ROUGH RUNNING NEWS



T. A. C. H. (TOWN AND COUNTRY HARRIERS)

www.tach.org.uk

Chair Web coordinator Chris Smart Luke Taylor 07791 392176 webenquiry@tach.org.uk

VOLUME 9 - Number 1

Winter 2011

Editorial

Hi again everyone! Welcome to the Winter 2011 edition of Rough Running News.

TACH really is going from strength to strength. We have 63 members in the TACH Facebook group and as many as 74 have come out on training runs. It was heartening to see so many people at the AGM in September. A huge thank you to Rob Hicks and an equally big welcome to Chris Smart, our new Chair.

Many thanks to all the contributors this time. This publication really is only as good as the material you send me and I've yet to be disappointed.

This edition includes:

- all with news of the Committee changes at the AGM
- a review of the year from the outgoing Chair, Rob Hicks
- Tilly's guidance on how to be a finish line marshall on a TACH race I've done
 it 3 times now and its really good fun. Have a go! Look out our Winter race,
 the Moorland Multi Terrain.
- Race reports Rosie's exploits on Helvellyn; Helen's adventures this Summer and the Handicap with a difference
- Recipe Corner with Chrissie, Dave Critchley and Alex sharing their faves
- Running Wisdom from Luke and Cathy
- Green Man bit (we couldn't leave it out, could we?) Chris Bloor and his photos
 of the proposed South Link Road route
- Championship Update Chris Smart's last edition
- Race Results
- Run List to February 2012

And some messages...

From Cathy - we need more short runs! Its an easy way to start run leading and you get just as many championship points. Contact the long run leader and let Luke know - he can include the information in his weekly email.

From me – I will start collating members' race results from now on. Many thanks to Chris for continuing to do this during my first year as Newsletter Editor. The thing is, whilst I can look out for listed races eg in the Club Championship, I won't know if you've done another one if you don't tell me. SO...please let me know if you've done a race, especially an unfamiliar one.

And finally – the Moorland Multi Terrain is now established as TACH's Winter race. It will next be held on 22nd January 2012. Do let other runners know about it, offer yourself as a marshall (Lucien will be asking) and maybe run it yourself!

Happy Reading!

Andy Fagg <u>andyfagg@tantraweb.co.uk</u> 07986 360845

TACH News & Information

1. New Committee

The TACH AGM on 22 September was very well attended – no less than 33 people squeezed into the function room at The Inn on the Green. The main business of the night was the formation of the new Committee. Fulsome thanks were given to Rob Hicks, who stepped down as Chair after an excellent year at the helm.

Many Committee members continued in post but here were some significant changes. The new Committee is:

Chris Smart	Chair
Alex Foster	Club Captain (organises Championship)
Helen King	Secretary
Claire Scaife	Treasurer
Debbie Evans	Membership
Tilly Shaw	Race Director
Jonathan Gledson & Cathy Fagg	Joint Run Meisters
Andy Fagg	Rough Running News Editor
Mark Vogan	Kit Meister
Luke Taylor	Spiderman (website & communication)
Lucien Campbell-Kemp	Marshall Meister
Chrissie Kelly	Social Secretary
Tony Bishop, Antony Clark, Sue Baic	Members without Portfolio

The thoughts of outgoing Chairman Rob follow.

2. Membership

And if you haven't renewed your membership yet – or indeed, you wish to become a paid up member for the first time – now is the time to do so! Go to the website here:

http://www.tach.org.uk/joining.php

Print off and complete your form and send it, with your subscription, to:

Debbie Evans, 82 Ellicks Close, Bradley Stoke, Bristol BS32 0ET

It's a bargain at £12 pa or £18 joint membership! Where else can you get tired, muddy, wet & lost with a fellow bunch of lunatics before sinking a pint or 2 and vowing you'll be back next week? And all for 23p per week!!

3. Chairman's Review 2010 - 2011 by Rob Hicks

I was asked by our RRN Editor Andy to cast my mind back to the TACH year gone and share my thoughts and highlights. Here goes:

I was elected to the role of TACH Chair at the AGM held at Chris and Libby Bloor's house. I was flattered to have been put forward and humbled to have been elected. In the past I have held

a number of committee positions including Club Captain and Race Director. I had served on the committee for about 8 years.

In the summer of 2010 the club was going through something of a transition. We were growing almost weekly and several long standing TACH stalwarts had decided that it was time the committee was 'refreshed' as they stood aside. I think it was my surprise at this and clear concerns that we were losing a lot of experience that prompted my proposal to stand as chair. In truth I was concerned that the club would struggle to replace the wisdom and dedication and good humour that our outgoing Chair, Secretary, Treasurer, RRN Editor, Route Planner and Membership Secretary had given the club. I had no need to be.

A new committee was formed (similar to the one recently elected at The Inn on the Green) and it has propelled the club forward. I found the role of Chair to be a positive and exciting one which gave me opportunities to influence the clubs direction. I identified some threats and opportunities early on and saw the key objective of the committee as maintaining the essence and spirit of the club during changing times. This was my priority. I feel that we succeeded.

In terms of notable activity I was first challenged with 'tidying up' the clubs London Marathon place system. In a smaller club where few runners have any interest of training for and running The Marathon it is quite straightforward to canvas interest and sort things out informally. Expression of interest usually came forward and the places were given to those with rejections or to those who had served the club well. Sometimes they were just given away as no one wanted them!

This system was not transparent enough for a club that has a growing membership and for newer runners who may want to tick The Marathon off their running CV. We had no clear and consistent way places were advertised and awarded and this was at best amateurish and at worst could be seen as unfair. I hope that the guidelines put in place will avoid any concerns that the allocation is not done fairly and equally. I suppose that we will soon know as it's that time of year again...

The Cotswold Way was a highlight that deserves mention although I had no greater part than to run a leg. This year 3 teams were entered (we may have even stretched to 4) and most impressively an all ladies team competed. This is a remarkable achievement reflecting the growing number of keen lady runners who have joined TACH and the hard work of a few to bring this together. Well done to all involved – make sure it happens again next year! The after party at the Welly also seemed to go well.

Later in the summer (it was a typical summers evening – stated fine and ended with a downpour) we entered the Avon Athletics Mob Match for the first time. In the past it was felt that this interclub race aimed mainly at road runners would not appeal to our membership. It became apparent there was an appetite to have a go among newer and more established members alike. We entered a team of about 15 and all involved enjoyed it. I hope that this will be on our new Club Captains list of things to participate in.

Looking forward I think that the new committee Chaired by Chris Smart have a fantastic foundation to work with. Many members have stayed in post for a second term and this will give stability and consistency to the team. The bar has been set high but each person in our committee is bright, capable and dedicated to doing the right thing for the club. I have already heard great things about the upcoming races and events we will be involved in.

I decided not to stand for any committee post this year. I will have difficulty getting out training on a Thursday in the short term and our family plans are to relocate later next year. I am certain that TACH is stronger than ever and that whilst some challenges will no doubt face the committee we are represented and served by a dedicated and talented team.

4. TACH Races: Marshalling at the finish by Tilly Shaw

Marshalling at the finish can be good fun and it's a great way to help with a TACH race, without travelling too far from the pub. But it's a job that needs to be done right - if one of those finishers has just run a personal best, or beaten their nemesis by a hair's breadth; they will be relying on you to document it.

It's harder than you think to note down the race number, finish time and position of every runner flying past - especially when there's a big group finish. The following method should help new TACH volunteers assisting at the finish to produce reliable results without putting anyone under pressure.

Four people are required on the finish team, but a fifth can be helpful.

- 1. Before the race, each finish-marshal should adopt one of the following jobs:
 - **Time-caller** this person calls out the time of each finisher
 - **Time-recorder** this person writes down the finish time
 - **Number-caller** this person calls out each runner's race number
 - **Number-recorder** this person writes down the race number
 - **Support** (optional) this person protects the finish team from interruptions and arranges for results sheets to be carried back to the Race HQ

Make sure you are clear about your role. This division of labour makes it much easier to focus.

- 2. Before the start, establish the number of runners that have registered on the day and make a note of the Race Director's phone number, in case of queries.
- 3. Collect your equipment from Race HQ. The team will need:
 - 2 x stopwatches
 - 2 x waterproof clipboards
 - Pens, plus spares
 - 2 sets of results sheets, ready labelled with position numbers 1-10, 11-20...etc
 - High-viz vests to help runners identify the finish
- 4. At the start gun, the Time-caller and Time-recorder should start both stopwatches. Each stopwatch should be held by a different person and kept safe for the duration of the race.
- 5. The finish-marshals should then make their way to the finish area. It may be necessary to draw a finish line and set up a finishing funnel using sticks and tape. Make sure it is really clear where to run tired runners often miss the obvious.
- 6. As runners start to approach, the Time-caller should stand next to the Time-recorder and read out the finish time from the stopwatch. It can help to read out the minute just before the runner crosses the line (eg "forty-five minutes and...(pause).. thirty-two seconds") to give the Time-recorder more time to write, but don't pre-empt the results.

At the same time, the Number-caller should stand next to the Number-recorder and read out the runner's race number. If the race number can't be seen, send a supporter to ask the runner for their number.

7. The two Recorders write each figure next to the relevant finish position. Every ten finishers or so, check both sheets match ("Was that the 15th finisher?" "Yes, I've got 15 race numbers down"). The sheets should look something like this:

i. Time Sheet

Position	Time
1	35:02
2	35:03
3	35:21
4	35:35
5	36:01

Race Number Sheet

Position	Race Number
1	41
2	11
3	6
4	78
5	30

- b. At some point in the race there is likely to be a distraction; a finisher will ask you for his friend's time; or an irate runner will turn up from the wrong direction. Stay focused and let someone else deal with it this is where supporters come in handy.
- 8. After every 20 results or so, send a supporter (or TACH runner) back to Race HQ with the paired sheets, so the results team can start inputting the data to the laptop.
- 9. And that's it just keep going until you reach the total number of runners, or wait for the sweeper to confirm any non-finishers.
- 10. Dismantle the finish line, and report to the bar for that well-earned pint.

Editor's Note

Fancy trying out being a finish line marshall? Why not at the Moorland Multi Terrain on 22nd January 2012? More details at

http://tach.org.uk/races.php.

Please share this - especially if you are also a member of another running club.

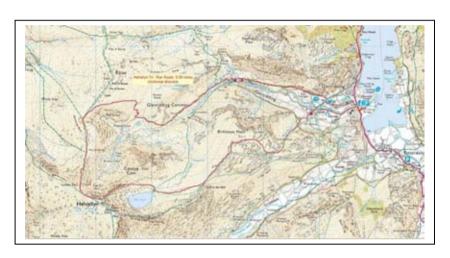
And watch out for emails requesting marshall support!

Race Reports

Some People Like a Challenge by David Wayland

Some people like a challenge. It gives them something to look forward to and provides a distraction from the day to day humdrum that is life. Some people love a challenge. They thrive on the excitement and the potential for achievement, especially that caused by beating one's own targets. Some people *need* a challenge. For these people challenge acts as a kind of conduit that binds the rest of what they do together. Rosie is one of these people. You won't recognise one of these people just by looking at them. Visually they are an eclectic bunch. However, on the 4th September I stood in a field looking at about 750 of them. All different and yet all the same. This bunch of tall, small, old, young, thin, broad challeng-aholics were preparing to take part in the Helvellyn Triathlon. This event is the UK's only representative in *Triathlete Europe's* Top 10 Toughest Races on the Planet. This event consists of three elements that alone, for most normal beings, would constitute a phenomenal achievement.

The swim section is a 1 mile long trawl in Ullswater Lake, which although beautiful from the shore is deep, dark and cold from the surface. The bike section is a 38 mile loop which includes a climb up what is aptly called 'The Struggle' - a climb to 1300 feet with several 25% gradient sections. A lot of people push their expensive bikes up the last section. A lot of very fit people. The event is concluded with a 9 mile off road run. To the top of the 3rd highest peak in the country!





Rosie's participation in this event came about as the result two things that seem to influence most of the significant events in our lives. Bravado and red wine. Rosie, is a great runner, a superb cyclist and a technically good swimmer (though as a total lead-weight, my judgement on swimmers is slightly skewed towards thinking that anyone who can do it is amazing) so I have always said that she should try a triathlon. Yep, that's right, try one. At the point in April when Rosie booked into the UK's toughest triathlon, she hadn't done one. Not even a little one.

Therefore, the time between April and September for us was largely focused on Rosie's preparation of this mad event. Preparation for a long triathlon is hard. The thing that takes up the most time is biking. One has to be on the bike for so long to train for the distance. Fortunately, Rosie's family live on Exmoor so this provided the perfect way to replicate the gradients that she would encounter.

Most of Rosie's swim preparation took place in a pool in Oxford. Which by all accounts is the aquatic version of a treadmill! Rosie's running was hampered through-out the build up

to the event. Although she did get out on her feet a few times, this was always in the knowledge that something hurt!

During the initial bravado stage it was agreed that participation in a small event as a stepping stone might be a good idea. For this reason Rosie entered the Warminster Triathlon at the end of July. My goodness what a lot of expensive gear some people have! They must have saved themselves 40 or maybe even 50 grams with that titanium bottom bracket. Interesting that that is exactly the weight of the Mars bars they were eating before they started. Or those carbon fibre pedals that might have saved 200 grams. The exact same weight as last night's curry. Rosie completed the event in good time, coming sixth in her category and well into the top half of finishers.



Quite sensibly, it was decided that the only effective way to prepare for the main event was to go to the Lake District and actually recce each element in isolation. So, for the first week in August, we hired a beautiful cottage just off the A66 and made this our training base for 8 days. On our second day, we completed the bike route, including both cycling the entire way up The Struggle with its 25% sections. This was hard even having gone relatively slowly beforehand and not having swam a mile. People applauding as you stood on the pedals and the bike wrenched

from side to side, the front wheel desperately seeking a kinder gradient, was fantastic. People

coming down in cars laughing at you, was not! The descent off of Kirkstone Pass was breath-taking. It's steep and fast and enclosed by a very solid looking wall. Rosie hammered me to the bottom. This looked promising for the race!

Two days later we charged up and down Helvellyn. What a magnificent creature! Sadly, we were in clag at the top. We spent a lot of time discussing tactics in terms of water and nutrition. There were several good, fast-flowing streams to collect water that is as clean as the stuff people pay a fortune for in the supermarkets. So, Rosie sensibly decided that she would not need to carry any water up with her. She would, instead, take a small receptacle to catch water from the streams.

These two recces I could understand and actually, truth be told, really enjoyed. Sadly, there is a third and much more terrifying element to a triathlon. The Swim. The Swim in a big, fat, dark lake. With reeds and big fish and boats and more importantly





lots and lots of water. Very cold water. Obviously, I would be of no help whatsoever in the water. Actually, I'd have been a total liability. So I took the much more cowardly option of hiring a rowing boat whilst Rosie donned her wet suit and bright yellow swimming hat and actually went in the water. This was petrifying. Rosie spent 45mins in the water and I'm pretty sure she enjoyed it for precisely zero seconds. Rosie had, however, in this time, swum to the middle of the lake and back. But she was rightly still not sure about the whole thing. This we would have to do again.

We returned to the lake 2 days later and worked from the shore. This was a much more successful approach. Perhaps this was because Rosie was no longer terrified by the very real prospect of me smacking her in the back of the head with an ore. As part of the rest of our week we did a lot of cycling, including a number of fantastic mountain passes. Ideal preparation in terms of time exercising. Sadly, Rosie couldn't spend enough time

running because of what was looking more and more like a stress fracture in her foot.

On our return to the West Country, training began to focus on Brick sessions. This, for the uninitiated, is the process of transfer from bike to run. This feels like someone has punched you in both legs. Although injury prevented Rosie from running very much she was able to replicate the demands of the race by completing hard cycles up severe gradients followed by walking up even steeper ones. Again Exmoor provided the ideal venue. After several weekends of various 'Bricks', Rosie began to taper down to the main event.

On Saturday 3rd September, we made the long trek up to the Lake District. The event base was in a small village called Glenridding. Having spent four and a bit hours in the car, by time we got there I was suffering from sever cabin fever so put on my Inov-8s, grabbed a small emergence bag and legged it to the top of the Helvellyn Ridge via Stick's Pass. I ran every step of the way to a summit called Raise (which is on the Bob Graham Round). It is 890 metres high. It was possibly the most enjoyable thing I have ever done. The needle-like rain storm, striking at gusts of 50mph, was exhilarating. It did make me further question the sanity of the competitors in the next day's race.

When I arrived back at Glenridding, Rosie had registered but was cold and wet. So we hastily made our way to our B&B in Penrith.

Accommodation for an event like this is fraught with difficulty. Usually, it is expensive. It can also be rubbish. Food, for anyone who competes in any event is also very problematic. As athletes, we are creatures of habit and want to eat the same thing at the same time as the last time. Fortunately, the establishment we stayed at in Penrith allowed us to





do all of the things we wanted to do. The room was clean and homely but more importantly, the owner allowed us to help ourselves to breakfast at 5.45am! He'd even left us a note say where everything was. There are good people in the world!

After our early breakfast, we departed for Glenridding. We were some of the first people to arrive in the valley. In stark contrast to yesterday, this was a magical morning with summer mist sat beautifully above the lake. This would later burn off to reveal a day that surpassed any 'holiday' day I have ever had in the area.

The swim started very early in the day. This was necessary so as to get all of the competitors out of the water before the steam boats set sail from the pier! What an excellent incentive to get round quickly if any more were needed. The start of the swim was divided into three waves with individuals allocated to waves

depending on their expected finish time. I say 'start of the swim'; but I actually mean fight. That is basically what a mass start in the water is. A bunch of people make their way to some floating markers, a bloke blows a whistle and then they all have a massive fight. There are legs and arms thrashing everywhere. Kicks and punches - some that are even accidental. One chap near Rosie had the ingenious idea of swimming breaststroke early on as this allows one to inflict greatest damage on those next to you as you are kicking outwards rather than up and down.



Rosie's moving washing machine seemed to go out a very

long way. Much further than I had expected. But it soon made its first turn to take it along the back-straight. She had started in the third wave but by now overtaking some people who had either incorrectly guessed or lied about their swim time! After 31.49 minutes Rosie appeared from the water. Unlike several of the competitors she managed to stay on her feet. And she was smiling. This was amazing given our early experiences. I later found out that this was the section that Rosie enjoyed the most – apparently being in 50 metre deep water with people who appear to be trying to drown you is a lot less scary than being in there on your own. A quick transition ensued and she was soon away on the bike to start the mega climb out of the valley. I meanwhile, dashed to car and observing all speed limits made my way to the first point where I thought I would be able to see her. This was the top of the A66. Having waved and smiled it was devastating to observe Rosie in the midst of the racing cyclist's nightmare – a puncture. What made this worse was the fact that she knew I was watching and she knew full well that I had a track pump in the car! To help or not to help? This would have resulted in the automatic disqualification. There was no way I was going to help – I might have got dirty



previous day's adventure had been to ensure that I would be able to get to the top in order to see Rosie and to find ways up and down that were not on the route so as not to interfere with any competitors. Fortunately, the weather was the exact opposite of the previous day. The sunshine was glorious and so were the views. I ran to the top of Whiteside and sat on the grass applauding and encouraging the brave competitors. I had taken my phone with me so that when Rosie approached I was able to take some photos. For a brief period I was able to run ahead and take more and then our paths diverged. This was the point at which I had to beat her to the bottom. Whilst Rosie was forced to descend via the appalling man-made zig-zags, I was able to come down fell runner style - dropping off and on to anything that was stable and even some things that were not! Fortunately, for our photo collection and my pride (bare in mind that I hadn't done the run or the cycle) I narrowly beat Rosie to the bottom. She

too. Best stay in the car and watch. 10 minutes later, after problems with tubes and canisters, Rosie was finally away.

I drove to the next viewing point and reported back to concerned family members. At this this was just before Dumail Raise (another Bob Graham Round point). At this point I turned round and went back to Glenridding.

At Glenridding I prepared myself for my small morale-boosting contribution to the event. I waited to see Rosie come back off the bike in a time of 2 hours 40 minutes and set off towards the top of the Helvellyn Ridge. The point of the



completed the run in 2 hours 12 minutes which led to a total race time of 5:30:08. A wonderful achievement. This was an inspiring event to watch and we would both thoroughly recommend it though I'm still not totally sure about the need for all that water.....

And now for something completely different....* by John McDonough

I put my name down to run a handicap way back when I was still allowed to run. Living to a philosophy of 'i'm not going to do anything that anyone else does', I decided to do a handicap with a difference.

My first thought was to do a run from a city centre pub with the aim of tagging as many points as possible by visiting the gorillas, with more points the further away they were (500 points for the one in Birmingham), with photographic evidence of each one forming a check and also a souvenir. Unfortunately that idea was scuppered when they were collected to be sold in the middle of September.

Plan B therefore emerged. I decided to cloak this 'handicap with a difference' in mystery to drum up a bit of anticipation. At the AGM I was asked what it was by one person; feeling generous and given their promise of complete confidentiality, I told them what the idea was. I refined my plan and did the prep, chasing up the race finish clipboard and stopwatch and medal for the winner and contacting Ant who had kindly agreed to lead the recce. Libby generously agreed to help me do the finish.

Come the day, I called in the local Tesco to buy flour to mark the trail, checked I had all the other stuff and walked round to the Nova Scotia (the Bag o'Nails, my original choice, had shut and I spurned Cathy's offer of the Grain Barge as it's a bit posh and doesn't do rough cider). Arriving, I was somewhat surprised to be told that the race was on the basis of coming up with your own time then racing against it; apparently it had been the talk of the AGM after I left. I was a bit peed off given the amount of prep I had done for an event which relied on secrecy; the blabbermouth culprit obviously had no career as a priest or a doctor (if anyone asks me who it was I promise I will only tell one person). Plan C was therefore put into operation whereby I deprived everyone of watches, Garmins etc before the recce run instead of after.

Luck would have it that I had picked the coldest evening of the year for the run. The recce took an interminable 37 mins by which time I was freezing. Mark V turned up and gallantly kept me company; I suggested he ran and met the runners coming back at at least I had various layers on whereas he was only wearing a short sleeve and shorts. After taking estimated



finishing times from the 20 participants, I set everyone off into the dark. Libby turned up to shiver with me on the line and man the stopwatch- many thanks! Dave W was first back but the prize went to Tilly with not even a second between her estimated time and her actual time meant that no-one could beat her! This was her second handicap win in a row (and I suspect her last!)

* my second favourite Monty Python line, beaten only by a spoof Whicker type travelogue accompanying one of their films which droned on for 20 minutes before returning to Venice where it started with the immortal words ' and now back to Venice and more f***ing gondolas'.

Rough Running News

Summer Running – had me a blast!

By

Helen King

One of the many things I love about running with TACH is the support and encouragement I've been given. Having been a lone runner for about 10 years getting feedback on my running from friends in the club gave me the confidence to explore my limits and push myself further. So this summer I set myself two very different challenges with the intention of learning more about my running self and, more importantly, having lots of fun!

The first challenge was Man v Horse (Llanwrtyd Wells, 11th June): 22 miles of hills, mud and horses: http://www.green-events.co.uk/eventinfo.php?eventdetails=87

The longest cross-country race I'd ever run before was the Mendip Muddle in 2010 (12 miles) and the furthest I'd run ever (training on road) was 18 miles. So I set myself a training schedule and gradually began to build up the miles. All was going well, I'd run up to 16 miles cross country and was really enjoying myself. Then, about 8 weeks before the race, I landed awkwardly whilst playing touch rugby and did something odd to my right foot; I hobbled on for 10 minutes to the end of the game. I then tried to walk. It didn't work - was far too painful, eeek! To cut a long story short, I had developed acute plantar fasciitis, Fortunately I have access to physios at work and got an appointment the next day. I was feeling pretty positive about it and totally rested for about 10 days, massaging and icing to loosen my muscles and tendons. Then I tried to run. Joining TACH at the Ring O'Bells in Compton Martin I led an impromptu short run / walk / wild garlic-gathering adventure. It was great fun but I really struggled, my foot was still really painful. Suddenly the reality of being injured really hit home and I felt pretty low. But I stuck with the gentle recovery and soon I was back up to doing longer runs. Going to the gym and swimming had kept my fitness up, and I managed an 18 mile (home to Dundry and back along the Community Forest Trail) and a 20 mile (Cotswold Relay leg 1 + 8 miles) training run with relative ease.

Valuable lesson no. 1: don't forget R.I.C.E, it really works! and don't worry too much about losing fitness.

Valuable lesson no. 2 came about towards the end of my training schedule. Running makes me smile, it lifts me when I'm feeling down and makes me bouncy after a difficult day. I was really looking forward to the Tyntesfield 10k, I'd had a tough day in the office and a stressful drive to the race so couldn't wait to get out there and run. I jogged round waiting for the endorphins to kick in but after a couple of miles I lost all my energy, it took all my mental bloodymindedness to get me through and I was pretty close to tears most of the way round. Somehow I managed to finish in a fairly respectable 1 hour but I felt absolutely dead. So what had done wrong? I couldn't understand it. Then about a week later I looked back through my schedule and it all became clear: Thursday $19^{\rm th}$ May = Black Horse Dash, Friday $20^{\rm th}$ May = blood donation, Saturday $21^{\rm st}$ May = 20 mile training run, Monday $23^{\rm rd}$ May = 10 mile training run, Tuesday $24^{\rm th}$ May = Tyntesfield 10k = crash & burn. Mmmmmm, say no more.

So, Man v Horse. How did it go? Absolutely brilliant – I had such fun! Despite the lack of sleep the night before (the temperature went below freezing and the door of our tent was covered in ice), the wind and the rain, it was fantastic. Ignoring the odd hiccup I had obviously trained well enough and I paced the race carefully. I had a big grin on my face all the way round. Legs 1 and 2 were just amazing, leg 3 was tough but the river crossing near the end perked me up and I finished with a massive smile. I had taken a few gels with me but with about 5 miles to go I started craving a cheese sandwich: protein, carbohydrate and, above all, savoury goodness. So, for me, the icing on the cake was the most wonderful cheese sandwich in the world made by a pair of lovely Welsh grandmothers, washed down with a half a Stowford Export in the pub with TACH.







My second challenge was the Guernsey Athletics Club 'All Terrain Challenge': seven races in seven days (30th July – 5th August): http://www.guernseyathletics.org.gg/atc/atc.aspx
The longest race is 8k and the shortest, 600m. So after doing lots of long slow plods, I now had to change my training and my mindset to shorter, faster running. Fortunately my training proved injury-free. I learnt to pump my arms harder, to increase my cadence and to pace my breathing. So I embarked on my week's holiday / running challenge feeling reasonably fit. The only slight downside was that I hadn't thought to pare back my eating once I'd reduced my mileage – so 7 weeks after Man v Horse I was 5lbs heavier, oops!



Race 1: 4k road race (undulating) – I pushed this pretty hard and was really pleased with my time of 19:00 minutes (position = 55 out of 62) which got me into the middle of Division 4. The race attracts around 60 entrants. On the basis of times in this first race, they are split into 4 divisions. To get some idea of the class of athletes, the eventual winner of Division 2 was a Commonwealth Games 4 400m relay runner. (The picture on the right is my brother, Geoff, the race organiser).



X



Race 2: 8k cliff path race (lots of ups and downs including 376 steps up 1k from the end) – a lovely course, lost a couple of minutes near the end as I wasn't sure of the route; time = 53:50 (54/62). (The picture on the right is my sister-in-law, Gail, triathlete and 2010 World Champion Ouadrathlete).





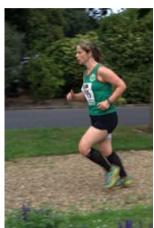
Race 3: 600m cliff hill climb (time trial). Short but really really tough (hooray for my family cheering me on – there's my Dad on the left). I was so relieved to get to the top I tripped and supermanned over the top step, slamming my thighs into the edge. Fortunately I remembered 'valuable lesson no.1' and strapped and iced my right leg (which was dented, swollen and very bruised) straightaway. Couldn't even manage a hobble to cool down. Time = 03:39 (50/61).





Race 4: 5k circuit, trail race by Division. This was great as we got to watch the other Divisions run after us and so a chance to see the top athletes. My race was tough-going, 8 laps including tarmac, gravel and grass. I strapped my leg up, it was a bit sore but it didn't hurt too much to run on it, though I was definitely a bit slower. Time = 25:24

(13/16 in Div 4). I was also delighted to receive a spot prize of a bottle of wine for my dramatic finish in race 3!



Race 5: track race – Devil Takes the Hindmost. Great fun – again split by Division, we jog 300m then sprint 100m; last 2 people over the line are out. Despite my injury I managed to pace it well and exited with only 6 (out of 15) other people left in. (Below right: Division 1 show us how to really run).



Race 6: cliff path time trial (same route as Race 2). I was hoping to be a bit quicker than the first time and managed to beat my time by 1 minute.

Race 7: 6k cross country race on Herm. A fantastic location for the final race. Two laps including stretches of Shell Beach – a real energy-sapper. Time = 36:13 (10/15 in Div 4). A tough finish to a tough series of races, but really good fun, great camaraderie and a genuine all terrain challenge.



Bring it on for 2012!

Recipe Corner Chrissie suggests:

A recipe for a pre-run smoothie:

1 banana Small glass of any type of milk Pinch of cinnamon Vanilla (or you can use vanilla soya milk as your fluid) 1 dessertspoon tahini

Blend and scoff!

Chocolate milk for post-run protein:

Good quality cocoa power - about a heaped teaspoon or to your taste

Goat milk (or other type of milk) - small glass

Agave nectar - I use one squirt and it's sweet enough for me. Note: The Groovy Food Company dark and rich one is the best for this, pale imitations will affect the depth of flavour.

Blend and drink!

And when you really need a good square meal....

Delicious and warming vegetarian post-run fare. You could leave it in the oven to slowly cook while you're out running as long as you don't underestimate your time out or you have an oven with a switch-off timer thingy.

The amounts are very approximate - I've never made a definitive one of these, I just chuck ingredients in and it always seems to work fine.

or

RED DRAGON PIE (SERVES 4-6)

Couple of medium onions, finely chopped

4 cloves garlic, chopped

*Herbs (optional)

Small mug of red split lentils (masoor dal)

Tomatoes - fresh skinned or tinned, then chopped (About 4 fresh or 1/2-3/4 tin)

Small red chilli, finely chopped

Vegetable stock

Potatoes - large enough amount to make a cottage-pie type topping for 4-6 people Butter

Milk

*Cheese (optional)

Fry/steam the onions in olive oil with a bit of salt until soft, then add garlic and fry for another minute. Add herbs of your choice (fresh oregano/thyme/parsley) + the chilli and lentils - fry for another minute. Finally, add the tomatoes to this mixture along with plenty of vegetable stock. Simmer gently until the lentils are cooked, keeping an eye on moisture levels and adding more stock if needed. You should be aiming for a thickish sauce.

Boil the potatoes, then mash with warmed milk, butter and cheese if using. Put the lentil mixture in an oven dish then top with the mash + extra grated cheese. Cook in a moderate to hot oven until the top is slightly crunchy. Takes about 30 mins. Leftovers can be heated up in the oven easily - 20 mins in a moderate oven.

Steamed broccoli is the perfect accompaniment to this dish.

Whilst Dave Critchley has this thing for Nigella's breakfast bars....

NIGELLA'S BREAKFAST BARS

Although they're quick to throw together, they do take nearly an hour to bake, so what I suggest is, make a batch at the weekend and then you will have the oaty, chewy bars ready and waiting for those days when you have to snatch breakfast on the hoof.

Mind you, they are just like milk and cereal in bar form, so there's nothing to stop you nibbling at one with your morning coffee at home every day. If you are not a morning person, believe me, they will make your life easier.

They also store well; indeed, they seem to get better and better. So just stash a tin with them and remove as and when you want.

INGREDIENTS

- 1 x 397g can condensed milk
- 250g rolled oats (not instant)
- 75g shredded coconut
- 100g dried cranberries
- 125g mixed seeds (pumpkin, sunflower, sesame)
- 125g natural unsalted peanuts



METHOD

Makes 16

- 1. Preheat the oven to 130°C/gas mark 1/2, and oil a 23 x 33 x 4cm baking tin, or use a throwaway foil one.
- 2. Warm the condensed milk in a large pan.
- 3. Meanwhile, mix together all the other ingredients and then add the warmed condensed milk, using a rubber or wooden spatula to fold and distribute.
- 4. Spread the mixture into the tin and press down with the spatula or, better still, your hands (wearing disposable vinyl gloves to stop you sticking), to even the surface.
- 5. Bake for 1 hour, then remove from the oven and, after about 15 minutes, cut into four across, and four down to make 16 chunky bars. Let cool completely.

But the epic recipe insights this issue surely belong to Alex - many thanks Alex!

Home-made endurance energy gel (chocolate flavour)

The below is what works for me, based on a bit of research and a bit of trial and error. I make no claims that it will work for you.

This idea for this came about due to the fact that most energy gels don't cater for the slow energy release needed when doing endurance events, plus it gets expensive at about a £1 per gel, so I started looking for a better cheaper alternative.

The ingredients for most energy gels are: Carbohydrate (usually Maltodextrin), Flavouring, salts, caffeine, plus colourings etc. The trouble with the ingredients in most gels is the carbohydrate, and how that carbohydrate is delivered into the body. The majority of gels use carbohydrates that are high on the glycemic index (the glycemic index is an indicator of how fast a carbohydrate will be absorbed into the body see http://www.glycemicindex.com/ for more details) so it can be absorbed into the body quickly. Now this is fine over a short distances because of the hight intensity running, but over longer distances, you could do

without the "sugar rush", you just want a nice slow release of energy into the body. So I started looking around for an alternative.

What I needed was a form of carbohydrate that was lower on the glycemic index, that is when I came across a product called Chocolate#9 http://www.chocolateenergygel.com/. This was originally conceived as an energy gel that diabetics could use, because due to the nature of their illness they need to keep their blood sugar levels under control. But because its low on the glycemic index, a few endurance athletes started using it in races, and found that I worked very well over the longer distances, and the best thing about it from our perspective, is that it contains just 2 ingredients, Agave nectar and coco powder.

Agave nectar is a sweetener extracted from the various species of the Agave cactus, the Mexicans have been using it for thousands of years as a sweetener and to make Tequila.

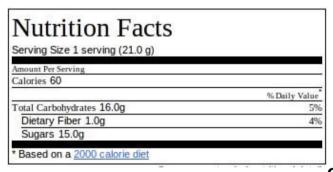
Coco powder we all know and makes lovely hot chocolate.

Mixing these ingredients into an energy gel is very simple.

What you will need

Agave nectar

It comes in light and dark varieties but I have only seen the light stuff on sale. This can be bought from most health food shops. I was able to get the one below from Tesco in their health food section, it cost about £2.50 for 260ml

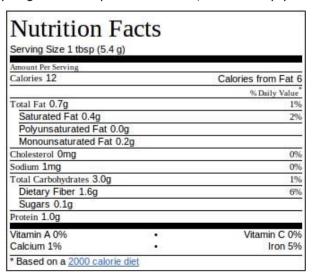




Coco

Powder

Any regular coco powder will do, its entirely your choice.



Energy Gel Flask

You can get these from most sports shops, I got mine on-line for £1.75, they hold about 5 or 6 30g servings.



Saucepan

Any small saucepan will do.

Salt (optional)

I like to add some salt to my mixture as I tend to lose a lot of salt through sweat, you cannot taste it in the end product, but this in entirely up to you.

I have thought of adding some coffee into the mixture for a bit of caffeine kick, but have yet to try this, maybe for a future experiment.

Preparation

- First of all measure out you agave nectar, what I do is squirt the agave syrup into the gel flask and voilà instant measurement. Pour this into your saucepan.
- You now need to gently heat the agave nectar. You
 don't want to bring it near to a boil, it just needs to be
 warm enough to dissolve the coco powder.





• Make a paste with a tiny bit of water and some coco powder, how much coco powder you use is down to individual preference. I tend to use about a

tablespoon per gel flask (remember you can add but not take away). The reason you make a paste is to stop lumps of coco powder forming in the agave nectar.

- Spoon the paste into he warm agave nectar and slowly stir until all the coco powder has dissolved. At this point you can add your salt if desired.
- Once the mixture has cooled a bit, pour it into the gel flask. You
 want it still warm so that when you pour it is runnier and
 therefore pours more easily.

The gel does thicken up but how thick depends on how much coco powder you use, plus the ambient temperature affects it, it gets thicker as it gets colder.

On the right are the nutritional facts from the chocolate9 website, now this mixture will not be exactly the same, but it will give you a rough idea.

Nutrition Facts Serving size 1 Pack (29.5g) Amount Per Serving Calories 70 Calories from Fat 10 % Daily Values* Total Fat 1g Saturated Fat 0g 0% Trans Fat 0g Sodium 75mg Total Carbohydrate 15g 5% Fiber 1g 4% Sugars 13g Protein <1g Iron 6% *Percent Daily Values are based on a 2,000 calorie diet.

Happy running !!

Running Wisdom

My Training Philosophy

by

Luke Taylor

My training philosophy:

- Run training is about the adaptation of one's body to achieve a particular goal (often a race).
- Body adaptation is about both training (stress) and recovery. Get the balance wrong (particularly not enough recovery) and you will, at best, not achieve your training goal, at worst, you'll get injured or ill.
- Training should be specifically biased towards your goal Long distance running needs long distance training. Shorter, faster runs need shorter, faster training. Hilly runs need hilly training You get the picture. But be aware that, for any distance running, speedwork can help toughen your legs on minimal mileage.
- Spend some time on core and upper body exercises. They will help your running.
- Listen to your body Learn to tell the difference between the need for recovery and the need for self discipline.
- Don't train all year round Have some time off!
- Experiment with run/walk strategies, rather than just run/run, you may surprise yourself.
- If you're doing longer training runs, use them as a chance to practice nutrition and hydration. Everyone's different; I've found it is trial and error.
- Don't follow generic training plans, they won't suit you. If you want a plan, then plan at a high-level, build-in flexibility and be realistic given your other commitments
- Train smarter, not harder Have a goal for every training session. Don't just go out and slog-out some miles whenever you feel like it. It's surprising what you can achieve on minimal, well focused training.
- Find what works for you, and don't worry about the running philosophies of others

Running Easy by Cathy Fagg

Trying harder leads to better results, right? And yet when I marshall a race it's not the guys at the front who are showing the strain. The very best glide along with graceful ease. It's the sloggers at the back who struggle and gasp their way to the finishing line.

In my mind there are moments when I feel like a gazelle, but when I saw myself running on video at an Alexander Technique (AT) workshop that Jonathan organised for TACH last December, I was at best a back of the pack slogger. And when we were asked to bounce on the spot I felt like an elephant trying to tap dance. Embarrassed and humiliated I ignored the lessons and got on with the business of training for the Green Man.

The late stages of a training are not the best time to change your technique. But the weeks following an overuse injury most certainly are. Advised not to run for two months, I signed up for 6 AT sessions with Tracy Gil, an AT teacher who was starting a small group in Bedminster. I ended up staying for a second course, spending most of the sessions re-learning how to walk, before I could run.

Tracy and the group provided feedback and support. Like most people I found habit more comfortable than ease. I learnt to pay more attention to what was happening in my body, replacing 'Does this feel OK?' with 'What muscles am I using? Can I make this easier?' It was a fascinating but very slow process, given that I wanted to change the habits of five decades in as many weeks.

Just as I was starting to run again, last May Jonathan put details of an AT session with Malcolm Balk on Facebook. I'd read The Art of Running, and loved the ideas, but without support or feedback I'd failed to transform my form. However, inspired by Tracy's group, I decided to cough up the eye-watering fee and with Andy, I booked a place.



It was worth every penny. Malcolm Balk is a relaxed, good humoured and effective teacher. The initial video feedback was better than I feared, and after 2 hours practicing his drills and following his instructions, I could feel a real improvement in my running, matched by the feedback from the second video playback.

With Andy I did the daily drills of rapid bouncing, feet together and foot to foot, if not daily but at least before most runs. I practised lifting my heels as I ran and enjoyed a summer of good running. I was matching my race times from previous years but with less sense of strain, although my right Achilles continued to grumble. So I had enough sense of progress and enough need to improve to sign up for a second session with Malcolm Balk at the beginning of October.

Bashing my ribs only 2 weeks before the workshop was not part of the plan, but it did give me exquisitely precise feedback if my running was jerky or my posture slumped. At first I was shocked at how much of the first workshop I had forgotten, but I quickly made sense of his explanations and adapted easily to the bouncing and the rapid tempo. When

I saw myself on the second video, taken at the end of the session, I could see that I was improving. In the couple of weeks since, it's been a joy to run again, and I've had no niggles.

I remember running as a child, easy and unselfconscious, barefoot or in tatty plimsolls, feet landing lightly beneath me, enjoying the rhythm of movement. I can't roll back the years, but I can sometimes re-find the feeling.



Green Man Item by Chris Bloor

On Saturday 8^{th} October, Chris and Libby followed the route of the proposed route of the South Bristol Link Road along the line of the Community Forest Path



I wonder why the Green Man Challenge doesn't come this way?



A followed the line of the road across the fields



and along Colliter's Brook to Highridge.



Rough Running News



We crossed the A370 near the site of the proposed roundabout



past the travellers' site on South Liberty Lane, under the



We met Keith Way on the Common, where he explained how the road would affect the people of Highridge;

It will be so wide it is hard to show the road width and people at the same time!



WINTER 2011 Page 22

Championship Update by Chris Smart (outgoing Club Captain)

Helen has extended her lead at the top after her sterling efforts doing seven races in seven days (all in her TACH vest). However, with four Championship races and lots of training runs still to come before the end of the year, there is still a chance that someone could catch her.

Helen King	323
Andy Fagg	304
Mark Vogan	278
Cathy Fagg	238
Jayne King	211
Sam Edwards	208
John McDonough	200
Robert Hicks	180
Tilly Shaw	176
Chris Bloor	170

For those of you who consider that the gap is too great for you to overtake Helen, keep on recording your points regardless, because points mean prizes! Well, there will be one prize in the draw at the 12th Night Dinner and entries to the draw will be weighted in favour of those with more points.

Race Results For TACH Members (TC = TACH Championship race)

Exmoor Seaview 17 miles			
30/07/2011 131 runners			
Name Time Position			
	Name	Time	Position

Guernsey Island A		allenge
	1 - 05/08/2011	
Race 1 4k Roa	d Race 62 runn	ers
Helen King	19:00	55
Race 2 8k Clif	f Paths 62 runn	ers
Helen King	53:50	54
Race 3 Cliff Hill Clir	mb Time Trial 61	runners
Helen King	3:39	50
Race 4 5k Trail R	Race Div 4 15 rur	nners
Helen King	25:24	12
Race 5 Track Ra	ace Div 4 15 run	ners
Helen King	Elimination	6
Race 6 8k Cliff Pat	h Time Trial 58 r	unners
Helen King	52:43	54
Race 7 6k Multi Te	errain Race 62 ru	unners
Helen King	36:13	57

Blaise Blazer 4 miles		(TC)
01/08/2011 108 runners		
Andy Fagg	33:23	72
Andy Fagg Cathy Fagg	34:13	77

Brecon Beacons Fell Race 19 miles		
20/08/2011 48 runners		
Mark Vogan	3hrs 59:38	14
Chris Smart	4hrs 08:35	22

Crook Peak Cake Race 3 miles 24/08/2011 76 runners		(TC)
Mark Wilkins	22:20	11
Mark Vogan	26:06	36
Chris Smart	26:54	40

Towpath 5k		
26/08/2011 96 runners		
Mark Wilkins	18:55	9

Battle of Sedgemoor 10k		
28/08/2011 449 runners		
Peter Kennedy	37:45	41

Somerset Levels and	d Moors Marat	hon (TC)
10/09/2011	60 runners	
Chris Smart	4hrs 10:41	16

Somerset Levels and Moors Half Marathon							
10/09/2011 60 runners (TC)							
David Wayland	1hr 36:22	2					
Sam Edwards	2hrs 07:04	26					
Cathy Fagg	2hrs 08:44	29					
Jayne King	2hrs 25:36	41					

Bristol Half Marathon						
11/09/2011 8862 runners						
Mike Zeidler	1hr 34:15	626				
Joe Scaife	1hr 51:34	2946				

Weston Prom Run 5 miles						
15/09/2011 228 runners						
Mark Wilkins	29:53	18				

Black Mountains Fell Race 17 miles							
24/09/2011 69 runners							
Mark Wilkins	3hrs 12:44	21					
Mark Vogan	3hrs 31:56	33					
Chris Smart 3hrs 35:40 37							

Uphill to Wells Relay 28.5 miles							
24/09/2011 35 teams							
Graham Harding							
Chris Bloor	4hrs 42:00	13					
Jim Plunkett-Cole							

Portishead 25/09/2011	(TC)	
lan Ruck	43:02	4
Joe Scaife	48:07	33
Patrick Winstone	58:22	78

Mells Scenic 7 miles						
25/09/2011 136 runners						
Peter Kennedy	50:17	8				
Jim Plunkett-Cole	51:24	15				
Helen King 1hr 10:06 98						

Where Ravens Dare 26.5 miles					
01/10/2011 65 entrants					
Alex Foster	5hrs 45:00	1			

Fan Fawr Fell Race 2 miles						
01/10/2011 46 runners						
lan Ruck		22:32	21			

Marshfield	(TC)	
02/10/2011		
Mark Vogan	57:51	31
Patrick Winstone	1hr 01:56	44
Helen King	1hr 10:05	73

Rough Running News WINTER 2011 Page 24

	Mendip	Muddle 20k	
	10/2011	298 runners	
Mark Wilkins		1hr 35:18	9
Alex Foster		1hr 35:49	10
Luke Taylor	0.1	1hr 37:46	14
Jim Plunkett-		1hr 39:29	18
Patrick Winst	one	2hrs 05:11	158
		Muggle 15.9 mi	les (TC)
_	/10/2011	48 runners	
Jonathan Gle	edson	2hrs 21:42	27
Chris Smart		2hrs 24:26	29
Hogwee	ed Mimsy	Muggle 10.9 mi	iles (TC)
	/10/2011	73 runners	` ,
Lucien Campb	ell-Kemp	1hr 36:01	36
Andy Fagg		1hr 41:05	49
Hoav	reed Mini	Muggle 5.5 mile	es (TC)
_	/10/2011	49 runners	(10)
Cathy Fagg		47:39	20
We	eston Pro	m Run 5 miles	
	10/2011	281 runners	
Mark Wilkins		30:15	30
	aesar's C /10/2011	amp 50 miles 25 runners	
Alex Foster	110/2011	10hrs 53:59	11
7 IICX I OOLOI		101119 33.39	
Exi	moor Sta	gger 15.1 miles	
	10/2011	234 runners	
David Waylar	nd	2hrs 14:58	15
Mark Wilkins		2hrs 15:17	16
Tracey Cook		2hrs 59:27	146
Ori	ginal Mou	ıntain Marathon]
	29&30	0/10/2011	
Long Score	Class	137 teams	
	Day 1	192 points	50
Rob Hicks	Day 2	200 points	9
	Overall	392 points	35
	Day 1	170 points	82
Chris Smart	Day 2	160 points	68
	Overall	330 points	70
C Class		103 teams	

Day 2

Overall

Andy Rogers Day 1 Jonathan Day 2

Gledson

24

49

36

6hrs 14:22 7hrs 27:16

13hrs 41:38

TACH Training runs December 2011 - February 2012

Training runs take place on Thursdays. Meet at 7:00 pm, run at 7:10 pm.

Click the grid reference for map.

* = miles Bristol centre

Date	Venue	*	Мар	Leader	Comments	Short Run
1/12/11	Black Horse Clapton in Gordano BS20 7RH	7m	ST473 739	Turtle	Turtle promises a new route from this old favourite	Howard
8/12/11	The King's Arms Easton-in- Gordano, BS20 OPS	5m	ST514 754	Luke	A new approach to a popular location	
15/12/11	Bird in Hand Long Ashton	3m	ST540 702	Cathy	The pub's gone upmarket but the running's just as good	
22/12/11	Lock and Weir, Hanham Abbots, BS15 3NU	4m	ST648 700	PK	Helen and PK are planning a Christmas special	Helen
29/12/11	Barley Mow, Barton Road, BS2 OLF	1m	ST599 730	Chris Bloor	Hell revisted	
5/1/12	The Three Tuns, St Georges Rd, BS1 5UR	0.5 m	ST580 726	Turtle	Treasure Hunt	
12/1/12	The Fox, Old Down, BS32 4PR	10 m	ST618 873	David Wayland		
19/1/12	King William IV, Hallen	5m	ST551 800	Chris Bloor	A new angle on the Moorland MT route	
26/1/12	The Blue Flame. West End, Nailsea, BS48 4DE	7m	ST448 690	Jason	Excellent cider pub, first class mud	
2/2/12				Mark Vogan	South Bristol	Laura
9/2/12	Tbc			Luke		
16/2/12	New Inn, Mayshill BS36 2NT	8m	ST685 819	Chris Smart	Northern part of the Frome Valley walkway	
23/2/12	Start Blaise car park			Ian	Blaise Handicap Finish The Victoria, Chock Lane	
1/3/12	Somewhere new			Alex		

NB. Short runs are often organized at short notice. And more of them are needed! Its an easy way to start run leading and you get just as many championship points. Contact the long run leader and let Luke know – he can include the information in his weekly email.