

NEW FOREST

RUNNERS RAG



DECEMBER 2011 / JANUARY 2012

Hi Members,

Christmas is approaching and so we come to the end of another year, 2011 is now almost over and hopefully it has been a good year for all of you. The Club has had another successful year. Our numbers are fairly stable at over +400, thanks to a prudent Treasurer, our finances are in reasonable shape. Most of our club events were well supported and went off successfully. The NF10, which is the main event of the year, was very good in all respects and we were able to donate another sizeable chunk of monies to local charities. I thank you all for your help.

Since the last Rag the Club has been very busy with lots of local races to support. The Solent Half saw a good number of you taking part. The Hants Cross Country League is now underway and we are having mixed fortunes. There are not enough men of you taking part so we do not always have a team. This is very disappointing for those who do try to compete. The ladies seem to get teams out, well done Isabel. The Milford 5 was well supported by the Club and some very good results were achieved. The Boscombe 5k Winter Series is going well and so far the weather has been good. I hope it lasts. I understand the Christmas Pudding 10K was full last July I hope you all got in to this popular race as it our 10K championship.

Thanks to all of you who supported the John Holcombe 5, the turnout was much better, unfortunately Margaret was unwell but we were pleased to see her on the Wilverley Challenge, back to her old self. Thanks Peter for organising the Wilverley Challenge and congratulations to Geoff Simmons for running the most laps (12). About £1000 was raised for the Children in Need Appeal. Thanks again to Peter who had the money doubled by the Santander Bank. We had 75 runners who ran 658 miles, well done. As a club, I think you can be very pleased of your charitable efforts this year.

There are still a few events left to do before the year is over. The Christmas Cross Country on Sunday, December 18th is not to be missed. Hopefully there will be a little more mud about this year. As usual, there will be a free raffle and a prize for the muddiest runner. Please come in fancy dress to liven up the morning. The draw for the London Marathon places will also take place that morning. Well done to all who got into the elite start for next year's London Marathon and all of you who have already been accepted.

To counter the effects of Christmas over indulgence you can have a refreshing swim in the sea on Boxing Day at Highcliffe Castle. This will be followed by a short run to warm up and afterwards to a local Pub for a some light refreshments. We also look forward to Paul's Pub Run in the New Year.

This is my last epistle as Club President as once again I am retiring for the third time. I have enjoyed my stint as President and I really appreciate all the help and support you have given me over the years. I have been on the committee for over 25 years in one capacity or another, it is time for you younger folk too take it over. I must also thank your Committee for all the hard work they put in on behalf of the Club. Also the many people behind the scenes without whose help the Club could not function.

The A.G.M. is coming up in January and I hope many of you will attend. It is your chance to give your opinions and let the Committee know in which direction you wish the Club to take and which events you want to support and those you think we should abandon. There will be clearly a need for more volunteers and new committee members to help run the Club next year. There have been a few members who have shown interest in joining the new committee next year, we need more please.

Before I sign off, I must thank everybody who turned up at Wilverley to record and film "Unsung Hero" documentary about me by BBC (South). I was very touched by the numbers who responded to the filming (or were they just stage struck) a special thanks to Alex who organised the "warm-ups" and Bruce (Our own Super Star). I must say there is another "Unsung Hero" in the club who also needs equal recognition for his services to the Club and that is Mike Ryan The BBC were impressed with the "Mud Larks" as this quite a unique group compared to other Running Clubs, it caters for the retired members, and member who work unsocial hours. It should be shown on TV in the second week of December.

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

See you at the Club.

**Yours in Sport,
Mike BB**

Captains Corner

Dynamic versus Static Stretching: It has come to light that there are still some coaches who are using Static Stretches for warming up!

I don't want to go into this too deeply but it is a subject that requires addressing!

Dynamic stretching uses speed of movement, momentum and active muscular effort to bring about a stretch. Unlike static stretching the end position is not held. Arms circles, exaggerating a kicking action and walking lunges are just a few examples of dynamic stretches. A walking lunge dynamically stretches the hip flexors by emphasizing hip extension and can reduce muscle tightness around the hip joint necessary for competition.

These forms of stretching prepare the body for physical exertion and sports performance. In the past it was the practice to undertake static stretching before exercise. Dynamic stretching increases range of movement, blood and oxygen flow to soft tissues prior to exertion and also helps to keep the core temperature up where as with Static Stretching the temperature can drop by a couple of degrees. Increasingly coaches and sports trainers are becoming aware of the role in dynamic stretching in improving performance and reducing the risk of injury!

There are a very wide range of Dynamic Stretching Exercises available and can be used very effectively.

Static Stretching: If I could liken Static Stretching to taking a piece of nicker elastic and stretching it to its limit or beyond, it will lose its elasticity very quickly or even rupture. The muscles are like that piece of elastic and when stretched from cold are more likely to tear and cause injury and will be unlikely to return to their natural state and lose their elasticity if Static Stretching is not carried out correctly. Static Stretches are mainly used after exercise for the warm down, however when carried out one should not bounce as this could cause injury too!

So in a nutshell Dynamic Stretching is used for the warm up and Static Stretching for the warm down and it would be good a practice for all our coaches to adopt.

I hope this information has been of use to some of you? Should you have any questions please feel free to come and ask.

Keep running and stay injury free.

Dai Hughes

Club Captain

DORSET 3 PEAKS 2011 (a.k.a. The Stickler)

Notes from Rosemarie Osborn

A select group of New Forest runners declined the attractions of other easier options on Sunday 30th October, and made their way to Shillingstone for the annual 10.1 mile 'Dorset 3 Peaks' run, climbing up the Stickler and other Dorset hills. The forecast drizzle soon moved away, and the conditions were ideal – warm with little wind. There was a disappointing lack of 'real' mud this year – nowhere did it even cover the tops of my trainers. However, the hills were as tough as always, though Lucy had the advantage(?) of being towed up by Poppy. I stuck with my pre-planned tactic of walking up every gradient, since my dodgy leg won't push uphill, and I had plenty of company.

Actually, my leg's not good on the flat either these days, but that didn't matter much, since it's nearly all up or down here. Ah - the 'down'! - that's the enjoyable bit. Who needs power in their legs when gravity is doing the work.

We were all cheered on by Alec, Paul Pocock and Tony Taylor, popping up with a camera wherever the going was toughest.

The winners time was 1:04:04 (did his feet actually touch the ground?) and there were 414 finishers. Rhys and Noreen Henderson were our leading NFR gent and lady, but we didn't quite make the prizes this year.

We rewarded ourselves with some well-deserved post-race refreshment at the excellent Fiddleford Inn, a couple of miles down the road.

NFR results:

Rhys Henderson	1:23:36
Neil Richardson	1:37:22
Noreen Henderson	1:41:33
Rosemarie Osborn	1:42:32 (2 nd fv60)
Maggie Kirk	1:47:39 (3 rd fv60)
Caroline Holcombe	1:49:44
Lucy Godwin (+Poppy)	1:49:50 (4 th dog)
Catherine Pascoe	1:55:07
Bob Cole	2:00:28



J R L
SPORT SERVICES

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

 **ISRM**
INSTITUTE OF SPORT
& REMEDIAL MASSAGE

Tel: 07754 419075
HIGHCLIFFE • DORSET
www.jrlsportservices.com

MILFORD AND KEYHAVEN 5 (Including Age Related results)

POSN	NAME	Age Rel %	TIME	POSN	NAME	Age Rel %	TIME
2	Steve Wright	77.74	27.59	137	April Miller	52.59	44.58
11	Valeria Sesto	79.16	30.44	142	Rhona Goodwin	76.24	45.38
12	Henry Szwinto	79.91	30.45	144	Ve Stone	71.27	46.06
13	Steve Morton	72.03	30.51	145	Helen Sadler	52.34	46.07
15	Stuart Graves	71.83	31.37	146	Paul Bailey	48.83	46.10
17	Matt Cafferky	67.03	31.48	147	Gill Turcan	59.87	46.20
26	Stuart Judd	67.97	33.10	148	Rick Ford	48.25	46.23
32	Craig Mutter	62.48	34.07	151	Debbie Nineham	55.80	46.37
35	Fiona Lynskey	68.75	34.24	152	Wendy Simmons	62.37	46.47
36	Lionel Handy	70.77	34.26	154	June Wheeler	51.11	46.51
39	Kevyn Doolan	70.68	34.46	155	Lynda Wheeler	62.28	46.51
51	Andy Chase	61.49	36.24	158	Kim Turnnidge	49.75	47.32
56	Geoff Simmons	69.14	37.09	159	Georgina Miller	49.63	47.39
62	Darren Price	58.42	37.30	164	Yvette Jones	53.74	47.59
69	Tony Bennison	61.44	38.06	165	Sue Wearne	54.64	48.02
70	David Fairbairn	61.36	38.09	167	Abbie Langley	49.05	48.13
71	Diane Buckley	69.01	38.22	170	Sandra Grievson	55.01	48.34
74	Chris Paterson	63.63	38.37	173	Marie Sharma	53.14	48.57
75	Wayne Seton	60.00	38.43	179	Trevor Roberts	49.58	49.34
77	Noreen Henderson	72.22	38.47	184	Georgie Roberts	48.64	50.01
79	Jonathan Milner	54.44	39.09	188	Sue Page	61.75	51.10
80	Dave Ellis	62.50	39.18	191	Deborah Wilson	50.07	52.25
85	John Rice	68.36	39.52	192	David Johnsen	51.63	52.47
86	Heidi Ramsier	58.90	40.09	193	Angela Coubrough	58.72	53.10
91	Helen Wright	63.48	40.37	194	Hazel Lewis	63.46	53.11
102	David Jenkins	67.17	41.29	195	Marian Oates	62.22	53.31
104	Martina Garnham	60.72	41.45	198	Louise Allison	43.60	54.30
109	Jackie Jenkins	79.25	42.01	199	Karen Barnes	49.41	54.34
110	Peter Harwood	64.18	42.02	200	Pauline Breeze	55.22	54.36
113	Dawn Rogers	64.95	42.18	202	Caroline Ellis	47.77	57.31
118	John Winderam	56.81	42.54	203	Miki Thorn	41.76	58.16
121	Jayne Winderam	55.87	43.37	204	Carol Thomas	55.99	58.41
130	Michael Southwell	51.61	44.40	205	Heather Roberts	45.61	63.19
132	Julie Seton	58.13	44.45	208	Bruce Davidson	60.12	71.46
133	Alan Grout	55.36	44.46	209	Bill Faulkner	42.89	71.46
136	Sara Davies	60.63	44.53				

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 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 29th January 2012

NEW FOREST TEN CAKE STALL

We are looking for volunteers to run the Cake Stall next year at the New Forest Ten. It's a nice easy job and a pleasant way of spending the day so if you are interested in helping out please contact Gill Turcan or any member of the New Forest Ten committee



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

Friday 21st October – Skittles and Buffet Supper at the Rose and Crown in Brockenhurst. This event did take place but with very poor attendance – shame, you missed a good evening, thanks to those few who did support it.

Friday 11th November – Trophy Presentation Evening, Quiz and Fish and Chip Supper at Fawcetts Club. Vince provided us with an excellent Quiz, some of the Trophies were presented although poor Debz went to a lot of trouble for rather a few, and the Fish and Chip supper was enjoyed. Debz and Val did a sterling job with the raffle and along with door money after paying our costs we made £116.45 for Children in Need.

Many thanks to all of those of you who supported these events, but get yourselves into gear and get your dosh out for our Annual Party.

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 the Annual Dinner. Please try and get organised and let me have your cheques and meal choices in good time, there is a lot of work goes into organising it and it would be nice not to have to do it all at the last minute. I must have your application by 14 January and cannot accept any after that date as the details have to be given to Shorefield the following day.

As I shall be standing down from this post after the AGM and the Annual Dinner I would like to thank all of those who have supported the events I have organised over the last two years. Hope you all have a good Christmas and good luck in 2012.

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.

NEW FOREST RUNNERS BOOK EXCHANGE

There is quite a selection of books available now on the shelves in the clubhouse at Fawcett's Field, including running and cycling books. Please feel free to borrow them for as long as you like. If you have any unwanted books to donate, please pass them to Caroline Holcombe or Catherine Pascoe. Many thanks to everybody who has donated books so far.

This will be the last time I publish a full list of titles because I fear that the book exchange will take over the Rag otherwise! In future I will only publish a list of newly donated books. If anybody genuinely cannot get to the clubhouse to collect a particular book that they want I am happy to get it and deliver it, although there may be a short wait.

Author	Title
Ahern, Cecelia	A place called here
Armstrong, Lance	Every second counts
Armstrong, Lance	It's not about the bike
Atkinson, Kate	Behind the scenes at the museum
Atkinson, Kate	Started early, took my dog
Bannister, Roger	The four minute mile
Barclay, Linwood	Fear the worst
Barr, Emily	The sisterhood
Black, Roger	How long's the course?
Butcher, Pat	The perfect distance
Card, Orson Scott	Ender's game
Clare, Horatio	Running for the hills
Clarkson, Jeremy	And another thing
Clarkson, Jeremy	Born to be riled
Clarkson, Jeremy	The world according to Clarkson
Clarkson, Jeremy	Don't stop me now
Coben, Harlan	Gone for good
Coben, Harlan	Long lost
Coben, Harlan	No second chance
Coben, Harlan	Caught
Cornwell, Patricia	Predator
Crichton, Michael	Next
Donoghue, Emma	Room
Dostoyevsky, Fodor	Notes from underground
Elgin, Elizabeth	Where bluebells chime
Evans, Harriet	Love always
Faulks, Sebastian	Engleby
Forbes, Colin	By stealth
Fowler, Karen Joy	The Jane Austen book club
Gale, Patrick	Notes from an exhibition
Gardner, Lisa	Live to tell
Gayle, Mike	Brand new friend
Goddard, Robert	Play to the end
Goddard, Robert	Name to a face
Green, Jane	Girl Friday
Green, Jane	The love verb
Gregory, Philippa	Earthly joys
Grimshaw, Charlotte	Provocation

Gunnell, Sally	Running tall
Hannah, Sophie	Hurting distance
Hannah, Sophie	The point of rescue
Hore, Rachel	A place of secrets
Hornby, Nick	How to be good
Hutson, Shaun	Heathen
James, P. D.	Death in holy orders
James, P. D.	The lighthouse
James, Peter	Dead simple
Joyce, James	Dubliners
Kennedy, Lena	Lady Penelope
Keyes, Marian	The brightest star in the sky
Klavan, Andrew	Hunting down Amanda
Koontz, Dean	The darkest evening of the year
Marshall, Leslie	A girl could stand up
McDermid, Val	The mermaids singing
McDermott, Alice	Child of my heart
Montefiore, Simon Sebag	Young Stalin
Murakami, Haruki	What I talk about when I talk about running
Murphy, Maura	Don't wake me at Doyles
Neill, Fiona	The secret life of a slummy mummy
Patterson, James	First to die
Potter, Alexandra	Do you come here often?
Potter, Alexandra	Who's that girl?
Radcliffe, Paula	Paula: my story so far
Rankin, Ian	The flood
Rayner, Sarah	One moment, one morning
Reichs, Kathy	206 bones
Reid, Carmen	How not to shop
Rendell, Ruth	The keys to the street
Roberts, Nora	Blue smoke
Robertson, James	The testament of Gideon Mack
Robinson, Peter	Bad boy
Sallis, Susan	Sea of dreams
Shreve, Anita	Wedding in December
Slaughter, Karin	Genesis
Smith, Alexander McCall	Tears of the giraffe
Stockett, Kathryn	The help
The Independent	The world of Robert Fisk
Townsend, Sue	The public confessions of a middle-aged woman
Townsend, Sue	Adrian Mole: the cappuccino years
Walker, Fiona	Love hunt
Walters, Minette	The breaker
Wolstencroft, David	Good news bad news

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.

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



**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 Lyminster Road, Highcliffe, Christchurch, Dorset, BH23 5ET
OCPP-Member of the Organisation of Chartered Physiotherapists in Private Practice**

JOHN HOLCOMBE 5

POSN	NAME	TIME	POSN	NAME	TIME
1	Henry Szwinto	30.57	33	Carol Shaw	45.51
2	Steve Wright	31.03	34	Paul Bailey	46.43
3	Geoff Walters	32.26	35	Linda Burn	46.45
4	Andy Chase	34.19	36	Jan Smylie	46.49
5	Julian Smith	34.23	37	Claire Knox	47.11
6	Colin Shaw	34.59	38	Gill Turcan	47.25
7	Neil Harvey	35.06	39	Catherine Page-Dove	47.58
8	Steve Wardle	35.07	40	Caroline Gibbins	48.18
9	Michael McCabe	35.27	41	Sandy Grievson	48.19
10	Tim Foreman	35.47	42	Rhona Goodwin	48.57
11	Isabelle Parkes	37.56	43	Liz Power	48.58
12	Dai Hughes	38.39	44	Sue Wearne	49.21
13	Matt Sedgley	38.48	45	Sheila Sharma	49.22
14	David Fairbairn	38.56	46	Yvette Jones	50.16
15	Paul Elderfield	39.04	47	Angela Coubrough	53.18
16	Alan Collett	39.19	48	Ian Taylor	53.20
17	John Parkin	39.26	49	Sue Page	54.04
18	Moray Martin-Rhind	39.29	50	Dave Johnson	54.05
19	Diane Buckley	39.41	51	Becky Benjafield	54.11
20=	Steve Goodwin	40.06	52	Jilly Pickett	54.42
20=	Roger Watson-Hall	40.06	53	Hazel Lewis	55.03
22	Paul Goode	40.14	54	Karen Barnes	55.09
23	Ian Swain	40.25	55	Marian Oates	55.54
24	Heidi Ramsier	40.38	56	Margaret Dando (Guest)	56.08
25	John Rice	42.29	57	Lesley Greenwell (Guest)	56.09
26	Russell Fawn	43.00	58	Clare Richardson	57.24
27	Lynda Wheeler	43.38	59	Louise Allison	57.56
28	Sara Davies	43.50	60	Pauline Breeze	59.21
29	Lucy Godwin	44.37	61	Carol Thomas	60.10
30=	John Winderam	44.58	62=	Hilary Bruce-Burgess	64.49
30=	Jayne Winderam	44.58	62=	Glenys Ryan	64.49
32	Graham Penneck	45.26	64	Bruce Davidson	75.17

Starting in your area now.



'Musical Minis' is a pre-school fun time music group for babies and toddlers.

Each structured session encourages cognitive, physical and emotional development through the use of music, instruments and stories in a relaxed atmosphere. The sessions concentrate on rhythm, song, and movement; promoting confident, sociable and creative children.

Come and join the fun!

**For further details and to book a place please contact:
Gill Turcan Tel: 01202 462971 or email: gill@musicalminis.co.uk**

SOLENT HALF MARATHON (Including Age Related results)

POSN	NAME	Age Rel %	TIME	POSN	NAME	Age Rel %	TIME
4	Teddy Powell	80.73	75.47	201	Chris Paterson	62.04	110.02
18	Steve Morton	73.84	83.30	214	Jenny Simmonds	59.18	111.26
49	Frank Handy	66.40	89.51	227	Heidi Ramsier	57.66	114.16
55	Howard Doe	80.00	90.43	234	Helen Wright	61.88	114.59
76	Liz Young	70.36	93.34	249	Lynda Wheeler	68.39	117.41
78	Matthew Cafferky	63.57	93.54	270	Ian Swain	53.01	120.49
126	Stuart Judd	62.76	99.39	287	Caroline Holcombe	57.81	126.20
127	Darren Price	60.84	99.55	308	Ve Stone	67.94	132.41
129	Craig Mutter	59.48	100.21	316	Jan Smylie	49.75	136.06
140	Neil Richardson	67.28	102.15	318	Karen McCusker	55.73	137.32
191	Charmaine Bradford	60.48	108.57	323	Yvette Jones	50.06	142.08
192	Geoffrey Simmons	65.40	108.57				

GREAT SOUTH RUN

POSN	NAME	TIME	POSN	NAME	TIME
219	Stuart Graves	65.37	5794	Martina Garnham	90.31
372	James Bewley	68.37	7853	Helen Sadler	96.04
601	Liz Young	71.00	9249	Yvette Jones	99.57
967	Neil Harvey	73.51	11817	Debbie Wilson	107.48
1968	Steve Radjen	78.59	12021	Jo Szwinto	108.43
2129	Chloe Woolf	79.43	12193	Clare Richardson	109.25
2501	John Bewley	81.10	12214	Dan Harvey	109.29
2956	Heidi Ramsier	82.47	12360	Luanne Martin	109.59
3287	John Parkin	83.46	13548	Abbie Langley	115.25
4019	David Jenkins	85.52	14531	Louise Allison	121.22
4905	Jackie Jenkins	88.05	14983	Carol Sear	125.40
5166	Mike Nichols	88.50			



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

NEW FOREST RUNNERS CLUB

Notice is hereby given that the 30th ANNUAL GENERAL MEETING of THE NEW FOREST RUNNERS CLUB will take place on **Friday, 20th January 2012** at the East Christchurch Sports & Social Club (*formerly known as British Aerospace Christchurch Sports & Social Club*), Grange Road, Somerford, Christchurch, commencing at 7.30 p.m.

Nominations for the Election of Officers and Committee members and Any Other Business or Proposal which a member would like to be placed on the Agenda, must be in the hands of the Honorary Secretary not later than **Friday 30th December 2011**. Only those items included on the Agenda may be discussed.

Bar facilities will be available after the meeting and, with this in mind, a list will shortly be placed on the notice board at Fawcetts Field. If you anticipate attending the AGM, please enter your name on the list – this is to comply with the licensing laws at ECSSC.

PROPOSAL FORM

I, the undersigned, wish to be nominated for Committee Membership. (*Please complete Form below as appropriate*)

(1) **PRESIDENT**

YOUR NamePROPOSER.....SECONDEE.....

SignatureSignature Signature.....

(2) **SECRETARY**

YOUR Name.....PROPOSER..... SECONDEE.....

Signature.....Signature.....Signature.....

(3) **TREASURER**

YOUR Name.....PROPOSER.....SECONDEE.....

Signature.....Signature..... Signature.....

(4) **CLUB CAPTAIN**

YOUR Name.....PROPOSER.....SECONDEE.....

Signature.....Signature..... Signature.....

(5) **COMMITTEE**

YOUR Name.....PROPOSER.....SECONDEE.....

Signature.....Signature..... Signature.....

Please send to the Hon Secretary, Ms Caroline Holcombe at Bannerdown Cottage, Bashley Cross Road, New Milton, Hants BH25 5SY **OR** hand to any Committee member before **Friday 30th December 2011**. ***It cannot be accepted after this date.***

ITEM FOR THE AGENDA

FORTHCOMING EVENTS

DECEMBER 2011		
SUNDAY	11 th	Christmas 10k* (RACE FULL)
SUNDAY	18 th	Believe & Achieve/Alexandra Sports 10K Santa Run (10.50am) (& 5k 11.00am)
MONDAY	26 th	Portsmouth Coastal Waterside Marathon (9.30am) Round The Lakes Poole 10k (10.30am)
JANUARY 2012		
MONDAY	2 nd	Somerley 10k (and 5k) (Ringwood) (11.00am)
SUNDAY	15 th	Stubbington Green 10k (10.00am)
SUNDAY	29 th	Hampshire Chronicle Romsey 5 (10.00am)
FEBRUARY 2012		
SUNDAY	5 th	Blackmore Vale ½ Marathon (11.00am) / Longleat 10k (10.00am) Chichester Priory 10k (10.30am)
SUNDAY	12 th	Coastal Half Marathon, Portsmouth (10.15am) / Meon Valley Plod (10.30am) Bramley 20/10 (10.30am)
SUNDAY	19 th	Lytchett Manor 10 (10.30am)
SUNDAY	26 th	Hampshire Chronicle Winchester 10k (10.30am) Heartbreak Marathon/14/10k (Fordingbridge) (9.00am/10.00am/10.00am)
MARCH 2012		
SUNDAY	11 th	City of Salisbury 10 (10.30am) David Lloyd 5k (Southampton) (9.30am) Southbourne Fast and Flat 10k (and 5k) (11.00am) / Zoom Mad March 10 (10.30am)
SUNDAY	18 th	Exbury Gardens 10k (9.30am)
SUNDAY	25 th	Ferndown Rotary 10k / Eastleigh 10k (10.00am)
APRIL 2012		
SATURDAY	7 th	Rotary Easter Quarter Marathon (Boscombe) (11.00am)
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)
SUNDAY	27 th	Needles Cross Country Half Marathon (10.00am)
JUNE 2012		
SUNDAY	8 th	New Forest Ten

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

Hampshire Cross Country League Fixtures

Saturday, 14th January 2012 Kings Park, Bournemouth
Saturday, 11th February 2012 Hudson's Field, Salisbury

Bournemouth AC
City of Salisbury AC

WINTER 5K SERIES 2011-2

Start 7.30pm at Boscombe Pier
Friday 16th December 2011
Friday 20th January 2012
Friday 3rd February 2012
Friday 2nd March 2012

TRAINING SCHEDULE

December 2011				
Thursday	1 st	19:00	Fawcetts Field	Intervals (MBB, ME, PC) or Stem Lane Route.
Sunday	4 th	10:00	Wilverley Plain	Long, Medium or Short Run. (CC6 Janesmore Pond)
Tuesday	6 th	19:00	Fawcetts Field	Caird Avenue Route.
Thursday	8 th	19:00	Fawcetts Field	Ashley Cross Roads Route.
Sunday	11th	11:00	Christchurch	Christmas 10K (No Organised Run at Wilverley).
Tuesday	13 th	19:00	Fawcetts Field	Stem Lane Route.
Thursday	15 th	19:00	Fawcetts Field	Intervals (MBB, RC, RG) or Braemar Drive Route.
Sunday	18 th	10:00	Wilverley Plain	Christmas Cross Country. (Fancy Dress)
Tuesday	20 th	19:00	Fawcetts Field	Intervals (MBB, ME, PC) or Caird Avenue in Reverse.
Thursday	22 nd	19:00	Fawcetts Field	Ashley Cross Roads Route in Reverse.
Sunday	25 th	TBC	Wilverley Plain	Christmas Day Run for Any Interested Parties.
Monday	26 th	TBC	Steamer Point	Boxing Day Sea Swim and Run. (No Wetsuits Aloud)
Tuesday	27 th	19:00	Fawcetts Field	Intervals (MBB, RG) or Stem Lane Route.
Thursday	29 th	19:00	Fawcetts Field	Braemar Drive Route.
January 2012				
Sunday	1 st	10:00	Wilverley Plain	Long, Medium or Short Run.
Tuesday	3 rd	19:00	Fawcetts Field	Ashley Cross Roads Route.
Thursday	5 th	19:00	Fawcetts Field	Intervals (MBB, RC) or Caird Avenue Route.
Sunday	8 th	10:00	Wilverley Plain	Long, Medium or Short Run. (CC6 Badgers Farm)
Tuesday	10 th	19:00	Fawcetts Field	Intervals (MBB, DB) or Stem Lane Route.
Thursday	12 th	19:00	Fawcetts Field	Braemar Drive Route.
Sunday	15 th	10:00	Wilverley Plain	Long, Medium or Short Run.
Tuesday	17 th	19:00	Fawcetts Field	Stem Lane Route.
Thursday	19 th	19:00	Fawcetts Field	Intervals (MBB, ME) or Ashley Cross Roads Route.
Sunday	22 nd	10:00	Wilverley Plain	Long, Medium or Short Run.
Tuesday	24 th	19:00	Fawcetts Field	Intervals (MBB, DH) or Braemar Drive Route.
Thursday	26 th	19:00	Fawcetts Field	Caird Avenue Route in Reverse.
Sunday	29 th	10:00	Wilverley Plain	Long, Medium or Short Run.
Tuesday	31 st	19:00	Fawcetts Field	Ashley Cross Roads Route in Reverse.
February 2012				
Thursday	2 nd	19:00	Fawcetts Field	Intervals (MBB, RC) or Caird Avenue Route.
Sunday	5 th	10:00	Wilverley Plain	Long, Medium or Short Run.
Tuesday	7 th	19:00	Fawcetts Field	Intervals (MBB, ME) or Braemar Drive Route.
Thursday	9 th	19:00	Fawcetts Field	Stem Lane Route in Reverse.
Sunday	12 th	10:00	Wilverley Plain	Long, Medium or Short Run. (CC6 Bolderwood)
Tuesday	14 th	19:00	Fawcetts Field	Intervals (MBB, DH) or Ashley Cross Roads Route.
Thursday	16 th	19:00	Fawcetts Field	Caird Avenue Route
Sunday	19th	19:00	Wilverley Plain	Club Cross Country Championships. (NO ALTERNATIVE RUN, ALL TO ATTEND PLEASE!!!)

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

Remaining CC6 Fixtures (All at 9.30am)

Sunday, 4th December 2011 Janesmore Pond, Stoney Cross

Sunday, 8th January 2012 Badgers Farm, Winchester

Sunday, 12th February, 2012 Bolderwood

Sunday, 4th March 2012 Fleming Park, Eastleigh