

# New Forest Runners Rag



*FEBRUARY 2012 / MARCH 2012*

Dear New Forest Runners,

Hello fellow club members, I hope you are all well and looking forward to a fantastic year of running and adventuring in 2012.

## THANKS

As I've now been elected to the lofty position of Club President let me open by thanking the outgoing committee members for their hard work for the last two years:-

- Mike Bruce-Burgess (President) - *Mike B.B's efforts in his third term as Club President (including over 22 years on the club committee) can hardly be summarised or appropriately applauded in print.; I can merely express thanks to Mike on behalf of all the club members and endeavour to carry on his hard work. I have big shoes to fill.*
- Caroline Holcombe (Hon, Secretary) - *Thank you very much Caroline for your significant efforts over the last two years; I hope you can find something fun to fill the monthly 2+ hour gap in your diary that the club committee meetings used to occupy*
- Dave Ellis (Hon. Treasure) – *Counting the pennies for many years Dave has managed to ensure our club stayed in the Black when other organisations the world over fold and close. No easy task and we should all thank Dave for keeping an eye of the coffers.*
- Carol Shaw (Communications) – *Carol's weekly club bulletin frequently brought a smile to my face and was a great way of keeping our members informed on club events; thank you Carol for your contribution over the last two years.*
- Diane Buckley (Child Protection Officer/CRB check) – *Diane has performed the seemingly never-ending task of chasing up our CRB checks and helping out with the weekly club bulletin. Thank you for all your hard work Diane.*
- Carol Giles (Social secretary) – *Thank you Carol for organising the social aspects of the club; it just goes to show that a running club need not solely be about running.*

There are many other club members (both committee and non-committee) who have given up their time to ensure the club runs smoothly, they also deserve praising for their efforts. Here is a quick list (sorry I missed anyone):

- Club committee members - Dai Hughes, Val Dennis, Debbie Wilson, Peter Coupland
- John Howlett - Runners Rag
- Lynda Wheeler - The Badge Scheme
- The New Forest 10 Committee

## HIGHLIGHTS

Now let us consider our clubs achievements; those of you who have been with the club for a few years will have noticed the improvements we have made in a short period of time. Below are a few areas which we should be very proud of and are deserving of special mention:-

- **Novices section** – Introducing (or re-introducing) people into running by means of the novices section is an important element of the club. We were all at one time or another new to running and the novices group continues a fine tradition of bringing new faces to the club. A lot of hard work goes into the novice section and the club owes those involved a huge Thank you for their continued efforts.
- **Juniors section** – Arguably the jewel in the crown of the New Forest Runners is our Junior Section. Richard Gears and Steve Morton have been tireless in their efforts over the last few years; with the junior now boast 70 members and include runners who are already making their mark at county level. At the recent Hampshire Cross Country Championships the junior section attendance outnumbered the combined entries from the men and woman's senior and veteran teams!

**2011 RR10 Victorious Ladies team** – A storming RR10 league victory from our Ladies team with three ladies making the top 5 over the series (Val Sesto 2<sup>nd</sup> overall, Katie Roby 3<sup>rd</sup> & Erica Fogg 5<sup>th</sup>). Well done also to Debbie Wilson, Yvette Jones & Val Dennis for making all of the races! Special praise should be given to our ladies Cross Country

- Captain Isabelle Parkes who cajoled, pestered and convinced 43 different ladies to run over the entire series. Gauntlet laid down for the Men's Cross Country Captain for 2012!
- **HRRL Men's team promotion to League A1** – Having been relegated in the previous season from the Hampshire Road Running league A1 to the league A2 it took a fine team effort to lift our men's team back up to the A1 league by winning the A2 league in 2011. A great team spirit was evident throughout the season and the men's team reaped their just rewards.

You may notice a theme throughout my highlights list: **Teamwork**. All of our achievements from novices through to league wins is arguably down to teamwork; we train as a group, we support each other, together we win trophies and as a club we feel a sense of achievement.

That's not to say the achievements of our individual runners should not be commended or praised; quite the opposite in fact. I can't list all the amazing individuals who make up the new forest runners, we know who they are and they are a credit to themselves and the club colours they run in.

### **LOOKING AHEAD**

We are a diverse club; we range from the conventional runners to mud seeking adventure racers, from 10 minute mile social joggers to sub 6 minute mile marathon runners. When catering for such a diverse group of individuals it is sometimes difficult for our club to be all things to all people. As president I will endeavour to improve our club but to do that the committee and myself need you, the members, to talk to us.

Tell us what you like and what you don't like, suggest improvements, constructive criticism and offer your time and support. Too many times I have heard the phrase; *"that's not how I'd do it"*, which is all well and good but how would you do it and what would you change? This is as much your club as anyone else's and I'm sure you all want to see it continue to improve in the future.

The committee and I will certainly be looking to club member for support this year. Marshals, Coaches and Group Leaders are, as always, much needed and we will be proactive in seeking individuals to support the club in the future. Richard Gears gave an excellent presentation at the AGM highlighting that for those seeking to improve their running; we as a club need more coaches and leaders. This is as true for the juniors as it is for our senior runners. You're never too old to learn.

### **SUMMARY**

I'm looking forward to 2012 and beyond. With a fresh year of running ahead of us, the start of the RR10 season, our return to Wilverly in the evenings and so on. Good luck to all of you in 2012, I wish you all the very best of luck in all your endeavours.

Best wishes for 2012,

Matt Cafferky

## **Captains Report AGM 2011**

*1<sup>st</sup> and foremost I would like to thank all who supported me over the last year and an even bigger thank you to everyone who came forward to marshal and support our club internal events. It was very pleasing to see so many new faces offering up your time. Without your support and help we wouldn't be able to hold these events. We look forward to your help again over this next year.*

**RR10 League:** *Our ladies A Team came storming home in 1<sup>st</sup> place overall with a total of 7 teams over the series with Vale Sesto 2<sup>nd</sup> and Katie Robie 3<sup>rd</sup> and Erica Fogg 5<sup>th</sup>. The men's A team were 3<sup>rd</sup> with 5 teams over the series with Stephen Herring 4<sup>th</sup>, Steve Wright 13<sup>th</sup>. Well done to all who ran the series, there were a lot of new members out there who appear to have really enjoyed the RR10's, lets see if we can get the same result this year ladies and of course if our men could take 1<sup>st</sup> place too that would be a great result.*

**Hampshire Road Race League:** *At the time of writing, our ladies A team is in 4<sup>th</sup> place in Div 1 and our men are in 5<sup>th</sup> place in Div 1, with 6 races left to do it would be great to see them both improve their positions if they can. In the last race the Stubbington 10k Andy Phimister was the 1<sup>st</sup> New Forest runner home in a PB of 36:59. With a membership in excess of 400 there were 13 runners from New Forest! Totton who is a significantly smaller club had 30 runners take part. Lets see if we can get larger numbers taking part in the future. Well done all taking part in this league.*

**Hampshire Cross Country League:** *This is a bit of a sore point really as this league for some reason is not that well supported! Not that many years ago New Forest was in the 1<sup>st</sup> Div with quite a few runners winning individual trophies. At the moment we are at the bottom of Div 2. Again with the size of the club surely we can get better results!*

**CC6 League:** *This league which is run for the slower runners (people who run slower than 6 minutes per mile) is being supported by both our men and ladies although not in big numbers. Last year the men's trophy was won by Paul Bartlett and this year Fiona Lynskey is proving to be a hard lady to beat winning all the races she has run so far and it looks promising that she may win the ladies trophy. Well done all of you taking part.*

**Novices:** *Will be starting up again on the 1st April being run by Graham West with help from Claire Richardson, Matt Sedgley and a number of other helpers. We look forward to another good turn out as usual.*

**Coaches:** *Thank you to the Coaches who have supported me over the last year and turned out for Interval Training and the Team Captains for their efforts in getting teams together for the League Races. We will be looking for new Coaches and Group Leaders so please come forward and give it a whirl. Names to myself please, if you are interested or would like more info please come and see me!*

*I wish you all a very good injury free year of running for 2012!*

**Dai Hughes**

**Club Captain**

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

## LONDON MARATHON 22<sup>nd</sup> APRIL 2012

Hello all,

I have a "Good for Age" place in the above (for my sins) see, there are some advantages in getting older and being female after all.....

I wanted to help a colleague at work whose son was tragically diagnosed with an inoperable brain tumour - this was only discovered whilst attending a medical to join the marines as a diver. I asked if I could help them in any way - she requested I run for Clic Sargent.

Please, please help me raise funds for this very worthwhile charity - the more pledged - the more it will encourage me to get out there and train.....in the dark and rain etc. Please contact me for a sponsorship and give generously.

Thankyou very much,  
Gail Walters

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A barn dance is being organised at Sway Village Hall on Friday, 9<sup>th</sup> March at 7.00 for 7.30pm. Please contact Gail or Ian on 01590 682423. Cost will be £15 which will include cod and chips (or two jumbo sausages on request). Please bring your own drinks and glasses.

All funds will go to the very worthwhile cause above.

### **Sports Therapist** **Sports and Remedial Massage Practitioner** **Tel: 07765 974 115 - [dequatre.sportstherapy@gmail.com](mailto:dequatre.sportstherapy@gmail.com)**

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## **NEWS AND COMMENTS**

**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](mailto: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](mailto: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](http://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](http://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](mailto:rag@newforestrunners.co.uk)). The closing date for the next edition will be on 25<sup>th</sup> March 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

### **MINIBUS DRIVERS**

The New Forest Ten committee is also looking for volunteers to drive the minibuses at the race. To do this they must be over 30 and be prepared to take a driving test to obtain a MIDAS (Minibus Driving Awareness Scheme) certificate (which will be financed by the New Forest Ten). They may not be needed this year (but then again, they might!) but we would like them to be available for driving for at least the next two or three years. If you are interested, please contact Clive Nightingale or any member of the New Forest Ten committee.

### **NOVICES**

Graham West and I are running the 2012 Novice runners group, starting Sunday 1st April and ending with the Sway 5 on Sunday 1<sup>st</sup> July. Volunteers from the club are welcome to help on Sundays and Thursdays - please contact Clare on 01590 623410, 07890 136508 or via the NFR Facebook page or email me at [novices@newforestrunners.co.uk](mailto:novices@newforestrunners.co.uk) if you can offer a couple of hours...the novice runners really appreciate running with people who have been there...Calling all members, if you know anybody who has never run before and who would like to start please pass on our details and encourage them to get in touch. We are really aiming at total novices this year, not ex-runners returning after some time out...they tend to be too fast! Clare

### **Over Here & Over There**

Dear Friends,

We have enjoyed living in this area for 23 years, and have decided it is time for a change. We are moving to the village of Brighstone – it's not far away, just over the water on the Isle of Wight. We love the hills and coast on the southwest side of the island. It will probably seem very quiet. Hopefully road traffic will be lighter – Wendy likes plenty of road space when driving or cycling.

We joined the NF Runners club about 8 years ago, and have greatly enjoyed running and chatting with you all on Sunday mornings and at other times. It's such a friendly and well-run club. We will miss the regular meet-ups but will continue as members, and hope to take part in runs over here occasionally.

Perhaps we will see you over there – the Needles XC Half-marathon is a fine run, and we recommend the IOW Fell Running Series in September, if you don't mind a steep hill or two.

Geoff will continue on the NF10 committee & will be back here to support the New Forest 10 weekend in July. Thanks to you all - runners, walkers and those kind bods who help out with marshaling, coaching, and organizing things.

Best wishes, and good luck with your goals and activities in 2012,  
Geoff & Wendy

## 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 events.

**All in Club Colours** – New prices from 1<sup>st</sup> February 2012

Men's Tanks and Tees– in S,M,L,XL,	£15.00 ea
Ladies Tanks and Tees in S,M L,XL	£15.00 ea
Juniors Tee Shirts in S (82),M(88),L(94)XL(100cm)	£13.00 ea
<b>Junior Storm Stoppers</b> running jackets (ages 9/10, 11/12. 13/14)	£24.00 ea
<b>Adult Storm Stoppers</b> 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

### AND NEW FOR 2012

<b>Running Caps</b> , with Club logo embroidery, Kelly Green	£12.00 ea
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Please contact Sylvia Coupland at [club.kit@newforestrunners.co.uk](mailto:club.kit@newforestrunners.co.uk) (or tel: 01425 272044)  
Or go to web page <http://www.newforestrunners.co.uk/clubkit.html>

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## NEW FOREST RUNNERS BOOK EXCHANGE

There are a few new titles on the Book Exchange shelves at Fawcett's Field:

Author	Title
Grossmith. George and Weedon	The Diary of a Nobody
Harris, Robert	The Ghost
Hosseini. Khaled	A Thousand Splendid Suns
Rendell, Ruth	The Monster in the Box
Jackson, Michael	Moon Walk
Brand, Russell	My Booky Wook

Please see previous editions of the Runners Rag for the list of current titles. Borrowing a book is free and you can keep it for as long as you like. If you want to keep a book it would be good if you could replace it with something else you no longer want (to CP or CH please and not directly to the shelf). And please donate any unwanted fiction or selected non-fiction for the Book Exchange to Catherine Pascoe or Caroline Holcombe. Thanks!

### 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.

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## RUNNER OF THE YEAR 2011

POSN	NAME	Alt 10	Milford 5	Solent ½	Xmas 10k	Average %
1	Howard Doe	79.88	-	80.00	82.00	80.63
2	Henry Szwinto	80.15	79.91	-	80.01	80.02
3	Steve Wright	75.69	77.74	-	78.69	77.44
4	Steve Morton	74.02	72.03	73.84	75.69	74.52
5	Rhona Goodwin	70.48	76.24	-	74.53	73.75
6	Noreen Henderson	69.66	72.22	-	75.10	72.33
7	Ve Stone	68.26	71.72	67.94	70.29	70.09
8	Kevyn Doolan	67.82	70.68	-	69.11	69.20
9	Diana Buckley	67.20	69.01	-	69.60	68.60
10	Stuart Judd	67.25	67.97	62.76	70.52	68.58
11	Geoff Simmons	-	69.14	65.40	70.93	68.43
12	Lynda Wheeler	66.78	62.68	68.38	69.65	68.27
13	John Rice	66.16	68.36	-	69.28	67.93
14	Matt Cafferky	63.57	67.03	63.57	66.63	65.74
15	Dawn Rogers	66.13	64.95	-	62.06	64.38
16	Andy Chase	60.95	61.49	-	66.55	63.00
17	Chris Paterson	62.44	63.63	62.04	-	62.70
18	Craig Mutter	61.55	62.48	-	63.82	62.67
19	Helen Wright	58.22	-	61.88	64.68	61.59
20	Sue Page	58.26	61.75	-	62.99	61.00
21	Darren Price	58.89	58.42	-	61.79	59.70
22	Marian Oates	53.61	-	62.22	62.79	59.54
23	Heidi Ramsier	58.79	58.90	57.66	-	58.45
24	Bruce Davidson	53.57	60.12	-	59.30	57.66
25	Wayne Seton	53.32	60.00	-	59.35	57.56
26	Julie Seton	54.36	58.13	-	59.35	57.28
27	Debbie Nineham	50.13	55.80	-	55.99	53.97
28	Yvette Jones	51.65	-	50.06	52.28	51.33
29	Mike Southwell	49.76	51.61	-	50.43	50.60
30	Dave Johnsen	45.86	51.63	-	52.04	49.84

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## CHRISTMAS 10K

POSN	NAME	Age Rel %	TIME	POSN	NAME	Age Rel %	TIME
9	Stephen Wright	78.69	35.10	316	John Winderam	56.75	54.15
19	Frank Handy	72.84	37.02	329	Karen McCusker	64.31	54.58
20	Steve Morton	75.69	37.05	335	Zusana Sebestyen	54.10	55.18
26	Andy Phimister	78.76	37.33	336	Julie Seton	59.35	55.19
27	Sanjai Sharma	79.29	37.53	339	Alan Grout	56.49	55.25
34	Henry Szwinto	80.01	38.48	341	Sara Davies	61.96	55.26
38	Toby Power	68.11	39.36	346	Jayne Winderam	63.39	55.46
39	Geoff Walters	71.36	39.37	348	Dawn Roger	62.06	55.52
45	Howard Doe	82.00	40.20	349	Linda Burn	67.24	55.56
46	Brian Baker	71.07	40.22	351	Caroline Gibbins	59.10	56.03
47	Stuart Judd	70.52	40.23	352	April Miller	53.20	56.14
48	Matt Cafferky	66.63	40.29	368	Marie Sharma	57.30	57.18
56	James Bewley	65.92	40.55	377	Valerie Dennis	57.47	57.38
61	Rhys Henderson	72.04	41.22	378	Wendy Tobin	54.14	57.39
69	Becky Hollowbread	73.01	42.04	380	Michael Southwell	50.43	57.45
73	Craig Mutter	63.82	42.16	384	Kim Turnridge	51.65	57.55
77	Andy Chase	66.55	42.29	393	Debbie Nineham	55.99	58.38
78	Michael McCabe	75.66	42.30	394	Georgia Miller	50.99	58.40
89	Lionel Handy	71.12	43.17	395	Wendy Simmons	62.62	58.48
96	Neil Harvey	68.16	44.04	397	Rhona Goodwin	74.53	58.51
101	Julian Smith	68.33	44.19	398	Sandra Grievson	57.23	58.55
102	John Hunt	78.50	44.21	399	Ve Stone	70.29	58.58
108	Mark Bartlett	60.55	44.33	400	Robert Cole	45.72	59.00
110	Darren Price	61.79	44.47	409	Debbie Wilson	55.73	59.26
111	John Bewley	73.08	44.49	411	June Wheeler	50.68	59.39
113	Kevyn Doolan	69.11	44.55	425	Liz Power	56.90	60.56
129	Tony Wickham	71.09	45.39	434	Gary Sandford	52.78	62.03
130	Geoff Simmons	70.93	45.45	435	Yvette Jones	52.28	62.15
161	Jeff Palmer	68.15	47.11	440	Sue Wearne	53.13	62.54
169	Noreen Henderson	75.10	47.32	450	Sue Page	62.99	62.17
173	Linda Phimister	69.51	47.39	453	Caz Deacon	53.78	63.52
183	Diane Buckley	69.60	48.01	454	Trevor Neal	52.78	63.55
194	Dai Hughes	62.06	48.48	455	Jo Szwinto	54.70	64.00
208	John Edwards	54.71	49.18	458	Bill Elder	52.99	64.19
213	Wayne Seton	59.30	49.29	467	Hazel Lewis	64.52	65.59
219	David Jenkins	71.72	49.39	470	David Johnson	52.04	66.54
220	John Rice	69.28	49.42	476	Trevor Roberts	46.08	67.22
229	Lloyd Tobin	57.19	50.10	480	Marian Oates	62.79	67.48
234	Helen Wright	64.68	50.19	481	Sylvia Coupland	57.19	68.04
238	John Parkin	66.74	50.33	482	Clare Richardson	50.89	68.08
266	Graham Penneck	63.84	51.48	492	Rosemary Bartlett	50.93	70.48
278	Maggie Kirk	74.01	52.36	502	Carol Thomas	52.91	78.20
281	Jackie Jenkins	79.52	52.49	507	Heather Roberts	44.27	82.19
284	Lynda Wheeler	69.65	52.52	513	Bruce Davidson	59.11	88.51
289	Martin Eyre	58.12	52.58				

## FORTHCOMING EVENTS

<b>FEBRUARY 2012</b>		
SUNDAY	12 <sup>th</sup>	Coastal Half Marathon, Portsmouth (10.15am) / Meon Valley Plod Bramley 20/10
SUNDAY	19 <sup>th</sup>	Lytchett Manor 10 (10.30am) / Drovers Revenge (8m) (Salisbury) (10.30am)
SUNDAY	26 <sup>th</sup>	Hampshire Chronicle Winchester 10k (10.30am) Heartbreak Marathon/14/10k (Fordingbridge)
<b>MARCH 2012</b>		
SUNDAY	4 <sup>th</sup>	John Austin Half Marathon (10.30am)
SAT/SUN	10/11 <sup>th</sup>	New Forest Festival of Running (various distances from 5k to 100k)
SUNDAY	11 <sup>th</sup>	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 <sup>th</sup>	Exbury Gardens 10k (9.30am)
SUNDAY	25 <sup>th</sup>	Ferndown Rotary 10k/5k (11.00am) / B & Q Eastleigh 10k (10.00am) Parley Bun Run (Christchurch (11.00am) Ringwood Rabbit Run 5k and 10k (10.30/10.00am)
<b>APRIL 2012</b>		
SUNDAY	1 <sup>st</sup>	Bournemouth Bay Run Half Marathon/10k/5k (10.00am/9.30am/11.45am)
SATURDAY	7 <sup>th</sup>	Rotary Easter Quarter Marathon (Boscombe) (11.00am) / Newport to Ryde 7 (3.00pm)
MONDAY	9 <sup>th</sup>	West Wight Three Hills 8 (12.00pm)
SUNDAY	29 <sup>th</sup>	The Drovers 10k (Salisbury) (10.00am)
<b>MAY 2012</b>		
SAT/SUN	5/6 <sup>th</sup>	Pony Express New Forest Ultra (60m) (Lyndhurst)
SUNDAY	6 <sup>th</sup>	Fordingbridge Fire Station 10k (11.00am) / North Dorset Village Marathon (8.30am)
SUNDAY	13 <sup>th</sup>	Alton 10m (10.30am) / Lymington Lifeboat 10k (10.00am)
SUNDAY	20 <sup>th</sup>	Southampton AC 10k (10.30am) / Marwell Wildlife 10k (10.30am) The General 10k (Winchester) (10.00am)
SUNDAY	27 <sup>th</sup>	Needles Cross Country Half Marathon (10.00am)
<b>JUNE 2012</b>		
SATURDAY	9 <sup>th</sup>	South Downs Marathon / ½ Marathon / 10k (from 9.20am)
SUNDAY	10 <sup>th</sup>	D-Day 10k (Portsmouth) (11.00am)
SUNDAY	17 <sup>th</sup>	Brading 10k (11.00am) / Romsey Braishfield Beer Race 5 (10.30am)
SUNDAY	24 <sup>th</sup>	Lordshill 10k (10.30am)
<b>JULY 2012</b>		
SUNDAY	1 <sup>st</sup>	Sway 5 (10.30am)*
SUNDAY	8 <sup>th</sup>	<b>New Forest Ten</b>
SATURDAY	14 <sup>th</sup>	Swanage Half Marathon
SUNDAY	22 <sup>nd</sup>	Doughnut Dash 5k (Southampton) (11.00am)
<b>AUGUST 2012</b>		
SUNDAY	19 <sup>th</sup>	Everton 10k (10.30am)* / Isle of Wight Half Marathon
<b>SEPTEMBER 2012</b>		
SUNDAY	16 <sup>th</sup>	Victory 5

\*Running Tree Series. All race details at [www.runningtree.co.uk](http://www.runningtree.co.uk)

 <p><b>NIE</b> <b>NEW FOREST</b> <b>physiotherapy</b> <b>&amp; sports injury</b> <b>CLINIC</b></p>	<p><b>ASSESSMENT, TREATMENT AND ADVICE GIVEN FOR BACK AND NECK PAIN MUSCLE, LIGAMENT, TENDON INJURIES.</b> <b>BIOMECHANICAL ASSESSMENTS</b></p>
	<p><b>CHARTERED PHYSIOTHERAPISTS</b> <b>ACUPUNCTURISTS &amp; MANIPULATIVE THERAPISTS</b></p>
	<p><b>FIONA PROCTOR MCSP SRP Grad. Dip. Phys.</b> <b>HELEN HUNTLEY MCSP SRP Grad. Dip. Phys.</b></p>
	<p><b>Milton Medical Centre, Avenue Road, New Milton, Hampshire, BH25 5JP</b> <b>Telephone: 01425 627269</b></p>

## TRAINING SCHEDULE

<b>February 2012</b>				
Thursday	2 <sup>nd</sup>	19:00	Fawcetts Field	Intervals (MBB, RC, RG) or Caird Avenue Route.
<b>Friday</b>	<b>3<sup>rd</sup></b>	<b>19:30</b>	<b>Boscombe Pier</b>	<b>Winter 5k Series (Penultimate Race).</b>
Sunday	5 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs.
Tuesday	7 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, ME, PC) or Braemar Drive Route.
Thursday	9 <sup>th</sup>	19:00	Fawcetts Field	Stem Lane Route in Reverse.
Saturday	11 <sup>th</sup>	TBA	Salisbury	HCCL Hudsons Field (Last Race).
Sunday	12 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs. (Bramley 20 mile HRRL)
Tuesday	14 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, MC, RG) or Ashley Cross Roads Route.
Thursday	16 <sup>th</sup>	19:00	Fawcetts Field	Caird Avenue Route.
Sunday	19 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs. (CC6 Bolderwood).
Tuesday	21 <sup>st</sup>	19:00	Fawcetts Field	Intervals (DB, PC) or Braemar Drive in Reverse.
Thursday	23 <sup>rd</sup>	19:00	Fawcetts Field	Caird Avenue in Reverse.
Sunday	26 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs.
Tuesday	28 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, MC, RG) or Stem Lane Route.
<b>March 2012</b>				
Thursday	1 <sup>st</sup>	19:00	Fawcetts Field	Ashley Cross Roads in Reverse.
<b>Friday</b>	<b>2<sup>nd</sup></b>	<b>19:30</b>	<b>Boscombe Pier</b>	<b>Boscombe 5k Series (Last Race)</b>
<b>Sunday</b>	<b>4<sup>th</sup></b>	<b>10:30</b>	<b>Brockenhurst</b>	<b>John Austin Half (NO WILVERLEY RUN)</b>
Tuesday	6 <sup>th</sup>	19:00	Fawcetts Field	Caird Avenue Route.
Thursday	8 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, DB, RG) or Braemar Drive Route.
Sunday	11 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs. (Salisbury 10 HRRL).
Tuesday	13 <sup>th</sup>	19:00	Fawcetts Field	Stem Lane Route.
Thursday	15 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, ME, PC) or Caird Avenue Route.
Sunday	18 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs.
Tuesday	20 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, MC, RG) or Ashley Cross Roads Route
Thursday	22 <sup>nd</sup>	19:00	Fawcetts Field	Braemar Drive Route.
Sunday	25 <sup>th</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs. (Eastleigh 10k HRRL).
Tuesday	27 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, DB, RG) or Stem Lane in Reverse.
Thursday	29 <sup>th</sup>	19:00	Fawcetts Field	Caird Avenue in Reverse.
<b>April 2012</b>				
Sunday	1 <sup>st</sup>	10:00	Wilverley Plain	Long, Medium or Short Runs. (Novice Group Starts).
<b>Tuesday</b>	<b>3<sup>rd</sup></b>	<b>18:30</b>	<b>Wilverley Plain</b>	<b>1<sup>st</sup> Timed Run 18:30 Start Prompt!!</b>
Thursday	5 <sup>th</sup>	19:00	Fawcetts Field	Braemar Drive Route.
<b>Sunday</b>	<b>8<sup>th</sup></b>	<b>09:30</b>	<b>Wilverley Plain</b>	<b>Long, Medium or Short Runs.(NB 09:30 Start Time)</b>
Tuesday	10 <sup>th</sup>	18:30	Wilverley Plain	Hill Training (MBB, RC, PC) or Caters Cottage Route.
Thursday	12 <sup>th</sup>	19:00	Fawcetts Field	Intervals (MBB, ME, RG) or Stem Lane Route.
Sunday	15 <sup>th</sup>	09:30	Wilverley Plain	Long, Medium or Short Runs
Tuesday	17 <sup>th</sup>	19:00	Wilverley Plain	Naked Man, Old Road, Scrape Bottom. <b>NB 19:00 Start</b>

**Coach rota may change due to unavailability of coaches. MBB=Mike Bruce-Burgess, ME=Martin Eyre, RG=Ron Goodwin, PC=Peter Coupland, MC=Matt Cafferky, DB=Derrick Burgess, RC=Rhona Copp.**

**Interval sessions are planned for runners who wish to improve their performance and speed and also for any runners who just wish to take part. Sessions are subject to track conditions and trim trail availability.**

### **Remaining CC6 Fixtures (All at 9.30am)**

Sunday, 19th February, 2012 Bolderwood

Sunday, 4th March 2012 Fleming Park, Eastleigh