

New Forest Runners Rag



The Club is looking for volunteers
to be Club President

OCTOBER 2011 / NOVEMBER 2011

Hi Members,

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

Thanks to the organisers of the Everton 10k for another good event. It was well supported by the Club.

The New Forest Marathon is over for another year. Congratulations to all who took part. Some very good times were achieved with many of you getting PBs. A special thanks to all the members who helped at the finish and on the route. It was much appreciated especially all who turned up to erect the finish and up it away again. This year we had a good team and special thanks to Peter Harwood who worked tirelessly on the weekend.

The chip timing was successful and reduced the workload at the finish but the removal of these chips proved again to be pretty gruesome task for the team who had to remove them. We will have to review and go for the disposable chips next year. I have also discussed this with the previous NF Ten Team. Looking ahead for the next few months there are many and varied events for you to take part in. Please support as many events as possible.

The Boscombe 5k Series starts on October 14th and is a very good event for speed training or for those who do not want to do longer runs and is also useful for some of our older juniors. The Hardley Half Marathon on October 9th is the Club Championship event so I hope to see all there. It is also an HRRL event.

The Cross Country season will be on us soon, the Hampshire Cross Country Series begins on October 8th at Farley Mount so please can we get complete teams out this year, this is also ideal for some of our juniors to compete at their own level. We also will have the CC6 starting on October 2nd All up and coming events are publicised elsewhere in this Rag and also our Newsletter so I will not say too much more about them. I am sure Dai and his Captains will be beating the drum with a bit more details.

This year the Children In Need Appeal will encompass the Wilverley Challenge, look out for more details from our Events Co-ordinator, I do urge you to support this event, it is an excellent charity and also very good long distance training for the longer races. Whichever events you do, I hope you enjoy them and it all helps to raise the Club's profile.

It is good to see many of this year's novice group running with the Club. I hope you are being looked after and not left to your own devices. We would appreciate any feedback from you as to how you felt we look after you. Don't be afraid to tell us the truth as it may help us to improve how we do things.

We would like all members to tell us how they feel about the way the Club is organised and any suggestions they may have to improve things if necessary. We would also like to hear about any events you feel we should support, either social or competitive.

That's nearly all from me this time for my penultimate editorial. Next January quite a few members will be coming off the committee. Some of these are important positions i.e. President, Hon. Secretary, Hon. Treasurer. Of course all positions will get all the support they require from the outgoing members. We will not be disappearing.

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

Yours in Sport,

Mike BB

Job Specification - Club President

I thought it would be a good opportunity to outline the task as Club President so as not to put anybody off who fancies the position but is a bit concerned about the commitment :-

i. In General

To give Leadership and Direction to the club and with the final Responsibility for its wellbeing.

ii. Specific

- a. To control and Chair the monthly meetings and the Club AGM.

- b. To ensure the committee members understand what is expected of them, and that they carry out this task to the Presidents satisfaction.
- c. To advise and assist committee members as required.
- d. To report the clubs programme in the Rag and at the AGM

iii. Personal qualities:-

- A good motivator and Listener
- Level headed
- Decision maker
- Confident
- Good judgement

iv. What he/she is not:

- The** Race and Event organiser.
- In charge of regular weekly meetings.

Good Luck I will always be around to assist when ever required. - MBB

Captains Corner

Greetings all,

What with the fantastic results from the RR10's with our ladies doing us proud coming 1st and our men coming in, in a very credible 3rd place behind Totton, well done to you all who participated and especially those who completed all 9 races showing sheer guts and determination, you know who you are Debz et all! Isabelle and Matt you both did great work in getting the numbers up and promoting the series. Please all will you bear in mind that these races are excellent for training and improving our times in other races so think about it next year and if travel is an issue then just ask and I am sure lift sharing will not be an issue for "MOST".

With the HRRL, HCCL and CC6's now in motion please again give it thought and go and give it a go and support our club in the leagues.

It appears that in the grand scheme of things we have a lack of lady members who feel they could offer their services as Ladies Road Captain?? Please give it some more thought and at least give it a go?

Now that we are returning to Fawcetts Field after the 27th Sept please could those of you who know the road routes around New Milton please offer your names to lead different ability groups?? Leading on from that I have a few names for Sunday group leaders from Wilverley who are happy to learn routes so more leaders would be greatly appreciated!

Congratulations to all who ran the New Forest Marathon and Half Marathon on Sunday with some excellent results. Both our mens and ladies took the team prizes with Vale 2nd lady, Teddy Powell 5th man and some good PB's in the half considering the reverse route was generally found to be a little tougher but very enjoyable. Not forgetting the marathon entrants, Steve Morton, Colin Shaw, Craig Mutter and of course April Miller! Also a very big thanks to all who offered their help for marshalling and helping at the finish area as well as all who were around the route cheering runners on!

Please will members make a point of running with reflective tabards now that we are back at Fawcetts pounding the streets of New Milton in the dark? We need to be seen to be making an effort to make ourselves visible and it pains me to say this but drivers don't look out for pedestrians let alone runners and at least if you have done your bit you stand a bit more of a chance! Please see Sylvia for your tabards or any other kit requirements?

Dai Hughes
Club Captain

NEW FOREST MARATHON

POSN	NAME	TIME	POSN	NAME	TIME
8	Steve Morton	3.01.49	493	David Hodgkiss	4.28.50
175	Craig Mutter	3.44.10	555	Chris Paterson	4.38.15
212	Colin Shaw	3.49.39	642	Sarah Thomas	4.52.41
370	Matt Cafferky	4.10.59	658	April Miller	4.56.03
438	Heather Davey	4.21.19	724	Valerie Dennis	5.27.30

NEW FOREST HALF MARATHON

5	Teddy Powell	1.18.35	1074	Ashley Morgan	2.03.53
11	Andy Phimister	1.22.37	1181	John Welsh	2.06.32
28	Valeria Sesto	1.26.21	1188	Matthew Sedgley	2.06.46
31	Geoff Walters	1.26.52	1190	Ian Swain	2.06.46
32	Sanjai Sharma	1.26.59	1215	Jackson Stanley	2.07.18
58	Stuart Graves	1.30.45	1252	Helen Sadler	2.08.20
75	Julian Smith	1.32.14	1297	Julie Seton	2.09.13
76	Toby Power	1.32.25	1362	Jayne Winderam	2.10.53
82	Howard Doe	1.32.40	1371	Karen McCusker	2.11.03
87	Becky Hollowbread	1.33.18	1408	David Cole	2.12.30
124	Stuart Judd	1.35.38	1643	Emma Tuckey	2.20.40
172	Caroline Pemberton	1.38.14	1654	Kirsty Jenkins	2.21.20
232	Kevyn Doolan	1.41.09	1660	Su Hodgkiss	2.21.33
239	Tony Wickham	1.41.21	1665	Yvette Jones	2.21.40
267	Neil Richardson	1.42.24	1684	Georgia Miller	2.22.33
304	Gareth Roberts	1.43.47	1726	Rick Ford	2.25.00
315	Darren Price	1.44.02	1730	Marie Sharma	2.25.22
404	Michael McCabe	1.46.40	1749	Sue Page	2.26.28
477	Geoff Simmons	1.49.08	1772	Debbie Nineham	2.27.22
536	Dai Hughes	1.50.45	1796	Kim Turnridge	2.28.32
553	Charmaine Bradford	1.51.17	1802	Caz Deacon	2.28.55
575	Jenny Simmonds	1.51.55	1816	Karen Shortland	2.29.56
622	Wayne Seton	1.52.55	1826	Debbie Wilson	2.30.27
636	John Edwards	1.53.08	1849	Trevor Neal	2.32.29
644	Judith Bedford	1.53.19	1871	Peter Coupland	2.33.38
690	Heidi Ramsier	1.54.32	1878	Naomi Sharma	2.34.05
734	Linda Phimister	1.55.38	1908	Sangeeta Sharma	2.37.38
774	Helen Wright	1.56.27	1921	John Jenkins	2.38.23
864	Vince Gargaro	1.58.35	1943	Sylvia Coupland	2.41.46
871	Lynda Wheeler	1.58.46	1980	Marian Oates	2.47.11
885	Jackie Jenkins	1.58.56	2010	Trevor Roberts	2.54.41
1027	Linda Burn	2.02.45	2047	Bruce Davidson	3.20.46

**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

e-mail: aliduncan60@hotmail.com

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

New Forest Marathon 2011 – 25th September - Valerie Dennis

I started writing a race report this evening and realised that you probably don't want to hear about each and every mile of my battle to conquer my first marathon and then it occurred to me that I could, actually, write about you lot. I don't know what it is about New Forest Runners but I can honestly say the support you lot gave to me today was incredible. I saw a lot of you on the rec and at the start of the Half, Andy Phimister warming up and squeezing in at the front of the line up, Vale Sesto making a last minute dash up the High Street towards the start, Debz (of course), Yvette, Sheila, Heidi, the Two Trevors, Peter C and faces I know but names I don't (yet). There were more of you around the course, either as spectators or marshals, and you were all truly wonderful. Your support, cheers etc kept me going, I got high fives from some, a personal cycle escort between Mile 18 and 22 (Helen, you kept me going), a hug (despite my soggy state) and a kiss (I won't tell if you won't Tony) and a leaping-in-the-air-overexcited Caroline. There was a huge bunch of you, despite my late arrival, at the finish – the usual suspects and some that I didn't expect. I will remember your words of encouragement and congratulations for many years longer than I will remember the pain, cramp and blisters. Today, you were the stars and I am so very lucky to be part of such brilliant bunch of people. Thank you.

JEFF PALMER FCCA

CHARTERED CERTIFIED ACCOUNTANT

ACCOUNTANCY TAXATION VAT MANAGEMENT ACCOUNTS

BUSINESS START-UPS BUSINESS PLANS CONSULTANCY

22 Catalina Close Mundeford Christchurch Dorset BH23 4JG

Telephone: 01425 276680 Mobile 07970 608011

jeff@jeffpalmeraccounting.co.uk

www.jeffpalmeraccounting.co.uk

NEF
NEW FOREST

**physiotherapy
& sports injury
CLINIC**

**ASSESSMENT, TREATMENT AND ADVICE GIVEN FOR BACK AND
NECK PAIN MUSCLE, LIGAMENT, TENDON INJURIES.
BIOMECHANICAL ASSESSMENTS**

**CHARTERED PHYSIOTHERAPISTS
ACUPUNCTURISTS & MANIPULATIVE THERAPISTS**

**FIONA PROCTOR MCSP SRP Grad. Dip. Phys.
HELEN HUNTLEY MCSP SRP Grad. Dip. Phys.**

**Milton Medical Centre, Avenue Road, New Milton, Hampshire, BH25
5JP**

Telephone: 01425 627269

NEWS AND COMMENTS

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.

MUDLARKS: For any information regarding the activities of the Mudlarks, please contact Alec Osborn, either on 01425 672307 or at mudlarks@newforestrunners.co.uk

New Forest Runners Book Exchange

If anybody would like to donate books for the book exchange please give them to Catherine Pascoe so that they can be processed before going onto the book shelves. I have a selection awaiting sorting out and they will be on the shelves in the next week or so. The title list will updated to show the new additions and will be in the next Runner's Rag.

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 27th November 2011



Fiona Lazenby
LSSM (Dip) MSMA

Sports and Remedial Massage Practitioner

Huge Benefits to Runners of all Standards:

Relieves muscle pain and stiffness; Releases tension in muscles, tendons and ligaments; Speeds up recovery after training and injury; Improves circulation and flexibility; Enhances training potential and performance at any level; Helps prevent running-related injuries; Remodels scar tissue; Re-energizes 'heavy legs'; Extends participation

Tel: 01425 272523

16 Woodland Way, Highcliffe, Christchurch BH23 4LQ

Level 4 Member of Sports Massage Association, Registered with London School of Sports Massage, Fully insured, 5 years experience

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

SOCIAL – DATES FOR YOUR DIARY

July (seems an age ago) saw a good evening after the alternative 10 at the BBQ ably catered by Rhino Catering – quite a good number of you attended. There were one or two complaints about shortage of salad which have been relayed to the caterers, so apologies on their behalf they did offer a small discount which is going towards next years food.

Catherine Pascoe's Navigator Race at the beginning of August was excellent with impeccable organisation as always, we hope you all enjoyed it and give a big thank you to Cathie for all her hard work. No one got lost to my knowledge unless they are still out there!?

Many thanks to those of you who supported these events, but get yourselves into gear and get your dosh out for the following:

Friday 21st October – Skittles and Buffet Supper at the Rose and Crown in Brockenhurst. £8.95 a head including skittles and supper – not a huge venue so we may have to limit numbers – get your forms – attached – back to me a.s.a.p.

Friday 11th November – Trophy Presentation Evening, Quiz and Fish and Chip Supper at Fawcetts Club. £1.00 on the door but if you want supper please let me know and pay up by 6th November. This evening will also be to raise funds for Children in Need, so bring your small (and large) change. Again see the form attached.

Saturday 28th January – Our Annual Party. After the success of last years party at Shorefield Country Park, at Milford on Sea the same venue is being used. Excellent value at £19.50 each so see that the date is in your diary.

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

Having done two years in the role as Social Secretary I shall be standing down at the end of this year after the AGM – We shall need a replacement – if anyone would like to have a go please contact anyone on the committee.

For more information or with ideas as to what you would like me to arrange please contact me

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

Thanks

Sports Therapist Sports and Remedial Massage Practitioner

Tel: 07765 974 115 - dequatre.sportstherapy@gmail.com

Have you **injured** yourself or had surgery?
Are you experiencing general **muscle soreness**?
Do you feel **physically stressed**?

If you are a sports person, or simply an active person, regardless of age and ability,
I will assist you to prepare for, or recover from, your specific sport or activity.

Didier A Dequatre. SSP (dip) - ITEC (Dip).
1 Rowan Close, Sway, SO41 6AZ
Graduated from The Society of Sports Therapy, ITEC Level 3 of Sports Massage and Holistic Massage.

King Alfred's Torment 2011
Notes from Rosemarie Osborn

Another excellent off-road event to add to the list for those who enjoy such things.

The venue was the National Trust 'Stourhead Gardens', in Stourton, Wilts. If you think it's out of 'our area', it only took us 1¼ hours to drive there, so it's no further away than some of the Hants events.

The approx. 7-mile run is around the Stourhead estate to King Alfred's monument, and after the first ¼-mile on tarmac, it's all on tracks and paths, through woods and fields, with plenty of hills and plenty of mud.

The reward for all at the end was a 'King Alfred cake' (not burnt!).

Much to my surprise, I got the ladies v55 trophy. However, they kept to the medieval theme with designations of 'Young Maidens', 'Maidens', etc. I could have managed without the 'reality-check' of being '1st Old Maid'!

NFR results:

Rosemarie Osborn 1:11:58 (1st 1v55)

There were 147 finishers.

Plumbing & Heating Engineers

Central Heating installed and repaired

Bathrooms & showers supplied and installed. Plumbing services. Gas

D & R M Burgess

E-mail drmburgess@btinternet.com

In business over 40 years.

- **GAS SAFE REGISTER**
- **(Formerly CORGI)**

Tel: 01425
613107



J R L SPORT SERVICES

- Sports & Remedial Massage Therapy
- Neuromuscular Technique
- Postural Assessment



Tel: 07754 419075

HIGHCLIFFE • DORSET

www.jrlsportservices.com

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 RR10s; the Boscombe 5Ks; HRRL and Hants XCountry etc.

All in Club Colours.

Men's Tanks and Tees— in S,M,L,XL,	£14.00 ea
Ladies Tanks and Tees in S,M L,XL	£14.00 ea
Juniors Tee Shirts in S (82),M(88),L(94)XL(100cm)	£12.00 ea

Forest Green reversible Warm Fleece /wind & shower proof jacket
in XS, S, M, L. £40.00 ea

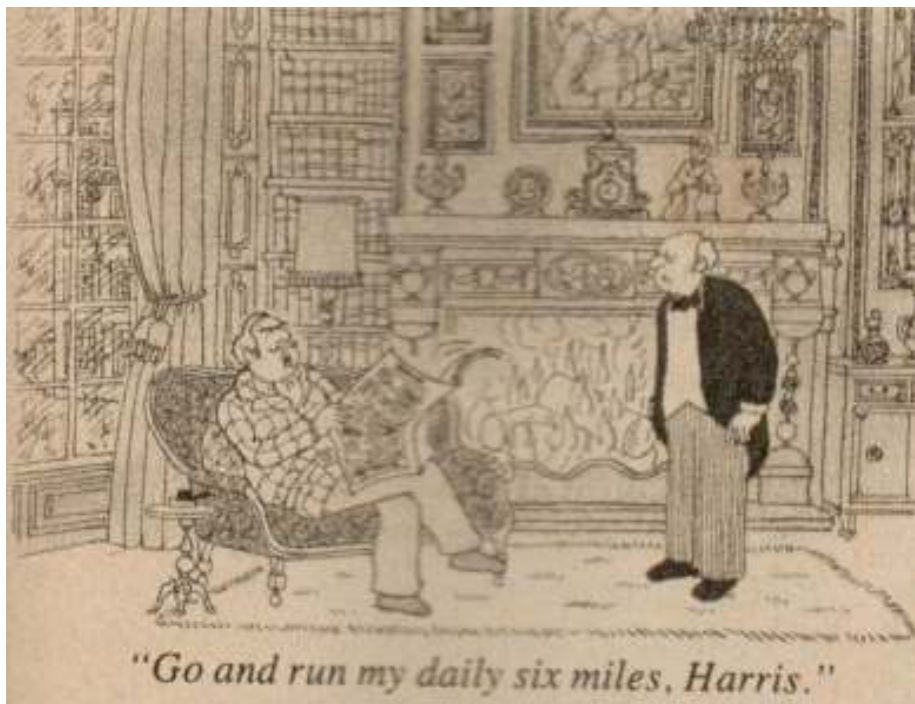
Junior Storm Stoppers running jackets (ages 9/10, 11/12. 13/14) £24.00 ea
Adult Storm Stoppers running jackets sizes S, M, L,XL £28.50 ea

Hoodies in Kelly Green, each one personalised and celebrating
30 years of The New Forest Runners!
Juniors – sizes ages 9-11, 12-13 £17.00 ea
Adults – sizes XS (40”), S (42”), M (44”),L (46”),XL(48”) £19.00 ea

Reflective vests, necessary for the dark evenings £3.00 ea

Please contact Sylvia Coupland at club.kit@newforestrunners.co.uk (or tel: 01425 272044)
Or go to web page <http://www.newforestrunners.co.uk/clubkit.html>

All prices to be held to 31st December 2011.



RUNNER OF THE YEAR

1st Leg - Alternative 10

POSN	NAME	TIME	Age Rel %	POSN	NAME	TIME	Age Rel %
1	Henry Szwinto	63.19	80.15	42	Andy Chase	76.29	60.95
2	Howard Doe	68.15	79.88	43	John Parkin	89.08	60.56
3	Steve Wright	59.51	75.69	44	Mike Smith	75.59	60.47
4	Teddy Powell	59.04	75.62	45	Andy Withers	86.32	59.63
5	Paul Morgan	65.47	75.27	46	David Hodgkiss	77.27	59.33
6	Andy Phimister	64.18	75.25	47	Darren Price	75.51	58.89
7	Sanjai Sharma	66.40	74.27	48	Heidi Ramsier	84.00	58.79
8	Steve Morton	62.17	74.02	49	Catherine Pascoe	93.40	58.59
9	Maggie Kirk	87.45	72.08	50	Martin Eyre	86.16	58.35
10	Julian Smith	68.52	72.04	51	Sue Page	113.37	58.26
11	John Walsgrove	68.55	71.29	52	Helen Wright	91.04	58.22
12	Alastaire Pickburn	63.05	70.81	53	Linda Phimister	92.41	58.19
13	Rhona Goodwin	102.02	70.48	54	Simon Saunders	86.17	57.85
14	Katie Roby	70.19	70.23	55	Heather Davey	86.34	57.05
15	Barbara Walton	89.18	69.91	56	Sarah Lodge	88.40	56.92
16	Noreen Henderson	83.24	69.66	57	Wendy Tobin	90.15	56.82
17	Geoff Walters	67.01	69.56	58	Joe Perry	79.26	56.23
18	Andrew Bolton	71.39	69.11	59	Sylvia Coupland	121.52	55.79
19	Tony Wickham	76.53	68.94	60	Ian Swain	87.14	55.02
20	Chris Olden	64.55	68.83	61	John Welsh	96.04	54.84
21	Becky Hollowbread	72.49	68.76	62	Julie Seton	95.54	54.36
22	Stuart Graves	68.21	68.69	63	Jan Smylie	94.34	54.23
23	Ve Stone	99.27	68.26	64	Paul Goode	87.13	54.23
24	Brian Baker	69.34	67.99	65	Trevor Neal	103.03	53.95
25	Kevyn Doolan	71.45	67.82	66	Marion Oates	128.31	53.61
26	Stuart Judd	69.19	67.25	67	Bruce Davidson	157.13	53.51
27	Diane Buckley	81.15	67.20	68	Wayne Seton	87.26	53.32
28	Lynda Wheeler	90.31	66.78	69	Valerie Dennis	98.15	53.06
29	John Rice	85.45	66.16	70	Yvette Jones	103.25	51.65
30	Dawn Rogers	86.07	66.13	71	Alastaire Loadman	98.49	50.94
31	Dai Hughes	81.32	64.43	72	Debbie Nineman	104.00	50.13
32	Neil Richardson	79.58	63.98	73	Susan Hodgkiss	104.03	50.10
33	Liz Young	77.19	63.87	74	Mike Southwell	96.28	49.76
34	Matt Cafferky	70.16	63.57	75	Joanne Szwinto	119.52	47.51
35	Sarah Bennet	77.54	63.39	76	Karen Barnes	117.22	47.19
36	Tracey Boulton	81.44	62.74	77	Carol Thomas	135.50	46.49
37	Chris Paterson	81.57	62.44	78	Karen Shortland	122.23	46.09
38	Graham Penneck	86.46	62.22	79	David Johnsen	123.43	45.86
39	Craig Mutter	73.05	61.55	80	Caz Deacon	122.22	45.67
40	Peter Harwood	90.32	61.41	81	Rick Ford	104.01	44.82
41	Andie Smith	91.17	61.22	82	Luanne Martin	119.53	41.19

FORTHCOMING EVENTS

OCTOBER 2011		
SUNDAY	9 th	55 th Isle of Wight Marathon (11.00am) / City of Salisbury ½ Marathon (10.00am) Hospice 10k (Bournemouth) (9.00am) / Portsmouth RNLI 10k (10.30am) Southsea Pirates (Pieces of Eight) 8 (10.30am) / Solent ½ Marathon (10.00am)
SATURDAY	15 th	Help For Heroes 50k New Forest Challenge (9.30am) (Linwood) (& 10k 10.30am)
SUNDAY	16 th	Studland Stampede 12k (10.00am)
SATURDAY	22 nd	Weymouth 10 Golden Anniversary (10.30am)
SUNDAY	23 rd	Milford and Keyhaven 5 (10.30am)*
SUNDAY	30 th	BUPA Great South Run 10.30am) / The Stickler 10.1 (10.30am)
NOVEMBER 2011		
SUNDAY	6 th	Lordshill 10 Mile Road Race (10.00am)
SUNDAY	20 th	Gosport Half Marathon (10.00am) / Wimborne 10 Road Race (10.30am)
SUNDAY	27 th	Hayling 10 Mile Road & Trail Race (10.00am) / Boscombe 10k (11.00am)
DECEMBER 2011		
SUNDAY	11 th	Christmas 10k* (RACE FULL) Believe & Achieve/Alexandra Sports 10K Santa Run (10.50am) (& 5k 11.00am)
SUNDAY	18 th	Portsmouth Coastal Waterside Marathon (9.30am)
MONDAY	26 th	Round The Lakes Poole 10k (10.30am)
JANUARY 2012		
SUNDAY	15 th	Stubbington Green 10k (10.00am)
FEBRUARY 2012		
SUNDAY	5 th	Blackmore Vale ½ Marathon (11.00am) / Longleat 10k (10.00am)
SUNDAY	12 th	Coastal Half Marathon, Portsmouth (10.15am) / Meon Valley Plod
SUNDAY	19 th	Lytchett Manor 10 (10.30am)
MARCH 2012		
SUNDAY	25 th	Ferndown Rotary 10k
MAY 2012		
SUNDAY	6 th	Fordingbridge Fire Station 10k (11.00am) / North Dorset Village Marathon (8.30am)
SUNDAY	20 th	Southampton AC 10k (10.30am)

*Running Tree Series. All race details at www.runningtree.co.uk

Hampshire Cross Country League Fixtures

Saturday, 8 th October 2011	Farley Mount, Winchester	Winchester & District AC
Saturday, 12 th November 2011	Goodwood, Chichester	Chichester Runners and AC
Saturday, 3 rd December 2011	Popham Airfield, Basingstoke	Basingstoke and Mid Hants AC
Saturday, 14 th January 2012	Kings Park, Bournemouth	Bournemouth AC
Saturday, 11 th February 2012	Hudson's Field, Salisbury	City of Salisbury AC

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

e-mail: aliduncan60@hotmail.com

based at Highcliffe Private Clinic, 248 Lymington Road, Highcliffe, Christchurch, Dorset, BH23 5ET

OCPP-Member of the Organisation of Chartered Physiotherapists in Private Practice

TRAINING SCHEDULE

October 2011				
Sunday	2 nd	10:00	Wilverley	Long, Medium or Short Run. (Hoburne 5)
Tuesday	4 th	19:00	Fawcetts Field	Intervals (MBB, DH, PC) or Braemar Drive.
Thursday	6 th	19:00	Fawcetts Field	Caird Avenue in Reverse.
Sunday	9 th	10:00	Wilverley	Long, Medium or Short Run. (Solent Half/Club 1/2 Marathon Championship)
Tuesday	11 th	19:00	Fawcetts Field	Stem Lane in Reverse.
Thursday	13 th	19:00	Fawcetts Field	Intervals (MBB, DH, RG) or Ashley in Reverse.
Friday	14th	19:30	Boscombe	Boscombe Winter 5k Series 1st Race.
Sunday	16th	10:00	Wilverley	John Holcombe 5 (All to attend if possible please) No Organised Club Run on This Day!!!
Tuesday	18 th	19:00	Fawcetts Field	Caird Avenue.
Thursday	20 th	19:00	Fawcetts Field	Intervals (MBB, ME, PC) or Stem Lane.
Sunday	23 rd	10:00	Wilverley	Long, Medium or Short Run. (Milford 5)
Tuesday	25 th	19:00	Fawcetts Field	Intervals (MBB, RC, RG) or Ashley in Reverse.
Thursday	27 th	19:00	Fawcetts Field	Braemar Drive
Sunday	30 th	10:00	Wilverley	Long, Medium or Short Run.
November 2011				
Tuesday	1 st	19:00	Fawcetts Field	Intervals (MBB, ME, PC) or Stem Lane.
Thursday	3 rd	19:00	Fawcetts Field	Intervals (MBB, RC, RG) or
Sunday	6 th	10:00	Wilverley	Long, Medium or Short run. (Stubbington 10k)
Tuesday	8 th	19:00	Fawcetts Field	Braemar Drive in Reverse.
Thursday	10 th	19:00	Fawcetts Field	Intervals (MBB, ME) or Caird Avenue.
Sunday	13 th	10:00	Wilverley	Long, Medium or Short Run.
Tuesday	15 th	19:00	Fawcetts Field	Intervals (MBB, RC)
Thursday	17 th	19:00	Fawcetts Field	Ashley Road
Sunday	20 th	10:00	Wilverley	Long, Medium or Short Run. (Gosport Half)
Tuesday	22 nd	19:00	Fawcetts Field	Intervals (MBB, ME, PC) Stem Lane in Reverse.
Thursday	24 th	19:00	Fawcetts Field	Caird Avenue
Friday	25th	19:30	Boscombe	Boscombe Winter 5k Series 2nd Race.
Sunday	27 th	10:00	Wilverley	Long, Medium or Short Run.
Tuesday	29 th	19:00	Fawcetts Field	Intervals (MBB, RC, RG) Braemar Drive.
December 2011				
Thursday	1 st	19:00	Fawcetts Field	Intervals (MBB, ME, PC)
Sunday	4 th	10:00	Wilverley	Long, Medium or Short Run.
Tuesday	6 th	19:00	Fawcetts Field	Caird Avenue
Thursday	8 th	19:00	Fawcetts Field	Ashley Cross Roads
Sunday	11th	11:00	Christchurch	Christmas 10k (No organised run at Wilverley)
Tuesday	13 th	19:00	Fawcetts Field	Stem Lane
Thursday	15 th	19:00	Fawcetts Field	Intervals (MBB, RC, RG) or Braemar Drive.

Coach rota may change due to unavailability of coaches.

Please would coaches let Dai Hughes know if they cannot carry out a session and who will be standing in for them?

CC6 Fixtures (All at 9.30am)

Sunday, 2 nd October 2011	Kings Enclosure, Stoney Cross
Sunday, 13 th November 2011	Dibden Enclosure
Sunday, 4 th December 2011	Janesmore Pond, Stoney Cross
Sunday, 8 th January 2012	Badgers Farm, Winchester
Sunday, 12 th February, 2012	Bolderwood
Sunday, 4 th March 2012	Fleming Park, Eastleigh