

**NEWS
IN BRIEF**

**Work to start
on cycle track**

WORK is scheduled to start on a new shared cycle track/footway on a road just outside Alresford.

Contractors are building a 300-metre path on the B3047 Alresford Road, starting on January 28 for five weeks.

The path will be built on the east side of the road between the junction of Ovington Road and Itchen Abbas Road.

Temporary traffic signals will be used for traffic management, and no lane closures are expected.

It will be partially externally funded at an estimated total cost of £85,000, and will provide an improved environment for walking and cycling along this section of the B3047, providing a link for existing and proposed cycle routes in the area.

The works will be carried out on behalf of the county council by Caroway.

**Top rating
for libraries**

HAMPSHIRE'S libraries have been given top marks in a national survey of book quality.

The county council's libraries fell into just 29 per cent of authorities in the south east of England whose libraries were rated as excellent by Opening the Book.

The study evaluated the range and balance of buying for different ages and genders, looking at different types of genres, formats such as audio and large print books and the number of the same titles bought.

Margaret Snaith, executive member for recreation and heritage, said: "I am delighted to hear that Hampshire came out so well in this national survey."

"This is the second year in a row that Hampshire has gained top marks."

SOUTHAMPTON: Celebrity make-up artist drops in to meet contest winners

**It's time
to look
gorgeous**

A TOUCH of stardom hit Southampton as three lucky competition winners received a makeover from a celebrity make-up artist.

Gary Cockerill spent the day at the Xavier G. Medi-Spa in Queens Terrace in the city centre to demonstrate anti-ageing techniques.

Gary's clients include the likes of Kelly Brook, Elle McPherson and the Spice Girls. He is also a make-up expert for shows such as *This Morning* and *Make Me A Supermodel*.

The three winning women had entered a national competition and the prize was a series of three "sculptura" treatments using the latest collagen boosting technology as a method of combating ageing in the face.

The treatment process takes around ten months with before and after photos taken in order to show the facial differences that last for around two years.

The three lucky winners were Ali Middleton from Portsmouth, Gill Gower from Chester and Lisa Anderson from Nottingham.

Gary spent around 40 minutes with two of the winners, as Ali was unfortunately unable to attend, showing them the best ways to accentuate their facial features.

To see about Gary's visit log onto www.dailyecho.co.uk and click on the Daily Echo Video News section of the website.



Lisa said: "You get to an age where you think crikey what happened? It will be brilliant to see the results."



WINNING LOOK: Gill Gower, left, and Lisa Anderson with Gary Cockerill. Echo picture by Joanna Mann. Order no: 6180070



STAR CLIENTS: Actress Kelly Brook . . . the chart-topping Spice Girls . . . and supermodel Elle Macpherson

**Win a Fitness First
Get Fit package!**
Plus free day pass for every reader



If you've over-indulged this Christmas and are feeling the effects of all that rich food and late night parties, you're not the only one, but help is at hand...

Two lucky Echo readers will win 6 months free membership at Fitness First and Fitness First for Women in Southampton and a GET RESULTS! 12 week exercise and motivation programme. Plus every Echo reader receives a complimentary one day guest membership for you and a friend, worth £20. Take the voucher opposite to Fitness First or Fitness First for Women to take advantage of this exclusive offer.

Your fitness regime may have slipped during the Christmas party season but now is the time to develop the exercise habit and what better time of year to start? This is your first step towards looking and feeling great in 2008! Fitness First offer the very latest equipment and a great range of group exercise classes including: step aerobics, Body Combat, Body Pump, circuits,

yoga and spinning. Experienced and enthusiastic personal trainers are on hand for that added motivation.

For further information call your preferred club: Fitness First, 366-368 Shirley Road, Southampton, SO15 3HY, Tel: 0870 898 81 49 Fitness First For Women, 12 - 16 East Bargate (next to the Bargate), Southampton, SO14 2DJ Tel: 02380 710 539

Facilities and member benefits at Fitness First include:

- Large spacious gym area
- Group Exercise studio with over 35 classes a week
- Personal trainers
- Sauna, steam and aroma room
- Juice bar with complimentary tea and coffee
- Complimentary toiletries and newspapers
- Beauty room

How to enter

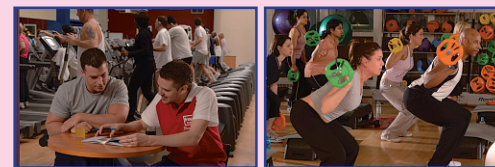
For a chance to win this delightful fitness prize, simply answer the question below, then enter by one of the following two ways:

Q: Name one of the exercise classes available at Fitness First?

By phone: Call 0901 221 0241

Calls cost 25p from a BT landline, calls from mobiles and other networks may cost more.

By post: Complete the entry form and send to: Fitness First Competition, Southern Daily Echo, PO Box 543, Southampton, SO16 9ZQ.



Fitness First Entry Form



Answer:.....
Name:.....
Address:.....
Postcode:..... Daytime tel no:.....

E-mail:.....
If selected as one of our winners where would you prefer to take your prize? Fitness First
Fitness First for Women (please tick)
Please tick box if you would like to receive further information or offers from Fitness First
Southern Daily Echo or carefully selected third parties

Closing date for entries is Monday 4 February 10am. Telephone service provided by Newsquest Media Group. Normal Echo rules apply, for a complete set of rules plus more fantastic competitions visit www.dailyecho.co.uk and click on "Competitions & Offers". Postal entries must be on an original entry form. One entry per person.

Fitness First One Day Guest Pass Fitness First For Women

This voucher entitles the bearer plus one guest to a one day membership at Fitness First or Fitness First for Women in Southampton. Please cut out and present voucher on arrival. Subject to availability, booking recommended, valid until 15.02.02

Offer terms and Conditions: Guest membership offer is valid until 15 February 2008. 2. Facilities may vary from club to club. 3. This voucher entitles the holder to a one day membership at Fitness First or Fitness First for Women in Southampton for them and a friend. Voucher is valid on a single visit on a single day only. Only one voucher per person. 4. The voucher holder is entitled to use the non-chargeable facilities free of charge (excludes sun beds, beauty rooms, personal training etc). 5. This offer must not be used in conjunction with any other offer, promotion or campaign. 6. This voucher is not to be offered for sale or profited from in any way. 7. If for any reason the voucher holder is refused entry to a Fitness First club then no alternative will be offered. 8. It is the responsibility of the voucher holder to ensure they have taken adequate medical precautions before they use the facilities. 9. Only original vouchers will be accepted. 10. For further information call Fitness First on 0870 898 80 80 or visit www.fitnessfirst.co.uk.