

## Crime prevention through sport

Crime and anti-social behaviour in Highworth has been reported in recent Link magazines. Nationally, results show that sport has positive effects on boredom and lack of adult role models. Sport is also successful in medium-term diversion by creating positive opportunities. The majority of sport schemes aim to improve one or more of self-image, relationship with authority figures, knowledge of local leisure opportunities and attitudes of health and fitness.

Swindon Borough Council Sports Development Manager, Helen Maine, comments: "Sport, whatever the activity gives an individual focus and a source to channel energy. I believe it can improve awareness, self esteem, and build confidence. New skills can be learned which may open up pathways to different opportunities."

## Highworth Half

The Highworth Running Club Half Marathon recently took place in very wet conditions. One-hundred-and-twenty athletes took to the roads to take on 13 miles of challenging countryside terrain.

Marcus Maxwell, running for Woodstock, helped his club win the team trophy by leading the field home in a time of 1 hour 16 minutes and five seconds. Tim Hughes from White Horse Harriers came in second and Gary O'Brien who was running for the host club, took third place.

Handy Cross runner Julia Downes was the first female to finish in a time of 1:27.01 beating Cirencester's Nicola Denning, who was followed home by Jayne Parker from Swindon Triathlon club.

Highworth Running Club's next event will take place in the spring on Sunday April 20th. Entry forms for the Highworth 5 Mile can be downloaded from the club's website at [www.highworthrunningclub.com](http://www.highworthrunningclub.com)

## Active workplaces

There are more than 1,000 employees in Highworth so workplaces are an important target audience for the Active Swindon team.

Companies in Highworth can work with Active Swindon on a one-to-one basis to introduce regular activities for employees. Help is free of charge and as well as implementing traditional activities, such as five-a-side football, Active Swindon try hard to make happen any other activities that are wanted.

If you would like further information please contact Rob Reeve, the Borough Physical Activity in the Workplace Development Officer, on (01793) 617782 or email [rreeve@swindon.gov.uk](mailto:rreeve@swindon.gov.uk).

## As Mad as a March Hare

The Mad March Hare Event is a 10 Km run and Swindon's Inaugural 10Km Power Walk.

Both men and women are welcome to enter. There will also be a 5km family event, which includes an Easter Egg Hunt. Children in buggies or on bikes are welcome as are wheelchair users. Your dog (on its lead) can also join in!



The event will take place on **16th March 2008** starting at Greendown School, Grange Park, West Swindon and will go through Lydiard Country Park. The Proceeds will go to Breakthrough Breast Cancer.

Please contact Eunice Salmon on [eunice.salmon@ntlworld.com](mailto:eunice.salmon@ntlworld.com) for further details.

## Volunteering opportunities in sport

Volunteering has the potential not only to benefit you but also the people who take part in the activities you are involved with.

Volunteering is a good way to stay active and by getting involved you could be helping to lead cycle rides, referee tag-rugby matches or take part in green gyms to improve outdoor areas. Donating your time and effort can also boost your job prospects if you are looking for work in these areas. It can give you a chance to build up useful contacts and also discover if it really is a job for you.

You will also get a sense of well-being from volunteering as you give up your time to help others. You could help improve the health of people in Highworth and ensure that projects are sustainable into the future.

If you would like to register your interest in becoming a volunteer or would like more information please contact Rob Allan on 01793 617782, email [rallan@swindon.gov.uk](mailto:rallan@swindon.gov.uk)