

# A TALE OF TWO RACES

## **The Black Horse 10K trail Thursday 22<sup>nd</sup> June 2006.**

This was the first of two new races in a summer series of charity events organised by Joe, Andy and Mike from Nailsea running club. The purpose was to raise funds for the charity "Facing Africa". This charity supports sufferers of Noma (cancrum oris) an acute and ravaging gangrenous infection affecting the face. The victims of Noma are mainly young children caught in a vicious circle of extreme poverty and chronic malnutrition.

The race route went over our old TACH route along the footpaths that climb through the woods along Cadbury Camp Lane, circling Tickenham Golf Course before dropping onto Clevedon Lane. It finished back at the Black Horse for the prize giving and a well-deserved drink.

According to the blurb the course had a total ascent of 200m over approximately 10km. It was a lovely route but was it really only 10K; it seemed to go on forever?

Several TACH members were out to support the race. Libby braved the event despite injury and Brian took part despite missing the start. He went past me like a bat out of hell on the downhill at about 8km. I know I'm not good at downhill but who says his racing days are over?

John "saving myself for the Cotswold relay" McDonough was pipped to the post by 3 minutes by Pete "Duracell" Brown. The latter was heard muttering under his breath that he expected John would be handing over a note from his mum any minute to explain the result. Rob was 3<sup>rd</sup> overall – an excellent result!

The only bad language I heard all night were from runners at the top of the final ascent being asked by Jules from NRC for one word to describe the course. Full TACH results as follows: –

39:30:00	Rob	Hicks (3 <sup>rd</sup> overall)	M	TACH
43:40:00	Pete	Brown	M50	TACH
46:24:00	John	McDonough	M50	TACH
48:50:00	Patrick	Winstone	M40	TACH
54:20:00	Chris	Bloor	M50	TACH
64:08:00	Brian	Burr	M60	TACH
66:16:00	Sue	Baic	F40	TACH
66:38:00	Libby	Bloor	F50	TACH

Well done all.

The second and final race is the Burrington Rock of Ages 12km trail run from The Burrington Inn at 10.00ams on Sun 10 Sept. It starts at the top of The Link, follows footpaths around Dolebury Warren, through Rowberrow Forest and along the Black DownHills passing Goatchurch Cavern on the final descent to the Burrington Inn. The course has a total ascent of 310m over approximately 12km. Prize presentation, food & drinks will be available from the Burrington Inn.

Return entries with a SAE and Cheque made payable to "NRC". Entry fee £5.00 affiliated, £7.00 non-affiliated, plus £1.00 EOD

<http://homepages.tesco.net/~nailsearunningclub/entries.htm>

Hope to see you there!

# RACES

## **Nailsea Festival 10K Thursday 29 June 2006.**

This “undulating rural course” is a long standing favourite (Spell-check questions grammatical validity of this word –Ed.) with TACH. It’s the first race I ever did with the club. This year I managed to get there on time and ran the full 10K. I met up with fellow TACHers Pete and Mark limbering up at the start. John S (nursing a sprained ankle from the Cotswold relay) and Cookie (working late) were there in the crowd to cheer us on. I also located my archrival Richard Nuell and I tried to persuade him to rejoin TACH before he shot off at the starter’s whistle. I didn’t catch him again until 8K.

Phew it was a scorcher! But luckily the event was so well organised they had laid on no less than 3 water stops all of which were very welcome.

There was an enormous turn out of runners. Those of us TACHers, there, agreed we really should try and do it as a club training-run next year

0:38:14 KENNEDY, Peter  
0:39:20 WILKINS, Mark  
0:46:15 WINSTONE, Patrick  
0:55:51 BAIC, Sue  
0:58:45 NUELLE, Richard



Sue Baic July 2006

## **VITO DOES IT AGAIN**

While we are on the subject of races, we put one on at Dundry on July 13<sup>th</sup>.

Poor old Rob was away teaching till-skills to Outer Mongolians or something, so it was all hands to the pumps!

John and I marked out the course, as it is probably the case that nobody else knows the new route! We had had quite a shock when we checked it out the previous night, as several fields had been neither grazed nor mown, and Libby complained that the grass was up to her neck. Consequently, John and I were clad in hobnailed boots in the hope that we might trample a visible path through the savannah. Another problem was the state of the stiles. One of them had been smashed to bits by a giant rolling hay-bale!

We managed to get the course marked out in time for me to set out the marshals – Turtle had been called away to a meeting in East Timor. (Although I should have liked a little more time so that I could have worked in a new finish.)

It turned out that Libby and I had to do the finish with the help of a couple of bystanders outside Dan’s Mum and Dad’s house. (It was nice to see the old reprobate all soppo over his son!)

It all came together in the end.

Turtle got back from East Timor in time to present the prize to Vito, who had managed to get all the way round the course this time, as did Kieran Leeson, who had been led astray last year.

It was also nice to see old stagers, Martin Bird and Gill Constable winning their categories again.

Full details on website. CB