



We've had all sorts of weather over the past few months, really cold and unseasonably warm but thankfully the evenings are now getting lighter and longer. Spring is here!

The time is approaching for lots of our members to run a marathon and achieve their goals, whether it's finishing, gaining a PB or raising lots of cash for worthwhile charities. We wish everyone all the best for their race and I look forward to reading the race reports!

For others there has been disappointment due to injuries or illness. Let's hope that the spring can bring renewed motivation and positivity to get back out there and enjoy yourself (although as I write this the rain is lashing down and I can't find any motivation for putting on my trainers).

Good luck to all our marathon runners and everyone else with a spring race.

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!!

Reminders and Information

Race dates for your diary

Marathon prep the wrong way

What Club do you run for?

Technical feature - Speedwork Tips

Results and race reports

Spotlight on

Contacts

PASTA PARTY!!!!!!

Friday 20th April 7:30pm at Totton Rugby Club is our Pasta Party which celebrates and says a big GOOD LUCK to all of our club London Marathon runners. If you would like to come along or you can help with the cooking then please let Sue or Simon know ASAP. Contact simonmason@gmx.co.uk or via the link on the website.

Mike & Tina Mills are now looking after all the TRC kit. Please contact for prices etc. in readiness for the RR10 season and they hope to be checking out some hoodies soon. Contact 07808925558 for Mike.

Oregon Circuit - 21st April 11am - Applemore Sports track (behind the college)

You will see on the schedule that we have an Oregon Circuit scheduled for the 21st April at 11am. This session has been designed by Chris Harris at Hardley Runners, in conjunction with other coaches from Lordshill, Eastleigh and Totton Running Clubs.

All club members are welcome to come along and have a go, **for free**, to try out a circuit training session specifically designed for runners that will help strengthen your workout and add in that little bit of cross training with other

runners within a running environment. This is not exercise to music it is running exercise.

This session will take place at a running track, with stations set out around the track and there will also be running involved between the exercise stations, future sessions may vary in setup and location. You do not have to sign up for sessions, nor commit to regular attendance, though it would be good to know who will be there so we can plan the number of groups and exercise stations. If people enjoy this first session the aim is to introduce similar sessions once a month basis during the summer, at different locations to suit each running club.

What do you have to lose? An hour of your time and maybe some ideas to enhance your training programme.

Contact Sue or Simon for more details.

TULIS Footcare Update

Cast your minds back to the beginning of the Autumn when our member, Elisabeth Howard wrote an article and mentioned a foot product that she had been using and recommends. Well, we recently received an email from TULIS giving our members a discount on the products. Here is the email and the details needed to obtain your discount.

A few weeks ago we received an e-mail with attached Totton Running Club Newsletter from one of your members, Mrs Elisabeth Howard. She has been using TULI'S Footcare products and recommends them in her article which was published in your Autumn Newsletter.

Churchill Medical Ltd are the official U.K. suppliers of TULI'S Foot Orthotics and have been supplying these products to private individuals and Healthcare Professionals in the U.K. for the past 18 years.

Following the very kind e-mail received from Elisabeth Howard, I am pleased to announce that we have introduced a discount code onto our website and I am delighted to make this code available to members of the Totton Running Club. This will give any member wishing to avail themselves of the offer a discount of 12.5% from our website list prices.

The discount code is "TRC11" and TULI'S can be found at <http://www.churchillmedical.com/ProductList.aspx?>

Of course I understand that many people do not wish to order over the internet – they may call us on 08458 622909 and quote the code to obtain the same discount (or request a brochure).

I hope this will be of interest to your members.

Kind Regards

Andrew Thomson
Managing Director

RACE DATES FOR YOUR DIARY

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

DATE	LOCATION	EVENT
Sunday 13th May 2012	Alton	10ml
Sunday 20th May 2012	Netley	10km

As a club we have managed both ladies and men's teams at most of the road races this season. There are two races left this season so sign up fast to ensure you get your place!

RR10 DATES 2012

Royal Victoria Country Park	18 th April	7:00pm
Longdown Inclosure, Ashurst	2 nd May	7:15pm
Wilverley Plain, Sway	16 th May	7:30pm
Recreation Ground, Blackfield	30 th May	7:30pm
Deerleap	6 th June	7:30pm
Alver Country Park	20 th June	7:30pm
Fleming Park, Eastleigh	4 th July	7:30pm

Janesmoor Pond	18 th July	7:30pm
Itchen Valley Country Park	1 st August	7:15pm
IBM, Hursley	15 th August	7:15pm

The Race on May 2nd is our race and we require lots of club members to marshall on the evening. There will also be a chance to run the route of the race beforehand. Please check the schedule for details.

Marathon prep the wrong way - Sue Tizard re London - April 2012.

- Take Part in a London Marathon via a charity place after having been running for a short time only, finish in a non-runner time (their words not mine) and feel elated at having achieved such a feat.
- Enter ballot for future London marathons because you think it is a good idea not because you know what is involved. Nothing like a marathon to addle the brain cells of a slower runner believing they can improve on their time.
- Persist in entering the ballot year after year as the rejections come through making you determined to get a place, even though the lack of wisdom of doing it again starts to become clearer with every rejection.
- Realise that the "5 years rejected and in as of right" rule applies to you (now withdrawn) and keep entering just to spite the system, having decided you don't really want to do it again but now it is a battle with the mechanics of the system.
- Work out that you will be running the 2012 marathon when you have just put into the 2010 ballot for the 2011 entry as you will have 5 rejections and be in as of right, or can postpone a 2011 entry. (yes I struggled to follow that too)
- Achieve 2011 entry and postpone just to prove a point. Then forget to pay for said withdrawn entry prior to getting the entry to the 2012 race due to the rules not being clearly stated - my excuse, I am sticking to it.
- Start blogging about how wonderful it will be to run London 2012 (Marathon of course not Olympics but hell no-one knows that do they?) <http://stizy2012.blogspot.co.uk/>
- Know that with 2 years to prepare it will be a piece of cake, plenty of time to do lots of training and build up some decent speed and fitness (All the best intentions).
- Avoid training and racing, apart from leading beginner groups, and then get a bad knee injury through a walking accident, so no training can take place at all.
- Lose all motivation after months of not being able to put much weight on knee.
- Pile weight on and whinge about not being able to train, then, keep finding excuses.
- Plan to get back into training months before Marathon then contract Laryngitis and a chest infection that prohibits movement let alone running.
- Avoid all club training sessions as you will never keep up with anyone anyway and take to doing own thing on an irregular basis.
- With only a few months to go, try to build up nice and gently, which is going to be impossible due to the time constraints, so move from walking 3 miles to run/walking a half marathon in a few weeks and of course take up alternative exercise just to try and get some indoor fitness sessions.
- Enter races to help test the pace etc and find that no matter what distance you run the pace is exactly the same. SLOW.
- Avoid speed training and hill training. After all, distance and time on feet is what is needed now right?
- Take part in a few races as build up, to monitor progress and offer a focus. Finish close to last in each and by a decent time margin too. (I.e. half marathon a good 45 minutes behind the next last - in fact surprised they hadn't all gone home when I finished)
- Mentally feel you are ready, knowing physically you should have started 2 years ago when the plan first started forming.
- Issue "never again" statements while secretly planning the next ballot entry so you can whinge all over again.

To help ease the pain that will inevitably follow this exhausting training programme and projected 6 ½ hours on my feet I have a fundraising website for the Prostate cancer society <http://uk.virginmoneygiving.com/SueTizard>

Other runners taking part and their pages are :

Lindsay Ashton

fundraising for Countess Mountbatten Hospice: <http://www.justgiving.com/Lindsay-Ashton>

Diana Davis

fundraising for Meningitis Trust : <https://meningitis-trust.tributefunds.com/fund/Diana+runs+for+Isaac/showFund/>

Shelley Moodie & Caroline Wilton

Raising money for Wessex Cancer trust : <http://www.justgiving.com/shelleyandcaroline>

Simon Nunn

running for the MS Trust : www.virginmoneygiving.com/simonnunn

Kate Rowan

raising money for Multiple Schlerosis : <http://beatms.mssociety.org.uk/netcommunity/katerowan>

Ann Spelman

Raising funds for Naomi House : www.virginmoneygiving.com/annspelman

Also running (and may also be fundraising) are:

Chris Barnes

Virginia Collins

Sean Driscoll

Spencer Hufton

Katharine Trusson

Jez Weaving

Mike Szymanski

Hayden Kirk

**Wishing everyone a safe London Marathon experience, lacking in injury and full of energy, speed and enjoyment.
Good luck to all taking part**

WHAT CLUB DO YOU RUN FOR? *Dave Murray*

Imagine you are secretary for a local Southampton open race. Great news, your advertising campaign has attracted harries from exotic sounding clubs such as WADAC & SRS. You are also pleased but slightly bemused by the number of teams from the Salisbury area and wonder which of 3 dominant clubs will come out of top: Salisbury AC, City of Salisbury ARC or Salisbury RC?

Hopefully someone might point out that WADAC is Winchester & District Athletic Club and that SRS are the familiar Southampton Running Sisters. Salisbury, as far as I know, only has one running club although the HRRL secretary has at least 16 allowed names on his look-up facility!

Perhaps not so confusing for our club, but we do see:

- Totton
- Totton RC
- Totton Running Club
- Totton R.C.

It matters because the race secretary or more importantly nowadays **the lookup software** may not recognise all the ways we choose to write our club name, leading to problems attempting to work out team scores. Think about it from the race organiser's point of view.

I can tell you that all of the above ways of writing our name would be recognised in the HRRL, but currently TottonRC (no gap) or TRC would not. TRC could equally well be Truro Running Club or Thornbury Running Club (Bristol) if we venture a little west in our racing.

So what should we use? Well, we could all fall in line with the dominant way members choose to write our name:

Totton RC



Technical Timeout - Speedwork Tips (Runners World June 2002)

Remember these 10 tips when you start adding the fast stuff to your running programme:

- 1. Graduate from basic training** If you're a novice runner, you need at least three to four months of building up before starting speedwork. Meaning? You should be comfortable running steadily for 30 minutes three to four times a week.
- 2. Scout out the right course** Avoid traffic and other hazards. Also, shun fast downhill running - it looks easy, but it's actually tough on the muscles and can quickly lead to injuries.

3. **Consider the surface** Grass and dirt trails are nice, but a smooth surface is even more important. Tree roots, pavement cracks and potholes can be dangerous. Synthetic tracks - smooth and springy - are often your best bet.
4. **Warm up and stretch** Always begin with 10-15 minutes of easy running before picking up the pace. Combine that with stretching for optimum results.
5. **Don't start too fast** Beginners usually err on the speedy side of speedwork. Hold it steady, and don't run so fast that your breathing and heart rate go crazy.
6. **Focus on form** Speedwork improves your system's biomechanics, so think about form when you run fast. Visualise yourself running lightly, smoothly and efficiently.
7. **Find the fun** Faster running is a new kind of effort, but it doesn't have to be grim. Reduce stress by playing speed games and just simply enjoying the pace.
8. **Rest the day after** If you're used to running the same pace day after day, you'll need to work at developing true rest days. Slow right down, cut back on distance or skip running altogether on the day after a speed session.
9. **Start with five** That's a good number of repetitions to begin with for most speedwork sessions. And one session a week is wise at first. After your body adjusts, add a second session.
10. **Be careful when you race** A little speedwork can instil a false sense of overall fitness. Be cautious about your ability to maintain a fast tempo. Learn to run at a pace that you can hold for the entire race.



RESULTS AND REPORTS:

Hampshire Cross Country League - Popham (Race 3) 3rd December 2011

Emma Pilbeam	30:36	Sean Driscoll	33:01
Rene Pilbeam	35:36	Andy Gates	39:25
		John Timms	51:38

Hampshire Cross Country Championships 7th January 2012

Laura Pankhurst	33:20	Nick Buis	41:07
Lucy Buis	37:18	Graham Bungay	45:27
Justine Jury	37:31	Sean Driscoll	48:02
Michelle Hall	39:33	Mark Hayes	53:46
Janet Foote	44:34	Graeme Martin	54:16
Emma Pilbeam	44:59	Richard Alderson	55:11
Frances Stewart	48:12	Luke Bates	56:04
Rene Pilbeam	52:02	Andy Gates	58:19
		Adrian Hayes	58:35
		Nathaniel Green	1:03:55
		John Hayes	1:06:24

CC6 Badger Farm (Race 4) 8th January 2012

Scott Edington	1	Claire Dyer	2
Matt Watson	5	Lucy Buis	6
Steve Wallington	15	Justine Jury	7
Brian Frampton	16	Virginia Collins	13
Andy Dyer	17	Michelle Hall	15
Rob Parkinson	22	Tiffany Lake	20
Eammon Rivers	37	Janet Foote	31
Richard Alderson	39	Penny Watson	34
Tony Lees	46	Frances Stewart	40
Dave Murray	48	Pam Bungay	46
Steve Henry	65		
Ben Sims	68		

Simon Mason	69
Darren Bagnall	72
Wayne Taylor	73
Mike Mills	74
Lindsay Davis	78

Hampshire Cross Country League - Kings Park, Bournemouth (Race 4) 14th January 2012

A Gates	41:30	M Collett	29:49
D Murray	42:19	E Pilbeam	30:29

Stubbington 10k 15th January 2012

N Buis	32:42	C Dyer	42:09
J Dean	35:26	L Buis	42:44
K King	37:31	V Collins	45:13
M Watson	38:44	A Tomlinson	47:00
A Dyer	40:05	L Ashton	49:54
R Alderson	42:21	E Pilbeam	51:53
T Lees	43:42	J Foote	51:35
L Bates	43:41	L Cove	52:08
P Hallett	43:58	P Watson	52:37
A Gates	44:47	P Holmes	53:20
J Weaving	47:19	M Letheren	53:56
S Crago	48:41	J Kitchen	58:03
P Harris	49:47	D Davis	58:39
S Hufton	50:19	K Rowen	59:11
M Mills	51:51	C Wilton	59:59
S Mason	51:48	S Ogden	1:00:34
B Harvey	56:30	A Kaines	1:00:37
		P Bungay	1:01:32
		S Timms	1:04:15
		K Sneddon	1:03:44
		A Simpson	1:05:42
		M Dolke	1:09:58
		R Barber	1:12:49

Southern Cross Country Championship - 28th January 2012

Report by Rene Pilbeam

We had a good journey down. Emma Andy David and myself(Rene) car shared. The journey didn't take too long and it is a lovely drive across the south coast. We did park ok with only about a 10-15 min walk to the fields of the start. Lovely sunny weather if a little cold. Saying that, Emma and I ran in only vest and shorts. Just right!

The course was a testing 5 miler with one short lap and two longer ones. Through woods, up a long drag of a hill, twice, but with a good downhill run to the finish. Emma ran well and I only saw her at the very friendly start. All the ladies having a joke and laugh before the off! Wasn't long before I got to my usual position, near the back, but after the woods I managed to overtake about 11 ladies on the muddy downhill. Love it! I then lost about 3 places on the uphill again. I was overtaken by one young lady with about 500m to go and her two team mates got me with 100m to go. They were half my age, honest.

Emma had a good run and was waiting for me at the finish straight, giving me lots of encouragement. Emma had finished in time to see the Men's race start. We then went back to the tent that Sean had kindly brought, to get changed. Had tea and went off the cheer on the men's team. There were a lot of young flyers there that day. Eye balls out and making it all look so easy! It is great fun running around the course to look for and shout at the men the same way they had cheered us on!. Our men's team ran well. It was a tough 9 mile four lap course but a good cross country course with a bit of everything going for it. The men were pleased to finish and we had tea and cakes back at the tent. As usual we hung about talking and putting the tent down and were nearly last to leave, with the sun still shining but getting a bit colder by now. Us four went off to Brighton centre for the evening. Had a good meal in a pasta pizza place and then strolled through town to the pier which was still very lively. We had a good day out.

It was almost like old times but would be nicer to get more men and ladies out on these away day trips. There was plenty of field to take families and let the children play.

(Sorry to the one lady who made the effort to get there but never managed to tie up with us in time to run. We need to communicate with each other more in the future about who is actually going.)

Keep on running folks.

Rene

Stonehenge Stomp 29th January 2012

Report by Kate Sneddon

This event is mainly a walkers event but many runners take part each year. There are various distances to cover and this year myself and Angela Simpson decided for 30k. It was the first time either of us had done this event.

We had been going well with our training, Angela for London and me for Bramley 20 so we were looking forward to this event as it was something different to normal.

The day was very cold but dry and after getting our cards and route sheet we set off. We were going well until we came out of Amesbury happily following the runners in front. We turned a corner and suddenly everyone had gone..... we had managed to miss the turning. Lost already!

Making it back on track we hit the first checkpoint after climbing a steep bank through the woods. It was pretty tough already and I was wandering what was still to come.

We settled into a pace and we both started to enjoy the run, the ups and the downs. It is a lovely place to run on Salisbury Plain and everyone, runners, walkers and marshalls were friendly.

The time ticked on and we passed various checkpoints. I kept looking at my Garmin to see the distance as this was going to be the longest distance I had ever covered at the time. By the time we hit the last checkpoint we were already at 18 miles and I was quite happy to stay at the checkpoint and eat biscuits. However we still had a little distance to get back and the stiles became a little tricky because I couldn't get my leg over!

We were so close to the finish, knowing we had achieved a big distance when it happened. Angela stumbled and turned her ankle very badly. I feared it was bad but I had to get her off the ground as it was so cold. We hobbled home, I hoped that the injury wouldn't be serious but I knew it wasn't good.

It was such a shame to finish the Stomp in that way. We had a great time (up until that point) and both of us would do it again next year (but walking).

Unfortunately for Angela it was the beginning of the end for her marathon hopes this year. And it was the beginning of the end for my training too as without her support I found it difficult to keep motivated. I did complete my target race (Bramley 20) but it was a real anti climax and there was no elation when finishing. In fact I got back to my car and thought "what was all that for?".

Thankfully Angela is back out running again now and she is looking forward to April 2013 and running a marathon PB! ©

Romsey 5 Mile 29th January 2012

A Dyer	31:11	C Dyer	32:44
S Wallington	31:48	K Holloway	45:32
T Lees	33:56		
D Jackson	40:09		

Ryde 10 mile 5th February 2012

M Watson	1:02:57	V Collins	1:16:10
T Lees	1:12:45	K Sneddon	1:45:24
P Hallett	1:12:46		
K Harris	1:21:23		

Hampshire Cross Country League - Hudsons Field, Salisbury (Race 5) 11th February 2012

A Gates	42:46	E Pilbeam	27:57
D Murray	45:08		

Meon Valley Plod 12th February 2012

A Spelman	5:29:10
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Bramley 20 / 10 12th February 2012

10 Miles

G Martin	1:16:12
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20 Miles

V Collins	2:37:25
A Tomlinson	2:48:36
K Sneddon	3:56:20

CC6 Boldrewood (Race 5) 19th February 2012

M Watson	7	C Dyer	3
S Wallington	13	L Buis	4
A Dyer	23	J Jury	7
B Frampton	25	M Hall	10
T Lees	49	V Collins	11

Winchester 10k 26th February 2012

K King	38:53	K Liddon	54:33
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Heartbreak 14 Miles 26th February 2012

D Murray	1:51:28
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CC6 Fleming Park, Eastleigh (Race 6) 4th March 2012

M Watson	10	C Dyer	4
S Driscoll	13	L Buis	5
A Dyer	18	J Jury	10
B Frampton	19	M Hall	12
S Wallington	21	V Collins	18
S Price	23	E Pilbeam	28
R Alderson	31	J Foote	30
E Rivers	36	S Cluitt	33
M Hayes	38	P Watson	37
R Parkinson	42	L Waight	58
C Barnes	49	S Timms	60
T Lees	53		
D Murray	57		
D Bagnall	63		
S Henry	69		
J Hayes	74		
S Mason	82		
M Mills	88		
W Taylor	89		
L Davis	91		
A Gates	??		

Bath Half Marathon 11th March 2012

Claire Glorney	1:41:28
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Salisbury 10 Mile 11th March 2012

N Buis	53:42	L Buis	1:11:37
M Watson	1:02:47	V Collins	1:13:37
T Lees	1:11:00	J Foote	1:21:18
R Alderson	1:11:07	R Rees	1:26:36
P Hallett	1:11:12	P Watson	1:28:41
K Harris	1:20:18	K Sneddon	1:51:43
J Archer	1:21:22		

Mad March 10 / 20 11th March 2012

10 miles

J Kitchen	1:31:15
S Tizard	2:17:18

20 miles

J Dean	2:04:46
J Weaving	2:42:07
C Wilton	3:39:42
A Spelman	4:04:46

New Forest Festival of Running -half marathon 11th March 2012

Report by Dave Murray

I love doing the odd hilly race -especially one I haven't done before, and I enjoyed this ~~half marathon~~ 14.2M off road race. Just when you think you know the New Forest someone organises a race in an area I've never been to before (Linwood near Ringwood).

I did genuinely enjoy the race despite agreeing with just about all the negative feedback comments on Runner's World: long registration queue, chaotic march to the race start, 14.2M distance instead of 13.1, unenthusiastic marshals, lack of water at drinking stations, unhygienic water at drinking stations (re-using discarded cups from previous runners etc), rubbish goody bag..... The list goes on -I've never known such a negative write up.

The race itself was scenic with a few good ups & downs on what turned out to be a rather hot Sunday afternoon. It could have done with a few more folk, as the field got quite thin by halfway -at which point I was passed on a uphill stretch by 1 runner then another 2 all 3 left me well behind - perhaps it was going to a hard 2nd lap. However, by mile 11, I had the gritty satisfaction of catching & passing them all back [Badger racing tip No.77 for hilly races: its not how fast you run up the hill, its all about what you've got left when get to the top].

I completed in under 2 hrs in 19th overall out of 192 finishers, a relatively high up position which must reflect my outstanding run and is nothing to do with the fact that like Totton RC most club runners ignored the event.

Would I recommend it? -yes, it is always good to try a new race, and the organisation can only improve.

Would I do it a 2nd time? - probably not.

Did anyone else from Totton RC take part in any of the races? ... don't think so, but results did not list clubs, so can't be sure.

Exbury 10k 18th March 2012

P Hallett	42:57	S Cluitt	53:17
G Martin	44:09	R Evans	55:14
M Mills	51:50	S Ogden	58:51
S Mason	52:37	A Kaines	1:02:41
W Taylor	54:49	K Holloway	1:04:06
		C Bega	1:11:14

Eastleigh 10k 25th March 2012

N Buis	32:13
K King	38:08
B Frampton	39:50
C Barnes	41:30
R Alderson	41:20
L Bates	42:08
T Lees	42:37
M Hall	43:07
P Hallett	42:55
V Collins	44:12
D Murray	45:03
M Mills	51:11
L Cove	52:01
B Harvey	52:02
S Cluitt	52:25
P Watson	52:28
M Letheren	54:36
E Rivers	55:05
M Brook	57:34
S Timms	1:02:34
L Karnecki	1:04:59

SPOTLIGHT ON

This issue our Spotlight series we caught up with Sue Tizard. We find out what Sue plans to do in the coming year and how she will fuel up for the big race in a few days time.



What is your favourite colour?

Purple and any varying shades thereof (Though will take anything black and white and panda shaped too)

How many years have you been running?

I started in the beginners group in October 2004, having never intended to run at all, so 8 years then. Spotted an ad in the local Waterside gazette that the beginner group was starting the very next day, so turned up to find out what it was all about and have been a club member since then. Whether I have been running for all that time though.....I find I need to take time out every now and again and come back refreshed.

What has been your best and worst running moment?

Best running moment has to be crossing the finish line in the London marathon, nothing prepares you for the emotion that hits you having completed it.

Worst moment...hmmmm tricky.....probably when I fell and injured my knee on a walk, which while not while running, certainly had an impact on my weight, motivation and my ability to get back to running.

What is your favourite part about being a coach?

Best thing is seeing people turn up for a beginner course thinking they will never be able to run, then seeing them complete a race or a training session with the main groups, for their first time with that look of amazement on their faces that they did it, then seeing them come back for more and knowing that they are there because of your input and motivation to help them succeed.

What frustrates you most about your running?

Being as slow as I was when I first joined, which is mostly down to various injuries and the effect they have on motivation levels, after a while it just becomes easier and easier not to run and just to whinge about it instead :-)

What is your motivation for keeping running?

I have a serious stubborn streak and once I put my mind to something there is no stopping me, plus having stupidly decided I was going to run the London Marathon in 2012, I find I need to get the miles in or I will be in trouble.

What will you be eating the night before the marathon?

I suspect I will be chomping on a home made spaghetti bolognese with a nice glass of red wine for relaxation.

What are your challenges for the next twelve months?

Once the marathon is out of the way I need to get my head back into regular club night mode, I have spent a long time avoiding evening training sessions and really need to get back to it to help me improve.

What one piece of advice would you give to beginners?

Can I give 2?

Firstly don't beat yourself up if you can't keep up with everyone else at training or on a run, we all progress at different rates and as long as you are improving compared to where you started then you are doing fine, comparing yourself to others is pointless, no two people are the same and we all have different challenges to contend with. Secondly....Anyone can run a marathon BUT.....Please DO NOT think you can do a marathon when you have only been running for a short time, everyone gets that "I can do a marathon" bug at some point, but take it from a beginner that did one, a lot of miles in the legs is what you need as a good base, then you know you are well prepared, the sacrifices you have to give to training would be better served when you are used to putting lots of miles in your legs through your training already.

If you could improve your running in any way, what would you improve and why?

I don't think there is anyone in the club who will say they can't improve their running in some way, even the faster ones, so for me I think it would be to apply myself to it more to gain that extra stamina and speed I need to help me enjoy being out with a group of people more and feel I am part of it, not trailing along trying to catch up. Would also be quite nice not to be last in a race for once :-)

Do you enjoy taking part in any other sports? Which ones and why?

I love to dance, have done it all my life, so find that is the best thing for me to take part in (and yes it can be a sport as I competed quite regularly when I was younger), plus the group exercise with everyone doing the same is great, you may miss a step, but you never feel you have been left behind or are a nuisance for having turned up. I highly recommend anyone take up something alongside the running to give them a bit of variety and to help stave off repetitive injuries. Cross training helps strengthen muscles that may not be used directly in running, but are needed to help stabilise, so pick your favourite "other activity" and get out there.

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 remaining events and dates are as follows:

Track cycling	15 th April	Run	9 th September
Tennis	1 st May	Road Cycle	14 th October
Triathlon	1 st July	Table Tennis	15 th November
Athletics	9 th September	Swim	20 th December

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 in September.

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

Navigation and Mountain Navigation courses - Nigel Parrish, New Forest Navigation

Very reasonable costs for both courses, especially if there is a group that can go together and share the cost. Nigel is more than happy to arrange something to fit the individual.....just email him.

Nigel Parrish
New Forest Navigation
www.newforestnavigation.co.uk
07873575997

Spring into summer - Save £5 per person, per day off day navigation courses.
Group savings - Save 25% off already fantastic group rates during April and May.
See website for current offers, course details, booking and payment information.

25 Lavender Road, Hordle, Lymington, SO41 0GF

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
Secretary	Sue Tizard*+2 (LiRF)	07941 146201	suetizard@aol.com
Treasurer	Dave Murray		felixbadger@aol.com
Men's Captain	Sean Driscoll*+3	023 8063349	margaret.driscoll@btopenworld.com
Men's Vice Captain	Andy Gates*+2	07795167552	Andygates05@yahoo.co.uk
Ladies Captain	Kylie Nugus*+2	023 80661684	m.nugus@sky.com
Ladies Vice Captain	Diana Davis*		dianajdavis@hotmail.co.uk
Member	Caroline Wilton* (+LiRF)		carolinewilton@btinternet.com
Member	Angela Soffe* +1	02380428755	angela.soffe@pentagon-ltd.co.uk
Coach	Marlene Letheren +2	02380864202	mhletheren@hotmail.co.uk
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.