

# ***Totton Runner***

July 2012 (No. 36)



**RR10s - the season so far  
Wanted - New Club Chairman  
Blaye Marathon / Wine Review  
Test Way Preview  
And more!**

Steve Wallington strides through Braishfield towards some light refreshment

# Editorial

*Hi folks*

I guess that when many of us first started running, we were content just to get to the finish of our first race. And yet, not long after we crossed the line, a small voice in the back of our minds piped up, "Yes, that was *quite* good, but I wonder if you could have done that a bit faster." Subsequently, what began as a harmless way of keeping fit, turns into an all consuming obsession with two letters... PB. Still, as obsessions go, at least it's a healthy one.



Personally, PB hunting has a lot to do with defying the process of getting old. There's something immensely satisfying about knowing that at various stages in your running career, you could thrash the younger version of yourself over 10K.

Just as satisfying is seeing our fellow club members conquer their PBs and amongst this month's race reports, you'll see that one Totton runner has cut a huge chunk off his times over the past 12 months. Meanwhile in the RR10s, a number of Totton ladies have been finishing much higher up the field than they were last year. Encouraging signs perhaps, that all the slogging through the winter might be worth it.

Of course PBs aren't the only reason for running races. A number of events run by members this month appeared to be themed around alcohol. I'm not judging...

*Rich*

## Annual Dinner Dance & Awards

*Saturday 10<sup>th</sup> November*

The club's annual dinner dance and awards ceremony will take place at AFC Totton on Saturday 10<sup>th</sup> November from 7pm (meal at 7:45pm) to 1pm. Family and partners are more than welcome and we hope you will join us for a lively celebration of the club's 2012 achievements.

Total cost per person will be £27.50 and includes a three course meal, the menus for which have been sent round via email. If you'd like to attend, please make a £10 (per person) deposit by the end of July. If you wish to pay in instalments, please make a second £10 payment (per person) by the end of August and the final balance by the end of October.



Last year's celebrations... involving guitars apparently

# Important AGM Information

Wednesday 5<sup>th</sup> September

## The search for a new Chairperson is on...

As many of you will know, John Mursell has stated that he will be standing down as Chairman of the club at the next AGM, which is to be held on **Wednesday 5<sup>th</sup> September**. We are, therefore, on the search for a new chairperson to take on the role of keeping the committee in some semblance of order at meetings as well as other duties.

We have drafted a rough “job role outline” for you to gain an idea of what might be involved, though as well as these things, John has also been involved in many more activities relating to coaching and race organisation, and we hope that he will continue to be involved in the club in many areas and thank him for his years of service as the club chair and all the hard work he has put into club activities.

If you think you might be interested in putting yourself, or someone else forward for the role, please can you put this in writing (email or letter) with your nomination for the position, and a proposer and seconder named. Please do check that the person you are proposing is happy to be put forward. Or if you wish to put yourself forward, you need a proposer and seconder to nominate you.

If we have more than one applicant for the role, we will hold a “silent vote” at the AGM, more information will be sent out in the AGM notices.. If no-one comes forward to stand, or there is no clear preference, the committee reserve the right to appoint the new chair, from within the ranks of the committee members and if necessary to co-opt a new member onto the committee.

Note all committee roles are renewed at each AGM and are available for anyone to put themselves forward as described above. The current committee roles and their “occupants” are;

**Chair** – To become vacant – currently John Mursell

**Treasurer** – Dave Murray

**Men’s Captain** – Sean Driscoll

**Ladies Captain** – Kylie Nugus

**Ordinary Member** – Angela Soffe

**Vice Chair** – Simon Mason

**Secretary** – Sue Tizard

**Men’s Vice Captain** – Andy Gates

**Ladies Vice Captain** – Diana Davis

**Ordinary Member** – Caroline Wilton

Please send any nominations or address any queries to the Secretary – Sue Tizard. Contact 07941 146201, or via email at [Tottonrcnews@aol.com](mailto:Tottonrcnews@aol.com) or through the website at [tottonrc.weebly.com](http://tottonrc.weebly.com) or by post to 21 Matley Gardens, Totton, Southampton, SO40 8EY.

## Club Chair – Main Duties

In addition to the duties and responsibilities that all committee members have when joining a committee, the role of a chair has other specific requirements. These requirements are focused around the need to ensure that the committee acts as a team and that the business of the meetings is conducted effectively.

1. To chair management committee meetings ensuring that they are properly conducted, that everyone is involved in discussion or decision making and that the committee has all relevant information for making decisions.
2. To ensure that agendas are set and meetings called in line with the constitution in consultation with the Secretary.
3. To ensure that all decisions taken are acted upon.
4. To liaise with committee members and provide support as required.
5. To represent the Club externally.
6. To manage and supervise the other members of the club and identify development opportunities for members.
7. To consider the future development of the club and to propose aims and development for further discussions, and to ensure these aims are carried out once agreed.
8. To oversee and monitor the club financial situation from identified figures presented by the Treasurer

# 2012 RR10 League

*3 races to go...*

## Men's League

After 7 races, it is agonisingly close at the top of the Men's RR10 league. Totton are currently only 2 points behind Southampton and have a very real chance to a) ruin Southampton's unbroken run of 6 straight RR10 league victories and b) actually win the league ourselves for the **first time ever**. Nick Buis, James Dean, Stephen Simpson and Graham Bungay have done fantastically well so far with the able support of Matt Watson, Sean Driscoll, Brian Frampton, Kevin King and Rob Barnes. We also believe there are a couple of runners in the club who would be capable of putting in equally good performances, but have yet to run an RR10 race this season. These individuals **would** tip the balance in our favour in the remaining three races, so if you are one of Totton's best and brightest, your presence would be most welcome!

Race Scores

Pos.	Team	1	2	3	4	5	6	7	8	9	10	Total
1.	Southampton	0	1	3	1	3	1	1				10
2.	Totton	3	2	2	2	1	0	2				12
3.	Lordshill	2	3	4	4	2	3	4				22
4.	New Forest	6	0	1	3	4	2	10				26
5.	Stubbington	1	8	10	5	0	6	3				33

The race score is the overall position achieved by the team in each race. These are added together to give the total score. A score of 0 indicates that the club was organising that race and therefore not given a position.

While the elites are striving for glory at the top of the league, Totton's other runners are doing equally well against their respective rivals. As you can see below, Totton are currently 2<sup>nd</sup> in the B league and 1<sup>st</sup> in the C, D and E leagues. This shows great depth within the club and also reflects consistently high attendance by club members at each of the races so far.

Pos.	Team	Total
8.	Southampton B	49
11.	Totton B	54
12.	New Forest B	69
13.	Lordshill B	86
15.	Stubbington B	88

Pos.	Team	Total
14.	Totton C	87
17.	Southampton C	93
19.	Stubbington C	120
21.	Eastleigh C	130
22.	Hardley C	134

Pos.	Team	Total
20.	Totton D	128
28.	Southampton D	208
29.	Stubbington D	240
30.	Lordshill D	243
31.	Eastleigh D	248

Pos.	Team	Total
25.	Totton E	162
35.	Stubbington E	297
36.	Hardley E	299
39.	Lordshill E	335
42.	New Forest E	375

# 2012 RR10 League

*3 races to go...*

## Ladies' League

After tiring ourselves out with a CC6 league victory (and with key runners on the injury roster), the ladies' team haven't quite been able to match last year's performance so far. Totton are currently 7<sup>th</sup> overall just behind Eastleigh and Stubbington. However, we have been getting more competitive as the season progresses and are now steadily climbing the league. A top 5 position is certainly a realistic prospect if we maintain a consistent run of results and 3<sup>rd</sup> is not unobtainable if things go our way.

Race Scores

Pos.	Team	1	2	3	4	5	6	7	8	9	10	Total
1.	New Forest	3	0	2	1	3	1	1				11
2.	Winchester	1	7	1	2	2	4	2				19
3.	Southampton	0	1	3	4	10	2	3				23
4.	Romsey	5	2	4	5	1	3	4				24
5.	Stubbington	6	3	6	9	0	5	5				34
5.	Eastleigh	4	5	7	8	4	6	0				34
<b>7.</b>	<b>Totton</b>	<b>9</b>	<b>12</b>	<b>5</b>	<b>3</b>	<b>5</b>	<b>0</b>	<b>6</b>				<b>40</b>

The race score is the overall position achieved by the team in each race. These are added together to give the total score. A score of 0 indicates that the club was organising that race and therefore not given a position.

Although 2012 is not proving to be as successful for the ladies' teams, there are five individual runners who have improved by leaps and bounds in terms of their position scores. Penny Watson, Janet Foote, Emma Pilbeam, Tina Mills and Lara Cove currently all have noticeably better average positions than last year (using the mean position score from all races run). This a great achievement and shows all the hard work is paying off. Well done!



*Penny*

2012 - 51<sup>st</sup>  
2011 - 84<sup>th</sup>



*Emma*

2012 - 53<sup>rd</sup>  
2011 - 65<sup>th</sup>



*Janet*



*Tina*

2012 - 97<sup>th</sup>  
2011 - 108<sup>th</sup>

2012 - 55<sup>th</sup>  
2011 - 72<sup>nd</sup>

*Lara*

# New Forest Junior Tri

Once again Totton RC successfully hosted the New Forest Junior Triathlon. This 11<sup>th</sup> incarnation was one of the more challenging ones with lots of entries, rain and sleepless nights. Thankfully the club is able to rely on a large number of members who are not only willing to help out, but are also prepared to work so incredibly hard on the day. Clashing with the Lordhill 10K and Race New Forest events lost us a few marshals but luckily Darren is able to persuade a significant group of his students to help out, some experiencing an early morning for the first time in years.

The race itself passed without major incident and, though we all dreaded the rain and mud our competitors rather seemed to enjoy it. Amongst many impressive performances we were particularly pleased to see our very own **James Nugus** finish second in the Under 9s. Meanwhile, picking out some other stand-out performances, **Robert Croager** won the under 11s by over a minute. Our friend's daughter (and Darren's Park Run rival) **Isla Allan** took part in her very first triathlon and finished joint 3<sup>rd</sup> in the under 11s. **Alana Spiers** in the girls under 15, finished almost 5 minutes ahead of the 2<sup>nd</sup> placed competitor. "**Hamble Primary Blue**" was the first Junior school team while "**Burgate School 2**" the 1<sup>st</sup> senior school team.

What is clear is that many of the competitors are very talented athletes in the making, each year our triathlon gets many kids competing in their first event (of any kind) hopefully it is the start of a life in sport for them. We also see how impressively some of the schools use the triathlon as the focus to their schools athletics training, very enthusiastic teachers at Hamble, Burgate, Hyde and (new to this year) Meoncross build teams and excitement for the day. So all in all a brilliant and inspiring day, that we can all be proud of. Looking forward to next year already.

Many thanks again to all those who helped out on the day. As you can see from the comments opposite, we received a lot of positive feedback from parents.

Kind regards

Darren and Sue

## A selection of feedback from the event...

*"Thank you for another wonderfully organised day. I have 4 tired but very happy children. As ever, the marshals were fantastic. Thank you."*

*"Just to say a very big thank you for all your hard work in organising and running today's triathlon. Given the circumstances with your new baby, it went remarkably smoothly. It is always heart-warming to see so many young kids rise to the challenge and push themselves so hard. A big thank you to all your wonderful, cheerful helpers - they were brilliant! We look forward to seeing you again next year"*

*"Each year I am amazed at the organisation of this huge event. So many children are able to experience the sport. Well done to you both & the huge army of helpers"*

*"Firstly, can I say a big thank you for all the fantastic organisation you put into making yesterday such a success. All the kids from Burgate thoroughly enjoyed their muddy day!"*

*"Just wanted to say that this was our first time attending this event & how impressed we were with the great organisation & how friendly everyone was with from pointing us in the right direction to park to looking after the children during the event! What a great medal!!! See you next year."*

*"I wanted to thank you for a brilliant event! It was really well organised and my son thoroughly enjoyed himself! I wish there were more events like this."*



# Exmoor 70.3 by Lucy Buis

1.2 mile Swim – 56 mile Cycle – 13.1 mile Run



A nice Exmoor hill

I had registered for the UK half ironman shortly after the ironman last year, still full of enthusiasm. But as the weekend loomed I realised that I had not as much motivation and hadn't done enough bike training! But as Nick was keen, I said I would do it as well.

We left on the Saturday and got to Exmoor midday to register and it was horrendous side winds and driving rain! They were struggling to get people on the site due to the mud and we queued for about an hour looking at the lake which was choppy to say the least! The atmosphere was quiet and pensive, and the stands were poor to say the least. We have both done this event in previous years and the standard had dropped - probably due to the weather and mud. We registered, racked our bikes and bags and went to the briefing; we were reminded that this 70.3 is the toughest in the world with its 52 hills over 56 miles and undulating run course on various terrains! We then spent the afternoon and evening contemplating the course in wind and rain tucked up snug in our Bongo watching the poor people outside with tents being blown to smithereens!

An early wake up of 5am and the weather had tempered thankfully. It was still chilly but the rain had stopped and the wind dropped. We were a bit late getting to the swim start and had to dash down the steep hill to the lake side! Oh yes, I remembered the steep grass hill from the swim exit and 500m uphill run to transition 1! The water looked so cold and I was in 2nd wave so saw Nick disappear into the water for his 1.2mile swim. I had to wait for my wave and I couldn't stop shivering. By the time I got in the water I was

so cold the water actually felt warm. The swim was actually ok - having got caught in Austria in a pack I made sure I was on the edge so I had some clear water. By the time I got out the water, my hands were freezing. It made T1 a challenge getting my bag and stuff out, getting bike shoes on and helmet.

The bike went quite slow as it was just hill after hill - every kind of hill you can imagine. There were parts that were still open to a lot of winds too. It was great having my trusty Trek with its Granny Ring as I coasted up the very steep climbs with big burly blokes walking their bikes up!! Poor Nick lost his chain on a couple of the hills and said the steepness meant he had to roll back down to the bottom and go up again as there was just no chance of getting started on those hills.

Off the bike into T2 for the run - the sun had come out and the weather was really nice. I managed to get into the 'ironman shuffle' and trot round the 13.1 miles which was equally hilly, but mostly down hills, which was quite jarring on tired legs. I was enjoying the 3 loops seeing spectators, then suddenly out pops Nick with his race t-shirt and medal - I thought he had dropped out as I was only on my very first lap and he looked fresh as a daisy! He had finished and later we learnt he had done so in 5 hours. I was a bit slower than previous attempts finishing in just over 7 hours but I really learnt you have to bike train for this race - I paid the price!

A worthwhile day of triathlon, but it is not as easy as just pulling on your trainers and running!

# Braishfield Beer Race

There was a fine turnout of runners at the annual Braishfield 5 mile road race, no doubt drawn by a rare sunny day or the pleasant route through the picturesque village and surrounding countryside.

Certainly none of the 11 Totton runners competing troubled themselves with the vulgar notion of a free beer at the end of the race. Whoever heard of such a thing?

The course itself consisted of one long loop around the countryside and up through the village followed by a slightly shorter loop to round out the five mile distance.

Chichester athlete, James Baker led from the start and maintained a significant gap between himself and 2<sup>nd</sup> place before winning comfortably. Erica Fogg from New Forest Runners had an even larger margin of victory in the ladies race crossing the line 3 minutes ahead of her nearest rival.

Steve Wallington was the first Totton runner to finish in 33 minutes and 35 seconds, whilst Claire Dyer was our first lady (and 3<sup>rd</sup> lady overall) in 34 minutes and 41 seconds. After a job well done, each of our runners enjoyed a glass of fizzy brown water and returned home.



From left: Steve Wallington, Stephen Maddocks, Andy Dyer and Claire Dyer (Disclaimer – photo montage may not be reflective of actual race positions)

## Totton Runners

Position	Name	Category	Time	Points of Interest
29	Steve Wallington	MV50	00:33:35	3rd MV50
34	Andy Dyer	MV40	00:34:13	
38	Tony Lees	MV50	00:34:24	
39	Paul Hallett	MV50	00:34:24	
40	Claire Dyer	F	00:34:41	
88	James Archer	M	00:38:53	
93	Stephen Maddocks	MV50	00:39:13	
119	Mike Mills	MV60	00:41:49	
183	Tina Mills	FV50	00:48:17	
193	Alison Kaines	FV40	00:49:07	
212	Sylvia Timms	FV60	00:51:14	2nd FV60

# Blaye Marathon by Marlene Letheren

My Lordshill friends enthuse about French Races so Mike decided he would do the Blaye Marathon this year. As I'm always saying "I don't have a marathon in my legs," I decided I'd just go along and watch (and possibly sample some wine). When checking out the information, I noticed for the first time this year there was also a 10k, so I thought why not...

**Blaye** is a small town on the Gironde estuary. It has a small citadel and is surprisingly untouched by tourism. I have been to France lots of times but never before felt as if I was really in a foreign country. The locals were very friendly and delighted I tried to use their language, patiently enduring my attempts. The French are very keen on running in fancy dress. It soon became clear why the Lordshillers had a team costume!!! I didn't have a Beefeater outfit myself so I just wore a suitably English t-shirt.



How to say "*Hello, we're British!*" without opening a phrase book.

Here come the race facts...

Blaye is definitely a run for those who want to do a longer distance. It is a series of short runs between **wine** stations, fourteen in all (water is also on offer). The start and finish are within the walls of the citadel while the course winds through beautiful vineyards. The locals decorate the hedgerows and fence posts with balloons and colourful tissue flowers, and shout out to all the runners passing through.

**Derek Goodchild** of Lordshill in full Beefeater costume featured on the promotional poster for the 2012 race.

Approximately 99% of the **389** marathon runners wear fancy dress and have fun.

5% of the **261** 10k runners wear fancy dress, the remainder are very serious club runners

The Lordshill crew completed the marathon in just under five hours and a great time was had by all!

I completed the 10K in 56 minutes (my pb is 52 minutes) while the Lordshill Beefeater body guards took 1 hour 7 minutes

The temperature was 29°C while the terrain was winding and surprisingly hilly

Witnesses (14 of them) claim I said "the 10K was really hard, I'm doing the marathon next year!!!" Reasons why I might be persuaded to do the marathon?

At registration for the 10K you are given your number and chip **BUT** marathon runners receive number, chip, technical t-shirt and **a presentation pack of wine**. At the finish of the 10K you are given a bottle of good local wine **BUT** marathon runners are given a lovely medal, and for those in fancy dress a pretty canvas shopping bag containing a **magnum of wine** and vouchers to exchange for bread, cheese, pate, sausages cold meats, fresh cream pastries **and more wine**. No brainer really, so it's now in print... **Next year I'm doing the Blaye Marthon 2013!!!**

For more information check out:

[www.marathon-vin-blaye.com](http://www.marathon-vin-blaye.com)

Go on you know you want to!



Lordshill mistakenly drink the wine before the marathon

# Lordshill 10K

The Lordshill 10K took place on a dry but very windy Sunday towards the end of June. Fortunately the majority of the course is quite well sheltered so the wind didn't impede the runners too badly. There was also an impressive lake to negotiate just before 8km, but most runners are fairly used to splashing through deep puddles at the moment!

James Baker of Chichester Athletics Club repeated his Braishfield victory from the week before (doesn't he have anything better to do on Sunday mornings?) whilst Amanda Hull from Romsey was the winner of the ladies race.

Richard Alderson was the first Totton runner home in 00:40:50, although he was slightly

disappointed not to achieve another sub 40 minute time. The first Totton lady (and 4<sup>th</sup> lady overall) was Michelle Hall with a time of 00:44:10. We also had two veteran victories with Virginia Hall and Sylvia Timms winning the FV55 and FV65 categories respectively.

However, the most impressive performance was arguably by James Archer who not only set a new 10K PB of 00:45:26, but also knocked an astonishing 6 minutes and 54 seconds off the time he set during the same race last year. This is a very impressive improvement made within the space of 12 months, so congratulations Mr Archer!



Michelle Hall



Paul Hallett



Sonia Cluitt



Stephanie Rickson



Richard Alderson



Virginia Collins



James Archer



Sylvia Timms

Photos used with the kind permission of Paul Hammond - [http://www.flickr.com/photos/hammy8241/sets/](http://www.flickr.com/photos/hammy8241/)

## Totton Runners

Position	Name	Category	Time	Points of Interest
34	Richard Alderson	M	00:40:50	
63	Michelle Hall	F	00:44:10	4th female overall
66	Paul Hallett	MV50	00:44:23	
77	Virginia Collins	FV55	00:45:24	1st FV55
78	James Archer	M	00:45:26	Course PB & 10K PB
153	Sonia Cluitt	FV45	00:54:40	
157	Stephanie Rickson	FV35	00:55:13	
209	Sylvia Timms	FV65	01:04:06	1st FV65

# Test Way Relay

Saturday 8<sup>th</sup> September

## What is the Test Way Relay?

The undisputed highlight of the Hampshire running calendar, this event sees teams of 8 runners (and companions) run the length of Hampshire along the Test Way covering a total distance of 44 miles. Totton is also responsible for organising the race.

## Hang on a sec... 44 miles?!

The operative word here is relay. The route is divided into 8 legs measuring between 7km and 11km in length with each runner completing one of the legs before handing over to a team member.

## Who else takes part?

All the familiar running clubs will be there with a few from slightly further afield such as Overton and Victory. The teams are divided into men's, ladies and mixed teams. Totton won the mixed team trophy in both 2010 & 2011. It's likely that we'll be fielding two mixed teams again this year.

## Is the race route clearly marked?

Um... no, but finding your way to the handover point is part of the challenge. To ensure Totton runners don't get lost on the day, we will incorporate some recce's into the training sessions prior to the event.

## How do I get to my handover point?

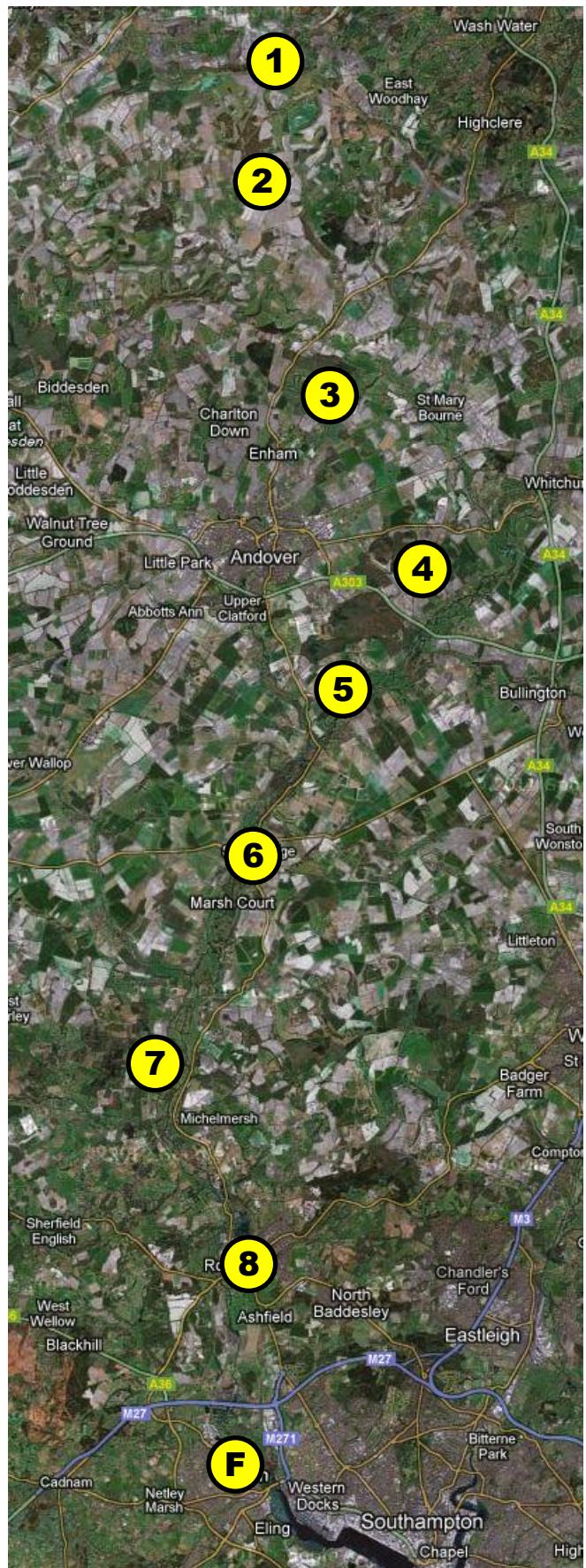
Totton adopts a great team approach to the event with minibuses used to shuttle participants to the beginning of their leg before collecting the runner who has just finished theirs. You don't have to use the minibuses, but it really is a fun atmosphere and makes for a great day out.

## Do I have to run by myself?

Not at all. A fellow club member who knows the route is usually assigned to accompany each runner to ensure they don't get lost or lonely.

## Who's organising the teams?

If you'd like to take part as a runner or help with marshalling and/or timekeeping, please email Andy Gates at [andygates05@yahoo.co.uk](mailto:andygates05@yahoo.co.uk) as soon as you can. We need 4 men and 4 ladies for each team and some companion runners too.



# On the Run by Nick Illingsworth

I don't know whether any other areas have a race league like the RR10 series we are so lucky to have here, but if they don't then they should have, the RR10 in my mind is unique, of course the fact that it is free to enter and that you can just do so on the night is an advantage, the fact we have so many great courses around Southampton is another, but perhaps the biggest plus point for me is the continuity of the league, of course very few entrants are in with a chance of actually winning one of the races, but the fact that its in the main, the same people racing week in week out, means that wherever your position in the field or ability, you can have your own private battle against those who are finishing around you in each race, sometimes we don't actually know these people by sight, but by perusing the race results on line, we soon pick out names who we know are of similar ability to us and who we can measure our performances against, in short everyone who enters can have their own personal victories wherever they are in the field and of course there are vital team points to be gained. Totton RC seems to embrace the RR10, we put out a lot of runners and do well in both the team and individual standings, so it was good to see so many of our members turn out to marshall recently which brings me on to.....

Marshalling !! To me the next best thing to running a race is marshalling it, maybe I'm strange, maybe it's some sort of power crazed lust within me, the power to send 100's of runners off the wrong way into the woods never to be seen again, but I love marshalling, not only is it good fun, but it enables us to give something back to the club other than a £20 cheque every August, it's good to encourage others, I always try to thank the marshall's when I can and I implore other to do the same it's all part of the camaraderie of running.

A final thought on the RR10, why is it called that ? I have run in it for about 6 years and I'm still none the wiser, RR could stand for Road Race, but it's not on roads ! however on a recent training run with a club member who shall remain nameless, we were discussing the pros and cons of the series, or more to the point why he (those trying to guess who it is are now able to discount half the membership) hadn't run in any of the races this series or been to many training sessions, the excuses were pouring out, then with exquisite timing he suffered a trapped nerve in his shoulder, pulling up shouting arrrrh arrrrrh arrrrh, OK not 10 times, but perhaps we had discovered the long lost secret of the RR10 name, its named after the anguished cries of its participants as they suffer an injury, chasing 167th place.

For those of us who live in Totton, we are lucky, apart from the fact that for us, running for Totton is a little bit

like representing your country at football (Ok you can see how I idle away long training runs) but more than that we are surrounded by countryside just made for running, even those who live in the centre have only to run half a mile and they can be away from the traffic and out in open countryside and there are countless routes that can be taken, Im therefore going to bring you each month, or at least till I run out, my favourite training runs, a series that will become to many, as riveting as Antiques Roadshow specials on Victorian Hair Brushes, or Tony Robinson's Time Team Programmes when from the first minute its quite clear they are in the wrong field but wont realise till about five minutes from the end.



The Test Way... here be mud, sludge and cowpats

Perhaps my favourite training run is to head out along the Test Way from the Salmon Leap, (Bridge for you serious runners, Pub for the rest of us) and over the boardwalks towards Nursling, scenic views of Southampton Docks and the chance to herd cows, on reaching the railway line turn left and follow the path to the end, bringing you out in Nursling, you can here take the shorter option and turn left, a run that will in a mile or so bring you out at Testwood Lakes, although I personally prefer to take the Romsey Road to the Motorway Bridge, thus taking in part of the Lordshill 10K route, past Nursling Church and through the woods, before heading towards the Lakes, a quick lap of said lakes and a short run down the industrial estate brings you back via the woods to the Salmon Leap, for a run that is about six miles and barely any traffic (Assuming that you don't do it 9-5 in the Industrial estate) With the recent rain though the boardwalk part of the run can be a bit flooded as i found to my cost when ending a seven mile run by coming back along the boardwalk and discovering that the last 20 yards were impassable, I had two choices, one was extend the run by three miles by going back and the second was to wade through knee deep mud, water & sludge all with the added bonus of cow pats, does anyone know a good detergent and what the signs of mad cow disease are ?

# 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;

President	Brian Harvey	023 8029 3112	
Chairman	John Mursell +2		<a href="mailto:jwmursell@gmail.com">jwmursell@gmail.com</a>
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Secretary	Sue Tizard +2, +F,+L	07941 146201	<a href="mailto:tottonnews@aol.com">tottonnews@aol.com</a>
Treasurer	Dave Murray		<a href="mailto:felixbadger@aol.com">felixbadger@aol.com</a>
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Ladies' Captain	Kylie Nugus +2	023 8066 1684	<a href="mailto:m.nugus@sky.com">m.nugus@sky.com</a>
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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