

Totton Runner

June 2012 (No. 35)



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Matt Watson tackles the Ryde 10 Mile during the 2011/12 Hampshire Road Race League

Editorial

Hi folks

You may be familiar with my race reports for the CC6s and RR10s. I started doing these because I was relatively new to the club and saw it as a good way to start putting names to faces. When I've been a member of sporting clubs in the past, I've found it all too easy to stick to my own group and not really get to know other people. That's not to say this is something our members are guilty of as I soon found Totton Running Club to be a very welcoming and chatty bunch of people.



Having taken on the role of putting together the newsletter, putting names to faces is very much what I'd like to focus on together with the usual race reports and results round up. To this end, we have two members for the Spotlight feature this issue, both of whom offer interesting insights into their running history and personal approach to the sport. I hope you enjoy reading them and subsequently feel inspired to volunteer for a bit of friendly interrogation yourselves.

I'd also reiterate that this is very much your newsletter so let me know if there's something you'd like to see included and please continue to contribute your own race reports and general musings. I'm happy to say that the articles in this issue were written by a variety of club members so please keep them coming!

Rich

New Forest Junior Triathlon

Sunday 24th June

Bruce came up with the idea of holding a Junior Triathlon over eleven years ago and with considerable support from Christine built a wonderful event. Over the last year or so we have taken over organisation of the day with increasing admiration and appreciation for the effort that both Bruce and Christine put in over the years.

Last year's event was blessed with excellent weather and a massive 260 entrants successfully completed the course (a great many completing their first ever triathlon). We are pleased that the day passed without any major incidents, accidents or disruption. This is in no small part due to the tremendous energy, enthusiasm and dedication of members of Totton RC who so generously gave up their time.

Once again we will require as much help as we can muster, it is undoubtedly a challenging day, but one that we can be very proud of. Please email us on tottonjuniortri@btinternet.com if you are able to help.

Many thanks

Darren and Sue

HRRL 2011/12 Review

The Netley 10K on Sunday 20th May was the last race of the 2011/12 Hampshire Road Race League. Once all the results had been totted up, the Ladies had finished 3rd in A Division 2, whilst after a late surge, the Men had finished 4th in the same respective Division. The ladies also managed promotion from B Division 2.

This has been Totton's best performance in the HRRL for at least 5 years and is a fantastic result for the club. The key to our marked improvement has been a substantial increase in participation by club members. 67 runners took part in at least one HRRL race this year compared to 39 in the previous season (an increase of 72%). Furthermore, overall race participation increased by 92%. Consequently, this really has been a team result.

That said, there were 4 individuals whose efforts made a significant contribution to our overall scores and therefore deserve a little more recognition...



Virginia Collins - 11 races and 11 team appearances

The undeniable champion of Totton's HRRL campaign. Not only did Virginia participate in nearly every race of the season (only a holiday prevented a clean sweep), she always managed to position herself in at least the top 50 and even made the top 20 on three occasions. Virginia subsequently led or anchored the ladies team to no less than 6 Division 2 podium finishes, a very respectable achievement.



Nick Buis - 7 races and 7 team appearances

Nick had a fantastic season, winning 2 of his 7 races and coming 3rd overall in the men's individual competition. However, his recognition here is more to do with the impact his efforts made to the team results. Needless to say whenever Nick ran, the men's team did rather well including 3 Division 2 race victories. In this regard, his appearances were very much the foundation for Totton's great league position.



Kate Sneddon - 8 races and 3 team appearances

Kate may not have been one of our top scoring runners, but a regular presence at races ensured she was there when the team needed her most. To put this in scoring terms, remove Kate's team appearances and the ladies' final league standing would have been 4th instead of 3rd. Kate also managed to make the top 65 in the ladies individual competition, a mark of true HRRL commitment.



Tony Lees - 9 races and 5 team appearances

Tony was determined that our rare foray into a more competitive division would not simply result in relegation back to the lower tier. Leading by example he has been one of the ever present Totton runners and his team appearances contributed to some of Totton's best scores. More importantly, he actively encouraged other members to participate ensuring the club had a good turnout in each race.

Spotlight On... *Nick Illingsworth*



When and how did you come to join Totton Running Club?

I joined in April 2011 after about five years at Southampton RC, I knew a few Totton runners and living in the town it made sense for something a bit more local.

Tell us a bit about your running history

I had barely run in my life up until six years ago. I played football up till then, but running wasn't a big part of my game, so when I retired I needed to do something to keep fit. Ironically my first race was the now defunct Totton 10K. My best race was the Overton 5 last year, very hilly but my fastest ever average mile per minute

You had an impressive RR10 season last year, 12th Totton male overall?

I love the RR10's and the new training schedules with Totton seemed to agree with me and I hit the best form of my career

How often do you train and what kind of sessions do you do outside of the club?

I try to get along to the Monday and Wednesday sessions, I find them speed orientated and varied. On top of that, I try to add two other sessions, one long and slower and another of about 6-7 miles but faster. In the summer, I aim for 30 miles+ per week and in the winter 25.

Do you have any running goals or targets for 2012?

Since the turn of the year I have been injured and am currently awaiting both physiotherapy and examination by a specialist. I'm ok to run, but I

have good days and bad days, so my only target is to get a couple of RR10's in.

What's the most valuable piece of running advice you've ever been given?

Enjoy it!

Where do you like to run & have you run anywhere particularly memorable?

I like hill work. Perhaps my favourite run starts at the Bridge Inn at Shawford, along the Itchen and up St Catherine's Hill, before crossing the motorway and then running across the downs down to Twyford before arriving back, a lovely 7 1/2 miles that has some punishing hills and some great views.

Do you have any running and/or racing experiences you'd care to forget?

I was all geared up for a personal best at the 2007 Totton 10k, when with four minutes to go I nipped to the toilet, only to hear the starting gun as I was in there (early I would add). My race went to pieces, I spent the first 2 miles going too fast and the last two paying for it.

What keeps you out of trouble Monday to Friday?

Work wise, I'm an Independent Financial Advisor, so if anyone wants some free advice that could save them money, don't be afraid to ask.

Do you have any other passionate interests?

Football is my other passion as most people know and Southampton FC in particular, although I do enjoy a bit of music as well, live bands etc.

Spotlight On... *Nick Illingsworth*

Are there any Olympic events/athletes you're looking forward to watching at London 2012?

Up until a few years ago athletics was something I hadn't much interest in. However I do enjoy watching the big marathons, So I would say the marathon will be the one that I will make sure I watch. I might even go, if I can get a ticket !

Finally, which other Totton Running Club member do you most admire?

Having spent many years involved in running football clubs locally, I know how thankless a task it is and that many don't realise the hours of work

people put in so members can enjoy their sport and a healthy social scene, so I admire all of our committee members and coaches for that. In general though I have found all at TRC friendly and good fun.

If I have to be pinned down I would say Brian Harvey. When I entered that first Totton 10k, it was Brian who took my money. As I'm hauling myself around a hilly course, I often think of him and curse that it's all his fault. If I'm still able to run at the levels he does now when I reach his age then I will be very happy.

Houghton 11K *by Mike Mills*

The all night heavy rain, thunder and high winds continued into Sunday. The temperature was 4 degrees and the rain was blowing sideways. Dave Murray and I had travelled to the race together. We warmed up for a while and after a few minutes, Dave decided that we were wet and cold enough to join the other runners and cyclists in the village hall. We met Emily Dineen who told us that after the run, she was joining her husband on the cycle run!

As 10:30 approached, we were called to the start. Along with the keen runners on the start line was the ever smiling and cheery Michelle Hall. Dave and I took our positions further back. The race started up hill for just over a mile. The start was on tarmac, then mud and then even deeper mud. Dave passed me after half a mile so he missed me falling over. I was completely covered in mud. The heavy rain washed most it off, but most others looked just as dirty from the mud splashing.

We ran through farm yards and flooded fields, along lanes and through fords, onto the Test Way and Clarendon Way and back to the village hall. There was tea and cakes in the hall, but as Dave had been waiting ten minutes for me already and

was 'cooling off' a bit, we decided to get back to the motor home and strip off - anything for a laugh!

The course was well marshalled and everyone was in good spirits. The finish recorders fought with rain and wind. Unfortunately quite a few of the result sheets 'dissolved'. As most people take their own times, they were able to forward them to the organisers.

After talking to everyone we know who took part, we all agreed that we had a great run and are looking forward to the race next year. Funds raised from the events go towards the upkeep of All Saints Church in Houghton. There are a number of 'redundant' churches between Romsey and Stockbridge. They are all open to the public and as they are all between five hundred and a thousand years old, have interesting histories and architecture. All worth a visit!

Totton Results

Michelle Hall	00:54:12
Dave Murray	00:54:47
Mike Mills	00:62:21
Emily Dineen	00:65:00

Swashbuckler Tri *by Lucy Buis*

750m Swim – 40 mile Cycle – 14 mile Run



When Justine text me on a Friday afternoon a few weeks ago saying she had a spare number for the Swashbuckler on the Sunday, I instantly said no – I hadn't done nearly enough bike training. But I didn't want Justine to go it alone so I agreed (not that I was much help to Justine on the day as we missed each other in set up of transition).

So after not much sleep on the Saturday night and a very ridiculous wake up of 4.00am for the 5.45am start, I did wonder why I had agreed! But at least it wasn't raining.

As the weather had been so poor and the water was so cold, the swim was reduced to 750m which was a bonus. I met Justine at the swim start and it was freezing! Even with a wet suit on it felt cold and the thought of getting into Beaulieu river was not tempting. Unfortunately we even had different swim start times so the chance of us seeing each other on the circuit was quite slim. I headed off in my swim wave and getting in the water took your breath away. Luckily they didn't hold us for long and we were off. The swim didn't feel too bad but by the end I couldn't feel my hands or feet – which was a worry when you have to run up a hill to transition!

Having numb hands made it tough getting the wetsuit off and the bike shoes/gloves/jacket/helmet on. I can honestly say that I didn't enjoy any of the bike because I couldn't feel my feet for the whole ride and my hands ached they were so cold. Changing gear and trying to eat was painful and knowing that you

had to drink to stay hydrated for the run was hard as all I wanted was a hot cup of tea and all I had was cold water or sport drink! The one nice part was seeing Nick at the road side at Ashurst to give me a cheer; I was so dazed by the cold though I didn't really take it in till I had gone past!

Off the bike and getting into run shoes was tough too as my feet were blocks of ice – starting to run as my feet thawed by about 3 miles it felt like my feet were swelling as suddenly they were getting warm – very strange sensation! I had to stop a few times to loosen the elastic laces on my shoes. I really enjoyed the run – feeling warm and the sun was lovely and it's a really nice course going through the trees to Bucklers Hard.

It was great to see Justine come over the line (and only after me because of the swim waves) and we did pretty much the same time in all the disciplines. We had done some steady turbo sessions through winter and swims on Sunday nights so I knew she would do great.

Race New Forest do a great job of organising and putting on their races – considering it was cold (we also learnt after that 12 people – all men – had to be pulled out of the water due to the cold), the fact that it was dry and sunny it was a great race and I am glad I did it and shared the experience with Justine. It's also given me a bit of confidence for the UK 70.3 looming on the horizon!

Spotlight On... *Nick Buis*



When and how did you come to join Totton Running Club?

When I first came to Southampton I joined Southampton Tri Club and ran unattached. When I met Lucy she suggested joining a running club to get more structured training so we joined Southampton. Southampton training was a bit random for me and Lucy and I didn't get to train together (and it was a bit cliquey!) so we decided to join Totton as Lucy had started her long distance run training there and said what a sociable fun club it was. This proved to be the case and we haven't looked back since.

Tell us a bit about your running history

When I was at school, swimming was my main sport and even today I still really enjoy being in the water, so I have to give a big thanks to my poor parents who had to get up every morning at some silly o'clock to either take me or my brother off to swim training. Now however it's purely self-inflicted, getting up before 6am on a Saturday to swim round a cold lake.

Running however was seen more as some form of ancient torture when I was at school. Who in their right mind would want to go outside in the cold and run through mud and puddles all to make your legs hurt. I'd rather have just got a frying pan and repeatedly hit my legs to create the same feeling. So I guess that I first started to see running slightly differently after my first year at uni where returning home weighing over 15 stone and looking like I hadn't washed for months (typical look), with bleached hair and piercings. I joined the gym and met an ex-marine, who was completely mental, doing press up's and work

outs in the sauna to recreate desert conditions. I think he took one look at me and laughed. 2 months later and I had joined in and I kind of enjoyed running/being shouted at, swimming in water too cold for polar bears and being ill for a week.

Returning to uni, I attempted my first half marathon with all my house mates. However the training had all but stopped without the motivation of someone shouting at me and had consisted of running home after a night out as a cheaper option than a taxi and not drinking for 2 days before the race. Needless to say it ended quickly at about 3 miles where I just stopped.

I then did a few years of gym classes and things like that to keep "gym" fit, before my brother annoyingly announced that he had started running and was coming to visit and he wanted to do a race (he'd just joined Lordshill). So I signed up thinking 10k should be easy. At the 3k drinks station I was done for and stopped while I consumed 3-4 cups of water before walk/jogging the rest of the way. That was back in 2005 and since then I've realised that if you want to do well and get faster you need to train for it.

I then started to really enjoy swimming again and took up triathlon, so for a couple of years I just did the odd running race while either my brother visited me or I popped to see him, so I got to run the Totton 10K in 2006. Since then I've really enjoyed it and had been running mainly by myself, but I found that training with others and doing rep sessions is great fun and can really bring your running on.

Spotlight On... *Nick Buis*

You were 3rd in the HRRL individual competition this year and won two of the races. Was there any race where it felt like everything really clicked for you?

I guess that the HRRL races have been my way of seeing how my fitness is going, it's a long series of races over nearly 9 months, and the first few races were hard. I really didn't enjoy them and wasn't in good shape (the same feeling that I know a lot of people have when returning from illness or injury, don't give up!), I then had to sit out 2 (Lordshill and Gosport) through injury.



Nick battles local rivals in the Stubbington 10K (2012)

So it wasn't until Salisbury 10 miler that things started to pick up. In that race the first 5 miles just felt easy and so I picked the pace up in the second half and ran a good negative split, picking up a PB in the process. Then I've hit a good patch over the last couple of weeks, with Alton, RR10's, RVCP 10K, and a duathlon at Sway, so I expect the low to hit soon, even if I've tried to maintain good training at the same time as racing.

You've also had quite a lot of success with triathlons. Do you focus on running or triathlons in any given year and do you find they complement each other quite well?

I think that any cross training you can do is great for improving your fitness. I just think that any training has to be better than no training, and so a little of what you like can't do any harm. Just remember what you're focused on and still train for that. So with training for triathlons it just gives you the option of 3 things to do and not just focus on one.

My main focus has always been on triathlon. However the problem has always been that I really enjoy running and swimming, but it's that one in the middle, the bike that I struggled with. So at the end of 2010 I tried to focus on running with the aim of doing the London marathon through running a qualifying time. I really enjoyed just run training and felt I had a good solid winter and liked the long runs. However come race day and things not going how I'd hoped, and worrying too much about times, so not enjoying the day I feel I missed out on the whole marathon experience. It took a good few months to really get back into running. Then later in the year I had the DNF at the New Forest marathon, which again I really enjoyed the training for, just not the day.

This year I'm back to triathlons and despite a slow start to the winter with a slight injury; I feel that I'm back running well despite trying to get some swimming and biking in.

How often do you train and what kind of sessions do you do outside of the club?

I think that with training it's all about trying to get some consistency in. I don't think that you benefit in the same way if you do 3 really hard sessions back to back then need a week or two to recover. Little and often I think is better and you can then just slowly increase the effort or duration of these sessions to suit. So I try to stick to pretty much the same routine, and then vary the intensity and length of sessions depending on if it's a hard week's training (run to and from the club session) or an easy, taper type week. I then try to throw in the odd fun training session...

Spotlight On... *Nick Buis*

...During the winter, this was something like two people, one bike and alternating biking a mile and running a mile. It's amazing how far you can cover.

A typical week would be club run Monday with how hard I run depending on what I did the day before. During the winter Tuesday night was an indoor turbo session, but now the weather is picking up it's nice to try and get out on the road. Wednesday run with the club, Thursday I'll often just do some core work or swim before work to have the whole evening free, but now race season is starting I'll try to get another road ride in, Friday run of some sort, either efforts or just easy forest run, Saturday now its warm enough a lake swim before breakfast then a morning brick session (bike/run), usually a 3 hour ride then short 20min easy run, so that the rest of the day is free. Sunday long run or race, then maybe a ride or swim in the afternoon. I might do the odd morning swim or spin if I get a chance before work. I try to make sure that I take a complete rest day at least every 10 days, or more if I feel I need one, or at least have an easier session during that week.

I've looked up a lot of training schedules and advice about how to create one to suit you. Where you can fit things in, try to. So if you can bike to work, do it! Great bit of training at no extra cost to your time. Then when you do a session, try not to give it everything, else it might leave you feeling wiped out, so at the end ask yourself, "if someone said do one more rep or I'll shoot you" could you? If yes just about, then that's good. If no, and you're thinking "shoot me now", you might have dug too deep. Save that for a race and still train the next day if you want.

Do you have any overall running/triathlon goals that you are striving towards?

I'm too old and not good enough to make one dream goal, unless they let a member of the crowd join in at the Olympics! So I guess just enjoy being fit and able to run. PBs are always good, so I guess I have to aim for a sub 32 min 10k one day and a sub 70 min half marathon. I'd like to do an Ironman one day, but I enjoy head to head racing, and so even over a Half-Ironman (5 hours or so of racing) it's more about beating yourself than others, so just completing one and

enjoying the day. I still haven't got my head round how you enjoy doing exercise for 10 hours or more and that it's not a race. Having seen Lucy do it and be guilty of shouting 'RUN!', as she came in to transition wearing her bike shoes pushing her bike having just ridden 112 miles. What was I thinking! Is running that 150 meters with your bike really going to make a difference - there's still a marathon to go! Makes me think my head's not there yet.

Where do you like to train & have you run/raced anywhere particularly memorable?

You can't beat the New Forest. Last weekend I got to swim in a lake, ride on forest roads where you see the odd animal, run on forest tracks and then finish it off with a swim in the sea followed by a coffee on the beach.



One race up near Newcastle was great fun. It's called the Northumberland coastal run. It's a point to point and you pretty much follow the coast line for 14 miles, give or take a mile depending on the tide and how wet you want to get running through the waves.

Other great races and locations, one has to be the UK 70.3 triathlon in Exmoor. It has the label of being the hardest half-Ironman in the world, with over 50 hills in the 56 mile bike and a great 3 lap part off-road hilly run that is best described as a lot like the second half of the Blackfield RR10. I have to say Austria as well. Seeing Lucy do her Ironman was incredible. It would make a great training location with a beautiful lake, great roads and paths to run on, plus some great coffee and cakes.

Then finally, if you get the chance Stonehenge stomp & Salisbury 5-4-3-2-1 are great fun runs to do and usually opposite extremes of temperatures.

Spotlight On... *Nick Buis*

Do you have any racing experiences you'd care to forget?

The theme will be marathons, London & New Forest, and then a couple of triathlons where I punctured.

What keeps you out of trouble Monday to Friday?

Apart from work and time with the family, I'm not sure I have any other spare time. I work up near Oxford so have a little bit of a drive most days.

Outside of sport, do you have any other passionate interests?

Spending time with Lucy and we've got a couple of dogs so spending time with them. Lucy is a great baker so outside of sports it's mainly about eating cake, (I have a real sweet tooth, which then makes me want to do sport) and I guess annoying Lucy by talking about sport non-stop. I like watching sport, movies and random TV programs, reading sports autobio/crime/thriller

books.

Are there any Olympic events/athletes you're looking forward to watching at London 2012?

All of the events! I love watching sport and being an armchair critic. I have no idea what I'm talking about, but like to say they need to do this or that, knowing full well that they have trained for years. Athletes, I guess the usual Bolt, Brownlee, Mo & Jess

Finally, which other Totton Running Club member do you most admire?

Can I say all members? Cheesy I know, but it's all the members of a club that make it. Without the coaches we wouldn't have the sessions and without other runners, people wouldn't have each other to push and support. There's nothing wrong with sometimes training on your own, but nothing beats getting together with a group and doing reps or long runs, so a special thanks to Graham and Jimmy.

Our newest member...



We are delighted to announce that Darren and Sue Bagnall have recently become proud parents with the arrival of Josiah Issac.

He definitely looks a fit and healthy chap, so perhaps one day in the not too distant future he'll be the founding member of Totton Running Juniors.

On a side note, can we reiterate that alongside the demands of their new arrival, Darren and Sue are also organising the New Forest Junior Triathlon and will be more grateful than ever for any assistance you can give them on the day. Please drop them an email at tottonjuniortri@btinternet.com

Race Preview – Lordshill 10K

Looking for a local 10K race?

Well you're unlikely to find one much closer than the Lordshill 10K which takes place only a mile or two away from where you live. You could even jog to the start (at the outdoor recreation centre off Redbridge Lane) if you were so minded, although ample free parking is provided at Oasis Academy, Fairisle Road (about a 10 minute walk from the start). The race is organised by Lordshill Road Runners and has a friendly atmosphere with not too many elite runners.

What's the course like?

Ok there is a hill or two, but the front half of the race is pretty fast with the majority of the route heading towards sea level. Indeed, it's quite possible to be comfortably under your target pace by the 5km mark. The back half is largely flat but there is a long ascent just after 8km. However, the final 750m is downhill so if you drift over your target pace during the climb, there's still time to make it back with a strong finish. The route is shown on the (somewhat colourful) map below.

Sounds doable, when is it?

Sunday 24th June at 10:30am. If you're entering on the day (see below), make sure you get there in good time before the start.

When do entries close?

Online and postal entries close on the 15th June, but there are usually quite a few entries available on the day. Races fees for UKA affiliated members are £10.00 if you enter in advance or £12.00 if you enter on the day. See the website below for further entry details;

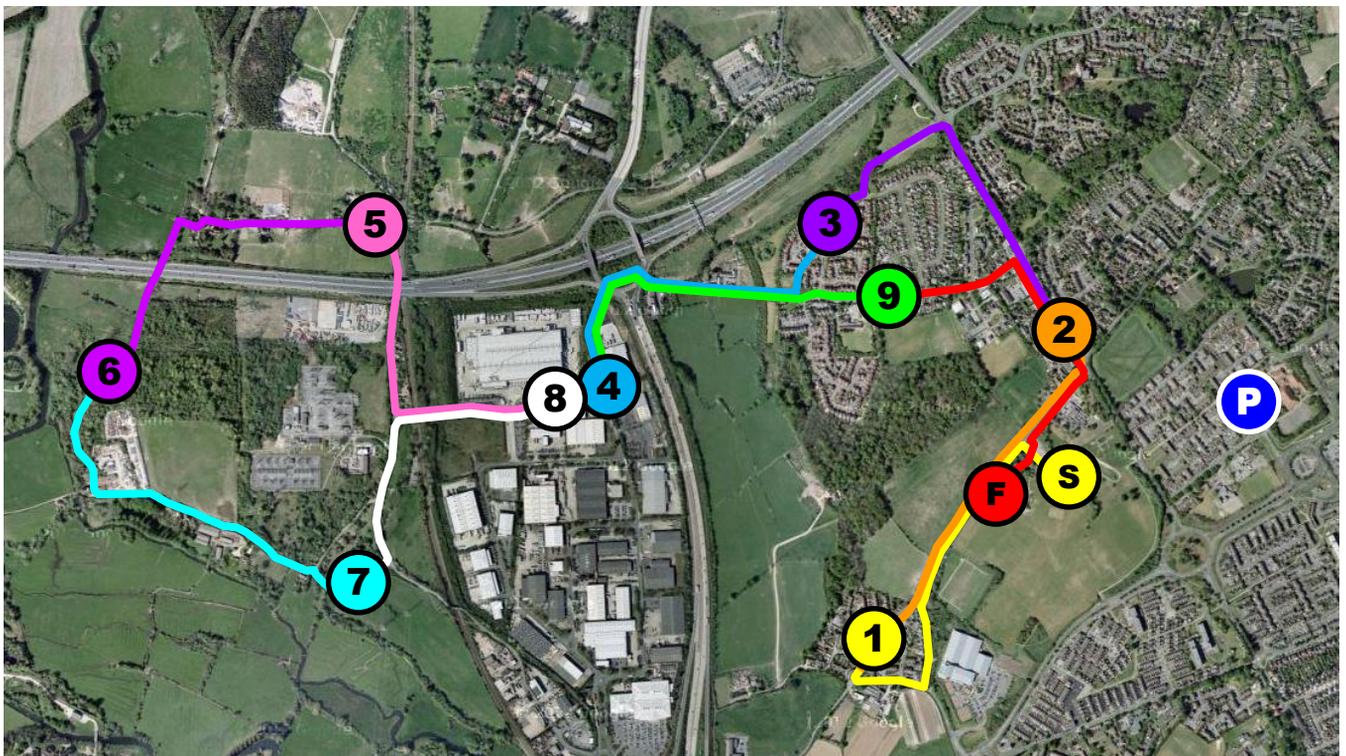
<http://www.lordshillroadrunners.org.uk/>

Are any other members running?

Most people enter on the day, but confirmed entrants from Totton are Richard Alderson, Virginia Collins, Michelle Hall & Paul Hallett.

Remember, if you're not running in this event...

...your help will be gratefully received at the New Forest Junior Tri



On the Run *by Nick Illingsworth*

When I received the e mail through from Richard saying that he had been tasked with producing the Club newsletter, it struck me that in running clubs this is perhaps the most thankless task in the entire club that a man (or woman) can perform for his (or her, ok you get the drift) fellow runners.

Some would say marshalling, but in truth when we do that, we have the pleasure of hundreds of polite runners thanking us. I know I always try to thank them as I battle onwards around the course always to suffer the pain of defeat, missing out on 1st place by an agonising 85 places or so (those that know me will be sniggering here and muttering the number 85 with disbelief). But I digress, Richard is either a brave soul or the rumours of certain members being skilled in sadomasochistic ritual are true. Personally I have the image of the committee meeting and the film *Blazing Saddles*, the scene where the man rushes back shouting "The fool... I mean the Sheriff's going to do it".

So having celebrated my first year as a member of Totton Running Club after my Bosnan free transfer from Southampton RC, I thought that I should give something back, so that something is trying to contribute to our newsletter, because on a serious note I always enjoy them and they are a great way to keep all the members informed about the happenings in and around the club and if you do that, you breed enthusiasm and that can only help strengthen the club. So if I can do my little bit to help out Richard then that cant be a bad thing. As I said its a thankless task, but I'm sure Richard doesn't want thanking for it. Like myself the satisfaction of members coming up to him/me at the bar after races/training etc and buying us a drink will be all the thanks we need, perhaps on a rota system as 200 drinks is a lot to consume in one go.

So now you know that I have been with Totton RC for a year and I came from Southampton RC, so why did I join TRC? It would be easy to say that it's because I live in Totton, but you have probably worked out by now that I'm not one for the simple answer. The real reason is that I chose a club where I could gain a psychological advantage without having to race. I chose this club because one of its best runners has the same christian name as me!

Picture a Totton training session, the latest results are announced by John, "Nick won last week's RR10" he will say, already I can see the admiring glances, hear the comments from the beginners group, "Wow is it really him?", "If only he was 20 years younger", "He certainly isn't Kenyan". Of course this doesn't last too long. They soon get to know the difference between Nick Buis and myself (about 85 places, honest!) but psychology wise it's already indelibly stamped in their brain, people called Nick at Totton Running Club are fast.

Running like life is all about discovery and learning. For many centuries man believed that the earth was flat and that if he sailed too far then he would fall off the end of the World. I have never believed that the World is flat, but for four days back in September I did believe that the Overton 5 was, with Nick Buis and probably around 35 others unable to run, Tony Lees convinced me that my Club needed me in this Hampshire Road Race. I still remember his recruiting words... "flat as a pancake".

Well, I would not recommend a pancake in Tony's house. I have seen smaller mountains in Switzerland than they have in Overton. Columbus proved that the World wasn't flat and Tony proved to me that nor was Overton by a long chalk. Columbus died of natural causes. Captain Cook, another great naval explorer, was attacked and killed by restless natives in Hawaii. If you have the time look this up on wiki, the description of his ritual disembowelment would pretty much sum up my thoughts towards Tony as I hauled myself up the previously unconquered North Face of Mount Overton (Ok, I know about 85 people had just conquered it before I got there) The moral of the story for newer members is if you don't know the elevation gains of every race in Hampshire then learn them fast.

Hopefully this will be the first of many regular columns in which I will attempt to take a humorous look at Totton RC and running in general, if you have enjoyed it please let me know. I leave you with one of the great sayings from history, Julius Caesar after defeating Pompey at the Battle of Pharsalus I believe.

"There is no greater praise that can be bestowed than a pint of lager"

Kit Shop

All Totton Running Kit can be purchased from Mike and Tina Mills. Simply drop them a line (contact details below) to say what you need and collect the kit at training nights or club events like the RR10s. The kit and pricing is shown below (thanks in advance to our unsuspecting, models).



Classic Vest
£14.85



Short Sleeve Tee
£17.50



Long Sleeve Tee
£18.00



Waterproof Jacket
£25.00

Further to the above, many have expressed an interest in Totton hoodie tops similar to the ones that Lordshill Road Runners appear to have surgically grafted onto their bodies. Mike is investigating this option and if you have a strong opinion regarding colour, please drop him an email.

Contact: Mike and Tina Mills – 023 8086 7608 / 07808 925558 or mike_mills2@hotmail.com

Committee Contacts

The contact details for Committee Members and Coaches are as follows;

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Chairman	John Mursell +2		john.mursell@hants.gov.uk
Vice-Chairman & Website	Simon Mason +2, +F	07515 159533	simonmason@gmx.co.uk
Secretary	Sue Tizard +2, +F,+L	07941 146201	tottonnews@aol.com
Treasurer	Dave Murray		felixbadger@aol.com
Men's Captain	Sean Driscoll +3	023 8066 3349	margaret.driscoll@btopenworld.com
Ladies' Captain	Kylie Nugus +2	023 8066 1684	m.nugus@sky.com
Men's Vice Captain	Andy Gates +2, +F	07795 167552	Andygates05@yahoo.co.uk
Ladies' Vice Captain	Diana Davis +L		Diana.Davis@uk.fujitsu.com
Member/Coach	Angela Soffe +1	023 8042 8755	angela.soffe@pentagon-ltd.co.uk
Member/Run Leader	Caroline Wilton +L		Caroline.wilton@btinternet.com
Coach	Marlene Letheren +2, +F		mhletheren@hotmail.co.uk
Coach	Martin Nugus +1		
Coach	Rene Pilbeam +1		
Coach	Kate Sneddon +1, +L		

+1 = Level 1 Coach, +2 = Level 2 Coach, +3 = Level 3 Coach
+F = Fitness in Running and Walking Coach, +L = Leader in Running Fitness