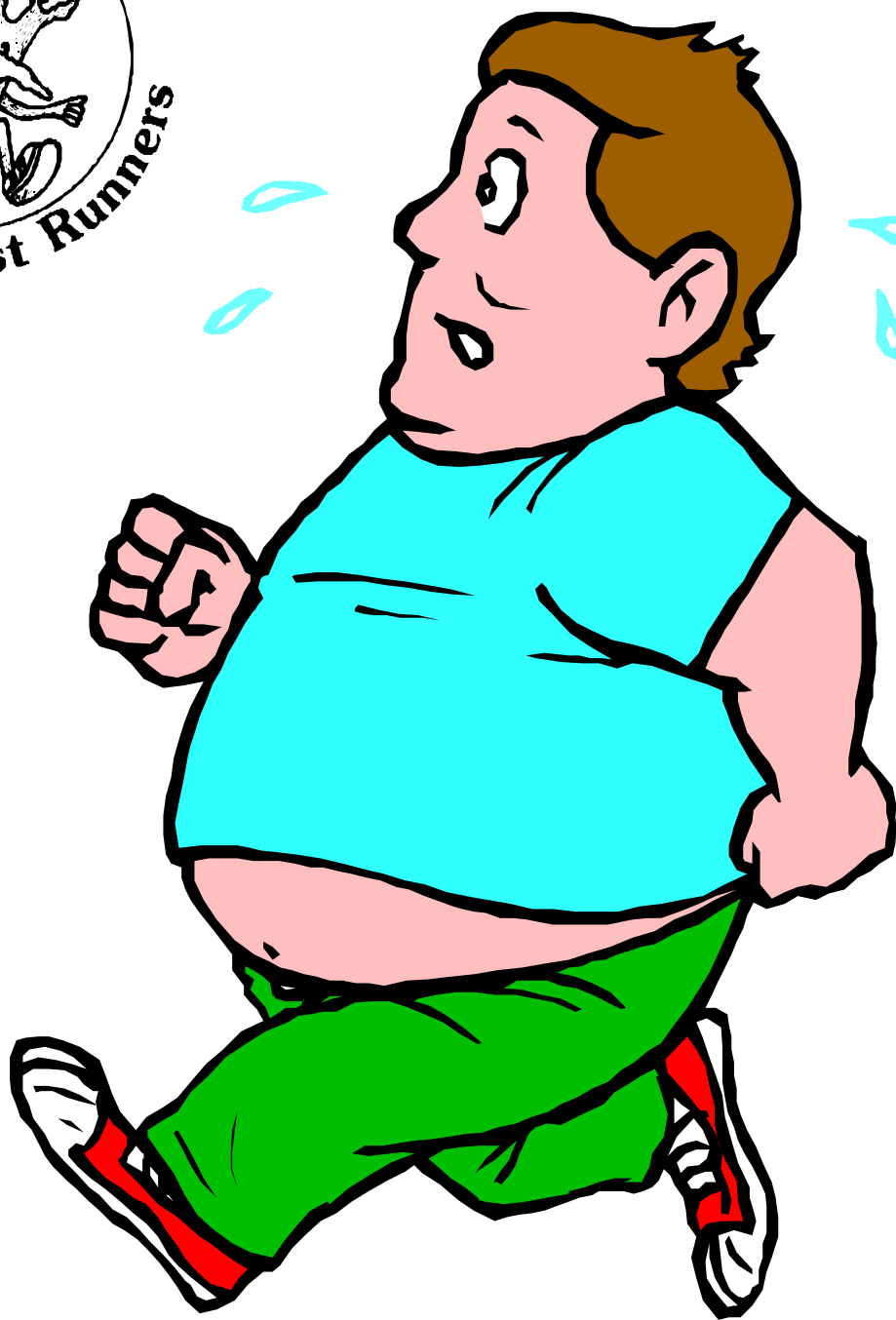


NEW FOREST RUNNERS RAG



JUNE 2007 / JULY 2007

Hello Members,

Another two months have passed and here we are, reading another Runners Rag. It has been quite a busy period for us and we have a lot of events still to come. Well done all of you who ran the London and Paris Marathons. I do hope you all had a good run and enjoyed the events. The weather was a little warm but it least it was nice for spectators.

The RR10 season is now in full swing and I am very pleased with the numbers taking part so far. Please keep it up. Our own event went very well thanks to your help. We had plenty of marshals etc and the visiting clubs enjoyed the run. The midges also had a good evening. Ron Goodwin has started another Novice session and he has quite a few beginners. Good luck and welcome to all of them. Thanks, Ron, for your efforts and also to your helpers. Speaking of helpers, we still do not have a deputy or two to relieve Derrick when he is not available.

Our next event is the Biathlon on June 12th. Get your bikes out and come along for a bit of fun. You do not have to take it seriously. Compete at your own level. I need about a dozen helpers on the night so your assistance would be greatly appreciated. Don't forget you can take part as a team if you like. That is followed by the Miles of Miles Relay at Eastleigh on June 28th. I have a few names already but we need some more. It could be a good fun evening if we get the support.

The main event of the year of course is the New Forest Ten on July 8th. There is an article on the NF10 elsewhere in this Rag so I will be very brief. We are still short of volunteers and there is still time to distribute entry forms. For the benefit of new members we ask you not to compete in the NF10 but run in the Alternative 10 on the Saturday evening. It is exactly the same course and is the Club 10 Mile Championship. There is also a good BBQ afterwards.

On the social scene we had to cancel the weekend walking in Beer because of the lack of support. We could not get the numbers to break even. We are now trying to organise a trip on the Dorset Belle on July 27th. Details also in this Rag. Please support this event. We are also considering a coach trip to Glastonbury Carnival in November. If you have not seen this event you are missing a spectacular show in a very historic town.

Referring to the U.K.A. and A.R.C. saga, we have come to a decision at last. We have decided to affiliate to English Athletics for this year. The Club will pay the £3.00 fee for all members this year. We will exclude Associate Members who do not take part in E.A. events. The reason we came to this decision is to give E.A. a chance to prove themselves. We do not think it is a good idea to split the sport but if E.A. do not perform satisfactorily we will reconsider. When our club membership subs are due next year we will ask each of you whether or not you will be taking part in U.K.A races. If you do then you will have to pay the extra £5.00 for E.A. membership. We will give you all more details nearer the time.

I have been asked once again to say something on the subject of dogs on training runs. The dogs are complaining that people are getting in their way and in danger of tripping them up. Dogs, please keep your masters/mistresses on leads and ensure no one objects to you running with them.

As the weather is getting warmer, supposedly, look out for adders and ticks in the Forest. Apparently there are a lot of them about this year. That's all from me this time, except to remind you all to find my replacement before the end of this year.

Enjoy your running and I hope to see you at the Club.

Mike

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A VIEW FROM THE OTHER SIDE OF THE LONDON MARATHON

Back in January I e-mailed the London Marathon and asked if I could be an official at this year's London Marathon. I had a reply to say that I needed more experience before I could help on the Finish Line, but I could help out on the Mini Marathon for Children.

I took up this offer and an e-mail told me to be at Southwark Bridge NCP Car Park at 7am! I found that National Express were doing cheap tickets so I booked the 3am coach to go up to London, arriving at 6.05am and the 5pm coach home, total cost was £7 (£1 up and £6 back). I arrived at Victoria Coach Station at 6.05am and I decided to walk to Southwark Bridge, a nice gentle walk, so I thought, not realizing how far it was, so the last ½ mile was at a very fast pace!

I arrived at the NCP Car Park at 7.01 and had to book in. I was given a Marshal's bib, T-shirt & White Lightweight Jacket and told to help myself to a cup of coffee and a doughnut (size of a small plate). First job was to move the toilets, they had been put in the wrong place (reminds me of New Forest Marathon), then taping a funnel for the boys & girls. Boys and Girls teams for three age groups (11-12, 13-14, 15-17) are invited from all 33 London Boroughs along with 13 other teams from 10 English Counties and 3 Home Countries: Scotland, Wales and Northern Ireland.

Then the boys and girls and their Officials started to arrive some 20 minutes early and then it was a steady stream of boys and girls and their Officials until 9.15. We were one County short & three London Boroughs to come, the last one arrived at 9.40 and the Mini Marathon started at 9.45. We then had the job of making sure that the right boys were in the right pen. The boys races were first (6 races in all) and then it was the turn of the girls. All wanted to be on the front row and you tell them to walk from one pen to the next. Do they? No they all rushed so they could be in front, but the start line was at least 50 yards away. We got all the boys and girls out on time and it was then time to pack away all the gear and head for Shell House, next to Westminster Bridge for the next part of the duty which was being a member of the "Major Incident" team. This involves making sure that the runners are sent to a safe area. We were told if this happened we need to send the runners across Westminster Bridge to the County Hall Area and supply them with Space Blankets, Drinks and keep them Happy!

The team had passes so we could sit inside the barrier at 25½ miles (the corner where The Embankment & Bird Cage Walk meet). We saw the winning lady then the lead men, they were all looking fresh and looking to see if anybody was going to make a break. We then watched the runners making their way to the finish line and cheering on the runners from our clubs.

It was decided to open up a water station after about 2pm, so we got a full pallet of water, the worst job was taking off the bottle tops, after about 300 bottles my hands had no power left in them and were numb, so I helped give out the bottles to the runners. I had to leave at 4pm to catch the coach home and I got back home at 8pm.

I was exhausted; I think running the marathon is less tiring than helping at the event. But I got invited back next year, so I must have done something right!

Chris Potter

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NEWS ITEMS

Subject: Marathon de Paris 31eme Edition

Some New Forest Runners just could not wait for the London Marathon on Sunday and ran the Paris Marathon last Sunday instead. Mike Smith (3:34:12), Gail Walters (3:34:39), Neil Richardson (4:06:55), Mike Ryan (4:07:43) , Andie Smith (4:02:21), Hilary Walsgrove (4:35:02) and Olive Howlett (5:03:39) were amongst those club members who successfully negotiated the start down the Champs-Élysées. The high April temperatures made the going especially tough for the runners during the later stages of the race. The 28,261 competitors were cheered on by a crowd of 250,000 from the Bastille to the Seine banks and through the Boulogne Wood to the finish near the Arc de Triomphe.

Closer to home 12 men and 6 women competed for the club in the popular Totton 10K race. Henry Szwinto (55th in 36:54) and Steve Morton (61st in 37:07), putting the finishing touches to their London marathon training, were split by an excellent run from the rapidly improving Frank Handy (60th in 37:03). Oli Dodd followed in 37.34 for 68th position and 6th junior. Erica Fogg led the women home in 39:47 for 14th place with Linda Phimister 41st in 53:07 and Ann Pocock 50th in 54:44. Over 500 men and 200 women took part in.the event.

On Easter Monday vets Keith Mitchell and Roger Watson-Hall had good results in the Ryde Harriers "Three Hills Race" at Freshwater on the Isle of Wight. They both finished the 8-mile multi-terrain event in 63:49 for 45th and 46th places respectively in a field of nearly 100 runners.

100 CLUB – WE NEED YOU

May winners: £50 – Olive Howlett
£10 – Derrick and Rita Burgess

It is coming up to renewal time for the “100 Club” which puts funds into the Club for the benefit of all the members.

For those not aware, the 100 Club gives approximately half of all proceeds to NFR Club funds and the other part is given back to participating members in a quarterly draw for £50.00 and £10.00, which is drawn at a club meeting. Each participant is given a number chosen at random. These cost £12.00 each to cover the whole year. Club members may purchase as many of these as they wish.

Come on you New Guys and Gals, you have a better chance of winning this than the Lottery, give it a whirl.

Current members will receive a renewal letter shortly

Please fill out the form below, indicating how many numbers you would like and pass to Ve Stone, before the end of July.

.....
.....

NAME.....NUMBER OF UNITS.....TOTAL £.....

LONDON MARATHON

POSN	NAME	TIME	POSN	NAME	TIME
651	Steve Morton	2.56.41	16435	Frances Black	4.31.20
945	Michael McCabe	3.00.49	16719	Martin Eyre	4.32.42
1072	John Walsgrove	3.03.26	20414	Clare Shields	4.47.31
1268	Steve Wright	3.06.25	20564	Juliet Nicholas	4.48.10
1558	Sanjai Sharma	3.10.00	21500	Ve Stone	4.52.03
2474	Lionel Handy	3.19.52	24184	Rachel Clark	5.03.16
5017	Lee Etheridge	3.38.59	26742	Caroline Eaton	5.16.25
8697	Jeff Palmer	3.57.53	28125	Gary Sanford	5.24.07
10278	Dave Ellis	4.05.38	33211	Jaine Fry	6.08.42
15992	Karen Symonds	4.29.26			

PARIS MARATHON

POSN	NAME	TIME	POSN	NAME	POSN
4649	Mike Smith	3.34.12	12878	Mike Ryan	4.07.43
5028	Gail Walters	3.34.39	19034	Hilary Walsgrove	4.35.02
11615	Andie Smith	4.02.21	23544	Olive Howlett	5.03.39
12690	Neil Richardson	4.06.55			

BOURNEMOUTH BAY HALF MARATHON

POSN	NAME	TIME	POSN	NAME	TIME
19	Steve Morton	79.39	583	Tony Parkes	112.08
96	Lionel Handy	90.37	618	Jennifer Simmonds	112.21
134	Peter Collier	92.55	631	Jackie Jenkins	113.42
136	Gail Walters	93.05	832	Karen Symonds	120.48
229	Chris Paterson	97.53	859	Gary Sanford	123.26
236	Darren Price	97.44	883	Dolores Lamb	125.28
343	Neil Richardson	103.01	894	Lynn Kendall	126.28
351	Jeff Palmer	103.20	911	Olive Howlett	126.20
362	John Edwards	103.49	1018	Rosemary Bartlett	135.13
385	John Rice	104.26	1024	Jan Lawry	136.27
499	David Jenkins	109.06	1131	Trevor Roberts	158.10
517	John Middlemast	109.17	1139	Bruce Davidson	176.08
539	Andie Smith	110.04			

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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.

Would members please note that if they wish to resign from the Club they should do so in writing to the Membership Secretary.

Thanks very much.

Chris

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 29th July 2007.

NEW FOREST TEN CAKE STALL

As in previous years, we will be having a cake stall at this event this year. This is always very popular (I think a lot of runners depend on it for re-charging their energy levels) and this is because of the excellence of the produce on offer. So please keep up the good work and bring your cakes on the day of the race and take them over to the Cake Stall. Many thank for your efforts.

POOLE RUNNERS SUMMER TIME TRIAL 2007

Events are held at Upton House (accessible from the main Poole to Dorchester road) , on good two lap courses of 3.5 miles in total, start time 7.30pm (7.00pm for Juniors over a one mile course). Cost £2 for each race (£1 for juniors). These are good events regardless of your ability but particularly useful for beginners trying their hand at racing. Bruce Davidson assures us that there is no chance of you finishing last as he takes part in them.

Remaining events:

Friday 15 June

Friday 6 July

Friday 20 July

Friday 17 August

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!

Available all months of the year.

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

SOCIAL SCENE

DATES FOR YOUR DIARY!

Club Biathlon - Tuesday, 12th June

Get the cycles oiled and ready for action! If you only want to do one of the disciplines, teams of two can enter, one running and the other cycling. Entry forms are now available from Mike Bruce-Burgess at Club meetings.

10 Miles of Miles Relay - Thursday, 28th June

Eastleigh are hosting the event this year and, if we can get enough teams together to enter, we may be able to provide transport out to Eastleigh. Teams of ten including at least two females, each person having to run just one mile; the fastest team overall will be the winners. For something a bit more light-hearted - a 4 x 100 m. relay fun event is also being organised which requires teams of five including at least one female – includes egg & spoon, three-legged, balancing a bean bag on the head, and finally the sack race. Get your teams together for either event and pass names on to the Club Captain – Howard Doe – or any Committee member – please don't delay as we have to book the coach!

Poole Harbour Boat Trip & Fireworks – Friday, 27th July

Forms for this trip have already been circulated; if you intend to come along please let Sylvia Coupland (or any Committee member) have your booking form and cheque as soon as possible.

Closing Date : Saturday, 30th June.

Glastonbury Carnival – Saturday, 17th November

We are looking into the possibility of arranging a coach trip to the Glastonbury Carnival in November – please look out for further details a bit later in the year.

Dinner Dance – Friday, 25th January 2008

An advance booking for your diary – this time we are trying the Tyrrells Ford Country Inn – so make a note and look out for further information later in the year.

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THAT'S WHY YOUR RECOMMENDATIONS ARE OUR BUSINESS

Windermere Marathon – 20th May 2007

I had an entry form sent to me last November asking if any of our club members would like to take part in 2007 Windermere Marathon. I thought this will be a nice run to do, so I phoned Rosemary and ask her if she fancied running a marathon in the Lake District. Her reply was that it sounds nice, why not, so I took it as a yes and sent off the entry forms. A little later on I told Rosemary that I had sent off the entry forms and she then realised that I was not joking and had entered both of us for the Marathon, so we said we would start training after Christmas.

The training went well, we could have done longer runs, but we both were running and feeling great after the runs. It was then time to sort out where we were going to stay! I booked Rosemary into a Mobile Home Site & myself into a Backpackers place. May 20th soon came round, so I went up a couple of days before the race to pick up our numbers and have a good look round. Rosemary came up on the Friday and we drove around the course on Saturday. The course was a series of hills from the start until we reached the bottom of Lake Windermere at Newby Bridge. We then turned to head back to Windermere & Ambleside. The course did not look too bad, I reckon it would take us about 5½ hours.

I woke up Sunday Morning and there was blue sky, and it looked like it was going to be an ideal day for running the Marathon. I picked up Rosemary at 8.30 and drove to Bray Hall and parked the car. There were a lot of runners still getting their numbers, Rosemary & I were then told to make our way to the start line, this was at the bottom of the long drive (downhill) and onto the road, which was closed for 2 hours.

The gun went off at 10am and off we went, along the road and round the corner to the first hill, after about 2½ miles. Rosemary wanted a pit stop, it just happened to be outside a pub. Rosemary disappeared into the pub (I think it was for a quick ½, but Rosemary came out after a few minutes and said she felt better now! We reached Hawkshead in 34 mins, the road was now open to traffic and after a few more hills we reached the 5 mile point in 54 mins 29 secs (Ave 10:54).

After passing through Graythwaite we reached the 7 miles and a drink station (Water & Kendal Mint Cake) and a very long hill which we found quicker to walk than try and run up. We passed through Finsthwaite & Lakeside arriving at 10 miles in 1hour 53 mins. After crossing Newby Bridge and heading back to Windermere, we found there were long hills and both our legs were beginning to feel heavy. We passed the 15 mile mark in 2hrs 57mins, we could be finished is just over 5 hours!

After passing through Bowness & Windermere and passing the 20 mile in 4hrs 1mins, we starting to pass other runners which is always a good feeling. We were soon approaching Ambleside and only a couple of miles to go, but we still had the climb up the driveway to Bray Hall, not a nice finish after running 26 miles. We saw the finish line and made a sprint to the line, the clock read 5hrs 24mins & 40secs (finishing positions 869/870), there were 912 finishers (the first runner home time was 2hrs 47mins and the last runner finished in 6hrs 28 mins).

We both felt fine, no real aches or pains, we decided because a lot of cars were trying to leave Bray Hall, we would walk back to where Rosemary was staying (½ mile) and then I walked back to get the car. When I got back to Bray Hall, I just fancied a pint of local beer, BUT the beer tent had run out of beer! The Organisers don't know if they will hold it again in 2008.

Do you like a hilly marathon course? If so, this is the one to do.

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

Preparations are just about finished for the staging of this year's New Forest '10' upon Sunday, 8 July 2007. 655 entries have been received already, that's 50 up from this time last year so there is an expectation of another bumper entry this year.

My regular plea for people to help marshal and control the race on the day has already met with over 100 lovely people seeking out Ve Stone and Lisa Pavitt to put their names forward, so a big thank you to each and every one of you. We still need another 30 people so please can you seek out Ve, Lisa or one of the other NF10 committee members and volunteer your services.

In this age of digital communications you can now volunteer your services by e-mail (VanGogh@tesco.net). I know that many of you turn out every year without fail, but it is a big help to Ve and Lisa if you can let them know for certain beforehand.

Other dates for your diary include: -

Thursday, 14 June 2007:

The Marshall's run. This is the Thursday night club run and is around an 8.5 mile section of the New Forest '10' course.

Saturday, 7 July 2007:

9am: A morning of helping to assemble the course on the Saturday, generally guarantees a personal worst time over 10 miles in the evening, but acts as a perfectly acceptable excuse for a poor performance.

6pm: The Alternative '10' followed by the Paul Pocock "Biggest & Best" Barbeque. [Race entry forms available in this edition of the Runner's Rag].

If you do not fancy the Alternative '10' run, then please come and help marshal the event. It's your opportunity to save the directionally challenged, encourage the weary and generally enjoy the suffering of your fellow club members. All that, followed by a BBQ – Saturday nights will never be the same again! Please come and be a part of this by giving your name to Mike Ryan. If even marshalling the alternative '10' is too strenuous then please come along to the BBQ – a special entry form for underachievers has been included below.

For new runners to the club (especially those who have just had their entry forms returned), club members are not allowed to compete in the New Forest '10' as it requires so many people upon the day to marshal and control the race that it is expected that you will be one of them (Contact Ve now!). The Alternative '10', the day before, is run and timed over exactly the same course, you get the same horse brass, entry to Paul's "biggest and best" BBQ and it only costs £2.50 – Bargain! This is also a great opportunity to meet other club members at their sweaty and drunken worst.

As usual the cake stall will be calling upon your culinary skills to rustle up a range of baked confectionary for the day, so please get practicing your best recipes.

In the meantime if anyone has any queries concerning the race then please give me a call on 01425 278632 or email Mike.Smith@mikand.co.uk

Regards

Mike Smith
New Forest '10' Race Director.

Alternative '10'

Saturday, 7th July 2007 at 6pm

All finishers will receive a horse brass (eventually) and the extremely reasonable £2.50 entry fee includes admission to Paul's "Biggest & Best" BBQ (Al fresco dining will never be the same again!).

Please send your completed entry form and £2.50 entry fee to: -

Tony Taylor, 17 Burnside, Highcliffe, Dorset, BH23 4QZ

(Cheques payable to NF'10') (Closing date, Tuesday, 26th June 2006)

Alternative '10' Entry Form

First Name Surname

Male/Female Age on Race

Dietary requirements for Barbecue: Carnivore / Vegetarian (Please indicate)

And one for a friend (should you have any) or in case you spell your name wrong upon the first one.

Alternative '10' Entry Form

First Name Surname

Male/Female Age on Race

Dietary requirements for Barbecue: Carnivore / Vegetarian (Please indicate)

And just in case you'd rather just come to Paul's "Biggest & Best" BBQ, but cannot be bothered to run 10 miles beforehand.

Alternative to running 10 miles - BBQ Entry Form

Names	Dietary requirements for Barbecue
.....	Carnivore / Vegetarian (Please indicate)
.....	Carnivore / Vegetarian (Please indicate)
.....	Carnivore / Vegetarian (Please indicate)
.....	Carnivore / Vegetarian (Please indicate)

It's still £2.50 each, but much less strenuous than running beforehand.

TRAINING SCHEDULE

JUNE 2007			
WED'SDAY	6 th	RR10 – Itchen Valley Country Park – START 7.30pm	
THURSDAY	7 th	Fawcetts Field	Cliff Top run to Highcliffe Castle
SUNDAY	10 th	Wilverley	Long, medium or short
TUESDAY	12 th	Wilverley	BIATHLON
THURSDAY	14 th	MARSHALS RUN –MEET OBER CORNER 7.00pm	
SUNDAY	17 th	Wilverley	Long, medium or short
TUESDAY	19 th	Wilverley	Whitemoor Plain, Puttles Bridge, Holm Hill
WED'SDAY	20 th	RR10 – Cadland Estate, Hardley – START 7.30pm	
THURSDAY	21 st	Fawcetts Field	Out and back, Hordle Cliff
SUNDAY	24 th	Wilverley	Long, medium or short
TUESDAY	26 th	Wilverley	Old Railway Line, Caters Cottage, back along Longslade
THURSDAY	28 th	Eastleigh	10 MILES OF MILES RELAY
JULY 2007			
SUNDAY	1 st	Wilverley	Long, medium or short
TUESDAY	3 rd	Wilverley	Whitemoor Plain, Puttles Bridge, Holm Hill
WED'SDAY	4 th	RR10 – Manor Farm Country Park – START 7.30pm	
THURSDAY	5 th	Fawcetts Field	Our and back, Highcliffe Castle
SATURDAY	7 th	ALTERNATIVE 10 – 6.00pm START	
SUNDAY	8 th	NEW FOREST 10 – MARSHALS NEEDED	
TUESDAY	10 th	Wilverley	Markway, Underpass, Clay Hill, back along old road/Wilverley
THURSDAY	12 th	Fawcetts Field	INTERVALS (MBB, JH, PB or AB)
SUNDAY	15 th	Wilverley	Long, medium or short
TUESDAY	17 th	Wilverley	Ladies Cross Country Course
WED'SDAY	18 th	RR10 – JANES POND, STONEY CROSS - 7.30pm START	
THURSDAY	19 th	Fawcetts Field	Out and back, Hordle Cliff
SUNDAY	22 nd	Wilverley	Long, medium or short
TUESDAY	24 th	Wilverley	Whitemoor Plain, Puttles Bridge, Holm Hill
THURSDAY	26 th	Fawcetts Field	INTERVALS (MBB, TT, AB or PB)
SUNDAY	29 th	Wilverley	Long, medium or short
TUESDAY	31 st	Wilverley	Old Railway Line, Caters Cottage, back along Longslade
AUGUST 2007			
WED'SDAY	1 st	RR10 – Stoke Park Wood, Bishopstoke – START 7.30pm	
THURSDAY	2 nd	Fawcetts Field	Out and back, Highcliffe Castle
SUNDAY	5 th	Wilverley	Long, medium or short
TUESDAY	7 th	Wilverley	INTERVAL or HILLS (MBB, ME, AB)
THURSDAY	9 th	Fawcetts Field	Out and back, Hordle Cliff
SUNDAY	12 th	Wilverley	Long, medium or short
TUESDAY	14 th	Wilverley	Markway, Underpass, Clay Hill, back along old road/Wilverley
WED'SDAY	15 th	RR10 – Hursley IBM – START 7.15pm	

Tuesdays at Wilverley and Thursdays at 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

Venue for Miles of Miles Relay: Crestwood School, Shakespeare Road, Eastleigh.

Directions: from the west: Leave M27 at junction 5, turn left at traffic lights into Stoneham lane. At mini roundabout turn right and then left at the next mini roundabout into Passfield Avenue. After passing Fleming Park leisure Centre go straight across at the traffic Lights into Woodside Avenue. Go straight at the next roundabout and then take 1st right into Shakespeare Road. Crestwood School is approx. 200 meters on the left.

FORTHCOMING EVENTS

JUNE 2007	
SUNDAY 10 th	Braishfield Beer Race / Poole Race for Life 5k
SATURDAY 16 th	Salomon South Downs Marathon
SUNDAY 24 th	Bournemouth Race for Life 5k / Lordshill 10k (10.30am)
THURSDAY 28 th	Ten Miles of Miles Relay (Eastleigh)
JULY 2007	
SUNDAY 1 st	Sway Carnival 5 (10.30am)
SATURDAY 7 th	ALTERNATIVE TEN (6.00pm)
SUNDAY 8 th	NEW FOREST TEN
SATURDAY 21 st	Mugs Game 5 (Eastleigh) (6.00pm)
SATURDAY 28 th	Swanage Half Marathon (11.00am)
AUGUST 2007	
SUNDAY 5 th	Sturminster Newton ½ Marathon (10.30am)
SUNDAY 12 th	Salisbury 5-4-3-2-1 Trail Marathon (9.30am)
SUNDAY 19 th	Everton 10k (10.30am) / Isle of Wight ½ Marathon (11.00am)
SEPTEMBER 2007	
SUNDAY 2 nd	The Beast (10.30am)
SUNDAY 9 th	Dorset Demon 16 (Swanage) (9.30am)
SUNDAY 16 th	NEW FOREST MARATHON AND HALF MARATHON
SUNDAY 23 rd	Littledown 5 (10.30am) / Dodgers Dash (8m) (Poole) (11.00am)
SUNDAY 30 th	Great Clarendon Marathon and Half (Salisbury) (10.30am and 12.00pm)
OCTOBER 2007	
SUNDAY 7 th	Hoburne 5 / Cancer Research UK Beaulieu 10k (10.00am)
SUNDAY 21 st	Milford and Keyhaven 5 (10.30am)
SUNDAY 28 th	The Great South (10.0am) / The Stickler (10.30am) / Salisbury ½ Marathon (11.00am) Fordingbridge Fire Station 10 (11.00am)
NOVEMBER 2007	
SUNDAY 4 th	AECC Dash Back 10k (Bournemouth) (11.00am)
SUNDAY 18 th	Wimborne 10 (10.30am)
SUNDAY 25 th	Boscombe 10k (11.00am) / Downton ½ Marathon (10.00am)
DECEMBER 2007	
SUNDAY 2 nd	Victory 5 (1.30pm)
SUNDAY 9 th	Christmas 10k (11.00am)

Plumbing & Heating Engineers

Central Heating installed and repaired.
Bathrooms & showers supplied and installed. Plumbing services. Gas boilers serviced.

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