

Totton Runner

December 2012 (No. 40)



Review of the Year
Your 2012 Highlights
Totton's Fastest Times
And More!

Photo c/o Paul Hammond

Sophie James anchors the ladies team in her Totton CC6 debut

Editorial

Hi folks

Well, it rained a lot, the world didn't end and we did ok in the Olympics. But of course, there was a bit more to 2012 than all of that. Totton had a great year in some of our local running competitions (see 2012 in Brief), while many more members are taking part in a wide variety of events around Hampshire and further afield.

Many thanks to those of you who submitted your own personal 2012 highlights. As you'll see, they make for very entertaining and inspiring reading!



Towards the back of this month's newsletter, I've also included the fastest times recorded by club members in 2012 for 5 miles, 10K, 10 miles, Half Marathon, 20 miles and Marathon. Huge apologies if I missed anyone who should be in the top ten. I can only devote so much time to scouring the internet for race results, so I tend to concentrate on local races and the larger events, such as the London Marathon, Great South Run etc. If I did neglect to include your time, you can always use the leader boards as a frame of reference to see where you would have been.

Anyway, hope you all had a great Christmas and may 2013 be full of Totton victories and PBs!

Rich

Thunder Run

Fancy a team challenge event?

Following the success of our team involvement in the Test Way Relay and Clarendon Marathon relay, how about something perhaps more challenging in 2013? The Thunder Run 24 hour challenge takes place on July 27th and 28th 2013, at Catton Park, Walton-on-Trent, Derbyshire (near Birmingham).

The TR24 course is a 10km cross-country circuit set in the picturesque Staffordshire countryside. The track twists and turns across varied terrain so you'll find yourself running from bogs and forests to steep hills and open fields. Teams of between 2 and 8 runners complete as many laps as possible in the 24 hours, with one runner out on the course at any one time. You can set up camp either the night before or the morning of the race to start soaking up the atmosphere. Once you're geared up, your first runner will assemble at the start line in time for the race start at midday on the first day. The race site is here - <http://www.tr24.co.uk/index.html>

There are hot showers, free camping for participants and spectators, so you can make a weekend of it

Diana Davis

2012... In Brief



Our CC6 Sweep

The 2011/12 CC6 season was our best ever, with Totton winning both the Ladies Team and Mixed Team trophies. We also managed to place 2nd in the Men's league. Furthermore, Claire Dyer (left) picked up her 3rd consecutive individual Ladies trophy while Virginia Collins won the V50 category too. Overall, a pretty strong haul!

Men battle in the RR10s

Not to be outdone by the ladies, the men set their sights on picking up a trophy in the RR10s. After Southampton AC failed to field a team of note in Race 8, it looked like we would win comfortably. However the red and white shirts fought back in the final race using their best track athletes (cough... spiritofthecompetition... cough). In the end, the league was tied with both Totton and Southampton claiming the top spot! There was also some individual success with Nick Buis winning the men's trophy, while Frances Stewart and Sylvia Timms won the ladies V60 and V70 categories respectively.

London 2012

I don't think many would argue that the London Olympics and Paralympics were the highlight of the sporting year and the ultimate inspiration to put on the running shoes during the summer. Obviously things wouldn't have gone quite as smoothly if Totton hadn't been there to lend a hand with Bruce Elkins (right) carrying the Olympic flame in Southampton and Sue Tizard performing games maker duties at the Paralympics.



Inspiring a Generation

Not content with assisting Lord Coe with his little sporting event, Totton also organised some events of our own. The driving force behind the New Forest Junior Triathlon are Darren and Sue Bagnall, but plenty of you lent a hand on the day as well. As always, we received some very positive feedback and who knows, perhaps we had a future Olympic triathlon champion in the mix.



Your 2012 Highlights

“My highlight has been seeing so many new starters at Totton and the continued enthusiasm of the coaches to bring people on, seeing people enjoy and improve over time, but also seeing people overcome injuries as we've all suffered a bit.”

Lucy Buis

“Ooooo.... i helped run the beginners group and am suitably proud of how well they have all done, with some being regulars on Friday night runs :)

er... with regards to the rest.... um... i beat my first marathon time.... and i ran a RR10 this season... and i helped Kylie with the admin for the Stinger as Race Secretary...”

Caroline Wilton

“I just wanted to single out the TRC coaches to say a great big thank you to all the TRC coaches. I joined the group just over 2 years ago as a very raw runner and right from my very first nights training I have been made to feel part of the club despite the fact that I am probably (no make that definitely) the slowest runner in the club.

I want to thank them all for their willingness to share their high level expertise and skill, patience, understanding, tolerance and above all for their unending encouragement to someone like me who I guess will never be the fastest runner but one who is constantly made to feel good about what I can do.

My personal experience of TRC (both coaches and members) is that TRC does do what it says it does and that is being a club for all runners whatever type of runner you are!”

Carol Bega

“I have been a paid up member of TRC since 1985 although I'm afraid I don't manage to run with the club nowadays. But I am still running every morning (now aged 70) and am in training for the 2013 London Marathon. Good luck to all TRC members who will be running it too!”

Elisabeth Howard



“My highlight was the RR10 race at Itchen Valley Country Park. After such a wet summer, it was nice to finally race over a dry course on a pleasant summer evening. My placing in that race was not my highest of the RR10 season, but it was the most satisfying because it meant that I had completed my 6th race of the series and so had achieved the goal that I had set myself. To do so had meant twice racing directly before going on to a night shift, so the temptation had been there to back out of a couple of races.

Myself and my wife both work shifts and weekday evenings usually require delivering our kids to various activity locations, so I don't get to come to training often. Hopefully, as the kids get older and can get themselves to their hobbies, I will see more of club members on training nights.”

Simon Price

Your 2012 Highlights

“My achievement in 2012 is based on being pretty much injury free (apart from a tight glute muscle) for a whole year. This after missing 3 months plus in 2011 with a fractured elbow and struggling to get fit afterwards.

I have run all the CC6 events (even though these aren't really my thing), 8 out of 9 RR10 events and 11 out of 12 HRRL events. Plus I did my favourite Beer Race at Braishfield, the Romsey 10K, 6 parkruns and the Test Way Relay.

I did not get any PB times but ran nearly all distances, including my first half marathons for 6 years, with 2-3% of my previous PB times, which considering I am getting older is fair enough.

My most surprising race was the Gosport Half, where I took a place for Tim Stewart (who was injured) in order to ensure we had a B Team. I had 8 pints of beer at Twickenham the day before but actually managed to knock 2 minutes of my Solent Half time and counted for the A Team.”

Tony Lees

“I so enjoyed marshalling the Great South 5k particularly as from a personal point of view I was able to watch my son, Stephen cross the line in 1st place. I was so very proud of him.”

Angela Simpson

“With our new family member It has been an amazing year for Sue and I, running things have had to take a bit of a back seat. Nevertheless, we somehow organised the triathlon (thanks to all of you that helped us with that one).

Amongst all this, Darren has enjoyed the RR10s and CC6s but the "Passing Cloud" Fell Race - back home in the Peak District - was his favourite event, he finishes the year 10kg lighter and with a London Marathon place to worry about.

Sue has managed four runs since her very special event and is looking forward to being back out with the club in the new year.”

Sue and Darren Bagnall

“I have achieved a goal I never thought I would reach this year by completing not only 1 but 2 half marathons - not to mention the Test Way Relay. What I really think is important is that I have little confidence when it comes to running and want to say a special thank you to Virginia Collins and Tony Lees for all their help and support in getting me along to the races and helping with things like encouragement, pacing, general sportsmanship and friendliness. I would have been the 'lazy runner' who would have been too embarrassed to have taken part if it wasn't for all their help and encouragement.

Totton is an amazing club, full of friendly, helpful people but for me Tony and Virginia have helped me to personally achieve more than I thought I would this year.”

Michele Jacobs

Your 2012 Highlights

“Most people at the club know me, and know how slow I am, or claim to be on a regular basis, and the regular avoidance of training sessions on the grounds that I won't be able to keep up with others. Something I hear lots from many others, who are much quicker than I, yet still seem to have the same confidence crises.

However, I digress, 2012 has been full of so many highlights for me, I shall need to work through them in order.

The year started with London Marathon training plan in tatters with a severe chest infection and having to pull out of my first real training race at Stubbington 10K. I then had to build up with long training hours by myself in the forest (you see I was too slow to join with the club to train).

A 10K race at Castle Combe saw me finish last by some several minutes, but I did it, then a 10 mile at Mad March, with all my targets being met. Targets being to reach mile 1 by the time the 20 mile race started 15 minutes later, then to be at mile 2 when Jimmy (our fastest runner in the 20 mile) came past, then to be at least at 3 miles when Caroline and Kate would pass me (was well over 3 ½ miles) . And finally to finish the 10 miles before Jimmy finished the 20, which I did with just minutes to spare (not all goals and targets need to be speed related.

A half marathon around Alice Holt forest where I was at least 55 minutes behind the next last finisher and all the finish line had been packed up and gone home except for one or two of the medal presenters waiting, and I finished – all good mental preparation for the long lonely marathon. Though not sure the highlight was the lady half way round asking if “I really wanted to finish.” – she didn't know me then eh?

London Marathon itself with my completion time being an hour slower than my first attempt 6 years ago, but being greeted like a hero at the post race charity do and meeting a homeless man on the way back to the train station who was so enthusiastic about having watched the runners, it made me feel very humble.

Being selected for the Paralympics as a Games Maker and spending nearly 3 weeks taking part in one of the greatest sporting events ever, spending most of that time exhausted and not really seeing much of the games or Olympic Park as I was driving around London ferrying athletes and IOC members, but I can still say “I was there and part of it all.”

Spending more time with my indoor Bokwa exercise programme than running and then running the Great South with minimal run training quicker than I ran the race last year (not to be recommended really but at least I am still keeping reasonably fit).

Still avoiding training sessions, and regressed to the “I doubt I can do it now” beginner mentality that targets those who “drop out” for a while. I will be back to encourage others again, just need to work out how to encourage myself. But with all those highlights, how can I not? ”

Sue Tizard

Your 2012 Highlights

“First time running the Meon Valley Plod (21 miles), the Mad March 20 and the London Marathon (first time running a marathon).

First time swimming in the British Gas National Swimming Championships in Sheffield and winning a Bronze Medal in the 200m freestyle relay!”

Ann Spelman

“I’ve enjoyed the whole year's races and meeting friends to have a laugh with. I particularly enjoyed the Test Way and Clarendon relays. We had lots of fun dropping off, picking up and cheering on other runners. We had a good laugh on the bus. These are great races to be involved in and run through interesting countryside.”

Tina Mills

“I have enjoyed every race. It is great and quite unique that we can race every two weeks on Wednesday evenings in the RR10 series. They are varied and not too long for us oldies. We also have the CC6 series in the forest. They are usually wet and hilly, which makes great cross-country courses. I have had epic battles in both series, although to onlookers it may look as if we are dying! My times this year have been my best as an over 60, so I am really pleased with progress.

Like Tina, I have enjoyed the relays and the challenging, hilly countryside. Tina, Dave Murray and I took part in the Studland stampede. This is a challenging multi-terrain course with views of Pool Harbour and the naturist beach at Studland. We'll be doing that one again. A recommended race.”

Mike Mills

“Badger Awards for Outstanding Races 2012 (See what you missed!)

3rd place Houghton 11K - April off-road event near Stockbridge. In torrential, and I mean torrential rain (fantastic!). Other drenched Totton participants this year were Mike Mills, Michele Jacobs & Emily Dineen.

2nd place Heartbreak 14M – February hilly race, starting near Fordingbridge. Tough going but you do get free soup at the finish. Just me & Virginia from TRC this year.

1st place Coombe Gibbet to Overton 16M – Early springtime event. Brilliant point to point course, with beautiful scenery and a mother of a hill at half-way that is only just runnable. Clearly the best race we have in Hampshire. Travelled up with Alistair Longworth (a Gibbet regular who has joined us from Romsey RR).”

Dave Murray

“Finally breaking the 1 hour 10 minute barrier for 10 miles (at Alton of all races!), something I’ve been trying for since I first started running in 2005.”

Richard Alderson

2012 Fastest Times

*Did you make
the Top 10?*



*Read on to
find out!*

5 Miles

Ladies

Runner	Time	Event
1. Claire Dyer	00:32:40	Romsey
2. Virginia Collins	00:35:12	Victory
3. Michele Jacobs	00:35:22	Victory
4. Kylie Nugus	00:39:12	Victory
5. Penny Watson	00:39:30	Victory
6. Stephanie Rickson	00:42:25	Hoburne
7. Sonia Cluitt	00:42:51	Overton
8. Kirsty Holloway	00:45:32	Romsey
9. Tina Mills	00:48:04	Victory
10. Sylvia Timms	00:48:22	Victory



Men

Runner	Time	Event
1. Nick Buis	00:26:37	Victory
2. James Dean	00:28:33	Victory
3. Graham Bungay	00:30:50	Overton
4. Andy Dyer	00:31:11	Romsey
5. Richard Alderson	00:31:35	Victory
6. Steve Wallington	00:31:48	Romsey
7. Eamonn Rivers	00:31:53	Victory
8. Tim Stewart	00:32:12	Victory
9. Paul Hallett	00:33:48	Victory
10. Tony Lees	00:34:24	Victory



10K

Ladies

Runner	Time	Event
1. Claire Dyer	00:42:09	Stubbington
2. Lucy Buis	00:42:44	Stubbington
3. Michele Jacobs	00:43:07	Eastleigh
4. Virginia Collins	00:44:12	Eastleigh
5. Lindsay Ashton	00:49:54	Stubbington
6. Janet Foote	00:51:35	Stubbington
7. Emma Pilbeam	00:51:53	Stubbington
8. Lara Cove	00:52:01	Eastleigh
9. Sonia Cluitt	00:52:25	Eastleigh
10. Penny Watson	00:52:28	Eastleigh



Men

Runner	Time	Event
1. Nick Buis	00:32:13	Eastleigh
2. James Dean	00:35:22	Netley
3. Kevin King	00:37:31	Stubbington
4. Matt Watson	00:38:28	Netley
5. Brian Frampton	00:39:43	Soutbourne
6. Richard Alderson	00:39:52	Netley
7. Andy Dyer	00:40:05	Stubbington
8. Chris Barnes	00:41:30	Eastleigh
9. Luke Bates	00:42:08	Eastleigh
10. Tony Lees	00:42:37	Eastleigh



Note - I have not included Copythorne times here as I'm given to understand that the course is closer to 9K than 10K.

10 Miles

Ladies

Runner	Time	Event
1. Lucy Buis	01:11:37	Salisbury
2. Claire Dyer	01:12:45*	Lordshill
3. Virginia Collins	01:13:37	Salisbury
4. Michele Jacobs	01:16:00*	Lordshill
5. Louise Gould	01:19:06*	Lordshill
6. Poppy Holmes	01:22:58*	Lordshill
7. Janet Foote	01:25:16	Salisbury
8. Beth Frampton	01:25:59	Great South
9. Rebecca Rees	01:26:36	Salisbury
10. Penny Watson	01:28:41	Salisbury



Men

Runner	Time	Event
1. Nick Buis	00:53:42	Salisbury
2. James Dean	00:58:47*	Lordshill
3. Graham Bungay	01:02:22*	Lordshill
4. Matt Watson	01:02:47	Salisbury
5. Brian Frampton	01:06:54*	Lordshill
6. Richard Alderson	01:09:08	Alton
7. Chris Barnes	01:10:55*	Lordshill
8. Tony Lees	01:11:00	Salisbury
9. Paul Hallett	01:11:12	Salisbury
10. James Archer	01:12:29*	Lordshill



*The Lordshill 10 Mile course had to be altered this year because of wet weather conditions. It was subsequently measured at 9.9 miles. Lordshill times have therefore been adjusted to 10 miles using average race pace.

Half Marathon

Ladies

Runner	Time	Event
1. Helen Wallington	01:25:55	Solent
2. Sophie James	01:38:03	Salisbury
3. Michele Jacobs	01:39:39	Gosport
4. Virginia Collins	01:40:25	Sturminster
5. Lindsay Ashton	01:49:35	Bournemouth
6. Poppy Holmes	01:52:29	Downton
7. Jane Kitchen	02:00:59	Reading
8. Rebecca Rees	02:01:39	John Austin
9. Martine Huisman	02:04:09	Reading
10. Marlene Letheren	02:08:46	Solent



Men

Runner	Time	Event
1. Nick Buis	01:14:04	Solent
2. James Dean	01:19:33	Solent
3. Graham Bungay	01:23:30	Gosport
4. Matt Watson	01:24:12	Reading
5. Brian Frampton	01:26:34	Gosport
6. Tony Lees	01:33:07	Gosport
7. James Archer	01:36:07	Gosport
8. Paul Hallett	01:37:32	Gosport
9. Jez Weaving	01:39:57	Bournemouth
10. Justin Noons	01:40:24	New Forest



20 Miles

Ladies

Runner	Time	Event
1. Virginia Collins	02:37:23	Worthing
2. Caroline Wilton	03:39:42	Mad March
3. Kate Sneddon	03:52:59	Bramley
4. Ann Spelman	04:04:46	Mad March



Men

Runner	Time	Event
1. James Dean	02:04:25	Mad March
2. Jez Weaving	02:42:07	Mad March



The village of Bransgore along the Mad March 20 route

Marathon

Ladies

Runner	Time	Event
1. Virginia Collins	03:44:19	London
2. Lindsay Ashton	04:04:52	London
3. Kate Rowan	05:02:39	London
4. Diana Davis	05:17:05	London
5. Caroline Wilton	05:22:45	London
6. Ann Spelman	05:51:53	London
7. Katherine Trusson	06:00:47	London
8. Sue Tizard	06:38:31	London



Men

Runner	Time	Event
1. James Dean	02:52:16	Dublin
2. Sean Driscoll	03:29:33	London
3. Jez Weaving	03:51:19	London
4. Spencer Hufton	04:56:10	London
5. Chris Barnes	05:02:36	London



CC6s (2011/12)

Ladies

Runner	Score	Position
1. Claire Dyer	8	1 st
2. Lucy Buis	15	4 th
3. Justine Jury	28	6 th
4. Michele Jacobs	44	9 th
5. Virginia Collins	45	10 th (1 st V50)
6. Janet Foote	132	25th
7. Sonia Cluitt	1097	43 rd
8. Emma Pilbeam	1099	45 th
9. Jane Kitchen	1152	52 nd
10. Pam Bungay	1155	53 rd



Men

Runner	Score	Position
1. Matt Watson	28	6 th
2. Steve Wallington	51	10 th (2 nd V50)
3. Andy Dyer	59	14 th
4. Brian Frampton	72	17 th
5. Richard Alderson	126	27 th
6. Rob Parkinson	129	29th
7. Tony Lees	205	41 st
8. Dave Murray	211	43 rd
9. Simon Mason	295	55 th
10. Mike Mills	301	57 th



RR10s

Ladies

Runner	Score	Position
1. Michele Jacobs	77	12 th
2. Virginia Collins	128	19 th (2 nd V50)
3. Janet Foote	253	37 th
4. Emma Pilbeam	264	39 th
5. Penny Watson	271	41 st
6. Lara Cove	284	43 rd
7. Sonia Cluitt	309	47 th
8. Frances Stewart	349	52nd (1st V60)
9. Marlene Letheren	392	57 th
10. Priscilla Cook	502	78 th



Men

Runner	Score	Position
1. Nick Buis	8	1 st
2. James Dean	40	6 th
3. Stephen Simpson	45	8 th
4. Graham Bungay	99	16 th (2 nd V40)
5. Sean Driscoll	161	24 th
6. Brian Frampton	202	29 th (2 nd V50)
7. Richard Alderson	211	30 th
8. Simon Price	217	33rd
9. Rob Barnes	249	43 rd
10. Steve Wallington	265	45 th



2012/13 CC6 League

3 races to go...

Men's League

Totton have dropped down to 3rd position after Southampton AC won Race 3 while Lordshill are still leading the league by a comfortable margin (which is at least better than Southampton winning it).

Race Scores

Pos.	Team	1	2	3	4	5	6	Total
1.	Lordshill	1	1	2				4
2.	Southampton	4	3	1				8
3.	Totton	5	2	3				10
4.	Eastleigh	2	5	4				11
5.	Hardley	3	6	6				15
6.	Romsey	10	4	8				22
7.	Halterworth	6	10	7				23
7.	New Forest	9	9	5				23
9.	Winchester	7	8	9				24
10.	Lymington	11	7	10				28

Ladies's League

After three races Totton are still in 2nd place behind New Forest. The other clubs continue to deliver inconsistent results with only Lordshill showing the potential to steal our league position.

Race Scores

Pos.	Team	1	2	3	4	5	6	Total
1.	New Forest	2	2	1				5
2.	Totton	3	3	2				8
3.	Lordshill	4	5	3				12
4.	Eastleigh	1	6	9				16
5.	Romsey	10	1	6				17
6.	Halterworth	5	8	8				21
6.	Hardley	6	10	5				21
8.	Lymington	12	4	7				23
8.	Winchester	8	11	4				23
10.	Running Sisters	7	9	10				26

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 Badger Farm!
Sunday 6th January @ 09:30

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

Committee Contacts

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Coach	Rene Pilbeam +1		
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Run Leader	Steve Henry +L		
Run Leader	Sonia Cluitt +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