

NEW FOREST RUNNERS RAG



FEBRUARY 2007 / MARCH 2007

Hello Members

January has arrived and with it I hope another good year for running. I hope all of you had a good Christmas and New Year and that you did not over indulge too much with the food and beer. Never mind, if you did, you can soon run it off. We had our A.G.M. on January 12th at Christchurch Sports Club. We had a few more in attendance this year but still a pretty poor representation of the Club. There being no volunteer to take on the Presidents job, I agreed to carry on for one more year. This will definitely be my last year so please think hard about a replacement for 2008. Ideally, someone should come forward now and shadow me for a while to see what the job is all about. I can assure you that it is not difficult and only needs a bit of commitment.

There are a few changes on this years Committee. Marion Oates, Sylvia Coupland and Chris Parkin are new committee members. Thank you girls and welcome aboard. Chris Parkin is the new Membership Secretary, so send your subscriptions to her together with an S.A.E. if you want your card posted. May I remind you that subs are now due for 2007 so please pay up as soon as possible. The Club have to pay additional moneys to U.K.A. this year. I will briefly try to explain the reason.

As part of the Foster Report into the governance of athletics in the UK, many changes are being made. One of these changes is the introduction of an individual membership fee for all competing athletes. This motion was rejected by most running clubs last year but it has been introduced nevertheless. There are many problems facing clubs with its introduction. No one is clear how it is to be administered and monitored. We don't know if each member will get a unique number or card. We cannot get satisfactory answers from any U.K.A. officials. It will be a major job for club treasurers to sort out. The definition of competing athlete is very vague but it appears to mean anyone taking part in a U.K.A. Permitted event. This will include RR10 races. Clubs have little choice but to go along with the registration or they will not be covered by U.K.A. insurance. The fee for the 1st year is £3.00 per member rising to £5.00 next year. We are pretty sure it will not stop there and that a year on year increase will occur. For this year the Club will pay all membership fees from club funds. That will give us some time to see how the system is supposed to work and maybe we will get some guidance from the governing body. It is obvious that we cannot pay individual fees next year so an adjustment to the subs for 2008 will be necessary. Happy days!!

We finished 2007 with some good events. The Christmas Pudding run was very successful again and it was good to see so many NFR vests out there. Thanks to Chris Potter for another good race. Our Christmas Cross Country was quite well supported and well done to all those who came in fancy dress. There was a little more mud this year and one or two lost their shoes, which was very pleasing. Jack Macdonald organised a good raffle. Thanks, Jack and thanks to all those who helped set out the course, made tea coffee etc. We had a good turn out on Boxing Day for the swim/run at Highcliffe Castle. The water was calm and not too cold this year. Almost pleasant, in fact. Hilary had a good response to the Daisy Appeal. By the way, I have banned Hilary from introducing any more quizzes. It has almost driven me and many more club members mad. The numbers taking part in the Boscombe 5k Series are dwindling. This may be because the weather has not been too good for the last two races. By the way, please note that the date for the February race has changed. It is now to be held on March 2nd.

You may remember that in the last Runners Rag I said I was disappointed with the support we get for the team events. The situation has not improved. In fact, it has got worse. For the 1st time in many, many years we did not have a team in the Hampshire Cross Country League. Only two people made the effort. This is very disappointing. Mike BB, who attends all the Cross Country events to support the Club runners, had a wasted journey. Mike does not run any more and gives up his time to coach and organise the teams. I think the team owe him some loyalty. We were the only club in Hampshire/Dorset not to field a team. What more can I say?

Let's look ahead more positively and see if we can improve. At our next Committee Meeting we will set out our programme for the next few months. If you have any ideas or suggestions, please bring them to our attention. We would welcome some new ideas. For your information, our own Cross Country event at Wilverley is on March 11th. For those of you with London Marathon places I expect you are now in serious training mode. I hope all goes well for you and all who are training for other marathon events.

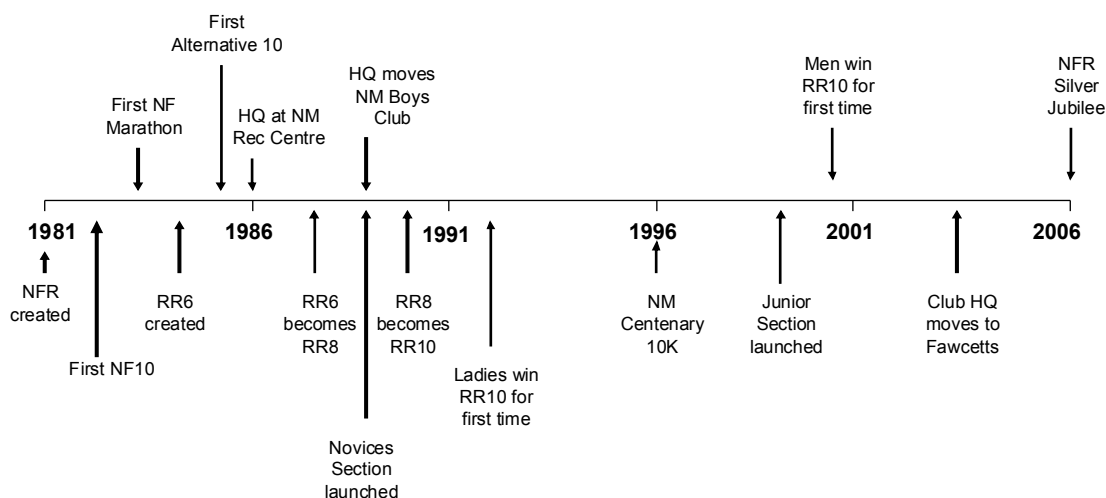
I have had some complaints about our Sunday morning training sessions. They are allegedly either too long, too short, too slow or too fast. Personally, I think the group leaders do a very good job and should not be criticised. If we had more leaders we could split the groups into smaller numbers and provide more variety in speed and distance. If you cannot find a group to suit you, then let the organiser know what you want and I am sure there would be others there like minded. You can then make up your own little group. Enjoy your run.

Okay, I will stop moaning now. I do really like the Club and I only have its best interests at heart. Help us make it even better.

Regards, Mike

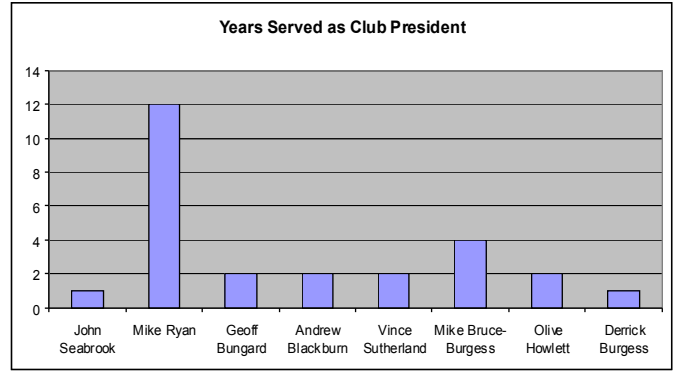
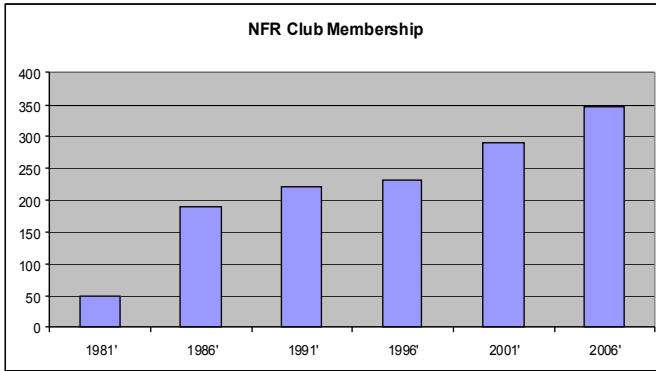
New Forest Runners Silver Jubilee

A brief history (or 25 years of hurt!)



Year	President	Key events that year
1981	John Seabrook	50 members create New Forest Runners club following Sunday Times Fun Run and meet once a week at Wilverly. A 1 page Runners Rag launched December 1981 edited by Pauline Dyer. The club reaches 80 members by the end of the year.
1982	Mike Ryan	The first NF 10 is run on June 26th. The Ryans run as 4 Xmas crackers in Boxing Day fun run. The Runners Rag is edited by Pauline Dyer and Stuart Hall and is issued every 3 months.
1983	Mike Ryan	First running of NF Half and Full Marathon. Paul Pocock and Carl Mondz complete first ever triathlon in UK in Reading. Club membership reaches 240. Jean Hall wins Sway 8. Mike Ryan runs first Dublin Marathon in 3:33
1984	Mike Ryan	Six local clubs form RR6 for a season of summer off road races. The Club adopt a 13 race 'running league' for members instead of an award scheme. First Valentines day run at Wilverly, first Xmas cross country and fancy dress run. Social activities include splash night, skittles, BBQ, carol singing, barn dance. Howard Doe clocks 4,068 miles for the year!
1985	Mike Ryan	Club membership reaches 100. Paul Pocock takes over as editor of Runner Rag. Geoff Bungard wins beard growing competition. First running of Alternative 10. First recorded timed run Anthea Waters 14mins 30 secs, Paul Pocock 13mins 15 secs. First Boxing Day swim. Badge Scheme launched by John Holcombe.
1986	Mike Ryan	Ringwood Casual Joggers join the NFR. Membership fees rise to £3.00 with membership rising to 290? members. NFR becomes affiliated with New Milton Recreation Centre for Tuesday and Thursday training evenings.
1987	Mike Ryan	RR6 becomes RR8. The hurricane that hit the south coast fell 90 trees along the Wilverly timed run route. Mike Ryan had to stand down as President due to heart problems - apparently they found one! The first club triathlon takes place at Barton-On-Sea.
1988	Mike Ryan	Sunday morning session moved from 10.30 to 10.00. AGM moved to January passing motion that the club president can only be in place for 2 years and raising membership to £5! Club moves HQ to New Milton Boys Club. NF10 voted 3rd best 10 mile run by Today's Runner. Novice group launched by Helen Pollard. NFR Men 6th in RR8 and Ladies 2nd. Winter training at Bournemouth track starts every other Thursday.
1989	Geoff Bungard	56 take part in first Wilverly Marathon - Carl Mondz wins with 14 laps. Sylvia France takes over as editor of Runners Rag. Men 1st in RR8, Ladies 2nd. Club triathlon takes place at Steamer Point.
1990	Geoff Bungard	Another hurricane falls 143 trees along Wilverly Enclosure route. The RR8 becomes RR10.
1991	Andrew Blackburn	First club Biathlon at Wilverly. NFR celebrates 10 year anniversary with dinner at Balmer Lawn, Brockenhurst and a 4 day challenge. Grace Bulger (Howard's mum) becomes 1 hour world champion for over 70's. First Children In Need 24 hour run with 95 members taking part.
1992	Andrew Blackburn	Ladies team win RR10. Club members go on first Tour Du Pay De Caux. Membership rises to £7.

Year	President	Key events that year
1993	Mike Ryan	Andrew Blackburn takes over editor of Runners Rag. 32 club members take part in London Marathon. Alternative 10 run on Tuesday following NF10. Ladies win RR10 again with Kathy Bailey first lady overall, Men come 9th.
1994	Mike Ryan	Track sessions move from Kings Park, Bournemouth to new grass track at Fawcetts Field, New Milton. Mike Ryan given honorary life membership for services to the club. Gill Pickett takes over as editor of Runners Rag. Club triathlon takes place at Lymington sea baths. Trevor Roberts completes 200th race after 9 years! CIN run along Avon Valley from Salisbury to New Milton. 4 day event over August bank holiday.
1995	Vince Sutherland	NFR trip to Reims, France. Moray Martin-Rhind sets new mens record for Wilverly Challenge with 18 laps and Anthea Waters set ladies record with 13 laps. Membership rises to £10.
1996	Vince Sutherland	Will Witt becomes new editor of Runners Rag. NFR put on New Milton Centenary 10k which is won by Richard Nerurkar in 28.50. Club triathlon and 4 day event are cancelled due to lack of support. NFR launch the 100 Club. Ladies win RR10 again and men come 5th. BAF try to enforce registering of individual members at a cost of £15 pp
1997	Mike Bruce-Burgess	John and Olive Howlett take over as editors of Runners Rag. 125 members take part in 24 hour CIN run. Club organise a cycle treasure hunt around the Forest. Ladies win RR10 again and men move up to 3rd. Ex-president Vince Sutherland finally hangs up running shoes due to knee problems. Spice Girls with police escort entertain the Xmas cross country
1998	Mike Bruce-Burgess	First athletics evening held at Fawcetts Field won by Graham West. Cathy Hunt and Mark Wilkie win numerous events as the clubs best runners. Ladies win RR10 once again and men come 3rd. Men win NF Marathon team prize.
1999	Olive Howlett	Junior section is launched by Tony Taylor. NFR Athletics evening and Everton 10k are both cancelled due to lack of support.
2000	Olive Howlett	Men win RR10 for the first time and ladies come last! Runners Rag goes on line as the NFR website is launched.
2001	Mike Bruce-Burgess	Foot and Mouth disease hits the Forest - no running at Wilverly, RR10 has to be re-sited and the NF10 is cancelled. Club 20th anniversary is marked with 4 day event and BBQ. Men win RR10 again and ladies come 8th. Chris Olden wins NF Marathon in 2hrs 36mins. Moray Martin-Rhind sets new Wilverly Challenge record of 19 laps (42 miles). Average age of club member is 48! Keith Mitchell and Graham West revive Everton 10k and Milford 5.
2002	Mike Bruce-Burgess	Queens Jubilee year. Men win RR10 with Chris Olden 1st overall male. Ladies come 2nd in RR10 with Anthea Waters 1st overall female.
2003	Mike Ryan	Club officially move from New Milton Boys Club to new home at Fawcetts Field. Alternative 10 is dedicated to memory of Peter Holdway. Men win RR10 again and ladies come 3rd. Chris Olden and Lee Rodriguez win NF full and half marathon. CIN run up the Barton cliffs as England win Rugby World Cup. Membership reaches 300.
2004	Mike Ryan	We sadly loose Stuart Hall. Howard Doe and Phil Mosely selected for GB Duathlon team. Men win RR10 again. NFR trip to Beer and the Jurassic coast.
2005	Derrick Burgess	Derek Burgess continues to have success with the Juniors. Mike Smith equals Wilverly Challenge record of 19 laps whilst Gail Walters sets new ladies record of 14 laps. Mike Smith also runs 145 miles along Grand Union Canal. Steve Morton qualifies and competes in the Hawaii Ironman Triathlon. Howard Doe wins Bronze at the world Duathlon Championship in Australia. John Doggett stands down from looking after the club rankings for last 20 years!
2006	Mike Ryan	NFR 25th Anniversary year celebrated with CIN run at Wilverly. Steve Wright wins NF marathon. Membership stands at 345 and the club look forward to the next 25



JUNIOR SECTION NEW FOREST RUNNERS

10k The Club 10k Championship turned out to be a good event for five of our Juniors who took part in this event for the first time. Excellent performances were given by Paul Bartlett, James Wright, Will Harvey, Daniel Harvey and the sole lady, Laura Vine, who also helped the Club to gain a Ladies Team prize.

In the Hampshire Cross Country Championship, held at Basingstoke in atrocious conditions, the Juniors were again well represented by Ollie Harvey, U13 Boys, Jaime Morton and Hanna Vine, U13 Girls, Will Harvey and Connor Morton, U15 Boys, Laura Vine, U17 Girls, Sophie Rooker, U15 Girls and Daniel Harvey, U20. All showed character again, this being their first Championship event.

Special thanks to Steve and Sadie Morton for helping out on the day, starting at 9.00am and finishing at 4.30pm. Steve also found time to run in the Senior Men's race, also well done to Sophie Rooker who gained a Bronze Certificate for her personal achievements during 2006. Another thank you for Helen Wright, she seems to be the only one who knows we have a Junior Section in the Club and offers help on a regular basis. Thanks, Helen.

Derrick

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NEWS AND COMMENTS

CAR STICKERS can be obtained from Caroline Holcombe, 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.

DAISY APPEAL: The quiz and collection during the Boxing Day swim made £168 for the Daisy Appeal. Thanks to all who contributed. Hilary.

DINNER DANCE: Mike, Ve and the Committee would like to apologise for the time taken to serve the meal at this event. It was caused by events entirely beyond their control. We understand that the venue was let down by some staff. Hmm... That said, I had a great time and thought the entertainment was the best we have had for some time.

NOVICE COURSE 2007

STARTS: SUNDAY, 29th APRIL 2007

FINISH: SUNDAY, 15th JULY 2007

MEET WILVERLEY PLAIN

SUNDAYS – 10am

THURSDAYS – 7.00pm

ALL WELCOME – CONTACT: RON GOODWIN, 01425-672275

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 25th March 2007.

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SOCIAL SCENE

DON'T FORGET !

Club Cross Country Championship

This event has been scheduled for **Sunday, 11th March** – when we hope the weather will be kind to us! Just right for a Sunday morning ‘outing’!

Poole Greyhound Racing

This was referred to at the Annual General Meeting. A note was included in the last Runners Rag. Please let us know as soon as possible if you are interested – the proposed date is **Friday, 30th March** – but we cannot book anything until we know how many people are likely to attend. Please give names to Jack Macdonald, Mike Ryan or any Committee member.

Club Kit

You will know from the AGM that Caroline Holcombe has now taken over the Club Kit. Caroline can be contacted by any of the following :

‘Phone (evenings): 01425 628848
 Mobile: 07707 759376
 E-mail: sales@team-predator.uk.com
 Address: Bannerdown Cottage,
 Bashley Cross Road,
 New Milton,
 Hampshire,
 BH25 5SY.

Caroline will have sample kit with her at most NFR training sessions both at Wilverley and Fawcett Field.

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FENSA

A few words from the New Forest '10' Race Director

THAT'S WHY YOUR RECOMMENDATIONS ARE OUR BUSINESS

The organisation of the 2007 edition of the New Forest '10' race is already gathering momentum.

The key changes for this year being: -

- Amendments to both the 10-mile and 3-mile courses so that the races do not have to pass through the farmyard or the camping field.
- The introduction of "Chip timing" for all of the runners within the 10-mile event.
- The abandonment of a race T-shirt.
- Reverting to sterilising the water containers rather than using sterile liners – this should improve the taste of the water for runners.

One of the race's key sponsors "New Balance" has pulled out from the event having already given a commitment for 2007. They apparently do not view smaller events as forming part of their marketing strategy. Unfortunately, there was insufficient time to change the race entry form to make it a requirement for runners to wear other makes of trainers.

If anyone knows of any organisations who would be interested in sponsoring the event then please let me know.

Already eight entries for the 2007 event have been received (courtesy of the Runners' World website) and a huge supply of race entry forms has been stored at Fawcett's field. If you are attending any races within the next few months please take some of these forms with you, as there is usually a table within the information area for these to be displayed and this forms a key part of the entry form distribution process.

Ve has opened the marshalling list for 2007 and, in conjunction with her accomplice Lisa, will be seeking 135 people to marshal the event. Please can you confirm to Ve Stone or Lisa Pavitt that you will be available to help upon the weekend. We do need a lot of people and so if you can rope in any friends or family then they would be very welcome.

As you already know the 2007 New Forest '10' will be held upon Sunday, 8 July 2007, but as you have probably only just put up the 2007 calendar, please make sure that you put a circle around that weekend.

In the meantime if anyone has any queries regarding the race then please do not hesitate to call me upon 01425 278632.

Regards

Mike Smith, New Forest '10' Race Director.

BADGE SCHEME

Well done to the 30 runners who took part in the 2006 Badge Scheme. It was a little down on 2005 but Ju and I shall be working harder this year to improve the numbers. It is your own personal gauge and it's good to know running is still a challenge even though you have passed your peak.

Diamond: Rhona Goodwin, Keith Mitchell, Mike McCabe, Howard Doe, Sanjai Sharma

Gold: Any Phimister, Chris Harris, Mike Ryan, Lionel Handy, Jilly Pickett, Gail Waters

Silver: Linda Phimister, Dolores Lamb, Olive Howlett, Jeff Palmer, Francis Handy, Peter Harwood, Francis Black

Bronze: Sophie Rooker, Helen Wright, Lucy Woodhouse, Lynn Kendall, Marian Oates, Fraser Donachie, Trevor Neal, John Howlett, John Edwards, Julia Davie, Lynn Athorn

I make a resolution each year to get my badge times before the summer and not to leave it to the last month of the year. I was determined to get a silver as it was the last year before I moved to the next age category. I had started well by getting a silver four years ago and if I could leave that same category with a silver I would have been very satisfied. I began with great enthusiasm by getting a silver time for the Wilverley timed run in April. My next race was the Everton 10k. This is not one of my favourite courses; I don't know why but I'm always disappointed with my time and never quite get the silver. To my great surprise I did a silver time with only two seconds to spare. Yippee, two down, one to go.

One of my good performance races in the past has been the Milford 5 so I set off with determination to get my badge scheme completed in plenty of time. I ran my little heart out although on the day it was not the best conditions as it was very windy running down New Lane toward the Spit and, again, coming down Lymington Road to the finish. I was most disappointed to miss my silver by 37 seconds.

Ah well, I will have a go at the Hoburne 5. I was feeling pretty fit having just completed the Dublin Marathon so I set off in good spirits. After two miles I felt very tired, my legs were like lead and my breathing was ragged and it was all I could do to finish. Ju, who had sailed past me at three miles offered me much comfort by pointing out that I had been training the past three months for distance rather than speed. I went off home feeling like a right old donkey.

All I had now was the Boscombe Pier series, the last pier run of the year in December. I saw plenty of NFR and I hoped to keep just behind one of our ladies who always beats me. At the halfway turn the time of 13.27 was called. I gave it my all on the way home though it was into a head wind which was no help. To this day I do not know my time. Could anyone tell me (silver V50 Ladies, 26.52).

I was glad to receive my Bronze Badge but a Silver would have been a nice end to 2006 and goodbye to V50.

Lynn Athorn

POSN	NAME	Alt 10	Milford 5	Hardley ½	Xmas 10k	Age Rel %
1	Howard Doe	81.93	83.81	83.23	85.48	84.17
2	Michael McCabe	-	78.52	89.52	80.45	79.50
3	Henry Szwinto	83.61	70.62	-	83.83	79.35
4	John Hunt	79.50	79.13	79.27	-	79.30
5	Peter Wilson	78.06	77.04	-	72.27	75.79
6	John Walsgrove	72.29	-	74.77	75.26	74.11
7	Steve Morton	74.42	73.19	73.39	73.47	73.76
8	Nick Mills	72.23	73.50	72.95	-	72.89
9	Sanjai Sharma	71.98	71.50	-	74.75	72.59
10	Andy Phimister	69.96	73.34	71.55	72.81	72.57
11	Jeff Palmer	67.55	68.92	66.25	68.28	68.25
12	Lynda Wheeler	66.49	-	67.28	70.25	68.01
13	Chris Paterson	67.15	66.88	67.52	67.20	67.29
14	Ve Stone	64.95	-	65.96	67.37	66.09
15	Geoff Simmons	-	66.74	62.26	65.24	64.75
16	Lisa Pavitt	61.76	65.00	59.12	66.98	64.57
17	Dave Ellis	59.23	64.52	62.27	65.96	64.25
18	Linda Phimister	54.01	63.48	61.12	65.70	63.43
19	Olive Howlett	61.17	-	62.42	64.00	62.53
20	Angela Taylor	58.83	63.10	-	64.81	62.08
21	Colin Shaw	59.58	-	62.16	63.69	61.81
22	Neil Richardson	60.97	-	60.79	62.45	61.40
23	Lyn Athorn	54.50	63.44	62.69	-	60.21
24	Marian Oates	56.80	59.84	-	59.64	58.64
25	Gillian Turcan	-	60.14	58.66	61.04	59.95
26	Linda Hepper	52.11	57.12	-	59.21	56.15
27	Peter Coupland	51.43	49.86	-	58.00	53.10

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CHRISTMAS 10K

POSN	NAME	TIME	POSN	NAME	TIME
13	Gareth Beech (1SM)	34.46	319	Trevor Neal	52.36
15	Henry Szwinto (1MV40)	35.33	330	Andy Boettger	53.16
25	Steve Morton (2SM)	36.53	336	Laura Vine (1JF)	53.27
28	Howard Doe (1MV50)	36.57	339	Simon Saunders	53.38
40	John Walsgrove (2MV40)	38.07	355	Gillian Turcan	54.45
46	Michael McCabe (2MV50)	38.16	360	Lucy Godwin	54.59
50	Sanjai Sharma (3MV40)	38.40	370	Gary Sanford	55.21
51	Oli Dodd (3SM)	38.48	371	Carol Shaw	55.29
58	Andy Phimister	39.07	374	Ann Pocock	55.37
66	Lionel Handy	40.02	375	Daniel Harvey (4JM)	55.43
70	Paul Bartlett (1JM)	40.23	376	Lucy Woodhouse	55.44
86	Phil Handy	41.50	377	Julie Brenton	55.44
96	Gail Walters (1FV40)	42.14	381	Caroline Holcombe	55.50
109	Pete Wilson (3MV50)	42.36	386	Mike Smith	55.59
130	James Wright (2JM)	43.48	389	Helen Wright	56.04
134	Moray Martin-Rhind	43.51	390	Olive Howlett	56.21
144	Chris Paterson	44.21	402	Jill Pickett (3FV60)	57.01
150	William Harvey (3JM)	44.38	403	Peter Coupland	57.01
151	John Edwards	44.41	409	Dolores Lamb	57.24
154	Colin Shaw	44.43	414	Glenys Ryan	57.41
160	Jeff Palmer	45.05	415	Ve Stone	57.47
166	Dave Ellis	45.11	430	Hazel Lewis	58.54
173	Graham Penneck	45.29	431	Ron Goodwin (1MV70)	58.54
177	Fraser Donachie	45.38	437	Julie Jones	59.38
179	Neil Cottrell	45.45	438	Linda Hepper	59.42
195	Gail Mosley (1SL)	46.54	446	Cheryl Boettger	60.15
206	Geoff Simmons	47.35	452	Trevor Roberts	60.42
210	Rob O'Brien	47.46	457	Hilary Bruce-Burgess	61.27
223	Neil Richardson	48.06	460	Anne Duke	61.39
224	Martin Eyre	48.06	461	Jackey Collins	61.43
230	Linda Phimister (2FV40)	48.18	467	Andrew Blackburn	62.30
231	Alan Benjafield	48.18	473	Sue Page	63.38
234	John Rice (1MV60)	48.27	474	Wendy Simmons	63.51
242	Jackie Jenkins (1FV60)	48.57	479	Rosemary Bartlett	64.11
245	Andie Smith (3FV40)	49.02	482	Jennifer Witte	64.22
259	Lynda Wheeler (1FV50)	49.50	491	Jane Ryves	65.27
261	Dave Jenkins	49.54	498	Marian Oates	66.50
267	Maggie Kirk (2FV50)	50.31	499	John Cockram	66.50
272	Rosemarie Osborn (2FV60)	50.55	500	Amelia Handy (3SL)	67.14
273	Maurice Jackman	50.56	501	John Howlett	67.22
277	Angela Taylor	51.03	503	Wendy Shemmell	68.09
279	Caroline Eaton (2SL)	51.04	504	Pauline Breeze	68.35
293	Mike Ryan	51.24	505	Sue Harvey	68.38
296	Jane Pettifer (3FV50)	51.36	509	Karen Barnes	71.18
298	Lisa Pavitt	51.46	511	Heather Roberts	61.30
309	Edward Brett	52.22	513	Derrick Burgess	73.08
316	Shirley Rutter	52.33	518	Bruce Davidson (1MV80)	76.07

TRAINING SCHEDULE

FEBRUARY 2007			
TUESDAY	6 th	Fawcetts Field	Caird Avenue Route
THURSDAY	8 th	Fawcetts Field	Stem Lane Route
SATURDAY	10 th	HAMPSHIRE CROSS COUNTRY LEAGUE - WIMBOURNE	
SUNDAY	11 th	Wilverley	Long, medium or short
TUESDAY	13 th	Fawcetts Field	INTERVALS (MBB, ME, PB or AB)
THURSDAY	15 th	Fawcetts Field	Braemar Drive Route
SUNDAY	18 th	Wilverley	Long, medium or short
TUESDAY	20 th	Fawcetts Field	Stem Lane Route or INTERVALS (MBB, JH or ME, AB or PB)
THURSDAY	22 nd	Fawcetts Field	Caird Avenue Route
SUNDAY	25 th	Wilverley	Long, medium or short
TUESDAY	27 th	Fawcetts Field	Ashley Route
MARCH 2007			
THURSDAY	1 st	Fawcetts Field	INTERVALS (MBB, JH, AB or PB)
FRIDAY	2 nd	BOSCOMBE WINTER 5K SERIES (7.15pm START)	
SUNDAY	4 th	Wilverley	Long, medium or short
TUESDAY	6 th	Fawcetts Field	Braemar Drive Route
THURSDAY	8 th	Fawcetts Field	Stem Lane Route
SUNDAY	11 th	CLUB CROSS COUNTR CHAMPIONSHIPS	
TUESDAY	13 th	Fawcetts Field	Caird Avenue Route
THURSDAY	15 th	Fawcetts Field	INTERVALS (MBB, TT, AB or PB)
SUNDAY	18 th	Wilverley	Long, medium or short
TUESDAY	20 th	Fawcetts Field	INTERVALS (MBB, ME, AB or PB)
THURSDAY	22 nd	Fawcetts Field	Ashley Route
FRIDAY	23 rd	BOSCOMBE WINTER 5K SERIES (7.15pm START)	
SUNDAY	25 th	Wilverley	Long, medium or short
TUESDAY	27 th	Fawcetts Field	Braemar Drive Route
THURSDAY	29 th	Fawcetts Field	INTERVALS (MBB, JH, AB or PB)
APRIL 2007			
SUNDAY	1 st	Wilverley	Long, medium or short
TUESDAY	3 rd	Wilverley	TIMED RUN
THURSDAY	5 th	Fawcetts Field	Stem Lane Route
SUNDAY	8 th	Wilverley	Long, medium or short
TUESDAY	10 th	Wilverley	Out and back to the White Buck
THURSDAY	12 th	Fawcetts Field	INTERVALS (MBB, TT, AB or PB)
SUNDAY	15 th	Wilverley	Long, medium or short
TUESDAY	17 th	Wilverley	HILLS/INTERVALS (MBB, ME, AB or PB)

Tuesdays and Thursdays, Fawcetts Field meet at 7.00pm (but note April for Tuesdays); 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

FORTHCOMING EVENTS

FEBRUARY 2007	
SUNDAY	18 th City of Salisbury 10k (11.00am) / Lytchett 10 (10.30am)
SUNDAY	25 th Winchester 10k (10.30am)
MARCH 2007	
SUNDAY	4 th Mad March Hare 20 (10.00am) / Poole 5k (11.00am)
SUNDAY	11 th CLUB CROSS COUNTRY CHAMPIONSHIPS (10.00am)
SUNDAY	25 th B and Q Eastleigh 10k (10.00am)
APRIL 2007	
SUNDAY	1 st Bournemouth ½ Marathon (10.00am) (+ 10k – 9.30am)
SATURDAY	7 th Two Saints 10k (Southampton) (10.00am)
SUNDAY	8 th Rotary ¼ Marathon (Bournemouth) (3.00pm)
SUNDAY	15 th Oakhaven Easter 10k (Brockenhurst) (11.00am)
SUNDAY	29 th Totton 10k (11.00am) / Ferndown Rotary Charity Fun Run (10k) (10.30am)
SUNDAY	29 th Marwell Zoo 10k (10.30)
MAY 2007	
SUNDAY	6 th Fordingbridge Fire Station 10k (11.00am)
WED'SDAY	9 th Purbeck 10k (7.30pm)
SUNDAY	13 th Lymington Lifeboat 10k (10.00am) / Alton 10 (10.30am) / Moors Valley 10k (10.30am)
SUNDAY	20 th South Downs Marathon (Petersfield) (10.00am)
SUNDAY	20 th Isle of Wight Marathon (11.00am) / Southampton Running Club 10k (10.30am)
JUNE 2007	
SUNDAY	3 rd Poole 10k (2.00pm)
JULY 2007	
SUNDAY	8 th NEW FOREST TEN
SATURDAY	28 th Swanage Half Marathon (11.00am)
AUGUST 2007	
SUNDAY	12 th Salisbury 5-4-3-2-1 Trail Marathon (9.30am)
SEPTEMBER 2007	
SUNDAY	16 th NEW FOREST MARATHON AND HALF MARATHON

HAMPSHIRE CROSS COUNTRY LEAGUE 2006/2007

RACE No.	DATE	VENUE	HOST CLUB
5	Sat 10 th February 2007	Wimbourne	Hamworthy Harriers

BOSCOMBE WINTER 5K SERIES 2006/2007

Race Number 5

Friday 2nd March 2007

Race Number 6

Friday 23rd March 2007

Registration 6.45pm near Boscombe Pier. Entry Fee £2 per race. Start 7.15pm

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