

# NEW FOREST RUNNERS RAG



***OCTOBER 2007 / NOVEMBER 2007***

Hello Members,

I hope you all have had a good summer and enjoyed your holidays and running. Unfortunately, our Tuesday evenings at Wilverley are finished until April so it is back to the streets again. I am sure the coaches will come up with some interesting sessions to stop us from getting bored. Please remember to wear light of reflective clothing whilst running at night. Our risk assessment states that we do so. We do not want any accidents.

The RR10 Series was well supported this year. Thanks to you all for that. Thanks to the organisers of the Everton 10k for another good event. It was well supported by the Club. Well done the ladies team for competing in the Test Valley Relay Race. I believe they all enjoyed the day. I hope the men can get a team for next year.

The New Forest Marathon is over for another year. Congratulations to all who took part. Some very good times were achieved with many of you getting PBs. Thanks to all the members who helped at the finish. It was much appreciated. The chip timing was successful and reduced the workload at the finish. Starting the Marathon before the Half was not a good idea. The Marathon front runners got mixed up with the tail enders of the Half. The lead car was unable to get through and had to abandon the leader of the full marathon for a while. I believe the organisers will revert to the previous running order next year. The early start was better as we were all packed up earlier. The increased traffic on Sundays is causing many problems for race organisers generally and the NFM was no exception. There were a few nasty incidents with cars during the event. Motorists seem to have little tolerance of other users and at times were very rude and abusive to marshals and helpers.

Looking ahead for the next few months there are many and varied events for you to take part in. Henry and his team have been very pro-active in getting together a good programme. Please support as many events as possible. The Boscombe 5k Series starts on October 5<sup>th</sup> and is a very good event for speed training or for those who do not want to do longer runs. The Hardley Half Marathon on October 7<sup>th</sup> is the Club Championship event so I hope to see all you long distance runners there. There are two other shorter distances on the same day at Highcliffe and Beaulieu. Something for everyone.

The Hampshire Cross Country Series begins on October 13<sup>th</sup> at Farley Mount so please can we get a ladies team this year. All upcoming events are publicised elsewhere in this Rag so I will not say too much more about them. I would urge you to support the Children In Need Appeal/Wilverley Challenge and you can relax the following weekend at the Glastonbury Carnival. Whichever events you do, I hope you enjoy them and it all helps to raise the Club's profile.

It is good to see so many of this year's novice group running with the Club. I hope you are being looked after and not left to your own devices. We would appreciate any feedback from you as to how you feel we look after you. Don't be afraid to tell us the truth as it may help us to improve how we do things. We would like all members to tell us how they feel about the way the Club is organised and any suggestions they may have to improve things if necessary. We would also like to hear about any events you feel we should support, either social or competitive.

That's nearly all from me this time for my penultimate editorial. I did say last time that I would try the Medoc Marathon again. Well I did so a few weeks ago but I am still not convinced that red wine is better than Guinness. I guess I will have to keep trying. Be safe, enjoy your running and I hope to see you at the Club.

Regards, Mike

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## **Vive la France!** by Alec Osborn

*I want to go on holiday, she said. Where to? Let's go to France. OK, when? Oh, I don't know... Have you booked the ferry yet then? Didn't I tell you Sunday 15<sup>th</sup> July? Why then? Because there's a race on, so we shall have to go on the Thursday before. What's this race? A 15k trail run at Serent, near Vannes in Brittany.*

I'll book the ferry, and we'll come back the following week.

*No, there's another race the next Sunday. What am I letting myself in for – what's this one?*

*It's a 20k road race round the cliffs of 'Granite Rose' in north Brittany – and it's hilly.*

Are you sure there isn't a mid-week race as well? I'm glad she couldn't find one.

How do you find and enter French races? First we look on [www.jogging-international.net](http://www.jogging-international.net) and choose an event.

Second, email the organisers, and fingers crossed, they understand and reply in English. We explained that because it's difficult for us to send Euro payments, would they register our entry, and we would pay on arrival. 'Yes' was the reply from Serent, complete with a map and details.

Off we went on Brittany Ferries to Cherbourg. While England was sinking under torrential rain, we were driving in temperatures rather too hot for running. According to the Serentais information, the race start was by the campsite. It couldn't have been closer, 100 metres, up some steps, and there was the stadium. The morning of the race – had our email really worked? Yes, we were handed our numbers and T-shirts, and even an English-speaker was found to brief us – we were the only UK runners.

The race started, oddly, with marine flares held on the start-line – when they burned out we were on our way. Straight through the town, down to a timber yard, then the fun started. Mostly single-track, through dense woods, up and down, twisting and turning, a real Gordian-knot. At one point I found myself on a 40-foot cliff over a water-filled quarry – down the side and then up again. Then a long hill up, and out on the road 2k from the finish. Hooray, all downhill. You've got it – there was a sting in the tail – back into the village from a different direction – an uphill finish. Collapse in the heat on the football field. Rosemarie comes back from reading the results: *Guess what? What? We're both second in our age-group.* We were happy, until the presentations, when the compere handed the microphone to Rosemarie and she had to make a speech in French. I don't know what she said, neither does she, but she created a laugh and applause. I chickened out when it was my turn, said I couldn't speak French.

A days rest, then a sight-seeing tour northwards towards our next race. This time we'd had no reply to our email, so (brainwave) we called into a tourist information office and the helpful assistant phoned the race organiser for us. In minutes we had all the details we needed, including directions to the Sports centre at Lannion where there was an office taking race entries. Off we headed, and 10 euros each later we had our race numbers and were booked on to the coach to take us to the start (as it was a 'point-to-point' run, from Perros-Guirec to Trebeurden)

Our campsite in Trebeurden was very scenic, on a steep hill overlooking the sea. With 4 days to go before the race, we decided to walk some of the course. It was stunning, little sandy bays, harbours, big granite boulders and hills.

Up early on race morning, to find a parking spot near the finish. Yet another hot day, even more so sitting in the coach to the start. The race route was already closed to traffic, so we had to take a devious route and didn't see where we would be running – I think it was maybe just as well. A long wait on the seafront for the start, keeping out of the sun, and looking apprehensively at the large hill behind us.

I didn't hear the start gun (it was somewhat crowded) but we were away straight up the hill for 2k. It seemed never-ending, but then it was back down again to sea-level. It continued undulating along the corniche road, with diversions into each bay along sandy tracks; very enjoyable running. Finally, a long section on the road, with a second very long uphill struggle. I knew this was the last hill into Trebeurden, and didn't dare stop and walk, with so many spectators cheering us on. At last, the steep downhill to the finish on the sea-front. A picturesque but very hard race that's well worth doing.

When I got back from changing, Rosemarie said she had got 1<sup>st</sup> this time. 10 minutes later, my results came up – I had 1<sup>st</sup> too. The organisers realised this was unique for them - a husband and wife from UK both in the prizes – so they arranged the presentation to us both together. We were again both expected to speak in French – but it was easier this time as the compere also spoke a little English. I was also congratulated as the oldest runner – 'le doyen de la course'. Again we were the only runners from UK.

In contrast to the big international marathons, this is the real running in France for us, meeting friendly people in small town races, who enjoy running as much as we do.

The website [www.jogging-international.net](http://www.jogging-international.net) is similar to Runners World events listing, but gives the whole year (although it's in French, the 'calendrier' is fairly obvious). You should be 'au fait' with the name of the area you wish to run in. Remember you need a medical certificate, and take photocopies, as some events like to keep a copy with your entry. Another website for Brittany running: [www.yanoo.net](http://www.yanoo.net) was recommended by a Brit living in France. Again, it's all in French, as you might expect.

# The TEMPO run and the FARTLEK.

We recently have listed the **TEMPO RUN** in the training schedule and for some it needs a little explanation. Soon we will also include the **FARTLEK**.

The tempo run has been shown to be **one of the most valuable sessions that any runner can do**. Many top Kenyans use tempo runs and they are thought to be more important than speed work for the longer race distances. **But what are they?** Essentially they start with a slower warm up followed by at least 20 minutes at a challenging but sustained pace followed by a slower cool down. The pace should be one where you can keep it going but you wouldn't mind stopping if your shoe lace came undone!!

If you are new to tempo runs and need to build up, then start by breaking it up into smaller sections of maybe 4 or 5 efforts of about 3 minutes. Then as you reap the gains of your efforts you can change that to 5 x 4 minutes or 3 x 6 minutes until you feel able to sustain the effort for about 20 minutes. If you are marathon training then these sustained efforts will get progressively longer.

**Why do they work?** They work because it teaches your body to use oxygen more efficiently and to produce less acidic by products which leads to muscle fatigue. i.e. they improve your Lactate Threshold. I also think it trains the mind and helps you feel that you can run this fast!

How can we use them in the club runs? Although listed as a tempo run **please make sure that you do what is appropriate for you**. The club run will always be on a designated route for the evening. So if you are tired from a race or hard training session or have just had a bad cold then for goodness sake use the same route as a recovery run and no more. Get together with people about your pace (we tend to do that anyway) then knowing the route decide which bits you are going to do as the faster bits. **Choose sections you know to be relatively obstacle free**. This can all be sorted in the early warm up phase of the run and at this point it might be appropriate to make sure who is leading the group. During the build up to longer races you can easily tag on extra loops at the end of the club run to increase the mileage (but let the people behind you know as we are all guilty of following like sheep!). Just be aware that there may be a bit of overtaking required so **a few verbal warnings might be needed**. Make sure you regroup with your buddies in between efforts, **remember the slower warm down and stretch when you get back!**

The definition of FARTLEK is literally SPEEDPLAY. Again make sure the first part of the run is your early warm up phase. Then you can pick your speed up for a variety of distances to a variety of different paces. The whole thing is informal and in groups you can nominate a distant tree or gate and 10K or 5K pace or whatever suits you. You can even quickly set up small handicap races or a race to the top of a hill. Each time you slow you regroup. The whole point if done properly is that you do a quality session which proves to be a bit of fun so it doesn't seem so hard.

I like the tempo run and fartlek because it is more adjustable to your current state of well being than an interval or hill session and mentally it is easier to cope with after a hard days work. As a listed club session it provides more flexibility as individuals could easily change the session to suit their needs by joining different paced groups or simply using the route as a recovery run.

There is a good write up on tempo runs on page 57 of October's "Runner's World" if you want to read more and this gives more specific advice for different race distances and pace judgment.

## **Training Tip.**

Add a short quicker bit to your recovery runs.

"Peak Performance" reported a study that compared 2 groups of runners. Each group did a 10k time trial then for 3 months one group continued with no change whilst the other group **raised the pace for about 1km about 2km from the end of their recovery runs**. This group was found to improve their 10k times compared to the control group and more importantly didn't increase the rate of injury or illness. The raised pace should be about the same as the tempo run pace we have talked about above.

I've tried this and generally I have found a short quicker bit is easy to cope with mentally and in fact makes the whole run seem more worthwhile. It also makes you feel good about yourself because you know it is only tiredness that is slowing you up. Another strange thing, **it seems to give you permission to run slowly on recovery runs even though your mission is to get faster!** I have been on a recovery run where I couldn't even raise the pace for a short distance. In this situation I went home and rested for a couple of days which is what I really needed. So I guess my word of caution is "Always listen to your body. You are in the best position to recognize when you **can** pick it up or when you **need to rest**".

Henry Szwinto, Club Captain

## COURSE DES TERRILS – September 28<sup>th</sup> 2008

At the end of September each year, in the town of Raismes, near Valenciennes, in the Region Nord Pas de Calais, a number of races take place in an area that was once famous for its coal mines and slagheaps. Today the whole area, including the slagheaps, has been grassed over and it is now a picturesque forest and parkland, in a beautiful natural setting beside "le Chateau de la Princesse".

At the end of each September races, aptly called the Course des Terrils, are held in the Parc, with distances of 3km; 8km; 14km; and 23km, in other words something for everyone. We are looking to take a coach consisting of runners and their supporters to the area for a long weekend, which we know will be a good one.

We will depart on Friday 26<sup>th</sup> September, with perhaps a day visit to Gent or Bruges on the Saturday, the race on Sunday 28<sup>th</sup> September and then maybe a visit to Valenciennes afterwards; and returning home on Monday 29<sup>th</sup> September.

Please pencil the dates in your diary for 2008. If you are interested and would like to be put on the 'reserve list' please contact me on 01425 272044 or want to find out more, please talk to Ann and Andrew Blackburn, Olive and John Howlett, Rhona and Ron Goodwin, Marian and Mike Oates and/or Peter and myself.

More information in the next Runners Rag!!

Sylvia Coupland.

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## NEWS AND COMMENTS

**WELCOME:** to the following new members: Susan Collins, Sheri Gadd, Darren Glazier, Margaret Hewlett, Sophie Latham, Luanne Martin, Natalie Oates, Sangeeta Sharma, Lynn Stevenson, Mikki Thorn, Julia Vincent, Barbara Walton, Jo Ward, Cary Wicks, Rachel Williams and Jennifer Wood. We hope you will all be very happy running with us.

**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](http://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](http://www.runningtree.co.uk).

**SALE:** Our friends from the late Grove Sports will be coming to Fawcetts Field on Tuesday 16<sup>th</sup> October with trainers, walking boots and clothing, all at sale prices.

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](mailto:rag@newforestrunners.co.uk)). The closing date for the next edition will be 25<sup>th</sup> November 2007.

### **GLASTONBURY CARNIVAL – 17<sup>TH</sup> NOVEMBER 2007**

We still have some places left on the coach for Glastonbury Carnival – please book soon if you can come, cheques will not be cashed until end of October. See last Runners Rag for form or pick one up at Fawcetts Field on a Thursday evening. For all enquiries please phone me on 01425 272044. I can promise you that it will be a great evening.  
Sylvia Coupland.

### **CHRISTMAS DINNER WALK**

Once again and back by popular demand is the Christmas Dinner Walk!

This year it will be held on Sunday December 2<sup>nd</sup>, commencing Brockenhurst Railway Station 10:00am. The morning walk will be approx 6/7 miles to Acres Down Farm, Minstead where a full Christmas Dinner will be served (a vegetarian option is available & I understand was quite delicious last year!) Bring your own wine/beer/fruit juice etc, the cost is approx £14.00 per head. The return walk is more direct 4/5 miles (bring a torch as it may be a bit dim on the return walk!)

If interested contact Gail or Iain 01590 682423 – beware places are limited – get your names in quick!

## **Greta's get-away**

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## SOCIAL SCENE

### DATES FOR YOUR DIARY!

#### **Children in Need Appeal**

We are organising a Wilverley Challenge this year to support the BBC Children in Need Appeal. It will be taking place on **Sunday, 11<sup>th</sup> November 2007** in Wilverley Inclosure – please support us and help make this one of our best efforts! An entry form is enclosed with this Runners Rag and sets out all you need to know about this fun event!

#### **Glastonbury Carnival – Saturday, 17<sup>th</sup> November**

You already have a booking form for this outing so please get your names on the list as soon as possible. November will be here before you can blink an eyelid!

#### **Dinner Dance – Friday, 25<sup>th</sup> January 2008**

The Tyrrells Ford Country Inn has been booked, and there will be dancing afterwards to a 'live' Band – please help us make this another successful Dinner Dance – we can't do it without you! Further details will be in a later Runners Rag.

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We are looking into organising a link with Alexandra Sports in Portsmouth for an Online Discount Scheme which would mean that you could purchase shoes or clothing on line and still get the NFR Club Discount. However this has yet to be set up so keep a lookout for further information in due course.

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**Please Note** : we have been advised by the Forestry Commission that a large Sled Dog Event is being held over the weekend of the 16<sup>th</sup> and 17<sup>th</sup> November 2007. Therefore **there will be no meeting of the New Forest Runners at Wilverley Plain or Inclosure on the 17<sup>th</sup> November.** An alternative venue is being arranged, possibly a pub run, and this will be noted in the Training Schedule at the back of this Runners Rag.

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# Everyone's a WINNER!!

## Why do we enter races?

Well racing is all about winning isn't it! **Is it? Is it really??**

In a race of 1000 runners in theory there is only one winner and 999 losers. Even the winner only won because nobody better turned up. I felt this when I won for the only time in my life and to illustrate my point: **AYELE SETENG** of Israel competed in this years Marathon at the World Championships in Osaka. **He is 52 years old and came 17<sup>th</sup> in 2 hours 22 minutes and 26 seconds** in 32 degree heat and high humidity. I wouldn't stand a chance in the Vet 50 category if he were to run the New Forest Marathon but my goodness I would welcome him with open arms and his would be the first hand I would shake when I cross the line, that is, if he hasn't already had his shower and gone home by the time I finish. **MY VISION** of a true winner is **KENENISA BEKELE**. My understanding is that **he has only ever run eight 10,000 metre races before and won them all including 3 World Championships and one Olympic Gold Medal**. Hang on a second though his younger brother, **TARIKU**, was there in the 5,000 metres (currently lying second in the World Rankings to his older brother) and **they say he is quicker for his age!.**

**So are we all losers then?** I don't think that is true either!

We need to work out **WHO we are racing against**. I know runners that would rather go to poor races and win with poor times but I would rather go to a race where I get beaten soundly by both elites and my age group and come out with a PB. Some people say they like to race their club rivals creating a race within a race. Yes we all do that but (even though I would have preferred to have out sprinted him) I didn't mind getting beaten by Oli Dodd at the Romsey 5ml this year because by using each other we both did PBs. Mine was an improvement by about 20 seconds and headed the National V45 Rankings (for about a week) so I was delighted.

**So I think the answer is we are probably racing against ourselves.** We go home happy if we know we did our best on the day and we go home a little dissatisfied if we think we could do better. We measure our success in different ways. For some it is time, for others it is position and in some circumstances it's because we beat that cocky sod from another club.

**That is why**, for those of you who haven't done them, the **Winter Cross Country Leagues and the RR10s are such good races to do**. As a club we have a team scoring element where we want to do well but even if you don't place highly in the field **think about what is in it for you**. They are certainly a **sharp bit of quality running** that can be integrated with anybody's training program but at the same time they are **informal with no entry fees or forms**. They are **full of mini competitions** in the forms of overall standings (elites and vets for men and women), racing against your club colleagues or racing against people from other clubs (you will certainly recognize them after a race or two).

There is another reason why we do these races. **After doing a few you feel part of a team. We do the races because our friends do them and we don't want to let our friends down.** (The first friend that I didn't want to let down when I started doing the RR10s for New Forest actually ran for another club!) Strange really, even the runners from other clubs that we were sprinting against in a life or death struggle in the finishing straight become our friends as well.

If you haven't done one of these races before or haven't done one for a couple of years **you should try one**. Then when you go home muddy and cursing me (because I know you will) say to yourself **"I will do 2 more and then decide what is in it for me"**. All the races are listed in the Rag. There is no problem picking up the phone and organizing lifts and maybe we can all go for a beer or two after!

**I intend to offer a prize!!** Anybody who did 2 or less Hampshire Cross Country League events last winter can qualify. The prize is a pair of **Salomon XA Pro 3D Trail Shoes worth £75.00**. (Thank you Rhys and thank you Salomon.) **The prize will go to the person that does the most Cross Country League Events this winter season with a minimum of 3**. In the event of a tie we will draw the name out of a hat so that **even the slowest has an equal chance with the fastest**. We will do a similar prize for the RR10 league next summer.

Be proud to wear the New Forest Runners vest!

Henry Szwinto  
Club Captain

# Suggestions Feedback.

Dear All, I promised I would give you feedback on the suggestions that were sent in. **First of all. Thank you very much to those of you that sent them to me.**

1. As a club we are generally seen as friendly and helpful. (I ought to point out that of course we had no feedback from those new runners or novices that have not continued membership.) However we could improve on providing more information and guidance/advice for appropriate training groups etc. as well as general information for the club.

**Solutions:** buddy/mentor system for new members, better use of the website/Rag, Club Membership booklet.

2. Derek needs more help with the juniors and the clubs best runners need to get involved too.

**Solutions:** We will get more members and especially the better runners involved (also some "extra specials"), sign up rota in the club so that it is easier to commit to doing your bit. (One note from me. We all are involved in sport because of the good grace and efforts of volunteer adults, who probably weren't our parents, when we were kids. Let's not forget that **it is our duty to help youngsters** even if they are not our own. **That is how we repay that debt!!!**)

3. There seems to be a desire for greater detail or specificity to the training program. Also proper warm ups and warm downs.

**Solutions:** As the person responsible for setting the training program can I say that there are so many different standards and races people have targeted that this is likely to be an **evolving situation** with a well publicized core training schedule with flexibility and additional resources to be drawn from. E.g. Specific distance coaches in the club (10K coach, Marathon coach etc.), training tips in the Rag (The first is in this Rag), warm up/stretching education and reintroduction of proper warm ups before quality sessions, communication system for coordinating specific training say in the build up to the London Marathon (training in small groups is easier than training alone.).

4. More handicap races and other venues.

**Solutions:** Reintroduction of occasional PUB runs, handicap races and other race formats where the winner isn't necessarily the fastest. (We are planning 2 pub runs for dates when there is a round up and when there is Sled Dog racing at Wilverley and the handicap race is in October.)

I am pleased to say that many of the possible changes are currently being considered by the committee and this feedback we have been given will give us the confidence to move ahead with the good ideas.

**Finally one suggestion from me** based on the regrettably **low number of responses** I had. **PLEASE START THINKING ABOUT HOW YOU CAN HELP YOUR CLUB!!**. Why didn't you send me your thoughts? Are you totally happy with the club? Do you think that we won't listen? If you are not a racer, did you think you don't count? **As Club Captain I asked you to send your responses straight away or you would forget.** Did you forget? Did you think your comments weren't important enough? I didn't ask for much and I will never stand in front of you and plead with you. In fact **I CHALLENGE you to MAKE A DIFFERENCE.** New Forest

Runners is **YOUR club**. New Forest Running club is **THERE FOR YOU** whether you want to be world champion or just meet with a few friends for an easy run and chat. We can't give you everything you want without your contribution. As Club Captain I and the Committee are your servants and we intend to deliver the running training and events that you want but **don't take without ever giving back! You need to FEED US WITH YOUR ENERGY AND ENTHUSIASM to keep OUR energy and enthusiasm healthy.**

Henry Szwinto, Club Captain

## Never say “yes” without thought

I expected to find companionship amongst runners but not the overwhelming degree of warmth and friendship that I have found at New Forest Runners Club (NFRC). Talking to a friend last September (2006) I told her that I was no longer feeling motivated to do my 1 mile maintenance run every day. Her response was “Lets run the New York Marathon” Yes I said, without thinking, I could raise funds for the Friends Meeting House and Voluntary Service Overseas (VSO).

I was running over 4 miles by November, when I went on line to find a local club to run with. I found the email address for NFRC and wrote to the secretary. A long chatty and newsy reply came back, with an invitation to visit the club at Fawcett Fields. I went to Wales and fattened up over Christmas, then visited the club in January. I was a little late for the Tuesday evening session, but the nice man with the dog, asked a very slim young woman to look after me. I ran the first official intervals of my life round Fawcett Fields. She was friendly and encouraging.

Arriving in good time on the following week, she allocated me to the appropriate group. Running became an experience of friendly patter and breathless running (on my part) around New Milton. In the Spring I discovered the Mudlarks lurking in the Forest. I ran with the slowest group and was soon promoted to the group above. The Spring saw me fit for the Bournemouth Bay Run 10K, my first race since childhood. I was pleased to run it in 1hour 9 minutes but Spring was also a time of strife and grief with the death of my mother. The Mudlarks took me under their wings and made me feel able to carry on running. After the funeral and 2 months away from structured training, I struggled through the Swanage half marathon in 2 hours 45 minutes. John said that I finished with an ear to ear grin. I had been unable to train in May and most of June when I was with, or burying my mother in Jamaica. In May I also learnt that I had not got a place in the New York Marathon but decided to run another instead. There were places in the Venice Marathon however, on 28 October 2007. The obstacle course has continued through the last few months with the usual family demands, work and illness but I continue to train with the unswerving support of the larks in the Forest.

## Please sponsor me

Friends Meeting House Bournemouth is a charitable building that serves the local community. It is a place of worship for Quakers and is let 6 days per week to community groups such as people with disabilities, people trying to give up dangerous addictive habits, University of the Third Age (U3A) and many others. It has a beautiful garden, once described as “an oasis of peace in the middle of Boscombe”. Its flat roof is over 40 years old and has been maintained but will need to be replaced in the future. Members of the meeting manage the building voluntarily and contribute to the upkeep and maintenance. A live in warden and assistant are employed who welcome users and take care of the property. Every penny that is earned from lettings is used for the upkeep of the building and as subsidy for groups that are less able to pay. Some of these groups help their members to kick antisocial habits and it is clearly in society’s best interest to support them. VSO sends visitors overseas to some of the poorest countries in the world to help and to teach others to help themselves.

I am grateful to NFRC for the training, advice, tips and encouragement. Connie Hazell of 141 Stewart Road, Bournemouth, BH8 8PB. Tel. 01202 5588678, has kindly offered to act as agent and Euranis also has some forms at 5 West Close, Branders Lane, Bournemouth, BH6 4LN. Email [euranis.neile@virgin.net](mailto:euranis.neile@virgin.net) Tel. 01202 434498. My husband John Dodwell and I will be taking forms to the club over the next few weeks. Will you please sponsor me?

Euranis Neile

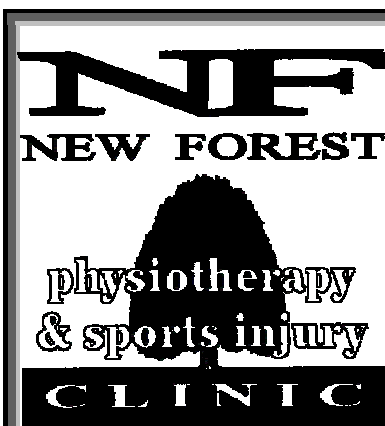
## EVERTON 10K

POSN	NAME	TIME	POSN	NAME	TIME
2	Gareth Beech	34.35	167	Linda Phimister	53.02
6	Henry Szwinto	35.46	171	Maureen Doolan	53.38
11	Steve Morton	37.09	180	Andy Bradford	54.45
15	Francis Handy	37.30	190	Alan Benjafield	55.27
17	Nick Raines	37.47	193	John Welsh	55.35
34	Pete Wilson	40.10	194	Heather Noble	55.38
53	Kevyn Doolan	42.30	201	Charmaine Bradford	56.26
54	Valeria Sesto	42.42	202	Olive Howlett	56.31
56	Phil Handy	42.50	205	Kevin Dodd	57.18
61	Darren Price	43.11	208	Kirsty Shearer	58.36
72	Keith Mitchell	43.50	215	Lindsay Shearer	59.24
75	John Hunt	44.23	221	Wendy Simmons	60.50
78	Paul Pocock	44.46	225	Katherine O'Callaghan	61.52
79	Lee Etheridge	44.47	237	Trevor Roberts	65.32
85	Chris Paterson	45.12	240	Lynn Stevenson	65.46
92	Geoff Simmons	45.41	242	Jaine Fry	66.08
96	Neil Cotterell	46.10	243	Margaret Hewlett	66.14
98	Jeff Palmer	46.20	244	Pauline Breeze	66.43
118	Jennifer Simmonds	47.48	245	Katheryn Lewis	66.45
126	David Fairbairn	48.30	250	Natalie Oates	68.56
140	Martin Eyre	49.33	251	Wendy Shemmell	69.32
141	Andy Phimister	49.34	252	Marian Oates	69.48
153	David Broom	51.20	255	John Howlett	72.19
162	Clive Nightingale	52.28	258	Susan Collins	73.47
165	Gillian Turcan	52.40	259	Rachel Williams	74.08
166	Lynda Wheeler	52.56			

### **BOSCOMBE WINTER 5K SERIES**

(Registration 6.45pm, START: 7.30PM – Note new time)

1st	Friday 5th October 2007
2nd	Friday 2nd November 2007
3rd	Friday 14th December 2007
4th	Friday 4th January 2008
5th	Friday 8th February 2008
6th	Friday 7th March 2008



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## NEWS REPORTS

### New Forest Runners Runners-Up

The New Forest Runners men's team have finished runners-up out of 49 teams competing in the RR10 summer league. Only Southampton Running Club which won all their league races finished ahead of the New Milton based club. Their third team place in the final league race of the season held at IBM Hursley Park in mid-August was sufficient to hold on to second place overall. The ladies team came 5th overall with 3rd place in a couple of races. Newly appointed club captain Henry Szwinto commented: "These were excellent results for the club. With a new club training schedule planned for 2007/8 I am confident that we can do even better next year!"

The RR10 league is a series of ten 5-mile races organised by running clubs in south-west Hampshire for their members. In the final Hursley race the counting A team in a field of 194 runners were Phil Moseley (5th), Gareth Beech (6th), Henry Szwinto (15th), Steve Morton (28th) and Frank Handy (35th). Erica Fogg (7th), Gail Walters (19th) and Karen Goddard (37th) took the ladies team places amongst 116 runners. Heading the final individual rankings for the season out of 443 men were: Henry Szwinto 7th, Steve Morton 21st, John Walsgrove 25th, Michael McCabe 35th and junior member Paul Bartlett 38th. For the ladies Erica Fogg came 3rd overall out of 273 with Gail Walters 13th and Noreen Henderson 38th.

Proving that the club also has strength in depth, over 50 New Forest Runners were amongst the record 286 entries competing in the Everton 10K on August 19th. On an overcast day, ideal for running, Gareth Beech finished runner-up in a time of 34:35 behind Matthew King of Winchester & District RC (33:48). Remarkably Gareth entered at the last minute, jumping off his motor cycle and stripping off down to his running gear as his entry was being processed. His warm up was a sprint to the start! New Forest Runner Valeria Sesto was runner-up in the ladies event with a time of 42:42. First over 50 man was New Forest Runner captain Henry Szwinto in 35:46, who was using the race to prepare for the somewhat longer New Forest Marathon on September 16th.

New Forest Runner ladies ran away with the over 50 lady & over 60 lady prizes: Lynda Wheeler was 1st vet-50 in 52.56 ahead of runner up Olive Howlett in 56.31. Marian Oates was 1st over 60's lady with a time of 69.48.

Meanwhile across the Solent, New Forest Runner Michael McCabe finished runner-up vet-50 in the hilly Isle of Wight half marathon with a time of 1:29:31. Michael noted afterwards: "New Forest Runners have been frequent runners up recently. It would be great for the club to retain its 2006 New Forest Marathon title when the 25<sup>th</sup> anniversary race is held next month".

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### New Forest Runner Marathon Prizewinners

The New Forest Runners, running on their home territory, had a successful New Forest Marathon on Sunday. The club was amongst the prize-winners in the 25th silver anniversary event. Steve Morton and Erica Fogg were the Hampshire marathon champions in the men's and women's race, the men claimed the overall marathon team prize and Henry Szwinto came in Hampshire runner-up and won the vet-50 prize. In the half-marathon the men finished runners-up with rookie Gareth Beech recording a personal best time of under 1:17 to claim the bronze medal position, the men's team finished runners-up and the women's team took the bronze.

Mark Hargreaves from Bournemouth AC and Steve Morton from the New Forest Runners ran together from the start through the 8-mile mark beyond Burley. Hargreaves then pulled away and never looked back winning in 2:38:30 by a comfortable 11 minute margin. Over the next 15 miles it was a race for second between Steve Morton and Veisters Dude from Crawley AC. After a ding-dong battle Veisters just managed to pull away at 23 miles near the Plough Inn to claim the silver position by 15 seconds. Henry Szwinto held on to 4th place until the infamous Tiptoe hill at 22 miles and just lost out coming 5th behind Michael Tune from Swindon Harriers by just 15 seconds. Michael McCabe came in 28th and Paul Etheridge 38th to retain the men's team prize for the New Forest Runners. Just 16 seconds behind Etheridge, Erica Fogg ran a fine race in 40th position overall to win her first Hampshire marathon title. Claire Smith and Lynn Kendall completed the second women's team to finish. There were 9 New Forest Runners amongst the 438 finishers.

In the half marathon, won by former New Forest Runner Lee Rodrigues, Gareth Beech came 3rd and rapidly improving newcomer Frank Handy ran a personal best time of 1:25 to finish 19th. Sanjai Sharma came 44th and Andy Phimister, recovering from injury, was happy with 55th to secure the runner-up team place. Valerie Sesto came in an excellent 7th woman home, and first for the club followed by Lee Etheridge (32nd) and Susan (71st) Taylor and Karen Buckley (89th) for the bronze women's team prize.

There were 39 New Forest Runners amongst over 1500 finishers.

In the marathon there were good runs by Anthony Parkes, under 4 hours, and vet-50 Dave Ellis in 4:11. In the half marathon vet-65 Keith Mitchell ran a quick 1:35 and Vince Gargard at 69 got under the 1:50 mark. Unfortunately super-vet Bruce Davidson, 86, pulled a calf muscle in the last fortnight, but is already planning his comeback.

New Forest Runners newly appointed club captain Henry Szwinto joked afterwards: "We mustn't get complacent about our successes. There will be extra hill sessions during the winter training and I'll be bringing along my baseball bat as encouragement". In fact, the New Forest Runners warmly welcomes runners of all ages and abilities to its training sessions at 7PM every Tuesday and Thursday at Fawcetts Field, New Milton. There are plenty encouraging words and gentle humour for joggers and runners alike - no baseball bat has ever been used! Next year's marathon is already planned for 21st September 2008 and anyone seeking encouragement is recommended to look at <http://www.newforestrunners.co.uk/>

For Michael McCabe running his 15th marathon the race had special significance. Exactly 100 years ago his grandfather George Frew won the Triple Crown with the Scottish rugby team before he become captain and played a total of 15 international matches. Michael explained: " I couldn't play rugby to save my life, so I have marked my grandfather's achievement by running 15 marathons instead. This was my 5th New Forest and regard it as one of the best marathons in the world! ". More about the George Frew Centenary year can be found at <http://www.justgiving.com/georgefrew100>

As always the race was not just a success for the runners and around £50,000 is expected to be raised for the race charities.

## **NEW FOREST MARATHON AND HALF MARATHON**

<b>MARATHON</b>					
POSN	NAME	TIME	POSN	NAME	TIME
3	Steve Morton	2:50.01	217	Anthony Parkes	3:59.27
5	Henry Szwinto	2:53.37	268	Dave Ellis	4:11.54
28	Michael McCabe	3:14.11	417	Lynn Kendall	5:04.09
39	Paul Etheridge	3:20.33	418	Claire Smith	5:04.11
40	Erica Fogg	3:20.39			
<b>HALF MARATHON</b>					
3	Gareth Beech	1:16.52	537	Geoffrey Simmons	1:51.53
13	Julian Jenkinson	1:21.58	549	Noreen Henderson	1:52.14
19	Francis Handy	1:25.07	550	Lynda Wheeler	1:52.15
44	Sanjai Sharma	1:29.44	604	Caroline Eaton	1:53.53
55	Lionel Handy	1:30.54	625	James Wallace	1:55.20
74	Andy Phimister	1:33.02	695	Gillian Turcan	1:56.52
83	Valeria Sesto	1:33.28	756	Isabella Parkes	1:58.26
85	Kevyn Doolan	1:33.35	769	Clive Nightingale	1:58.44
103	Keith Mitchell	1:35.03	827	Jan Smylie	2:01.02
157	Darren Price	1:38.52	897	Mark Holmes-Evans	2:03.26
176	Colin Shaw	1:39.39	931	John Welsh	2:04.18
192	Brian Baker	1:39.58	1068	Carol Shaw	2:09.22
226	Lee Etheridge	1:41.20	1144	Carol Sear	2:13.02
237	Christopher Paterson	1:41.44	1293	Wendy Simmons	2:22.22
273	Neil Richardson	1:43.19	1349	John Jenkins	2:26.04
383	John Edwards	1:47.53	1357	Jaine Fry	2:29.08
387	Susan Taylor	1:47.35	1366	Julie Maher	2:28.05
418	Steve Radjen	1:48.04	1469	Trevor Roberts	2:48.05
464	Karen Buckley	1:49.41	1483	Karen Barnes	2:54.44
507	Vincent Gargaro	1:49.58	1489	Heather Roberts	3:00.34
511	David Fairbairn	1:51.02			

## JUNIOR SECTION

The summer season is now almost over, the attendance at most of the sessions was down, so maybe next year we will close down during the holiday period. I would appreciate any parental comments on this.

I would also like to thank my helpers, Marian Oates, Peter Harwood and Helen Wright. Marian has brought her experience of hurdles into our training sessions and those juniors who attend enjoy same. Marian is now working with starting blocks so this could prove valuable in the long term. Peter has been a great help with our forest runs and has lots of patience and understanding with the Wilverley team.

Congratulations to Sophie, Paul, Will, Ollie, Laura and James for their awards at our presentation evening. Special mention to Paul Bartlett who has been with the Juniors from the very beginning and is now ready to run with the Senior crowd when work allows. Also Sophie, our most attending female, who continues to improve with her running.

Finally, thank you to Hanna Vine who helped out at the finish line at The New Forest Marathon. Hanna was our only Junior attending.

Thanks

Del

P.S. Please keep a look out for the proposed rota regarding back up on training nights. Marian and Henry are working on this, so keep tabs on the notice board.

### HAMPSHIRE CROSS COUNTRY LEAGUE FIXTURES

**Saturday 13 October 2007 - Farley Mount, Winchester**  
**Saturday 10 November 2007 - Goodwood, Chichester**  
**Saturday 1 December 2007 - Ashe Meadows, Overton**  
**Saturday 12 January 2008 - Prospect Park, Reading**  
**Saturday 16 February 2008 - Canford Park, Wimborne**

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## Target Races.

In recent years we have been **less focused at the club with regards to race entries**. As a result we have a few runners at one race and a few runners at another. Quite often I go to races and feel as though I am entering alone rather than representing my club. **In contrast races like the Christmas Pudding 10K and New Forest Marathon feel more like a party and quite often we arrange for a visit to the pub afterwards or people come round to our house for something to eat**. The further plus point is that when you feel like part of a group your moral and mental strength is higher which **leads to better performances** for individuals as well as team performances for the club. Consistent team performances especially at League events will raise the awareness of our club and make it more attractive to new members.

**I believe we will all benefit if we were to target certain races and I have drawn up an initial list**. They include the **Hampshire Road Race League** events (some of which will also be the **County Championships**) because as well as the **need to get good representation** at these races **they are all well established and very well organized races with good facilities**.

Saturday 1 <sup>st</sup> September 2007	Overton 5ml	HRRL
Sunday 16 <sup>th</sup> September 2007	New Forest Marathon+Half Brit Masters/Hants/Dorset Champs	
Sunday 7 <sup>th</sup> October 2007	Hardley a Half Marathon	HRRL
Sunday 7 <sup>th</sup> October 2007	Hoburn 5ml	
Sunday 21 <sup>st</sup> October 2007	Milford and Keyhaven 5ml	
Sunday 4 <sup>th</sup> November 2007	Saab Saloman Hell Down South (Longmoor Camp)	
Sunday 25 <sup>th</sup> November 2007	Gosport Half Marathon	HRRL
Sunday 2 <sup>nd</sup> December 2007	Victory 5ml, Portsmouth	HRRL
Sunday 9 <sup>th</sup> December 2007	Christmas Pudding 10K	
Sunday 13 <sup>th</sup> January 2008	Stubbington 10K	HRRL
Sunday 3 <sup>rd</sup> February 2008	Ryde 10ml	HRRL
Sunday 17 <sup>th</sup> February 2008	Bramley 20ml	HRRL
Sunday 2 <sup>nd</sup> March 2008	Mad March Hare 20ml	Dorset Champs
Sunday 16 <sup>th</sup> March 2008	Eastleigh 10K	HRRL?
Sunday 30 <sup>th</sup> March 2008	Totton 10K	HRRL?
Sunday 11 <sup>th</sup> May 2008	Alton 10ml	HRRL
Sunday 8 <sup>th</sup> June 2008	Winchester 10K	HRRL

This already gives us 16 races but there will be others such as the Everton 10K and the Romsey 5ml. **Please send me in suggestions for other potential target races** together with a couple of good reasons for doing it. There is no reason why we can't have a multi terrain event or even a significant road trip such as "Race the Train" in North Wales (which quite a few of us did and thoroughly enjoyed together with a BBQ at Greta's a couple of years ago) or what about one of the races in the Lake District that Mick Anglim told us about.

**How big can this list be?** I don't think that any of us will do all the races but I would start getting worried if we had much more than 20 and certainly as we get towards 25 we may start having to insist on replacing races on the list rather than simply adding more on. Also remember that we already have the RR10 league and Hampshire Cross Country League to support as well

Please note **I am not trying to stop you doing your favourite races** but I do feel that if we have an equal choice between 2 races then to enter the race where there are likely to be more New Forest Runners has got to be more sociable and better for everybody.

All of the above races have **entry forms available on line** and in fact all are or will be available through links on the **NEW FOREST RUNNERS WEBSITE** and we will make sure there are additional copies available at the club meets but to start you off here is the Milford and Keyhaven 5ml, Gosport Half Marathon, Victory 5ml, and Stubbington 10k. With regards to pubs, I suggest "The Royal Oak Inn" (01590 612228) at Hilltop Beaulieu for the Hardley a Half Marathon and "The Smugglers Inn" (01590 644414) for the Milford 5ml.

## TRAINING SCHEDULE

OCTOBER 2007			
TUESDAY	2 <sup>nd</sup>	Fawcetts Field	Back to <b>7.00 START INTERVALS</b> or Tempo run - Ashley
THURSDAY	4 <sup>th</sup>	Fawcetts Field	5k and 10k routes – course familiarisation
SUNDAY	7 <sup>th</sup>	TBA	<b>SOLENT HALF MARATHON – CLUB CHAMPIONSHIP HOBURNE 5</b> – no Wilverley due to Round Up (Avoid Ober Corner)
TUESDAY	9 <sup>th</sup>	Fawcetts Field	5k and 10k routes – course familiarisation
THURSDAY	11 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (HS, TT) or Caird Avenue Route
SATURDAY	13 <sup>th</sup>	<b>HAMPSHIRE CROSS COUNTRY LEAGUE – FARLEY MOUNT</b>	
SUNDAY	14 <sup>th</sup>	<b>Pub Run: The Fighting Cocks, Godshill, Nr Fordingbridge / 5 or 8 miles 10.00am for 10.30am start</b>	
TUESDAY	16 <sup>th</sup>	Fawcetts Field	Highcliffe Castle
THURSDAY	18 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (MBB, JH) or Caird Avenue
SUNDAY	21 <sup>st</sup>	<b>MILFORD AND KEYHAVEN 5</b> (No Wilverley)	
TUESDAY	23 <sup>rd</sup>	Fawcetts Field	Tempo Run – Ashley Cross Roads and Stem Lane
THURSDAY	25 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (HS, TT) – or Braemar Drive
SUNDAY	28 <sup>th</sup>	Wilverley	Handicap Run
TUESDAY	30 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (MBB, ME) – or Ashley Cross Roads and Stem Lane
NOVEMBER 2007			
THURSDAY	1 <sup>st</sup>	Fawcetts Field	
FRIDAY	2 <sup>nd</sup>	<b>BOSCOMBE WINTER 5K SERIES</b>	
SUNDAY	4 <sup>th</sup>	Wilverley	Long, medium or short (Avoid Holmsley Round Up)
TUESDAY	6 <sup>th</sup>	Fawcetts Field	Timed 5k or 10k Afterwards at 8.00pm: <b>Salomon Trail shoe 2 week test drive.</b> An opportunity to try out Salomon shoes
THURSDAY	8 <sup>th</sup>	Fawcetts Field	Tempo Run – Caird Avenue
SATURDAY	10 <sup>th</sup>	<b>HAMPSHIRE CROSS COUNTRY LEAGUE – GOODWOOD</b>	
SUNDAY	11 <sup>th</sup>	Wilverley	<b>WILVERLEY CHALLENGE</b>
TUESDAY	13 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (HS, JH) – Tempo run – Ashley Cross Roads and Stem Lane
THURSDAY	15 <sup>th</sup>	Fawcetts Field	Hills / Tempo Run – Braemar Drive
SUNDAY	18 <sup>th</sup>	<b>Pub Run: The Royal Oak, North Gorley / Details of run TBA 10.00am for 10.30am Start</b>	
TUESDAY	20 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (MBB, TT) – Tempo Run – Caird Avenue
THURSDAY	22 <sup>nd</sup>	Fawcetts Field	Hills / Tempo Run – Braemar Drive
SUNDAY	25 <sup>th</sup>	Wilverley	Long, medium or short <b>GOSPORT HALF MARATHON (RR LEAGUE)</b>
TUESDAY	27 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (HS, ME) – Tempo Run – Caird Avenue
THURSDAY	29 <sup>th</sup>	Fawcetts Field	<b>FARTLEK</b> – Braemar Drive with short cuts
DECEMBER 2007			
SATURDAY	1 <sup>st</sup>	<b>HAMPSHIRE CROSS COUNTRY LEAGUE – OVERTON</b>	
SUNDAY	2 <sup>nd</sup>	Wilverley	Long, medium or short / <b>VICTORY 5 (RR LEAGUE)</b>
TUESDAY	4 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (MBB, JH) – Tempo Run – Ashley Cross Roads and Stem Lane
THURSDAY	6 <sup>th</sup>	Fawcetts Field	<b>FARTLEK</b> – Braemar Drive with short cuts
SUNDAY	9 <sup>th</sup>	<b>CHRISTMAS PUDDING 10K</b> (No Wilverley)	
TUESDAY	11 <sup>th</sup>	Fawcetts Field	Tempo Run – Caird Avenue
THURSDAY	13 <sup>th</sup>	Fawcetts Field	<b>INTERVALS</b> (HS, TT) – Tempo Run – Ashley Cross Roads and Stem Lane

Tuesdays 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, HS – Henry Szwinto, TT – Tony Taylor,