

Totton Runner

February 2012 (No. 41)



**Hants Cross Country
Spotlight On Diana Davis
123 Decathlon Challenge
Club Champs 2012/13
And More!**

Photo c/o Paul Hammond

Brian Harvey strides though a very wintery Stubbington 10K

Editorial

Hi folks

It's great to see many people have made a speedy recovery from the Christmas excess and are already recording great times and positions in events such as the Cross Country Championships, CC6s, Hampshire Road Race League and a few other local events too.

Towards the back of this month's edition, I've outlined a proposal for the club championships this year. It's really is a lot simpler than it looks, but if you have any questions, please drop me an email or speak to me at training.



Rich

Who's that girl?

You may well have seen this already, but I decided it was worth showing again in case anyone missed it.

Although a relatively new member of the club, Sophie James has already made her mark with some great CC6 runs and a very impressive sub 45 minute 10K at Stubbington.

Not content with making the cover of our newsletter last month, she has now made a somewhat more glamorous appearance on the cover of this month's Weight Watchers magazine.

Having won a competition to be guest editor, Sophie was able to interview Gregg Wallace and then posed alongside him for a photo shoot.

Well done on a great achievement Sophie. We like to think that the subtle use of Totton colours was intentional.



Spotlight On... *Diana Davis*



Tell us a bit about your running history

I came to running late in life, with a mad scheme to complete the London Marathon. I had done no running since school days, when I would try & avoid cross-country by any means available.

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

Having started running on my own in October 2004, and built up to a maximum run of about 6 miles (Ashurst and back from Lyndhurst) as part of a beginners' marathon training plan, I contacted Brian Harvey in December, having spotted his contact details at Totton Rec, and asked if he thought I would be able to keep up. The rest is history!

How often do you train?

I try to train 4 times a week, including club sessions on Monday, Wednesday and usually Friday. I then usually run on my own or with a couple of friends from the club for a longer distance on Sunday.

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

Invest in good running shoes, and get expert advice on which ones are right for you. I do look for good deals on the internet now I know the make and model that suits me.

Where do you like to train and have you run anywhere particularly memorable?

I far prefer running off-road to pounding the tarmac, so very much enjoy the summer training with the club in the forest. My Sunday runs are by preference off-road as well. I try to do some running on holiday too and have enjoyed runs along the promenade from Los Cristianos in Tenerife. The most memorable running is probably along the beach in North Goa – very warm even before breakfast though!



North Goa

What is your greatest running achievement?

Probably completing the London Marathon 6 months after starting running (having managed just 11 minutes non-stop at my first running attempt), but I am prouder of running it again in 2008, and managing to run the whole distance, and complete it in my target time, 44 minutes faster than the first attempt.

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

I've been pretty lucky, and my running and racing experiences are all quite positive. The long runs in marathon training have sometimes been gruelling, but I think I blank them from my memory, or why would I keep entering more marathons? I've done 6 to date, and each time say never again, but after enough time has gone by, it seems like a good idea again!

Spotlight On... *Diana Davis*

What are your targets & goals for 2013?

At the moment, I am going with the approach of mainly running for enjoyment, and also encouraging our graduated beginners at training, but I have just run my first parkrun, and already hope to improve my time for that. I could go for the t-shirt you are awarded for completing 10 runs – 50 will be a target for next year! A friend in the running club (you know who you are!) also wondered if I would consider an autumn marathon challenge – see also my answer to question 7 above.

Do you have any other passionate interests?

I love exploring new places, at home and abroad, reading, and Glastonbury Festival

Can you explain what your committee role (training coordinator) involves?

This is a new role, so still evolving. I hope to relieve Simon of some of the work he has been doing (for example sending a weekly email to coaches reminding them of the sessions to be done, the paces, and the location), be the point of contact for coaches, so that they can advise someone if they are unable to make a training

session or will be joining late, provide information on the purpose of different training sessions for the newsletter and/or web-site and liaise with our Welfare Officer (Marlene) to support club members with returning to training. If any club members have other suggestions, please let me know.

What keeps you out of trouble Monday to Friday?

An allotment and two lively grandsons take up a lot of my time, as does bird watching out of the kitchen window. We've had some exciting visitors to the feeders, and keeping them topped up is an expensive business!

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

That's a really tough one, as there are so many club members who have either achieved impressive results, or persevered through setbacks, but I think I'd chose Sylvia Timms; I hope to keep running as she has done, still achieving good race results in her seventies.

Diana Davis



A recent visitor to Diana's garden

123 Decathlon Challenge

by Bruce Elkins

A new year has begun...but we have a great year to reflect on. Here was 2012, in Bruce's words.....

January started with me getting sciatica and sidelined me for the badminton event on 21st February, although I managed a few hits against ex European champion Helen Troke MBE who kindly turned out for the first decathlon challenge of 2012. Kim Lawford from Wessex Cancer Trust teamed up with Graham Smith from HSBC to win the inaugural event held on my youngest daughter Rachel's birthday.



Bruce Elkins, Dani King & Laurence Dunn

The 20k walk was held in March on a beautiful sunny day - a distant memory now! In April we took to the velodrome at Calshot for the track cycle challenge. My team included Trevor King, father of Dani King (MBE in New Year Honours) who went on to win a gold medal at the Olympics in the team pursuit in the track cycle in a new World record time. Peter Harding and I agreed this was probably our favourite event of the overall challenge.

I then celebrated my birthday on 1st May with the tennis event which saw Kim Lawford team up with Julie Hanson to demonstrate her sporting prowess to win the ladies doubles.

My family and I then enjoyed the Jubilee weekend with the celebration of my eldest daughter, Gemma getting married in Bristol. This was followed by a lovely holiday to Scotland with Christine to celebrate our 30th wedding anniversary and retraced my route through Scotland when four of us cycled JOG to Lands End four years ago.

Back from Scotland in time to help at the New Forest Junior Triathlon which I established 11 years ago with the help of Totton Running Club and straight in to our triathlon challenge for the decathlon on 1st July. Somehow, I managed a 3rd place in the over 40 category....

On 14th July I then enjoyed a truly amazing day carrying the Olympic torch in Southampton and was honoured to be supported by many family, friends, work colleagues, intermediaries and clients - they all helped to make it a day to remember for the rest of my life. A client also hosted an Olympic torch reception the following day to round off the weekend celebrations.

Time for a break and to enjoy the Olympics and Paralympics during the summer and didn't our athletes and games makers (volunteers) do us proud.

September soon arrived and the athletics and 5K run were held at Southampton Sports Centre with a number of children joining in the fun.



Emmett McCarthy takes flight

The 100K road cycle in mid October turned out to be a very cold (frosty) morning but over 100 people cycled for the decathlon as part of a large event known as the New Forest Gridiron and the sun shone all day.....

November will be a personal memory as I played the table tennis event partnered with my 78 year old father, Dennis and we managed to reach the final but were pipped 13-11 in the 5th and final game.

123 Decathlon Challenge

by Bruce Elkins

And so we came to 20.12.2012 and the final event of the decathlon with the 1500 metres swim at Fareham Leisure Centre. As this was Gemma's birthday we persuaded her and husband Sam to swim in Bristol where they live and work.

Throughout 2012 over 800 people have joined me in taking part in 10 sporting challenges based upon Olympic events to raise much needed funds for 3 fantastic local charities. Peter Harding of Questmap and Russell Smart of Rocks Organic completed all 10 challenges and Kim Lawford of Wessex Cancer Trust, Darren Cooper of Peter Cooper Group, James Hewitt and Philip Strickland both of CW Fellowes completed 9 challenges.



Many people have already donated to our efforts but Peter and I are now making a final unashamed plea to your generosity to help us reach our target amount of £100k to enable us to make a major difference to The Rainbow Centre, Rose Road Association and Wessex Cancer Trust. Money is still coming in and should be over £80k now so please ensure you collect your final sponsorship monies or donate at...

www.justgiving.com/BruceAEIkins

You can visit our website at...

www.cwfellowes.com/123

...to find out about the events we have taken part in and view a selection of photos, as well as find more information about the 3 charities that will benefit from your support.



What has been inspiring is to see people pushing their individual boundaries but also it has been rewarding to find out that a number of people have continued taking part in various sporting and charitable activities again as a result of our efforts.

There are so many people to thank for their continued support throughout the year including family, work colleagues, friends, clients and fellow professionals and business contacts. We would not be any where near our target without all your and their amazing support. My sincere thanks to each of the corporate sponsors of each event who not only sponsored our efforts but contributed in many ways and encouraged their own work colleagues to support the 123 Decathlon Challenge. After 22 consecutive years of sporting challenges I don't think 2012 will ever be matched but I'll try and think of something different for 2015 to mark 25 years if I can keep the body going until then!

My very best wishes for 2013. I won't be asking for any sponsorship but please look out for the Rose Road Corporate triathlon which I have committed to helping out with this Summer.

Bruce Elkins

P.S. By amazing coincidence 123 sports people were named in the New year honours!

Run Safe

adapted by Diana Davis

Compared to many sporting activities running it is relatively safe with few hazards. It's non-contact (apart from with the ground) and doesn't involve props such as sticks, bats or balls. But then again, there is traffic, the dark, lonely areas, challenging terrain, challenging weather and animals to beware of...

Road running and traffic

As a road runner you have to negotiate traffic at speed. Even if you're not a quick runner, keeping your wits about you so that you can stay safe on the roads is more challenging than for the average pedestrian who travels more slowly with more time to think. Here are our top tips on staying safe on the roads.

Look and listen

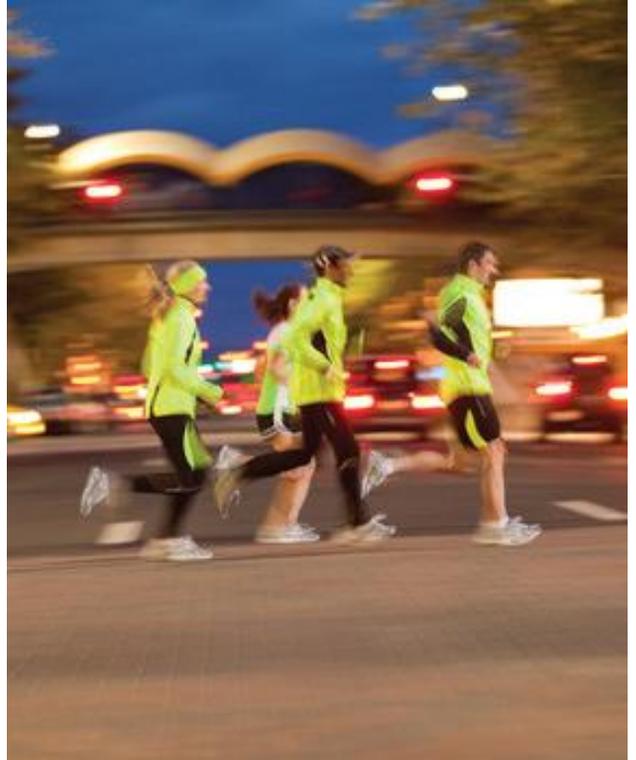
Just as you were taught your Green Cross Code (if you are old enough) as a child, you should stop, look and listen to cross the road or at least slow down to a safe speed so that you can be aware of every vehicle in your vicinity. Pay attention to sound: you can often hear a car before it comes into view and you should be extra alert for sounds such as engine acceleration or loud music coming from the car that could indicate the driver not paying attention to pedestrians or runners. See below for how to get their attention:

Let drivers know you are there

Don't forget that cars have people inside them and many of those people will work with you if you ask them to! By asking we mean for you to acknowledge them, make eye contact and smile. A simple smile and eye contact will often result in the driver waving you across and giving you the right of way. Don't forget to thank them with a wave and a smile as you run off and they will do it again for you next time!

Choose your route carefully

Pavements are definitely the way to go and the wider they are, the better. However, the temptation of running on quiet, country lanes can be a big draw and there are many good running routes in the countryside. The problem is the unlimited speed limit that can send you jumping into the nearest hedge or onto a grass verge to escape a car driven at speed around a blind bend. There is a lot of confusion to which side of the road you should run on. Many believe that you should run on the right hand side facing the oncoming traffic but that isn't a good idea if you are running around a bend and can't see the cars coming towards you (and they can't see you coming towards them)! When you come to bends like this you should cross onto the other side. Another problem with running on country lanes is visibility. If there are no street lamps, so in the winter



time when there is a lack of daylight you would be safer to go into the town and run in well-lit areas. However, if you still need to run on country lanes you should make sure you are wearing highly visible, reflective clothing and wear a head torch.

Running in a group

When you're running with friends there is a danger of being less alert than when you are alone but you are no safer from traffic. Think about the other road users and look after each other by choosing your formation carefully. There are times when single file is essential. It may mean that you can't continue your conversation but it's better to be safe than sorry!

Carry ID

If you are running on your own you should carry some form of ID so that you can be identified if anything untoward does happen to you. Many running specialists sell wrist wallets that have space for you to put your name, contact and medical details.

Running in the dark

Extra precautions are needed when running in the dark. A few essential items such as light and reflective clothing will keep you running through the darker days of winter. It's also worthwhile investing in a lights that attach to your running clothing.

More information is available on the runbritain site - <http://www.runbritain.com/training/runsafer>

Hampshire Cross Country Champs

Saturday 5th January

The annual Hampshire Cross Country Championships was held at an increasingly boggy Fleming Park. Indeed by the time all of the junior races had taken part, much of the course had been reduced to a quagmire. Many runners found themselves taking the corners a bit wider than they normally would in the search for firmer ground. However it made for a challenging event that was good for shaking off the winter cobwebs.

The event is attended by some of Hampshire's fastest runners from around the county and wider region including Guernsey (last year's competitors included Louise Damen and Lee Merrien). Subsequently the races are a great test for our members to see how we measure up against the best of the county.

In the men's race, **Nick Buis** managed a very respectable 14th while **David Pilbeam** came 2nd in the M60 category. Unfortunately, Totton finished quite a way off the podium places in the team event finishing in 10th place overall.

However, in the ladies' event, Totton managed to secure 2nd place in the veteran event, while **Virginia Collins** won the ladies' V55 category. It's also worth noting that contrary to the official results, **Lucy Buis** participated in the race in the place of Justine Jury. Unfortunately this meant she missed out on her veteran's team medal, but I think we can agree she won it in spirit.

Finally, it's also worth highlighting that **Stephen Simpson** (who now runs for Southampton AC) came 2nd in the Under 17s race. He completed the 6200m course in 00:21:00 and was only 11 seconds behind the winner.

Ladies' Race 8000m

27th	Claire Dyer	00:34:55
43rd	Lucy Buis	00:37:09
50th	Virginia Collins	00:38:39
57th	Emma Pilbeam	00:41:57
67th	Rene Pilbeam	00:51:52

Men's Race 1200m

14th	Nick Buis	00:42:08
35th	James Dean	00:45:07
53rd	Graham Bungay	00:47:05
79th	Sean Driscoll	00:50:17
112th	Richard Alderson	00:54:24
122nd	Andy Gates	00:55:47
132nd	David Pilbeam	00:58:02
137th	Dave Murray	00:59:15
145th	John Hayes	01:04:59
150th	Lindsay Davis	01:15:45
151st	John Timms	01:22:12



CC6 Race 4

Sunday 6th January

The 4th race of the CC6 season took place on a very foggy hillside above Badger Farm in Winchester. Visibility was therefore quite poor and after the race started it was difficult to make out where you were in the pack.

Regardless, Totton still managed to have a successful race. In the absence of key rivals from New Forest, the Ladies' team returned to winning ways and although the men couldn't conquer the Lordshill legions, they did at least beat Southampton to claim another 2nd place result.

In the individual competition, **Nick Buis** is closing in on his 1st CC6 title, while **Claire Dyer** has an outside chance of defending her ladies title if certain runners fail to show up in the remaining races.

Men's Race

Nick Buis	1 st
Graham Bungay	6 th
Simon Price	14 th
Steve Wallington	27 th
Richard Alderson	40 th
Andy Dyer	44 th
Andy Gates	50 th
Ian Whitcher	55 th
Darren Bagnall	65 th
Mike Mills	69 th
Neil Cameron	70 th
Ben Sims	72 nd
John Timms	94 th
Graham Clarke	95 th
Craig Taylor	96 th

Ladies' Race

Claire Dyer	2 nd
Michele Jacobs	6 th
Lucy Buis	7 th
Sophie James	9 th
Virginia Collins	13 th
Emma Pilbeam	25 th
Janet Foote	30 th
Poppy Holmes	32 nd
Priscilla Cook	43 rd
Rene Pilbeam	49 th
Tina Mills	50 th



From Left: Ian Whitcher, Priscilla Cook, John Timms & Rene Pilbeam



From Left: Poppy Holmes, Ben Sims, Tina Mills & Graham Clarke

2012/13 CC6 League

2 races to go...

Men's League

Lordshill have continued to dominate the Men's competition, with Totton left to wrestle with Southampton for 2nd place. We are currently only 1 point behind the red and white stripes!

Race Scores

Pos.	Team	1	2	3	4	5	6	Total
1.	Lordshill	1	1	2	1			5
2.	Southampton	4	3	1	3			11
3.	Totton	5	2	3	2			12
4.	Eastleigh	2	5	4	5			16
5.	Hardley	3	6	6	4			19
6.	Romsey	10	4	8	8			30
6.	Winchester	7	8	9	6			30
8.	New Forest	9	9	5	10			33
9.	Halterworth	6	10	7	11			34
10.	Lymington	11	7	10	7			35

Ladies' League

Oh dear! It was going so well for New Forest, but all their best runners seemed to be elsewhere for Race 4. Totton subsequently helped themselves to 1st position in the race *and* the league!

Race Scores

Pos.	Team	1	2	3	4	5	6	Total
1.	Totton	3	3	2	1			9
2.	New Forest	2	2	1	8			13
3.	Lordshill	4	5	3	2			14
4.	Romsey	10	1	6	4			21
5.	Eastleigh	1	6	9	7			23
6.	Hardley	6	10	5	3			24
7.	Lymington	12	4	7	5			28
8.	Winchester	8	11	4	6			29
9.	Halterworth	5	8	8	11			32
10.	Running Sisters	7	9	10	9			35

In the Mixed Team competition, Totton are only 2 points behind Lordshill and may close the gap further with we can discard some poor results after the last two races.

The next race is at Denny Wood (10th February @ 09:30) and is hosted by Totton. You should have received an email to confirm whether you are marshalling or have been selected to take part in the race. If you haven't yet volunteered to marshal, please feel free to come along on the day to help out. The final race at Fleming Park is open to all.

Club Champs 2012/13

The Club Championships this year have been designed to recognise both overall running excellence *and* participation in the local leagues without being overly restrictive about which races you need to enter. While we want to encourage members to represent Totton in competitions like the CC6s and RR10s, we also want to recognise your individual running endeavours.

How it works

On the following pages, you will find tables for the current Ladies' and the Men's competitions. These show the club rankings across 7 events between 01/09/2012 and 31/08/2013. These will be updated monthly and either published via the newsletter or on the website.

The first five events are distance based. The distances chosen are **5 miles, 10K, 10 miles, Half Marathon** and **Marathon**. To rank in these events, you simply have to race in *any running event of that distance* and achieve one of the top 20 fastest times for this season. Note that chip times are used where ever possible. The running sections of multi-discipline events such as triathlons can be used provided they are the correct distance and a separate time is provided.

The other two events are the **CC6s** and **RR10s**. The rankings in these events are based on the final individual tables for these two running leagues. It is therefore possible to achieve a ranking without participating in the minimum number of races usually required (although the more races you do, the higher up you will finish!). As with the distance based events, only the top 20 positions will achieve a final ranking.

Individual Scores

Each club member starts with a score of 20 in each event. You will see from the tables that lower scores are awarded to runners who have achieved a ranking in one or more of the events. If you don't have a score in any given event, then your default score of 20 is used instead. Your overall score is the total of your five lowest event scores. Therefore everyone effectively starts with **100** and tries to get as close to **0** as possible.

Example: Tony Lees currently has the following scores;

5 Miles	7
10K	6
10 Miles	7
Half Marathon	4
Marathon	20
CC6s	6
RR10s	20

He can discard his scores from the Marathon and RR10 events for a total score of 30.

Hopefully, that isn't too complicated, but Richard Alderson will be happy to answer any questions that people may have.

Important - We will endeavour to note results achieved in all local races as well as larger events such as the London Marathon, Reading Half etc. However, if you happen to take record an eligible time in some obscure race in the Outer Hebrides, please let Richard Alderson know so he can include it in the tables.

Club Champs 2012/13 - Ladies

Score	5 Miles	10K	10 Miles	Half	Marathon	CC6s	RR10s
0	Virginia Collins 00:35:12 Victory	Helen Wallington 00:38:59 Stubbington	Claire Dyer 01:12:45 Lordshill*	Helen Wallington 01:25:55 Solent	Virginia Collins 03:50:46 New Forest	Claire Dyer 16 points 4 races	
1	Michele Jacobs 00:35:22 Victory	Claire Dyer 00:41:37 Stubbington	Lucy Buis 01:13:18 Lordshill*	Sophie James 01:38:03 Salisbury		Lucy Buis 35 points 4 races	
2	Kylie Nugus 00:39:12 Victory	Sophie James 00:43:39 Stubbington	Virginia Collins 01:15:45 Ryde	Michele Jacobs 01:39:39 Gosport		Virginia Collins 61 points 4 races	
3	Penny Watson 00:39:30 Victory	Michele Jacobs 00:43:47 Stubbington	Michele Jacobs 01:16:00 Lordshill*	Virginia Collins 01:41:48 Gosport		Poppy Holmes 123 points 4 races	
4	Stephanie Rickson 00:42:25 Hoburne	Virginia Collins 00:45:17 Stubbington	Louise Gould 01:19:06 Lordshill*	Poppy Holmes 01:52:29 Downton		Emma Pilbeam 82 points 3 races	
5	Sonia Cluitt 00:42:51 Overton	Emma Pilbeam 00:49:22 Stubbington	Poppy Holmes 01:22:58 Lordshill*	Marlene Letheren 02:08:46 Solent		Tina Mills 159 points 3 races	
6	Tina Mills 00:48:04 Victory	Janet Foote 00:53:03 Stubbington	Beth Frampton 01:25:59 Great South	Claire Oliver 02:20:09 Solent		Sophie James 20 points 2 races	
7	Sylvia Timms 00:48:22 Victory	Marlene Letheren 00:55:07 Stubbington	Marlene Letheren 01:36:10 Lordshill*	Miranda Eason 02:23:46 Gosport		Kylie Nugus 35 points 2 races	
8		Priscilla Cook 00:55:53 Stubbington	Caroline Wilton 01:41:32 Great South			Janet Foote 59 points 2 races	
9		Jane Kitchen 00:55:56 Stubbington	Claire Oliver 01:44:58 Lordshill*			Michele Jacobs 6 points 1 race	
10		Angela Simpson 00:56:14 Stubbington	Debbie Gale 01:44:58 Lordshill*			Frances Stewart 36 points 1 race	
11		Shelby Vincent 00:59:50 Somerley	Shelley Moodie 01:45:45 Great South			Paola Russell 40 points 1 race	
12		Marie Kirk 00:59:52 Somerley	Tina Mills 01:46:05 Great South			Priscilla Cook 43 points 1 race	
13			Miranda Eason 01:46:47 Great South			Kate Rowan 43 points 1 race	
14			Carolyn Lewis 01:49:07 Great South			Deborah Garrett 46 points 1 race	
15			Sue Tizard 02:15:46 Great South			Kelly Brook 47 points 1 race	
16						Rene Pilbeam 49 points 1 race	
17							
18							
19							

The above table shows the Top 20 club performances across 7 events recorded between 01/09/2012 - 31/08/2013

CC6/RR10 performances are based on the final individual league placings for those events.

*The Lordshill 10 course had to be altered due to bad weather and was subsequently measured at 9.9 miles. Times for this race have been adjusted to 10 miles based on average pace.

Club Champs 2012/13 - Men

Score	5 Miles	10K	10 Miles	Half	Marathon	CC6s	RR10s
0	Nick Buis 00:26:37 Victory	Nick Buis 00:32:58 Stubbington	Nick Buis 00:56:25 Lordshill*	Nick Buis 01:14:04 Solent	James Dean 02:52:16 Dublin	Darren Bagnall 225 points 4 races	
1	James Dean 00:28:33 Victory	Graham Bungay 00:37:21 Chichester	James Dean 00:58:47 Lordshill*	James Dean 01:19:33 Solent		Nick Buis 3 points 3 races	
2	Graham Bungay 00:30:50 Overton	Sean Driscoll 00:39:16 Stubbington	Graham Bungay 01:02:22 Lordshill*	Graham Bungay 01:23:30 Gosport		Graham Bungay 18 points 3 races	
3	Rich Alderson 00:31:35 Victory	Rich Alderson 00:40:03 Stubbington	Brian Frampton 01:06:54 Lordshill*	Brian Frampton 01:26:34 Gosport		Steve Wallington 66 points 3 races	
4	Eamonn Rivers 00:31:53 Victory	Tim Stewart 00:41:22 Stubbington	Rich Alderson 01:07:52 Ryde	Tony Lees 01:33:07 Gosport		Rich Alderson 106 points 3 races	
5	Tim Stewart 00:32:12 Victory	Andy Gates 00:42:57 Stubbington	Tim Stewart 01:08:06 Ryde	James Archer 01:36:07 Gosport		Andy Gates 128 points 3 races	
6	Steve Wallington 00:32:40 Romsey	Tony Lees 00:43:12 Stubbington	Chris Barnes 01:10:55 Lordshill*	Paul Hallett 01:37:31 Gosport		Tony Lees 135 points 3 races	
7	Tony Lees 00:33:35 Romsey	James Archer 00:43:53 Stubbington	Tony Lees 01:11:07 Lordshill*	Justin Noons 01:40:24 New Forest		Mike Mills 201 points 3 races	
8	Paul Hallett 00:33:48 Victory	Emmett McCarthy 00:44:05 Stubbington	James Archer 01:12:29 Lordshill*	Luke Bates 01:41:57 Great North		Neil Cameron 204 points 3 races	
9	Emmett McCarthy 00:34:28 Overton	Neil Cameron 00:46:41 Stubbington	Dave Murray 01:13:33 Lordshill*	Emmett McCarthy 01:43:46 Gosport		John Timms 258 points 3 races	
10	James Archer 00:35:10 Overton	Darren Bagnall 00:46:43 Stubbington	Andy Hayter 01:13:34 Great South	Darren Bagnall 01:45:50 Gosport		Simon Price 24 points 2 races	
11	Mike Elmes 00:35:15 Overton	Keith Roff 00:49:08 Stubbington	Darren Slater 01:13:35 Great South	Pete Harris 01:50:23 Gosport		Justin Rangecroft 82 points 2 races	
12	Neil Cameron 00:38:09 Victory	Ben Sims 00:49:22 Stubbington	Paul Hallett 01:14:04 Lordshill*	Matt Watson 01:56:39 Bath Hilly Half		Miles Barber 147 points 2 races	
13	Darren Bagnall 00:38:30 Overton	Spencer Hufton 00:50:50 Stubbington	Justin Noons 01:17:14 Great South	William Burt 01:58:57 Great North		Mark Hayes 27 points 1 race	
14	Mike Mills 00:38:52 Victory	Brian Harvey 00:55:00 Stubbington	Si Crago 01:18:22 Great South	Steve Foster 02:23:44 Gosport		Andy Dyer 44 points 1 race	
15	John Timms 00:45:17 Victory		Pete Harris 01:20:45 Lordshill*			Ian Whitcher 55 points 1 race	
16			Mike Mills 01:22:35 Great South			Pete Mills 56 points 1 race	
17			Keith Roff 01:23:07 Lordshill*			Emmett McCarthy 64 points 1 race	
18			Ben Sims 01:25:14 Great South			John Hayes 68 points 1 race	
19			Brian Harvey 01:30:57 Lordshill*			Sean Driscoll 70 points 1 race	

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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

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

President	Brian Harvey	023 8029 3112	
Chairman	Simon Mason +2, +F	07515 159533	simonmason@gmx.co.uk
& Website ^(c)			
Vice Chairman ^(c)	Sean Driscoll +3	023 8066 3349	margaret.driscoll@btopenworld.com
Secretary ^(c)	Sue Tizard +2, +F, +L	07941 146201	tottonrcnews@aol.com
Treasurer ^(c)	Dave Murray		felixbadger@aol.com
Race Co-ordinator ^(c)	Kylie Nugus +2	023 8066 1684	m.nugus@sky.com
Training Coordinator ^(c)	Diana Davis +L		dianajdavis@hotmail.co.uk
Event Coordinator ^(c)	Angela Soffe +1	023 8042 8755	angela.soffe@pentagon-ltd.co.uk
Welfare Officer ^(c)	Marlene Letheren +2, +F		mhlechteren@hotmail.co.uk
Team Coordinator ^(c)	Virginia Collins		
Social Events ^(c)	Caroline Wilton +L		Caroline.wilton@btinternet.com
Membership Secretary	Jez Weaving		
Coach	John Mursell +2		
Coach	Andy Gates +2, +F	07795 167552	Andygates05@yahoo.co.uk
Coach	Martin Nugus +1		
Coach	Rene Pilbeam +1		
Coach	Kate Sneddon +1, +L		
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