

Totton Runner

September 2013 (No. 43)



**RR10 Season ends...
...CC6 Season begins
Spotlight on Martyn Bellwood
Angela & Lara tackle Endure 24
And More!**

Photo c/o Paul Hammond

James Archer navigates the RR10 course at Itchen Valley Country Park

Editorial

Hi folks

I hope you've all had an enjoyable summer of running. It's certainly been warm and many people have struggled to run at their usual pace in events such as the Lordshill 10K and New Forest 10 when the weather was particularly scorching. Cooler temperatures are surely just around the corner and so is the start of the 2013/14 race season. You'll find an introduction to the CC6s later in this edition. There will be mud!



Of course with one race season about to begin, this means that this year's (very successful) season has now concluded. The 2012/13 club championships are therefore now closed and you can see the final ranking tables for this year's competition later in the edition. Well done to the hundred members who managed to make the rankings and get their individual score below 100. The winners will be announced at the awards evening in November.

Finally, many thanks to Martyn Bellwood, Angela Soffe and Diana Davis for their entertaining and/or instructive contributions to this edition.

Rich

Annual Dinner Dance & Awards

Saturday 2nd November

Our annual dinner dance and awards will take place on Saturday 2nd November from 19:30 until late. The theme this year is Hollywood Glitz and Glamour.

If you'd like to attend, please get in contact with Simon Mason or Sue Tizard as soon as possible to select your menu choices and pay your deposit.

The awards themselves will be given out after the meal with categories including club champion, most improved runners and man and woman of the year. Please note that we need your help to choose man and woman of the year. See the next page for more details.

Frivolities will then commence after the awards. Please note that this is the night before Race 2 in the CC6 season, so really fast people will not be permitted any alcohol (unless they are buying rounds).



Woman & Man of the Year

In previous years, this award was decided by the ladies' and men's captains. As these roles no longer exist, we needed a new method of determining who should receive these prestigious prizes. It has been agreed that club members should now play a role in nominating **Woman of the Year** and **Man of the Year**. We'd like you to think about (and then tell us) who has gone above and beyond the call of duty this year. Some potential areas where this might have occurred include;

- Particularly impressive running feats or sporting endeavours
- Outstanding contributions to Totton success in running leagues, competitions and/or events
- Continued support and encouragement to fellow club members in their running
- Tireless involvement in organising, supporting and/or promoting club events and teams
- Concerted efforts to make significant improvements in running and fitness
- Any other enthusiastic contributions that benefit the club community

This is by no means an exhaustive list and you may have your own ideas of qualities that are worthy of recognition. Just make it clear why you think the individual(s) you are nominating should win.

Note that while the award is typically awarded to an individual, it may be that two club members were collectively responsible for the achievement(s) that you think should be recognised. In these instances, by all means nominate the pair. No more than two though - there isn't enough room on the shield for an extensive list of names!

Your nomination(s) can be made by using the specially created form on the website or you can email Simon Mason at simonmason@gmx.co.uk. For anyone without internet access, please hand a written nomination to Simon at training. All nominations will be given consideration by the committee before they make the final decision.

2008

Sylvia Timms



Simon Mason



2009

Sylvia Timms



Bruce Elkins



2010

Angela Soffe



Graham Bungay



2011

Virginia Collins



Dave Murray



2012

Kylie Nugus



Richard Alderson



Spotlight On... *Martyn Bellwood*

Tell us a bit about your running history

There's not much history to tell; before joining the club I'd never really run before! I have a certificate to say I ran a 3k when I was six, and another couple for competing in school cross country but I remember really disliking running. Obviously since joining Totton that's all changed

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

My wife, Aimie, had run with the club a few years ago and wanted to get back into running through the beginners course. She asked me if I wanted to come along for 'moral support' and that was how it started.

You joined with the beginners in 2012 – How much progress do you think you've made over the course of the year?

Loads! When I joined, the minute reps were a struggle but now I'm up to an hour.

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

I run two or three times week, almost exclusively with the club. You might shoot me for saying this but swimming is my main sport so I have a few sessions a week in the pool (and sea) to fit in too.

What is your running highlight and/or best achievement so far?

I think it has to be just getting out there and learning to run. I never for one second thought I would count running as one of my hobbies so I am just pleased to be able to get out there and enjoy it.

What are your future running goals?

At the moment my aim is run a few 10ks and work on improving my speed over that distance. Longer term I am thinking about setting myself a challenge each year to keep me motivated. Ultimately my goal is to stay healthy and enjoy running.

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

So far I think it has got to be how to run down hills – when I was talked through what to do it made a huge difference.



Photo c/o Martyn Bellwood

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

That's an easy one; it has to be the New Forest because that's the only place I've ever run. I hope in a few years' time I will be able to give a fuller answer but I think it will take something special to beat the Forest.

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

School cross country! I imagine that's a common answer.

Do you have any other passionate interests?

Swimming – I've been swimming from ever since I can remember and just love spending time in and around water.



Photo c/o Martyn Bellwood

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

Our fantastic coaches because they give up their own training opportunities to help others achieve their goals. Else, it's because they want to avoid doing the full session but I'll give them the benefit of the doubt!

Endure 24

by Angela Soffe



Angela Soffe

Lara Cove

Photo c/o Angela Soffe

The Endure 24 is a 24hr race you can either do as an individual, in pairs or teams of 3 to 8 runners in mixed, male and female categories. It is run over a 5 mile loop of woodland trails and basically it's complete as many laps as you can in 24 hours. It takes part in the scenic Wasing Park Estate with free camping, showers and 24hr catering. This race is open to all ability runners who are up for a challenge. You can either compete to win or just for fun. It's up to you how many laps you complete, when you rest and how fast you run.

Midday on the 8th, the gun sounded and we were off. For the next 24 hours one of our team would be on the course. Lara Cove, myself and 5 friends were a team of 7 runners plus 1 Team Captain who made sure we all knew who was next and what times we needed to be at the changeover points and when we were running – making the event a lot less stressful.

After the first runner had returned and handed over the baton (rubber band) to the next runner, we were able to ask about the course, how many hills, terrain etc..., but it's not until it's your turn that you realise what you're in for.

When it came to our first turn, we were able to experience the woodland area we were running in which was absolutely beautiful. The course is known to be undulating. The first hill you experience is approximately 400 metres from changeover, and there were two noticeable steep hills which seemed to take your breath away. The rest of the course is undulating and rutted in places. At 4 miles, you re-enter Wasing Park and for the last mile you weave around the campsite and tents to the changeover point. This was the hardest part. Although not hilly, the grass was long and the ground underneath was extremely uneven and most runners found this hard to run on.

Endure 24

by Angela Soffe

We all had night runs – this was quite weird. We ran along the course through the woods in the early hours. Although there were many runners on the course in a couple of sections, we often found ourselves on our own. It was pitch black and the only light was our head torches and glow sticks in the trees which lined the route

As a team we had estimated times that we anticipated completing our laps in, along with probable times that we would be running at through the day and night. When completing this, we all thought it would go to pot and our completion times would be longer. How wrong we were! Yes it did go to pot, but the opposite way. Times were quicker and the time between our individual laps got shorter.

After approximately 8 hours, we went to race control where they had all the team's results showing and updating as people crossed the finish line and their chips recording laps completed and lap times. We couldn't believe it. We were currently in third place!

How our outlook for the race changed then. What turned was supposed to be just for fun turned very competitive and we were then constantly looking at times and positions trying to make sure that we didn't get caught by the fourth place team. At one point in the early hours we went up to second place, but then after a further couple of laps, back to third where we stayed till the end of the race.

When we finished, we had completed 31 laps (155 miles) in 23hrs and 58 minutes, one team mate completed 3 laps, two completed 4 laps and four completed 5 laps – it was amazing, a brilliant experience and one I would do again, despite the lack of sleep, stiff legs and sore feet the following day.

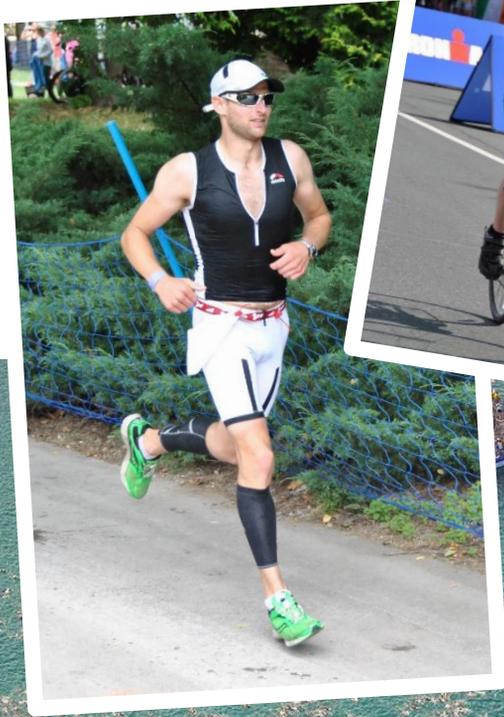
Next year, I plan to enrol some Totton team mates in this event – so look out for my emails early part of next year.

Angela Soffe

Here's a link to a short video of the event. Our ladies can be seen at around 2 minutes & 30 seconds - <http://www.youtube.com/watch?v=T5JTQbaNjeg>



Ironman Austria



On 30th June this year, a few of our runners, decided to take a break from the RR10 season so they could go and do an Ironman. These crazy kids were (clockwise from top left); Nick Buis, Justine Jury, Dave Ransom, Lucy Buis and James Dean. Dave came 3rd in the V65 category!



5 Bad Running Habits

Adapted by Diana Davis

1. Swinging Your Hands Across Your Body

When you run, all of your movement should be forward or back. Any other motion saps energy. Crossing your hands over the midline of your body is a big one. Not only does this force your upper body to work harder, it makes you cross your legs over each other, too. "If there's a white line on the road and you're hitting it with every step, then you're spinning your body more," says New York City Nike marathon training coach Terence Gerchberg. The easiest fix is to be aware of where your arms are, he says. Keep your elbows moving front to back and your hands will follow. "Relax your arms and keep your elbows at a 90-degree angle. When your arms are a little lower, it's harder for them to cross," Gerchberg says.



2. Looking at Your Feet

"Look down at your feet and try to breathe in," Gerchberg says. "Now look in front of you and do the same thing. When you look down, you're cutting off valuable oxygen." Plus, he says, "If you're looking where you are, you've given up. There's nothing to see at your feet." Look at least a few feet ahead of you.

3. Squeezing Your Fists

The pressure that you put on your hands translates into your forearms and shoulders, he says. "That energy starts to travel to every part of your body. If you're not relaxed in your arms and hands, you'll inevitably feel it in your legs," Gerchberg says. When you feel yourself tightening up, let your arms fall down to your sides, relax your shoulders, and shake out your hands.

4. Trying to Get Faster Every Day

To get strong and fast, your body doesn't just need a workout; it needs to rest. Rest helps to repair muscle tissue, which is what makes you stronger over time. To get faster, you should either build in rest days and/or truly go easy on your easy days. "Easy doesn't mean 30 seconds slower than your race pace," Gerchberg says. "Some of the top runners in the world go as much as two and a half minutes slower per mile than marathon race pace." And if they can back off some days and still run fast, so can you.

5. Bouncing Up and Down

Going up in the air doesn't help you move forward. You need to move horizontally across the ground. "When you toe off in the back of your stride, think about propelling yourself forward, not up," Gerchberg says. "Sometimes, this requires more of a bend in your ankle than you're used to."

"Just be careful: Sometimes when you tell people to lean forward from the ankle, they want to lean from the waist," he says. Form better running habits by keeping the action in your feet, and let that lead you to speed you never knew you had.

RR10 Season Review

The RR10 season has now concluded and although we didn't win any of the team trophies (next year!) there were some great individual performances to look back. Here follows Totton's 10 best running achievements from the 2013 RR10s.

1. Nick Buis won the men's individual title for the second year running. This was despite taking a break mid season to do an Ironman!
2. Frances Stewart won the ladies V60 title, also for the second year running.
3. Claire Dyer equalled her highest ever finish (7th place) in the ladies individual competition.
4. Lindsay Davis completed his 97th consecutive RR10 race.
5. A number of runners managed to run 6 races in their debut seasons; these were Sophie James, Shelby Vincent, Carla-Maria Bradshaw, Ann-Marie Vanderplank, Maria Harrison, Martin Nugus and Mark Whitlock.
6. Neil Vincent, Eamonn Rivers and Priscilla Cook finished noticeably higher in the individual rankings than in 2012 – particularly impressive as 2013 saw much higher race attendances.
7. Sophie James finished 6th in her RR10 debut race at Royal Victoria Country Park while new member Esther Wiley finished 10th in her debut at the elite packed Hursley Park race.
8. Paul Edmonds and Simon Price produced a number of Top 30 finishes between - encouraging because Messrs Buis, Dean and Bungay can't win the league by themselves.
9. Sinead Moss, Lucy Baker, Lara Freeman, Catherine Ovenden, Claire Tillyer, Adam Baker, Jamie Ritchie and Matt Pullen moved from the summer beginner's course straight into competitive running, all competing in their first RR10 at Hursley Park.
10. Team Totton had the 4th highest number of runners participating with 94 members running at least one race!



Paul Edmonds at the rain soaked Alver Valley race



Ann-marie Vanderplank smiles at Wilverley Plain



Tony Kendrick charges for the line at Marwell



Our V60 champ Frances Stewart at Janesmoor



Shelby Vincent nears the finish at Manor Farm



Mark Whitlock gets his season started at Netley



Lara Freeman runs her 1st RR10 at Hursley Park



Lindsay Davis runs his 96th RR10 at Itchen Valley

CC6 Season Preview

With the summer RR10 cross country season concluded, we can now look forward to its more challenging winter counter part, the CC6s.

Put simply the CC6s are exactly the same as the RR10s, just with more mud... and rain... and frost... and fog... and sometimes snow. If you can run these races, you can run in anything! Aside from the weather, the only real difference from the RR10s, is that the races start at 09:30 on Sunday mornings thus delivering you from the TV trauma that is political talk shows and repeats of Hollyoaks.

The competition is open to all club runners from Totton, Romsey, Lordshill, Winchester, Southampton, Eastleigh, Halterworth, Hardley, Lymington Tri and New Forest. This year, the season comprises 7 races rather than 6 (yes, this is vaguely confusing, but let's not get too hung up about it) and you need to run in 5 of them to get a top placed individual score. Remember that the final individual rankings are used for the club championships.

They are completely free of charge to enter (provided you are a member) and unlike the RR10s, we do enter a team in our own race. However, this is will be limited to our top placed runners in the season so far as we still need people to marshal along the route.

You should have received your CC6 calendar via email, but just to remind you that the first race takes place at Fleming Park in Eastleigh (on the old golf course) on Sunday 29th September at 09:30. Be warned that this course is a bit of sponge and any amount of rain in the days leading up to the race will turn it into a quagmire. Therefore please consider wearing trail shoes if you have them. This applies to pretty much all of the races.



A typical CC6 morning in the Forest

Club Championships

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 the final tables for the Ladies' and the Men's 2012/13 competitions. These show the club rankings across 7 events between 01/09/2012 and 31/08/2013. The 2013/14 competition (i.e. for events between 01/09/2013 and 31/08/2014) has now started with tables updated monthly and published either 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: In 2012/13 Beth Frampton had the following scores;

5 Miles	20 (no ranking)
10K	5
10 Miles	7
Half Marathon	5
Marathon	3
CC6s	20 (no ranking)
RR10s	20 (no ranking)

She can discard her two of her no rankings scores from either the 5 mile, RR10 or CC6 events for a total score of 40 i.e. 20 + 5 + 7 +5 +3

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

Ladies' Rankings (01.09.2012 - 31.08.2013)

Score	5 Miles	10K	10 Miles	Half	Marathon	CC6s	RR10s
0	Sophie James 00:34:59 <i>Braishfield</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 6 races	Claire Dyer 59 points 6 races
1	Virginia Collins 00:35:12 <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 73 points 6 races
2	Michele Jacobs 00:35:15 <i>Braishfield</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>	Lucy Buis 04:46:13 <i>Ironman Austria</i>	Sophie James 37 points 4 races	Sophie James 155 points 6 races
3	Kylie Nugus 00:36:21 <i>Braishfield</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>	Beth Frampton 04:54:15 <i>Brighton</i>	Virginia Collins 59 points 4 races	Virginia Collins 160 points 6 races
4	Penny Watson 00:39:30 <i>Victory</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>	Jane Kitchen 04:55:34 <i>London</i>	Emma Pilbeam 109 points 4 races	Shelby Vincent 264 points 6 races
5	Josie T. Lovejoy 00:42:04 <i>Olympic Park</i>	Beth Frampton 00:48:37 <i>Lymington</i>	Louise Gould 01:19:06 <i>Lordshill*</i>	Beth Frampton 01:52:55 <i>Portsmouth Coast</i>	Justine Jury 05:30:17 <i>Ironman Austria</i>	Poppy Holmes 123 points 4 races	Emma Pilbeam 276 points 6 races
6	Stephanie Rickson 00:42:25 <i>Hoburne</i>	Emma Pilbeam 00:49:22 <i>Stubbington</i>	Poppy Holmes 01:22:58 <i>Lordshill*</i>	Angela Simpson 02:05:35 <i>John Austin</i>	Miranda Eason 05:33:37 <i>London</i>	Tina Mills 210 points 4 races	Janet Foote 318 points 6 races
7	Sonia Cluitt 00:42:51 <i>Overton</i>	Josie T. Lovejoy 00:51:04 <i>Lordshill</i>	Beth Frampton 01:25:59 <i>Great South</i>	Marlene Letheren 02:08:46 <i>Solent</i>		Michele Jacobs 18 points 2 races	Priscilla Cook 431 points 6 races
8	Lara Cove 00:44:07 <i>Endure 24</i>	Angela Simpson 00:51:30 <i>Eastleigh</i>	Marlene Letheren 01:36:10 <i>Lordshill*</i>	Miranda Eason 02:23:46 <i>Gosport</i>		Kylie Nugus 35 points 2 races	Diana Davis 470 points 6 races
9	Angela Soffe 00:46:31 <i>Endure 24</i>	Janet Foote 00:53:03 <i>Stubbington</i>	Caroline Wilton 01:41:32 <i>Great South</i>			Janet Foote 59 points 2 races	Frances Stewart 500 points 6 races
10	Tina Mills 00:48:04 <i>Victory</i>	Emma Stride 00:53:45 <i>Lymington</i>	Lindsay Vivier 01:44:20 <i>New Forest</i>			Priscilla Cook 83 points 2 races	Carla Bradshaw 543 points 6 races
11	Sylvia Timms 00:48:22 <i>Victory</i>	Marlene Letheren 00:55:07 <i>Stubbington</i>	Debbie Gale 01:44:58 <i>Lordshill*</i>			Rene Pilbeam 96 points 2 races	Rene Pilbeam 562 points 6 races
12	Sally Stefanou 00:55:48 <i>Olympic Park</i>	Priscilla Cook 00:55:53 <i>Stubbington</i>	Tina Mills 01:46:05 <i>Great South</i>			Frances Stewart 36 points 1 race	Alison Kaines 677 points 6 races
13	Diana Davis 00:55:50 <i>Olympic Park</i>	Jane Kitchen 00:55:56 <i>Stubbington</i>	Miranda Eason 01:46:47 <i>Great South</i>			Paola Russell 40 points 1 race	A. Vanderplank 708 points 6 races
14	Sue Tizard 01:02:13 <i>Olympic Park</i>	Emily Dineen 00:57:18 <i>Hursley</i>	Sue Tizard 02:15:46 <i>Great South</i>			Kate Rowan 43 points 1 race	Maria Harrison 767 points 6 races
15		Claire Grant 00:57:52 <i>Lordshill</i>				Deborah Garrett 46 points 1 race	Michele Jacobs 101 points 5 races
16		Tina Mills 00:58:31 <i>Eastleigh</i>				Kelly Brooke 47 points 1 race	Deborah Garrett 520 points 5 races
17		Sally Stefanou 00:59:41 <i>Lymington</i>					Pam Bungay 526 points 5 races
18		Shelby Vincent 00:59:50 <i>Somerley</i>					Kelly Brooke 546 points 5 races
19		Marie Kirk 00:59:52 <i>Somerley</i>					Tina Wooldridge 547 points 5 races

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

Men's Rankings (01.09.2012 - 31.08.2013)

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 11 points 6 races
1	James Dean 00:28:33 Victory	James Dean 00:35:20 Netley	James Dean 00:56:09 Salisbury	James Dean 01:19:33 Solent	Tim Stewart 03:24:35 Edinburgh	Graham Bungay 29 points 4 races	James Dean 45 points 5 races
2	Graham Bungay 00:30:50 Overton	Graham Bungay 00:36:35 Exbury Gardens	Graham Bungay 01:00:28 Alton	Graham Bungay 01:23:30 Gosport	Andy Hayter 03:39:48 London	Simon Price 54 points 4 races	Graham Bungay 95 points 6 races
3	Rich Alderson 00:31:35 Victory	Tim Stewart 00:39:00 Netley	Tim Stewart 01:05:36 Salisbury	Brian Frampton 01:26:34 Gosport	Justin Rangecroft 03:46:47 London	Steve Wallington 91 points 4 races	Simon Price 210 points 6 races
4	Sean Driscoll 00:31:38 Braishfield	Sean Driscoll 00:39:16 Stubbington	Brian Frampton 01:06:54 Lordshill*	Tony Lees 01:33:07 Gosport	Nick Buis 03:49:09 Ironman Austria	Rich Alderson 105 points 4 races	Sean Driscoll 252 points 6 races
5	Eamonn Rivers 00:31:53 Victory	Rich Alderson 00:40:01 Stubbington	Rich Alderson 01:07:52 Ryde	James Archer 01:36:07 Gosport	Dave Ransom 04:09:05 Ironman Austria	Andy Gates 158 points 4 races	Neil Vincent 275 points 6 races
6	Tim Stewart 00:32:12 Victory	Steve Wallington 00:41:00 Lymington	Chris Barnes 01:10:55 Lordshill*	Paul Hallett 01:37:31 Gosport	Steve Foster 05:33:36 London	Tony Lees 195 points 4 races	Eamonn Rivers 321 points 6 races
7	Steve Wallington 00:32:40 Romsey	Tony Lees 00:42:18 Netley	Tony Lees 01:11:07 Lordshill*	Justin Noons 01:40:24 New Forest		Darren Bagnall 225 points 4 races	Justin Rangecroft 487 points 6 races
8	Tony Lees 00:33:35 Romsey	Paul Hallett 00:42:19 Eastleigh	James Archer 01:12:29 Lordshill*	Luke Bates 01:41:57 Great North		Mike Mills 263 points 4 races	Andy Dyer 531 points 6 races
9	Paul Hallett 00:33:48 Victory	Andy Gates 00:42:57 Stubbington	Dave Murray 01:13:33 Lordshill*	Andy Hayter 01:42:43 Heartbreaker		Neil Cameron 265 points 4 races	Tony Lees 610 points 6 races
10	Emmett McCarthy 00:34:28 Overton	James Archer 00:43:19 Lordshill	Andy Hayter 01:13:34 Great South	Emmett McCarthy 01:43:46 Gosport		John Timms 342 points 4 races	Rich Alderson 629 points 6 races
11	James Archer 00:34:59 Braishfield	Luke Bates 00:43:27 Lymington	Paul Hallett 01:14:04 Lordshill*	Darren Bagnall 01:45:50 Gosport		Justin Rangecroft 82 points 2 races	James Archer 633 points 6 races
12	Martin Nugus 00:36:53 Braishfield	Emmett McCarthy 00:44:05 Stubbington	Jez Weaving 01:16:51 Salisbury	Ian Whitcher 01:46:23 Clarendon		Miles Barber 147 points 2 races	Paul Hallett 651 points 6 races
13	Neil Cameron 00:37:15 Braishfield	Ian Whitcher 00:45:12 Eastleigh	Justin Noons 01:17:14 Great South	Steve Davies 01:48:25 Sturminster		James Dean 6 points 1 race	Nick Illingsworth 663 points 6 races
14	Darren Bagnall 00:38:30 Overton	Neil Cameron 00:45:48 Netley	Neil Cameron 01:20:35 Salisbury	Pete Harris 01:50:23 Gosport		Mark Hayes 27 points 1 race	Martin Nugus 686 points 6 races
15	Mike Mills 00:38:52 Victory	James Dunlop 00:46:32 Eastleigh	Pete Harris 01:20:45 Lordshill*	Jez Weaving 01:54:30 The Needles		Andy Dyer 44 points 1 race	Tom Mills 696 points 6 races
16	Simon Mason 00:40:50 Braishfield	Darren Bagnall 00:46:43 Stubbington	Mike Mills 01:22:35 Great South	Tony Kendrick 01:55:23 Isle of Wight		Dave Pilbeam 45 points 1 race	Chris Barnes 725 points 6 races
17	Neil Griffiths 00:43:20 Hurstbourne	Ben Sims 00:46:52 Eastleigh	Keith Roff 01:23:07 Lordshill*	William Burt 01:58:57 Great North		Chris Barnes 51 points 1 race	James Dunlop 899 points 6 races
18	John Timms 00:45:17 Victory	Pete Harris 00:47:53 Eastleigh	Ben Sims 01:25:14 Great South	Dave Murray 01:59:56 Drovers' Trail		Ian Whitcher 55 points 1 race	Mike Mills 1040 points 6 races
19		Steve Davies 00:48:09 Marwell	Tony Kendrick 01:25:20 New Forest	Steve Henry 02:01:00 The Beast**		Pete Mills 56 points 1 race	Craig Taylor 1066 points 6 races

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.

**The Beast is a 13 mile race. Times for this race have been adjusted to 13.1 miles based on average pace

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* and *Coaches* are as follows;

President	Brian Harvey	023 8029 3112	
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Treasurer	Dave Murray		felixbadger@aol.com
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Team Captain	Virginia Collins		
Social Events & Memberships	Caroline Wilton +L		carolinewilton@btinternet.com
Committee Member	Deborah Garrett		
Coach	John Mursell +2		
Coach	Sue Tizard +2, +F,+L		
Coach	Andy Gates +2, +F	07795 167552	Andygates05@yahoo.co.uk
Coach	Martin Nugus +1		
Coach	Rene Pilbeam +1		
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