

Totton Runner

March/April 2012 (No. 42)



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Photo c/o Paul Hammond

Claire Dyer on her way to a new PB during the Eastleigh 10K

Editorial

Hi folks

So... what have I missed? I've been somewhat absent from both training and racing over the last month. The main reason being the arrival of our baby daughter Bryony, who was born on Monday 18th March at 09:52 (weighing 7lbs and 5ozs for those who need to know these things). So it's back to sleepless nights for the foreseeable future and a somewhat curtailed training programme!



Anyway – onto this month's newsletter. Many thanks to Rene Pilbeam and Beth Frampton for their great contributions. Beth was sort of ambushed into doing "Spotlight" this month, but I think you'll agree that she rose to the challenge ☺ Meanwhile, if you need a break from running, Rene has an interesting (and more sedate) alternative.

Hope to see you all at a race soon!

Rich

Paul Hammond's Race Photos

Over the last couple of years, Paul Hammond has become a familiar sight at local events such as the CC6s, RR10s, parkruns etc. Armed with a snazzy camera, he takes photos of nearly every single runner taking part in the race and then downloads them to his flicker site for people to enjoy

He does this completely free of charge and the photos are at least the equal (if not better!) than those taken by professional race photographers. I do of course raid his collections on a fairly regular basis for the newsletter, so you should be very familiar with his work!

This short snippet is partly to say thank you to Paul for providing us with such excellent visual material for the newsletter and race reports, but also to draw attention to his Just Giving page in aid of Vasculitis UK.



If you enjoy his pics as much as I do, please consider making a donation via the link below...

<http://www.justgiving.com/photosfromhammy>

2012/13 CC6 League

Final Results

The last CC6 race of the season took place on Sunday 3rd March with some aspects of the competition already decided. Lordshill were sure of the Men's and Mixed Team trophy and **Totton's Nick Buis had claimed his first CC6 men's title**. However, there were still one or two matters to be settled. Totton ladies had only a slim lead over New Forest and Lordshill while Claire Dyer (right) had an outside chance at defending her ladies title.

The ladies' race was hard fought as, true to character, Claire stubbornly tracked her Lordshill rival, Laure Van Den Broeck every step of the way. The Lordshiller eventually crossed the line first, but Claire ran her extremely close. Fortunately her efforts did not go entirely unrewarded, as Sophie James and Lucy Buis followed in close support to ensure 2nd position in the team race. With Lordshill in 3rd and New Forest failing to field a team, this meant that **Totton had won the ladies title' for the second year running!**

So, many congratulations to the ladies once again. Alongside, Claire, Sophie and Lucy, Virginia Collins and Michele Jacobs should take a bow for their contributions to the team victory.

It's also worthwhile highlighting the efforts of Simon Price, who has leapt up the rankings this season and achieved an A Team position in all four of his races. Well done Simon!



Photo c/o Paul Hammond

Ladies' League

Pos.	Team	Race Scores						Total
		1	2	3	4	5	6	
1.	Totton	3	3	2	1	3	2	11
2.	New Forest	2	2	1	8	1	9	14
=	Lordshill	4	5	3	2	2	3	14
4.	Romsey	10	1	6	4	7	4	22
5.	Eastleigh	1	6	9	7	8	5	27
=	Hardley	6	10	5	3	6	7	27

Men's League

Pos.	Team	Race Scores						Total
		1	2	3	4	5	6	
1.	Lordshill	1	1	2	1	1	1	5
2.	Southampton	4	3	1	3	2	5	13
3.	Totton	5	2	3	2	5	2	14
4.	Hardley	3	6	6	4	4	4	21
5.	Eastleigh	2	5	4	5	9	6	22

Spotlight On... *Beth Frampton*

Tell us a bit about your running history

My first experience of running was taking part in the Totton 10k fun run every year since a young age. Then I started going out with my dad for 1 mile jogs at the weekend. I then started secondary school & met Brian Harvey who was in charge of the after school running club & my passion for running & competing started there.

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

I joined the club in May 2009. One of the main reasons was because I had finished college & was looking to take up running again competitively now that I had more time. I didn't really like the thought of running alone on the streets. It was also a nice hobby for me & dad to share.

How often do you train and what sort of sessions do you do outside the club?

Since moving out of Totton last year I haven't been able to get out with the club due to work commitments but this summer I hope to attend some Bolton's Bench & forest runs.

In my spare time I enjoy going to the gym, circuit training, personal training sessions & road running near the beach. It's so relaxing!

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

Pace yourself!

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

I love to train along the cliff tops. It's lovely looking over the sea towards the Isle of Wight on a nice clear day.

How was your first marathon at Brighton this year?

I absolutely loved it! At mile 19 I thought the pain in my hips & knees would get too much to carry on running, but I pushed through the pain not stopping once!

(Note - see next page for Beth's times and splits)



Slightly scorched after her brilliant Brighton run

You ran in aid of Help for Heroes... what was your reason behind that?

I think they are a fantastic charity & raise so much money to help those wonderful men & women...our 'Heroes'.

The charity is personal to me as I ran in memory of my friend Kinikki who was in the RAF in 2010. When training got tough I just thought of him & how he'd think I was mental & it got me through! He was with me every step of the way.

A big thank you to all at TRC that sponsored me! I raised £1,200 in the end!

So how do you top that? Any more goals for 2013?

I am getting married this September so I don't have time for any more marathons but I intend to do a lot of 10ks & half marathons. I want to up my game in shorter races as I feel I have a lot more in me that I don't always use until near the end of the race. I'm hoping this year there will be many PBs!

Spotlight On... *Beth Frampton*

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

No. I find bad experiences make you push harder the next time!

Do you have any other passionate interests?

I am passionate about Musical Theatre, being in it & watching it. I am a member of Highcliffe Charity Players & I am in their next show, a summer review called "Here We Go Again". Rehearsals are going well, the show is going to be a real laugh!

What keeps you out of trouble Monday to Friday?

Working full time as a receptionist.

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

My dad! He inspired me to run. Every time he came home from The London Marathon I told myself "One day I'm going to do that just like my dad!" and now I've finally run my first marathon. Here's to many more!



Runner	Charity	Club
Beth Frampton (6908) ^		Totton Running Club
Started: 09:12	Chip time: 04:54:15	Splits
Finished: 14:06	Gun time: 05:06:41	10km: 01:06:05 10:38/mile
	Position (overall): 6819 out of 9157	half way: 01:18:08 11:19/mile
	Position (women): 1936 out of 3205	30km: 01:02:08 11:13/mile
	Pace: 11:13 min/mile	finish: 01:27:52 11:35/mile

HRRL in Brief...

Following a great race at Eastleigh 10K where the ladies A team placed 2nd, Totton have now won the ladies A Division 2 and will be promoted to A Division 1 next season!

This is a fantastic achievement and represents Totton's best ever result in the Hampshire Road Race League. Many congratulations to all those who ran in these races this year. Hopefully, we can continue the success in Division 1. A full review will be published in the next newsletter.

Meanwhile, the men look set to improve on last year's 4th place and still have an outside chance of promotion themselves (albeit with a very favourable set of results).

Much will depend on the final two races at Alton 10M and Netley 10K. At time of writing, it's too late to enter Alton, but do come along to Netley on 19th May (entries available on the day) for a great season finale.

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

Braishfield Beer Race Preview

Sunday 2nd June

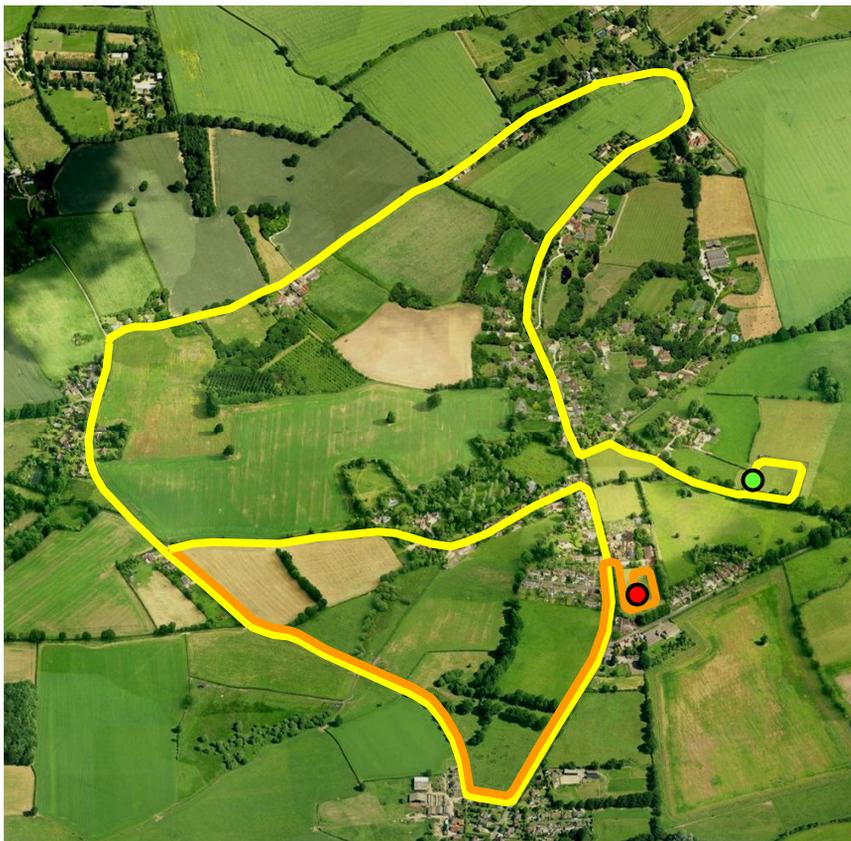
Every so often, it's worthwhile highlighting a small local running event outside of the usual race leagues and competitions. The Braishfield Beer Race is just such an event. Taking place in the quiet rural village of Braishfield just outside Romsey, it's a relatively sedate five mile course with a friendly atmosphere. You'll no doubt see all your usual rivals from the other clubs, but with nothing much at stake, you can concentrate on running your own race. It's also a great opportunity to register a five mile time for the 2012/13 Club Champs.

The race is organised by Romsey Road Runners and further details can be obtained from their website. As it's so close to Totton, let's try and get as many blue vests there as possible to spur each other on.

In 2012, 11 Totton runners took part with Steve Wallington our first man home in a time of 00:33:35, while Claire Dyer was the first Totton lady in 00:34:41.



Now those who've never run the race before are probably wondering how beer is involved. Not to shatter any illusions, but unfortunately participants don't run the course wearing beer hats and neither is beer distributed to runners every few miles in place of water. Instead, beer is used as an incentive to finish the race, for everyone who crosses the line is dispatched to a nearby beer tent for some welcome refreshment. Soft drinks are available for those wishing to abstain and for those needing further encouragement there is also cake.



Date: Sunday 2nd June

Where: Braishfield, Romsey

Travel Distance: 10 miles (or 15 mins) from Totton

Race Start: 10:30

Entry Fee: £8 (or £10 for entries on the day)

Route: 1 lap of a 5 mile undulating course

Chip Timing: No

Traffic Free: No

Water Beer Stations: At the finish!

Highest Point: 253ft

Lowest Point: 157ft

www.romseyroadrunners.co.uk/

Southern Counties X Country Champs

Saturday 16th February



In the past we have had a coach load of Totton runners going to the Southern's. This year was at Parliament Hill on Hampstead Heath, a course that David and I know very well and they hadn't changed it at all. David, Rene, Emma and Andy travelled up to London on Friday evening, luckily having the use of my nieces house on the South Bank for two nights.

We travelled by underground from Waterloo to Hampstead and had a short pleasant walk to the Heath. What a glorious day it was, more like April than February! The youngsters were already racing round when we crossed the running paths and we could see by their very muddy bodies (not just legs) just how muddy the course was going to be.

Emma and I went off at 2.05pm to do our 5 miles. The bonus being that we ran in the Senior Woman group only, unlike the normal HXC when we are put with the under 20's upwards! I was hoping that I wasn't going to trail last with such a large crowd of spectators and day trippers alike, using this great park space. Well mud there was!, by the lorry load and a lot of it was just like slurry! We had one medium loop and one large one. Emma went well ahead of me still finding it tough, but I never saw her again after the gun went off! I had two people behind at the first big hill and I dug in deep (literally) to keep from being last. It took me 4 miles before I felt that I was actually running. We were in a dry wood bit by then but it still had a nasty short sharp hill with plenty of mud in the

dip to start! Emma did a grand 45 mins coming 188th and I followed at 55.52 251st out of 256!

But after we had gone for something warm to put on, food in our pockets and back out to run around to support David and Andy, we did see one lady still coming into the finish! The weather was still glorious when Emma finished just in time to see the Men's Senior race start off up the hill. We had a great time running around the course (didn't bother to change our shoes) to shout at the men at every place available.

It was not long before the men were so spread out you could see them on every part of the course. They had to do 3 large laps making 9 miles in all. How tough was that! Some men were covered in mud from head to foot! It was a tough course with the mud making it harder, but still an 'enjoyable at the end' race. Andy did 1.19.36 453rd and David was close behind at 1.21.44 470th out of 541. Great effort by both of them. The first man did it in 48 mins!!!

We used lockers and the shower rooms to get cleaned up before having hot chocolate and food and then walked back to the underground, still in the sunshine! Only sad thing was that there was not more of the club there like the good old days! Maybe next year, but who knows where the race will be next time?

Keep Running!

Rene Pilbeam

RR10 Race 1

Wednesday 24th April

The first race of the season saw some great individual performances in the face of one of the largest ever RR10 turnouts.

Nick Buis couldn't have begun his defence of the men's title in better style with overall victory in the men's race. Meanwhile, Sophie James made a fantastic RR10 debut by finishing in 6th and was only a whisker away from 4th.

The ladies team also produced a top 3 finish and if they continue to deliver consistent results, there's no reason why they shouldn't challenge for this year's title.

The men's team (who are defending champions), placed 6th overall, helped by an impressive debut run from Tim Stewart.

The next race is at Stoney Cross (Wednesday 8th May @ 07:15) and is hosted by Totton. Unlike the CC6s, we don't run in our own race and therefore you get to marshal instead. You should have received an email with details of how to get involved, but if not please get in touch with Kylie via m.nugus@sky.com

Men's Race

- 1st Nick Buis
- 7th James Dean
- 17th Graham Bungay
- 42nd Simon Price
- 51st Tim Stewart
- 52nd Neil Vincent
- 58th Steve Wallington
- 60th Sean Driscoll
- 72nd Eamonn Rivers
- 80th Andy Gates
- 103rd Tony Lees
- 111th James Archer
- 121st Paul Hallett
- 123rd Andy Hayter
- 131st Dave Murray
- 140th Martin Nugus
- 147th David Pilbeam
- 174th Miles Barber
- 179th Richard Alderson
- 189th John Hayes
- 194th Simon Mason
- 201st Mark Whitlock
- 202nd Craig Taylor
- 222nd Lindsay Davis
- 229th Graham Clarke

Ladies Race

- 6th Sophie James
- 8th Lucy Buis
- 13th Michele Jacobs
- 38th Virginia Collins
- 39th Emma Pilbeam
- 50th Shelby Vincent
- 58th Mary Collett
- 60th Sarah Lewis
- 62nd Poppy Holmes
- 68th Janet Foote
- 72nd Priscilla Cook
- 79th Angela Simpson
- 80th Diana Davis
- 114th Rene Pilbeam
- 126th Kelly Brook
- 128th Anita Clarke
- 129th Debbie Garrett
- 150th Alison Kaines
- 151st Toni Dickinson
- 156th Maria Harrison



James Dean achieves a top 10 position



Sophie James leads the ladies to a top 3 finish



Martin Nugus runs race. Nessie just out of shot.



Kelly Brook enjoys her RR10 debut run



Lucy Buis takes a break from Iron Man training



Tim Stewart anchors the Men's A Team



Rene Pilbeam tackles the beach section



Paul Hallett charges to the finish

British Walking Federation

David and I along with Emma and Andy belong to the British Walkers Federation (BWF) which was set up to promote non competitive walking for anyone. There are permanent trails around the country that you can find on their web site, that can be down loaded and walked whenever it suits you.

The walks range from 5 - 12 miles or so and can be done on your own or with family and friends at a time to please all. You follow a printed directional sheet that gives parking and start details, directions for the whole walk and some questions to find the answers to on your way round. This is to make it even more interesting and if you send your walk cards off to be stamped, then proof that you have done the walk.

We four have done quite a few walks around the country and whenever we go away any where, look for the local permanent trail and print it off before we go. To get your cards stamped and collect the accumulated mileage, it costs £1 plus the price of a s.a.e. for return. There is also a lovely selection of woven badges to collect (see below).



There was not a walk for Southampton, so in 2011 David and I devised one and it was accepted by the BWF to be used for the 2012 Jubilee year. It proved popular and has now been kept permanently and now has a badge to go with the walk. David and I were both born in Southampton and have never thought it the best place to spend the day, but after devising our walk around the old parts, through the parks and down by Ocean village, we found that the Southampton City Council has done a great deal to improve our City and we are quite proud of our walk.



We have had couples from as far afield as Germany and America come and do the walk and have good reports from people from Cornwall to Northampton as well. It would be a good walk for you and your family. Perhaps you would see parts of our City that are new to you. The parks in Summer are particularly pretty and the route is very walkable in wet weather as it is all on pavements. Lots of places to stop for a coffee etc, lunch or even a picnic in the park.

So if you feel guilty about always being out running, why not suggest taking the family out for a walk that doesn't involve driving too far and maybe you too will get hooked on Permanent Trails. All the ones we have done have taken us to parts of Cities and towns that you just wouldn't find on your own and it's fun seeing the kilometres add up on your card and the kids will enjoy collecting the badges whilst getting fit!

So if that has enticed you to have a go, look up British Walking Federation website and go to permanent trails for the South. Click on Southampton, print off the sheet and have a go. Before long, I bet you will be walking the Romsey, Winchester and Salisbury trails. I look forward to receiving your entries. You won't even have to post them to us for ours, just give it to us at running and save the sae! Hope you have a go and like our walk.

Rene Pilbeam

<http://www.bwf-ivv.org.uk/>

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: Sophie James currently has the following scores;

5 Miles	20 (no ranking)
10K	3
10 Miles	1
Half Marathon	1
Marathon	20 (no ranking)
CC6s	2
RR10s	0

She can discard her scores from the 5 mile and Marathon events for a total score of 7

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 <i>Victory</i>	Helen Wallington 00:38:59 <i>Stubbington</i>	Lucy Buis 01:10:43 <i>Salisbury</i>	Helen Wallington 01:25:55 <i>Solent</i>	Virginia Collins 03:44:56 <i>London</i>	Claire Dyer 13 points 4 races	Sophie James 6 points 1 race
1	Michele Jacobs 00:35:22 <i>Victory</i>	Claire Dyer 00:41:12 <i>Eastleigh</i>	Sophie James 01:11:04 <i>Salisbury</i>	Sophie James 01:38:03 <i>Salisbury</i>	Angela Simpson 04:35:08 <i>London</i>	Lucy Buis 32 points 4 races	Lucy Buis 8 points 1 race
2	Kylie Nugus 00:39:12 <i>Victory</i>	Michele Jacobs 00:42:57 <i>Eastleigh</i>	Claire Dyer 01:12:45 <i>Lordshill*</i>	Michele Jacobs 01:39:39 <i>Gosport</i>	Beth Frampton 04:54:15 <i>Brighton</i>	Sophie James 37 points 4 races	Michele Jacobs 13 points 1 race
3	Penny Watson 00:39:30 <i>Victory</i>	Sophie James 00:43:39 <i>Stubbington</i>	Michele Jacobs 01:13:13 <i>Salisbury</i>	Virginia Collins 01:41:48 <i>Gosport</i>	Jane Kitchen 04:55:34 <i>London</i>	Virginia Collins 59 points 4 races	Virginia Collins 38 points 1 race
4	Stephanie Rickson 00:42:25 <i>Hoburne</i>	Virginia Collins 00:45:17 <i>Stubbington</i>	Virginia Collins 01:15:39 <i>Salisbury</i>	Poppy Holmes 01:52:29 <i>Downton</i>	Miranda Eason 05:33:37 <i>London</i>	Emma Pilbeam 109 points 4 races	Emma Pilbeam 39 points 1 race
5	Sonia Cluitt 00:42:51 <i>Overton</i>	Emma Pilbeam 00:49:22 <i>Stubbington</i>	Louise Gould 01:19:06 <i>Lordshill*</i>	Beth Frampton 01:52:55 <i>Portsmouth Coast</i>		Poppy Holmes 123 points 4 races	Shelby Vincent 50 points 1 race
6	Tina Mills 00:48:04 <i>Victory</i>	Angela Simpson 00:51:30 <i>Eastleigh</i>	Poppy Holmes 01:22:58 <i>Lordshill*</i>	Gillian Franyeley 02:04:25 <i>John Austin</i>		Tina Mills 210 points 4 races	Mary Collett 58 points 1 race
7	Sylvia Timms 00:48:22 <i>Victory</i>	Janet Foote 00:53:03 <i>Stubbington</i>	Beth Frampton 01:25:59 <i>Great South</i>	Angela Simpson 02:05:35 <i>John Austin</i>		Michele Jacobs 18 points 2 races	Sarah Lewis 60 points 1 race
8		Marlene Letheren 00:55:07 <i>Stubbington</i>	Marlene Letheren 01:36:10 <i>Lordshill*</i>	Marlene Letheren 02:08:46 <i>Solent</i>		Kylie Nugus 35 points 2 races	Poppy Holmes 62 points 1 race
9		Priscilla Cook 00:55:53 <i>Stubbington</i>	Caroline Wilton 01:41:32 <i>Great South</i>	Claire Oliver 02:20:09 <i>Solent</i>		Janet Foote 59 points 2 races	Janet Foote 68 points 1 race
10		Jane Kitchen 00:55:56 <i>Stubbington</i>	Claire Oliver 01:44:58 <i>Lordshill*</i>	Miranda Eason 02:23:46 <i>Gosport</i>		Priscilla Cook 83 points 2 races	Priscilla Cook 70 points 1 race
11		Emily Dineen 00:57:18 <i>Hursley</i>	Debbie Gale 01:44:58 <i>Lordshill*</i>			Rene Pilbeam 96 points 2 races	Angela Simpson 79 points 1 race
12		Tina Mills 00:58:31 <i>Eastleigh</i>	Shelley Moodie 01:45:45 <i>Great South</i>			Frances Stewart 36 points 1 race	Diana Davis 80 points 1 race
13		Shelby Vincent 00:59:50 <i>Somerley</i>	Tina Mills 01:46:05 <i>Great South</i>			Paola Russell 40 points 1 race	Rene Pilbeam 114 points 1 race
14		Marie Kirk 00:59:52 <i>Somerley</i>	Miranda Eason 01:46:47 <i>Great South</i>			Kate Rowan 43 points 1 race	Kelly Brook 126 points 1 race
15		Alison Kaines 01:03:41 <i>Exbury Gardens</i>	Carolyn Lewis 01:49:07 <i>Great South</i>			Deborah Garrett 46 points 1 race	Anita Clarke 128 points 1 race
16		Sylvia Timms 01:06:30 <i>Eastleigh</i>	Sue Tizard 02:15:46 <i>Great South</i>			Kelly Brook 47 points 1 race	Deborah Garrett 129 points 1 race
17		A. Vanderplank 01:07:50 <i>Exbury Gardens</i>					Alison Kaines 140 points 1 race
18		Sarah Fisher 01:07:57 <i>Exbury Gardens</i>					Kate Rowan 151 points 1 race
19		Carol Bega 01:15:26 <i>Exbury Gardens</i>					Toni Dickson 152 points 1 race

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 00:32:02 Eastleigh	Nick Buis 00:53:45 Salisbury	Nick Buis 01:14:04 Solent	James Dean 02:52:16 Dublin	Nick Buis 4 points 4 races	Nick Buis 1 point 1 race
1	James Dean 00:28:33 Victory	Graham Bungay 00:36:35 Exbury Gardens	James Dean 00:56:09 Salisbury	James Dean 01:19:33 Solent	Andy Hayter 03:39:48 London	Graham Bungay 29 points 4 races	James Dean 7 points 1 race
2	Graham Bungay 00:30:50 Overton	Tim Stewart 00:39:03 Eastleigh	Graham Bungay 01:00:44 Salisbury	Graham Bungay 01:23:30 Gosport	Justin Rangecroft 03:46:47 London	Simon Price 54 points 4 races	Graham Bungay 17 points 1 race
3	Rich Alderson 00:31:35 Victory	Sean Driscoll 00:39:16 Stubbington	Tim Stewart 01:05:36 Salisbury	Brian Frampton 01:26:34 Gosport	Steve Foster 05:33:36 London	Steve Wallington 91 points 4 races	Simon Price 42 points 1 race
4	Eamonn Rivers 00:31:53 Victory	Rich Alderson 00:40:01 Stubbington	Brian Frampton 01:06:54 Lordshill*	Tony Lees 01:33:07 Gosport		Rich Alderson 105 points 4 races	Tim Stewart 51 points 1 race
5	Tim Stewart 00:32:12 Victory	Paul Edmonds 00:40:56 Winchester	Rich Alderson 01:07:52 Ryde	James Archer 01:36:07 Gosport		Andy Gates 158 points 4 races	Neil Vincent 52 points 1 race
6	Steve Wallington 00:32:40 Romsey	Paul Hallett 00:42:19 Eastleigh	Chris Barnes 01:10:55 Lordshill*	Paul Hallett 01:37:31 Gosport		Tony Lees 195 points 4 races	Steve Wallington 58 points 1 race
7	Tony Lees 00:33:35 Romsey	Andy Gates 00:42:57 Stubbington	Tony Lees 01:11:07 Lordshill*	Justin Noons 01:40:24 New Forest		Darren Bagnall 225 points 4 races	Sean Driscoll 60 points 1 race
8	Paul Hallett 00:33:48 Victory	Tony Lees 00:43:12 Stubbington	James Archer 01:12:29 Lordshill*	Luke Bates 01:41:57 Great North		Mike Mills 263 points 4 races	Eamonn Rivers 72 points 1 race
9	Emmett McCarthy 00:34:28 Overton	James Archer 00:43:53 Stubbington	Dave Murray 01:13:33 Lordshill*	Andy Hayter 01:42:43 Heartbreaker		Neil Cameron 265 points 4 races	Andy Gates 80 points 1 race
10	James Archer 00:35:10 Overton	Emmett McCarthy 00:44:05 Stubbington	Andy Hayter 01:13:34 Great South	Emmett McCarthy 01:43:46 Gosport		John Timms 342 points 4 races	Tony Lees 103 points 1 race
11	Mike Elmes 00:35:15 Overton	Ian Whitcher 00:45:12 Eastleigh	Darren Slater 01:13:35 Great South	Darren Bagnall 01:45:50 Gosport		Justin Rangecroft 82 points 2 races	James Archer 111 points 1 race
12	Neil Cameron 00:38:09 Victory	James Dunlop 00:46:32 Eastleigh	Paul Hallett 01:14:04 Lordshill*	Pete Harris 01:50:23 Gosport		Miles Barber 147 points 2 races	Paul Hallett 121 points 1 race
13	Darren Bagnall 00:38:30 Overton	Neil Cameron 00:46:41 Stubbington	Jez Weaving 01:16:51 Salisbury	Matt Watson 01:56:39 Bath Hilly Half		James Dean 6 points 1 race	Andy Hayter 123 points 1 race
14	Mike Mills 00:38:52 Victory	Darren Bagnall 00:46:43 Stubbington	Justin Noons 01:17:14 Great South	William Burt 01:58:57 Great North		Mark Hayes 27 points 1 race	Dave Murray 131 points 1 race
15	Neil Griffiths 00:43:20 Hurstbourne	Ben Sims 00:46:52 Eastleigh	Si Crago 01:18:22 Great South	Steve Foster 02:23:44 Gosport		Andy Dyer 44 points 1 race	Martin Nugus 140 points 1 race
16	John Timms 00:45:17 Victory	Pete Harris 00:47:53 Eastleigh	Neil Cameron 01:20:35 Salisbury			Dave Pilbeam 45 points 1 race	Dave Pilbeam 147 points 1 race
17		Keith Roff 00:49:08 Stubbington	Pete Harris 01:20:45 Lordshill*			Chris Barnes 51 points 1 race	Miles Barber 174 points 1 race
18		Mike Mills 00:48:34 Eastleigh	Mike Mills 01:22:35 Great South			Ian Whitcher 55 points 1 race	Rich Alderson 179 points 1 race
19		Spencer Hufton 00:50:50 Stubbington	Keith Roff 01:23:07 Lordshill*			Pete Mills 56 points 1 race	John Hayes 189 points 1 race

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 – Overall

Ladies' Overall Rankings

Pos.	Name	Score
1	Sophie James	7
2	Michele Jacobs	10
=	Virginia Collins	10
4	Lucy Buis	42
5	Claire Dyer	43
=	Poppy Holmes	43
7	Angela Simpson	45
8	Emma Pilbeam	53
9	Beth Frampton	54
10	Helen Wallington	60
11	Marlene Letheren	64
12	Janet Foote	65
13	Tina Mills	67
14	Shelby Vincent	68
15	Priscilla Cook	69
16	Kylie Nugus	70
17	Jane Kitchen	73
18	Miranda Eason	78
19	Claire Oliver	79
20	Penny Watson	83
=	Sylvia Timms	83
22	Rene Pilbeam	84
=	Stephanie Rickson	84
24	Louise Gould	85
=	Sonia Cluitt	85
26	Gillian Franye	86
=	Mary Collett	86
28	Sarah Lewis	87
29	Caroline Wilton	89
30	Kelly Brook	90
31	Debbie Gale	91
=	Deborah Garrett	91
33	Alison Kaines	92
=	Frances Stewart	92
=	Kate Rowan	92
=	Shelley Moodie	92
37	Paola Russell	93
38	Marie Kirk	94
39	Anita Clarke	95
=	Carolyn Lewis	95
41	Sue Tizard	96
42	Ann-marie Vanderplank	97
43	Sarah Fisher	98
44	Carol Bega	99
=	Toni Dickson	99

Men's Overall Rankings

Pos.	Name	Score
1	Nick Buis	0
2	James Dean	4
3	Graham Bungay	8
4	Tony Lees	32
5	Rich Alderson	34
=	Tim Stewart	34
7	James Archer	43
8	Paul Hallett	44
9	Andy Hayter	53
10	Steve Wallington	55
11	Andy Gates	61
12	Darren Bagnall	65
=	Simon Price	65
14	Brian Frampton	67
15	Emmett McCarthy	69
16	Neil Cameron	70
=	Sean Driscoll	70
18	Eamonn Rivers	72
19	Justin Rangecroft	73
20	Mike Mills	78
=	Steve Foster	78
22	Justin Noons	81
23	Chris Barnes	83
=	Dave Murray	83
25	Neil Vincent	85
=	Paul Edmonds	85
=	Pete Harris	85
28	John Timms	86
29	Luke Bates	88
30	Ian Witcher	89
31	Darren Slater	91
=	Mike Elmes	91
33	Dave Pilbeam	92
=	James Dunlop	92
=	Miles Barber	92
36	Jez Weaving	93
=	Matt Watson	93
38	Mark Hayes	94
=	William Burt	94
40	Andy Dyer	95
=	Ben Sims	95
=	Martin Nugus	95
=	Neil Griffiths	95
=	Si Crago	95
45	Keith Roff	96
46	Mile Barber	97
47	John Hayes	99
=	Pete Mills	99
=	Spencer Hufton	99

Members who have achieved a ranking in five events or more

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