

NEW FOREST RUNNERS RAG



DECEMBER 2007 / JANUARY 2008

Hello Members,

2007 is now almost over and hopefully it has been a good year for all of you. The Club has had another successful year. Our numbers are up again on last year and, thanks to a prudent Treasurer, our finances are in good shape. Most of the events were well supported and went off successfully. The NF10, which is the main event of the year, was very good in all respects and we were able to donate over £2,500 to local charities. I thank you all for your help.

Since the last Rag the Club has been very busy with lots of local races to support. The Solent Half saw a good number of you taking part, although many of you wimped out for the easier option of the Hoburne 5. The Hants Cross Country League is now underway and we are having mixed fortunes. There are not enough of you taking part so we do not always have a team. This is very disappointing for those who do try to compete. The Milford 5 was well supported by the Club and some very good results were achieved. The Boscombe 5k Winter Series is going well and so far the weather has been good. Bet it won't last.

The Pub Run from Godshill was very pleasant. Paul planned a very picturesque course for us. It's a pity a few more did not turn up. Unfortunately, the run from North Gorley was washed out by the torrential rain on that morning. Those of us who did brave the weather enjoyed the run and it was nice and cosy in the pub later. Very good food. We were very lucky in Glastonbury as the weather stayed fine. It was a great show as usual. Some of the floats are amazing.

Thanks to all of you who supported the John Holcombe 5 and helped raise some funds for Kerrie Bartlett. Her parents have asked me to pass on their appreciation for your efforts. Congratulations to Steve Morton for his record breaking Wilverley Challenge, 21 laps. I got tired counting, never mind running. Again, a lot of money was raised for the Children in Need Appeal. Monies are still coming in so I don't have the final figure yet. As a club, I think you can be very proud of your charitable efforts this year

There are still a few events left to do before the year is over. The Christmas Cross Country on Sunday, December 23rd is not to be missed. Hopefully there will be a little more mud about this year. As usual, there will be a free raffle and a prize for the muddiest runner. Please come in fancy dress to liven up the morning. The draw for the London Marathon places will also take place that morning. To counter the effects of Christmas over indulgence you can have a refreshing swim in the sea on Boxing Day at Highcliffe Castle. This will be followed by a short run to warm up and afterwards to a local inn for a coffee or lemonade.

In this Rag you will receive an application form for the renewal of subscriptions for 2008. There is also an explanatory note relating to affiliation to English Athletics. In simple terms it means that if you intend taking part in any event with an E.A. permit you should register. Otherwise you will be deemed to be unattached and will have to pay the £2 levy. If you register it will cost you £5 on top of your club fee.

This is my last letter as Club President as once again I am retiring for the umpteenth time. I have enjoyed my stint as Chairman and I really appreciate all the help and support you have given me over the years. Thank you all for that. I must also thank your Committee for all the hard work they put in on behalf of the Club. Also the many people behind the scenes without whose help the Club could not function.

The A.G.M. is coming up in January and I hope many of you will attend. It is your chance to give your opinions and let the Committee know in which direction you wish the Club to take and which events you want to support and those you think we should abandon. You will also have received a letter from the Committee explaining some personnel changes and their roles within the Club. There is clearly a need for more volunteers to help run the Club and reduce the workload on those already helping out.

I think that is more than enough waffle from me. Once again, thanks for your support. Please offer my successor the help that you have given me. I wish you all a happy Christmas and a good New Year. I hope you achieve all your ambitions in running and in life.

See you at the Club.

Regards, Mike

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Training Tip 2

<http://www.mcmillanrunning.com/rununiv/mcmillanrunningcalculator.htm>

Ever wondered what time you would do in a 10K or a marathon after posting a PB or specific time at another distance?

Try the above link. (There are others like the one on the Runner's World website) You simply put in your race time and it forecasts times for other distances. The calculator is based on observations made with many runners over a number of years and although not fool proof seems to be fairly consistent. Of course you have to take into account your current state of well being as well as the terrain of the course compared to your target race but it is a good sanity check on your target time or your progress towards it. If you are new to running and are having a go at a 10 mile race or half marathon for the first time and have no idea what pace to aim for because you have only ever done 5 milers or 10Ks then this can give you a realistic starting point. Beware though it does make the assumption that you have done sufficient distance training to be able to run the longer distance properly.

It works the other way too. Having trained all summer for the New Forest Marathon or Half Marathon it can give you a good indication of what your new level of fitness will achieve at the Christmas Pudding 10K once you have recovered properly.

Another useful website is <http://www.washrun.org/forum/marsplits.html>

Here you can plan your splits for the marathon or the half marathon. You can work them out by target time or by target pace. You can even factor in the effects of tiredness. I found it best to copy and paste the splits into word for printing and that gave me a wrist strap with my times on.

Training Tip 3

Would you like to race faster without having to be fitter? I would!! I found the following time saving tips on the web and it makes for interesting reading and discussion. The estimates are the advantages they believe average runners can reasonably expect to gain when using each tip in a 10K race. I have used some of the advice before and I have added my comments in brackets highlighted in bold.

Rehearse The Race

"Visualisation before your race will prime your body for action and make it more likely that you'll perform like you did in your mental imagery," says Udewitz. Picture yourself at different stages of a race: getting through a difficult mile, passing runners comfortably, finishing smooth and strong.

Time savings: 10-20 seconds **(Definitely yes. For a week before a marathon I try to spend 10-20 minutes a day visualizing running strong and smooth through tiredness and pain. On race day I'm convinced it doesn't hurt so much.)**

Change Your Shoes

It may be obvious advice, but it is worth repeating. Buy a pair of racing flats or performance trainers for races. The advantage goes beyond the few grams you'll save in weight, says Fischer. "Even if the physical advantages are minimal, the psychological gain could be a real plus."

Time savings: 10-15 seconds **(I totally agree. I even warm up in normal trainers and then change to my race shoes as if I were preparing for battle. The ritual focuses your attention on a very special performance to come.)**

Add Two Minutes To Your Warm-up

"Many runners don't warm up hard enough," says Daniels. "They do a good deal of easy running and then some quick strides, but they haven't really worked hard." Try adding a final two or three-minute run at a demanding pace, 10 to 15 minutes before the start of your race, Daniels suggests. "This will not only get you ready, but will often cause you to hold back a little at the start, as opposed to going out too fast."

Time savings: 10-15 seconds **(I am awful at doing this but I do have much more comprehensive warm ups when the race really matters.)**

Stay Away From The Start Line

When you head to the start area after your warm-up, find a spot anywhere but the front. Unless you're truly a frontrunner, starting at the front of the pack is counterproductive: you'll get in people's way, and you could be swept into an opening mile that's much too fast for your own good.

Time savings: 10-20 seconds

Run The Course

Do your pre-race warm-up on the course itself, suggests Udewitz, or jog the course a day or two before the race, if possible. Note the location of turns, hills and water stations. "The familiarity will help you feel confident."

Time savings: 5-10 seconds **(Again yes. It helps with your visualization. During the summer when preparing for the New Forest Marathon I like to do a long run where we go up Tiptoe Hill after about 15 miles. It simply teaches you that you can easily cope with one of the most demanding parts of the course even when you are tired. In a 10K, why not warm up on the final stretch of the course so you know when to push for home.)**

Stick To The Side

If practical, try to run on one side or another of the course, where there is less congestion. In the middle of a dense pack, you're subject to the whims - and pace - of those around you. "Don't let others dictate your pace or your race plan," says Daniels.

Time savings: 5-10 seconds **(Again I agree. During Race the Train, loads of people ran in single file following each other at the same pace across open fields. I found that when I moved about 10 metres to side I ran at my pace which was faster than those around me.)**

Reverse Your Strategy

We've said it a million times: start slowly, finish fast. But just once, turn that around and see if it works for you. In shorter races such as 5Ks and 10Ks, it just might. "When I've tried to run easily early on, I tend to run easily for the entire race," says dietician Lisa Dorfman, author of *The Running Nutritionist*. "When I hang on to a fast start, I usually end up with a fast finish. If not, at least I feel as if I've given it my best effort."

Time savings: 10-15 seconds **(I don't believe that you should ever start too slow unless you are doing the race for training and you don't care about the time as you end up running at the pace around you. It is better to start at the right pace. If you do feel on form and you are going for a time it is worth risking an ambitious start pace. Quite often you get pulled around by slightly better runners resulting in a PB. Don't overcook it though, it will end in tears.)**

Cut Corners

Race courses are generally measured along the most efficient line through turns. When you stray from those lines, you're actually adding to the distance of the race. Carve your way through the course, 'cutting the tangent' of each turn - start wide, aim for the inside corner, then wide again. The only exception to this rule is if you're in or just behind a large group of runners. In that case, trying to cut the tangent may get you boxed in, jostled, or worse. "In a group, go wide around a turn free of traffic," Fischer says. "You'll travel a greater distance, but you'll keep moving and won't get hemmed in."

Time savings: 8-10 seconds **(Straight line is shortest! Especially keep your eyes open on cross country courses.)**

Look up

When following another runner, look at his shoulders and not his feet, says Fischer. "It will be easier to maintain position, as the point of reference will not move." Run behind the runner and just off his shoulder to avoid any potential tangles of feet and legs.

Time savings 3-5 seconds **(Also looking forward gives you a better posture!)**

Wipe That Grimace Off Your Face

Maintaining a cool, relaxed expression doesn't just 'psych out' fellow competitors, it also signals to the rest of your body that things are going smoothly. The result? Things will go smoothly. "Relaxing key parts of your body - particularly your facial muscles - is important when you're digging deep," says Udewitz. "The energy spent on tensing those muscles will take energy from crucial (running) muscle groups."

Time savings: 5-10 seconds **(Again I agree. When struggling to keep up with the likes of Chris Olden and Steve Wright on those long summer training runs. I found that if I relaxed and concentrated on good form rather than simply trying harder I actually kept up easier and with a lower heart rate!)**

Shorten Your Stretches

Over the last couple of years, I've tweaked my pre-race stretching routine after a physiotherapist friend suggested I'd get plenty of benefit from only holding my stretches for a short time," says McMillan. "Since then, I've been holding stretches for five seconds and repeating them four to five times. I find that my body stays revved up, and I can get into race mode more easily."

Time savings: 5-10 seconds **(Current thinking is moving towards a dynamic warm up rather than stretching before a race. It is thought that stretching immediately before a race actually loses you time. However stretching post race is still seen as very important.)**

Bypass The Water Logjam

Head straight for the last table at water stations. You'll avoid the crush of first-timers who inevitably head for the first table and clog things up.

Time savings: 5 seconds per water station (**Plan which marshal you will take the drink from. I even point at the marshal looking them straight in the eyes and say "Yes Please". They usually spring onto action and give you a very good personal service. I always say thank you as well.**)

Grab 'N' Go

If there are cups rather than bottles at the drink stations, once you have your cup, pinch the top together to form a spout. You'll be able to sip, spill-free, without slowing or stopping.

Time savings: 3 seconds per water station (**Also communicate with the marshals as you approach the drink stations. Then you are more likely to get your water in a cup rather than all over you as you hit the static cup at 10 mph.**)

Call Hills 'Friends' Not 'Foe'

It's natural to dread hills. But try seeing them as a positive thing - for example, by repeating silently to yourself, "This hill is a welcome relief" - and you might just get to the top faster and in better form. "I always like the idea of acceptance," says Udewitz. "As in, accepting that something is difficult, but embracing the notion that you're able to put yourself through discomfort and still maintain your pace."

Time savings: 2-4 seconds per hill (**I hate hills and consequently I am pretty useless at them so I guess I am proving that the opposite is certainly true! I do try to run hard over the top of the hill though recognizing that the race hasn't finished.**)

Run Through The Line - Again

Remember how you've been pushing hard past the line during all those speed sessions? Here's why.

Time savings 1-2 seconds

Total time savings 1 minute, 30 seconds to 2 minutes, 30 seconds (not bad for a 10K race)

Let us know what worked and what didn't. We'd be interested if anybody could document PB performances of the order of the times suggested above. Happy Racing. Henry Szwinto, Club Captain

MILFORD AND KEYHAVEN 5 (Including Age Related Results)

POSN	NAME	TIME	Age Rel %	POSN	NAME	TIME	Age Rel%
3	Oli Dodd	28.40	74.82	96	Brian Hunt	41.04	55.65
4	Henry Szwinto	28.48	83.08	97	Linda Phimister	41.11	61.94
10	Francis Handy	29.55	71.69	98	Lynda Wheeler	41.12	68.41
16	Michael McCabe	30.43	80.50	112	Heather Noble	43.34	54.62
26	Rhys Henderson	31.58	74.27	118	Olive Howlett	44.10	65.79
28	Andy Phimister	32.12	70.97	126	Carol Shaw	44.44	57.50
29	Phil Handy	32.28	66.06	133	Kate O'Callaghan	45.38	55.43
32	John Hunt	32.45	81.23	139	Wendy Simmons	46.31	60.59
34	Val Sesto	32.48	72.55	141	Paul Kiely	46.40	47.91
39	Kevyn Doolan	33.34	71.28	142	Claire Richardson	46.47	56.95
46	Darren Price	34.31	62.14	144	Becky Benjafield	46.48	51.49
49	Moray Martin-Rhind	35.20	71.20	152	Angela Coubrough	48.21	62.03
51	Jeff Palmer	35.34	69.52	154	Hazel Lewis	49.13	65.44
52	Dave Ellis	35.41	67.05	159	Marian Oates	50.13	63.31
58	Chris Paterson	36.08	66.22	165	Trevor Roberts	51.47	46.21
60	Geoff Simmons	36.33	68.23	166	Natalie Oates	51.54	45.85
74	Noreen Henderson	38.44	70.04	167	Ann Pocock	52.04	49.40
82	Sarah Thomas	39.39	60.02	168	Pauline Breeze	52.05	55.79
86	Lucy Godwin	39.52	61.40	170	Karen Barnes	52.13	50.12
88	Jane Pettifer	40.04	71.77	176	Wendy Shemmell	54.46	50.00
91	Lisa Pavitt	40.37	68.73	178	Helen Strickland	56.20	49.55
93	Isabelle Parks	40.55	60.31	179	John Howlett	56.36	46.09

NEWS AND COMMENTS

WELCOME: to the following new members: Jacqui and Kevin Chapman, Lynette Conway, Richard Gears, Darrelyn Liberty, Marie Sharma, Chris Tews, Sarah Thomas & Elly Wiseman. We hope you will 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. 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.

100 CLUB: October Winners: Jean Wainwright - £50, Pauline Breeze - £10

NEW YEARS DAY PUB RUN: Next year's event will be at The Royal Oak, Ringwood Road, North Gorley, Nr Fordingbridge. Meet at 10.00am for a 10.30am start. Directions: from Ringwood, travel north on the A338 for approx 3.5m. Turn right at sign for North Gorley and The Royal Oak. At T-Junction past cattle grid, turn left at Stuckton 1¼ sign.

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 27TH January 2008.

Greta's get-away

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

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SOCIAL SCENE

DATES FOR YOUR DIARY!

Club Christmas Cross Event

This year's Christmas Cross Country Run is scheduled for **Sunday, 23rd December 2007** at Wilverley Inclosure. Come along and join in the fun – free raffle, prizes for the best fancy dress, coffee and mince pies after the run! What more could you ask for! See you there! (Fingers crossed for not too much rain between now and then – otherwise mud snorkelling could be the order of the day!)

Boxing Day Swim/Run

In the usual tradition, this will take place at **11.00 a.m.** – meeting on the beach just below Highcliffe Castle car park. A good way of recovering from the excesses of Christmas fare the previous day! If you don't fancy the swim part, do come along and take part in the run. You will then have earned yourself a pint at a local hostelry – venue to be advised on the day. Have fun!

Club AGM – Friday 18th January 2008

A Notice for the Club's 2007 AGM is included with this edition of the Rag and incorporates a Nomination Form for completion if you would like to be considered for a position on the Committee. Please note Nomination Forms have to be back with the Secretary before **Friday, 28th December 2007**. Please try to attend the AGM – it is a good opportunity for you to have your say on how you think the Club should be managed, both now and in the future, and what events, social and/or running, you would like to see organised by the Club. Please add your name to the list on the notice board at Fawcett Field if you anticipate attending the AGM. This is to comply with the licensing laws at ECSSC.

Dinner Dance – Friday, 25th January 2008

Please see Booking Form in this edition of the Rag – and do come along and join in what we hope will be a very enjoyable evening. All details are included on the Booking Form – hope to see you there!

Walking Weekend – 13th – 15th June

A walking weekend away staying at a Hostel at Truleigh Hill, in the South Downs National Park, Sussex, starting on Friday 13th June and departing Sunday 15th June. Booking forms will be available from Sylvia Coupland or in the next Runners Rag.

Club Trip to Belgium – 2008

Plans are in hand for a weekend away to Dinant in Belgium to take part in the Descente de la Lesse running event which takes place on the Sunday of the August Bank Holiday weekend – please see further details in this edition of the Rag.

Alexandra Sports Online Discount Scheme

This has now been set up and means that members of the New Forest Runners can purchase running shoes/clothes etc., on line with Alexandra Sports at www.alexandrasports.com and thus save a journey to Portsmouth. To do this you need to quote the following:

VOUCHER CODE: 8C9ACBBC-F0E

You should then be given the 10% Club Discount. If you have any problems with this, then please let me know.

Rhona Goodwin
(Hon Sec)

LONDON MARATHON 2008
BALLOT FOR CLUB PLACES

This is the usual reminder that a list has now been placed on the board at Fawcett Field for names of members who have been accepted or rejected for the 2008 London Marathon. The Club's policy for awarding Club places as fairly as possible is set out below:

- (i) For an **automatic** Club entry a member must have had *three or more consecutive rejections* whilst being a member of the New Forest Runners. (If there are more members than places available then a ballot will be held).
- (ii) If a member has had *two consecutive rejections* whilst being a member of the New Forest Runners they will be entered into a draw for any remaining places not used in (i) above.
- (iii) To be eligible for (i) or (ii) above members must have renewed their Club membership for 2008.

NOTE: Any member who has obtained a place through a Charity or Golden Bond, having had official rejections whilst being a member of NFR, is eligible for (i) or (ii) above.

The Draw for 2008 Club Places will take place on
Sunday, 23rd December 2007
at the Club Christmas Cross Country Event at Wilverley

SOLENT HALF MARATHON
(Including age related results)

POSN	NAME	TIME	Age Rel %	POSN	NAME	TIME	Age Rel %
12	Henry Szwinto	1.19.52	82.53	175	Neil Richardson	1.42.26	64.87
16	Steve Morton	1.12.05	73.90	177	Chris Paterson	1.42.56	64.03
27	Martin Weston	1.23.24	76.06	221	Geoff Simmons	1.48.00	63.60
30	Howard Doe	1.24.16	82.97	230	John Rice	1.49.06	66.47
36	Michael McCabe	1.24.57	80.17	232	Noreen Henderson	1.49.10	68.66
47	Sanjai Sharma	1.27.12	73.30	237	Peter Harwood	1.49.40	65.49
61	Rhys Henderson	1.29.27	72.98	251	David Fairbairn	1.51.31	56.46
70	Peter Collier	1.30.33	75.85	266	Gillian Turcan	1.54.33	64.24
86	John Hunt	1.32.24	78.50	291	Chris Hunt	1.59.45	70.06
87	Kevyn Doolan	1.32.31	71.25	292	Mike Ryan	1.59.50	61.13
106	Brian Baker	1.35.16	64.21	306	Clive Nightingale	2.04.32	52.51
112	Jo Ward	1.35.46	70.56	314	Carol Shaw	2.06.30	55.68
116	Gail Walters	1.36.12	71.40	316	Rosemary Bartlett	2.07.27	59.36
129	Darren Price	1.37.23	61.25	325	Ve Stone	2.10.50	66.02
140	Moray Martin-Rhind	1.38.50	70.10	326	Claire Richardson	2.11.20	55.53
169	Darren Glazier	1.37.23	59.59	334	Wendy Simmons	2.18.37	50.81
174	Colin Shaw	1.42.19	66.57				

CC6 Cross Country League

If you haven't been at the club lately you may not have heard that **we are now part of the CC6 League**. The important points are that it is a "**Friendly League**" similar to the RR10s but men faster than 6 min/ml and women faster than 6.30/ml are excluded so it is ideal for newer improving runners, younger runners (over 15) as well as those looking for a bit of competition at a slightly lower standard. **4 out of the 6 races are in the New Forest** so you don't have to travel too far. Unlike the usual cross country races on Saturdays **all the races are on Sunday mornings at 9.30 am** which still lets you spend time with the family on Saturday or get the weekly shop done. **There are no pre entries and no entry fees. You just turn up and run scoring in the same way you do at the RR10s.** Like the RR10s, if you do 4 out of the 6 races you will get an overall position at the end of the season and the Club scores the best 5 out of 6 results. The website address is www.cc6.co.uk. This outlines the rules and gives you fixtures and maps for venues but we will include information in the rag and have information and maps available on the notice board at Fawcett's Field.

As a club we decided to become part of the league because some runners felt the Hampshire Cross Country League wasn't quite what they were looking for. We hope this provides a suitable alternative and we have a strong presence in future races. **The first race was very short notice and we should thank those that made the effort to represent us.** The first race attracted around 210 runners in total with a good scenic course over a variety of surfaces at Denny Wood. **At the second race we fielded both full men's and women's teams which we hope to continue at the third where we need to provide a few marshals to help out.** Our club is limited to 20 runners for this season and we are sure we will be pushing those limits in the rest of the fixtures. **The incentive offered to the Hampshire Cross Country League of a pair of Salomon XA Pro 3D trail shoes to the runner that does most races will also be offered for the CC6 League. Marshaling at race 3 will also count. That means Steve Richmond, Jo Szwinto and Gail Walters are currently leading with 2 appearances each.**

We need to appoint a **coordinator/representative** who would be prepared to collect and submit results. It's pretty easy and we will get pre-printed forms for them. They would easily be able to run the races and collect the results afterwards. I would be prepared to do it when I come to support Jo and I'm sure other supporting spectators would also help. So if you are likely to take part in most of the series and you don't mind doing a little bit for the club please give me a call on 01590 622485.

Henry Szwinto, Club Captain

News Reports

110 New Forest Runners raised £1000 for Children in Need by completing the Wilverley Challenge on Sunday 11th November. Between them, club members ran an impressive 470 hilly laps of Wilverley Enclosure. At 2.2 miles per lap, their accumulated distance amounted to 1034 miles. Top of the individual mileage league, by far, was Steve Morton who ran a staggering 21 laps covering a total of 46.2 miles. Steve had just enough energy afterwards to comment: "With £10 resting on every lap I completed, I just had to keep going. A honey sandwich after each lap was my secret power source!". Steve, who runs a well known felt roofing business in New Milton, broke the previous record of 19 laps and completed his final lap just 10 minutes before the 2PM deadline. The future of this irregular challenge event must now be in jeopardy with a record that is unlikely ever to be beaten again - unless someone else is already in training! Three other runners, Andie Smith, Dave Ellis and Pete Harwood, also exceeded the marathon distance by completing 12 laps or 26.4 miles. Andie won the ladies challenge from Chris Hunt, who finished 8 laps. As always, it was the support of those who supplied hot and cold drinks, bananas, biscuits and encouragement, who kept the runners on track in their marathon fundraising efforts.

New Forest Runner results in the Hampshire cross-country league to date leave the club settled in the middle of division 2. Captain Henry Szwinto expressed his concerns: "I hope I can encourage more good runners to take part in the later part of the season and improve our modest league position"

Results for race 1 at Farley Mount (13/10/2007):

Oli Dodd (39th) Steve Morton (94th) Howard Doe (110th) Michael McCabe (116th) Rhys Henderson (147th) out of 272 runners.

Results for race 2 at Goodwood (10/11/2007):

John Walsgrove (75th) Henry Szwinto (87th) Howard Doe (108th) Moray Martin-Rhind (212th) out of 243 runners.

There were more encouraging results for the New Forest Runners in the Milford and Keyhaven 5 mile road race held at the end of October. The 2nd senior man home was Oli Dodd (28:40) just ahead of the first vet-50 Henry Szwinto. John Hunt won the 2nd vet-60 prize (32:45). Val Sesto took 2nd place for the women (32:48) with Noreen Henderson first vet-50 (38:44) and Jane Petifer coming 2nd vet-50 (40:04). The first vet-60 lady was Angela Coubrough (48:21) just ahead of Hazel Lewis in 2nd (49:13). The unusually mild and still conditions resulted in many of the 181 competitors finishing in personal best times.

New Forest Runners Handicap race 28th October 2007.

Thanks to all those who took part and all those who helped organize the race. A special thank you has to go to Rhys Henderson who, through his role at Salomon, enabled us to offer some super prizes. In turn, these prizes allowed us to run races within the overall race. The net effect was that a significant number of runners crossing the finish line having raced harder than usual. In my case my mind was a bit frazzled and I ran a bit below par. This simply shows how much of a race performance is in the mind and underlines the value of this type of competition where you really feel like you are racing against those around you. **You will be surprised what you can achieve when your mind says go for it!!**

Handicap races tend to favour the improvers which are typically new members and the younger runners. (Quite rightly too.) We had one runner though whose handicap had been adjusted because of significant injuries in the last few months. Did we get the handicap wrong? I don't think so! Bruce Davidson, our oldest competitor, was leading on the final hill and was suddenly reduced to a walk but summoned enough energy to fight off a finishing sprint by Trevor Roberts winning by 3 seconds (about 15m) before nearly passing out. You had me worried Bruce!! It's good to see the years haven't tempered your will to win.

The Group Winners were Bruce Davidson, Jamie Morton, Lucy Godwin, Geoff Symonds, and Rhys Henderson. Jamie, Lucy, Geoff and Rhys all showing significant improvements on this year's Wilverley times. I suspect they were all PBs. **They all won a Salomon Hydrabelt worth £20** (except Rhys who instead wins some gels to go with the Salomon Hydrabelts he already has).

The Overall Winner, who received a pair of Salomon XA Pro 3D Trail shoes worth £75 as well as the First Ladies Shield, was Lucy Godwin. Connor Morton came second to Lucy in their group race but was first man. He received the First Man's Shield as well as a Salomon Technical running shirt.

Did the handicapper do a good job? Yes definitely. Kevin's handicapping gave pretty tight groupings at the finish (apart from a few anomalies) and **he himself didn't embarrass us by winning.**

Did I mind not winning? The truth is I feel like I won anyway. It went more smoothly than I expected with the helpers that materialized just when I was starting to panic. Most of you seemed to enjoy it. Many of you ran harder than ever. **So yes I'm happy. Thank you all!**
We will run some more races in the future where the winner will not be the fastest and all have an equal chance of winning. The next one will probably be in the spring when we go back to Wilverley on Tuesday evenings. Watch this space!!
Henry Szwinto, Club Captain
P.S. I was surprised at the reaction to the prizes when we presented them at the club. Maybe next time a few more people will enter!!

After pounding the street, why not pamper your feet?



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

On a rainy night, in a dubious pub - The foundations for the 2008 edition of the New Forest '10' race were laid – to the accompaniment of the “Sex Pistols” from the pub PA system.

The New Forest '10' committee have sadly said farewell to Ve Stone and Mike Ryan (who has decided to pursue running instead of sitting on committees), but fortunately we have been joined by Gill Turcan and David Fairbairn. So our current “better than last year” line-up is: - Jilly Pickett, Pauline Vaughan, Lisa Pavitt, Gill Turcan, John Howlett, Graham Penneck, Alan Benjafield, Andy Phimister, Peter Harwood, David Fairbairn and Mike Smith.

The 2007 event was a bumper year for changes with an improved course, extra toilets, better tasting water and the very whizzy chip timing system. We struggled to think of any more good bits to put in and so we decided on a price freeze instead.

The 2007 event was able to distribute a surplus of £2,550 between: -

1st Christchurch Scouts, 3rd Christchurch scouts, Christchurch Cubs, St John's Ambulance, Countryside trailer unit, Kerrie Bartlett fund, Hants and IOW air ambulance, First opportunities group and Julia's House.

We have received some very nice acknowledgement letters in reply and these will be placed upon the notice board at Fawcett's field for everyone to read.

Lisa has opened the marshalling list for 2008 and as usual needs a huge number of people to put on the event. As Lisa is sporting a cast upon her leg at the moment (a most spectacular running injury) and so is not her normal nimble self, please can you make a point of confirming to Lisa (or another member of the New Forest '10' committee) 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 that would be a great help. Lisa can be contacted on 01425 615544 or electronically on Lisa.Pavitt@tesco.net.

The 2008 New Forest '10' will be upon Sunday, 13 July 2008 so please circle the weekend upon your calendar.

Regards

Mike Smith, New Forest '10' Race Director.

WILVERLEY HANDICAP

POSN	NAME	TIME + H'CAP	ACTUAL TIME	POSN	NAME	TIME + H'CAP	ACTUAL TIME
1	Lucy Godwin *	26.11	17.11	24	Steve Morton	28.34	13.34
2	Connor Morton	26.15	17.45	25	Marian Oates	28.38	23.08
3	Jamie Morton *	26.19	19.29	26	Wendy Simmons	28.39	20.59
4	Isobel Parkes	26.55	18.45	27=	Sue Page	28.42	23.22
5	Barbara Walton	27.28	19.58	27=	Angela Taylor	28.42	18.32
6	Andrew Blackburn	27.40	20.00	29	Henry Szwinto	28.56	13.26
7	Jill Pickett	27.55	21.05	30	Ann Blackburn	28.57	22.07
8	Lynett Conway	27.56	19.56	31	Linda Phimister	29.01	19.21
9	Julie Maher	28.00	21.00	32	Angela Coubrough	29.02	21.42
10	Bruce Davidson *	28.05	28.05	33	John Howlett	29.07	25.57
11	Rhys Henderson *	28.06	14.36	34	Sanjai Sharma	29.10	14.30
12	Trevor Roberts	28.08	21.58	35	Dolores Lamb	29.11	19.51
13	Geoff Simmons *	28.09	15.59	36	John Walsgrove	29.15	14.25
14	Noreen Henderson	28.14	18.54	37	Jo Szwinto	29.17	22.17
15	Alison Bryant	28.17	23.17	38	Hazel Lewis	29.23	22.03
16	Darren Price	28.18	15.18	39	Peter Coupland	29.39	20.49
17	Kevyn Doolan	28.20	14.50	40	John Edwards	30.00	16.30
18	Will Harvey	28.22	14.42	41	Natalie Oates	30.01	22.41
19	Ollie Harvey	28.24	15.54	42	Lynn Stevenson	30.06	22.36
20	Olive Howlett	28.25	21.05	43	Kieran Holland	30.20	29.30
21=	Lisa Pavitt	28.27	18.07	44	Wendy Shemmell	30.54	26.04
21=	Andy Phimister	28.27	14.27	45	Chris Parkin	31.02	24.52
23	Lynda Hepper	28.28	23.58	46	Lynn Athorn	34.13	26.03

* Group Winner

EUROPEAN RACE TRIP – AUGUST 2008.

In the previous Runners Rag I did write a small piece on a prospective trip to Raismes, near Valenciennes, to run in a race called Les Terrils. Four of us went this year to look further into this race and although it was a superb event, the area nearby did not lend itself to a coach load of visitors. So, after thought and discussions, the idea was dropped.

HOWEVER, we have now rethought and have decided on another race, not to France but to Belgium. We are planning to take a coach to run The Descent de la Lesse, held in Dinant in the Ardennes, on the August Bank Holiday weekend 2008. This race has been run now for 27 years, well actually two races, one of 22km, the other 13.2km. The races travel through the beautiful valley on the Lesse river, passing Chateaux, churches, through a National Park and crossing the Lesse more than once, over manmade (the night before) bridges. The races finish along the Meuse river in the picturesque town of Dinant.

We will depart from New Milton early on Friday 22nd August, travel to Ashford, through the Channel Tunnel to Calais, arriving in Gent that afternoon. We will stay at the Novotel in Gent overnight, thus giving us time to look around Gent that afternoon/ evening and the following morning, then departing for Dinant at Saturday lunchtime.

We arrive in Dinant in the afternoon and book into the Ibis Hotel, right on the river. We register for our race (registration is next door to the hotel), we then have the evening free to wander in the town. The following day (Sunday 24th August), the coach will take the runners to the start of the race, either in Houyet (for the 22km race) or Gendron (for the 13.2). The finish of both races is about 200 yards from our hotel so showering and changing is no problem. For those of us interested in results and possibly prizes, they hold a barbeque/ Belgian beer/ prize gathering where we had previously registered, next door. For those who are not runners, there is plenty to do and see in Dinant itself. This is an excellent race, which has been run by many members of our club over the past 20 years and we can promise you a most enjoyable weekend whether or not you are a runner. (Speak to the Howletts, Blackburns, Ryans, Goodwins or Couplands).

The cost of travel only, is £78.00 per person, payable in full by end June 2008. This is based on a minimum of 40 people.

The cost of hotels and breakfasts, per person, sharing a room is £122.00 for 3 nights. This will be payable by you, as you depart from each hotel. Extras will include your lunch and dinner each day.

The entry to the race is about 10 Euros, including the chip. Belgium does not require medical certificates.

To register your interest I will need a deposit from you as soon as possible of £50. per person, made out to New Forest Runners. These cheques will not be presented until end March 2008. I will also need your name, address and telephone number and whether or not you will be running. Many thanks

Sylvia Coupland
(01425 272044)

WILVERLEY CHALLENGE 2007

NAME	LAPS	MILEAGE	NAME	LAPS	MILEAGE	NAME	LAPS	MILEAGE
Steve Morton	21	46.20	Rosemary Lavies	5	11.00	Sophie Rooker	3	6.60
Andie Smith	12	26.40	Sylvia Coupland	5	11.00	Sue Page	3	6.60
Dave Ellis	12	26.40	Andrew Bradford	4	8.80	Trevor Roberts	3	6.60
Peter Harwood	12	26.40	Angela Coubrough	4	8.80	Wendy Shemmell	3	6.60
Mike Smith	10	22.00	Bill Faulkner	4	8.80	Will Harvey	3	6.60
Paul Pocock	10	22.00	Catherine Pascoe	4	8.80	Alan Kelson	2	4.40
John Walsgrove	9	19.80	Claire Knox	4	8.80	Bill Petts	2	4.40
Chris Hunt	8	17.60	Daniel Harvey	4	8.80	Carol Giles	2	4.40
Clive Nightingale	8	17.60	Hazel Lewis	4	8.80	Carolyn Holcombe	2	4.40
Gerry Smith	7	15.40	Jenny Witte	4	8.80	Caroline Eaton	2	4.40
Henry Szwinto	7	15.40	John Edwards	4	8.80	Chris Giles	2	4.40
Hilary Walsgrove	7	15.40	Julie Maher	4	8.80	Elsie Dogget	2	4.40
John Hunt	7	15.40	Karen Buckley	4	8.80	Greta Cookson	2	4.40
Kathy Bailey	7	15.40	Kevyn Doolan	4	8.80	Helen Stickland	2	4.40
Lynn Aythhon	7	15.40	Michael McCabe	4	8.80	Hilary Bruce-Burgess	2	4.40
Mike Ryan	7	15.40	Olive Howlett	4	8.80	Jane Wilson	2	4.40
Rhona Goodwin	7	15.40	Paul Keily	4	8.80	Jenny Kelson	2	4.40
Rosemarie Osborn	7	15.40	Pete Collier	4	8.80	Jill Pickett	2	4.40
Sanjai Sharma	7	15.40	Peter Coupland	4	8.80	Jo Szwinto	2	4.40
Vince Gargaro	7	15.40	Ron Goodwin	4	8.80	John Doggett	2	4.40
Alex Osborn	6	13.20	Tony Parkes	4	8.80	Lisa Pavitt	2	4.40
Colin Shaw	6	13.20	Alison Bryant	3	6.60	Louise Coggins	2	4.40
Lucy Godwin	6	13.20	Annie Duke	3	6.60	Maureen Doolan	2	4.40
Lynette Conway	6	13.20	Bob Walton	3	6.60	Oliver Harvey	2	4.40
Lynn Kendal	6	13.20	Bruce Davidson	3	6.60	Rita Burgess	2	4.40
Neil Richeardson	6	13.20	Cyra Parkes	3	6.60	Callum Olden	1	2.20
Carol Shaw	5	11.00	Derrick Burgess	3	6.60	Chris Olden	1	2.20
Carol Shaw	5	11.00	Di Courtney	3	6.60	Dotty Pearce	1	2.20
Gary Sanford	5	11.00	Dolorus Lamb	3	6.60	Helen Wright	1	2.20
Irene Austin	5	11.00	Glenys Ryan	3	6.60	Helen Marsden	1	2.20
Jack Macdonald	5	11.00	Jack Black	3	6.60	Mike Bruce-Burgess	1	2.20
Jane Pettifer	5	11.00	Jean Wainwright	3	6.60	Keith Mitchell	1	2.20
Janice Hine	5	11.00	John Howlett	3	6.60	Isabel Gear	1	2.20
Julie Davie	5	11.00	Madge Pocock	3	6.60	Richard Gear	1	2.20
Marian Oates	5	11.00	Pat Smith	3	6.60	Samuel Gear	1	2.20
Mark Holmes-Eual	5	11.00	Pauline Breeze	3	6.60	Tegan Gear	1	2.20
Natalie Oates	5	11.00	Phil Wilson	3	6.60	TOTAL	470	1034

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IMPORTANT INFORMATION

ENGLAND ATHLETICS AND YOUR CLUB MEMBERSHIP

You will see from the new Membership Form that there is provision for you to indicate whether or not you are a “competing” athlete. This means that if you take part in any road races, cross country or other events that require a UKA permit, for example the Boscombe 5k series, Christmas Pudding 10k, Hants XC League and Championships, SEAA Cross Country Championships, etc., you are deemed to be a competing athlete and therefore should pay the £5.00 levy to England Athletics.

For ease of administration, we are collecting the £5.00 levies incorporated in your membership fee, i.e. £22.00 subscription plus £5.00 = £27.00 membership fee for 2008. These levies will then be passed on to EA when we affiliate again for 2008/09.

The Club has already paid the England Athletics levy for 2007/08 which is valid to the end of March 2008, and all members registered should now be receiving a registration card with an individual number on it direct from EA. Anybody who elects not to be a “competing” athlete will be required to pay the “unattached” entry fee for any races they wish to participate in.

In future it may be necessary to enter your EA registration number on race entry forms to qualify for the lower entry fee, otherwise you would have to pay the additional £2.00 per race entry as an “unattached” runner; this also enables race organisers to differentiate between competing and non-competing (unattached) athletes.

Therefore, if you wish to take part in UKA permitted races your NFR membership should be **£27.00**. If you decide you are not going to compete in any races for the year, then your membership fee is **£22.00** and you will not be registered with EA. Membership for the Juniors remains at £5.00; the Club will deal with any EA levies on behalf of the juniors. Please note that for Second Claim members, the NFR membership fee is **£11.00** – your First Claim Club will be responsible for the EA £5.00 levy if you are a competing athlete.

It is also worth noting that if the New Forest Runners Club does not affiliate to England Athletics, we would no longer be eligible to receive Club places for the London Marathon. We would also have to arrange our own Club Insurance which could prove to be very costly – at present of course we are covered via UK Athletics.

If you have any queries regarding the above, please let us know and we will do our best to explain further.

JUNIOR SECTION

Autumn has taken a long time to appear this year, but as I write the air temperature appears to be on the drop side. The Juniors have been showing some interest in the 5k Poole Runners Winter Series, Farley Mount Cross Country and the Wilverley Challenge. So, well done Sophie, Laurie Tews, Will and Ollie Harvey and Daniel Harvey. Special mention here of Daniel for his effort in the Challenge, he showed lots of character in running for four laps, mainly running alone.

The Rota seems to be going ok but there is still room for improvement. Sorry to hear about Lisa’s bad luck, but I am sure she will be back to running when the time is right. Good luck to Paul, Will and Sophie who hope to take part in the Club Championship 10k in December. Unfortunately, because of work commitments, their training has not gone as planned but I am sure they will finish ok. Don’t forget you senior runners, plenty of encouragement please.

Finally, well done to Camilla who took part in the Portsmouth Junior Great South Run. Also good luck to all who represent their schools in the New Forest Schools Cross Country Championship at Gang Warily.

Thanks to Steve Morton for his continued help.

Have a happy Christmas and best wishes to all Junior and Seniors for 2008.

Del

TRAINING SCHEDULE

DECEMBER 2007			
TUESDAY	4 th	Fawcetts Field	INTERVALS (MBB, JH) – Tempo Run – Ashley Cross Roads and Stem Lane
THURSDAY	6 th	Fawcetts Field	FARTLEK – Braemar Drive with cut offs
SUNDAY	9 th	CHRISTMAS PUDDING 10K (Club 10k Championships) (No Wilverley)	
TUESDAY	11 th	Fawcetts Field	Tempo Run – Caird Avenue
THURSDAY	13 th	Fawcetts Field	INTERVALS (HS, TT) – Tempo Run – Ashley Cross Roads and Stem Lane
FRIDAY	14 th	BOSCOMBE WINTER 5K SERIES	
SUNDAY	16 th	Wilverley	Long, medium or short CC6 Cross Country League – Fritham Enclosure, Stoney Cross
TUESDAY	18 th	Fawcetts Field	Tempo Run – Ashley Cross Roads, Stem Lane
THURSDAY	20 th	Fawcetts Field	Timed 5k or 10k
SUNDAY	23 rd	Wilverley	Long, medium or short
TUESDAY	25 th	CHRISTMAS DAY	
THURSDAY	27 th	Fawcetts Field	TBA
SUNDAY	30 th	Wilverley	Long, medium or short
JANUARY 2008			
TUESDAY	1 st	NEW YEAR'S DAY – Pub Run at The Royal Oak, North Gorley	
THURSDAY	3 rd	Fawcetts Field	Tempo Run – Ashley Cross Roads, Stem Lane
FRIDAY	4 th	BOSCOMBE WINTER 5K SERIES	
SUNDAY	6 th	Wilverley	Long, medium or short
TUESDAY	8 th	Fawcetts Field	INTERVALS (HS, JH) or Tempo Run, Caird Avenue
THURSDAY	10 th	Fawcetts Field	FARTLEK – Braemar Drive, with cut offs
SATURDAY	12 th	HAMPSHIRE CROSS COUNTRY LEAGUE – PROSPECT PARK	
SUNDAY	13 th	Wilverley	Long, medium or short / Stubbington 10k – HRR League
TUESDAY	15 th	Fawcetts Field	INTERVALS (MBB, TT) or Tempo Run – Ashley Cross Roads, Stem Lane
THURSDAY	17 th	Fawcetts Field	Stem Lane, Barton Loop
SUNDAY	20 th	Wilverley	Long, medium or short CC6 League – Ampfield or Badgers Farm (TBA)
TUESDAY	22 nd	Fawcetts Field	Timed 5k or 10k
THURSDAY	24 th	Fawcetts Field	FARTLEK – Braemar Drive with cut offs
SUNDAY	27 th	Wilverley	Long, medium or short
TUESDAY	29 th	Fawcetts Field	INTERVALS (HS, JH) or Tempo Run - Caird Avenue
THURSDAY	31 st	Fawcetts Field	Tempo Run – Stem Lane, Barton Loop
FEBRUARY 2008			
SUNDAY	3 rd	Wilverley	Long, medium or short / Ryde 10 – HRR League
TUESDAY	5 th	Fawcetts Field	INTERVALS (MBB, TT) or Stem Lane, Barton Loop
THURSDAY	7 th	Fawcetts Field	Tempo Run – Ashley Cross Road, Stem Lane
FRIDAY	8 th	BOSCOMBE WINTER 5K SERIES	
SUNDAY	10 th	Wilverley	Long, medium or short CC6 Cross Country League – Kings Inclosure, Stoney Cross
TUESDAY	12 th	Fawcetts Field	Braemar Drive, with cut offs
THURSDAY	14 th	Fawcetts Field	INTERVALS (HS, JH) or Tempo Run, Caird Avenue

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,

FORTHCOMING EVENTS

DECEMBER 2007	
SUNDAY 9 th	Christmas 10k (11.00am)
WED'SDAY 26 th	Round The Lakes Poole 10k (11.00am)
SUNDAY 30 th	Somerley 10k (Ringwood) (11.00am)
JANUARY 2008	
TUESDAY 1 st	NEW YEARS DAY PUB RUN – The Royal Oak, North Gorley (10.30am)
SUNDAY 13 th	Stubbington 10k (10.00am) HRR League
SUNDAY 27 th	Romsey 5 (10.30am)
FEBRUARY 2008	
SUNDAY 3 rd	Ryde 10 (11.00am) HRR League / Blackmore Vale ½ Marathon (11.00am)
SUNDAY 10 th	Longleat 10k (10.00am)
SUNDAY 17 th	Bramley 10/20 (10.30am) HRR League / Meon Valley Plod (10.30am)
SUNDAY 24 th	Winchester 10k (10.30am)
MARCH 2008	
SUNDAY 2 nd	March Hare 20 (10.00am) Dorset Championships
SUNDAY 9 th	City of Salisbury 10 (11.00am) / Exbury Gardens 10k (10.00am)
SUNDAY 16 th	Eastleigh 10k (10.00am) HRR League
SATURDAY 22 nd	Rotary ¼ Marathon (Bournemouth) (3.00pm)
SUNDAY 30 th	Fitness First Bournemouth ½ Marathon (10.00am)/10k (9.30am)/5k (11.45am) Coombe Gibbet to Overton 16 (2.00pm)
APRIL 2008	
SUNDAY 6 th	Totton 10k (11.00am) HRR League / Ferndown Rotary Charity Fun Run 10k (10.am)
MAY 2008	
SUNDAY 4 th	Fordingbridge Fire Station 10k (11.00am)
SUNDAY 11 th	Alton 10 HRR League / (Lymington Life Boat 10k (10.00am)
JUNE 2008	
SUNDAY 1 st	Poole 10k (2pm)
SUNDAY 8 th	Winchester 10k
SATURDAY 21 st	Dream Footpath (Midsummer Madness)

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