

NEW FOREST RUNNERS RAG



DECEMBER 2010 / JANUARY 2011

DEAR MEMBERS,

Here we are in December already and Christmas is approaching fast. Where has 2010 gone? It's time to look at your running kit and see what needs replacing so that you can give a hint to your nearest and dearest about what you would like for Christmas.

Thanks to everyone who helped at this year's Children in Need appeal at Fawcetts Field, mainly Mike Ryan who was there from start to finish organising the event and also ran a marathon in multiple laps. There were some outstanding efforts Geoff Simmons who ran the most, 73 laps, Paul Pocock who walked the most laps 70 and Peter Harwood who collected the most money £74. This year we were disappointed with the response from the club. We had only 64 members out of 450 who participated which is quite poor. On the positive side we had quite a good showing from our juniors and also Alan Kelson who is just come back from a Hip operation.. Thank you all who turned out and contributed to the appeal we did raise in the region of £580.00 at the moment. One event that was well attended was the Club Trophy Presentation Evening and Quiz night. This followed the C. I. N. Thanks Carol for organising this event, the Fish and Chips were great? Recipients of trophies who could not make it we will distribute these at normal club meetings, thanks David for organising the trophies.

Looking ahead, there are more exciting events coming up. The Christmas Pudding Race is next. Don't forget to wear club colours! On the Sunday before Christmas we will hold our annual Christmas Cross Country event at Wilverley. Hopefully there will be some mud and as usual, there will be a free raffle, and we will have free coffee and mince pies when you finish. There will also be the draw for the London Marathon places. We would also like you to come in fancy dress to add a bit of colour to the event, there will be a prize for the best, judged before the event. If some of you would like to start earlier please feel free to do so., the course will be marked out with sawdust I hope.

I am sure many of you are now waiting anxiously for news of whether or not you have been successful in your application for a place in the London Marathon. I wish you the best of luck. Don't forget, if you do not get a place, put your name down on the notice board or let a committee member know. You may be lucky in the draw for Club places. Only consecutive rejections since joining the Club are valid and you must also be a paid up member for the year in which you run

To help get over the excesses of too much Christmas indulgence (carbo loading), you can have a refreshing swim in the sea on Boxing Day at Highcliffe Castle, there will be a run after the swim and we will meet at a local pub later for a glass or two, maybe three. Swim time is 11.00am. I am afraid I will miss this event as I am at my daughter's house at Brighton. I will be thinking of you all, of course I will be in the sea at Brighton (?).

The A.G.M. will be on January 14th and our Annual Dinner Dance is on January 28th, details of which are elsewhere in this Rag. As it is nearing the end of the year it is also time to think about electing a new Committee. Several existing members have said that they will not be standing for re-election in 2011 so there are many vacancies. Nomination forms will be available soon and I look forward to an avalanche of nominees. In the last few years the AGM has been very poorly attended for such a big club. It is your club, please come and have your say, it is the only way to get change. We do need your guidance, ideas and support, otherwise you will get more the same. Do not forget the badge scheme, Linda needs your forms in before the end of the year. Recipients will receive their badges at the end of the AGM.

There will be a Pub Run on Sunday 2nd January, 2011, this will give you an additional day to get over New Years Eve. It will be from the Filly Inn near Brockenhurst starting at 11.00am. Please park in the Forestry Commission car park on the opposite side of the road if you do not have the intention of going in the Pub. The run will be in Royden Woods organised by Paul Pocock.. Thanks again Paul.

We also will donate in excess of £2500.00 to local charities from the proceeds of the New Forest 10 which was very successful this year. Preparations are well under way for the 2011 event and I am pleased that Geoff Bungard, Mike Ryan, and Sanjai Sharma have joined the N.F.10 Committee. I am sure they will be a great asset to the New Forest 10 committee and I hope they enjoy the job. Thanks again Mike Smith and your old team for your past hard work, Mike is now standing down as NF10 Race director.

Just an important note, we have noticed that when members renew their membership many have chosen not to tick the box to pay the England Athletics (EA) £5 levy. If you compete in any EA/UKA affiliated race (e.g. Milford 5, Christmas Pudding, New Forest Half marathon) you must pay the governing body fee as it covers you for insurance in any affiliated race. In theory if you do not you pay this fee you should pay the unattached levy for each race for insurance purposes which is usually £2 per race. You are of course covered by the Club's affiliation to EA for any club training and club events, such as timed runs, RR10, John Holcombe events, NF10 Marshalling etc. I know David Ellis has given a more detailed article in this Rag. Associate members do not need to pay this fee and second claim members will be covered by their first UKA/EA club.

By the way well done everybody who competed in the Gosport Half on Sunday there were some excellent result, loads of PBs. Please keep it up as this will ensure the men get back into the 1st division and the ladies stay in the 1st division. On that note I wish you and your families and my hard working committee all a happy Christmas and a prosperous New Year. I hope you achieve all your ambitions in running and in life.

SEASON GREETINGS

MIKE BB

Captains Corner.

Hello Runners.

With the competitive season almost over for this year I'm happy to report that 2010 will go down as a successful year for our Ladies and Mens teams. After the fine performances of several in the London Marathon, the year continued with the best results we have had for seven or so years in the RR10 series. The ladies finishing in 3rd place and the men 2nd in their divisions. Our Valeria was 1st individual lady and after a very good season went on to a sub 3hr Marathon at Leicester. In the Hants road running league, which commenced this autumn, after 4 events our men lead in their division and the ladies are mid table in theirs.

Since January I have been fortunate to witness many fine efforts and performances from our athletes in road and cross country events all over the South of England and clocked up a few thousand miles in doing so. I have in my possession hundreds of photos and have just about worn out my camera. From all that I've seen and done the one absolute magic moment was catching sight of our Mike in Stem Lane as he approached the finish of his 100th Marathon and hearing the cheers as he ran under the finish banner in the New Forest Marathon in September.

A very notable achievement also is the success of our Junior Section whom I have watched train and race in the cross country events in Hampshire, the numbers attending seem to increase every week. Well done Steve, Richard and Tracy. Being your Club Captain and coach has helped me get to know many of you well and I look forward to supporting you in the future. The social events that were organised and well attended certainly help in bringing us all together. Well done Carol G.

For our club to continue it will be critical that more of our members offer help and assistance in the events we hold next year or they will not take place at all. With our membership at a record level the club must keep moving forward in what we do and achieve and to see younger members on the committee with fresh ideas must be our aim. This is my last report as your Captain and it has been a pleasure helping you train to reach the various targets that you have set yourselves and long may you continue to be New Forest Runners. I'm not sure what the future holds for me but I expect to be of use to the club and offer advice and assistance as I've done for 18 years.

Tony Taylor.



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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


New Forest 10 2010

As most of you will know, Mike Smith resigned as Race Director for the NF10 after this year's event. Mike has done a splendid job for quite a few years but now wants to pursue other interests.

Our appeal for a replacement fell on deaf ears so Geoff Bungard and myself have agreed on a joint directorship in order to ensure the race carries on. This race is one of the top 10 mile runs in the country and one that the club can be proud of. We started a little late, but preparations are now under way for next year's event which will be held on July 10th. (Please make a note in your diaries) The entry forms will be available before Christmas and I would ask you to display them wherever you can, especially at races.

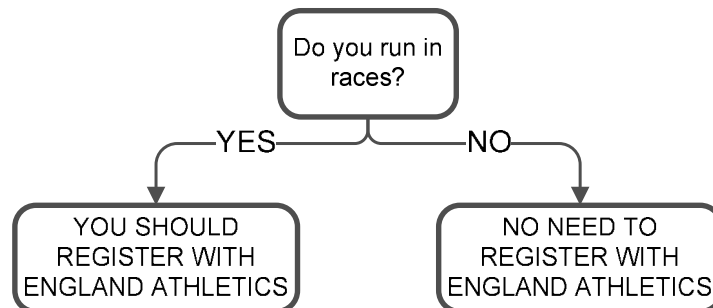
Andy Phimister also resigned this year. Andy did a splendid job as field manger, course director and many other tasks. His will be a hard act to follow. We have decided that Andy's work should be divided up so that at least three people can share the load. I am appealing now for three volunteers to come forward to help. The job involves putting out road signs, mile markers and drink station equipment before the event, and collecting and storing equipment away afterwards. We meet once a month at the most. The majority of the work is on the weekend of the event. Andy has kindly agreed to be present that weekend to offer advise and answer any questions that may arise.

In the New Year we will be asking you to give your names to help on the day. We need at least 140 helpers to stage a safe and efficient race. Don't be afraid to join the NF10 committee. There are still quite a number of longstanding members who will help and advise you! They cannot do all the work themselves and I hope you will come forward and help us to put on another successful race.

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Why bother with England Athletics?

When you join New Forest Runners, or on renewal, we ask you that annoying question: “Do you want to register with England Athletics (EA)?” At an extra fiver per member, some choose to, and some don’t, but what EA registration means to a runner seems much misunderstood; of our 450 members over 200 have chosen not to register with EA. Let me try to explain the rules and benefits.



England Athletics is one of the governing bodies which promote and control athletics within the UK, and whilst road & cross-country running may seem on the margins of the sport, their rules do extend to how races are conducted. You might expect such rules for big events like the London Marathon, but it also covers local races like the Sway 5 or Solent Half Marathon.

EA use their income to support clubs, training, coaching, events, and administration of the sport across England (but for more info see their website: www.englandathletics.org). Some of the benefits NFR receive through EA affiliation include: insurance, coaching & training support, CRB, etc, and our free London Marathon places each year; do particularly note that NFR’s liability insurance is provided through EA, so we do need to work within their rules.

When you register with EA, you are issued with a ‘Competition Licence’ and a registration number; you will have noticed that an increasing number of races now ask for this number on their entry form, and I’m afraid that your NFR membership number just won’t do! Without EA registration therefore you should be paying the ‘unaffiliated’ rate for race entries, an extra £2 per race! As more and more race entries are done online, this can be easily enforced as at least one NFR member found out trying to register for the Stubbington 10k this year – no EA number, no affiliated place!

I’ll be sending out membership renewal letters in late December, and for those not currently members of EA I’ll be asking you to consider whether you should join or not, simple rule: if you run races, you should join EA. Those who need not join would be: Associates (walking members), young juniors (although they often race from aged 15 upwards), and anyone who is just a ‘social runner’. On that basis, I’m expecting about another 100 EA members next year.

I’d like to be very definitive on the insurance point but I cannot; runners should always verify for themselves their own insurance, but if you choose not to join EA you could be running uninsured.

One last point, EA membership runs from 1st April to 31st March, so anyone who wants to join before 1st April 2011 can do so by contacting me (treasurer@newforestrunners.co.uk) or at the club and sending the extra fiver now!

Dave Ellis

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.

CONGRATULATIONS: to Lionel Handy who was made a fellow of the Royal Academy of Music at a ceremony in London where he was awarded the accolade from the Duchess of Gloucester, Princess Alice. A remarkable achievement after his near fatal accident three years ago. Well done, Lionel.

100 CLUB – NOVEMBER WINNERS: £50 – Catherine Page-Dove
£10 – Jack Macdonald

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 23rd January 2011.

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SOCIAL – DATES FOR YOUR DIARY

Thanks to all those of you who attended the Skittles Evening at Shorefield Country Park on 15 October – a good night was had by all with about 50 people skittling.

The Quiz and Trophy evening after Mikes Children In Need 12 hr run also went well and as always Vince did an entertaining Quiz session, preceded by a Fish and Chip Supper. Thanks to those of you who supported it.

Remember our next event is the big one – get those forms coming in, it would be great to see a record turn out:-

STOP PRESS Annual Party – we have negotiated a deal for our Junior Members in respect of this event. We can offer a reduced rate of £10.00 for under 10's and £15.00 for those aged 10 to 16 years. (All under 18's must be accompanied by an adult)

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 attached. We very much hope to have a good turn out to celebrate this milestone. In the meantime how about going through all your old photo's 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 photo's 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 this event attached to this edition of the rag, on the club noticeboard with forms to collect at Fawcetts, on the website to download and the bulletin or contact me.

MARCH 5TH 2011 – BARN DANCE WITH LIVE MUSIC FROM MURPHY'S LORE.
At Bashley Village Hall – More information coming soon.

MAY 13TH, 14TH, 15TH 2011 - YOUTH HOSTEL WEEKEND – The return of this ever popular weekend this time at the Hostel in Beer in Devon – Again more information later but places will be limited so please register your interest with Carol as soon as possible.

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

For more information or with ideas, or photo's or memories to celebrate 30 years please contact

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

Thanks

A pink lipstick and thirteen jelly beans.

On 26th September 2010 I stood at the start of the New Forest Half Marathon a few minutes before 9:30 and wondered what the hell I'd let myself in for. This middle-aged idiot was standing in a teeny pair of green shorts, a white sleeveless T-shirt in what felt like sub-zero temperatures armed with just a pink lipstick and 13 jelly beans. How did I get there? Well, for the last 4 years I've been going through the motions at the gym. You know the sort of stuff - weights, a bit of cardio, the odd jog around the block. I was reasonably fit but couldn't, for the life of me, shift any weight. Last August I took myself off to see my doctor. Now I'm no malingerer - something has to be seriously wrong for me to make an appointment and the last time I saw him (last February) I ended up having major surgery! So what was it this time? Well, that morning I'd stepped on the scales and it read 13 stone. Something had to be physically wrong for me to weigh that much - I ate a healthy diet didn't I? After a series of blood tests the verdict was in - I was overweight! His advice? Eat less and move around more! Thus began my journey.

The 26th September 2009 is indelibly etched on my heart. It was the day I first went to Weightwatchers. A fantastic program that worked for me. I also upped my running. To start with I just increased from once a week to twice a week and did just two or three gentle slow miles (and a bit of walking). It was really tough to start with. I'd gasp for breath like a fish out of water, sweat like a proverbial pig and, horror of horrors, my hair would go frizzy. Slowly, ever so slowly, the weight started to come off. Between the end of September 2009 and the end of March 2010 I had lost 4 stone. I'll say that again - 4 STONE! Running got, dare I say it, easier. I'd find myself setting the alarm clock so that I could go for a run before I started work and some days I'd run again in the evening. Slowly, ever so slowly, my distances crept up. Four miles then six.

Nothing could stop me so, in a moment of madness, I entered the New Forest ½ Marathon. Whatever possessed me? A month later I was up to 8 miles but it wasn't enough. It dawned on me that I needed help from people who knew how to get me to the finish line. And then I went completely bonkers and joined the New Forest Runners. Tuesday night, Caters Cottage with Lydia. We chatted all the way. Thursday night with Caroline to Barton Cliffs and back and I told her of my journey. Ron Goodwin and my first hills session. Ron again with intervals. Then Markway underpass in the rain. Highcliffe Castle and back. The Everton 10K. I then set aside four Sundays in a row for my long runs. Christchurch to Keyhaven with just my iPod for company. Ten miles to the ice cream van (5th September); 11 miles to the Gun Inn (12th September) - very heavy legs I recall.

Then I tapered - an expression I hadn't heard of before. I cut back on my mileage for ten days before the half marathon. I got twitchy and restless, sought out green running shorts from Sylvia (they have a lovely little inner pocket - just big enough for a pink lipstick (I couldn't find a lip salve that morning) and a small bag of jelly beans (1 for each mile marker on the half marathon)). I had my nails painted New Forest green to match my running kit (toes too in case I got a blister and had to take my socks off), bought a green bandana (you may have noticed I always run with a bandana, usually colour coordinated with my running top). Carb loading? Yuk. I hate potatoes, pasta and rice. Porridge and couscous did it for me but just two days of it was enough. Three carb laden meals, two cereal bars and two bananas the day before the half and I felt like a small elephant.

The 26th September 2010 - exactly a year after I started this epic journey by standing on the Weightwatchers scales - dawned bright but freezing cold. My fantastic bloke, Peter, and I went to New Milton by train and Peter was at the start and finish lines (silly thing left the camera at home). I had the support of my three lovely friends, Linda, Lesley & Margaret, waiting for me at the Rising Sun; There was a quick comparison of tattoos (yes I have one) with Rick on the rec and then I went off to the start line. The race itself was a bit of a blur.

I remember a few things: being in tears as I crossed the start line; meeting a bloke called Gordon from the Dedmead Strollers going up the hill at Longslade bottom and running with him for four miles (before I left him standing). I remember being overtaken by two SpongeBob SquarePants and howling with laughter as one of them tried to lift his costume to pee behind a bush. I vividly recall the jelly baby station (rather sticky underfoot) and the screams of “she’s here, she’s here. You look fabulous” from my dear friends at the pub. Batman got overtaken at 11 miles. The shouts from the crowds as I approached the last mile were quite extraordinary: “come on New Forest”, “run New Forest”, “you can do it”. And do you know something? That last spectator was right. I can do it and I did and, what’s more, I’m going to do it again!



Climb every Mountain.....

If you’ve been to Switzerland, chances are you’ve seen the Eiger, Monch and Jungfrau peaks near Interlaken. Chances are you’ve not run the Jungfrau Marathon though, unless you’ve had some prep. Alpine training.

This year’s, the eighteenth, started at Interlaken (1860 feet) and finished at Kleine Scheidegg (7000 feet), having climbed briefly to the Eiger glacier (7600 feet). Over four thousand intrepid souls attempted it while we were on holiday and we witnessed the half-way point in the race, just before the runners started to climb the second thirteen miles, so they were comparatively fresh. The smiles were soon wiped off their faces however. A cow bell band, an oompah band and sundry bells, whistles and cheering egged them and the carnival atmosphere I’m sure lifted their spirits – which they were certainly going to need as they faced a horrendous, unrelenting climb to the finish.

Two Kenyans had appeared unassailable at half-way being about four minutes ahead of the field, but they must have faded badly as they were nowhere near the early finishers. The winner? Marco de Gaspari from Italy, in 2 hours fifty-six minutes, quite remarkable for the altitude climb. The first Brit? Huw Lobb in three hours four minutes. New Forest Runners will no doubt have heard of him. The first Brit. lady was Zelah Morrall in three hours fifty-eight minutes.

The day after the race, we met by chance, Ian Harding, from Morpeth Runners in Northumberland (as the PA announcer had pronounced it during the commentary). We actually encountered him on the mountains as we were walking – he having run up ‘for a jog’, running up about two thousand feet - the day after he had come thirty-second, a position he was very disappointed with. He complained that the Northumberland fells were not tough enough training for the Jungfrau!

No New Forest Runners that I recognised but a number from Christchurch including Stephen Green, Adrian Holloway and Steven Riddle. Bournemouth runners included Kevin Dowsett, Kathy Fooks, Gerry Lucas, Peter Spieler and Michael White. I didn’t see Mike Ryan’s name among the finishers list so, come on, Mike, now you’re a Centenarian Marathoner – here’s your next challenge. Start some altitude training soon – Snowdon for a start?

Bill Petts

THE FAT FIGHT IN A DIFFERENT LIGHT

I don't suppose there are many of us who fully understand how our body works, but recently I had my eyes partially opened and I would like to pass this insight on to club members. I hasten to add that I have not suddenly become an expert overnight and some of my facts may not be accurate but I hope you can get the gist of the argument.

Good health depends mainly on three factors: EXERCISE, NUTRITION AND LIFESTYLE. Of these, Lifestyle is the most interesting, potentially the most damaging, and the one we pay least attention too. Our bodies are designed to consume and process ANIMAL, PLANT and WATER only, but modern lifestyles encourage the consumption of "bad" chemicals via the skin, hair and mouth. This clogs our livers and intestines, greatly reducing the efficiency of the digestive system.

These chemicals are called TOXINS and we consume them on a regular basis. Here is a list:-

1. Stress.

This is possibly the most damaging as high levels of stress for 3 months or more, produce a toxic chemical release. The worst culprits are worry over job losses and prolonged divorces.

2. Consumed by Mouth

All medication, high units of Alcohol, Nicotine, Caffeine and all additives, as found in sweeteners, fizzy drinks (especially diet ones), white bread, white sugar.

3. Consumed via Skin

High protection sun cream – keep below factor 25.

Don't spray deodorants into the armpits but aim 6" lower, otherwise the toxins enter directly into the lymph glands.

Ladies who spray perfume onto their necks are also sending the toxins directly to their lymph glands. It is better between the bosoms.

4. Consumed via Hair

Avoid cheap hair treatment, shampoos etc. Ideally they should all be plant based. Also avoid inhaling the hair spray or, come to that, any other aerosol.

Animal, Plant and Water products are easily consumed by the body and the waste is expelled as sweat, saliva and excreta. However, Toxins are much more difficult for the body to handle because they are Oil based and not water.

When we exercise, our fat is converted via the lymph glands and liver into glucose, which then gives power to our muscles. This is called Metabolism. However, fat protects itself from the toxins by surrounding itself with water. It now becomes much more difficult to convert the fat into glucose and our metabolic rate slows down, as does the speed at which we lose fat. Our body is now less efficient and we constantly feel tired and lethargic. Some of you may recognise these symptoms?

The fat and its protective water accumulate around the lymph nodes and that is clearly demonstrated in the different ways it appears on men and women. Men's lymph nodes are concentrated around his belly and so he gets a fat belly but usually only a small bum, because his bum has no lymph nodes.

Ladies, on the other hand, have lymph nodes under their upper arms, on their thighs and bums. Guess where they put on weight?

We tend to call all the wobbly stuff in these areas “fat”, but most of it is actually water surrounding our fat. The protective water stops us burning the fat quickly. So reduce the Toxins, reduce the Water, burn the Fat faster, increase the metabolic rate, get more energy and run faster. Q.E.D.

I doubt if this is the complete answer. I have talked in layman’s terms because that’s the only way I can grasp this problem that bugs most of us. I hope it gives you food for thought!

Peter Coupland.

Note from the Events Organiser.

It is with regret that I am resigning from my job as Events Organiser for the club. This will take effect after the Christmas Cross Country at Wilverley on December 19th. My reason for this decision is not because I don’t want to do the job anymore, but due to lack of support by the membership. With less than 10% of members taking part in organised events, it is obvious that the majority have no interest in them.

This has been a difficult year for organisers. There has been a lack of support in the participation and help needed to stage events. Only at the New Forest 10 did we have sufficient manpower. There were not enough volunteers to marshal the Cross Country, Bi-athlon or the Alternative 10. Not many runners took part either. Less than 50 people ran in the John Holcombe Memorial Run this year. It was very disappointing to see runners turning up at Wilverley and then deciding to run somewhere else. Some explained that they wanted a longer run but surely they could have run the 5 miles and then added on more afterwards. It was not very encouraging for those who gave up their time, giving out numbers, setting out the course, marshalling, timing, recording, collecting tapes after the race, providing drinks and clearing up etc.

In spite of many appeals for help to set up and pack away at the New Forest Marathon, only two lady runners turned up to help on the Saturday before the run. Not one man came to help. These same two ladies were both running the Half Marathon on the following day. It was a similar story on the Sunday after the event. As a result, three of us were working until quite late packing up and tidying up the area. This was after running the Marathon. It is worth noting that the club gets a considerable donation from the Marathon for the help we give them.

I made my decision to resign after the Children in Need event, which was so poorly supported. I hope that the club will find a new organiser quickly and that the members give them better support. If you think you have any new ideas that might make a difference, please tell the committee.

I would like to thank everyone who has helped me over the years. I have enjoyed the job, but I think the time is now right to let someone else have a try.

Mike Ryan.

SOLENT HALF MARATHON (Club Half Marathon Championship)

(Including Age Related results)

POSN	NAME	Age Rel %	TIME	POSN	NAME	Age Rel %	TIME
7	Stephen Wright	76.59	77.54	179	Craig Mutter	103.41	57.64
12	Henry Szwinto	85.27	79.13	198	Chris Paterson	106.05	63.23
29	Philip Handy	69.75	85.33	206	Noreen Henderson	107.19	71.35
39	Andy Phimister	88.44	72.62	224	Geoff Simmons	109.28	64.25
41	Howard Doe	88.54	80.86	230	Dave Ellis	110.22	61.26
44	Erica Fogg	89.11	73.84	252	Wendy Tobin	114.17	57.69
83	Paul Bartlett	93.40	63.74	270	Caroline Holcombe	117.59	61.38
116	Becky Hollowbread	98.08	67.11	271	Linda Phimister	118.12	60.78
136	Lionel Handy	99.29	67.39	287	Lynda Wheeler	122.29	65.07
140	Matthew Cafferky	100.06	59.64	299	Lydia Handy	125.50	52.41
141	Neil Richardson	100.14	68.16	309	Jacqui Eastwood	128.43	56.76
171	John Hunt	103.00	72.63	317	Chris Hunt	129.43	67.13
174	Darren Price	103.13	57.91	334	Ve Stone	140.44	63.47

THE JOHN HOLCOMBE 5

POSN	NAME	TIME	POSN	NAME	TIME
1	Henry Szwinto	29.39	22	Alan Benjafield	44.49
2	Andy Phimister	32.38	23	Wendy Tobin	46.10
3	Pete Wilson	34.01	24	Paul Bailey	46.15
4	Richard Gears	35.01	25	Emma Tuckey	46.16
5	Kevyn Doolan	37.05	26	Natalie Knight	46.17
6	Craig Mutter	37.06	27	Gill Turcan	46.37
7	Neal Stephenson	37.07	28	Linda Hurford	48.06
8	Lloyd Tobin	37.24	29	Wendy Simmons	48.56
9	Tony Wickham	37.35	30	Becky Benjafield	49.52
10	Dai Hughes	38.06	31	Ian Taylor	50.56
11	Di Buckley	38.28	32	Emily Jagger	51.03
12	Davis Ellis	38.52	33	William Elder	57.17
13	David Curtis	41.02	34	Rosemary Waugh	57.18
14	Graham Penneck	42.02	35	Pauline Aldworth	57.20
15	Isabelle Parkes	43.01	36	Glenys Ryan	57.21
16	Lucy Godwin	43.02	37	Marian Oates	57.26
17	Dawn Rogers	43.21	38	Rhona Goodwin	57.52
18	Caroline Holcombe	43.43	39	Olive Howlett	58.00
19	Martina Garnham	43.58	40	Angela Coubrough	58.43
20	David Fairbairn	43.59	41	Pauline Breeze	58.56
21	Linda Phimister	44.48	42	Clare Richardson	60.44

JEFF PALMER FCCA

CHARTERED CERTIFIED ACCOUNTANT

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BUSINESS START-UPS BUSINESS PLANS CONSULTANCY

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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

Reflective vests, necessary for the winter nights £3.00 ea

Car Stickers £0.50p ea

WORKPLAY Ladies active backpack with hydration bladder & pocket £40.00 ea

WORKPLAY Ladies running bag to hold keys, ipod, water bottle/jack £28.50 ea

Please see link to Workplay website via our website to purchase these items.

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!!

NEW FOREST MARATHON AND HALF MARATHON

MARATHON					
POSN	NAME	TIME	POSN	NAME	TIME
3	Stephen Wright	2.47.08	220	Dave Ellis	3.58.35
7	Steve Morton	2.52.53	257	Chris Paterson	4.06.45
94	Tracey Boulton	3.37.14	439	Mike Ryan	4.57.27
HALF MARATHON					
16	Valeria Sesto	1.22.41	837	Michelle Evans	1.57.59
30	Andy Phimister	1.26.56	907	Catherine Page-Dove	1.59.50
37	Brian Baker	1.27.44	925	David Curtis	2.00.13
43	Howard Doe	1.28.07	926	Katy Lush	2.00.15
49	Paul Bartlett	1.28.36	1061	Zuzana Sebestyen	2.02.43
78	Becky Hollowbread	1.30.43	1062	David Sherwin	2.04.09
87	Lionel Handy	1.30.43	1065	Lydia Handy	2.04.17
111	Lloyd Tobin	1.34.19	1111	Julie Seton	2.05.51
116	Darren Price	1.34.53	1112	Linda Sherwin	2.05.51
178	John Hunt	1.38.12	1197	Rick Ford	2.08.22
192	Craig Mutter	1.38.59	1267	Pauline Aldworth	2.11.07
214	David Hodgkiss	1.39.51	1282	David Cole	2.11.44
307	Neil Richardson	1.43.41	1297	Jonathan Camps	2.12.36
321	Steve Radjen	1.44.04	1307	Debbie Nineham	2.13.00
337	Dai Hughes	1.44.35	1319	Jill Tannetta	2.13.18
383	Philip Hough	1.45.49	1327	Alison Sawdon	1.13.31
457	Alice Neal	1.48.45	1387	Valerie Dennis	2.15.29
468	Jenny Simmonds	1.49.13	1448	Yvette Jones	2.18.52
510	John Jenkins	1.50.18	1497	Jan Smylie	2.21.38
553	Victoria Boothroyd	1.51.17	1509	Julia Vincent	2.22.19
584	Christopher Mead	1.52.04	1510	Rebecca Benjafield	2.22.20
598	Wendy Tobin	1.52.22	1511	Beth Jefferyes	2.22.20
634	Judith Bedford	1.53.01	1563	Karen Shortland	2.26.11
685	Rob Ellis	1.54.12	1564	Carolyn Deacon	2.26.12
770	Linda Phimister	1.55.58	1581	Helen Sadler	2.27.30
773	Wayne Seton	1.56.13	1653	Clare Richardson	2.34.59
775	Lucy Godwin	1.56.18	1655	Mikki Thorn	2.35.03
783	Daniel Harvey	1.56.32	1674	John Edwards	2.37.55
797	Martin Taylor	1.56.56	1676	Trevor Roberts	2.38.13
809	Lynda Wheeler	1.57.17	1688	Euranis Neile	2.40.22
829	Caroline Gibbins	1.57.46	1760	Bruce Davidson	3.18.49

**Alison Duncan MCSP SRP Grad.Dip.Phys.
Chartered Physiotherapist, Acupuncturist and Manipulative Therapist**

**For assessment and treatment of:
Sports related injuries, biomechanical assessment for recurrent/overuse injuries, general musculo-
skeletal conditions including back/neck related pain**

Tel: 01425 277505

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**based at Highcliffe Private Clinic, 248 Lymington Road, Highcliffe, Christchurch, Dorset, BH23 5ET
OCPP-Member of the Organisation of Chartered Physiotherapists in Private Practice**

FORTHCOMING EVENTS

DECEMBER 2010		
SATURDAY	11 th	Portsmouth Coastal Waterside Marathon (9.00am)
SUNDAY	12 th	Christmas 10k (11.00am)
SUNDAY	26 th	Round the Lakes Poole 10k (10.30am)
JANUARY 2011		
MONDAY	3 rd	Somerley (Ringwood) 5k and 10k (11.00am) / Brutal 10k (Longmoor Camp, Liss) (10.00am)
SUNDAY	16 th	Stubbington Green 10k (10.00am)
SUNDAY	30 th	RiotRunner 7 (Bordon, Hants) (11.00am)
FEBRUARY 2011		
SUNDAY	6 th	Blackmore Vale ½ Marathon (11.00am) / Chichester Priory 10k (11.00am)
SUNDAY	13 th	Coastal Half Marathon (Portsmouth) (10.00)
SUNDAY	20 th	Lytchett Manor 10 (10.30am) / Bramley 20/10 (10.30am)
SATURDAY	26 th	Hampshire Chronicle Winchester 10k (10.30am)
SUNDAY	27 th	British Heart Foundation's South Downs Way Challenge 20 (7.30am)
SUNDAY	27 th	Meon Valley Plod 2011 (20.5 miles) (10.30am)
MARCH 2011		
SUNDAY	6 th	David Lloyd 5k (10.30am) (Southampton) / Zoom Mad March 10/20 (10.30/10.15)
SUNDAY	13 th	Wilton House Jog 5k and 10k/British Heart Foundation (Salisbury) (11.00am)
SUNDAY	20 th	Ferndown Rotary 10k (and 5k) (10.30am) / Southbourne Fast & Flat 10k (11.00am)
SUNDAY	27 th	John Austin Half Marathon (Brockenhurst) (10.30am)
SUNDAY	27 th	The Exbury Gardens 10k (9.30am)
SUNDAY	27 th	B and Q Eastleigh 10k (10.00am)
APRIL 2011		
SUNDAY	10 th	Houghton 11k Trail Run (Stockbridge, Hants) (10.15am)
MAY 2011		
SUNDAY	1 st	Fordingbridge Fire Station 10k (11.00am) / North Dorset Village Marathon (8.30am)
SUNDAY	8 th	Lymington Lifeboat 10k (10.00am)
JUNE 2011		
SATURDAY	25 th	Round the Island Race 69 (Cowes, Isle of Wight) (10.00am)
JULY 2011		
SATURDAY	9 th	Alternative 10
SUNDAY	10 th	New Forest 10
SATURDAY	16 th	Swanage Half Marathon (9.30am)

Hampshire Cross Country League 2010 / 2011		
Date	Venue	Host Club
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
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

DECEMBER 2010				
THURSDAY	2 nd	19:00	Fawcett Fields	Ashley Cross Roads
SUNDAY	5 th	10:00	Wilverley	Long, Medium or Short
TUESDAY	7 th	19:00	Fawcett Fields	Intervals (MBB, ME) or Caird Avenue
THURSDAY	9 th	19:00	Fawcett Fields	Stem Lane
SUNDAY	12 th	11:00	Burton	Christmas 10K
TUESDAY	14 th	19:00	Fawcett Fields	Intervals (MBB, RC, RG) or Braemar Drive
THURSDAY	16 th	19:00	Fawcett Fields	Intervals (MBB, ME, PC) or Ashley Cross Roads
FRIDAY	17 th	19:30	Boscombe	Winter 5K
SUNDAY	19 th	10:00	Wilverley	Christmas Cross Country (fancy dress and glorious mud!)
TUESDAY	21 st	19:00	Fawcett Fields	Intervals (MBB, ME, PC) or Caird Avenue
THURSDAY	23 rd	19:00	Fawcett Fields	Intervals (MBB, T1) or Stem Lane
SUNDAY	26 th	11:00	Highcliffe Castle	Swim and run. House Martin for lunch
TUESDAY	28 th	19:00	Fawcett Fields	Intervals (MBB, RC, RG) or Braemar Drive
THURSDAY	30 th	19:00	Fawcett Fields	Intervals (MBB, ME) or Ashley Cross Roads
JANUARY 2011				
SUNDAY	2 nd	10:30	Filly Inn	New Year's run / walk
TUESDAY	4 th	19:00	Fawcett Fields	Intervals (MBB, ME, PC) or Caird Avenue
THURSDAY	6 th	19:00	Fawcett Fields	Intervals (MBB, RC) or Stem Lane
SUNDAY	9 th	10:00	Wilverley	Long, Medium or Short
TUESDAY	11 th	19:00	Fawcett Fields	Intervals (MBB, RC, RG) or Braemar Drive
THURSDAY	13 th	19:00	Fawcett Fields	Intervals (MBB, ME) or Ashley Cross Roads
SUNDAY	16 th	10:00	Wilverley	Long, Medium or Short
TUESDAY	18 th	19:00	Fawcett Fields	Intervals (MBB, ME, PC) or Caird Avenue
THURSDAY	20 th	19:00	Fawcett Fields	Intervals (MBB, RG) or Stem Lane
FRIDAY	21 st	19:30	Boscombe	Winter 5K
SUNDAY	23 rd	10:00	Wilverley	Long, Medium or Short
TUESDAY	25 th	19:00	Fawcett Fields	Intervals (MBB, RC, RG) or Braemar Drive
THURSDAY	27 th	19:00	Fawcett Fields	Intervals (MBB, ME) or Ashley Cross Roads
SUNDAY	30 th	10:00	Wilverley	Long, Medium or Short
FEBRUARY 2011				
TUESDAY	1 st	19:00	Fawcett Fields	Intervals (MBB, ME, PC) or Caird Avenue
THURSDAY	3 rd	19:00	Fawcett Fields	Intervals (MBB, RC) or Stem Lane
FRIDAY	4 th	19:30	Boscombe	Winter 5K
SUNDAY	6 th	10:00	Wilverley	Long, Medium or Short
TUESDAY	8 th	19:00	Fawcett Fields	Intervals (MBB, RC, RG) or Braemar Drive
THURSDAY	10 th	19:00	Fawcett Fields	Intervals (MBB, ME) or Ashley Cross Roads
SUNDAY	13 th	10:00	Wilverley	Long, Medium or Short

Coach rota may change due to unavailability of coaches.

Please note: interval sessions are planned for all evening training runs but are subject to track conditions and trim trail availability.