

Totton Runner

October/November 2012 (No. 39)



Club Awards 2012
CC6s & Hants Cross Country
Biomechanics Case Study
And More!

Photo c/o Paul Hammond

Pete Mills tackles a steep hill and deep mud in the 1st CC6 race

Editorial

Hi folks

My word we've busy over the last two months! 2 CC6 races, 3 HRRL races (Solent Half, Lordshill 10 Mile and Gosport Half), 2 Hampshire Cross Country League races, The Clarendon Relay, The Great South Run and of course our own club race, The Stinger! It was therefore a bit of a shame I couldn't get a newsletter out in October. Apologies for that, but I was a bit busy myself organising some events at work. I'd much rather have been running and reporting!



What is impressive has been the level of participation by club members. As the Clarendon Relay and the 1st CC6 showed, no one can be everywhere at once, run every race or volunteer at every event but we still managed an impressive turnout at most of these events.

In particular, we'd like to give a nod of appreciation to those who made the effort to volunteer at the Great South Run. Although ostensibly a morning event, by the time everyone has completed the course, it can turn into quite a long day, so please give a pat on the back to the following members (huge apologies if we missed anyone);

Mike Letheren
Marlene Letheren
Lara Cove
Emmett McCarthy
Kate Rowan
Jane Kitchen

Anne-Marie George
Toni Dickson
Kevin Harris
Rob Barnes
Brian Harvey
Kim Godwin

Carol Bega
Kirsty Holloway
Penny Watson
Eammon Rivers
James Dunlop
Luke Bates

Simon Mason
Beth Whitlock
Jez Weaving
Sally Weaving
Frances Stewart
Lindsay Davis

Rich

Team Buis – Ironman Austria

For most of us, even thinking about an Ironman is enough exercise for one lifetime. Yet having already completed Ironman Austria in 2011, Lucy Buis is taking up the challenge again in 2013 and this time, she's dragging Nick along with her.

They are raising money for the Salisbury Hospice Care Trust in memory of Lucy's mum who sadly passed away in 2011. Lucy says,

"Nick and I want to pay tribute to her and for all the support she gave us by raising money for the Salisbury Hospice Care Trust who helped Mum and my family - they really do provide such a peaceful, loving and tranquil environment. My Mum was always so supportive of my sporting endeavours that it seems a fitting way for us to raise money."

If you'd like to sponsor their efforts, please visit their Just Giving page at www.justgiving.com/teambuis



The 2011 event – Lucy is in here somewhere!

Club Awards 2012

Club Champion

Men

Nick Buis



Ladies

Virginia Collins



RR10s

Men

1st Nick Buis

2nd James Dean

3rd Stephen Simpson



Ladies

1st Michele Jacobs

2nd Virginia Collins

3rd Janet Foote



CC6s

Men

1st Matt Watson

2nd Steve Wallington

3rd Andy Dyer



Ladies

1st Claire Dyer

2nd Lucy Buis

3rd Justine Jury



Cross Country Runners of the Year

Men

Andy Gates



Ladies

Emma Pilbeam



Most Improved Runners of the Year

Men

James Archer



Ladies

Shelby Vincent



Club Awards 2012

Lady of the Year

Kylie Nugus

For devoting many hours to the organisation of The Stinger and for organising teams for local races such as Miles of Miles and the Cross Country Championships.



Man of the Year

Richard Alderson

For his consistent participation in CC6s, RR10s & HRRL races and also for highlighting the running efforts of club members via regular race reports and the club newsletter.



Chairman's Award

Angela Soffe

For working quietly, yet diligently behind the scenes alongside the committee on many tasks and for organising the Clarendon Relay teams



Outstanding Service

John Mursell

In recognition of his dedication and hard work over the years, both on the committee and in his coaching role which he continued to do in spite of injuries



Falling Down Award

Louise Waight

Not so much for falling over during races, but more for her determination to get up and finish the event in spite of her scraped knees!



Please note that next year, Lady and Man of the Year will not be chosen by the Men's and Ladies' Captain because these posts no longer exist on the committee. If you have any thoughts on how the recipients of these awards should be selected in the future, please let the committee know.

Biomechanical Gait Lab Case Study

By Liz Pusey

August 15

I recently spent an hour at Spire Southampton Hospital, because I'm encountering a few issues as I train for the Great South Run in October, and a friend had recommended I pay a visit to Spire for a full biomechanical gait assessment. Initially I wasn't sure exactly what that meant, but it was well worth the time.

I will explain the assessment, but first a quick bit of background about me and the issues that have led me to this point. I have been getting increasing pain in my left heel that has been diagnosed by my GP as plantar fasciitis – the inflammation of the plantar fascia – but the stretches and self massage suggested have not been helping.

Separate to this, I have very mild cerebral palsy affecting the right side of my body, which for me means that my right arm and leg are slightly shorter and the muscles less developed than their left counterparts. I have had many years of physio and wearing splints and orthotics to correct my walking, because my right leg does not move as easily as the left and I can't fully control the muscles. As an example, I have no arch in my right foot, and I can't lift my toes and walk on my heel or stand and balance on my right leg because the muscles aren't controlled enough. Though I'm lucky enough to enjoy a lot of movement it is not perfect, and in trying to run longer distances ahead of the GSR I have been getting pain in my hip and knee.

I arrived at Spire feeling a little apprehensive – as I imagine anyone is when they arrive at a hospital appointment – but also looking forward to finding out exactly what was causing my ongoing discomfort and how I could work towards fixing it.

The assessment is carried out by Podiatrist Simon Collins and Specialist Physiotherapist Mel South, providing a wealth of expertise

between them. After a number of simple squats to allow them both to see my range of movement, I was invited to walk bare foot on a treadmill, followed by walking and then jogging in trainers, also on the treadmill.



This activity is recorded on a video camera from behind and then alongside you, and played on a large screen. It's not the most flattering angle, but the reason for doing so is immediately obvious. I could see, particularly when walking barefoot, that my right leg had a smaller range of movement than my left, and that the foot itself was almost slapping the treadmill, rather than moving in a heel-toe action.

The Dartfish system used for analysing the footage of my gait is also used by Olympic teams, and it identifies patterns in your movements to highlight irregularities, as well as being able to hone in on specific details such as joint angles, for measurement and review.

Next we moved on to use the Tekscan technology, which is a pad about the size of an A3 piece of paper. It is full of pressure sensors which, when you walk or stand on the pad, measure the weight distribution through your feet. This information is translated into colourful images which are easily interpreted and can be interpreted alongside the Dartfish information.

Finally my flexibility was tested with various stretches carried out by Mel as I laid on a

Biomechanical Gait Lab Case Study

By Liz Pusey

bed, which revealed that though I had a good range of movement in the joints on the right hand side of my body, they were not fully utilised when I was up and about.

So what did all this tell me?

The discomfort and pain I experience is because my right leg is not functioning properly. I explained to Simon and Mel that when doing exercises that work the glutes or thighs I often feel the burn in the left side but not the right, and this is because, after 29 years of favouring the left side, the muscles in my right leg simply don't quite know how to be used properly, and as a result I do not the full range of movement of my joints, so my right leg doesn't get the full benefits of exercise.

I get an ache in my right shoulder occasionally after a run, and the Dartfish recording showed that this is because my right arm doesn't swing as I run, but instead is held fairly rigid against my side. Bizarrely I hadn't noticed this myself, and until I saw it on a screen I always thought it moved alongside me! Because I have less strength in the right side of my core, my arm holds firm to stabilise my body as I run to keep me upright, and this tensing causes an ache.

When I stand and walk most of my weight goes through the ball of my right foot, rather than starting in the heel (for standing) and then moving through the ball as you push off for another step when walking or running, which is what it should do. This again means my muscles aren't being used properly.

And, finally, what can I do about it? Happily, Mel and Simon were confident they could help me. Mel has advised that my priority, through physiotherapy, should be teaching my right gluteal muscles to engage itself and work properly, which will in turn help me gain a better range of movement in my hip.

Simon has also given some fantastic podiatric advice. I currently wear an orthotic in my right shoe, which stabilises my heel and stops it from rolling, and also gives me the arch I lack. In addition to this I have a raise put into the sole of every right shoe, which compensates for the slight difference in my leg length. The orthotic is at least seven years old, broken at one end and has been chewed by my dog (I was quite embarrassed to show Mel and Simon this), so it's not as effective as it once was. Simon has advised that with a new orthotic he can improve my foot movement, and by



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incorporating the raise I normally have into the orthotic, it will mean I no longer need to raise my shoes.

This information has had the biggest effect on me. The material used to create the raise in my shoes is not as flexible as the majority of shoe soles, which always makes my right shoe heavier and less supple, and when it comes to running shoes, the issue gets worse. Trainers today have some fantastic technology in them to help you run, and by slicing through the soles to add in an inflexible layer I am effectively ruining the hard work of highly qualified shoe scientists.



Simon and Mel were very friendly and made me feel completely at ease, and were also able to field my many questions and explain their thoughts in plain English – exactly what I needed! I am seeing them both again separately for some physio-treatment.

October 10

It's now a month since my follow up appointment with podiatrist Simon Collins and I am testing out two shiny new insoles – both made while I was there, which I was very impressed with!

The one for my left shoe was designed to alleviate the PF. It supports my arch, reducing the strain and therefore the resulting inflammation and pain. In the heel of the insole there is a tiny dip too, which creates a very small pocket of space between my heel and the insole, which is

designed to reduce the pressure on the area of pain so it can heal.

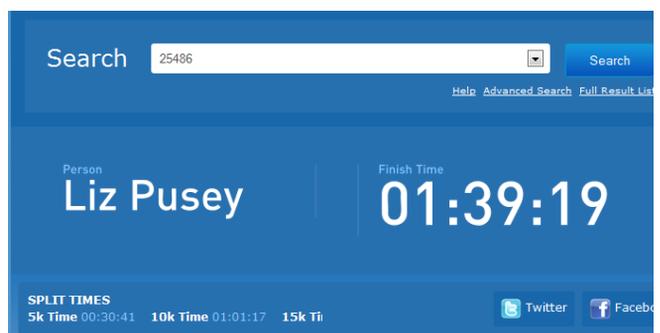
I've been wearing this for four weeks now and have certainly seen an improvement. I had reached the stage where I had varying levels of pain every day, from a bit of discomfort to being unable to put weight on my heel, and now it's dramatically reduced and I have periods of no pain at all.

For the last week I have also been having some acupuncture, which I've read can also be helpful for PF, and though that's ongoing I do think that's helped too.

The insole for my left shoe is effectively tipped upwards on the left side to encourage my foot not to roll inwards – at this stage that's all it is to see how I cope with it, make sure it's comfortable etc. As soon as I received it we filmed my walking and could immediately see my leg and foot were much straighter in stride and moved more smoothly. I've been using it regularly as instructed, and though I had the beginnings of a blister when I first started using it, but since giving it a break and then trying again it's been great. Hopefully the next step is building the raise onto the bottom to try using that.

I haven't yet seen the physiotherapist again to start addressing my strength and balance issues, but that'll be next on my list!

Liz Pusey



Liz's **Great South** time just to show it was all worth it!

Mini Burn Multi Discipline Event

Saturday 6th October



Photo c/o Emily Dineen

This is an event that has only been running for 3 years set in a beautiful country park in South Wales. Entries are accepted as mixed, female, male and family pairs and groups of four. My husband and I decided to enter as we are always keen for a new, exciting challenge and liked the idea of being able to compete together for once.

Saturday was an absolutely stunning day; glorious sunshine and not a breath of wind. The start times were staggered and we were in the first start group at 10am along with 3 other competing couples. The run was a flat 3K run around the lake, past the estate farm, through the deer park and back to the event centre. My husband set a brisk pace, slightly faster than I would have gone, but I managed to keep up (the only rule in the race is that the team members stay 'within sight of each other'). At the end of the run we found ourselves behind a family pair of 'competitive dad' and his 12 year old son.

The run finished at the lake where we were given buoyancy aids and pointed in the direction of a kayak, which we had to launch onto the lake. This manoeuvre went surprisingly well and we completed two laps

of the lake fairly smoothly and mostly kept our strokes in time! Laps finished, we had to drag the kayak back onto the bank and head to our bikes; again we were trailing behind 'competitive dad' and less competitive and slightly tired looking son!

Dripping wet, we collected our bikes and set off on the 10K ride. The race details had warned us about a 2K steep climb and the ride started off with a climb which I thought was steep but do-able and was feeling quite smug. The scenery was stunning and as we climbed higher the views were amazing. We soon reached the real steep climb however, which literally stopped us in our tracks; it became physically impossible to cycle and we had to push our bikes up the hill, which actually was a mountain to be honest!!

It was at this point that we rushed into the lead when the 'competitive son' started struggling, however 'competitive dad' kept passing us just to show off and then had to wait for his son to catch up - it was real cat and mouse. Eventually we were able to get back on our bikes again and take in the amazing views of the sea, Port Talbot Steel Works and fields of deer as we descended,

Mini Burn Multi Discipline Event

Saturday 6th October

well and truly in the lead. Once we had descended, the ride continued fairly flat throughout the park and once again finished at the Event Centre, where we were given a map for the orienteering phase.

We set out with 'jelly legs' clutching our map which showed 5 checkpoints that we had to visit, collecting a coloured wristband at each, with any missed checkpoints incurring a time penalty. It took a minute or two to realise that the first checkpoint did not have a wrist band but was more of a start point. Sure enough, the 'competitives' caught up with us and then proceeded to follow us around while we (well my husband actually) followed the map. The route was very muddy and rugged but we ran it as we knew the end was in sight. We managed to collect all the wrist bands and then headed back towards the finish slightly pipped to the post by 'you know who'!

Our final time was 1h:20m:14s which we were extremely pleased with as we knew the previous record was 1 hour 13 minutes.

We hung around, keeping an eye on other finish times and as we headed off for a BBQ with family supporters we were leading the 'mixed pairs' category! Feeling smug and full of hot-dogs we headed back up to the event centre after lunch to check final times and possibly collect a trophy!?! Unfortunately we discovered a 'mixed pair' had completed it in just over 1hour 13 so we were second in our category and 5th overall.

We were completely amazed and thrilled with our result though and had had such a fantastic day in such beautiful surroundings. We are already talking about doing the next one and hopefully beating our time. The next event is June 2013; same route, opposite direction, and then again in October 2013. I would thoroughly recommend this event, it is still relatively small but I'm sure it will increase in popularity through word of mouth, we are still buzzing from it!

Emily Dineen

Studland Stampede 12K

Sunday 14th October

3 of us did this 12K Purbeck race this year – a few Totton runners have done it before. It is always good to take on a new adventure and we all enjoyed this interesting route.

The Stampede struggles with the high numbers taking part. We were reduced to a standstill several times in the first mile with several bottlenecks where the path narrows. The first half of the race was not flat as I was led to believe (never trust Mike Mills). Yes I know I like hills, but when they are unexpected they are hard.... but at least the height gained gave us some great views of Poole Harbour.

The second half of the route includes ~1mile of dry sand through dunes –very tough, then 2M along the beach (mix of dry/wet sand) to finish.

Part of the very long finishing straight includes the stretch where club colours are optional. Guess which of the 3 Totton runners spotted the most noodles – answer at the bottom of the article.

Results (400 finished):

113 D.Murray 1:04:38
170 M.Mills 1:07.59
378 T.Mills 1:29:09

Mike was encouraged that he was less than 4minutes behind me and thinks he will catch up one day soondream on!

Answer: Tina spotted 3 (naked gentlemen)

Dave Murray

2012 CC6 League

4 races to go...

Men's League

The Men's competition is as challenging as ever and Totton are currently share 2nd place with Eastleigh and Southampton. At this early stage, Lordshill look like the club to beat.

Race Scores

Pos.	Team	1	2	3	4	5	6	Total
1.	Lordshill	1	1					2
2.	Eastleigh	2	5					7
2.	Southampton	4	3					7
2.	Totton	5	2					7
5.	Hardley	3	6					9
6.	Romsey	10	4					14
7.	Winchester	7	8					15
8.	Halterworth	6	10					16
9.	Lymington	11	7					18
10.	New Forest	9	9					18

Ladies's League

After two races Totton are in 2nd place behind New Forest. The results of the other clubs have been wildly inconsistent, though Eastleigh & Romsey have served notice of their ability to win races.

Race Scores

Pos.	Team	1	2	3	4	5	6	Total
1.	New Forest	2	2					4
2.	Totton	3	3					6
3.	Eastleigh	1	6					7
4.	Lordshill	4	5					9
5.	Romsey	10	1					11
6.	Halterworth	5	8					13
7.	Hardley	6	10					16
8.	Lymington	12	4					16
9.	Running Sisters	7	9					16
10.	Southampton	9	7					16

Please note that Totton are hosting Race 5 and will field only limited teams so that we can marshal the course. This race will be at Denny Wood on Sunday 10th February. Details to follow from Kylie.

Don't miss the next race at Janesmoor Pond!
Sunday 2nd December @ 09:30

Hampshire Cross Country League

Race 2 - Goodwood



A great many hooves thunder across the turf

Over the years I have 'enjoyed!' many a good Hampshire Cross Country. Enjoyed, may seem a strange word to use because these races, although shorter than a CC6, are usually much tougher. Tougher in as much as you get to 'run with' the top runners in the county and surrounding counties. Hampshire league does also include other counties, mainly because of lack of a) amount of leagues for other teams to run in. i.e. Guernsey and Jersey, their islands being too small to have their own leagues and they are invited to join ours. b) Lack of places to run such a large event that includes the children's races and that means an awful lot of cars to park, which is also a problem for the organisers.

Being a Senior vet and there being less of us in that group, our race is included in the under 20's and senior age groups. Not being a very fast runner as well, also means that as soon as the gun goes off, all those skinny fast youngsters are off before you can say cramp! and you are near the back. Don't let that put you off running these races as they are run over good courses in beautiful places (usually with the space for the family/children to walk and run around whilst the races are on) and with great support from the spectators. When you are at the back you also get lots of attention from the very encouraging marshals.

I did manage to do both the HXC and the CC6 in October but due to a torn muscle in my shoulder (tripped over a root whilst on a Friday night run!) was unable to enter the two races for November. Knowing that Emma and Andy were going down to Goodwood, which is an especially nice drive to and scenic course, David and I accompanied them to support TRC.

Sadly, no team for the ladies, as only Emma and Virginia turned up and you need three for a team. It always makes a difference if you know you are running with at least 3 to make the team but even more would be good. They did have a good turn out for the men's race though. Graham Bungay, Andy Gates, John and Mark Hayes, Sean and Mick Mills and also on their way were Nick Buis and James Dean. They apparently were cycling from Totton to Goodwood, some 100k!

Nick had asked James if he fancied a bike ride and a pub lunch. Sounds good to me, says Jimmy! Not

realising I think, what it really entailed! They dropped off their running bags to Emma and Andy at 10.45am in Totton and off they went. We took a lovely drive through the Autumn sunshine admiring all the golden trees, whilst they weaved their way around 'God Knows where', said Jimmy, stopping, not for a pub lunch but a quick wee and a packet of pork scratchings!

The 'girls' had done their race and well they ran too! The men giving loads of support before they rushed off to get ready for their own race at 2.30pm. By 2.15 pm there was no sign of Nick and Jimmy although we were all keeping an eye out for them. Sean, leaving it until the last minute to get himself sorted, after waiting at the car park entrance for the two of them, said, they won't make it in time! David and I took over the vigil at the car park and low and behold at 2.23 Nick appeared on his bike, riding up the last part of the long hill to the car park but slowing to look behind and wait for Jimmy who was only a minute behind him. You've got 6 minutes to the start of the race, I shouted. Nick just smiled and gracefully pushed his bike towards our tent. David took Jimmy's bike from him whilst we showed him the way through the crowds and they both changed from bike gear into running gear, sorted out watches and without even time for a pit stop strolled over to the start line in time for the off! Now that's what you call a warm up!

They both and all of the men's team, ran really well on a tough course and I even got a smile from Jimmy when I shouted out to him to save some energy for his bike ride home! Everyone enjoyed the tea and biscuits at the end of the race. Courtesy of TRC not HXC! Thanks Sean! Of course they weren't going to cycle home as well as they had pre-arranged for Graham to put their bikes in the back of his vehicle and take them home. I don't know if they managed to get that visit to the pub on the way back, but they certainly deserved a well earned pint at least! Now see what fun you miss when you don't come along and join in the HXC. Oh and the enjoyment bit comes when you realise that you conquered the course and finished in one piece, somewhere different, on a lovely course with champions around you (especially when you get lapped!) like me.

Rene Pilbeam

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. Mike attends the 1st and 3rd Monday training nights of each month and will bring the kit with him on these occasions. 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

Pics c/o Paul Hammond

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

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Coach	Rene Pilbeam +1		
Coach	Kate Sneddon +1, +L		
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