



As the evenings have drawn in and a sunny evening forest run seems like a distant memory we can all suffer a lack of motivation to go and run. It's a good job that TRC is out there every week to keep you going!!

Maybe a goal is needed? It could be a race goal, a fitness goal or a weight loss goal. Setting ourselves goals (however big) can keep us on track through the winter, driving us to get out when the weather is bad (but haven't we been lucky so far?!) and reminding us why we are standing on a frosty start line at 9:00am on a Sunday morning.

Enjoy the newsletter and if you have a goal or a story about your races then please email runningnewsletter@yahoo.co.uk.

In this newsletter!!

Race dates for your diary

Technical feature - Beginners guide to the tempo run, balance training

Dinner dance awards

Marathon thoughts

Results and race reports

Spotlight on

Contacts

RACE DATES FOR YOUR DIARY

HAMPSHIRE ROAD RACE LEAGUE 2011/12 SEASON - counts toward club championship

DATE	LOCATION	EVENT
Sunday 15th January 2012	Stubbington	10km
Sunday 5th February 2012	Ryde	10ml
Sunday 12th February 2012	Bramley	20ml
Sunday 11th March 2012	Salisbury	10ml
Sunday 25th March 2012	Eastleigh	10km
Sunday 13th May 2012	Alton	10ml
Sunday 20th May 2012	Netley	10km

CC6 DATES 2011/12 (provisional dates) - counts toward club championship

Lordshill & Wessex	Janesmore Pond/Stoney Cross, New Forest	4 th December	9:30am
Halterworth, Winchester & Running Sisters	Badgers Farm, Winchester	8 th January	9.30am
Totton	Bolderwood, New Forest	19th February	9:30am
Eastleigh RC	Fleming Park, Eastleigh	4th March	9:30am

TOTTON NEEDS YOU! - CC6 RACE 3

Where is it? The race will take place near the Janesmoor Pond car park in the New Forest (so park there). It is close to that place where most of us live and I should think that's barely a 15 minute drive. Seriously though, if you're in need of a lift, please don't hesitate to ask via the club email or Facebook page. There will doubtless be any number of empty car seats headed to the race desperately in need of an occupant!

Who's organising it? Our friendly neighbours from the other side of the M271, Lordshill Road Runners with the able assistance of Wessex RR. Lordshill, to quote their Facebook page, "really want to put on a great festive event!" and "will be providing cakes, treats & drinks." With any luck, this will mean the appearance of their trademark gingerbread men wearing the running vests of participating clubs (see right, cool eh?).

What time does the race start? 09:30am. Yes, it's early for a Sunday, but lie ins only result in half the day being wasted, leaving you that much closer to Monday morning by the time you get out of bed. And you're not missing anything on TV either. I checked, it's only Hollyoaks repeats.

Why is it important? Like the RR10s, CC6s are fun, free to enter events where you get to catch up with TRC runners from different training groups that you might not meet all that regularly. We are also doing fantastically well in both the mens and ladies leagues this year (equal 1st in the mens and 1st in the ladies). To win either would be a great achievement for the club, but a clean sweep would be even better!



To do this, we need a strong contingent of runners for every race. It can't be repeated enough that even if you don't think you'll be fast enough to be a scoring runner, you could still be quicker than the scoring runners from other teams. This means you would foul up their scores which is not only very satisfying, but it gives our teams a better chance of winning the race. So, please, please, please, come along!

What's a CC6? For the benefit of people new to the club, the CC6s are a series of six cross country races taking place over the winter months with trophies awarded to the best mens, ladies and combined teams at the end of the season. They are usually 4 to 5 miles in length and elite runners are discouraged from entering, giving us non-superhuman club members a chance to shine. The positions of the four fastest runners (or three for the ladies) from each club are used to calculate the team score. Oh and there is usually a small amount of mud.

Totton needs you!

By Richard Alderson

HANTS CROSS COUNTRY LEAGUE 2011/12

All are Saturdays

3 rd December	Popham Airfield
14 th January	Bournemouth
11 th February	Salisbury

Hi TRC members, I wanted to let all you club runners know what fun the Hampshire XC's are. Yes, I know that most of them are not in Hampshire, but that is mainly due to lack of larger places to park for all the contestants that run them.

Emma, Andy, myself(Rene) and Dave Murray all had a good day out. It is a lovely drive only taking about 50 mins, through lovely countryside. The ladies race was at 1.35 and we were encouraged by Andy, Dave and my David. Quick change and

Emma and I encouraged Andy and Dave in their race. The weather was lovely and the views from the track across West Sussex are glorious. Obviously we didn't have either a men's or ladies team, which would have made it far more fun. If I can do them, anyone can. It obviously isn't just for those who want to run eye balls out. The ladies got a lot of support from the men and marshalls. There is usually somewhere for children to run around and have fun whilst the races are on, if the whole family goes.

We had a nice trip to Chichester on the way home and had tea and cake and a lovely stroll around the shops. It is a very nice place to visit. My main point would be that Emma and I ran the CC6 the following day and we found it much harder(and further) than the HXC!

So go on you runners out there that don't mind a bit of mud or off road.(Saying that, Goodwood was dry underfoot and a lovely route through the leafy woods)Give the next one a go!

Keep on running.

Rene.

HANTS CROSS COUNTRY CHAMPIONSHIPS

Saturday 7th January Dibden

Kylie now has the entry forms for the following Cross Country Championship races. If you would like to enter you need to send her your name before Friday 9th December to be able to get the entries in before the closing dates for each competition. These races are free to you the member (although places costs the club for each entry) contact her at m.Nugus@sky.com or by telephone 02380661684

Race Date	Race	Distances & Times	Info
Saturday 7 th January	Hampshire Cross Country Championships @ Dibden Inclosure	Women 8k 12:50 Men 11.7k 13:40 (4 to score in a team except Senior Men=6)	Nil cost to member (£6 to club) www.athletics.hampshire.org.uk
Saturday 28 th January	South of England Cross Country Championships @ Stanmer Park, Brighton	Women 8k 14:05 (4 to score) Men 15k 14:50 (6 to score)	SEAA
Saturday 25 th February	National Cross Country Championships @ Parliament Hill, London	Women 8k 14:20 (4 to score) Men 12k 15:00 (6 to score)	Nil cost to members (£6 to club) English Cross Country Association.

TECHNICAL TIME OUT

Beginners Guide to the Tempo Run

So what exactly is a 'tempo run'? It's a term used quite regularly at club sessions so let's give you a run down of the main points.

- A tempo run can be defined as a run at a steady threshold pace.
- Threshold pace is the level of effort just below where the body produces lactate faster than it can get rid of it (lactate is a product that builds up in muscles when we train hard and the muscles don't have enough oxygen) - just below the anaerobic zone.
- Tempo / threshold pace is approximately 80 - 90% of your maximum effort.
- The run should be hard but controlled.
- A tempo session often includes a warm up followed by 20 - 30 minutes of tempo running and then a cool down period.
- Variations include running 2 or 3 miles at tempo pace with recovery between each mile.
- What does it do? Well. Tempo runs are designed to help train your body to run at a constant steady pace and they help increase your lactate threshold therefore meaning that you can run faster and longer without lactate building up to the point where your body can't deal with it.

Balance Training and Proprioception

Improving balance and proprioception may reduce ankle sprains

By [Elizabeth Quinn](#), About.com Guide

Updated May 28, 2011

Pain caused by sprained ankles, and a variety of other injuries common to highly trained athletes, often have nothing to do with strength. They often have little to do with flexibility. And rarely do they have anything to do with endurance. More often than not, sprains and strains have to do with balance. Proprioception, to be exact.

The term proprioception refers to a sense of joint position. Proprioception training is highly common in rehabilitation of injured athletes, but it can just as easily be used to prevent injury. Even a strong ankle can sprain when running on uneven ground if the runner hasn't trained the neuromuscular system to react appropriately. Slight deviations in terrain require slight adjustments of balance to avoid injury.

So you're a runner. Why should you care about balance? Well, for starters, it's the basic skill needed in practically every sport. From soccer to tennis to rock climbing, changing your center of gravity to match your moves is the key to efficiency in sport. The technical term is agility. Agility is what allows us to move gracefully, wasting little motion. It allows our joints to move through the full range of motion smoothly and confidently. While the start of hiking season might require that your entire attention remain focused on the trail to avoid falling, after several weeks of hiking, you may notice that you are more confident in your ability to adjust to the terrain by foot feel alone, and you need to pay less attention to the trail. In this way you increase your kinesthetic coordination, and in turn your balance improves.

Kinesthetic awareness, or the ability to know where your body parts are in 3-dimensional space, is required for every movement we make. So it's not surprising that balance can be learned, challenged, and improved.

Balance training aids come in a variety of forms, although you can just as easily improve your balance with little or none of the fancy stuff. We can train our bodies to improve the proprioception within the muscles, just by creating balance challenges for ourselves.

Here's an easy exercise you can try now: [The One leg Squat and Reach](#). Stand on one foot. Next, reach forward and touch the ground or a small object in front of you and stand up straight again. You can also do partner exercise - use a medicine ball and play a game of catch while balancing on one foot.

The One Leg Squat and Reach Exercise Isolates the Gluteus and Improves Balance

Isolate Your Gluteus and Build Better Balance and Core Strength

By [Elizabeth Quinn](#), About.com Guide

Updated June 19, 2010



One Leg Squat and Reach

Photo E Quinn

The one-leg squat-and-reach exercise builds [balance](#), [ankle strength](#), [proprioception](#), [gluteus muscle strengthening](#), and [trunk stabilization](#).

Using this type of stability exercise challenges your balance and engages muscles that are used while performing any exercise you perform with one leg at a time, such as running, cross country skiing, and even cycling.

This exercise is also a good way to regain balance and stability after an ankle, hip or core muscle injury.

By maintaining this stable position during the exercise, you will engage your glutes, hips and core muscles by working many muscles at one time.

Muscles Worked: [Abdominals](#), [Glutes](#).

How to Do It

Basic One Leg Squat and Reach:

- Place an object on the floor about 2-3 feet in front and to the left of your left foot.
- Balance on your left foot; raise your right foot off the ground.
- Slowly bend your left knee and lower your torso.
- Reach forward with your right hand and touch the object.
- Maintain your balance by extending your right leg slightly.
- Be sure to keep your left knee over your left foot.
- Touch the object, pause, and return to the start position.
- Maintain a slow and controlled movement throughout the exercise.
- Repeat the exercise 5-10 times. Switch feet and repeat on the other side.
- Complete 2 sets.

Advanced One Leg Squat and Reach:

- Because shoes offer additional support, you can increase the difficulty of this exercise by performing it barefoot.
- This engages the small muscles of the foot and ankle that stabilize the ankle and maintain balance.
- You can also hold a small, 5-8 pound dumbbell in your hand as you reach forward and slowly reach out to the left as far as you can go, pause 3 seconds and then slowly return, switch hands and reach to the right.
- Repeat 10-15 times on each side and switch to the opposite foot and hand.
- Do 2 sets for each side.

DINNER DANCE PHOTOS

CLUB DINNER DANCE AND AWARDS NIGHT 2011



RR10 2011 (6 Races to count)

MEN

- 1st Nick Buis
- 2nd James Dean
- 3rd Graham Bungay

WOMEN

- 1st Helen Wallington
- 2nd Claire Dyer
- 3rd Lucy Buis



CC6 2010/11 (4 races to count)

MEN

- 1st Brian Frampton
- 2nd Stephen Wood
- 3rd Tony Lees

WOMEN

- 1st Kylie Nugus
- 2nd Annie Tomlinson
- 3rd Angela Soffe



Cross Country Man of the Year

John Timms

Cross Country Lady of the Year

Mary Collett



Most Improved Male Runner Kevin Harris



Most Improved Female Runner Penny Watson



MAN OF THE YEAR - Dave Murray

LADY OF THE YEAR - Virginia Collins

CHAIRMAN'S AWARD - Kylie Nugus



MISCELLANEOUS - Kylie also announced some special mentions to John, Sean and Simon for turning out to every session of training when they can and for all the time and effort they put into the club.

A great evening with good food and good company. Well done to all the award winners.

The winners of the three London Marathon 2012 places were as follows:

Chris Barnes
Spencer Hufton
Kate Rowan

Good luck to all of you!

MARATHON THOUGHTS By Graham Bungay

My Record

2001 - **3-45-19** Bungay Black Dog (lots of shuffling/walking) 1st Marat!
2004 - **3-07-06** Robin Hood (incl shuffling/walking)
2005 - **2-53-26** Dublin
2006 - **3-13-59** Taunton (Training Run)
2006 - **2-47-29** London (P.B)
2006 - **2-53-14** Florence
2008 - **2-49-50** London
2008 - **3-11-38** Salisbury 5-4-3-2-1 (Training Run)
2008 - **3-04-51** Budapest (incl shuffling/walking)
2010 - **2-58-26** Isle of Man Best executed - slow start/fast finish
2011 - **3-12-27** London (lots of shuffling/walking) Ill on day
2011 - **3-08-55** Salisbury 5-4-3-2-1 (Training Run)
2011 - **2-54-05** New Forest (5th.) (Best/favourite race)
2011 - **2-55-23** (chip) Amsterdam



MARATHON THOUGHTS

As the lucky members in the club embark on a winter of training in preparation for next years London marathon I thought it might be nice to share a few thoughts on my brief marathon career. I am by no means an expert on the subject and there are a few members in the club who have run a lot faster than my best of 2-47-29 at London, however regardless of your ability and your goal time you might still benefit from my experiences and the mistakes I've made along the way.

So to begin you've got your place you know you need to put some mileage in now what to do. My first step was always to have a realistic target time relevant to my ability. Be honest with yourself here over optimistic and you will probably be walking by the end in a lot of discomfort your legs feel like hell and it hurts. I've been there I know. Don't let that scare you I've come out the other side and enjoyed the marathon experience as well! If it's your first time then maybe set a slower time than you are capable, you will feel fresher at the end and probably enjoy the whole experience. Use your average half marathon times double it and add 10 - 15 mins and that should give you an approximate guide.

Ok you have a time in mind you know you need some miles, structure your week. My best marathons were from working off of a schedule. I used the Runners World sub 3hr schedule, it takes in about 16 weeks of training, leading up to race day. Schedules will gradually build your body up in preparation to run the 26.2 miles. I made up an excel spreadsheet and mapped out each day of each week. I tried to balance out my lifestyle, work etc and fit the schedule to my commitments. If that meant doing my long run on a Tuesday I made the schedule up around that. I tried to make sure if I was meant to run each day on the schedule then I balanced the whole week. Don't cram a long run and two speed sessions on successive days it'll lead to fatigue and injury. Don't panic if you can't run exactly to the schedule look at the key sessions each week and make sure you can achieve those. 4 - 5 days a week is most likely to help you achieve your target time. Anything less and it would be probably wise to reassess your target time. The better prepared you are the better and more enjoyable your race.

A big mistake, which often occurs if some training has been missed, is to make up for lost miles by trying to cram them in. that's not a good idea especially in the last 2-3 weeks where you will not improve but can seriously jeopardise having a good race. If training has gone well then you will feel fit and strong but resist the urge to race too much other than what's scheduled and definitely don't race the long runs in the last month save the legs until race day.

I would suggest to most of you that the key session is the long runs. If you can manage it then dependant upon your ability put in a long run each week building up to possibly 22-24 miles about 3-4 weeks out. I did run a marathon distance before the race but in a controlled way to make sure my body could run that far but be sensible about it, listen to you body and don't over do it. If the schedule doesn't ask you to run longer than 20 or 22 miles then don't. People who know what they are doing have designed the schedules. Don't neglect speed work it helps as well and mix things up with pace and distance, try not to just trudge the same pace each run. Training should be enjoyable as well!!

My Marathon Thoughts

- Have A Good Schedule - It will help keep you on track and more focussed. If you follow a schedule for your ability it will get you on the start line fit and capable of running a good race. Practice taking onboard drinks/nutrition during training
- Have A Race Plan - Seems obvious but if you have a plan in mind when you're stood on the start line and know exactly what you want to achieve then it will help keep you disciplined throughout the race.
- Don't Go off To Fast At The Start - Keep the first 5- 6 miles just a little bit slower than target pace, ease yourself into the race. To fast at the start will probably come back to haunt you in the last 5 or so miles.
- Don't Over Estimate Ability - I chased a sub 2-45 marathon a few times but each time I blew up even though I was probably capable of it. A classic case of going off to fast at the start.
- You Cannot Make Up Lost Time - If for some reason you need/have to stop during the race, accept it, chasing lost time will just burn off stored energy quicker and quite likely lead to fatigued legs in the last part of the race.
- Don't Over Train - Be sensible especially in the last 2-3 weeks, over doing it then will take valuable energy away on race day. If you feel fit and full of running at this time then save it until the race. It's what the taper in training is all about, storing all your hard work in preparation for race day.
- Missed Training - In the final 3rd of your training and if you missed the long runs then better re-evaluate your finish time to something achievable to your training and ability. The same applies during the race if things haven't gone to plan, slow down, re-evaluate target time, stay focussed on your new goal not the old one which is probably not now achievable.
- Most Important Of All -

ENJOY THE EXPERIENCE!!



RESULTS AND REPORTS:

Ironman Austria - July 2011 by Lucy Buis

I first decided to attempt an Ironman about 4 years ago when I thought it would be 'fun' to do it for my 40th birthday year. So Nick and I sat up until midnight on the night of registration in July 2010 to get a slot and when the £400 payment went through and I was in - the fun began. Plans of training schedules started and how I was going to fit it all in (considering I was also in my last year of a part time degree!)

Nick planned my training days with precision as he did my nutrition - without that I wouldn't have made it to the start line or indeed to the finish. Bike rides from 30miles to 100miles at 5am at the weekends to get the miles in, long runs off the bike, swimming at 6am one day a week and in the lake when the weather warmed. Whilst I didn't go crazy with training the consistent plugging away really paid off as did the turbo sessions in the garage when the weather was rubbish, one Sunday whilst watching *Gone with the Wind* (for those who don't know its over 3 hours long!)

When the time came to jump on the plane to Austria, it was slightly thwarted by my Mum's cancer treatment not going to plan - but strangely this really spurred me on to do well so that she would see me as her crazy 'Ironman' daughter; she really did think I was bonkers. But she was also inspired by the money raised for breast cancer that we managed to get when we got the diagnosis January 2011.

Austria was stunning - the little town of Klagenfurt was full of the buzz of Ironman! Our hotel was a little way out of town so we used the hotel bikes to get in and out and down to the race village. Everything was so well planned and set up. Registration, race village, race briefing, pasta party was all amazing and really added to the atmosphere. As did the awards ceremony and post pasta party.

The night before the race I was actually quite calm - and when I woke on race day I was still calm - I hadn't given myself any pressure, it was unknown territory and all I knew was that I could do each discipline - whether I could all in one go was another story. When the claxon went off for the swim, I hadn't realised how close to the front I was and all of a sudden I was under a ton of big burly men and I was terrified!! I couldn't breath, see or swim! I was being pushed under water and I thought that was it - I would disappear to the bottom of the lake and that would be end of Lucy. But I kept pushing and after about 800 metres which seemed forever, I found some clear water and managed to get my stroke and swim like hell to the next buoy. 2.4 mile swim done - run to transition felt long. Found my bike in the sea of 3,000 other bikes and saw Nick which was a relief. Onto stage 2 - the 112 mile bike. This went really quickly surprisingly. I kept eating and drinking and enjoying the scenery, the people and the parties. With a little fall on one of the climbs I got the bike out the way in over 6 hours and ran in for stage 3, the 26.2 mile run - I thought I wouldn't be able to run after the fall off my bike as I hurt my ribs - but once I got going all was fine. I got underway on the run and everything just felt so good - I had gel or water at almost every station and walked through each aid station (advice from other Ironmen) and I just kept going - the crowds were amazing. I finished the run in just over 4 hours and completed overall in 12.00.37. Way quicker than I expected. Again thanks to Nick for all his advice, encouragement and support.

I would really recommend such a fantastic event - the supporters were fantastic, the organisation and the sense of achievement was overwhelming. I am proud to be an 'Ironman' and my special Mum who passed away on 30th September was so very proud.

Please do edit it if it is too long - its easy to get carried away as it was such an amazing experience.

Lucy

RR10 correction - a correction from this season's RR10

		RACE										Best 6 Positions				Total	Overall			
		1	2	3	4	5	6	7	8	9	10									
HARRIS Kevin	Totton	V40	130	-	129	132	104	120	105	109	114	-	104	105	109	114	120	129	> 681	106

Hursley 10k - 25 September 2011

Stephen Maddox

54:42

Victory 5 - 18 September 2011

MEN

Nick Buis	26:41
James Dean	27:26
Graham Bungay	28:22
Matt Watson	31:01
David Ransom	32:10
Simon Lees	33:57
Tony Lees	34:10
Paul Hallett	36:45
Si Crago	36:56
David Jackson	37:40
Mike Mills	39:35
John Timms	43:09

WOMEN

Virginia Collins	36:26	
Sonia Cluitt	41:18	
Marlene Letheren	42:04	
Penny Watson	43:22	
Tina Mills	46:11	
Sylvia Timms	46:39	1st in age group
Shelley Moodie	47:24	
Kate Sneddon	50:22	
Angela Simpson	52:26	

Report by Kate Sneddon -

Portsmouth is not my favourite place and I often wonder if my car will survive (having an SFC number plate), but I drove down on a lovely autumn morning hoping for a good run. Trouble was, I had done a 12 miler the day before in preparation for the New Forest half marathon the following week.

The start was delayed due to the number of entries on the day but we soon got on our way with a lap around the running track. The course was flat, windy and in some places not very interesting (I wouldn't have liked to have been the marshall standing under the flyover at the noisy roundabout) but marshall were encouraging and the atmosphere was good.

As much as I tried, my legs could not better my PB of two weeks earlier at Overton but I wasn't too disappointed with my time.

The finish would have benefitted by having the water station a little closer but that was my only gripe. The memento was nice and it's definitely a race I would run again. PB potential for sure.

New Forest Marathon / Half Marathon

Half Marathon

		Chip time	Gun time
Kevin	King	01:25:00	01:25:01
Brian	Frampton	01:33:13	01:33:25
Claire	Dyer	01:37:28	01:37:35
Annie	Tomlinson	01:47:52	01:48:01
Justin	Noons	01:53:03	01:53:46
Rachel	Evans	01:59:49	02:01:15
David	Jackson	02:05:49	02:06:22
Kate	Sneddon	02:28:07	02:29:24

Race report by Kate Sneddon -

Training had gone well. Apart from feeling a bit under the weather earlier in the week I was good! This was going to be a PB - I just knew it.

A lovely warm but cloudy morning giving good race weather; all the signs were good and even the long queue for the toilets didn't faze me today. I was at the start line with plenty of time to spare.

The race began with a long (and quite boring) stretch out of New Milton then out onto the Forest roads which were quite hilly in places.

Good support, good marshalls and plenty of water stations along the route make this race one that I will come back to year after year.

However, my race began to fall apart around 8 miles. I had been passed by the first of the marathon runners and after that I started to get a headache and my legs started giving up. Reduced to walking, the frustration began to build up. The final hill at 10 miles finished me off but the jelly baby hand outs were very welcome. I finished in tears of frustration, anger and disappointment.

Feeling a little unwell after the 15 minute wait to collect my bag, I took myself off to the medical room where I then spent a good hour or so talking to the St John staff, drinking hot sweet tea and eating mini Mars Bars. The headache, nausea and shakes eventually wore off and I was able to drive home (only to get stuck in Lyndhurst traffic more an age!). A lovely race that I would recommend and next year I will be back for my revenge!

Marathon

Graham Bungay 02:54:05 02:54:05

Graham came 5th overall.

CC6 Farley Mount - 2 October 2011

RACE 1 - Kings Inclosure - Stoney Cross

MEN			WOMEN		
		Place			Place
Scott Edgington	S	1	Claire Dyer	S	2
Sean Driscoll	V40	5	Lucy Buis	V40	4
Steve Wallington	V50	7	Kylie Nugus	S	8
Andy Dyer	V40	11	Virginia Collins	V50	9
Brian Frampton	V50	19	Maria Metzger	S	16
Richard Alderson	S	29	Sonia Cluitt	V50	29
Rob Parkinson	V40	35	Lara Cove	S	32
Luke Bates	V40	37	Marlene Letheren	V50	35
Dave Murray	V40	46	Rebecca Rees	S	36
Mike Mills	V60	71	Janet Foote	V50	38
Simon Mason	V50	72	Tina Mills	V50	50
John Hayes	V50	79	Kate Rowan	V50	52
Wayne Taylor	S	81	Jane Kitchen	V40	53
John Timms	V70	83	Angela Simpson	V40	55
			Rebecca Barber	S	58

Hampshire Cross Country League - Race 1 Farley Mount - 8 October 2011

Marlene Letheren	35:05
Emma Pilbeam	35:40
Tina Mills	39:11
Rene Pilbeam	41:19
Sean Driscoll	40:27
Dave Murray	47:11
Andy Gates	49:49
Mike Mills	52:45
John Timms	58:46

Solent Half Marathon - 9 October 2011

		Chip time	Gun time
Lucy	Buis	1:36:47.05	1:36:56.30
Nick	Buis	1:16:49.80	1:16:50.55
Virginia	Collins	1:38:39.60	1:38:47.20
Christopher	Hill	2:02:41.45	2:03:04.55
David	Jackson	2:08:47.95	2:09:05.35
David	Ransom	1:33:00.35	1:33:09.70
Kate	Sneddon	2:27:29.60	2:27:57.00
Annie	Tomlinson	1:48:11.40	1:48:20.55

Race report by Kate Sneddon -

I learned a lot from this half marathon. Only two weeks since my disappointing New Forest run and I hadn't done a lot of running in between. I hadn't been 100% well.

I drove down to Gang Warily with Ian and the children. The atmosphere was good but 99% of runners were club runners and this made me feel slightly nervous as these other guys were 'proper' runners and not like me who plods around happily at the back. Anyway, I wanted to score some points for the club and me in the HRRL. All the other TRC runners were as usual happy and friendly and we all gave each other encouragement.

My children cheered me through the start line and off I went. I was fine for 7 miles, I felt like I was running well and I was comfortable. The route was nice although there were often long stretches with no marshalls. The water stations were good and I saw some friendly faces at the first water station as it was manned by the guides, some of whom were in my class at school last year. I had been informed that the second half of the race was hillier than the first and I was prepared. I enjoyed running along the front at Lepe.

Once again by 9 miles I wasn't feeling good and I have since rethought my fuelling strategy for longer runs. I struggled with the last few miles and the support I got from John and Sylvia Timms over the last few miles kept me going. Every so often they would appear to encourage me and cheer me on. They were even there at the finish line (THANK YOU GUYS SO MUCH!). I finished in less than two and a half hours but better preparation would have seen me finish in a faster time.

With a three hour cut off time this half is achievable for most but the talented field that turn out to run it may be off putting. All in all a good race.

Milford and Keyhaven 5 Mile - 23 October 2011

Sally Ogden 49:24

Race report by Sally Ogden -

The Milford 5 was not only my first official race; it was my first race as a Totton runner. The morning had finally arrived and I'm up bright and early, checking my kit before heading off, feeling a little nervous. I arrive in Milford almost an hour and a half early ready to collect my all important number, there is nothing like being prepared. Milford is like a ghost town, where is everyone I wonder. Maybe arriving early wasn't the best idea as I now spend the time wondering "what I am doing here?"

Down to the sea front I go and with 20 minutes before the start fellow runners start arriving and the buzz begins. Stood there proudly in my TRC vest I am amongst what seems like hundreds of New Forest Runners, have they taken over the race this particular race? The race starts and there is only one place to go, to the finish line.

The route is beautiful; we head back into Milford village before heading to the seafront overlooking the Isle of Wight. I was feeling pretty good now, knowing that I had started and would soon be finishing my first ever 5 mile race. But not before a long uphill section then the long gradual decline taking us back into Milford village.

With the finish line now in sight the buzz is increasing, I put my head down and pick up the pace to cross the finish line. It felt amazing, who would have thought that I could run 5 miles without having to stop or walk and better than that I finished in 49 minutes 24 seconds and now have my very own PB....roll on my next race.

Bupa Great South Run - 30 October 2011

Bates Luke	01:13:32
Bega Carol	01:59:12
Cluitt Sonia	01:31:40

Crago Si	01:18:20
Evans Rachel	01:23:15
Foster Stephen	01:32:08
Gale Debbie	01:44:26
Glorney Claire	01:39:25
Harris Kevin	01:24:45
Hayes Kerry	01:56:39
Jackson David	01:27:36
Mills Mike	01:43:54
Mills Tina	01:43:54
Moodie Shelley	01:43:14
Noons Justin	01:20:07
Oliver Claire	01:44:26
Sale Mia	01:44:25
Simpson Angela	01:46:08
Smith Graham	01:55:47
Spelman Ann	01:46:34
Tizard Sue	02:17:19
Wilton Caroline	01:39:08

OMM Race

John Musell and Les Hunt	6 th overall
Sean Driscoll and Paola Russell	93 rd overall

Race report - by Paola Russell

I have been nominated by Sean to write a piece on the OMM (Original Mountain Marathon)....How can I write a "piece" on something that has had such a profound affect on me. So I've simply bullet pointed the Highs, Lows and must try harder's and hopefully it might give you an insight to my weekend away with Sean:

I have never raced over 10K before, never navigated before, never camped, never put up a tent, or slept in a sleeping bag before.

There I was, after a Friday night run a few glasses of Ringwood Best, suggesting to Sean that I could be his 2011 partner for the OMM.

Sean said Yes.....so the story begins.

Scary points:

Friday 28th October I was still sound and fit to go.

Anticipating a Kit inspection from Sean.

Just before our bus was due to take us to the start Sean discovers he's left his Hat and gloves back in the motor home and decides to run back for them....1.5 very hilly miles each way!I'm left on my own. (We miss our bus by 1 minute and have to stand in the "Naughty corner" with two other people.)

An ambulance screaming past us as we're on the bus going to the start.

When we were walking up to the start point, which was so steep my legs and lungs felt on fire...I realised that I was well out of my depth.

Sean holding my hand with me, plus rucksack, dangling over an edge desperately trying to swing my legs up onto solid ground.

Clinging onto the side of a mountain with no more than my toes dug into tufts growing out of rock, unable to focus on the ground below because it was too far down....."I'm scared Sean".

Low points:

- Not being a good enough runner to do Sean justice.

High points:

- Watching Sean sprint off when the first pair of runners overtook him.
- Seeing an Arctic Hare.
- Being out there.
- Finding the check points.
- Sean go from point a to point b.....in a straight line.....regardless of bog, boulder, big humps and raging rivers.

- Watching Sean asleep expecting his legs to start twitching; like a dog dreaming about chasing rabbits.
- Watching and listening to the Piper bringing in the dawn on Sunday morning.
- Realising the injuries I'd picked up the first day weren't going to prevent me from starting Sunday morning.
- Sean's face everytime he caught me falling over.....due to me walking/running backwards looking at the views.
- Other competitors giving me their Jelly Babies on the last 10 miles because Sean was bullying me along so hard.
- Listening to the abuse Sean was getting from the other competitors over the beasting he was giving me.
- Sean bullying me along because I wouldn't have pushed myself so hard without it.
- FINISHING !!
- Seeing John Mursell and his partner Les after the finish.

Was it the hardest thing I've ever done??.....No, it was far too enjoyable. Getting up at 5am on a miserable cold February morning to go to work is harder, paying for the dentist hurts more.

Have I ever pushed myself so hard??...Never and I want to do it again...

But next time I will be better prepared; I'll train better, have lighter equipment and push myself harder.

I want to improve.

I've already paid Margaret a deposit to hire Sean for the OMM 2012.

Lordshill 10 mile - 6 November 2011

Position	Time	Name
19	1:00:04	Graham Bungay
123	1:08:25	David Ransom
146	1:09:42	Luke Bates
158	1:10:21	Lucy Buis
197	1:12:44	Virginia Collins
213	1:13:32	Tony Lees
327	1:20:56	Keith Roff
339	1:21:51	Lindsay Ashton
369	1:25:16	Janet Foote
380	1:26:03	Brian Harvey
383	1:26:36	Marlene Letheren
387	1:26:41	Sonia Cluitt
398	1:27:23	Penny Watson
401	1:27:37	Rebecca Rees
450	1:37:23	John Timms
457	1:40:51	Sylvia Timms

Tidworth 10k - 6 November 2011

Kate Sneddon 1:03:27

(There was one other TRC runner at Tidworth - please let me know who you were so I can include your result in the next newsletter.)

Hampshire Cross Country League - Race 2 Goodwood, Chichester - 12 November 2011

Andy Gates	41:21	196
Dave Murray	42:02	201
Emma Pilbeam	31:05	102
Rene Pilbeam	36:54	116

CC6 Dibden Enclosure - 13 November 2011

Race 2 - Dibden Enclosure, New Forest

Name		Place
Scott Edgington	S	1
Andy Dyer	S	13
Steve Wallington	V50	16
Brian Frampton	V50	18
Richard Alderson	S	27
Luke Bates	V40	28
Rob Parkinson	V40	32
Jez Weaving	V50	71
Mike Mills	V60	77
Simon Mason	V50	78
Wayne Taylor	S	84

Claire Dyer	S	2
Lucy Buis	V40	4
Justine Jury	S	6
Michelle Hall	S	7
Maria Metzger	S	10
Virginia Collins	V50	12
Janet Foote	V50	33
Sonia Cluitt	V50	35
Emma Pilbeam	S	38
Marlene Letheren	V50	41
Poppy Holmes	V40	44
Frances Stewart	V60	50
Jane Kitchen	V40	53
Kate Rowan	V50	57
Paola Russell	V40	59
Diana Davis	V50	60
Pam Bungay	V50	61
Rene Pilbeam	V60	64
Tina Mills	V50	65

CURRENT CC6 RACE RESULTS

MEN		Kings	
		Incl	Dibden
		Race 1	Race 2
Scott Edgington	S	1	1
Sean Driscoll	V40	5	
Steve Wallington	V50	7	16
Andy Dyer	V40	11	13
Brian Frampton	V50	19	18
Richard Alderson	S	29	27
Rob Parkinson	V40	35	32
Luke Bates	V40	37	28
Dave Murray	V40	46	

WOMEN		Kings	
		Incl	Dibden
		Race 1	Race 2
Claire Dyer	S	2	2
Lucy Buis	V40	4	4
Kylie Nugus	S	8	
Virginia Collins	V50	9	12
Maria Metzger	S	16	10
Sonia Cluitt	V50	29	35
Lara Cove	S	32	
Marlene Letheren	V50	35	41
Rebecca Rees	S	36	

Mike Mills	V60	71	77
Simon Mason	V50	72	78
John Hayes	V50	79	
Wayne Taylor	S	81	84
John Timms	V70	83	
Simon Price	S		30
Jeremy Weaving	V50		71

Janet Foote	V50	38	33
Tina Mills	V50	50	65
Kate Rowan	V50	52	57
Jane Kitchen	V40	53	53
Angela Simpson	V40	55	
Rebecca Barber	S	58	
Michele Hall	S		7
Justine Jury			6
Poppy Holmes			44
Frances Stewart	V60		50
Emma Pilbeam			38
Paola Russell			59
Diana Davis	V50		60
Pam Bungay	V50		61
Rene Pilbeam	V60		64

Gosport Half Marathon - 20 November 2011

Name	Position	Gun time	Chip time
Brian Frampton	141	1:27:44	1:27:32
David Ransom	338	1:36:45	1:36:33
Virginia Collins	359	1:37:32	1:37:30
Annie Tomlinson	572	1:45:33	1:44:51
Spencer Hufton	756	1:52:26	1:51:39
Kate Sneddon	1268	2:18:21	2:16:55
Ann Spelman	1285	2:21:20	2:19:42
Angela Simpson	1291	2:21:32	2:20:06
Lindsay Ashton	1318	2:25:43	2:24:02

Hayling Island 10 Mile - 27 November 2011

Name	Position	Time
Virginia Collins	109	1:15:03
Lindsay Ashton	202	1:22:15
Marlene Letheren	306	1:30:40

Boscombe 10k - 27 November 2011

Name	Position	Time
James Dean	4	36:24
David Ransom	41	42:31

Recent time trial results

Name	<u>12/10/11</u>	<u>23/11/11</u>
Nick Buis	22.55	22.25
Kevin King	24.52	23.57
Graham Bungay		23.59
Brian Frampton	26.28	26.00
Andy Dyer	26.23	26.17
Neil Vincent		27.03
Rob Parkinson	28.39	27.12
Claire Dyer	27.29	27.37
Lucy Buis	28.00	27.56
Justin Rangecroft		27.56
Martin Nugus		29.14

Tony Lees	28.26	29.48
Chris Barnes		29.55
Nat Green	29.39	30.06
Kevin Harris		30.50
Virginia Collins	30.40	31.20
Chris Gale	32.31	31.20
Darren Slater	29.44	31.42
Janet Foote	33.52	32.14
Emma Pilbeam	34.34	32.58
Kate Liddon		33.44
Brian Harvey	34.07	33.54
Darren Bagnall		34.17
Gemma Tindall		34.25
Rebecca Rees		34.57
Lindsay Davis		36.12
Diana Davies	37.45	36.17
Sally Ogden	40.14	39.32
Alison Kaines		40.22
Siobhan O'Halloran		40.23
Mike Elmes	26.31	
Sean Driscoll	26.50	
Dave Ransom	26.59	
James Maddocks	30.29	
Maria Metzger	30.37	
Andy Gates	30.40	
Dave Murray	30.56	
Steve Maddocks	32.12	
Chris Hill		
Keith Roff	32.35	
Steve Foster	32.48	
Poppy Holmes	33.46	
Matt Phillips	34.04	
Lara Cove	34.25	
Penny Watson	34.34	
Alex Piercy	34.34	
Rob Mackinson	34.34	
Colin Sketcher	37.44	
Amber Broomfield	37.44	
Norman Lace	39.21	
Alan Lovell	40.10	
Amy Morris	40.18	
Sue King	40.37	
Rebecca Barber	42.23	
Rene Pilbeam	42.30	
<u>2 mile time trial</u>	<u>12/10/11</u>	<u>23/11/11</u>
Shelley Moodie	18.28	
Michelle Dolke	20.25	23.15
Rhonda Penney		23.16
Lou Waight	25.04	
Ashley Terblanche	25.50	
Keely	25.51	

SPOTLIGHT ON Caroline Wilton

This issue our Spotlight series we caught up with Caroline Wilton who many of you will know as one of our coaches. Caroline recently had a big birthday and here's what she had to say on being a V40 and many other things.....



What is your favourite colour?

Pink :)

How many years have you been running?

I started running with the Beginner Group in Jan 2009 with Sue & Simon as coaches.

What has been your best and worst running moment?

The London Marathon 2010 - I managed to pick up several injuries 4 weeks before, so managed about 12 miles in the last 4 weeks in total. Problems started at mile 7 - followed by a massage at 13 miles, I walked/ran the second half. The best bit - crossing the line.... eventually!!

What is your favourite part about being a coach?

Being mean on a serious note - seeing people improve week on week, and enjoying their running.

You've recently celebrated a big birthday. Does being V40 ease the pressure on you to get fast times?

Me - fast?? I wish!!- I hope so... I may manage some PBs (I'm not really 40 - I like to think of it as 21+ 19)

What frustrates you most (if anything) about your running?

My inability to get any faster!! I have resorted to wearing my Garmin on my right wrist as it's harder to look at - I have a thing about checking my pace and sticking to 10 minute miles - which is no good if I want to run faster!

What is your motivation for keeping running?

Well, as you kindly pointed out I'm now 40 - I have to try to keep the weight off!! (it also means I can enjoy a cheeky glass of wine now and again without feeling guilty!)

What is your ideal pre race meal?

Gnocchi (potato pasta) with chicken and pesto... obviously no wine or chocolate.... sadly :(

What are your challenges for the next twelve months?

London 2012 ... lots of cold, early Sunday morning runs and avoiding injury by cross training - especially core!!

What one piece of advice would you give to beginners?

*Go to a specialist running shop to get your trainers fitted - they are the single most important piece of kit you can buy!!
Can I do two please... STRETCH after running - it helps!*

TRC MEMBERS ADVERTS

To promote your business, charity, social event or any general advert that you would like other TRC members to see then please email runningnewsletter@yahoo.co.uk.

123 Decathlon Challenge 2012

I would like to invite everyone to take part and encourage family, friends and work colleagues to join in this exciting event next year. There is something for all abilities. We are particularly keen to encourage work colleagues to get together in a team and raise funds for the 3 special charities but also to generate a little bit of competition for the triathlon, athletics and swim events.

The website is www.cwfellowes.com/123. We are aiming to raise £100k.

I will be requesting some volunteer support for the athletics and run day in particular next September.

If anyone has any queries please contact me on 07766577668 or email bruceandchriselkins@hotmail.com

WANTED

Sociable person/persons to form an organising group to take on a few social functions during the year. Notably the Annual Dinner Dance & Awards night, plus to work with others already involved to help promote things like the pasta party and a summer event e.g. skittles. Will have support from the committee, but need to be able to work on own initiative with a remit and deliver a great event. Contact Sue if interested. tottonrcnews@aol.com

The club are looking into the possibility of having a weekend away, training and having some fun together for a couple of days. At this point we are looking at Swanage youth hostel during their closed season. Swanage is on the Isle of Purbeck and is renowned for it's scenery, geology and cliff-top walks. Tina and I often run along Ballard down and finish on the beach at Studland Bay. There will be about 40 places available. The cost to each person, before the consideration of transport or catering, might be in the region £26. We are looking into the time of year and the availabilities of the accommodation.

If you think you might be interested, so that we can gauge the amount of accommodation require, respond to Mike Mills by email: mike_mills2@hotmail.com This is not committing you to taking up a place. I will post further notices on the weekend's activities etc. through Sue and the news letter.

Mike Mills.

Your Club Contacts, Coaches (marked+) and Committee Members (marked *) are:

President	Brian Harvey	023 80293112	
Chairman	John Mursell*+2		John.mursell@hants.gov.uk
Vice Chairman & WebMaster	Simon Mason*+2		simonmason@gmx.co.uk
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Treasurer	Dave Murray		felixbadger@aol.com
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Coach	Kate Sneddon +1 (LiRF)		Katesneddon76@aol.com
Coach	Martin Nugus+1		
Coach	Rene Pilbeam +1	02380863338	

+1 = Level 1 coach, +2 = Level 2 Coach, +3 = Level 3 coach
+ FIRW = Fitness in Running and Walking coach, +LiRF = Leader in Running Fitness

If you have any race reviews or articles you would like to see included, please e-mail
runningnewsletter@yahoo.co.uk

Don't forget if you mislay your schedules they are on the Totton website at www.tottonrc.weebly.com or
click the link from the Facebook page.