Simmons	41.45	89	Jaine Fry	54.44
43	Frances Black	42.41	91	Ann Blackburn	54.56
45	Andy Boettger	42.49	94	David Johnson	55.43
51	Caroline Eaton	43.50	95	Daniel Harvey	56.37
53	Tony Bennison	43.58	98	Claire Curtis	57.14
54	Lynda Wheeler	44.13	104	Julie Jones	59.11
59	Carol Shaw	46.02	105	Claire Young	59.23
60	Malain Cornock	46.08	109	Trevor Roberts	60.03
62	John Howlett	47.51	112	Wendy Shemmell	62.34
63	Olive Howlett	48.08	120	Karen Barnes	65.09

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You Know You're A Runner...

- when the drive to the race is longer than the race itself
- when you keep your family updated on how far you are from your destination by saying "There's only a half-marathon (10k, 5k, etc) until Grandma's house," and everyone knows how far that is.
- when you run to your gate at the airport even though you aren't late and you aren't wearing running shoes
- when you pack a separate bag for your running clothes
- when your idea of sightseeing involves visiting the local running store and finding the best place for hill repeats and long runs
- when you get off an 18 hour flight and go for your long run because a) you need to stretch your legs, b) you want to see the city/country, and c) you have a scheduled run
- when you realize that all the travelling you did in the last year revolved around races
- when, on trips, you find it entertaining to see how fast you can convert speeds and distances from miles to kilometres and vice versa
- you avoid travelling to places where you won't be able to run
- when you get back from vacation and the first thing you tell people about is how the running was
- when you fly with your running clothes and shoes in your carry-on bag
- when all your friends think you eat too healthily
- when you not only eat gels, but you know the best flavours for every brand
- when you consider pasta to be a food group
- when the sports drinks are in front of the soda, beer, and juice in your fridge
- when you know the name of all the check out girls at your local health food store
- when you have two eggs, two pieces of toast, a slice of cheese, a glass of juice, and a yogurt for breakfast and are still hungry by 11 AM
- when you drink your least favourite kind of sports drink because you know it is what they will be handing out at water stops for your next race and you want your body to be accustomed to it
- when pasta is the only food you'll eat two nights before a race
- when you've run, showered, and eaten breakfast (twice) before your family/roommates even wake up
- your family knows that you will run on Thanksgiving and Christmas (or other holidays you celebrate) no matter what
- your friends no longer look at you like you're nuts, because they know it for sure
- when you forget birthdays and anniversaries, even major holidays, but never the date of your next race
- when you have to make a real effort to remember to talk to your (non-running) family and friends about something other than running
- you register for a race during your honeymoon even though your new spouse is not a runner (and he or she's not surprised or angry)
- when your boss tells you to go run because you're having a bad day at work
- when your family plans vacations based on where your next marathon will be
- when your non-running family and friends know the differences between feet that are neutral, over-pronating, and supinating
- when you run so much that your family has a separate laundry basket for your running clothes
- when your family or friends sign up for "bike duty", to bike beside you during long runs so you don't have to carry anything you wouldn't carry during a race
- when people stop asking you if you are going to run today, but rather ask you when
- when your friends buy sports drinks for their party so you'll have something to drink, since they know you have a run/race the next day
- when you tell your estate agent that you want a house in an area with good schools and a nice area to run
- when you tell people you ran a 10k and you are shocked that people think that is a long run
- your spouse and kids (and maybe even friends) know your PBs at different distances
- when you call 4 miles an easy day
- when your friends know that if you don't answer your phone, you're probably running
- when you try to convince people to run a 5k because it's "only" 3 miles
- when you pass on going out with your friends on Friday night because you have to get up early and run
- when you no longer have to explain to your friends why cotton isn't the best choice for running attire
- when an exciting date for you is going with your spouse to drive your 20 mile route for the next morning and plant sports drinks along the way
- when you come back after a 1 hour run and your spouse says 'That was fast. I didn't expect you back so soon.'
- when your friends think they need to practice more before they can run with you
- when you smirk at people who tell you that you run too much or are crazy for enjoying a run
- when your spouse begs you to go for a run because you are in a bad mood

TRAINING SCHEDULE

AUGUST 2006

TUESDAY	1 st	Wilverley	Out and back, Bisterne Close
WEDNESDAY	2 nd	RR10 – STOKE PARK WOOD – 7.30pm	
THURSDAY	3 rd	Fawcetts Field	Out and back, Highcliffe Castle
SUNDAY	6 th	Wilverley	Long, medium or short
TUESDAY	8 th	Wilverley	Ladies or Mens Cross Country Course
THURSDAY	10 th	Fawcetts Field	INTERVALS (MBB, JH)
SUNDAY	13 th	Wilverley	Long, medium or short
TUESDAY	15 th	Wilverley	Out and back, Bolderford Bridge
WEDNESDAY	16 th	RR10 – HURSLEY PARK – 7.15pm START	
THURSDAY	17 th	Fawcetts Field	Cliff Top, Hordle
SUNDAY	20 th	Wilverley	Long, medium or short
TUESDAY	22 nd	Wilverley	Lap of Wilverley, lap of Markway and the Plod
THURSDAY	24 th	Fawcetts Field	INTERVALS (MB, JH)
SUNDAY	27 th	Wilverley	Long, medium or short
TUESDAY	29 th	Wilverley	INTERVALS or HILLS (MB, ME)
THURSDAY	31 st	Fawcetts Field	Cliff Top, Highcliffe

SEPTEMBER 2006

SUNDAY	3 rd	Wilverley	Long, medium or short
TUESDAY	5 th	Wilverley	Cross Country Course (Ladies or Mens) (6.30pm START)
THURSDAY	7 th	Fawcetts Field	INTERVALS (MB, tba)
SUNDAY	10 th	Wilverley	Long, medium or short
TUESDAY	12 th	Wilverley	INTERVALS or HILLS (MB, TT) (6.30pm START)
THURSDAY	14 th	Fawcetts Field	Cliff Top, Hordle
SUNDAY	17 th	NEW FOREST MARATHON AND HALF	
TUESDAY	19 th	Wilverley	Out and back to Bolderford Bridge (6.30pm START)
THURSDAY	21 st	Fawcetts Field	INTERVALS (MB, TT/JH)
SUNDAY	24 th	Wilverley	Long, medium or short
TUESDAY	26 th	Wilverley	TIMED RUN (6.30pm START)
THURSDAY	28 th	Fawcetts Field	INTERVALS (MB, TT/JH)

OCTOBER 2006

SUNDAY	1 st	Wilverley	Long, medium or short
TUESDAY	3 rd	Fawcetts Field	Stem Lane Route
THURSDAY	5 th	Fawcetts Field	INTERVALS (MB, TT)
SUNDAY	8 th	Wilverley	Long, medium or short
TUESDAY	10 th	Fawcetts Field	INTERVALS (MB, ME)
THURSDAY	12 th	Fawcetts Field	Ashley Route
SUNDAY	15 th	Wilverley	Long, medium or short
TUESDAY	17 th	Fawcetts Field	Caird Avenue Route

Tuesdays, Wilverley meet at 7.00pm (**but see September above**); Thursdays, Fawcetts Field meet at 7.00pm; Sundays, Wilverley meet at 10.00am

Coaches: AB – Andrew Blackburn, PB – Pauline Breeze, MBB – Mike Bruce-Burgess, ME – Martin Eyre, JH – John Howlett, TT – Tony Taylor

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FORTHCOMING EVENTS

AUGUST 2006

SUNDAY	13 th	Salisbury 5.4.3.2.1 (9.30am)
SUNDAY	20 th	Isle of Wight ½ Marathon (11.00am) / Everton 10k (10.30am)

SEPTEMBER 2006

SUNDAY	3 rd	The Beast (10.30am)
SUNDAY	10 th	Hardy Hike 16 (Swanage) (10.00am)
SUNDAY	17 th	New Forest Marathon and ½ Marathon (11.30am and 11.00am)
SATURDAY	23 rd	St Boniface Fell Race (Isle of Wight) (11.00am)
SUNDAY	24 th	AGC's A Worthy 10k (Winchester) (11.00am) / Littledown 5 (10.30am)

OCTOBER 2006

SUNDAY	1 st	Clarendon Way Marathon and Half Marathon (10.30am) Beaulieu Cancer Research UK 10k (10.00am)
SUNDAY	8 th	Gold Hill 9.5k (Shaftesbury) (11.00am)
SUNDAY	15 th	Hardley ½ Marathon (11.00am) / Denmead 10 (10.30am)
SUNDAY	22 nd	Hoburne 5 (11.00am) / Great South (10.00am)
SUNDAY	29 th	City of Salisbury Marathon (11.00am) / Studland Stampede (Poole) (10k) (10.00am) Fordingbridge Fire Station 10 (11.00am)

NOVEMBER 2006

SUNDAY	5 th	Lordshill 10 (10.00am)
SUNDAY	19 th	Gosport ½ Marathon (11.00am) / Wimborne 10 (10.30am)
SUNDAY	26 th	Boscombe 10k (11.00am) / Downton ½ Marathon / Hayling 10 (10.00am)

DECEMBER 2006

SUNDAY	3 rd	Victory 5 (1.30pm)
SUNDAY	10 th	Christmas 10k (11.00am)

JANUARY 2007

SUNDAY	14 th	Stubbington 10k (10.00am)
SUNDAY	21 st	Andy Scott 10k (Provisional date. Not at Hengistbury Head) (10.30am)

RR10 FIXTURE LIST

DATE	VENUE	TIME	ORGANISERS
16.8.06	Hursley Park	7.15pm	IBM/All

HAMPSHIRE CROSS COUNTRY LEAGUE 2006/2007

RACE No.	DATE	VENUE	HOST CLUB
1	Sat 7 th October 2006	Farley Mount, Winchester	Winchester AC
2	Sat 11 th November 2006	Goodwood	Chichester
3	Sat 2 nd December 2006	Ashe Meadows	Overton Harriers
4	Sat 13 th January 2007	Prospect Park	Reading
5	Sat 10 th February 2007	Wimbourne	Hamworthy Harriers

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