

ROUGH RUNNING NEWS



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Editorial

Many thanks for contributions this quarter. This club newsletter can only be as good as the copy I receive and TACH members continue to impress with the range & quality of writing and photos they've sent in.

This edition's highlights:

- Top of the bill is the Cotswold Way Relay, with a pictorial extravaganza and a caption competition! Get your suggestions in to me by 30th September please – turn straight to pages 6 & 7 if you can't wait!
- Howard's favourite training run – I'd like to make this a regular feature, so go on, tell us what your favourite run is!
- Race reports including a TACH first, our noble effort in the Mob Match on 22nd July 2011; Sam & Jayne's first triathlon and Luke completing another ultra, this time in the Brecon Beacons.
- More on the Green Man Challenge – Chris Bloor has been mapping the 45 mile route so beloved of TACH. It will be serialised over 4 issues – the first instalment is included this time and I'm sure Chris would welcome feedback.
- Do you look after yourself? Mark Wilkins and Victoria Armstrong have some thoughts on that – Mark's ideas on food and Victoria's tips on ankle sprain prevention. Thanks, you two!
- Plus our usual features of recent race results featuring TACH members, an update on the club championship, comments on training runs and the all important list of Thursday evening training runs from September to November.

Enjoy!!

Andy Fagg

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Cotswold Way Relay Special

The Green Ladies at the Cotswold Relay 2011

You've all heard of the Green Man challenge – well, this June saw our Green Ladies come out in style for the 2011 Cotswold Relay challenge. Here they all are and this is what they thought.



I did wear green – honest! Just no-one around to take photo as Leg 1 so early! (What a lazy team captain!)

Helen King Leg 1
Chipping Campden to Stanway



Fab Leg. First time I've raced with a ribbon in my hair! Next time please not same leg as Ladies V50 British. Marathon record holder!

Rosie Wilson Leg 2
Stanway to Cleeve Common



Green hair, start of run – green face by the end! Proud to be a tchette!

Sara Vogan Leg 3
Cleeve to Seven Springs



Very pleased as thought I was going to be last but wasn't!

Tilly Shaw Leg 4 Seven Springs to Cranham.



This downhill leg has been UP all the way. Now I know what a Topgraph is. Thanks CWR!

Liz Nutall Leg 5 Cranham to Ebley Mill.



I'm not at all tired just a bit dishevelled! Windy? – check. Hilly? – check. Fun? – check!

Jayne King Leg 6 Ebley to Dursley.

It says something about the health and progress of our club that this year we were able to field a complete ladies team for the CW Relay and provide runners for the mixed team. We now have a strong contingent of female runners in the club who come out on Thursday evening training runs *and* represent us in races. As team captain I was particularly impressed by the team effort. Everyone helped; getting together for reccies, sharing transport and generally supporting each other. It couldn't have worked but for this. Well done Tachettes. By the way.... this year green hair and finger nails... but next year maybe we should rival the green ladies who took to their bikes in Bristol Centre recently?.... well maybe not, quite hard to keep the oak leaves in place on a 10 mile hilly run! Libby.



Laura Heape Leg 7 Dursley to Wootton-u-Edge.



Chrissie Kelly L 8 Wootton to Old Sodbury.



Sue Low L9 Old Sodbury to Cold Ashton.



Glory Leg girl Andrea Smith makes it to Bath Abbey to finish Leg 10 in style!

So just what was all the fuss about? Well TACH have a tradition of entering the Cotswold Way Relay but this year was special. John McDonough's letter to the CWR organiser expresses it more clearly than I can:

Hi Charlie

Just wanted to say thank you for a great event on Saturday, due in no small part I am sure to your excellent organisation.

TACH is on a roll at the moment and we were able to put 3 teams in, including for the first time ever a ladies' team. The CWR figures large in our club ethos, with the course being our preferred running terrain. Organising and participating really brings the club together, fomenting altruism and co-operation whilst providing a competitive environment in which a lot of runners thrive.

See you next year!

John

So, we had the Ladies Team – the Tachettes, captained by Libby.

We had the elite men's team, Tachycardia, captained by PK.

And the mixed team, captained by Antony (aka Turtle). Here's how the elite got on – on, and a photo montage of lots of TACHers getting sweaty and tired.....

Cotswold Relay 2011: Tachycardia by Pete Kennedy

Well Tach was planning a 3 pronged attack on the CWR this year and with Libby and Anthony captaining their respective teams I took on the heavy mantle of leadership for our team of galacticos AKA Tachycardia. There was a lot of egos to handle and race strategy to be devised (In fact that was done in a matter of minutes in the pub allocating who ran which leg !!!)

Race day came round and Jonathan Gledson lit the torch paper with Leg 1 where he finished a strong 7th. The lad from Glossop had laid down the gauntlet for all other 9 members to respond to. David Wayland ran with the ball and finished a strong 6th in his leg and John Mc D as expected put in a respectable performance in leg 3. Jason ran a solid leg 4, but poor Marc Vogan had a bad day in the office on leg 5 – don't think he was the ticket...

And then it was down to me to pick up the baton... Leg 6 to those au fait with it know that while it is not the longest leg on the CWR it is certainly punchy and provides some stiff climbing. Conscious that I did not complete the leg last year I lined up at the start of Ebley Mill a little pensive. Both Lisa and Jane were running as well so we all wished each other the best and what will be will be. And we were off – the steady climb out of the field towards the escarpment elongated the pack and by the time we had reached the top the field was well and truly scattered. John and Ruth were cheering on which is always much appreciated. Once at the top going along the ridge the leg positions had been predetermined. From my perspective I did not catch any one but at the same time no one passed me so it almost felt like a time trial. Having said that 4th, 5th and 6th were constantly coming into sight as we made our way along the forest trails. We came out the woods onto Coaley Peak where Sam was assisting with the water station and he cheered me on. Looking across to my right I could see Cam Hill looming in the distance.

We dropped down sharply through the woods and it was at this point I realised I was not going to catch anyone ahead of me so, we hit the bottom ran along the road and then I saw 3rd man reaching the top of Cam Hill with 4th, 5th and 6th following. Those that have ran Cam Hill know how steep it is, I glanced over my shoulder at the top and saw that 8th was entering the bottom field and would not have a hope of catching me up. I made my way along the top knowing I was by myself and made haste to Dursley. Coming into the finish I felt the urge to de-robe (well remove one's top) as fellow Tacher's cheered me in. 7th – I couldn't grumble or grouse.

And then after a brief catch up it was in the car and off to Bath to assist Jim (Plunkett Cole) with leg 10. In the interim both Graham and Rob ran stonking legs to both finish 3rd in leg 7 and 8 respectively. Such performances were expected from 2 of our big time players, the overall shakedown was going to be interesting. And Ian Ruck put in a none to shabby performance on leg 9 to finish 10th. It was all down to Jim to lead us out on a high...

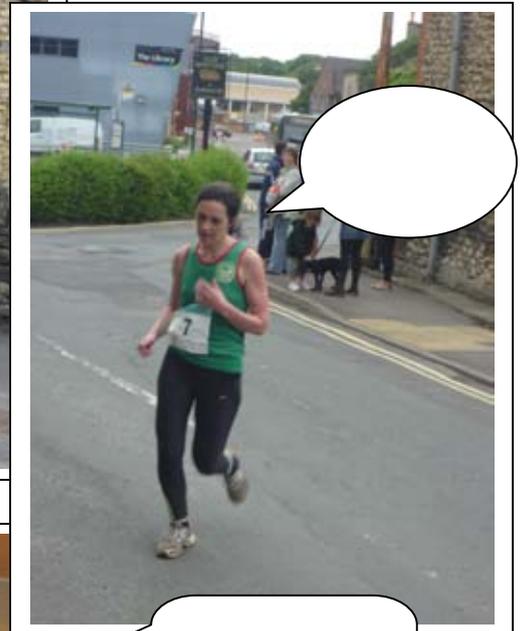
Myself, Isaac (my son) and Alfie (Jim's son but with 4 legs and a tail) waited in the centre of Bath with the anticipation rising. Alfie's master arrived at the Abby in a respectable 12th so all in all Tachycardia had punched well above its weight.

One was feeling rather wane after race exertions and assisting JPC so did not attend the post race get together. I booted up the PC and discovered we had finished 6th – fantastic we had sent a statement of intent out that we were definitely at the business end of things.

Next year we will go at it again and with a little tweaking I think we could go even better. My thanks to all those souls who made up the body of Tachycardia.

Editor's Note: See the TACH Race results on Page 22 for details of all our brave CWR competitors & how they got on.....

**Cotswold Way Relay 2011: Photo Montage
And Caption Competition**





So... what do you think would be the best caption? You can send in as many suggestions as you like!!

Entries to me, Andy, by 30th September please.

Prize? A pint of Butcombe of course!!

Curious, Interesting and Useless facts associated with a Favourite Run

By Howard Davies

I begin my favourite run from my home, near Clevedon's seafront, only a stone's throw away from the cottage where the poet Samuel Taylor Coleridge (Ancient Mariner etc.) began his honeymoon with Sarah Fricker. The honeymoon ended early when a number of outraged locals were moved to chase the lovebirds from the town on account of (alleged) impropriety.

First I ascend the volcano-like Dial Hill, a stiff climb particularly when not fully warmed up. At the top I glance over my shoulder, down to the shimmering grey of the Bristol Channel where Flatholm Island, appearing as slim as a pencil, lies low on the horizon. It is from Flatholm that, in 1897, the first radio signals were transmitted by Guglielmo Marconi, to Lavernock Point in South Wales.

I descend the hill, down through the woods into Swiss Valley and on my left, adjacent to the turn-off for the school, stands one of Clevedon's architectural experiments, a modernist house (an experiment only because it was built in Clevedon – this shocking aberrance produced rare unanimity during the planning process, at a meeting of the planning committee every councillor felt unable to continue until revived by a brandy). The house was designed by a woman, Doris Hatt, (oh, the very thought of it!) who was an artist, a friend of Picasso and a communist (we're talking 1930s, by-the-way).

Next I'm onto the Tickenham ridge and crossing the M5 motorway by a footbridge. I look down on the traffic, recalling how this great scar on the landscape was produced with the help of my own fair hands. And still it hasn't crumbled.

Onwards! And soon I rise to Cadbury Camp, an Iron Age hillfort. After a breathless ascent, encountering only gravitational resistance, I breach the earthen ramparts of one of the outposts of the Dobunni Tribe. The Dobunni were a peaceable, nature worshipping people who issued coinage well before the Roman invasion. Looking south from the hillfort the Nailsea Levels extend towards the Mendips but closer, just to my left, between where I stand and the Tickenham Star pub is the mouth of a glacial valley; this valley, through which TACH occasionally run, marks the southernmost point of the glacial sheet of the last ice age. One can only wonder if my own contribution to the M5 motorway will similarly endure.

A short section of tarmac now threatens, named Cadbury Camp Lane. This is where Somerset's most famous son, Adge Cutler (of the Wurzels) once had his home. From his elevated perch Adge would have been able to look down on the surrounding landscape as if looking down on his own opus, or at least the first popular emission thereof, and see Nailsea's Royal Oak, where Drink up Thy Zider was recorded in 1966.

Now tracking left, down a steep incline into the glory that is the Gordano Valley, where the Black Horse pub (the starting and finishing point of the Black Horse Dash) marks my arrival at the valley floor. Turning left, a short stretch of lane, then path, leads to St Michaels Church, Clapton in Gordano. This ancient building, some parts older than others but all unthinkably old, is where the local knighthood were blessed and granted plenary indulgence (very useful considering the proximity of the Black Horse) before embarking on the Crusades.

Then northwards, crossing Clapton Moor, edging the Avon Wildlife Trust reservation, taking care not to disturb the Hairy Dragonfly and Ruddy Darter before another ascent, from the valley floor to Walton Common. The Common is a Site of Special Scientific Interest and home to numerous wild flowers and butterflies, including the Dingy Skipper and Purple Hairstreak.

And, with all hills finally behind me, I run down to sea, to the Portishead-Clevedon coastal path. I take the Clevedon option, soon passing below the Colditz-like edifice of the Walton Park Hotel where Lord of the Rings author J.R.R. Tolkien stayed for his honeymoon and where John Betjeman, England's poet of suburbia, often stayed, no doubt finding much gentle stimulation and quiet refreshment in Clevedon.

So there it is, a run of about ten miles with abundant shorter or longer options and a few testing hills. It also packs in plenty of distractions, so no matter what your interest there's opportunity aplenty to exercise the parts that some runs don't reach!

Map: Ordnance Survey Pathfinder 1166.

Race Reports

Avon Athletic Association Mob Match 2011 by Rob Hicks

On Friday 22nd July TACH entered the AAA Mob Match for the first time. This is the 6th running of the interclub race which uses the out and back course of the popular Towpath series.

It was a warm and sunny evening when I arrived at Greville Smyth Park. By the time the last runners had completed the race it would be raining heavily. I chained my bike to a sign post and collected the sheet which we would use to record our starters and their finishing positions. I waited on the grass near the start area and a steady stream of friendly faces rolled up.

It was interesting to see how big some clubs are. The races we put on where Westbury Harriers and GWR are the main Bristol based forces were dwarfed by the likes of Southville, Hogweed Trotters and Bitton.

The 16 TACH runners were supported by Claire and Katie-Rose Scaife, Michelle, Isaac and Eva Kennedy and Mark Vogan who volunteered to be our marshal. Each club was asked to provide one. It was a little unfair that Mark, who did not want to run as he tends to avoid running on hard surfaces and was nursing a calf injury, was asked with just a few minutes before the off to carry the water that had been forgotten to the drink station at 3k. It must have weighed about 20 kilos. This was a little unfair but also quite funny.

The start was a frantic affair. I quickly fell back and into the middle of the field as swarms of quicker runners shot past as the route edged around the playing fields and towards the Cumberland Basin. Alex shot off as first TACHer but later he admitted to going off too hard and suffered toward the end. PK wasn't far behind Alex over the first couple of kilometers and looked to be in his element. I caught up with Alex and Pete at about 3.5km. Although I passed them PK soon overtook me again. We would swap places a few more times before the finish.

John Terry of Westbury Harriers was in my sight but as we sloped down into the darker section under overhanging trees and reached the turn he pulled away. I would lose sight of him as he gained places and I lost them.

The course is dull - few would argue this point. Most out and back routes lack a little imagination. One advantage however is seeing everyone else in the field. It was quite something to see the train of Bristol and West AC runners leading the field and a real boost to cheer and be cheered on by the other TACHers. It also allows accurate pacing and I managed to run about even splits - a surprise as I felt pretty tired at the end - more a case of a steady first half making this possible than a blistering start that was maintained.

It started to belt with rain as I reached about 7km. Very refreshing. It added to the puddles and I know I wasn't the only one who enjoyed splashing straight through the middle as others took a detour around the edge.

I was privileged to see some fantastic finishes as I waited on the line for the TACH team to come home. I have to mention Mike Zeidler and Sarah Vogan who both managed to get themselves in front on their nearest competition with a sprint to the line. Everyone showed great spirit and no one finished looking anything other than spent.

There were 242 finishers and the cut off point for scoring runners was 30.

I attempted to drum up support with 10 reasons to turn up. Here are my thoughts now its all been done...



Sam goes cycling....

Sam was very tired from about 12 hours of driving the day before, and I hadn't slept much, So, as ready as we would ever be, we arrived at 7 am on what would turn out to be a lovely sunny day. We laid out our transition areas and had a quick cup of tea. I had brought a (much too short for decency) tankini but Sam had kindly brought along a spare triathlon suit that he had purchased from Ebay. It did though, have another club's name on it – Wessex Wizards. (Someone recognised this towards the end of my run!).

My start time was 8.30 and Sam's wasn't until 10.15. Portishead open air pool is fantastic – 33m long and the water was warm. Having given up on front crawl (despite Ruth's really helpful swimming lesson) – I swam breaststroke. After 6 of the 12 lengths I felt like I was going to drown, despite always having been a confident swimmer. Anyway, I was pleased that I finished in just under 12 minutes. Sam did a

much better 10 minutes of mostly front crawl, though I didn't get to see him swim – he found it equally difficult, but we had known from the start that this would be the hardest part.

So, out of the pool and up the steps to the bike, my transition time? Well, similar to the time it would take to boil the kettle and make a cup of tea – not really, but far too much fumbling about. I had been looking forward to the cycling part most of all. We had cycled the route already and it was a really nice and not too hilly 25K. I really enjoyed it and my logged time was 45 minutes.

What?! On a touring bike with only the odd spin class for training? Er..well, not quite. Due to what we thought were poorly signed directions, I turned right when I should have gone left at a crucial junction and ended up cycling around 10K less than I should have done. Surprisingly, no-one noticed, but I did own up when I won a prize! Sam did a great time of just over an hour.



Jayne....

Now for the easy bit, the 5K run. I had been really looking forward to the prospect of a nice, short and flattish run and had imagined virtually sprinting it. In my dreams! It was a nightmare. My legs didn't want to work and even the slight inclines were murder. Sam found it equally hard, our respective times, being 30 and 28 minutes. But it was fantastic running over the finish line.

It was a great event, with a great atmosphere and so nice to see a few other Tach members there too. I'm sure we'll be back next year, and who knows, maybe win a prize for real!



Sam finishing....

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One Day Ultra - Summer 40 Brecon Beacons report by Luke Taylor

Having completed the Green Man Challenge, I was looking for my next event over the Spring/Summer, something a bit quirky and not too far away. I checked out Man vs. Horse and Race the Train but decided they were too far away. So I searched Keith Godden's ULTRAMarathonRunning.com for possible events. That's how I came across the [One Day Ultra - Summer 40 Brecon Beacons](#) organised by the Mightcontainnuts.com crew. The event seemed perfect - not being too far away, a 40 miles race over the mountains with fabulous views. Having entered, I modified my training to suit this event - Plenty of box steps with a large weight in a backpack, two dumbbells in my hands and ankle weights - to prepare for the ups and downs of the course.

So, on Friday 20th May, I travelled up to Talybont on Usk to the Talybont Outdoor Centre - A Grade 2 Listed former railway station, now used as an outdoor pursuits centre, complete with accommodation. I was booked in for Friday and Saturday night. After arriving, I registered, then met and chatted with some of the event organisers and other competitors, then made myself something to eat (pasta/pesto followed by sticky toffee pudding).

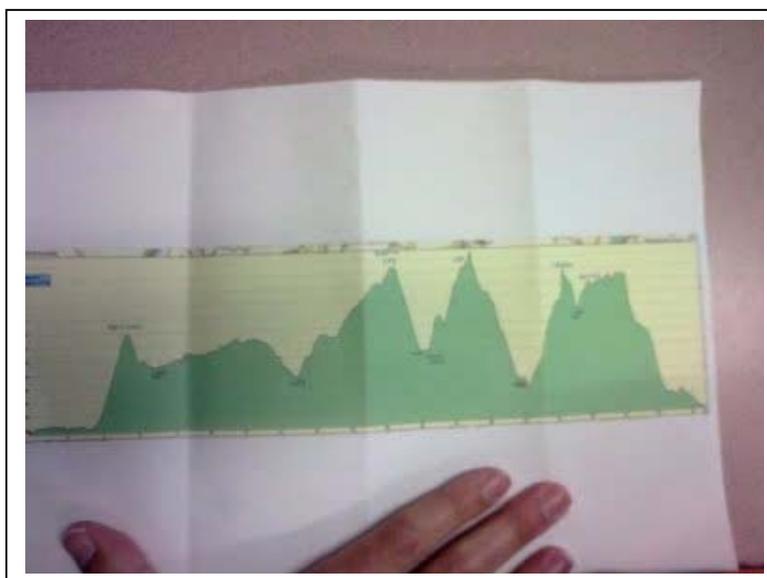
The weather was looking lovely on Friday evening:



I shared my room with Pat and Ian. Pat, 58 years-old and retired from the army - Hard as nails but very green when it comes to ultra running. Ian, a 47 years-old surgeon from Nottingham. My sleep during the night was average, with plenty of snoring from my room mates and door banging from the next door bathroom. I got up at about 5:30am to have a good big breakfast and still leave plenty of digestion time before the 8:00am race start.

Over breakfast (rice pudding, followed by toast and marmalade) I managed to discuss the course with some fellow runners - Along a canal path and then over Tor Y Foel, Corn Du, a loop down to a car park (for more water) before going back up Corn Du and then onto Pen Y Fan, a long descent, a difficult climb up Cribyn, Fan Y Big and then finally back down to the finish back at the Outdoor Pursuits Centre.

The course profile looked pretty scary:



In my mind, I had decided to split the course up into approximately eight 5-mile sections and four major climbs. My nutrition for the day would start with a bottle of Lucozade Sport, move onto gels, then finally solid food in the form of muesli bars and protein bars. The course started out with quite a long, flat section mostly on a canal towpath. Quite a big group took-off along here, but I was quite happy to amble along, knowing there was plenty to come.

The course markings were easy to follow:



The first descent:



After about 8-10 miles I found that Ian (who I'd met at the race HQ) and I were progressing at a very similar pace. We got chatting, and then ended-up completing the rest of the course together. The views were stunning. Although some of the ascents and descents required enough concentration that some of these weren't appreciated as much as they should have been.

Ian and I were progressing well. It felt much more of a competitive race to me than I felt during the VoTwo Oner, which was much more about survival. This time, I was picking off other competitors (in the nicest possible way ;-)).

This following picture is of the Cribyn. At about 28 miles into the race, this was quite a challenge!



On top of the Cribyn (it was getting colder and beginning to rain a bit)

Ian had decided to bring telescopic trekking poles for some of the sharper ups and downs. I tried them out and they seemed to help somewhat.

After Fan Y Big, we descended to a big dam which marked about 2 miles to the finish. During this descent, we overtook another runner, and by the time we reached the dam, he looked far enough back that we weren't expecting to see him again. Unfortunately, this wasn't the case - I had just opened a gate for Ian, and this chap came out of nowhere, and ran through the gate. Not wishing to lose the race position, I took-off after him.

We had about 0.5 mile to go, and I soon caught him up, but didn't have the legs to overtake. When we got to a small muddy bank about 100 metres from the finish, he ran up and I knew he'd beaten me. Still, I was pleased to have put in a run like that after 40 gruelling miles.

I waited for Ian before we both crossed the line to record the same time. All in all, this was a great race - A great course (scenic, tough, but not overly long), very well organised by an extremely nice race crew, good showers, and finished off with a freshly cooked chilli con carne - What more could you ask for! I was very pleased with my race performance. I think I prepared pretty well, got my nutrition on the day about right and felt like I was racing rather than just surviving.

For the record, Ian and I came 20th in 8 hours 21 minutes - [Results](#)

Not sure what next. Ian was keen to plant the seed for doing UTMB in 2012 - Something to think about. We also talked about the 3 Peaks Yacht Race, which is definitely something I'll look into for next year.

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GREEN MAN Section

Inside track on the Green Man Challenge by Chris Bloor

I had hoped to get the local councils to produce a new map of the Community Forest Path, which we use for the Green Man Challenge. But, although the Outdoorswest website should be up and running before Christmas (only six months late) it looks as if it will be more useful for shorter routes used by the excellent folk from Walking for Health than for 45 mile ultra challenges. Consequently, I have had a go at producing mapping of my own based on the maps used for the 50-mile Round Rotherham Race.

The key idea is to use red arrows that each represent 200 metres on the ground, regardless of how long they are on the page. This means that you can have a scale that changes with circumstances – short arrows on the Bristol and Bath Railway Path for example – long arrows where things get complicated. Henry Marston, who did the Rotherham map, used thinner arrows when the route changed went across to another map, but I have used different green arrows. I have neglected the needs of those who red/green colour blind, for the moment. So I suppose I will have to change that. I have also used violet arrows to show links to public transport and refreshment points. This is so that people can reccie the route in sections without having to double back. It also makes the route accessible for those who just want to go for a walk.

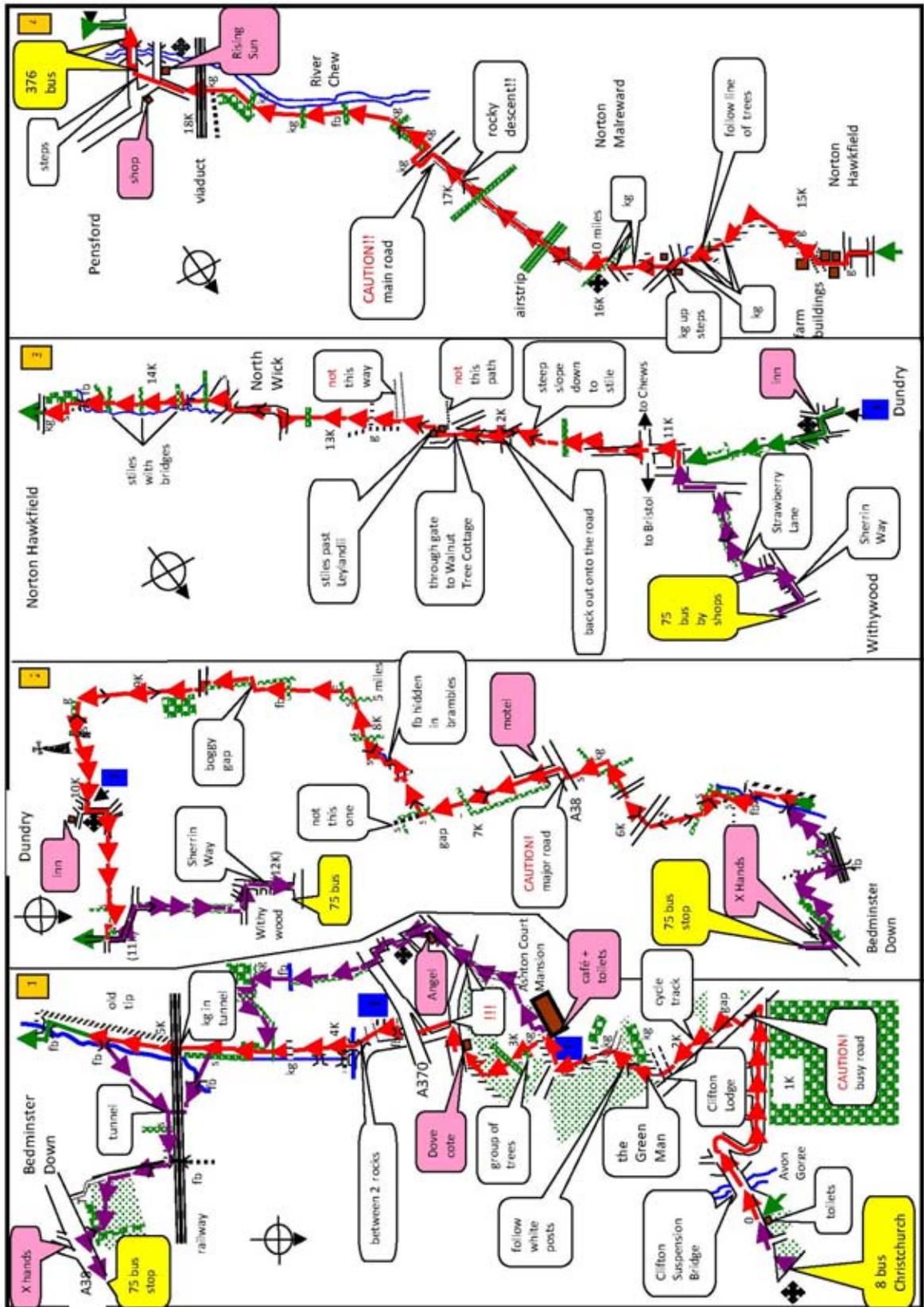
At Jonathan Gledson's suggestion, I have added compass points to each strip to make it easier to refer to an OS map if you stray from the path. I have also followed his idea

of using chevrons to indicate slopes.  I had never bothered to discover exactly how these work on OS maps before, as they are shown exclusively on roads. It turns out that they always point down hill. They work like "is greater than" signs in mathematics. So the height at the open end on the chevron is always "greater than" the pointy end. (The example shown means that the route goes up.)

My mapping looks different from Henry Marston's because I have used the drawing program on Word, which has its limitations, although I am getting better at using it all the time. I was going to wait until the maps were "finished" before publishing them. But that could mean waiting forever. There is always something that could be improved. However, the first page, which contains the route between Clifton and Pensford in four strips is offered here as a work in progress. I need to know which of the things I have left out are important and which don't matter. So I would be grateful to hear any comments, specially from those who have tried it out.

I haven't included a key here, as I really would like to know if the symbols used are sufficiently obvious. I also don't know whether it would be useful to show grassy areas in the countryside. I think it is useful to show grass in an urban context, but does it add anything out of town?

When I am sufficiently happy about the mapping, I will put it on the Closer to the Countryside website and it will probably end up on the Outdoorswest website as well.



Looking After Ourselves

Some ramblings regarding food and sports

by

Mark Wilkins

I felt that as a response to the well balanced and clinically backed up information available around nutrition during training and performance, I should bring a cyclist's perspective to the table (so to speak). And, to make things worse, not contemporary cycling, as that follows the same nutritional patterns as runners, but cycling from the 1980's, when I was a really keen bikie.

We all know about professional cyclists gobbling down enough performance enhancing drugs to make the average horse hyperactive, but cycle training has always needed a high level calorific intake. We cyclists have always suffered from that most dreaded of afflictions – 'the bonk'. There is nothing, and I mean nothing, worse than your blood sugar level suddenly dropping so low that your eyes begin to see whirling circles and sparkly things, and balance on the road appears to be optional. I have finished a number of races in bottom gear just hoping to crawl back to the start before coma sets in. The only cure is to scoff the equivalent of three Sunday lunches and ignore my nutritionally knowledgeable wife's advice to eat slowly and wait twenty minutes for the body to register that it has eaten.

Now, I have very rarely experienced this during a running race – it is as if cyclists need more food per hour. Apart of course, for the Grizzly in which I scoffed my four slices of malt loaf after about mile 2 and could only stumble along watching as everybody overtook me. Talk about low blood sugar; more like *no* blood sugar - I was considering sucking the mud of my Inov-8's in a style reminiscent of prisoners of war.

Anyhow, as I said, cyclists obsess about food – so much so that they have cafes as turn-points on training rides, and the annual dinners turn into eating contests. Youth hostelling weekends expose characters that seem to base their whole existence around eating – I had a friend called Gannet; and we knew the famous Ray Rice whom I personally saw drink 14 mugs of tea with his breakfast.

As a teenager I spent Saturday evenings making packs of cheese and tomato sandwiches that would change shape slowly while crushed in a back pocket or bouncing around in a saddle pack on the following day. Racing wasn't so easy, as even then chewing through a cheese sandwich at high speed was hard to achieve without disaster. Glucose tablets or Mars bars were the order of the day, but these had their disadvantages – I was racing once and needed food so I stuck my hand into my back pocket only to pull out a melted chocolaty goop with my car keys embedded in it.

Sports drinks hadn't been invented so we had water, or the racier characters packed a pint of squash. Eddy Merckx used coke (no, the drink, not the recreational drug) that he shook to lose the fizz, which on the face of it seemed like a good idea – tons of sugar laced with caffeine. In fact I had reason to try this a few weeks ago in Mallorca when out with a bunch of weekend-warrior Brits escaping their families, and it seemed pretty good.

Enter sports science! I know nothing about the history of sports food but I have a very illuminating book by Berndt Heinrich in which he experiments with different sources of energy based on his knowledge of physiology (of bees). As an ultra-runner he tried quarts of honey, olive oil, and finally beer which worked great for the first ten miles only to cause what could only be described as a 'crash and burn' style of running. I don't know about you but the thought of drinking two pints of olive oil in one sitting is almost as repellent as running in the American 100 mile championships, which he finally won with more conventional feeding habits.

I am currently testing a whole bunch of food bars that I have obtained from health food shops – I am bored of these plasticky pseudo-scientific bars that are 'flavoured' with a variety of exotic fruits that don't belong together; and don't even get me started on energy gels. Food they ain't. I will concede to using sports drinks that offer long chain sugars/carbo's as I have found that it is possible to ride a bike for four or so hours with only the drink for sustenance – this seems to be a minor miracle. Traditionally I have always used Snickers bars due to some half-baked idea about the peanuts providing a slow release of energy, but have recently hit a snag with them. The winters have been so cold recently that when out cycle training I have bitten into the Snickers bar only for shards of frozen chocolate to be inhaled, causing a choking fit that tends to last the rest of the way home. This happens so regularly that I almost look forward to that sharp sensation of sugar cutting into flesh.

So, can we learn anything from the past, or from other sports? Are cheese sandwiches the way forward? It seems to me that drawing experience from other disciplines is a great idea, given runner's tendencies towards eccentric food – check out the beer available at the Grizzly, jelly babies at every race in which Sue Baic is present, and the free Sunday roast I had after a Welsh fell race.

* * * * *

Ankle injury prevention by Victoria Kate Armstrong

(Editor's Note: Victoria is a Personal Trainer who works in Bristol; she also qualified as massage therapist through my College this Summer)

When you're running off road, one thing's for sure - you need to pay a lot of attention to where your feet are falling. It only takes a momentary lapse of concentration to fall foul of roots, rocks or darned rabbit holes. Up to 20% of sports injuries are ankle sprains, and the most common of these are 'inversion' injuries – that is sprains to the outside of the ankle. This is because the ligaments on the inside of your ankle are significantly stronger than the outside.

A bad turn to the ankle can cause significant damage to the delicate balance of your ankle resulting in sustained weakness and soreness for an average of six months. Up to 80% of ankle sprains are the result of a previous injury, a weakened ankle joint making you about 10 times more likely to suffer a repeat injury than those who don't.

A weakened or 'dysfunctional' ankle means that the brain and the body are not able to react quickly enough to help you react to tripping over a root or rolling your ankle in a divot. Are you fairly confident you have strong ankles? According to a study published by T. H. Trojan and D. B. McKeag in the British Journal of Sports Medicine, the simple "single-leg balance test" is a reliable way to predict the possibility of future ankle sprains.

Barefoot on a flat surface, stand on one foot with the opposite leg bent, not touching the weight-bearing leg. Find something look focus your gaze at for several seconds, then close your eyes for 10 seconds. There will be a certain amount of movement within the ankle as your muscles, tendons and ligaments fire up and work to support you, but if you sense any imbalance, the test is failed. If the foot moves on the floor, the arms move, the legs touch or a foot touches down the test is failed. A failed test suggests the more susceptibility to ankle sprains and injuries.

So what can be done to help strengthen the ankle joint and help to prevent injury in the future? One of the first things people may try to do when injured is to tape or brace the injury as a means of aiding recovery and providing a swift return to performance. Something to bear in mind when strapping up the ankle is that any support may alter your gait and the biomechanics of your foot and ankle.

Consider your shoes and the wear on the heel of your footwear. Might it be time for a replacement pair? Consider trail-specific shoes that are low to the ground – trainers designed for pavement running have considerable cushioning which raises your feet further from the ground causing less stability and increasing the probability of rolling an ankle.

Strengthening the muscles in the lower leg and around the ankle will help provide greater stability, reducing the potential for new or re-injury.

- Single leg balance – this is the same as the ‘test’ mentioned earlier, but keep your eyes open, your hips balanced and pointing forwards. Find a spot to focus your gaze upon and think about a strong, stable ankle. Try to reach a slow count of 30. Repeat this on each foot three times. To progress this, you want to perform the same exercise on an unstable surface such as a stability disc, foam block or even a small cushion or pillow. By making the surface less stable, your ankle will have to work harder to support you, and get used to reacting to minor movements and rebalancing you. Once you are happy just ‘standing’ you can progress to touch your non-working toes down at 12 o’clock, 3 o’clock, 6 o’clock and 9 o’clock.
- Towel scrunches – sit on a chair, place a hand towel underneath the front of your foot, with your heel firmly on the floor behind it. Use your toes to scrunch the towel as far as possible. Repeat three times on each foot.
- Towel sweep – again, in your chair, keep your heel on the ground and the front of your foot on the towel, sweep your toes toward the midline of your body, straighten and repeat until you have passed the towel from outside your foot to the inside.
- Calf raises – stand with the ball of your foot on a step and hold onto a railing for balance. With a straight knee and the non-exercising leg bent at the knee, raise yourself by pointing the toe of the exercising leg. Repeat 10 times on each leg.
- Heel walking – raise your toes in the air and walk only on the heels of your feet for 20 to 30 paces, turn around and repeat back to where you started.

Ensuring your muscles are as supple as possible will help to maintain a good range of movement. Make sure you stretch the muscles of the lower limbs effectively after each run or training session, and practice your range of motion on each ankle by drawing circles in one direction for 30 seconds, reversing the circle then repeating on the other side.

Prevention is better than cure, but rehabilitation is worth considering no matter how old or new the injury.

If you would like any further assistance or advice, please contact Victoria Armstrong, Personal Trainer & Holistic Massage Therapist on 07775 854 616 or vkarmstrong@hotmail.co.uk

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Results for TACH Members

(TC = TACH Championship Race)

Race Results For TACH Members

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John McDonough	51:52	39																																																																																																																																																																																																																																																											
Ruth Pitchers	55:36	49																																																																																																																																																																																																																																																											
Sam Edwards	55:46	51																																																																																																																																																																																																																																																											
Tilly Shaw	59:14	64																																																																																																																																																																																																																																																											
David Shipley	1hr 01:33	77																																																																																																																																																																																																																																																											
Sara Vogan	1hr 05:41	86																																																																																																																																																																																																																																																											
Jayne King	1hr 06:00	89																																																																																																																																																																																																																																																											
Sue Low	1hr 07:35	91																																																																																																																																																																																																																																																											

Bitton 5k
15/06/2011 59 runners
David Wayland 17:34 4

Man v Horse 22 miles
11/06/2011 50 horses, 299 runners

Name	Time	Position
Rob Hicks beat 33 horses	2hrs 57:42	40
Jonathan Gledson beat 32 horses	3hrs 10:54	69
Ian Ruck beat 26 horses	3hrs 18:32	78
Chris Smart beat 21 horses	3hrs 25:18	103
Helen King beat 18 horses	4hrs 20:21	210
George Gilham beat 18 horses	4hrs 20:54	214
Relay 125 teams		
At-TACH of the Vapour (Tracey Cook, Cathy Fagg, Tilly Shaw) beat 20 horses	3hrs 30:12	75

Lowe Alpine Mountain Marathon B Class
11&12/06/2011 67 teams

Day 1	6hrs 05:38	26
Mark Vogan Day 2	5hrs 50:29	39
Overall	11hrs 56:07	30

Beacon Batch 5 miles (TC)
21/06/2011 113 runners

Mark Wilkins	34:59	8
Jonathan Gledson	37:21	23
Peter Brown	40:17	47
Chris Smart	42:07	57

Blaise Blazer 4 miles
04/07/2011 84 runners

Peter Brown	29:48	42
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Burrington Blaster 10k
07/07/2011 78 runners

Mike Zeidler	42:47	29
Gail Born	47:22	45
Sara Vogan	57:06	72

AAA Mob Match 10k (TC)
22 July 2011 242 runners
TACH Team 8th (out of 9)
TACH Team Points: 5870
(aggregate of positions + penalties)

Name	Time	Position
Rob Hicks	37:24	31
Peter Kennedy	38:00	42
Luke Taylor	39:49	63
Alex Foster	41:00	87
Mike Zeidler	43:11	114
John McDonough	45:04	145
Joe Scaife	45:30	149
Chris Smart	46:30	168
Tracy Stone	48:49	181
Helen King	50:02	195
Andy Fagg	50:15	198
Dave Shipley	51:33	205
Cathy Fagg	51:39	208
Debbie Evans	54:56	221
Sarah Vogan	55:11	225
Jayne King	57:53	236

Saunders Lakeland Mountain Marathon
02&03/07/2011

Bedafell Class 39 teams

Day 1	5hrs 25:54	10
Jan Clark Day 2	6hrs 11:21	9
Antony Clark Overall	11hrs 37:15	7

Carrock Fell Class 106 teams

Day 1	6hrs 47:24	19
Day 2	7hrs 04:55	25
Andy Rogers Overall	13hrs 52:19	20
Chris Rowell Overall	13hrs 52:19	20

Kirkfell Class 104 teams

Day 1	5hrs 19:27	2
Day 2	5hrs 19:59	2
Chris Born Overall	10hrs 39:26	2

Bowfell Class 58 teams

Day 1	7hrs 05:33	17
Day 2	7hrs 02:20	10
Rob Hicks Overall	14hrs 07:53	12

Scaffell Class 28 teams

Chris Smart Day 1	12hrs 03:14	21
Jonathan Gledson Day 2	dnf	
Overall	dnf	

Cotswold Way Relay
25/06/2011 74 runners

Name	Time	Position
TACHycardia	13hrs 31:38	6
TACHedons	16hrs 42:13	49
TACHettes	17hrs 05:00	57
Leg 1 12 miles, 373m ascent		
Jonathan Gledson	1hr 32:21	7
Antony Clark	2hrs 02:00	51
Helen King	2hrs 02:00	62
Leg 2 11.5 miles, 473m ascent		
David Wayland	1hr 29:24	6
Rosie Wilson	1hr 45:00	25
Dave Critchley	2hrs 12:00	69
Leg 3 8.2 miles, 327m ascent		
John McDonough	1hr 11:59	18
Ruth Pitchers	1hr 21:13	45
Sara Vogan	1hr 30:08	62
Leg 4 12.7 miles, 406m ascent		
Jason Pitchers	1hr 47:52	31
Tilly Shaw	2hrs 12:00	62
Rachel Gilliland	2hrs 12:00	66
Leg 5 11.7 miles, 302m ascent		
Simon Smith	1hr 33:40	31
Liz Nutall	1hr 36:52	38
Mark Vogan	1hr 39:35	41
Leg 6 8.8 miles, 409m ascent		
Peter Kennedy	1hr 08:21	7
Lisa Burke	1hr 24:37	37
Jayne King	1hr 40:37	69
Leg 7 7.2 miles, 292m ascent		
Graham Harding	50:42	3
Laura Heape	1hr 06:45	32
Chris Bloor	1hr 16:55	55
Leg 8 12 miles, 404m ascent		
Rob Hicks	1hr 28:17	3
Joe Scaife	1hr 58:10	57
Chrissie Kelly	2hrs 04:37	62
Leg 9 9.2 miles, 240m ascent		
Ian Ruck	1hr 10:21	10
George Gillham	1hr 26:12	41
Sue Low	1hr 38:18	55
Leg 10 9.8 miles, 240m ascent		
Jim Plunkett-Cole	1hr 12:46	12
Sally Johnson	1hr 15:26	17
Andrea Smith	1hr 28:43	57

Club Championship Report

By Chris Smart

Club Captain

With the Championship over half way through, things are close at the top. However, this could change for the next update, as I'm sure there are several members who have not recorded their points recently.

The Championship sheets will be in the pub after the run each Thursday, so make sure that you enter your points. I will ensure that any 'backlogs' are included in the totals for the next update. If you just can't make it into the pub (probably because of Turtle and PK hogging the bar and not recording their points), send me an email with your points and I will add them to your total (chris@chrissmart.orangehome.co.uk).

Name	Total
Chris Smart	206
Helen King	204
Andy Fagg	201
Mark Vogan	177
Chris Bloor	170
John McDonough	163
Rob Hicks	160
Cathy Fagg	143
Sam Edwards	140
Tilly Shaw	138

Upcoming Championship races, that will allow you to boost that points total, are:

24 th August	Crook Peak Cake
10 th September	Somerset Levels and Moors Marathon <i>and</i> Half Marathon
25 th September	Portishead Multiterrain 10K
2 nd October	Marshfield Mudlark
15 th October	Hogweed Muggles

Check the Race Diary on the website for full details of Championship races.

* * * * *

Comments on Training Runs

(Editor's note: not all runs included, as some didn't get any comments!)

The Grain Barge (Long Run: 17 runners: Short Run: 9)

12/5/11

People complained the run was not long enough...will take note

PK

And not FAST enough either! Pull your socks up PK! Great route – if a little on the long side – that was partly MY fault for suggesting the Grain Barge as a start

Jonathan

Felt like the handicap from the Bag of Nails to start with – all up hill! But then...then it was lovely! Fantastic views from Leigh Woods – light was specially arranged – thanks Andy

Libby

Old Crown Inn, Uley

26/5/11

A blast from the past! Lovely views, lots of hills, Chris looking at the map and calling us back. Oh and running a good 50% further than I expected

Andy F

Great run Chris – and thank you to Libby for selecting me to run this leg of the Cotswold Way Relay

Jayne

Well if you're going to drive this far it had better be worth it – and it was and long enough. Excellent hills. Amazing views. Great pub. Great beer.

??

Major's Retreat, Tormarton (23 runners)

2/6/11

My second TACH run since > 2 months break from exercise with a sprained ankle. Great to be back and I enjoyed it. Thanks Jonathan

Turtle

Black Horse, North Nibley

16/6/11

Cracking woodland run led by Rob. Favourite comment of the night: "Everybody's got to die of something" (Turtle). Least favourite: "wimping out of the last hill, fatty?" (the missus)

Gypsy

Sharp pace after the initial lungbuster up the steps

??

The Victoria, Westbury on Trym

23/6/11

Long run (Ian) 7.44 miles. Blaise in via golf course, up the gully out and back along Kings Weston Walk

??

Lovely run. Went to places in Blaise I had never been before. A perfect evening for running

Debbie

A gorgeous place to run, lovely tracks and a lovely evening.

Rosie

Great run, lived in WoT for 7 years but never knew there was so much ridge! Nice and leafy!

Lucien

The Swan, Rowberrow

30/6/11

Err post CWR pleasant jaunt around Mendips – very pleasant weather & Butcombe spring beer hit the spot. Can't imagine Burrington combe pub will have same ambience

PK

Miner's Rest, Long Ashton

14/7/11

TACH became very philosophical in the pub – can the behaviour of wasps determine the existence of God? – or was just the Black Rat talking? Thanks to Cathy for the short (but quite fast) route

Libby

Lovely long run tonight – 9m apparently

Turtle

Catherine Wheel, Marshfield

22/7/11

Thanks so much Debbie, Jayne and Helen (leading) for making me feel like a runner this evening!

Libby

The Wheatsheaf, Corston

29/7/11

Again thanks to Helen for a great short run The wheat field wasn't too bad!

Chris B

The Royal Hotel, Portishead

4/8/11

Wonderful skies – a beautiful place to meditate and run!

Libby

Tilly – you provided the terrain for some surging – the pace quickened

PK

Great run. See you in September

David

I'm so unfit

Antony

Well done Tilly. A raucous bunch of green vests headed off into the sunset. You did the right thing in letting them disappear. Good choice of pub and a great run.

John

TACH Training runs September - November 2011

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

Click the grid reference for map.

SR = short run

Date	Venue	*	Map	Leader	Comments
01/09/2011	The George Inn Mill Lane Bathampton BA2 6TR	14m	ST77766 6	Helen	The Bath skyline run
08/09/2011	The Carpenter's Arms Stanton Wick	7m	ST61562 0	Jonathan	A last chance to catch this route in daylight
15/09/2011	The Fox Easter Compton	6.5m	ST57282 4	Chrissie	A great run, but will we be back by dark?
22/09/2011	The Inn on the Green Horfield	3m	ST54373 7	Rob	A brisk trot before the AGM
29/09/2011	The Crown The Batch Churchill	12m	ST44559 5	Mark Vogan	We haven't been here for a long time
6/10/2011	The Grain Barge Hotwells	0.5m	ST57872 6	John McDonagh	Handicap race - the last shall be first.
13/10/2011	Planet Pizza Gloucester Road	2m		Sam	Purdown, Pizza and Pints?
20/10/2011	The George Abbot's Leigh	3m	ST54373 7	Andy	The first run to start in the dark - remember your head torch
27/10/2011	The George Backwell BS48 3PG	7.m	ST49769 4	Bill	The George has new owners, let's see what it's like after Bill's run
03/11/2011	The Dundry Inn Dundry	4m	ST55766 8	Tilly	There might be fireworks - there will be hills
10/11/2011	The Rose and Crown Pucklechurch			David Wayland	The first eastern run of the autumn
17/11/2011	The Star Tickenham	11m	ST46471 9	Ruth	Ruth knows the area well so it should be a good one
24/11/2011	Tbc			Chris Bloor	Tbc
1/12/2011	Black Horse Clapton in Gordano BS20 7RH	7m	ST47373 9	Turtle	Turtle promises a new route from this favourite pub

NB. Short runs are often organized at short notice. If interested in leading one, contact the long run leader and let Luke know – her can include the information in his weekly email.

* = miles from Bristol centre