

Totton Runner

August 2012 (No. 37)



**Spotlight on
Bruce Elkins
Huge HRRL Preview
And More!**

Bruce Elkins does himself and the club proud in the Olympic Torch Relay

Editorial

Hi folks

No doubt you are all enjoying Team GB's fantastic medal haul at London 2012 (47 at the time of typing with 22 golds – Chris Hoy has just won the Keirin!) and are all feeling suitably inspired. Of course, the slogan of these games is "Inspire a Generation", so it's very fitting that Bruce Elkins is the focus of this month's Spotlight feature. Bruce of course organised the very first New Forest Junior Triathlon (and quite a few since) inspiring many youngsters to take up the sport.



The other big feature this month aims to inspire you to participate in the one of county's biggest running competitions, the Hampshire Road Race League. This begins in less than a month with the first event, the Overton 5 mile. If you fancy achieving a score in the individual competition (for which you need 7 results), this is a relatively easy race distance to start your campaign. There are of course 12 races in total, varying in distance from 5 miles to 20! Something for everyone, you see.

While it would be great to see more members taking part, we appreciate road running is not everyone's cup of tea. The HRRL races may not mesh with your own individual goals, you may be injured or short of race fitness, or you may just be happy to train with the club. Put simply, there is no obligation to sign up to a race, but if you're looking to channel all of that post Olympic enthusiasm, these events are a suitable outlet ☺

Rich

Test Way Relay Saturday 8th September

A quick reminder about the Test Way Relay on the Saturday 8th September... we're still looking for participants to either run a leg or act as a companion/guide for a runner.

Full details of what the day involves can be found in last month's newsletter, but just to reiterate that it's a really fun race experience and you won't regret taking part... unless you get lost, then your name is mud (I jest).

If you are available to take part, please email Andy Gates at andygates05@yahoo.co.uk as soon as you can. We need 4 men and 4 ladies for each team and some companion runners too.



Brian hands over to Jimmy in the 2010 race

Important AGM Information

Wednesday 5th September

A reminder that the search for a new Chairperson is still 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 5th 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 or through the website at 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

Spotlight On... *Bruce Elkins*

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

I joined in August 2000 after retiring from playing rugby at Tottonians until January 2000 (having made my first team debut in 1976) and then running London Marathon in April 2000 in 3hours 42mins. (a parrot overtook me at 23 miles!!!) Brian Harvey, our then chairman, who knew my father saw me running and invited me to join the club.

Tell us a bit about your running history?

Whilst playing rugby I always kept myself fit with short runs and dabbled with triathlon. I entered my first triathlon in Totton (the first ever Totton Triathlon) in June 1991 in memory of my mother, in aid of Wessex Cancer Trust after she died in December 1990.

After joining Totton RC, I improved my PB for a half marathon from 1hour 40 minutes to 1 hour 28 minutes at Bath half in March 2001. I managed a number of 38 minute 10k runs in 2001 and 2002 and probably my best run was in Hayling Island 10 mile race in 65 minutes exactly.

What inspired you to develop the New Forest Junior Triathlon?

I have enjoyed 'trying triathlon' and Rachel, my youngest daughter, took part in a number of triathlons from age 8 to 13. I thought it would be good for the club to support something specific for children. As athletics was already established for New Forest juniors, the committee of Totton Running Club supported my idea of an annual children's triathlon.

How did your participation in the torch relay come about?

I was lucky enough to have 3 nominations: from Rachel, my father in law Trevor and Jennie at Lloyds Bank. Trevor's nomination was accepted and was for my services to sport and specifically establishing the triathlon for which we worked closely with New Forest Schools partnership in the early days.

Tell us about the day itself?

I woke up at 4.30 am! Chris (my wife) and I cycled to Lyndhurst on our tandem in the morning to watch the relay there.



Several other members of the club also watched the torch there and offered me encouragement for later in the day. The rain did not deter the enthusiasm of the gathered crowds, and we were all delighted to see the grey haired lady on the Wilts and Dorset bus performing the "royal wave" to everyone as the bus passed us shortly before the torch relay.

We travelled to Mayflower Park on the Hythe ferry, and were accompanied on our journey by Justin and his family and many very interested members of the public who asked for the first of many photographs of me dressed in my Olympic torch uniform. I had to meet in Southampton by 3.35pm for numbering, meeting the other torchbearers and briefing before we got on to the torch bus. I carried the torch in Palmerston Road at 6.10pm and it was an amazing experience and lovely to see such great support and loads of familiar faces including family, work, rugby, the running club and business clients and contacts.

Spotlight On... *Bruce Elkins*

You're doing the decathlon challenge this year. What does this involve and what training are you doing?

We have completed 5 events to date : badminton, 20k walk, track cycle, tennis and triathlon. I did some specific training in addition to the usual once a week early swim, cycling and running. (Once I recovered from sciatica earlier in the year!)

The next event is athletics and a 5k run on 9th September at Southampton Sports Centre - everyone is welcome to join in including children. The entry form is on our website at www.cwfellowes.com/123

We then have a 100k cycle in October, table tennis in November and finish on 20.12.2012 with the swim.



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

I love cycling all around the forest roads (minor roads as much as possible) and running with the club in the forest. I can't run 'hard' since my bilateral hip operation 4 years ago, so don't try to race anymore.

I had 3 memorable sub 1.30 half marathons in 2001 and 2002 including New Forest Half.

A memorable event was completing the Euro Tri-city-athlon in 2010: swim in Paris in the river, cycled in Brussels and ran back in Regent's Park in London, all in one day.

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

Having really enjoyed taking part in the Test Way for the club over many years I tried last year but it was extremely painful and suffered for it afterwards..

What keeps you out of trouble Monday to Friday?

I am a practising Chartered Accountant and Audit & Finance Director of CW Fellowes Limited.

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

Supporting local charities and giving something back locally as I believe in getting the most out of life.

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

I am looking forward to watching Beck Adlington live in the 800m swim final as long as she qualifies (she is fastest in the World this year) and the Brownlee brothers, Alistair and Jonny in the triathlon.

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

Our esteemed Chairman, John Mursell (Mr SATNAV) who cycled with me and Andy Gates from JOG to Lands End in 2008 and who has supported, encouraged or accompanied me in several of my sporting achievements



2012 RR10 League

1 race to go...

Men's League

Now there's a sight which brings a warm glow to your heart. Totton are currently leading the Men's League with 1 race to go. 4 points (or less) from the last race will see Totton win our first ever team trophy in this league. It's far from a certainty though, so all our strong runners will be needed on the 15th August to make it happen. We should also highlight that Nick Buis has already won the overall individual competition while club Chairman, Brian Harvey looks set to win the V70 category. Lastly, all of Totton's Men's teams from A to G are currently leading their respective rivals. This has been a fantastic display of depth from the club, so let's keep it going for the last race!

Pos.	Team	Race Scores										Total
		1	2	3	4	5	6	7	8	9	10	
1.	Totton	3	2	2	2	1	0	2	3	2		17
2.	Southampton	0	1	3	1	3	1	1	10	1		21
3.	Lordshill	2	3	4	4	2	3	4	1	0		23
4.	New Forest	6	0	1	3	4	2	10	2	3		31
5.	Stubbington	1	8	10	5	0	6	3	6	5		44

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.

Ladies' League

With only one race to go, it seems unlikely that the ladies can climb much higher in the table, although stranger things have happened this season. A solid performance in the last race coupled with a poor result from Eastleigh, may see us achieve 6th. There may well be some success for our veterans though with Frances Stewart and Sylvia Timms currently leading the V60 and V70 categories respectively. Furthermore, as highlighted in last month's newsletter, significant improvement has been made by a number of individuals.

Pos.	Team	Race Scores										Total
		1	2	3	4	5	6	7	8	9	10	
1.	New Forest	3	0	2	1	3	1	1	1	1		13
2.	Winchester	1	7	1	2	2	4	2	3	6		28
3.	Romsey	5	2	4	5	1	3	4	0	5		29
4.	Southampton	0	1	3	4	10	2	3	2	9		34
5.	Stubbington	6	3	6	9	0	5	5	5	2		41
5.	Eastleigh	4	5	7	8	4	6	0	6	4		44
7.	Totton	9	12	5	3	5	0	6	9	3		52

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.

**Don't miss the last race of the season at Hursley Park!
Wednesday 15th August @ 19:15**

Hampshire Road Race League

2012/13 Season Preview



The 2011 Lordshill 10 Mile race gets under way

What is the Hampshire Road Race League (HRRL)?

Most of you will already know that the HRRL is an annual running league running from September to May. Unlike the RR10 and CC6 leagues, the competition uses results from races that are open to *all* running clubs and indeed, members of the public

Which races are used? There are a grand total of 12 races, all on road, but across a variety of distances. The shortest races are the Overton and Victory 5 mile events while the longest is the Bramley 20. A complete HRRL event schedule and map are available over the following pages.

Which clubs take part? Almost every running club in Hampshire is registered in the league, although participation levels vary from club to club. The 28 clubs are divided into three Divisions with separate competitions for men's and ladies' teams. Both Totton's men and ladies teams are currently in Division 2. And yes, it is possible to get relegated and promoted.

If any Joe Bloggs can sign up to the races, how does the scoring work? Any runner not registered to a participating HRRL club is ignored for the purposes of scoring. From there, the scoring works in a similar fashion to the RR10s and CC6s. The finishing positions of the scoring runners are added together for a total team score and this determines the position of the team for that race. Each club needs four runners for a men's team and three runners for a ladies team. There is also an individual competition based on the % of same sex runners beaten in each race.

What's our goal for this season? Up until last year, Totton have spent previous seasons bouncing between Divisions 2 and 3. However, in 2011/12, both the men's and ladies' teams managed to finish in the top half of Division 2 (the ladies were 3rd and the men were 4th). This was a result of increased participation in races by club members and also some consistent performances by a number of individual runners. Although this was a fantastic result, we have barely scratched the surface of what we're capable of and promotion to Division 1 for both men and ladies is well within our abilities.

A job for the club's elites then? Far from it... 12 medium to long distance races across 9 months would be an unreasonable expectation of any individual, so this will very much be a team effort across the club. Last season there was a variety of members with different running abilities making up the teams in each race and ideally we'd like to see this continue

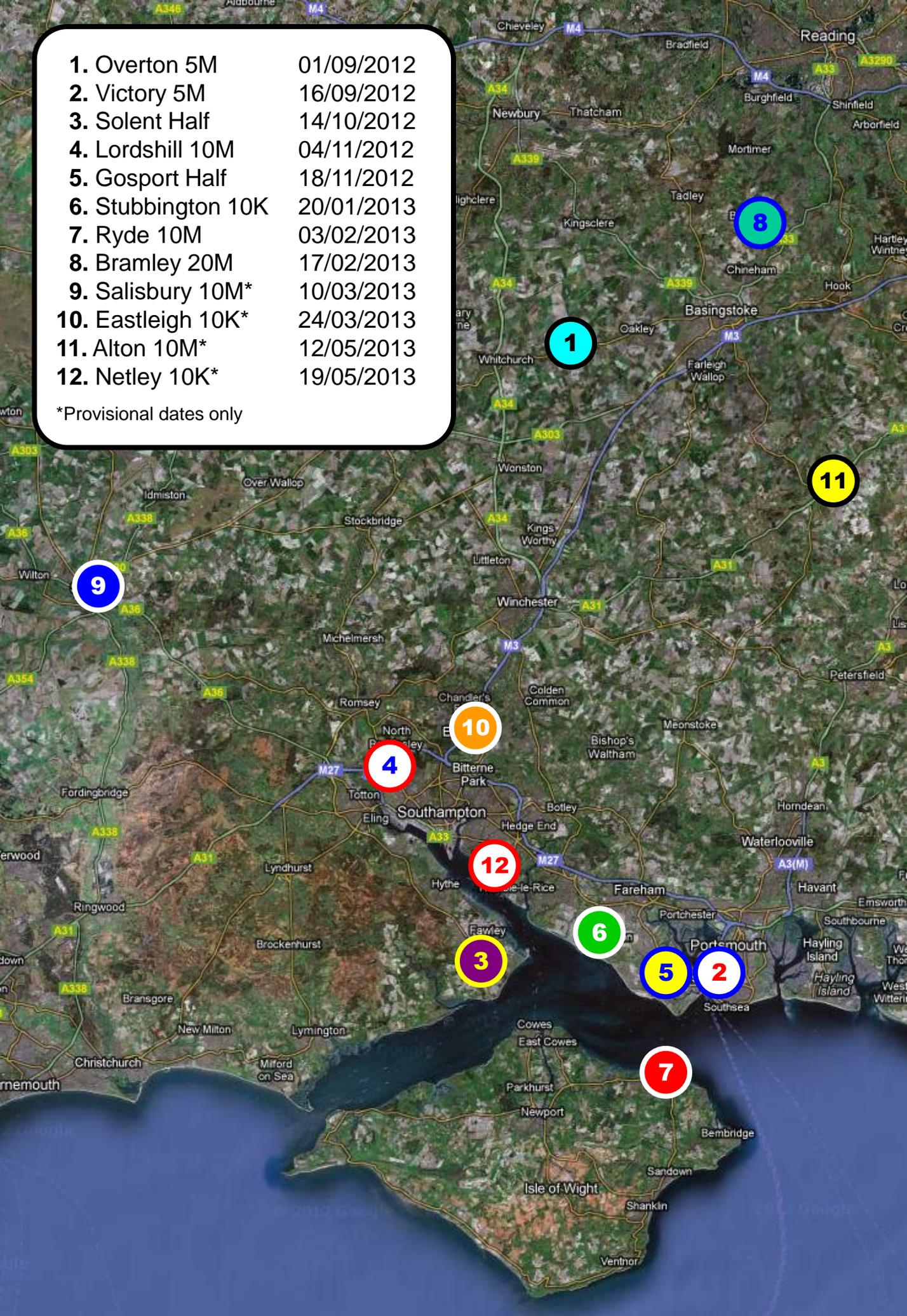
Why is this important? Put simply, success in competitions and leagues like the HRRL puts Totton on the running map. The HRRL is one of the biggest competitions that we enter and other clubs would certainly sit up and take notice if we achieved promotion to Division 1. Who knows, we might attract a few more new members too.

How do I take part? Easy, simply enter an HRRL event as a Totton Running Club member, run the race on the day and your result will be used for calculating HRRL scores.

Want to know more? Read on!

- | | |
|--------------------|------------|
| 1. Overton 5M | 01/09/2012 |
| 2. Victory 5M | 16/09/2012 |
| 3. Solent Half | 14/10/2012 |
| 4. Lordshill 10M | 04/11/2012 |
| 5. Gosport Half | 18/11/2012 |
| 6. Stubbington 10K | 20/01/2013 |
| 7. Ryde 10M | 03/02/2013 |
| 8. Bramley 20M | 17/02/2013 |
| 9. Salisbury 10M* | 10/03/2013 |
| 10. Eastleigh 10K* | 24/03/2013 |
| 11. Alton 10M* | 12/05/2013 |
| 12. Netley 10K* | 19/05/2013 |

*Provisional dates only



Hampshire Road Race League

2012/13 Race Calendar



Overton 5 Mile

Or... The one in the afternoon

When? Saturday 1st September @ 3pm

Where? Recreation Centre, Overton

Yes, you read that correctly. This is the only HRRL race which doesn't necessitate getting out of bed first thing on a Sunday morning and consists of two laps of a gently undulating course around the north Hampshire rural village.

How much? £10 (Entries on the day - £14)

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



Victory 5 Mile

Or... The one with no hills

When? Sunday 16th September @ 11am

Where? Mountbatten Centre, Portsmouth

A hell for leather sprint along a very flat and very fast course. If you want to find out how quick you are without a pesky gradient getting in the way, this is your opportunity.

How much? £10 (No entries on the day)

<http://www.athleticevents.co.uk/index.html>



Solent Half Marathon

Or... The one by the sea

When? Sunday 14th October @ 10am

Where? Gang Warily Recreation Centre, Blackfield

One of the more scenic courses which takes in the rural roads south of Holbury and includes a section along the coast past Lepe beach. Not pancake flat, but not the Himalayas either.

How much? £15 (No entries on the day)

<http://www.hardleyrunners.co.uk/>



Lordshill 10 Mile

Or... The one on your doorstep

When? Sunday 4th November @ 10am

Where? Lordshill Outdoor Recreation Centre

A great opportunity to get out and race. No distance to travel and you can even enter on the day. The course is similar to the Lordshill 10K (with an extra 3.8 miles tacked on) and shares the long but shallow climb shortly before the finish.

How much? £12 (Entries on the day - £14)

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



Gosport Half Marathon

Or... The one on an airfield

When? Sunday 18th November @ 10am

Where? Bay House School, Gosport

Voted by Runners World as the best UK half marathon for achieving a PB, this is another fast and flat course taking in Gosport airfield and the seafront through Lee on Solent.

How much? £14 (No entries on the day)

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

Hampshire Road Race League

2012/13 Race Calendar



Stubbington 10K

Or... The one which everybody enters

When? Sunday 20th January TBC

Where? Mountbatten Centre, Portsmouth

Very popular amongst the local running clubs, this is your first opportunity to run off the Christmas excesses. A steep hill at 3K and a short windy coastal section are the key challenges. Be warned the race fills up quick so enter early.

How much? TBC (No entries on the day)

<http://www.sgrac.net/html/sgrac-10k.html>



Ryde 10 Mile

Or... The one with the boat trip

When? Sunday 3rd February TBC

Where? Ryde Rowing Club

Basically the "home" fixture for all of the Isle of Wight running clubs, so they tend to score better than they otherwise might. Still well worth contesting though, as fewer runners make the trip across the Solent.

How much? TBC (Entries on the day usually permitted)

<http://www.rydeharriers.co.uk/>



Bramley 20 Mile

Or... The one that goes on forever

When? Sunday 17th February

Where? Bramley Primary School

Nicely timed for anyone in training for one of the big marathons, this is obviously the most challenging HRRL distance. It would be great to see Totton well represented at this event, but make sure you're well prepared.

How much? TBC (No entries on the day)

<http://www.readingroadrunners.org>



Salisbury 10 Mile

Or... The one with a fast finish

When? Sunday 10th March TBC

Where? Five Rivers Leisure Centre, Salisbury

It's very frustrating getting to the end of a long race only to find yourself running up a steep hill or along the coast into a strong head wind. Salisbury has the odd climb, but be assured that the last two miles are downhill and then flat.

How much? TBC - Entries on the day usually permitted

<http://www.salisbury-arc.org>



Eastleigh 10K

Or... The one with PB potential

When? Sunday 24th March TBC

Where? Fleming Park Leisure Centre, Eastleigh

A very popular local race which sees a lot of non affiliated entries. Many runners find the course quite fast, because aside from a climb between 3K - 4K, it's all downhill or flat. Just be sure to start near the front to avoid the crowds.

How much? TBC (No entries on the day)

<http://www.runningmania.co.uk/>

Hampshire Road Race League

2012/13 Race Calendar



Alton 10 Mile

Or... The one with its ups and downs

When? Sunday 12th May TBC

Where? Eggars School, Alton

Maybe one to avoid if you don't like excessive amounts of topography, this is nonetheless a pleasant rural race with very few parking or baggage hassles. It's also much closer than it looks with Alton only a 30-40 minute drive away.

How much? TBC - Entries on the day usually permitted

<http://www.altonrunners.co.uk/>



Netley 10K

Or... The one at the end

When? Sunday 19th May TBC

Where? Royal Victoria Country Park, Netley

The last opportunity for clubs and individuals to improve their scores and league standings, this race can prove vital in deciding final league positions. The course is 3 easy(ish) laps around Royal Victoria Country Park.

How much? TBC - Entries on the day usually permitted

<http://www.teamsouthampton.co.uk/road/rvcp/index.html>

Hampshire Road Race League

Know your rivals...

Ladies' Division 2 – As might be expected, the two clubs (**Victory & Overton**) relegated from Division 1 are likely to be key threats. **Victory** in particular maintain a small core of strong runners at most races. **Lordshill** have few elite runners, but make up for it with boundless enthusiasm. Their ability to mobilise large numbers of their members and dispatch them to any race in the county should not be underestimated. As a track focused club, **Portsmouth AC** will be reluctant participants, but are likely to do extremely well in any events they deign to attend. However, unless they increase their participation they are likely to be relegated alongside **West Wight**.

Men's Division 2 – The rivals for the men include **Eastleigh** who narrowly missed out on promotion last year, despite some very strong performances. **Andover**, recently relegated from Division 1, have a deep pool of competitive runners from which to mount an equally strong challenge. Of the remaining clubs, only **Hardley** represent cause for concern, although we were able to overhaul them in the latter stages of last season's competition with some ease. **West Wight** and **Hart** are the two clubs likeliest to be relegated.

HRRL Top Trumps – On the following pages, our rival Division 2 clubs have been rated based on their performance in the league last season. The comparative factors used are given below...

Participation – The number of club members who took part in at least one HRRL race

Enthusiasts – The number of club members who took part in at least 5 races (men) or 4 races (ladies)

Attendance – The % of races where a team was fielded (an incomplete team equals half attendance)

Elites – The number of runners who scored 80% or more in at least one race

Podium Places – The number of top 3 positions that would have been achieved using last year's race scores

Ladies' Division 2 Teams



Portsmouth AC

Participation	13
HRRL Enthusiasts	0
Attendance	29%
Elite Runners	9
Podium Positions	2



Totton Running Club

Participation	33
HRRL Enthusiasts	7
Attendance	79%
Elite Runners	5
Podium Positions	7



Isle of Wight RR

Participation	19
HRRL Enthusiasts	3
Attendance	83%
Elite Runners	1
Podium Positions	1



Andover Athletics Club

Participation	14
HRRL Enthusiasts	3
Attendance	67%
Elite Runners	4
Podium Positions	3



Gosport Road Runners

Participation	35
HRRL Enthusiasts	6
Attendance	79%
Elite Runners	1
Podium Positions	1



Overton Harriers

Participation	17
HRRL Enthusiasts	3
Attendance	71%
Elite Runners	3
Podium Positions	5



Victory Athletic Club

Participation	26
HRRL Enthusiasts	10
Attendance	96%
Elite Runners	4
Podium Positions	7



West Wight Road Runners

Participation	6
HRRL Enthusiasts	4
Attendance	46%
Elite Runners	0
Podium Positions	0



Lordshill Road Runners

Participation	44
HRRL Enthusiasts	11
Attendance	96%
Elite Runners	3
Podium Positions	8



Hardley Runners

Participation	20
HRRL Enthusiasts	4
Attendance	83%
Elite Runners	2
Podium Positions	2

Men's
Division 2
Teams



Andover Athletics Club

Participation	45
HRRL Enthusiasts	11
Attendance	100%
Elite Runners	3
Podium Positions	9



Fareham Crusaders

Participation	45
HRRL Enthusiasts	11
Attendance	100%
Elite Runners	3
Podium Positions	3



Eastleigh Running Club

Participation	65
HRRL Enthusiasts	9
Attendance	100%
Elite Runners	9
Podium Positions	10



Hardley Runners

Participation	37
HRRL Enthusiasts	3
Attendance	96%
Elite Runners	3
Podium Positions	4



Totton Running Club

Participation	34
HRRL Enthusiasts	6
Attendance	88%
Elite Runners	5
Podium Positions	5



Gosport Road Runners

Participation	38
HRRL Enthusiasts	8
Attendance	92%
Elite Runners	1
Podium Positions	2



Isle of Wight RR

Participation	25
HRRL Enthusiasts	9
Attendance	100%
Elite Runners	3
Podium Positions	3



Victory Athletic Club

Participation	25
HRRL Enthusiasts	8
Attendance	96%
Elite Runners	4
Podium Positions	0



Hart Road Runners

Participation	16
HRRL Enthusiasts	1
Attendance	25%
Elite Runners	1
Podium Positions	0



West Wight Road Runners

Participation	12
HRRL Enthusiasts	5
Attendance	63%
Elite Runners	1
Podium Positions	0

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

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

Committee Contacts

The contact details for Committee Members ^(c) and Coaches are as follows;

President	Brian Harvey	023 8029 3112	
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Secretary ^(c)	Sue Tizard +2, +F,+L	07941 146201	tottonnews@aol.com
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Ladies' Captain ^(c)	Kylie Nugus +2	023 8066 1684	m.nugus@sky.com
Men's Vice Captain ^(c)	Andy Gates +2, +F	07795 167552	Andygates05@yahoo.co.uk
Ladies' Vice Captain ^(c)	Diana Davis +L		dianajdavis@hotmail.co.uk
Coach ^(c)	Angela Soffe +1	023 8042 8755	angela.soffe@pentagon-ltd.co.uk
Coach	Marlene Letheren +2, +F		mhlechteren@hotmail.co.uk
Coach	Martin Nugus +1		
Coach	Rene Pilbeam +1		
Coach	Kate Sneddon +1, +L		
Run Leader ^(c)	Caroline Wilton +L		Caroline.wilton@btinternet.com
Run Leader	Steve Henry +L		
Run Leader	Sonia Cluitt +L		
Run Leader	Nat Green +L		
Run Leader	Maria Metzger +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