

NEW FOREST RUNNERS RAG



**MIKE RYAN
100 MARATHONS
WE SALUTE YOU**

OCTOBER 2010 / NOVEMBER 2010

DEAR MEMBERS,

Another summer is nearly over and so it is back to Fawcetts again on Tuesday evenings. We shall miss the Forest for a few months. I hope you have all had a good summer and enjoyed your holidays and running etc.

Well done all of you who took part and helped in the New Forest Marathon. It was the first year for 22 years that I missed your beaming faces as you crossed the finish line. I hope Tony looked after you all well. Thanks Tony for taking my place I was thinking of you while I was in the bar of the Queen Victoria sailing across the Adriatic. I hope you were happy with your times and enjoyed the event. Thanks again to all members and friends who helped on the day, New Forest Runners do get a sizeable payment for our contribution on the day, it helps to keep club costs down. The race also could not take place without you.

Also by the time I write this and you read it I hope that a certain Mr. Rhino achieves his hundredth marathon, a fantastic achievement, this has always been helped by his Carbo loading (Guinness of course). We all look forward to your next hundred marathons (poor Glenys).

As we are now getting into the long dark evenings we must be safety conscious. We are obliged as a club to advise you of the risks involved in running, under the banner of Duty of Care we have to prepare risk assessments for all organised runs. I know it seems like the Nanny State syndrome gone mad but we have been advised by UKA. that's what we must do if our permit and insurance are to be valid. For all runs from Fawcetts Field there are maps that can be provided. We always advise that you do not run alone at night and avoid unlit alley ways etc. Hopefully we will have a sweeper to ensure that all runners are accounted for at the finish. Tony will be asking for volunteers to provide this service. As we are getting into dark evenings and running in the streets, just a reminder to all to make sure you can be seen by wearing reflective vests etc. These will be on sale at club meetings and are a good investment.

By now Tony will be filling you in (I do not mean literally) on the CC6 series and the Hants XC series details and dates these have never been well supported but are brilliant competition and training for future races and the London Marathons.

While I am at it, I must thank Steve, Richard and Tracey for their extremely hard work and commitment running our Junior Section. They devote a lot of their time to this section often compromising their own training. They of course would be delighted for additional help, the club can always assist to get CRB checks. The Juniors will be showing the way at the next Hants XC season (Get your spikes out).

Also while I am in the thanking mood, thanks Alec for looking after the Mud Larks while Brian recuperates. For anyone who has not run with the Mudlarks it is a really enjoyable friendly experience. There is no messing around after minimal announcements you are off running or walking, just in time for coffee provided by Madge and her team. It is good to see Zoe a lot more mobile, she needs to be to keep an eye on Bruce.

This year's Children in Need appeal, we have decided to do as many laps as possible in a 12 hour period around the Trim Trail at Fawcetts. You can run as many as you like when you like or even continuously. We intend to start at 7.00 am on Saturday and continue until 7.00pm. We will have a Social Evening at the Club House later with a buffet or something. Please look out for details in the Bulletin. The next Trophy Presentation Evening will be incorporated. All are welcome to attend for a drink and a chat. So please come along.

The next Social event will be the skittles Evening in October, see details in the bulletin, the last one was extremely enjoyable, thanks Carol for your efforts.

We have a few months to go before the A.G.M. but please start thinking about next year's committee if you want the Club to continue on the same track. New blood is always welcome, old decrepits like me would be willing hand over to anybody who will take the club forward in running to greater heights.

The Ten Committee appears to be in good shape again with the welcome inclusion of Mike, Geoff and Sanjai for next year.

**ENJOY YOUR RUNNING,
MIKE BB**

Hello Runners.

For our club the RR10 Summer series which ended in mid August saw the best results for several years. The ladies finishing in third place and our men in second. Valeria Sesto won the ladies individual and all taking part are to be congratulated. This particular series has great benefits in a build up to Autumn races. The Hants Road Running 2010 series has already started and the winter Cross Country gets under way on October 9th at Farley Mount. Our ladies and mens team captains have a tough task in getting full teams together for some of the races and it would certainly help to inform them if you have or are intending to enter them.

With October we return to 10am starts at Wilverley on Sundays and the various road routes on Tuesdays and Thursdays at Fawcett's Field. If that sounds a bit depressing, bear in mind how fortunate we are in the area we live in. Other clubs in the area use the roads most of the time. On our Sunday runs I'm continuing the quest to get more of you involved in leading groups and again I'm asking for you to consider learning a new route or two or just lead around a more commonly known one till you gain confidence.

We now have our coaches Rhona Copp and Alec Osborn back after injuries and it is hoped Andrew Blackburn won't be out too long. Apologies for not being able to keep to the Training Schedule though August and September. Holidays and Injuries were to blame.

For our club to continue it is important that some of the newer members now consider taking on the positions of future committee members or as coaches, as some of us have gone way past our sell by dates and are only fit for the knacker's yard. The club needs younger blood with new ideas to carry it forward so please give this some consideration.

Yours in Pain and Exhaustion Tony T. (clapped out)

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Sunday 29th August 2010: Belgium: Houyet – Dinant ‘Descente de la Lesse’ 21.9k

Mike and Glenys were going to run the ‘Descente’ again, and hearing Glenys’s enthusiasm for the mainly gentle downhill route on paths along the river (though interrupted by 2 large hills), Alec and I decided to join them.

Having neither of us raced all year due to various problems, this presented quite a challenge. When Chris Hunt said she and John were going to the race as well, we trained together, working hard over gradually increasing distances. Alec reckoned he couldn’t regain enough race-fitness in time, so came to provide welcome support.

We took our campervan as usual, staying at Houyet, near the race start – a good decision, seeing the hordes of runners packing the buses from Dinant. The weather had been wet and miserable ever since we arrived in Belgium, and we had prepared for a soggy run, but lo! for the few hours of race morning it brightened up. However, the idea of an optional fording of the river had to be abandoned, the water being waist-deep. Everyone had to queue up to mount steep steps and cross the narrow bridge.

My run went to plan, walking all the uphill (especially the first big one – brought back memories of the Stickler in Dorset), and glad to rest in the queues for pinch-points. Although the route was pretty, from my point of view there were too many tarmac roads and hard surfaces on paths, which jarred my ‘dead leg’ and sciatica, especially the last 5k into Dinant. The finish came into sight a long way off, and I had to tell myself “just grit your teeth and get on with it” but it seemed to take forever. Once over the line though, my leg immediately felt better. After being greeted by Alec, and having a hot shower (in a tent in the street!) I could look back on the enjoyable parts of the route.

Chris finished strongly, but unfortunately both John and Rhona had to retire shortly before the finish. Mike and Glenys did well just getting to the start, having dashed across 4 countries from a family wedding in Ireland. They finished together, just behind Peter.

We stayed for the very long-winded presentations – speeches thanking every sponsor and promoting all sorts of things (we understood maybe 10% of it). Then the awards – both Sylvia and Ron got 3rd in age-group in the short race. As they hadn’t stayed, I went up to collect the awards for them, and the presenter made me stand on the podium in their place. Then a big surprise – I was delighted to get 1st FV60 in the main race. The presenter probably said something like ‘not you again’, but I had to stand on the top step this time. I got a nice (but impractical) pale blue fleecy jacket, and also a large potted bromeliad plant – lovely, but where do you put it in a small campervan?

Fed up with rainy Belgium, we immediately headed south towards the French/Swiss border and the Jura mountains for the remainder of our holiday (and another trail race, but that’s another story).

My time: 2h:12m:16s (clock time) 2h:11m:37s (chip time)

For photos see www.osbornrunners.plus.com/running/2010descente.html

Rosemarie Osborn

The NFR runners:

Main race: ‘Toplesse’ 21.9k	Short race: ‘Lesse 13’ 13.1k
Mike Ryan Glenys Ryan Rosemarie Osborn Chris Hunt John Hunt Peter Coupland Rhona Goodwin	Sylvia Coupland Ron Goodwin

GUESS WHAT I'VE BEEN DOING?

I'm sure some of my fellow New Forest runners (especially the more mature of you) are wondering "where's that Wally – Howard?"

Well I have been recovering from a serious foot injury which put me out of running competitions during 2009 but gave me a good excuse to concentrate on my cycling and I can still be seen at the weekends, head down, backside up, cycling across the New Forest.

In the spring of this year, I entered my first Duathlon competition for nearly 12 months at Clumber Park on a cold blustery and wet day in March 2010. To my surprise and delight I won my age group (vet 60) in 2 hrs 12 mins beating my rivals by 3 mins. The most I hoped for was to qualify again for the GB squad, but little did I realise that this first duathlon of the year was also the National Championships and I was now National Champion. The competition was also part of the British Series of 5 races. I won the second race at Steyning, Sussex and 6 days later the 3rd race at Emberton Park, Milton Keynes. As the series is "best of 5 races" I gained the British Series Championships as well.

Now I had qualified to represent Great Britain at the European and World Championships, I picked up my training in earnest. All too soon the European Championships in Nancy, France were upon us.

It was a bright, sunny morning (albeit cold) when we watched the female elite take off on the first 10K run on Saturday 1 May 2010. The GB squad was not well represented but we cheered the few on. As the morning progressed so did the clouds and the cold wind and by the time the male age groups were ready to set off, the weather was looking rather ominous.

I ran the first 10K relaxed but pushed hard and got into a good rhythm. We were running on marbled cobbles which when wet were slippery and we had tight turns over 2 laps. The 40K bike course was also technically difficult comprising of 8 laps with a steep climb at the beginning of each lap, but I held my position. I knew who my biggest rivals were and kept a keen eye out for them.

The final 5K run brought with it a torrential downpour which made the run course quite dangerous but as I passed the GB supporters who were getting wet but still cheering us on regardless, a union flag was thrust into my hands. I was aware of 2 runners close on my heels with 150 meters to go, so I kicked hard and pass the finish line in 2 hrs 2 mins. My best duathlon time yet!

It was impossible at that time to discover my position in my age group and I had to wait until the award ceremony later that evening, not knowing whether I had maintained my bronze medal position from 2008. When they announced my name as the gold medal winner, a cheer went up from my fellow competitors and supporters of the GB squad and with pride I stood on the podium with the 2nd and 3rd place competition winners

So, what have I been doing for the last 12 months? Working hard at recovery and representing our country.

I am now looking forward to the World Championships in September and it's thanks to the New Forest runners and all their support over the years that I am able to compete at such a high level.

Howard Doe

NEWS AND COMMENTS

CAR STICKERS can be obtained from Sylvia Coupland, 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 620321, or the Secretary, on 01425 628848.

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.

AUGUST 100 CLUB WINNERS: £50 – Pam Ager
£10 – Ve Stone

XMAS 10K

I am currently taking names of runners who have been unable to get a place in the above race and wish to go on the reserve list. Please could I remind everyone that it is O.K. to swop with a friend providing they let me know, as differences in ages/gender can effect the ranking places. Also should you have a place and are not able to run, it would be helpful if you would inform me before 3rd December.

Many thanks, Marian Oates

NEW FOREST RUNNERS eMAILING LIST:

I am collating the email addresses of club members to help us improve short term communication with everyone involved with the club. We hope to particularly improve correspondence with those who don't make it for regular club runs and to make it easier to circulate maps and entry forms for races etc. Please email me at newforestrunners@googlemail.com and remind your running club buddies to do the same!

Many thanks

Carol Shaw

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 Sway, 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.

Please pass any articles you would like included in the Runners Rag to John or Olive Howlett or 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 on 28th November 2010.

Orchids on Wilverley Plain

We all perhaps take Wilverley Plain for granted - a fairly boring patch of grass to be crossed on our way out to more interesting running routes deeper in the forest. But beneath our feet lies a wealth of tiny flowering plants that need close attention for their beauty to be appreciated. At the moment there are thousands of the tiny white orchids called Autumn Ladies Tresses flowering across the Plain. This orchid stands only a few centimetres tall, with a spiral of miniature white flowers up the stem. It is not rare, but is a wonderful find on an apparently rather plain Plain!

Catherine Pascoe

P.S. – STOP PRESS: Congratulations to Mike Ryan for completing his one hundredth marathon at the New Forest Marathon on Sunday, 26th September 2010 in a time of 4:57.04. Magnificent effort, Mike. My half dozen nearly killed me – how did you do it, Mike?

Greta's get-away

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

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

SOCIAL – DATES FOR YOUR DIARY

15th OCTOBER – SKITTLES AND SUPPER, Shorefield Country Park.

7pm £8.50 per person. A fun evening for young and not so young alike! Bring the family?

6th NOVEMBER – CHILDREN IN NEED Run organised by Mike Ryan during the day and a social afterwards at Fawcetts Club. Details of this evening which will include a Quiz, the presentation of Trophies for the Alternative 10 and the Half Marathon Championships, and a Fish and Chip supper if you want it are enclosed.

28th JANUARY 2011 – OUR ANNUAL PARTY – During 2011 your club will be 30 years old, what better reason to celebrate with a get together, dinner and knees up to a Disco at Shorefield Country Park, see details enclosed. We very much hope to have a good turn out to celebrate this milestone. In the meantime how about going through all your old photos to see what you can come up with and we will try and give you all a laugh! If anyone has anything either memories or photos that they think would be interesting then please let me know. Images can be scanned and returned so there is no excuse.

See details and slips to complete on these events attached to this edition of the rag, on the club noticeboard, on the website to download and the bulletin or contact me.

We look forward to seeing you at some or all of these events.

For more information or with ideas, or photos or memories to celebrate 30 years please contact me

Carol Giles social.secretary@newforestrunners.co.uk or telephone 01425 638562

Thanks



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NEW FOREST RUNNERS - BADGE SCHEME

What is the Badge Scheme?

It is your own personal challenge.

It allows you to gauge your performance year by year.

It is age related.

When does it happen?

Every year beginning 1st January – 31st December.

You can take part in as many races as you like during the year, only 3 races are required to qualify.

How can I take part?

- 1 Take a look at the Badge Scheme form appropriate to you (Men/Ladies/Juniors). This has the relevant times for each badge (bronze, silver, gold, diamond) and each age category.
- 2 Keep a record of your official times and dates of races.
- 3 Having taken part in numerous races during the year, select your 3 best races of varying distances eg. Wilverley timed run, 5km and 10 miles.
- 4 Look at your age category and take your times and see which badge zone you fall into.
- 5 Fill out the appropriate claim form (the bottom part of the badge list form)
- 6 Send your completed form with £2 to the Badge Scheme organiser no later than the 31st December.

Entering each year gives you a good indication of your annual performance. As the years roll on it is very heartening to know your times are as good as ever, or you may find like a 'fine wine' improving with age.

Entry forms can be found on the notice boards in the clubhouse at Fawcetts Field or in the Members section of the website www.newforestrunners.co.uk and for those who receive weekly bulletins by email, you will find them attached to the first bulletin in September.

Awards will be presented at the Club AGM in January.

Any queries, catch me at Club meetings or by email badge.scheme@newforestrunners.co.uk

Good luck everyone

Lynda Wheeler (Badge Scheme Coordinator)

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September 5th 2010: Trail de Combe Noire

Following the 'Descente de la Lesse' in Belgium, we immediately headed south towards the French/Swiss border for the remainder of our holiday. As usual I had googled the area for trail races on suitable dates.

The ½ marathon 'Trail des Eschelles de la Mort' (stairway of death!) sounded interesting. We walked part of the route along the spectacular gorges of the river Doubs, then found the 'stairway' – a series of metal ladders bolted to the walls of the gorge, reputedly a smugglers path. Climbing the first section was OK, but then it became a severe test of my vertigo. "Hold on while I take a photo" says Alec, as I clung on over the abyss. No way did I want to try running up here.

So we went on upstream another 50 miles to the next option. 'Trail de Combe Noire' seemed more suitable. Although the full 35k route was beyond our current abilities, there was a 12k 'Trail Initiation' for weaker mortals.

Arriving Friday, we camped by Lac St.Point, then drove 5k to look for the race start in the small alpine village of Vaux-et-Chantegrue. The door to the Mairie (town hall) was open, so I ventured up the marble stairs, to find a helpful lady – "Le trail? Un moment." On the phone, she summoned the headmaster from the little school next door. In excellent English he explained he was a race organiser from the ski-club, and the course followed their cross-country ski-training routes. "Very hilly?" we asked – "not at all" he said. He was happy to take our entries on the spot, and even Alec was seduced to take part by the beautiful scenery, so we paid our fees – only 9€.



Early Sunday morning we gingerly drove through thick mist to the start – lots more cars there than we expected. We collected our numbers, and a goody-bag including a jar of local honey. The mist cleared as we set off up a steep road out of the village, the sun shining on an even steeper track into the woods, going up for at least 2k ("not hilly" – we should have known better!!). It got a bit easier, but it was the real off-road stuff we all love – mud, grass, rocks, even a track well-chewed-up by forestry workers – just like home, but with more dramatic views, alpine pastures and cows with

bells. At least we could blame some of our gasping on the altitude – at 1000 metres up, the air was quite noticeably thinner.

It seemed no time at all until I was flying down the final steep hill back into the village, crossing the line, to be greeted by a man with a microphone who wanted my comments. All my limited French deserting me, all I could say was "Magnifique". Alec finished quite a bit later, thoroughly enjoying his first race this year, despite having taken an extra ½ mile detour around the village when he missed the final course markers.



We didn't see any other English people in the area, and apart from our friendly headmaster, no-one spoke any English. We were the first 'international' runners to enter their race, and were treated like celebrities, with a special presentation of wine for Alec and flowers for me (though that could have been for being the oldest runners, all the announcements being in French).

Rosemarie Osborn

For more photos see www.osbornrunners.plus.com/running/2010france.html

DON'T FORGET YOUR CLUB KIT.

As a New Forest Runner, we ask that you always wear your club colours when taking part in any of our club championships, and when representing the club in races like the RR10; Boscombe 5K; HRRL and Hants XCountry etc.

However, if you wear your kit in all the races, it helps to promote our club. It also helps to identify the other club members running with you or, if you are cheering them on, as a spectator.

Here is a list of all the club kit we now sell.

All in Club Colours.

Men's Tanks – available in S,M,L,XL

Men's Tees - available in M,L,XL

Ladies Tanks – available in S,M,L,XL

Ladies Tees - available in S, M, L, XL. All at £14.00 ea

Ladies crop tops – also in Club Colours £29.00 ea

Juniors Tee Shirts – in Club Colours
available in S, M, L XL £12.00 ea

Dark Green reversible windproof/shower proof jackets
available in XS, S, M, L. £40.00 ea

Quilted fleeces in dark green, S & L. £40.00 ea

Junior Coach Lightweight running jackets (9/10, 11/12. 13/14) £24.00 ea

Adult Coach Lightweight running jackets S, M, L £27.00 ea

Ladies active back pack with hydration bladder &
pockets £39.50 ea

Ladies running bag to hold keys, ipod, water bottle/jacket £25.00 ea

Reflective vests, necessary for the forthcoming winter nights £3.00 ea

Car Stickers £0.50p ea

To obtain any club kit, or enquiries, or to see samples, please email Sylvia Coupland
club.kit@newforestrunners.co.uk (or telephone 01425 272044) or see at Club meetings.

WEAR YOUR CLUB COLOURS WITH PRIDE!!

"Mudlarks queue for Didi's Massage"

How lucky can we get? Didier runs 6-10 miles with the Mudlarks on Tuesday mornings in the Forest. At the end of the run, we stretch and Didier gets out his massage table. There is an eager queue, as we await the experience of his firm and gentle touch. There is nothing more relaxing, remedial and luxurious at the end of a run than a massage and New Forest Runners are lucky to have their own therapist.

Although Didier is a Professional Sports Massage Therapist, he does not charge Mudlarks for this wonderful gift on a week-by-week basis but he can be booked privately for treatment at home or in the clinic.

Last year as I ran the course of the New Forest Half Marathon, there was one abiding thought when the going got tough. I had made a special booking with Didier for myself and my friend, who had travelled down from London for the run. The thought that Didier would be there with his massage table, kept me running to the finish. My friend finished ahead of me and enjoyed a massage, giving me time to stretch and cool down before taking to the table for my hour of bliss – a full body massage, at the end of which all I wanted to do was sleep. I recently had 2 post race massages, which left me feeling beaten up. This made me appreciate the difference between a masseur therapist who understood the pre and post stress needs of the body and those who didn't.



Didier explained that after stress all the cells of the body need a good supply of blood. This should contain all the ingredients needed for repair and nutrition and will help to eliminate the waste materials that arise from the production of energy, tissue damage or inflammation. Post-event massage techniques have a pumping effect, which increases both the supply of blood and the removal of harmful substances, as well as being beneficial to local tissues, and other systems of the body.

I am booking Didier for the next NFR Marathon and I am sure that I'll not be the only one.

By Euranis Neile

Didier Dequatre Sports Massage Therapist based in Sway. ITEC qualified in Sport Massage, Anatomy and Physiology, I also work in a physiotherapy clinic in Eling, and am undertaking further study to become a Sports Therapist.

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RR10 New Forest Runners Up

The penultimate race in the RR10 summer race league at Itchen Valley Country Park on August 4th set up the New Forest Runners for an exciting finish to the season. High positions by the ladies team of Vale Sesto (3rd), Katie Robie (8th) and Gail Walters (19th) moved the club up into joint runners-up place with Southampton AC, who they have beaten in the last three races. Although Winchester AC have already secured the ladies team title, taking a clear runners-up league place in the final race on August 18th at IBM Hursley Park would give the ladies their best team placing for several years. The race for the individual ladies title looks set to go right down to the finishing tape of the final race with New Forest Runner Vale Sesto having the edge by just one point over Hannah Howard from Eastleigh. Another consistent run at Hursley could give Sesto the individual title, but it will be a close call.

The mens team look almost certain to take the runners up league place behind Southampton AC following their second place at Itchen Valley through Lee Rodriguez (2nd), Steve Wright (8th), Henry Szwinto (14th), Chris Olden (20th) and Paul Bartlett (21st). With Nick Buis of Totton already taking the individual mens league title, Lee Rodriguez look set to take the runners-up prize. New Forest Runners club captain Tony Taylor commented: "We are in the best positions for many years in the RR10 league, but we cannot relax yet!"

There were three solid performances by New Forest Runners men in the Sturminster half marathon on Sunday 1st August. New club member Teddy Powell showed his value to the team by finishing 7th in 1.19.35. Steve Wright, recovering from a cold, held on well to finish 10th in 1.22.06, closely followed by Henry Szwinto, 11th in 1.22.08. For Powell the race was an encouraging start to his build-up for the Berlin marathon in the autumn. Szwinto won the vet-50 prize by overtaking his two rivals in the closing miles. Bournemouth AC, led home by race winner Stephen Way in 1:11:16, won the team title with the New Forest Runners team highly creditable runners-up ... yet again!

Michael McCabe

.....excerpt from the bulletin, 23rd August:

All hail Queen Valeria – Empress of the RR10 Ladies 2010!! Valeria stormed home last Wednesday to take the Ladies crown – New Forest's first individual winner since Chris Olden and Anthea Waters did the double in 2002. The ladies team were just pipped at the post for second position, but with no less than four ladies in the top 11, those Southampton girls really had to work for it. With Lee Rodriguez runner-up in the men's individual competition and the men's team second also, our magnificent boys and girls achieved the best overall result for a season since 2002. Very well done all. I'm going to lie quietly for a while now.

JEFF PALMER FCCA

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INSTALLING A HUSBAND

Dear Tech Support, Last year I upgraded from **Boyfriend 5.0** to **Husband 1.0** and noticed a distinct slow down in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under **Boyfriend 5.0**.

In addition, **Husband 1.0** uninstalled many other valuable programs, such as

- * [Romance 9.5](#) and
- * [Personal Attention 6.5](#), and then installed undesirable programs such as

- * [PS 3.0](#) ,
- * [Wii 1.0](#) and
- * [Golf Clubs 4.1](#).

Conversation 8.0 no longer runs, and **Housecleaning 2.6** simply crashes the system.

- * Please note that I have tried running [Nagging 5.3](#) to fix these problems, but to no avail.

What can I do?

Signed,

[Desperate](#)

[DEAR DESPERATE,](#)

First, keep in mind,

- * [Boyfriend 5.0](#) is an Entertainment Package, while
- * [Husband 1.0](#) is an operating system.

Please enter command: [ithoughtyoulovedme.html](#) and try to download [Tears 6.2](#) and do not forget to install the [Guilt 3.0](#) update.

*** If that application works as designed, [Husband 1.0](#) should then automatically run the applications [Jewelry 2.0](#) and [Flowers 3.5](#).

However, remember, overuse of the above application can cause [Husband 1.0](#) to default to [Grumpy Silence 2.5](#), [Happy Hour 7.0](#) or [Beer 6.1](#).

- * Please note that [Beer 6.1](#) is a very bad program that will download the [Farting and Snoring Loudly Beta](#).

Whatever you do, DO NOT under any circumstances install [Mother-In-Law 1.0](#) (it runs a virus in the background that will eventually seize control of all your system resources.)

In addition, please do not attempt to reinstall the [Boyfriend 5.0](#) - program ..These are unsupported applications and will crash [Husband 1.0](#).

In summary, [Husband 1.0](#) is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend

- * [Cooking 3.0](#) and
- * [Hot Lingerie 7.7](#).

Good Luck

EVERTON 10K

POSN	NAME	TIME	POSN	NAME	TIME
5	Teddy Powell	36.05	225	Emma Tuckey	58.18
6	Henry Szwinto	36.41	233	Mike Southwell	59.25
14	Steve Morton	38.27	234	Rhona Goodwin	59.32
19	Andy Phimister	39.21	235	Marie Sharma	59.53
29	Brian Baker	40.48	246	Valerie Dennis	60.55
42	Becky Hollowbread	42.27	249	Olive Howlett	61.07
44	Toby Power	42.56	252	Wendy Simmons	61.38
60	Katie Roby	44.09	255	Francesca Gadd	62.47
63	Darren Price	44.44	261	Yvette Jones	63.47
69	Jeff Palmer	45.02	264	Debbie Wilson	64.38
85	Neil Richardson	46.16	265	Luanne Martin	64.44
86	Geoff Simmons	46.25	269	June Wheeler	65.15
89	Jenny Simmonds	46.47	270	Jane Bray-Nicholls	65.17
96	Chris Paterson	47.03	273	Georgina Roberts	66.06
103	Diane Buckley	47.45	275	Caz Deacon	66.27
121	David Fairbairn	49.16	276	Karen Shortland	66.27
163	Linda Phimister	52.46	277	Sheri Gadd	66.36
179	Wendy Tobin	53.59	279	Clare Richardson	67.09
181	Martina Garnham	54.02	281	Trevor Roberts	68.03
189	Lynda Wheeler	54.51	282	Emma Rees-Williams	68.18
192	Martin Eyre	54.59	283	Liz Power	68.20
199	John Welsh	55.42	284	Jan Smylie	68.34
200	Dawn Rogers	56.01	285	Pauline Breeze	68.49
211	Rick Ford	56.26	289	Marian Oates	69.55
215	Gillian Turcan	57.14	294	Bruce Davidson	87.54

Fiona Lazenby
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*"Without my regular visits, there is no doubt that I would not still be running." Founder
Member of New Forest Runners*

FORTHCOMING EVENTS

OCTOBER 2010		
SUNDAY	3rd	54 th Isle of Wight Marathon 11.00am) / Hoburne 5 (11.00am)
SUNDAY	10th	Great Clarendon Marathon (10.30am) / Studland Stampede 12k (10.00am)
SUNDAY	17th	Chalke Valley Challenge 10k (Salisbury) (10.30am) EdUKaid's Race to FACE 10k (Fordingbridge) (10.00am)
SUNDAY	24th	City of Salisbury ½ Marathon (10.00am / Hospice 10k (Bournemouth) (10.30am) Cancer Research UK Southampton Run 10k (10.00am)
SUNDAY	24th	BUPA Great South Run (10.30am) / Milford and Keyhaven 5 (10.30am)
NOVEMBER 2010		
SUNDAY	7 th	AECC Dash Back 2010 10k (11.00)
SUNDAY	21 st	Gosport ½ Marathon (10.00am)
SUNDAY	28 th	Boscombe 10k (11.00am) / Hayling 10 (10.00am)
DECEMBER 2010		
SATURDAY	11 th	Portsmouth Coastal Waterside Marathon (9.00am)
SUNDAY	12 th	Christmas 10k (11.00am)
JANUARY 2011		
MONDAY	3 rd	Somerley (Ringwood) 5k and 10k (11.00am)
SUNDAY	16 th	Stubbington Green 10k (10.00am)
FEBRUARY 2011		
SUNDAY	6 th	Blackmore Vale ½ Marathon (11.00am)
SUNDAY	13 th	Coastal Half Marathon (Portsmouth) (10.00)
SUNDAY	20 th	Lytchett Manor 10 (10.30am)
MARCH 2011		
SUNDAY	13 th	Wilton House Jog 5k and 10k/British Heart Foundation (Salisbury) (11.00am)
MAY 2011		
SUNDAY	1 st	Fordingbridge Fire Station 10k (11.00am)
JUNE 2011		
SATURDAY	25 th	Round the Island Race 69 (Cowes, Isle of Wight) (10.00am)

Hampshire Cross Country League 2010 / 2011		
Date	Venue	Host Club
9 Oct 10	Farley Mount	Winchester AC
6 Nov 10	Goodwood	Chichester Runners
4 Dec 10	Popham Airfield	Basingstoke AC
15 Jan 11	Prospect Park	Reading AC
29 Jan 11*	Parliament Hill	
12 Feb 11	Hudsons Field, Salisbury	Salisbury AC
19 Feb 11**	Alton Towers	

* South of England CC Championships

** National CC Championships

CROSS COUNTRY 6 SERIES 2010 / 2011			
Date	Venue	Host	Start Time
17 Oct 10	Badgers Farm, Halterworth	Winchester / Running Sisters	9.30am
14 Nov 10	Dibden Enclosure	Hardley RC	9.30am
5 Dec 10	Janesmoor Pond, Stoney Cross	Lordshill / Wessex	9.30am
2 Jan 11	Kings Enclosure, Stoney Cross	Romsey / Southampton	9.30am
13 Feb 11	Bolderwood	Totton	9.30am
6 Mar 11	Fleming Park, Eastleigh	Eastleigh	10.30am

TRAINING SCHEDULE

OCTOBER 2010				
SUNDAY	3rd	11:00	Hoburne	Hoburne 5 or Long, Medium or Short (10am at Wilverley)
TUESDAY	5th	19:00	Fawcett Fields	Intervals (MBB, RC, PC) or Stem Lane
THURSDAY	7th	19:00	Fawcett Fields	Ashley Crossroads
SUNDAY	10th	10:10	Gangwarily	Solent Half Marathon Club Championship
TUESDAY	12th	19:00	Fawcett Fields	Caird Avenue
THURSDAY	14th	19:00	Fawcett Fields	Intervals (MBB, TT) or Braemar Drive
FRIDAY	15th	19:30	Boscombe	Winter 5K
SUNDAY	17th	10:00	Wilverley	John Holcombe 5
TUESDAY	19th	19:00	Fawcett Fields	Intervals (MBB, ME) or Stem Lane
THURSDAY	21st	19:00	Fawcett Fields	Ashley Cross Roads
SUNDAY	24th	10:00	Wilverley	Long, Medium or Short
TUESDAY	26th	19:00	Fawcett Fields	Caird Avenue in reverse
THURSDAY	28th	19:00	Fawcett Fields	Intervals (MBB, PC) or Braemar Drive in reverse
SUNDAY	31st	10:00	Wilverley	Long, Medium or Short
NOVEMBER 2010				
TUESDAY	2nd	19:00	Fawcett Fields	Intervals (MBB, RC) or Stem Lane in reverse
THURSDAY	4th	19:00	Fawcett Fields	Ashley Cross Roads in reverse
SATURDAY	6th	07:00	Fawcett Fields	Children In Need
SUNDAY	7th	10:00	Wilverley	Long, Medium or Short
TUESDAY	9th	19:00	Fawcett Fields	Caird Avenue
THURSDAY	11th	19:00	Fawcett Fields	Intervals (MBB, RG, PC) or Braemar Drive
SUNDAY	14th	10:00	Wilverley	Long, Medium or Short
TUESDAY	16th	19:00	Fawcett Fields	Intervals (MBB, TT) or Stem Lane
THURSDAY	18th	19:00	Fawcett Fields	Ashley Cross Roads
SUNDAY	21st	10:00	Wilverley	Long, Medium or Short
TUESDAY	23rd	19:00	Fawcett Fields	Braemar Drive
THURSDAY	25th	19:00	Fawcett Fields	Intervals (MBB, RG) or Caird Avenue
FRIDAY	26th	19:30	Boscombe	Winter 5K
SUNDAY	28th	10:00	Wilverley	Long, Medium or Short
TUESDAY	30th	19:00	Fawcett Fields	Stem Lane in reverse
DECEMBER 2010				
THURSDAY	2nd	19:00	Fawcett Fields	Ashley Cross Roads
SUNDAY	5th	10:00	Wilverley	Long, Medium or Short
TUESDAY	7th	19:00	Fawcett Fields	Intervals (MBB, ME) or Caird Avenue
THURSDAY	9th	19:00	Fawcett Fields	Stem Lane
SUNDAY	12th	11:00	Burton	Christmas 10K

BOSCOMBE WINTER 5K SERIES 2009/10

Start and finish at Boscombe Pier. Flat out & back course, parking in the car park above the pier or on nearby roads. There are no changing facilities available.

Entry fee of £2 per race – registration from 6.45pm onwards in Coasters – races start at 7.30pm prompt.

Please keep your race number for the whole series. All runners to keep their finishing positions through the finish funnel to ensure accurate results.

Race No 1 - 15 Oct 10

Race No 4 - 21 Jan 11

Race No 2 - 26 Nov 10

Race No 5 - 4 Feb 11

Race No 3 - 17 Dec 10

Race No 6 - 4 Mar 11